

STOP CYCLE-OF-SHIT: I Persistently Practice Serving Shit Less

OVER 50 SOLUTIONS FOR MY NOW HAVING LESS SHIT IN MY LIFE

1. Accept that I will get shit and practice only problem-solving or coping with shit whenever I get shit.
2. Act less like shit and so attract less shit into my being and life. I won't act on shit. I won't live based on shit.
3. Clean up my own shit first so I can then see without shit to help others clean up their shit.
4. Confess my shit and let it go even if they don't. I can forgive myself even when others don't or won't.
5. Detach from shit because I am a being NOT a shitty behavior. Stop personalizing shit. Stop owning shit.
6. Distract myself and others from wasting our time and energy on shit. I won't be guided by shit.
7. Don't be stupid and forget shit, but also don't be stupid and dwell on shit. I won't be run by shit.
8. Don't own other people's shit no matter how much they insist. Let them play in their own shit without me.
9. Dwell less on shit. Eat less shit. Feel less like shit. Do less shit. Forget more shit. Forgive more shit.
10. Give up collecting shit about me as me as I am NOT shit or my stupid shit collections. Believe less shit.
11. Ignore more shit as most shit will pass on its own or never even materialize. Most shit is NOT important shit.
12. Let shit go. Let shit be. Let shit alone. Let shit drop. Let shit pass. Let shit be unimportant and inconsequential.
13. Motivate myself against shit. Encourage myself to resist giving into shit. Persuade myself NOT to serve shit.
14. Practice compassion, for instance, I understand that faultfinders, critics, cynics, doubters, pessimists, nags, and nitpickers are miserable and suffering from a mind and heart full of shit. Let them have and eat their own shit.
15. Practice right attention: "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."—Philippians 4:8
16. Practice right identification: I identify self as a being or vessel NOT as opinions, labels, or experiences.
17. Recognize that a life occupied with shit is shit. To have a life, spend more time on the positive than on shit.
18. Recognize that it is superstitious to blame others for my dwelling on and eating shit as no one controls my mind and heart but me—unless of course I am NOT sentient but am only a robot or a puppet.
19. Recognize that it is superstitious to blame others for my feeling like and acting like shit because no one controls my mind and heart but me—unless of course I am only a figment or fantasy in the mind of others.
20. Recognize that people who act mean are suffering from being full of shit and they are meanest to themselves.
21. Recognize that we have plenty of shit-spreaders already and I am NOT needed for that job. Let journalists do it.
22. Recognize that when I return shit for shit that they feel justified in giving me shit in the first place even if I only give them back two ounces of shit to their two tons of shit. Instead, I will kill them with kindness.
23. Recognize the fact that everyone in life will get plenty of shit without getting any from me. Don't play in shit.
24. Redirect myself and others from shit to something significant and worthy of our time and attention.
25. Refuse to act like shit when I feel like shit. Instead, I will seek help for myself and-or take a break.
26. Release shit with: acceptance, humor, crying, sharing, writing, exercising, praying, understanding, forgiving.
27. Remember arguing shit increases shit on both sides. There is more to life than smearing and increasing shit.
28. Remember other people's behavior is about them never me. I am responsible for my shit NOT their shit.
29. Remember shit is sickness and sickness requires tender loving care (TLC) to get better NOT more shit.
30. Remember that to give them shit for giving me shit only proves to them that I deserved their shit.
31. Remember the meanest thing I can do is to NOT eat their shit because then they have to. Let them have their shit.
32. Remember the only thing that can be reduced to an opinion is an opinion—meaning I am never opinions.
33. Remember to avoid shit-givers and shit situations when I feel like shit to avoid eating more shit.
34. Remember to seek the positive and to avoid shit sources like the news and other gossips and shit-stirrers.
35. Remember to take care of myself (diet, sleep, exercise, support) when I feel like shit so that I can end it sooner.
36. Remember other people are trying to deal with their own shit by dealing with my shit: don't dance with them.
37. Spread positive NOT shit. We have enough shit to go around already and have no need for more from me.
38. Stop accepting the payoff of being a superior-shit in spite of the self-disturbance and unacceptance it brings.
39. Stop giving shit for shit and expecting less shit. Remember others try this stupid tactic too making it endless.
40. Stop sacrificing my relationships to the ego pleasure of acting like a superior-shit: knowing better than others.
41. Study and be wise about good NOT shit. Forget the radio, internet, and TV and read good books, pray, meditate.
42. Think, feel, and act against shit. I will be one of the few on planet Earth who's known for working against shit.
43. Turn my shit over to God who will forgive it and cleanse me of it if I will only repent and ask for forgiveness.
44. Understand other people also have shit collections that haunt them and they may even project them onto me.
45. Understand people try to pass their shit to me to avoid eating it themselves: I will politely refuse their shit.
46. Understand people want to focus on my shit instead of their shit to avoid their own shit: I will distract them.
47. Understand that punishing people for shit reinforces the endless blame game of giving shit for shit.
48. Use the 3 Rs to remove my dwelling, owning, and acting on shit: recognize shit, remove shit, replace shit.
49. When there is shit bring the positive to lessen the shit. Do good for evil like a good doctor. Shit needs positive.
50. Willingly stop the insanity of trying to make people feel like shit so they won't act like shit: wrong motivation.