

# DR. GHAED'S RULES

1. YOU DON'T GET TO WORRY ABOUT SHIT THAT HAS NOT HAPPENED YET.

2. YOU DON'T GET TO WORRY ABOUT SHIT OUT OF YOUR CONTROL

3. HANDLE YOUR OWN SHIT.  
IF ITS NOT IN YOUR BUCKET; FUCK IT

YOUR  
[THOUGHTS | FEELINGS | BEHAVIORS]



4. NO SHOULDING & NO MUSTERBATING

5. FUCK FEELINGS  
(IF YOU KNOW IT'S HEALTHY, DO IT ANYWAY)

# COMPASSION STATEMENT

I AM HAVING A MOMENT  
OF SUFFERING

SUFFERING IS A PART OF LIFE

MAY I BE KIND TO MYSELF