

**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  |
|--|---|--|---|---|--|
| <b>My ideal</b>  | <b>My current situation</b>   | <b>What's working?<br/>What isn't?</b>   | <b>What about the ideal is unmet yet still important to me?</b> | <b>What action(s) will I take to reach the ideal?</b>                   | <b>What will be my reminder?</b>   |
| <del>Finish painting in two hours.</del> 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   |
| <del>Enough supplies for the whole project.</del> 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   |
| <del>Clothes don't get dirty. Clothes stay clean. Clothes get cleaner.</del>   | <del>Paint is all over me.</del> 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   |