

**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.  
**DAMN:** bad for doing bad, objectify, hate, shame, sarcasm, racism.  
**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.