

# Self Is Not Self-Constructions

• Self-constructions are the self-esteem objects (self-concepts, self-images) that you use to replace and remove self from life.

1 Self-constructions cannot sense.

2 Self-constructions cannot have sensations.

3 Self-constructions cannot have experiences.

4 Self-constructions cannot have feelings.

5 Self-constructions cannot have intentions.

6 Self-constructions cannot have behaviors.

7 You do sense and have sensations, experiences, feelings, intentions, and behaviors. Therefore, you cannot be self-constructions (ego objects).

• Do better in life; choose to read *Life Skills: 10 Mental Skills*.

# Self And Not Self

**S Ben Porath**



**Self And Not Self:**

Uncover the mysteries within its enigmatic creation, **Self And Not Self** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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