

# Toolbox



## The To Be or Not To BE Offended Worksheet

Write down exactly what this person did to you?

---

---

Are you applying meaning to their actions? What does it mean if they treated you this way?

---

---

Is this meaning accurate? Is the voice of fear making them as the BAD guy?

Yes or No

Did or does this person intentionally mean to hurt or offend you?

Yes or No

What else might their actions mean? What are they afraid of?

---

---

What is going on with them right now? Were they aware of what they were doing?

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

---

---

**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 do they need from you right now?

---

---

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? What will the results be if you choose to be offended and dwell in these ideas? 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 can you do right now to show love instead? \_\_\_\_\_

---

---

How can you choose peace, forgiveness and compassion?

What would the results of this behavior be? \_\_\_\_\_