

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. (4) Practice problem-solving & coping.