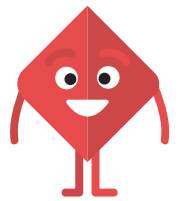


To Be or Not To Be Offended



Write down exactly what this person did to you?

Are you applying meaning to their actions? What is the story you are creating around this?

Is this story accurate? Are you casting them as the BAD guy?

Yes or No

What else might their actions mean? What could you see if you took “your story” out? What might be going on with them and what fear might be in play?

Do they have issues or situations they are dealing with? Were they tired, hungry or oblivious and stressed about their own problems? Put yourself in their shoes and write a more accurate story.

Now this is the most important part – if you want to create peace and happiness in your life.

Are you being compassionate or loving towards this person in regards to this situation?

Yes or No

Did you show up with love? What are you afraid of? What subconscious reaction has shown up?

What is going on with your ego that makes you want to feel offended and justified to be there?
Do you want to be right more than you want peace?

What will being right get you? What will happen is you react from fear? What will the results be if you choose to be offended? What outcome will being offended produce?

Are these results what you really want in your life?

Will you enjoy these results or will they create misery? Is it worth it?

Yes or No

What would a love motivated response look like?

How can you choose peace, forgiveness and compassion?

What would the results of this behavior be? _____