



Agreement #2: **Don't Take Anything Personally**

Nothing other people do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others you won't be the victim of needless suffering.

This agreement is shaped around pure common sense, however, *"Common sense isn't always common practice."*

**Dreaming - The function of the human mind is to dream,
but we have learned to dream without awareness.**

From the Toltec perspective, your entire life has been a dream. You are dreaming right now with the brain awake, and you also dream with the brain asleep.

We are living in a world of billions of our kind who don't know they are dreaming. Everyone is also participating in a bigger dream, a society dream. Our dreams overlap and we each dream a part of the entire dream, the *dream of the planet*, which is made by the projection of billions of personal dreams.

It can also be exciting when we understand that we are dreaming. Why? Because the worries in our life don't look real anymore; we know that it's a dream and it can shift. All the elements of the dream that used to be our knowledge, that used to be trapped inside the belief system, are no longer rigid; they are not the truth anymore, and we know that.

Once we understand that we are dreaming, knowledge doesn't control our faith anymore. Instead, the opposite happens; our faith controls our knowledge; our faith controls our agreements and beliefs. We accept that it's our responsibility to change the dream if we don't like it and surrender to *being responsible*.

We know that everybody around us is also dreaming, with or without awareness. Then we realise that the point of view other people use to see the world has nothing to do with us.

At this point we no longer *try* not to take anything personally. We take action and don't take anything personally because we know others are dreaming, and it is only their point of view.

Not taking *ourselves* personally

When someone says something that I take personally, this is what I actually hear: (examples: I'm not good enough, I'm not lovable, I'll always be single, I can't do anything right, I'm stupid, I'll never amount to anything, etc.)

What do you *hear*?

When these negative beliefs come up, I feel: (examples: lonely, ashamed, belittled, angry, embarrassed, unworthy, anxious, etc.)

How does it make you *feel*?

How I would feel if I chose NOT to take things personally: (examples: light, confident, secure, relaxed, at ease, unburdened, happy, etc.)

Shifting your awareness *could* make you *feel*?

5 ACTION STEPS 😊

1. When you notice yourself personalizing, catch yourself and sit with the uncomfortable emotion.
2. Don't react right away or try to distract yourself. Just allow the feeling to wash over you.
3. Then identify it: *is it pain, embarrassment, shame, guilt, anger, regret, fear?*
4. Don't judge the feeling, just allow it. This will make it dissipate quicker.
5. Then say to yourself, "It's not personal."

AGREEMENT TO NOT TAKE ANYTHING PERSONALLY

This AGREEMENT is made on _____ (today's date) for the purpose of increasing my happiness and personal freedom. The emotions that drain me are the emotions that come from *fear*; the emotions that give me more energy are those that come from *love*.

I recognise that most people spend their energy on personal importance, on defending their image, on defending their opinions and what they believe. They spend a lot of energy trying to be right and making everybody else wrong. This nonsense behaviour is funny when you see it from the outside, but it becomes a big drama when you are in the middle of it. That drama drains our energy. To believe what we believe, to keep all these agreements alive, we have no energy left. Our power of creation, the word, is dissipated and the other agreements become difficult to create. The result is that we feel powerless. I am responsible for becoming powerful.

I promise to honour myself, from a single letter, like the word "I" to a whole ideology, everything we believe goes into that structure. If we keep practicing "Being Impeccable with our Word" and now, "Don't Take Anything Personally", we are going to break images we created for ourselves, images that were projected onto us by our mother and fathers, our brothers and sisters, our friends, society, everybody.

I will take action every day to keep my word impeccable by sitting with the emotion and not take anything personally. I will repeat these actions with the symbol _____ until the habit is firmly established and no longer requires my attention.

Signed: _____

Witness: _____

Part 2: DON'T TAKE ANYTHING PERRSONAL

Release

For the next week, pay attention to when you take things personally. How do you know it's happening if most of it is subconscious? You'll be triggered. You'll feel that internal sting or want to run away and hide. Look for shame, embarrassment or anger—those are good clues. They aren't specific to personalizing, but often associated. It may be an email you get or a comment someone makes that leaves you feeling ignored, misunderstood, not accepted, etc. With insecure attachment, personalizing tends to happen a lot.

Role Play:

This is simply about increasing your self-awareness.

Use simple bullet points, writing down what happened and how you personalized.

You can choose to do this at the end of your day or first thing in the morning as you reflect on the day prior or when it happens.

Examples:

- I was giving a presentation and someone walked out (what happened)
She hated my presentation and thought I was boring (how you personalized)
- My mate reorganized the dishwasher again. (what happened)
They don't think I can do anything right (how you personalized)
- My partner said, "Can we chat about this later?" when I asked how the call with his mom went. (what happened)
He thinks I'm a nag (how you personalized)

Healing Exercise

Healing the _____ (example; mother-daughter) relationship

Fill in the blank

Example Statement:

I have been engaged in a battle with _____ for most of my life. I have judged _____ and rejected them based upon those judgements, and I have used them to victimize myself. One day, as I was reading the *Four Agreements*, I began to see that by judging _____ and using the power of my word against them, I was only punishing myself.

I wanted to apply the *Four Agreements* in my relationship with _____ so I began by carefully listening to what they said to me. Instead of instantly reacting like I usually did, I simply noticed when they said things that triggered a reaction in me. I found that by not taking what they said personally, I could see my own dream more clearly. I began to hear the critical voices inside me that reflected their voice. I became more aware of all the times when I treated myself with disrespect and cruelty. Each time I took responsibility for my own self-judgements, I slowly began to release _____ as the target of my abusive thoughts. I allowed myself to start believing that they really had done the best they could.

Protection

My relationship with _____ has changed dramatically. It hasn't healed entirely, but I now see them through eyes filled with more *love* than with *judgement*, and a heart that does not need to *protect* itself from them. I do the best I can each time I am with them. Some days are better than others, but as long as I remember *Don't Take Anything Personally* and apply it to each situation, I know that I am moving one step closer to the kind of life I want to live.