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RECOGNIZE CONTROL FAILURE

I think reality/life **must** not be what it is.
I think others **must** not do what they do.
I think I **must** do the things I do not do.
I delay doing what I think I **must** do.

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REMOVE EXCESS DEMANDS

Demanding it be what it's not hurts me.
I cannot control other people's attitudes.
I cannot change myself but I can switch.
Musts cause me stress till they are done.

REPLACE MUSTS

I prefer instead of should or must.
I accept what is so I can deal with it.
I motivate myself by encouragement.
I limit musts then shoulds then wishes.