

Am I unduly upset—  
or overreacting?

**RECOGNIZE**

If Demanding then—  
I am fighting ego pain.

If LFTing then—  
I am fleeing ego pain.

**REMOVE**

Demanding is fighting—  
is conflicting.

LFTing is fleeing—  
is avoiding.

**REPLACE**

USA is peace of mind—  
is centering.

UOA is compassion—  
is control.

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