

# What's True for Me

## A Credo for Living Sanely

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1. I'm lovable, capable, and worthy – and I don't have to prove it.
2. My self-esteem is independent of external causes or consequences.
3. I think and act from the "place of cause" – I will not be a victim.
4. I'm responsible for the consequences of my choices.
5. There's no success or failure – we get what we program for.
6. Affirming and validating others affirms and validates me.
7. Giving love is the best way to get love.
8. I don't do guilt.
9. I don't do shame.
10. Life isn't a zero-sum game – more than one person can win.
11. I don't have to answer aggression with aggression.
12. I don't need to get revenge – I refocus my energy and move on.
13. I have the right to learn, make mistakes, and change my mind.
14. I keep my opinions on probation – open to new ideas and evidence.
15. I have no need – or right – to impose my "truth" on others.

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