

My Situation: SPILLING PAINT

Stress level before 7 Rs (1-10): **7** * = 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?
Finish painting in two hours. Snap my fingers and have the room painted.	Unknown how long it will take to clean up a gallon of paint from a floor with deep grooves in it.* Am unscheduled for the rest of the day.*	Have access to needed tools and cleaning supplies. Not feeling too rushed.	Want the project to be completed quickly and easily.	Will take out supplies to contain and clean spill then finish painting.	Immediate action.
Feel comfortable with my cousin to communicate openly, have fun, and joke around.	Feel bad nervous and uncertain about how my cousin will react.	Decades of relationship history to fallback on. Always able to see the bright side of a situation.	Uncertain about exactly how cousin will react.	Will be open, honest and sincere with what happened.	Will take out picture of the two of us hugging after climbing a mountain in New Hampshire.
Being supportive, productive and helpful with my cousin.	Being supportive, productive and helpful with my cousin.	Doing the best I can given the circumstances.	AR	AR	AR
Enough supplies for the whole project. Have more than enough supplies and equipment prepared ahead of time.	Cousin is out getting supplies, will have to add more paint to the list.	Supplies are available and affordable.	AR	AR	AR
Clothes don't get dirty. Clothes stay clean. Clothes get cleaner.	Paint is all over me. There are a few splotches of paint on my shoes, pants and t-shirt.	Clothes need treating to prevent staining.	Have to clean clothes.	Will blot and apply spot detergent.	Will put spot-detergent on the bathroom sink.
Smell of freshly cut grass.	Smell of latex paint. Fan is on.	Unpleasant air is being vented out.	AR	AR	AR
Uplifting songs on the radio.	Radio is turned off.	Apartment gets good reception of great radio stations.	Radio turned on to a good station.	Turn on and tune radio.	Immediate action.
Plenty of room to move around.	Have to squeeze by the furniture clustered in the center of the room.	Can fit around everything and use extension rods at medium length.*	AR	AR	AR