

WORKSHEET FOR ABRAHAM PROCESSES IN *ASK AND IT IS GIVEN*

Process	Emotional Set-Point Between
1. The Rampage of Appreciation (p.141)	(1) Joy/Knowledge/Empowerment/Freedom/Love/Appreciation and (5) Optimism
2. The Magical Creation Box (p.149)	(1) Joy/Knowledge/Empowerment/Freedom/Love/Appreciation and (5) Optimism
3. The Creative Workshop (p.155)	(1) Joy/Knowledge/Empowerment/Freedom/Love/Appreciation and (5) Optimism
4. Virtual Reality (p.167)	(1) Joy/Knowledge/Empowerment/Freedom/Love/Appreciation and (8) Boredom
5. The Prosperity Game (p.177)	(1) Joy/Knowledge/Empowerment/Freedom/Love/Appreciation and (16) Discouragement
6. Meditation (p.183)	(1) Joy/Knowledge/Empowerment/Freedom/Love/Appreciation and (22) Fear/Grief/Depression/Despair/Powerlessness
7. Evaluating Dreams (p.193)	(1) Joy/Knowledge/Empowerment/Freedom/Love/Appreciation and (22) Fear/Grief/Depression/Despair/Powerlessness
8. The Book of Positive Aspects (p.199)	(1) Joy/Knowledge/Empowerment/Freedom/Love/Appreciation and (10) Frustration/Irritation/Impatience
9. Scripting (p.207)	(2) Passion and (6) Hopefulness
10. The Place Mat Process (p.211)	(2) Passion and (11) Overwhelment
11. Segment Intending (p.217)	(4/ Positive Expectation/Belief and (11) Overwhelment
12. Wouldn't It Be Nice If... (p.225)	(4/ Positive Expectation/Belief and (16) Discouragement
13. Which Thought Feels Better? (p.231)	(4/ Positive Expectation/Belief and (17) Anger
14. Clearing Clutter for Clarity (p.239)	(4/ Positive Expectation/Belief and (17) Anger
15. The Wallet Process (p.245)	(6) Hopefulness and (16) Discouragement
16. Pivoting (p.249)	(8) Boredom and (17) Anger
17. The Focus Wheel (p.257)	(8) Boredom and (17) Anger
18. Finding the Feeling Place (p.267)	(9) Pessimism and (17) Anger
19. Releasing Resistance to Become Free of Debt (p.271)	(10) Frustration/Irritation/Impatience and (22) Fear/Grief/Depression/Despair/Powerlessness
20. Turning It Over to the Manager (p.279)	(10) Frustration/Irritation/Impatience and (17) Anger
21. Reclaiming One's Natural State of Health (p.283)	(10) Frustration/Irritation/Impatience and (22) Fear/Grief/Depression/Despair/Powerlessness
22. Moving Up the Emotional Scale (p.293)	(17) Anger and (22) Fear/Grief/Depression/Despair/Powerlessness