**3 Rs switch from harmful: Recognize, Remove, Replace**

1. **RECOGNIZE:**
   1. Am I identifying with my knowing, experiences, or memories?
   2. Am I dangerizing this?
   3. Am I painizing it?
   4. Am I trying to overcontrol or undercontrol it or the situation?

2. **REMOVE:**
   1. Does it follow that I become what I know or do?
   2. Where is the evidence this situation poses a risk for my self?
   3. Does it help or hinder my goals to make this painful?
   4. Am I trying to control what I can’t or avoiding controlling what I can?

3. **REPLACE:**
   1. I am the container NOT the knowing in the container. I am NOT thoughts because I have thoughts and because thoughts come and go and I remain.
   2. My self is in no immediate danger.
   3. Self is safe from people.

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