

ACPD Thinking Errors & STPHFR

1. Attaching

is the core issue.
• You desire to attach to positive ego concepts, constructs, and images.

3 Rules for Attachment

- 1) I must know what S makes me, reveals me to be, makes others think I am!
- 2) I am good if I experience, know, do, am, or have good (S). I must keep it.
- 3) I am bad if I experience, know, do, am, or have bad (S). I must kill it.

2. Controlling

is the method used to get what you want: ego pleasure.

I must appear good. I must not appear bad. I must continue ego pleasure. I must end ego pain. I must destroy what makes me look bad. I must own and be the good and avoid owning and being the bad.

3. Painizing

is how you focus on, imagine, and predict ego pain to use ego pain to motivate yourself to avoid negative self-ratings.

I cannot face, stand, or deal with ego pain. If ever I was in ego pain, I must be overly concerned by any similar painful experience, situation, or event. I must be overcome and overwhelmed by ego pain. I must treat memories of pain as current pain. I must avoid and escape pain before it turns me into being stupid, worthless, defective, an outcast, or a failure.

4. Damning

reifies thoughts as good or bad to motivate and maintain both controlling and painizing.

I must deify self for demonizing what I blame for my ego pain. I must motivate by exaggerating the ego pain. I must create evidence for controlling and painizing. I must have pride in judging, in knowing better than self or others. Damning life, self, and others is the way to get help.

For more information, please read *Stiffer*.