

**I PRACTICE USS TO CONQUER MY ENEMY OF EGO INSECURITY**

**1. RECOGNIZE:** shame or guilt about who I am; anxiety about what people think of who I am; pride to hide my failures; anger about what I think things are making me; depression about looking bad.

**2. REMOVE:** no person, place, or thing can make me anything; to damn myself is to damn God; trying to become something is trying to die; acting is NOT being; roles are NOT self; opinions are NOT self.

**3. REPLACE:** my self is unconditionally secure as God said my self is His good image; self cannot be harmed, lessened, or destroyed; my self is secure as none can change my self in any way but God; I unconditionally accept and positively value the self of humans.