

DETACH: I WILL LOWER MY INSECURITY

IT'S NEVER ABOUT ME!

1. No one knows me so it can't be about me.
2. Nothing is an opinion but an opinion so their opinions are NOT about me.
3. I don't run their mind so their complaints are NOT about me but their reactions.
4. I am NOT the center of the universe so it's NOT about me.
5. Life is about God NOT me.
6. People think mainly about themselves NOT me.
7. It is a sign of self-centeredness, narcissism, and self-absorption to think it's about me.

MY SELF IS IN NO IMMEDIATE DANGER!

1. No one can get to me but me.
2. Only I can choose to either adopt or reject other's opinions of me.
3. God created my self and only God can change it.
4. People can endanger my body but NOT my self.
5. If I don't take it to heart, then it can't hurt.
6. If I don't dwell on it, then I won't take it to heart.
7. I am NOT a robot, zombie, puppet, machine, or anything that people can control the mind of.

MORE REASONS IT IS NOT ABOUT ME AND MY SELF IS NOT AT RISK

Only God knows me.

Only my ego is at risk never my self.

It's about my roles and behaviors never me.

It is never about me, its only about my or their behavior.

God judges the heart and people judge only the appearance.

I fear looking bad because I think it will make me feel bad.

Acting stupid does NOT make me stupid anymore than acting like a monkey makes me a monkey.

The noise and action of a motor is NOT that motor just as people are also NOT their behaviors.

The motor exists before and after it is on and doing work just as people exist before and after their behaviors so are NOT them.

Moving a motor to a new car does not make it a new motor anymore than a person moving to a new place makes them a new person.

I am NOT my thoughts or behaviors as the thoughts and behaviors I had as a little child, last year, and two minutes ago are gone yet I am still here.

Since I have thoughts and behaviors I am the one having them NOT them.

Since I experience thoughts and behaviors I am the one experiencing them NOT them.

Since I think thoughts and do behaviors I am the one thinking and doing—NOT the thoughts thought or the behaviors done.

My thoughts, feelings, and behaviors do NOT exist as me but only in me.

I foolishly base my opinion of self on the opinions of others and then blame them for that.

I have this double-standard that no one is in my mind with me yet I still manage to blame others for running my mind to make me feel bad.

Since there is no way to find my self, there is no way to hurt my self.

Since there is no way to know my self, there is no way to hurt my self.

Since there is no way to touch my self, there is no way to hurt my self.

Since there is no way to see my self, there is no way to hurt my self.

Since there is no way to capture my self, there is no way to hurt my self.

It can be about my thinking, feeling, or behaving, but not me.

No one has ever affected their self in any way.

You base your thinking about self on your imagining what they think so it is all so much nonsense.

When people complain about me they do so only in relation to themselves as their complaint is really about them not me.

Tell people what to think and they say you can't control their mind, however, when they feel bad they claim you are in full control of both their mind and heart.