

6 Facts: Your Relationship with STPHFRs

- 1 You are not your STPHFRs or anyone else's STPHFRs.
- 2 You're the one who exists before your STPHFRs come & go.
- 3 You are the one who has and hosts STPHFRs.
- 4 You are the one who senses, feels, and thinks STPHFRs.
- 5 You are the one who experiences & responds to STPHFRs.
- 6 You're the one who remains after your STPHFRs come & go.

For more information, please read *Stiffer*.

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