### MY FOUR MAIN WAYS OF HURTING MYSELF: THE PROBLEM

**ATTACH:** hooked, buttoned, own, claim, know, do, be something.

**BLAME:** if only, my past is present, they made me, it’s not fair.

**WHINE:** complain, nag, politick, gossip, demand, awfulize, LFT.

### MY FOUR MAIN WAYS OF HELPING MYSELF: THE SOLUTION

**DETACH:** humble, perspective, distance, empty, unstuck, freedom.

**FACE:** stand it, bear it, hear it out, go through it, meditate it, light.

**ACCEPT:** cope, let go, forgive, surrender, make peace, turn over.

**RELY ON ENERGY:** faith in God, trust Spirit, flow, zone, non-doing.

It’s NOT me. I can stand it. I accept it. I rely on God to do for me.

I’m the container NOT the contents. I’m the place & space inside.

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