

PROBLEM-SOLVE: Focus on and practice solutions. Do research. Focus on controlling what I can: me. Find help, resources, friends, mentors. Develop support systems and healthy habits. Follow flow.

COPE WITH DANGER: There is no immediate danger for my self. No one can get to me or make me anything. My self cannot fail. No one knows me. Other people's behavior is about them NOT me.

COPE WITH PAIN: Stop taking it to heart or so seriously. I am NOT things or opinions. I am okay even when I make mistakes. It only hurts if I believe it. Let the hurt go. It's their problem. Forgive all.

DETACH: Don't own, believe, or identify with it and it can't hurt. No one can make me anything, damage me, or change who I am. Role failure is NOT self failure. Be the container NOT the contents.

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