

ANGER & STRESS KILLER

De-Stress Your Thoughts To Feel, Act & Sleep Your Best:

(1) Just because you **WANT**:

Love
Approval
Perfection
Fairness
Comfort
Respect

doesn't mean you **NEED**:

The universe was not made to your specifications and people generally do what *they* want, not what you want them to do.

(2) It's not:

Terrible
Awful
Horrible
Catastrophic

when life treats you

badly – it is just inconvenient, unpleasant or a pain-in-the-ass.

(3) You really can:

Stand
Tolerate
Survive

it when things are bad,

uncomfortable or not to your liking. **TOUGH!** Life is spelled:

H-A-S-S-L-E

(4) You and others are not to be:

Blamed
Damned
Downed

as:

Jerks
Idiots
Assholes

for goofing, acting poorly or making mistakes. You and they remain **FALLIBLE HUMAN BEINGS – FHB's!**