

AFFIRMATIONS

That Exhibit *Withstanding the Lie*

Things to say to yourself and others that strengthen and protect you against mental and emotional harm caused by bigotry and prejudice.

WTL Affirmations

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Roger Brewer & Nicole Brewer

www.withstandingthelie.com

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INTRODUCTION

In our book *Withstanding the Lie*, and on our website (withstandingthelie.com), we describe the mental and emotional harm people suffer when they experience bigotry and prejudice. We recommend a specific strategy (the WTL Strategy) to strengthen and protect yourself against this harm.

Obviously, to use the WTL strategy to protect and strengthen yourself, you must get to know the strategy itself. But that's not all. You must also implement the strategy into your life.

We (Nicole and Roger) have developed ten affirmations that exhibit the principles and practices of the WTL strategy. Many of the affirmations are reminiscent of some of the southern country expressions of Roger's youth. When you use these affirmations as recommended, you are "acting out" or "living out" the WTL strategy, thereby strengthening and protecting yourself against mental and emotional harm caused by bigotry and prejudice.

In Part One of this Publication, we provide a list of ten WTL affirmations that you need to adopt as your own. In Part Two, we provide that same list of affirmations articulated in Part One, but each affirmation in Part Two has an annotation. These annotations provide information on when, how and why you should use each affirmation.

As you experience bigotry or prejudice in your life, continue to stand up for yourself, and protect yourself in the exercise of your rights and privileges. Continue to work for equality of treatment and dignity and respect for all. But now, you can also use the WTL affirmations to protect and strengthen yourself on the inside.

You must thoroughly integrate the WTL affirmations into your everyday language, into your everyday thoughts and considerations, into your understandings and perceptions of the bigot and the bigotry and prejudice you experience in our society.

- 1) *Say or use any of the WTL affirmations that apply when discussing bigotry and prejudice with family members, friends, associates, allies, and others.*
- 2) *Say or use any of the WTL affirmations that apply when you find yourself (in the privacy of our own mind) thinking about past, present or future bigotry and prejudice.*

3) *Say or use any of the WTL affirmations that apply as your response to the bigot when they commit an act of bigotry against you, or whenever you notice someone behaving as though they are superior to other people. Even when it is not helpful or appropriate to confront the bigot in an open or direct manner, you can still say or process the appropriate WTL affirmation in the privacy of your own mind.*

Do you not already use different expressions or different idioms to assist you in the living of your life? For example, do you or others you know use the expression, “it is what it is” or “don’t cry over spilled milk” to remind yourself to let go of certain things that happened to you in the past? Perhaps you use other expressions such as “what goes around comes around,” “the empty wagon makes a lot of noise,” “you’re barking up the wrong tree,” “you can take a horse to the water, but you can’t make him drink,” and so forth and so on, as reminders and as bits of wisdom to help you in different situations.

In the same manner that you are probably already using different expressions or affirmations to assist you in the living of your life, do likewise with the WTL affirmations. Use the WTL affirmations specifically to strengthen and protect yourself against mental and emotional harm caused by bigotry and prejudice.

PART ONE

Listing of WTL Affirmations

No matter what horse you may be riding, we all come into this world and we all go out of this world.

You're gonna give it all up.

You don't have to wait for the snowman to melt to know he's a snowman.

How worthy I am, the world didn't give it, the world can't take it away.

There is no such thing that some people are more worthy than others. It's all in your head, like the boogeyman under your bed.

He's got that condition.

Are you not feeling good about yourself?

Contrary to what you might believe, you are not a white person. You are a valuable human being playing the role of a white person until that role is over.

Don't debate the lie.

I don't hate *any-body*.

PART TWO

Listing of WTL Affirmations with Annotations

No matter what horse you may be riding, we all come into this world and we all go out of this world.

Use this statement often to remind yourself of the big picture.

When you are mindful of the big picture, you appreciate more fully that the people who believe they are better than you, are not as powerful or as superior as they pretend. Because, just like you, they too are going to die. Just like you, they too are human, complete with all the limitations, and vulnerabilities of human life.

Don't be intimidated by other human beings. See them in your own mind for who and what they truly are. No matter what they do or say, when all is said and done, they are humans just like you.

When you are mindful of the big picture, you are in a better position than otherwise to love, honor and respect other humans, without giving them authority over you. When you see them for who and what they truly are, they do not intimidate you or otherwise harm you on the inside as they did before.

Each one of us, no one excluded, will die when our time comes. When you speak this truth to others, some may argue that you are morbidly focused on a death that occurs in the future, and not living your life in the current moment. But that is not the case. You are using your knowledge of the future, as needed, to take away much of the intimidation against you *right now*. You are improving the quality of your life *right now*. By taking notice of the future, you are living your life more fully at this very moment.

You're gonna give it all up.

This statement has a long version and a short version. "You're gonna give it all up" is the short version. "Whatever it is that makes you think you're better than me, when your time comes, you're gonna give it all up," is the long version.

Use the short version when you are saying the statement in the privacy of your own mind or when speaking the statement to someone who is already familiar with the complete meaning. In such cases, the long version is unnecessary because the complete message is understood. When speaking to people who do not know the complete meaning, you may choose to use the long version. Or you could begin with the short version and follow up with the long version, if you choose to do so.

Notice that this statement about "giving it all up" has essentially the same message as the previous statement, "...we all come into this world, and we all go out of this world." The

difference is that the “you’re gonna give it all up” statement is best suited as a response to a specific individual who has committed bigotry or prejudice against you. The “we all go out of this world” statement is best suited as a general statement about people who perpetrate bigotry and prejudice.

When using the “you’re gonna give it all up” statement, long or short version, choose the pronoun that fits the person or persons to whom, or about whom, you are speaking. For example, to fit the situation, you might say, “Whatever it is that makes *her* think *she’s* better than me, when the time comes, she’s gonna give it all up.” Or “Whatever it is that makes *them* think *they’re* better than me” Or “Whatever it is that makes *him* think *he’s* better than me ...”

Use the “gonna give it all up” statement often as your reminder that the idea itself that some people are better than other people is never the final word, but only a temporary illusion that is ultimately swallowed up by death, that same death that comes to everyone born into this world. Use this statement often as your reminder to see the people who commit bigotry and prejudice against you for who and what they truly are. They are vulnerable human beings, no more, no less, spending their time here on this earth just like everyone else. When you see bigoted people in this way, you take away much of their ability to intimidate you or otherwise harm you on the inside, as they did before.

You don’t have to wait for the snowman to melt to know he’s a snowman.

Obviously, this statement is a metaphor. The snowman represents all human beings on the planet Earth. The melting of the snowman represents the reality that all humans do die, each of us in our own time. When you put it all together, the metaphor is saying, you don’t have to wait for humans to die to know in fact that they are going to die.

Yes, this metaphor is also another reminder that we all come into this world and that we all go out of this world. But the primary purpose of this statement is to remind yourself, and others, that even though death occurs in the future, our current knowledge of this future event serves to protect us *right now* against mental and emotional harm.

The snowman on the lawn stands tall and sturdy immediately after the snowstorm. When the temperature rises, he melts away. But even immediately after the snowstorm, before he melts away, you know he is a snowman. Even as he stands tall and sturdy on the lawn, your knowledge that he will melt away as the temperature rises plays a huge part in your current assessment of his value.

As it is with the snowman, it is likewise with people who try to put you down.

People who feel they are better than you will posture as though they are big and strong, with much authority and power that you do not have. But even at the very moment, as they do their posturing, you are aware that they too, in their own time, will give it all up to death. Armed with this knowledge, the bigots do not frighten you or intimidate you on inside as they did before.

Use the snowman metaphor often to remind yourself that when you think of death in the future, you are not preoccupied with a future event. Rather, you are using your knowledge of a future event, as needed, to improve the quality of your life right now.

The bigot postures in the moment, but he does not intimidate you or harm you on the inside as he did before, because you know, *right now*, that he too is going to leave it all on the floor.

How worthy I am, the world didn't give it, the world can't take it away.

A gospel hymn, recorded by Shirley Caesar and others, has the lyrics, "This joy that I have. ...the world didn't give it; the world can't take it away." The statement above, "How worthy I am, the world didn't give it, the world can't take it away," is a modified version of the lyrics in the gospel hymn.

Your value as a human being is unconditional. It does not depend on things outside of you such as achievement, social status, economic status, physical appearance, race, or whatever the case may be.

Of course, many external things in your life may be important to you. But when you rely on external things or conditions for your sense of value as a human being, you must struggle to make those external things happen. And many of those things, in the first place, are completely and totally beyond your control. Thus, when you treat your value as a human being as if it is conditional, you are much more vulnerable than otherwise to the mental and emotional harm caused by bigotry and prejudice.

"How worthy I am, the world didn't give it; the world can't take it away." Use these words often as your reminder that there is nothing required of you to make yourself the valuable human being that you are. You are already complete. And no body or no thing can take that away from you.

You can say this reminder to yourself or to others in plain spoken words. If you choose to do so, you can also sing this reminder. Sing it to the melody of the gospel hymn, *This Joy that I*

Have. To hear and learn the melody of the gospel hymn, just search “Hymn This joy that I have” on the internet [or follow this link](#)

Sing the following the words to the melody of the hymn.

*How worthy I am, the world didn't give it to me
How worthy I am, the world didn't give it to me
How worth I am, the world didn't give it to me
The world didn't give it
The world can't take it away.*

Have fun singing this song as adapted from the gospel hymn. Sing it, not only as a reminder, but also to uplift yourself in mind and spirit.

There is no such thing that some people are more worthy than others. It's all in your head, like the boogeyman under your bed.

This statement is your reminder that the idea that some people are superior to others has no power or substance of its own. Of course, people who believe this idea is real will behave accordingly. But the idea itself is still nothing but an idea. It is a fiction. It is an illusion. If you just let it sit there, it will stay there, doing absolutely nothing.

The boogeyman analogy works well as an illustration. People who believe there is a boogeyman will behave in certain ways. If those ways present a threat to you, you must be prepared to protect yourself. But still, the boogeyman is not real. The idea of a boogeyman is real, but the boogeyman himself is a fiction.

It is likewise when people believe they are superior to others. The idea that some people are superior is a fiction. The idea is nothing but an idea. It presents a problem only when people believe it is real and act on that belief.

When you experience bigotry and prejudice, you are constantly hearing the message that you are inferior. To protect yourself against this assault, you are inclined to say things and do things to prove you are not inferior.

But when you understand and appreciate there is no such thing that some people are more worthy than others, a huge shift takes place in your life. You no longer feel the burden to prove you are equal in human value to others. You only need to remind yourself that there is no such thing, in the first place, that some people are more worthy than others. Reminding yourself in this way is a much lighter burden and far more effective than trying to prove your value as a human being.

In the privacy of your own mind, and in conversations with others, remind yourself often that there is no such thing that some people are more worthy than others.

This powerful reminder as described can also be expressed in a short jingle that bears the title, *The Boogeyman Jingle*. The lyrics of *The Boogeyman Jingle* are:

*Ain't no boogeyman in the world
Ain't no boogeyman real
Ain't no boogeyman in the world
Don't no boogeyman live.*

To learn the melody of the jingle, go to the video page or the audio page of our website (withstandingthelie.com).

The Boogeyman Jingle is a lighthearted, but effective way of saying the reminder, “there is no such thing that some people are superior to others.”

Sing *The Boogeyman Jingle* as a celebration that you no longer have the burden of proving your value as a human being. Sing it to uplift yourself in spirit. Sing it to affirm yourself as equal in valuable to anyone and everyone else in the world.

Sing the jingle in the privacy of your own mind. Sing it out loud, within or outside the presence of others. Sing it in chorus with others, to encourage and support one another.

Disclosure: *The Boogeyman Jingle* is an adaptation from a song that Roger learned as a young person growing up in rural Georgia. Roger, his siblings, cousins, and others, used to sing a song with the lyrics “Ain’t No Boogeyman Out Tonight” as they played the game of hide-n-seek at sunset, outside in and around the yard.

He’s got that condition.

When saying or using this statement, choose the pronoun that fits the person or persons to whom or about whom you are speaking. For example, if you’re speaking about a woman, you might say, “*She’s got that condition.*” If you are speaking directly to the bigot, you might say, “*You’ve got that condition.*” Or “*You don’t have that condition, do you?*”

Also, there is a short version and a long version of this statement. The short version is the version stated above: “*He’s got that condition.*” The long version is, “*He’s got that condition that you have when you put other people down because you don’t feel good about yourself.*”

Use the short version when you are saying the statement in the privacy of your own mind or when you are speaking to someone who is already familiar with the meaning of the statement.

In such cases, the complete message is understood. When speaking to people who do not know the complete meaning, you may choose to use the long version. Or you could begin with the short version, and follow up with the long version, if you choose to do so.

Also, when using this statement, the short or long version, you would certainly modify the words to fit the situation you are facing. For example, you might say, "I think he's got that condition." Or "Be careful, sounds like she's got that condition." Or "I didn't know he had that condition." Or "Well, that explains it. They've got that condition."

"He's got that condition." Say this statement in the privacy of your own mind whenever the bigot comes after you. When appropriate and helpful to do so, say it openly and directly to the bigot. This is your reminder that the bigot comes after you, not out of strength or self-confidence, but out of his own fear and feelings of insecurity. When you see the bigot for who and what they truly are, they do not intimidate you or harm you on the inside as they did before.

Are you not feeling good about yourself?

This statement, in the form of a question, also focuses on the bigot and their feelings of inadequacy.

When using this statement, choose the pronoun that fits the person or persons to whom or about whom you are speaking. For example, if you're speaking of a woman, you might ask, "Is *she* not feeling good about herself?" If you are speaking of a group, you might ask, "Are *they* not feeling good about themselves?"

When you ask if the bigot is not feeling good about themselves, you are reminding yourself that the bigot attacks other people because they do not feel good about themselves. You're exposing the bigot, in your own mind, for the insecure person that he truly is, thereby taking away much of his ability to intimidate or hurt you on the inside as he did before.

Of course, when you suggest to the bigotry people that they are putting others down to feel good about themselves, they will probably deny what you are saying. Just remember that you have nothing to prove to the bigot. You are asking the question to strengthen yourself on the inside. However, if you do feel compelled to answer the bigot's objection, you might point out that "people putting other people down to feel good about themselves" is common knowledge, supported by experts on the subject.

"Are you not feeling good about yourself?" Use this question often, by thinking it in the privacy of your own mind, or stating it directly to the bigot, to protect and strengthen yourself on the inside.

Contrary to what you might believe, you are not a white person. You are a valuable human being playing the role of a white person until that role is over.

When using this statement, change words as necessary, to fit the person or persons to whom or about whom you are speaking. Consider the following examples of what your final statement might be based on the person or persons to which it pertains.

“Contrary to what you might believe, you are not a black woman. You are a valuable human being playing the role of a black woman until that role is over.”

“Contrary to what she might believe, she is not a stockbroker. She is a valuable human being playing the role of a stockbroker until that role is over.”

“Contrary to what he might believe, he is not Senator Henderson. He is a valuable human being playing the role of Senator Henderson until that role is over.”

Certainly, it is common practice in our society to judge people inferior or superior based on their roles and identities. When you understand and appreciate that who and what you are is separate and distinct from your roles and identities, you take away much of what others use to question or diminish your value as a human being.

Ultimately, you must understand that when others judge your roles or identities, that are not judging you. They are judging your roles and identities. What and who you are remains safely and securely on the inside.

This is not to say your roles and identities are unimportant. After all, some of your roles and identities are essential to the way you live your life. Therefore, you will continue to defend, explain, or uplift your roles and identities as you choose to do so. But still, your roles and identities, whatever they may be, are not who or what you are.

Outwardly, in your everyday interaction with other people, you will continue to use language that identifies people based on their roles and identities. For example, you will continue to say things such as, “I am a black man”, “He is an accountant”, “They are poor people”, “She is scientist,” and so on. However, in the privacy of your own mind, you would have a different narrative. That different narrative is that you are not your roles and identities.

Yes, others will continue to judge you based on your roles and identities. You can’t control what others think. But when you see yourself as separate from your roles and identities, you become

stronger on the inside because you will have taken your roles and identities off the table as a measure of your value as a human being.

“Contrary to what you might believe, you are not a _____ person. You are a valuable human being playing the role of a _____ person until that role is over.” Say this statement in the privacy of your own mind when someone does something or says something to try to put you down, or when someone behaves in some way as though they are better than you. When appropriate and helpful to do so, say this statement openly and directly to the bigot, or to others in the presence of the bigot.

Don't debate the lie

This statement means you should not submit facts or arguments to prove your value as a human being. When someone states or implies you are inferior, you want to take a position such that you do not even dignify that statement with an answer. Of course, when someone attacks you with bigotry and prejudice, you can't just let them run all over you. What you must do is confront the bigot, not the lie perpetrated by the bigot, and let the lie dissipate in the wind.

Proving your value as a human being is like trying to prove you are not stupid. No matter what you say, you have already compromised yourself.

For sure, there are some very, important exceptions to this don't-debate-the-lie rule. You must determine for yourself what the exceptions are for you. We discuss exceptions in greater detail in our book *Withstanding the Lie*.

“Don't debate the lie” is a statement you will probably use primarily in the privacy of your own mind. Use it as a reminder that you have no obligation to prove your value as a human being. Your value as a human being has already been established. It is unconditional. And no Body or no Thing can take that away from you.

When the bigot comes after you, confront the bigot, and not the lie perpetrated by the bigot, and let the lie dissipate in the wind.

I don't hate *any-body*. Or (I don't hate no-body)

When you hate, resent or harbor other hostilities against people who have committed bigotry or prejudice against you, you give them power and authority over you in the living of your life. Your hostilities you feel keep you focused on the bigot in a negative way, thereby disturbing you further in your mental and emotional state of being. Your hostility diminishes the overall quality of your life.

Use the statement, “I don’t hate *any-body*” often as a reminder to let go of your hostilities. You may find that merely saying this statement to yourself or to others gives you some measure of instant relief. But even if you don’t get immediately relief, this statement puts or keeps you on the path of liberating yourself from all such negativity in your life.

Summary

Get to know the WTL affirmations. Make them your own. Accept them as your truth. Commit them to memory.

In the same manner that you already use certain expressions or affirmations to assist you in the living of your life, do likewise with the WTL affirmations.

Integrate the WTL affirmations into your everyday language, into your everyday thoughts and considerations, into your understandings and perceptions of the bigot and the bigotry and prejudice you experience in your life. Speak the WTL affirmations in your conversations with others. Use them in the thoughts and deliberations that you process in the privacy of your own mind. Use them as a response to specific acts of bigotry and prejudice committed against you.

In addition to implementing the WTL affirmations into your life, as described, you must also get to know the overall strategy itself of “Withstanding the Lie.” An audio recording of this strategy is available, at no cost to you, on our website (withstandingthelie.com). Also, our book titled *Withstanding the Lie* is available on Amazon.com.

Keep standing up for yourself when others deny you your rights and privileges. Keep doing the necessary work to end all bigotry and prejudice in our society. Also, as you await that day when everyone is treated with dignity and respect, use the WTL affirmations, indeed the entire overall WTL Strategy, to strengthen and protect yourself from mental and emotional harm.