

Negative and Positive Attitudes

<i>Negative Attitude (Coming from the Ego)</i>	<i>Positive Attitude (Coming from Connection to the Soul)</i>
Sins are evil.	We make mistakes that can be used for our growth and learning.
We cannot be forgiven.	We can accept forgiveness easily and easily forgive ourselves.
If we forgive we can be hurt again.	Forgiveness is essential to our happiness.
We should love people if they meet our needs or are what we think they should be.	We love all - without judgment or expectation.
People are innately evil.	People are innately good.
We are either superior or inferior to others.	We are all equal.
We find the faults in others.	We find an expression of God in others and we choose to love that expression.
We experience difficulties and problems in life.	We experience teachings, lessons, and growth in life.
We are victims.	We are responsible.
We are formed by our past.	Our past is just our memory. We live in the present.
We should worry about our future.	Our future is only in our mind. We live in the present.
We can't be happy if our needs aren't met.	We aren't attached to the outcome. We can choose happiness.
If I am pessimistic I won't be disappointed.	The purpose of life is joy, satisfaction, happiness, peace.
Happiness comes in getting what I want or, otherwise stated, what I believe I need.	Happiness comes in service.
I will never have enough.	I am abundantly cared for and all that I need will be provided.
Death exists.	There is only life forever.
Suffering gives us value.	There is no value in suffering.
I can take life for granted.	I practice gratitude constantly.
The loss of a relationship means that I have been rejected.	This relationship was not meant to last any longer than it did.
I should feel guilt for my mistakes (sins).	There is no need to hold your past against yourself. Learn.
I can allow myself to feel easily hurt, rejected, put down, or inferior.	It is my responsibility to refuse to be easily hurt by others.
I can make assumptions of others.	I make no assumptions.
We find security outside of ourselves - in other people, possessions, education, career, money, etc.	Security is grounded only in our relationship to self and God.
We feel loneliness when alone.	We are never alone.
We compete with others for our value.	We all have equal value.