

I Can't Stand It-itis

Please read, sign and date the following:

“I fully realize and accept the fact that I’m living proof that I’ve stood everything that’s ever happened to me. I’m going to be able to stand and handle everything that’s going to happen to me except the one thing that’s going to kill me.”

Signature

Date

Demandingness

Every time you get yourself overly upset, you are DEMANDING something. Please read, remember and sign the following:

“I, being of sound mind and body, do fully realize and admit that I do not, haven’t ever and won’t ever **RUN THE UNIVERSE.**”

Signature

Date