

I PERSISTENTLY PRACTICE FREEING MY IDENTITY AND ATTENTION

RECOGNIZE IDENTITY ATTACHED: hurt, defensive, guilt, depression, anger, anxiety, whining, blaming, damning, persecute, demand.

REMOVE BY DETACHING IDENTITY: My self cannot be: changed, put at risk, damaged, decreased, made to fail, in danger, hurt, harmed.

REPLACE ATTACHMENT WITH UNCONDITIONAL SELF-ESTEEM: My self is: safe, secure, unknown. There is only one human nature.

RECOGNIZE ATTENTION LOOPING: repeating, obsessing, paranoid, stuck, worrying, racing, magnifying, fixated, ruminating, hooked.

REMOVE ATTENTION BY BECOMING AWARE: M-M, options, humor, perspective, other viewpoints, options, dispute, 5 Thinking Positions.

REPLACE STUCK ATTENTION WITH PROCESSING: research, counsel, forgive, move on, let go, surrender, turn over, accept, make peace.