

12 STEP CYCLE-OF-SHIT: Get Shit Give Shit Get Shit

1. I **VIEW** as shit some memory, event, person, place, or thing.
3. I **DWELL** on the shit I got with more shit.
2. I **BELIEVE** shit about the shit I dwell on.
4. I **EAT** the shit I got as if it was my self.
5. I **FEEL** like shit from eating shit.
6. I **GIVE** shit because I got shit.
7. I **GET** more shit because I gave shit.
8. Because I get more shit, I dwell on more shit.
9. Because I dwell on more shit, I take more shit to heart.
10. Because I own more shit, I feel more like shit.
11. Because I feel more like shit, I act more like shit.
12. Because I give more shit, I get more shit.
- ∞. I foolishly loop back to step 8 for ever more shit.

17 FACTS I WILL REMEMBER AND REPEAT TO MYSELF

1. Dwelling on shit is optional.
2. Believing shit is optional.
3. Eating shit is optional.
4. Feeling like shit is optional.
5. Acting like shit when I feel like shit is optional.
6. No one makes me dwell on shit but me.
7. No one makes me believe shit but me.
8. No one makes me eat shit but me.
9. No one makes me feel like shit but me.
10. No one makes me act like shit but me.
11. Life and people will always serve me some shit, and I can either use it for fertilizer or add it to my collection of self-as-shit.
12. Reviewing my collection of self-as-shit will reinforce my shit.
13. Reviewing my collection of self-as-shit will eventually get me to eat my old shit to feel like shit again thinking “that’s me”.
14. Dwelling on shit will eventually get me to own, feel, and act like shit. Repetition can break me so I will avoid repeating shit.
15. Believing shit will get me to collect more shit as self.
16. Acting like shit for shit will get me more shit NOT less shit.
17. Lowering the frequency, intensity, and duration of shit in my heart, soul, mind, body, actions, and relations is my main goal.