

MY NUMBER ONE PROBLEM IS MY ATTACHMENT TO KNOWING

I mistakenly attach my identity to my comparisons of my experiences, behaviors, and-or abilities. I then foolishly take those “knowings” to heart. I then feel bad and blame and damn what I assume caused my knowings for “making me” feel bad.

IDENTIFYING WITH KNOWING CAUSES FALSE DANGER SIGNALS

I see poor experiences, behaviors, and abilities as dangerous and I respond with fight-or-flight only because I am attached to them.

I NOW CHOOSE TO ATTACH TO SELF MORE AND KNOWING LESS

I am the place and space between my ears—NOT the thoughts, feelings, and sensations that occupy that space for awhile. Now, I can detach and let them go for they are NEITHER ME NOR MY LIFE.