

## REMOVE ATTACHMENT & FALSE IDENTITIES: 50 Ways It's NOT Me

### MY THINKING AND REASONING FOR DETACHING

1. My self is safe from death as no person can kill my self. Yes, people can kill my body but NOT my being.
2. My self is safe from damage as no person can change my self. Yes, people can influence who I think I am, but that is NOT my self as it is only my thinking.
3. My self is safe from harm as no person can hurt my self. Yes, people can give me the opportunity to think I am inferior, but people cannot make me think I am inferior.
4. The self fails to exist only when either the body dies or I give my identity to ego instead of self.
5. When I do NOT confuse self with the roles self performs, then I am no longer afraid of being exposed as NOT being my roles or as being phony.
6. My fears of loss or death of self are really only fears of a loss or death of ego, self-esteem, self-image, self-concept, self-construct. Such losses do and will occur during the lifetime of ego.
7. My fears of damage of self are really only fears of my positive ego ideas of self becoming corrupted. Sometimes a person can influence me to destroy a positive image of self or to add a fatal flaw to a positive image of self, but these ideas are NOT self but only ego.
8. My fears of harm of self are really only my fears of my accepting inferior ego ideas of self. People will serve me negative ideas of self to own and eat. But I do NOT have to own or eat them as self. Perhaps they are correct about a role failure but never are they correct about self failure.
9. My fears of failure are really only my fears of my ego failing to be accepted by others as I want it to be. That is, I fear others may see me as being inferior instead of as superior.
10. My fears of exposure are really only my fears of having my ego revealed to be the game and toy that it really is. If I am NOT hiding behind roles as masks, I need NOT fear exposure.

1. It can't be me.
2. It can't do me.
3. It can't know me.
4. It can't make me.
5. It didn't be me.
6. It didn't do me.
7. It didn't know me.
8. It didn't make me.
9. It doesn't be me.
10. It doesn't do me.
11. It doesn't know me.
12. It doesn't make me.
13. It won't be me.
14. It won't do me.
15. It won't know me.
16. It won't make me.
17. It's my behavior NOT me.
18. It's my belief NOT me.
19. It's my breeding NOT me.
20. It's my character NOT me.
21. It's my conditioning NOT me.
22. It's my culture NOT me.
23. It's my customs NOT me.
24. It's my desire NOT me.
25. It's my disposition NOT me.

26. It's my education NOT me.
27. It's my experience NOT me.
28. It's my expression NOT me.
29. It's my feeling NOT me.
30. It's my habit NOT me.
31. It's my inclination NOT me.
32. It's my indoctrination NOT me.
33. It's my job NOT me.
34. It's my label NOT me.
35. It's my name NOT me.
36. It's my pain NOT me.
37. It's my performance NOT me.
38. It's my pleasure NOT me.
39. It's my role NOT me.
40. It's my schooling NOT me.
41. It's my socialization NOT me.
42. It's my temperament NOT me.
43. It's my thinking NOT me.
44. It's my title NOT me.
45. It's my training NOT me.
46. It's NOT about me.
47. It's NOT me.
48. It's NOT who I am.
49. It's NOT who I was.
50. It's NOT who I will be.