

EC: 12 WAYS I AM RESPONSIBLE FOR MY FEELINGS

1. I can make whatever happens to me better by how I think about it.
2. I can make whatever happens to me worse by how I think about it.
3. I can choose to dwell on the positive things in my day and life and so have positive feelings: encouragement and hope.
4. I can choose to dwell on the negative things in my day and life and so have negative feelings: discouragement and depression.
5. I can identify with my pains and negative experiences, behaviors, and labels and so feel ego pain: shame, guilt, depression, hurt, inferiority, anxiety, anger. Conditional self-esteem: if I feel bad then I am bad.
6. I can identify with my pleasures and positive experiences, behaviors, and labels and so feel ego pleasure: pride, superiority, arrogance, smugness, conceit, snobbery, self-righteous, self-important, haughty. This is also conditional self-esteem: if I feel good then I am good.
7. I can detach my identity from my pains and negative experiences, memories, opinions, roles, and labels—and thereby stop feeling ego pain: inferiority, shame, guilt, depression, hurt, anxiety, anger.
8. I can detach my identity from my pleasures and positive experiences, memories, behaviors, opinions, titles, roles, and labels—and thereby stop feeling ego pleasure: superiority, pride, arrogance, disdain, smugness, conceit, snobbery, self-righteous, pompous, privileged.
9. I can keep my identity for my being and never give my identity to my pleasures, pains, experiences, memories, labels, opinions, or roles by practicing unconditional self-esteem (USE). Unconditional self-esteem is believing my self is always good even if my thinking, feeling, or behaving is NOT. Correct my behavior NOT my being!
10. I can view others with unconditional other-esteem (UOE) and never damn or blame them for how I feel. Unconditional other-esteem is believing others are always good even if their thinking, feeling, or behaving is NOT. Help others to correct their behavior not their being!
11. I can view life with unconditional life-esteem (ULE) and never damn or blame life for how I feel. Unconditional life-esteem is believing life is always capable of good and always has potential even if hardships, trials, and tribulations are manifold. Remain hopeful.
12. I can view my talents and abilities and lack thereof with unconditional ability-esteem (UAE) and never damn or blame my being for any lack of talent or ability that I may exhibit. Unconditional ability-esteem is valuing what talents and abilities I have rather than degrading my being for talents and abilities that I do NOT have.