Beth Hemmila

LEMONADE MANTRAS
Journal

The Secret Recipe for Transforming
Bitter Moments into Sweet Possibilities

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How to Use this Journal

Use this journal in conjunction with the book *Lemonade Mantras*, which includes all the directions for the following exercises and examples from my own notebook. If you purchased a printed version of this journal, then I recommend using this book as a source for photocopying exercise worksheets so you can use them multiple times. If you bought an electronic version of this journal, then I suggest printing out the worksheet(s) for each exercise before reading the companion chapter in *Lemonade Mantras*.

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Introduction: Practice Writing with Your Non-Dominant Hand

Day One: Practice Making Concrete Observations

Judgment:

Concrete Observation:

Compare your beginning Judgment to your final edited Concrete Observation and write your reactions to the changes made:

Day Two: Practice Body Awareness

Body Sensations:

Day Three: Practice Identifying Feelings

Feelings:

Day Four: Practice Uncovering Core Needs

Needs:

Compassionate Statement:

Day Five: Practice Acknowledging Your Judgments (Should Thinking)

Judgment	Self-Judgment (Hidden Belief)	Acknowledge Hidden Belief (I believe this is true when…)
1.		
		What did I need?
2.		
		What did I need?
3.		
		What did I need?
4.		
		What did I need?
5.		
		What did I need?

Day Six: Practice Rewriting Old Choices into New Choices

Old Choice (Judgment)	New Choice
1.	
2.	
3.	
4.	
5.	

Day Seven: Practice Taking Responsibility

Old Choice (Judgment)	Acknowledge Hidden Belief (I believe this is true when…)
Old Choice (Judgment):	
Make the statement about you:	
Say the opposite:	
Remove "should" or "shouldn't:"	
Replace a verb/noun with its opposite:	
Switch the order:	
Shorten to its basic form:	
Change the meaning into a positive:	
Think of a new way to say the idea:	
Remove the personal:	

Day Eight: Practice Making Personal Requests to Meet a Need

Unmet Need (See Day 4)	What do I feel when this need is unmet?	What do I feel when this need is met?	What requests can I make of myself to meet this need?
			a. b. c.

Day Nine: Practice Imagining a Need Always Met

Unmet Need (See Day 8):

What is life like when my need _____ is always met?

What do I look like?

How do I act?

Where am I?

What do I differently then I do now?

How do I relate to others?

What do I feel?

Day Ten: Practice Writing Positive Affirmations

Day 7 Reworked Phrase from Old Choice (Judgment):

Write a Positive Affirmation:

Practice *Lemonade Mantras*

SELF-AWARENESS

Step 1. **Make a Concrete Observation**

Write down a Concrete Observation of a trigger event. (Who, What, Where, When)

Step 2. **Develop Body Awareness**

Describe your Body Sensations in response to the trigger event.

Step 3. **Identify Feelings**

List what Feelings come up for you when you remember the experience.

Step 4. **Uncover Core Needs**

Review your Feelings and attempt to identify your underlying core Needs. What do you need to be your best in this moment?

Concrete Observation	Body Sensations	Feelings	Needs

Put together your Concrete Observation, Feelings, and Needs into a Compassionate Statement.

Concrete Observation (When…)	Feeling (I felt…)	Need (because I wanted…)

Step 5. **Acknowledge Your Judgments**

List your Judgments (Old Choices) concerning the trigger event (should thinking). What are you thinking or telling yourself about the trigger event? Rewrite your Judgments (Old Choices) using 'I' as the personal pronoun to create a Self-Judgment. Prove each Self-Judgment true for you by thinking of a time when you behaved or thought in this way and write these memories down under "Acknowledge Hidden Belief (I believe this when…)." Identify your underlying need and feel compassion for yourself and the other person.

Step 6. **Make New Choices**

Look at each Judgment (Old Choice) and imagine how you could eliminate these beliefs forever with a new way of thinking (New Choice). Record these ideas under New Choice.

Judgment (Old Choice)	**Self-Judgment (Hidden Belief)**	**Acknowledge Hidden Belief (I believe this is true when…)**	**New Choice**
1.			
		Need:	
2.			
		Need:	
3.			
		Need:	
4.			
		Need:	
5.			
		Need:	

RECOGNIZE THE UNCERTAINTY OF YOUR BELIEFS

Step 7. **Take Responsibility**

Pick one Judgment (Old Choice) from Step 5 that seems to cause the most discomfort and restructure this sentence in as many ways as you can imagine. Then prove each statement true by recognizing a time when this belief existed for you and write it down under "Acknowledge Hidden Belief (I believe this is true when…)."

Old Choice (Judgment)	Acknowledge Hidden Belief (I believe this is true when…)
Old Choice (Judgment):	
Make the statement about you:	
Say the opposite:	
Remove "should" or "shouldn't:"	
Replace a verb/noun with its opposite:	
Switch the order:	
Shorten to its basic form:	
Change the meaning into a positive:	
Think of a new way to say the idea:	
Remove the personal:	

REWRITE YOUR SCRIPT

Step 8. **Make Personal Requests**

Pick the most valued Need that you wrote down in Step 4 and record it in the chart below as an Unmet Need. Answer the questions about Feelings in column two and three in regards to this Unmet Need. Ask yourself what you can do to meet this Need in the future and write down three ideas in the final column.

Unmet Need (See Step 4)	**What do I feel when this need is unmet?**	**What do I feel when this need is met?**	**What requests can I make of myself to meet this need?**
			1. 2. 3.

Step 9. **Imagine a Need Always Met**

Using the Unmet Need from Step 8, take a moment, close your eyes, and imagine a world where this Need is always met. What is your life like when your need is always met? What do you look like? How do you act? Where are you? What do you differently then you do now? How do you relate to others? What do you feel? Write down the answers to these questions.

Step 10. **Write a Positive Affirmation**

Review the statements you reconfigured based on your Old Choice (Judgment) found in Step 7. Select one of the reworked phrases from the first column under Old Choice (Judgment) that feels as if it has the possibility of becoming an affirmation – a phrase that when said will neutralize your negative thinking. Play with this phrase more and rewrite it to create a personalized positive affirmation that best suits you.

Practice Turning Self-Empathy into Empathy for Others

Compassionate Statement To Me (self-empathy):

To Other Person (empathy for _____):

How could this be true for the other person?

How do I now view myself, the other person, and the context of the situation?

Practice Hearing Another Person's Self-Judgment

Judgment	Self-Judgment (I don't like myself when…)

Write your reflections about this experience:

Practice Affirmations as Empathy for Others

Original Affirmations	Affirmations for Interconnection

List of Feeling Words: What do I feel when my needs ARE NOT met?

Scared
Frightened
Mistrustful
Bewildered
Disturbed
Startled
Shocked
Afraid
Dread
Unsafe
Alarmed
Freaked Out
Worried
Terrified
Concerned
Panicky

Sad
Disappointed
Discouraged
Disheartened
Depressed
Hopeless
Despair
Sullen
Gloomy
Unhappy
Dejected
Morose
Bummed Out
Glum
Rotten

Irritated
Cranky
Crabby
Grouchy
Impatient
Dissatisfied
Frustrated
Aggravated
Annoyed
Agitated
Thwarted
Impotent
Grumpy

Hostile
Dislike
Disgusted
Repulsed
Grossed Out
Contempt
Horrified
Defiant
Antagonistic
Hateful

Angry
Disgruntled
Resentful
Furious
Enraged
Upset
Hateful
Mean
Mad
Irate

Anxious
Tense
Nervous
Overwhelmed
Stressed
Jittery
Stiff
Moody
Edgy
Touchy
Out of Sorts
Uptight

Exhausted
Tired
Sleepy
Fuzzy
Depleted
Sick
Worn Out
Listless
Burnt Out
Beat
Weary
Slow

Pain
Grief
Hurt
Lonely
Miserable
Devastated
Desperate
Heartbroken
Bereaved
Troubled
Achy

Detached
Bored
Disconnected
Distracted
Withdrawn
Reserved
Lifeless
Aloof
Numb
Dull

Guilty
Self-Conscious
Embarrassed
Ashamed
Awkward
Regret
Dirty
Unworthy

Confused
Uncertain
Ambivalent
Lost
Hesitant
Torn
Puzzled
Unsure
Spacey
Indecisive
Shy

Sensitive
Fragile
Shaky
Defensive
Insecure
Humiliated
Helpless
Leery
Guarded
Vulnerable

Jealous
Envious
Bitter
Longing
Yearning
Nostalgic

Uncomfortable
Restless
Uneasy
Unnerved
Surprised

This word list is based on the work of Marshall B. Rosenberg and the *Center for Nonviolent Communication*, www.cnvc.org.

List of Feeling Words: What do I feel when my needs ARE met?

Happy
Optimistic
Good Humored
Hopeful
Joyful
Delighted
Cheerful
Glad
Elated
Pleased
Giddy
Jubilant
Easygoing
Lighthearted
Sunny

Confident
Hopeful
Empowered
Responsible
Intelligent
Approachable
Adequate
Fulfilled
Satisfied
Complete
Content
Honest
Open
Proud
Solid

Grateful
Thankful
Appreciative
Admiring
Gracious
Moved
Tender
Touched
Expansive
Humble
Giving
Sharing
Sincere

Excited
Thrilled
Exhilarated
Engaged
Energetic
Stimulated
Aroused
Exuberant
Ecstatic
Overjoyed
Animated
Dazzled
Eager

Relaxed
Calm
Rested
Mellow
Rejuvenated
Refreshed
Comfortable
Tolerant

Adventurous
Amused
Courageous
Resourceful
Spontaneous
Creative
Brave
Playful
Passionate
Enthusiastic
Motivated
Invigorated
Outgoing
Carefree
Daring
Free
Bold

Healthy
Open minded
Genuine
Alive
Radiant
Beautiful
Lively
Vibrant
Upbeat
Glowing
Youthful
Active
Bright
Strong
Mature
Natural

Loving
Affectionate
Understanding
Friendly
Welcoming
Empathetic
Warm
Openhearted
Compassionate
Supportive
Sympathetic
Fervent
Helpful
Caring
Kind

Peaceful
Harmonious
Balanced
Graceful
Serene
Gentle
Flowing
Centered
Blissful
Whole
At Ease
Tranquil
Quiet
Still
Light

Safe
Relieved
Connected
Secure
Assured
Trusting
Reliable
Certain

Fascinated
Curious
Wonder
Intrigued
Amazed
Enchanted
Interested
Absorbed

Focused
Alert
Awake
Productive
Conscientious
Adaptable
Clearheaded

This word list is based on the work of Marshall B. Rosenberg and the *Center for Nonviolent Communication*, www.cnvc.org.

List of Needs: What do I need to be my best Self?

Connection
To be Understood
To Be Known
Appreciation
Shared Values
Consideration
Acceptance
Conversation
Social Interaction
Mutuality
Feedback
To Listen
To Be Heard

Purpose
Meaning
Intention
Self-Worth
Competence
Contribution
Recognition
To Be Effective
To Accomplish
To Be Valued
To Matter
To Share
To Serve

Authenticity
Honesty
Integrity
Real Presence
Thoughtfulness
Awareness
Self-Respect
Respect
Patience
Tolerance
Fairness
Truth

Expression
To Share Stories
To Be Creative
To Be Seen
To Teach
To Invent
To Reinvent
To Envision
To Build
To Inspire
To Talk

Independence
Individuality
Empowerment
To Be Separate
Time to Think
Self-Reliance
Freedom
Options
Choice
Space

Security
Trust
Stability
Shelter
Routine
Reassurance
Emotional Safety
Physical Safety
Consistency
Dependability
Accountability
Responsibility
Adaptation
Leadership
Protection

Nurture
Affection
Warmth
Caring
Self-Care
Bonding
Comfort
Self-Empathy
Empathy
Food/Water
Exercise
Sleep
Rest

Spirituality
Compassion
Communion
Groundedness
Reconciliation
To Rejoice
Forgiveness
Harmony
Healing
Grace
Hope
Faith

Celebration
Honor
To Praise
To Offer Thanks
To Give
Shared History
Shared Culture
Reunion
Mourning
Aliveness

Belonging
Companionship
Collaboration
Community
Cooperation
Participation
Partnership
Friendship
Inclusion

Peace
Wholeness
Relaxation
Balance
Optimism
Stillness
Beauty
Clarity
Quiet
Calmness
Order
Ease

Growth
To Learn
To Practice
Healthy Risks
Change
To Discover
Information
To Understand
Challenge
Goals
Focus
Birth

Play
Curiosity
Laughter
Humor
Movement
Happiness
Spontaneity
Adventure
Pleasure
Energy
Fun
Joy

Intimacy
Love
Closeness
Relationship
Sensuality
Sexuality
Support
Touch
To Embrace
To See

This word list is based on the work of Marshall B. Rosenberg and the *Center for Nonviolent Communication*, www.cnvc.org.

Lemonade Mantras Worksheet

SELF-AWARENESS

Concrete Observation	Body Sensations	Feelings	Needs

Concrete Observation (When…)	Feeling (I felt…)	Need (because I wanted…)

Judgment (Old Choice)	Self-Judgment (Hidden Belief)	Acknowledge Hidden Belief (I believe this is true when…)	New Choice
1.			
		Need:	
2.			
		Need:	
3.			
		Need:	
4.			
		Need:	
5.			
		Need:	

RECOGNIZE THE UNCERTAINTY OF YOUR BELIEFS

Old Choice (Judgment)	**Acknowledge Hidden Belief (I believe this is true when…)**
Old Choice (Judgment):	
Make the statement about you:	
Say the opposite:	
Remove "should" or "shouldn't:"	
Replace a verb/noun with its opposite:	
Switch the order:	
Shorten to its basic form:	
Change the meaning into a positive:	
Think of a new way to say the idea:	
Remove the personal:	

REWRITE YOUR SCRIPT

Unmet Need	What do I feel when this need is unmet?	What do I feel when this need is met?	What requests can I make of myself to meet this need?
			1. 2. 3.

Imagine a Need Always Met

Write a Positive Affirmation

Lemonade Mantras
Simplified Worksheet*

Concrete Observation:

Body Sensations:

Feelings:

Needs:

Compassionate Statement:

Judgment (Old Choice)	Self-Judgment (Hidden Belief)	Acknowledge Hidden Belief
		Need:
		Need:

Old Choice (Judgment)	Acknowledge Hidden Belief
Old Choice (Judgment):	
Make the statement about you:	
Say the opposite:	
Remove "should" or "shouldn't:"	
Replace a verb/noun with its opposite:	
Switch the order:	
Shorten to its basic form:	
Change the meaning into a positive:	
Think of a new way to say the idea:	
Remove the personal:	

Unmet Need:

What do I feel when this need is unmet?

What do I feel when this need is met?

What requests can I make of myself to meet this need in the future?

1.

2.

3.

What if my need for _____ was always met?

Write a Positive Affirmation as a New Response:

*Please note that this version of the *Lemonade Mantras* Worksheet is simplified by leaving out Step 6 "Make New Choices."

Create Favorite List of Feelings & Needs

Generate a list of need words along with feelings that commonly occur when your needs are **met** and **unmet** for you during the *Lemonade Mantras* process. Narrow down each list to your top ten words that are consistently part of your personal vocabulary and write them on a 3 x 5 inch index card. Use this card as cheat sheet that you carry around in your purse or wallet or tack up in your office so throughout each day you can easily identify common feelings and needs.

Example

Feelings (Unmet Needs)	Popular Needs	Feelings (Needs Met)
lonely	choice	loving
cranky	bonding	excited
sad	ease	alive
lost	play	open
guarded	trust	happy
tired	honesty	peace
bored	love	friendly
detached	rest	centered
frustrated	acceptance	thankful
overwhelmed	contribution	confident

Feelings (Unmet Needs)	Popular Needs	Feelings (Needs Met)

10-Steps to *Lemonade Mantras*

Self-Awareness

1. Make a Concrete Observation
2. Develop Body Awareness
3. Identify Feelings
4. Uncover Core Needs
5. Acknowledge Your Judgments
6. Make New Choices

Recognize the Uncertainty of your Beliefs

7. Take Responsibility

Rewrite Your Script

8. Make Personal Requests
9. Imagine a Need Always Met
10. Write a Positive Affirmation

120 Day Plan for *Lemonade Mantras*

10 days in a row – 12 times

Day 1: Make a Concrete Observation
Day 2: Develop Body Awareness
Day 3: Identify Feelings
Day 4: Uncover Core Needs
Day 5: Acknowledge Your Judgments
Day 6: Make New Choices
Day 7: Take Responsibility
Day 8: Make Personal Requests
Day 9: Imagine a Need Always Met
Day 10: Write a Positive Affirmation