**Awareness Skill #1 Handout**

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| WHAT THOUGHTS, FEELINGS, MEMORIES (TFM) ARE | WHAT TFM ARE NOT |
| 1. They are reactions to something currently  going on.  | 1. They are not willfully chosen by you.  |
| 2. They are experiences you have.  | 2. They are not actions we do. You are NOT  responsible for having them. You have  NOT done something wrong or right by  having the TFM you have.  |
| 3. They are shaped by your life experiences.  | 3. They are not a reflection of your character.  |
| 4. They are private, only experienced by you.  | 4. They are not known by others. They do not harm others.  |
| 5. The more we try not to have them, the more we will have them.  | 5. They are not the same as the world around us. A person is not the same as thoughts we have about that person.  |
| 6. All TFM are natural and normal. Given your upbringing, all of your life experiences, your genetics, & your health, you are having the TFM you are having. Who can say that if someone else had the same experiences, body, health, and genetics, whether they would have different TFM than the ones you now have? Nope. They'd be in the same boat!  | 6. They are not the same as who we are. We are not the same as thoughts we have about us.  |

Remember…….. don't believe anything on this handout. Check it out for yourself.

**What does your experience tell you?**