

**F E E L   T H E   N E E D  
A N D   C H O O S E   Y O U R  
C O N S E Q U E N C E S**

**G A R Y   Z U K A V  
L I N D A   F R A N C I S**

*Use this  
handout when  
you are unsure  
whether you  
are acting in  
love or acting  
in fear.*



## FEEL THE NEED AND CHOOSE YOUR CONSEQUENCES

### WHEN YOU:

#### Get your buttons pushed...

for example, you feel angry, disappointed, jealous, superior, or inferior.

### OR

#### You find yourself doing things that have created painful consequences in the past...

for example, you are

- ▶ thinking obsessively (judgmental or critical thoughts about yourself or others)
- ▶ behaving compulsively (trying to please, being a perfectionist or workaholic, shopping when you don't need to)
- ▶ acting on your addiction to alcohol, sex, pornography, food, shopping, or gambling

### STOP

Feel the physical sensations in your solar plexus, chest, and throat areas.

### THEN

When you are feeling these uncomfortable sensations...

#### Ask yourself:

*Do I want to create what I have habitually created  
or do I want to create different, healthier choices?*

### CHOOSE

the consequences that you want to create.