



WITHOUT EGO OR DEFENSIVENESS

I have problems like everyone does.
I just don't have feelings that keep me
feeling crap about myself.

I'm not wrestling with addiction problems,
abandonment issues, feeling sorry for
myself, procrastination, low grade
anxiety or insecurity.

My problems aren't because I'm being
ineffective, insecure, blaming others or
not taking responsibility.

I know that life is filled with 'stuff'
happening & this is manageable by me,
because I know I can trust myself to
handle it.
