

DETACHMENT = COPING: Coping Statements for My Sanity & Peace of Mind

I PERSISTENTLY REPEAT IN MY MIND THAT—

Failing cannot make me a failure.

Hard won't hurt or kill me.

I am a being NOT a becoming.

I am a being NOT a doing.

I am a being NOT a feeling.

I am a being NOT a seeming to be something.

I am a being NOT a thinking.

I am a being NOT a thought or thing.

I am a being NOT doings, dones, or bes.

I am a being NOT opinions.

I am never at risk as a human being.

I am NOT my good or bad experiences because *I am the one thinking* about them.

I am NOT my good or bad experiences because *I experience them*.

I am NOT my good or bad memories because *I have them*.

I am NOT my mistakes.

I am okay without trying to become anything.

I am safe even if my body is at risk.

I am the chooser NOT the choice.

I am the container NOT the contents.

I am the experiencer NOT the experienced.

I am the host NOT the hosted.

I am the living NOT the dead: the memory of the done.

I am the mind NOT things in mind.

I am the sensor NOT the sensed.

I can stand it and work it out.

I cannot lose my status as a human being.

I care what people think of my behavior but NOT my being.

I have a right to make mistakes and to still be okay.

I refuse to believe negative thoughts are self.

I refuse to identify with criticism as being my self.

I refuse to own negative opinions as self.

I will correct my behavior but NOT my being.

I will survive this too.

I won't fall apart without it.

It can't make me anything.

It won't kill me.

It's not me.

It's their problem.

My self cannot fail as the only failure for self is the failure to exist.

No one has or ever can get to me as no one can find a way to get inside of me.

No one can damage my self.

No one can make me anything.

No person can change who I am.

Nothing will get me as no thing has the power to get me.

Only my ego can be phony NOT my self.

Role failure is NOT self failure.

Things are dead and I am alive therefore I am no thing.

Trying to become something is trying to die as something.

When I don't own the junk, it doesn't hurt me.