

**HUMAN OR OBJECT?** I must always pay attention to self and other. If I pay attention to self and other as things, then I have troubles. What thought or thing am I paying attention to as self? What opposite thought or thing am I paying attention to as other?

**SPLIT:** I am identifying with the knowledge of something and thereby making it stuck. I then split this duality into the good and the bad and give one half to me and the other half to them or it.

**COPING WRONG:** I demand they stop making me negative. I try to reverse roles and make them negative. I avoid situations I think will make me negative. I try to control, change, or analyze thought.

**DETACH FROM THINGS:** I am aware of self as the container NOT the contents. I am the inner here now. I am the inner space and place.

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