

My Situation: SHOPPING AT THE GROCERY STORE

Stress level before 7 Rs (1-10): **6** * = new ideal AR = already released
 Stress level after 7 Rs (1-10): **2** (If stress level after 7 Rs is greater than 1, there are still ideals to be met—repeat the process.)

R 1: Recognize ideal	R 2: Review current situation	R 3: Reveal overlaps and gaps	R4: Release ideals that are holding you back	R5: Raise the likelihood of attaining your ideal	R6: Remind yourself
My ideal	My current situation	What's working? What isn't?	What about the ideal is unmet yet still important to me?	What action(s) will I take to reach the ideal?	What will be my reminder?
Get to the store in five minutes on clear roads with green lights all the way.	A traffic jam on the way to the store takes forever turns a five minute drive into 15 minutes.	Arrived safely at the store*; 10 minutes of sitting in traffic and red lights.	Want to make dinner on time.	Tonight will call house and tell them dinner will be at 7pm instead of 6:30. Shop earlier in the future.	Will set shopping appointment in my datebook.
A perfectly functioning shopping cart waiting by the store entrance.	The shopping cart is cruddy wobbly and steers to the left.	Cart wobbles—I can live with it; drawing unwanted attention*.	AR	AR	AR
Clean aisles.	The aisles are packed with shoppers.	Takes extra time.	Want to make dinner on time.	See above.	See above.
Feeling relaxed as I walk calmly through the aisles.	Feel frustrated as I rush through the aisles.	I'm not feeling as well as I'd like.	Want to have more control over my feelings.	Be aware of my mood. Choose to be happy by self-regulation and look for other people in a good mood.	Will buy or create a shopping list pad with an uplifting phrase: "shop happy, buying is half the fun".
Each item needed is available; remember everything on list.	Each item needed is available; everything is remembered.	Perfect.	AR	AR	AR
Open checkout register.	Shortest line has two people with full shopping carts.	Eight minute wait glancing at gossip magazine headlines.	Want to make dinner on time.	See above.	See above.
In and out of the store in under ten minutes.	Instead of ten minutes, the shopping took 25.	15 minutes.	Want to make dinner on time.	See above.	See above.
Added from process					
Arrived safely at the store.	Arrived safely at the store.	Perfect.	AR	AR	AR
Shopping in anonymity.	People are staring at my loud cart.	Attracting attention for something I'm not proud of. Not really a big deal when it's pointed out.	AR	AR	AR