

MYMOLLYDOLL

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## Chapter 1: Writing a Book

For awhile now I have thought about writing a book, I first began my journey as a writer and public speaker on Twitter. It has taken me a long time to find my voice. Public speaking does not come naturally to me, I've been a writer for many years, but I'm very shy, therefore public speaking does not come naturally to me. –I think that writing a book, is for those who are accomplished, have lived life, and have already found success. Then I would be the opposite in that case, not yet achieved in life, why the timing of a book, doesn't really make sense to me at all.

I have been a Blogger since 2013, professionally, with a beginning following of 2,000 earned, which then turned into a following of 90k per hashtag, upon founding the hashtag #bloggingcampaign with permission from Brady Campaign LA's President. I have always wanted to make a difference, however, was never quite sure how. It just so turns out that while in Law School, some turn of events changed my course in life, and now I am where I am now, had it not been for those events, I would not have assembled a campaign for everyone, to help everyone cope with the times, cope with trauma, and find peace of mind. That was my main objective.

Overtime, writing online, I have found myself, and found my voice, and hopefully have helped others to find theirs too. That was not on purpose, but a positive reaction to my writing, for which I am proud. –It takes a long time to earn respect in the writing world, it's a very challenging profession, not for amusement purposes, but for everything professional about the concept of writing for others to read and understand make clear themselves, their surroundings, and hopefully understand you better, from the subjective point of view you provide for their understanding of you.

I have not led a difficult life, nor experienced hard times, it was only until after I left Law School that my life changed its course. I tried to maintain steady footing, by enrolling in a different Law School, Thomas Jefferson School of Law, my goal was always to go to Law School since 2006, and finish, but that has not happened for me yet. I plan to return to School January 2018, and finish my LLM, and complete my Dissertation in Risk Management and Compliance, I started 2013, a two year program, while working on and off as a paralegal, and now an Insurance Company on Melrose. –Having a Career and finishing school is not an easy task but can be done.

All my life I have wanted to have a career, a career in which I could wear a suit to work, and be respected professionally. Those are the jobs I have applied to since 2008, jobs in Century City. When I got my first job in Century City 2015, I was elated, it has always been my dream to work in Century City, as a paralegal. In 2015, I applied to 200 jobs, and got 5 Interviews, 2 in Marketing (in the Valley and Culver City), and 3 in Law in Century City. –Its been a long journey, career

wise, but I don't think that my career is over just yet, maybe its just begun. –Its always when you think you're through, and to no end, cannot return to work and a normal life, that things change for you in the positive. I've always been the kind of person, who sets goals, and prepares for disaster, because I have learning disability, I'm the kind of person who creates options for oneself, that comes naturally to me. Likewise I have created campaigns, which reflect that need for options, that's just who I am.

This is a self-help book, I have been writing and working on since 2013. I hope that this book helps provide insight to the times, that serves everyone's best beneficial interests in recovery, from trauma and substance abuse. –I think its funny how my troubles with substance abuse in the past, has turned me into a Social Media Advocate in the future. – If you get enough things right about yourself in life, you can help others turn about their lives too in a positive way, to uplift others, not bring them down with you, when you are not doing well. That is my goal, and purpose for writing a book today. Awhile back I once stated:

People write books for many different reasons. Mine is just personal. When you experience a lot on life, and go through hardships, its only natural to want to share those experiences with others as therapy required, or for the purposes of helping others. My purposes would involve both, to help myself and to help others.

To maintain anonymity, names have not been mentioned, nor specific stories or anecdotes from my life, which describe and or provide example as to my current outlook in life. That would defeat the purposes of moving forward. My goal is to help provide insight, not to teach, to help provide guided thought processes I have found best when coping with certain issues, but not to recommend that my thoughts are the best way of interpreting events. Always see as you see best fit.

TwitterAccount: @shopifygirl Account (Recovered)

In a relationship you have to work twice as hard managing the mood of another as well as your own should only be done when you're strong. For me I have been able to achieve the most self worth and accomplish the most when I am on my own, it's in [a] relationship I lose focus. Your own happiness is measured by your self worth is measure[d] by your accomplishments why waste time please one and not all. You're most vulnerable when in love or alone, because you are not yourself, operating on an altered state out of touch sensitive. Two times in life when you're in your own world, when alone or when in love, like stepping outside yourself with your heart in your hand. When in love, anything is possible, you feel like a machine focused, caring for another, and caring [for yourself].

When you're off on your own, its easy to get discouraged and lose faith. Always keep yourself busy. We lose faith in ourselves and others usually when we are not confident, not disciplined, needy, and feeling less than or not good enough. Part

of finding confidence and stability requires you to be okay on your own and fearless. After all it's easier to be around someone who is stable rather than someone who is tripping. Usually unstable people are viewed as being problematic or risky, and quickly disassociated from, that's normal, that's business. People who are caretakers tend to be more empathic and understanding, not concerned with image and risk, more concerned with helping others, strengthening those around them. So when you're down be understanding that not everyone is going to be willing to help you, and that's okay, some people are not going to be there for you and that's okay too. Don't take anything in life too personally, just always do your best to be thankful and grateful for those that do help you get back to normal. Don't miss opportunities in life taking your time or pre-planning how you want things to be –just be ... whether perfect or on track live for the moment (enjoy life). The more you pick yourself apart [online] and the less you succeed in life the guiltier they feel, harder on you [they are] and [you] failing [in spite of your experiences with them].

People bother you only for as long as you allow them to. Sometimes no matter how hard you try to be nice to someone and make amends with them, they will only bug you in reply back not soothe a rough edge. It's everyone's job to help get people going around them. Use your positive energy to lift those around you not bring people down.

You need to be stable to attract stable otherwise stable people get turned off in survival mode anything unstable is deemed sick a threat. That's because in survival mode you're body becomes defensive unlikely to attach easily because unstable turn others off who keep you stable. When you don't eat food you are more desperate less stable off center unhappy with self react easily to others have difficulty attaching. Food [is] really important to manage the psyche think calm not be manic moody get stuck on a negative tangent.

Twitter Account: @mymollyquotes (Recovered)

I don't think anyone is ever completely detached when they start a new relationship. You're always attached to the last, or never detached at all. In life you have several opportunities to realize your dreams and make a difference no one door opened or shut is the end all be all. Keep going. People can only help you see yourself better or help you live a better life by pointing you in the right direction but cannot hold your hand. Never assume that others know what you're thinking, always best to explain yourself and be clear of your needs and wants in life in order to get a life you feel you deserve, in which you feel needed and wanted. Rejection results when the needs we communicate do not match the needs of the recipient. Sometimes we don't always see or appreciate others until they are gone from our lives but the lessons they teach us last a lifetime of value. Sometimes things happen. You just have to learn to forgive others or forgive yourself move forward. Not everything goes right in life.

Don't lose yourself over other people. Life is temporary, long, short sometimes, and definitely not worth your while fighting with others. Everything you say matters –to whom where and why. Make sure to always stay present not give in to [the] emotions and end up making excuses. It's unfortunate I do not deal with stress well get paranoid, bipolar and lose my marbles. Put on heavy meds. While on meds mistreated. You cannot change people or their opinions of you. You can only change yourself. It's not your responsibility to understand why respond to. When things go awry in your life you have no one to blame but yourself usually whether doing well or rick bad luck occurs. Not your fault.

Nothing positive occurs when you move backwards in life ruminate or revisit any issue already dealt with resolved. Just adds animosity at you. Sometimes things happen. You just have to learn to forgive others or forgive yourself move forward. Not everything goes right in life. Nothing comes easy in life. And that includes finding your place in life. As difficult as this may seem -the route of all your problems ability to achieve this in life lies within yourself. When you are doing what you're supposed to do in life usually things come together naturally for you. When you are not doing what you're supposed to do in life usually things become more difficult for you there are added obstacles which challenge you to get from A to B and accomplish your goals in life and what is needed in order to achieve a life with purpose and find your place in life. Finding your place in life requires that you (1) know yourself and know yourself well (2) know your strengths (3) know your limits in life (4) understand your weaknesses (5) awareness of others and those in your immediate environment cognizant of their needs as well, and (6) able to adapt to change. Once you have achieved full understanding of how to acquire these life skills 1- 6 then you will have a better understanding of how and what weaknesses are limiting your abilities in life and what is needed in order to strengthen a skill set that needs work.

*Note to the Reader:*

I hope you find your place in life as I too am constantly working on improving upon these skills in my own life. Such as adapting to change and being cognizant of the needs of others along my Journey as a Blogger. Once you start Blogging you can't stop, once you create a demand then you feel obligated to fulfill those promises and perform and provide worthwhile pieces to be read that both represent you well and enable your readers to get to know you. What's this all about. Respect. Because I do not feel respected in my life has caused me to become a Writer online to earn respect and have something to provide concrete evidence of why I feel that I should be respected and why I am respected by my peers to those closest to me. I don't think its fair to judge others by their weaknesses but should instead by judged by their strengths and accomplishments in life. That I can shown by Awards and Certificates. -Once you achieve confidence in life your options become limitless. Once you achieve confidence in life you're ability to adapt to change becomes strengthened. The better able you



are to adapt to change and the more confidence you have the more you will know yourself. The more you know yourself the closer you will become to finding yourself and once you achieve this feeling in life it will usually be too late either after having experienced some loss or setback in life that makes you value your build a better future for yourself learn from your mistakes and improve upon these 6 skill sets in life and you will be on your way to knowing your place in life and being able to appreciate that space once you get there to avoid any setbacks that require you to start this process all over again. Best of luck to you all. And I hope if needed this blog post finds you and helps you along your journey in life. I know Ive realized how these skills were needed in my own life and I'm glad I have and can now appreciate the many blessings in my life I have and how to better preserve myself so that I'm able to achieve in life fulfill my goals.

Don't lose yourself over other people. Life is temporary, long, short sometimes, and definitely not worth your while wasted fighting with others.

Fighting with people just shows that you care and insecure about what they think so much so that you want them to think what you think. No one you fight with will think like you think by fighting with them –they think what they think usually because they are not seeing clearly. When someone is not seeing clearly it's important not to fight with them but to help them rather than harm them –harm resolves nothing. Just because someone sounds retarded does not mean they are retarded they just don't hear what you hear they hear themselves how they sound. I get discriminated all the time spoken to like I'm retarded. My Law Professor asked me if I was dyslexic. No Im not dyslexic, I have learning disability. I think everyone needs to change their tone get into doctor mode. It's really hurtful when people are condescending toward you because you don't puff your chest out. Posture is everything. It affects how people talk to you. I know this because I don't stand tall but slouched. That's because I have a big chest, shy. I make friends I lose friends now all the time due to blogging. That's okay the personal troubles comes with the territory competitive. People who speak badly of you generally do so because you have something they want or there's a quality about you they don't understand. In order to get more people on your side its important to blog to your audience not to individuals or about others but keep it about yourself. In life rarely when you talk about another will someone take your side similarly while blogging the same occurs they take the side of the other. Similarly, blogging, people don't want to hear you talking about other people that makes your audience uncomfortable taking the others side. Why is that? People don't want to hear you talking to other people because that makes them a third party eavesdropper which is naturally uncomfortable.

If you are blogging on a Social Network be mindful of your audience who does not want to hear you talking to other people but to them. Blogging Etiquette is something you learn with practice and started on websites not social networks. On networks its not appropriate to converse. Sometimes we don't always see or

appreciate others until they are gone from our lives but the lessons they teach us last a lifetime of value. People who offer to help you are considered professionals –not expected to hold your hand but lead you in the right direction professionally. People can only help you see yourself better or help you live a better life by pointing you in the right direction but cannot hold your hand. When someone offers to help you they are but a guide in life it's your responsibility to share with them what it is you need help with. What do you mean "just being nice"? Meaning people who offer to help you are just being nice there but not there to do leg work for you but guide. No one is expected to help you in life and if they do offer to help you usually they are just being nice open to conversation or interaction with you. Why is that? Some of the most successful people in life are those that help others or provide a business or service that does. Know others well. Successful people are someone the most understanding, genuine, naïve, and sensitive people you'll meet in life. Know that don't overwhelm them.

Don't be intimidated by the successes of others they too were once beginners in life –so they understand you're struggling learning still. Why is that? Talking leads to reflection of ourselves or others –we think with more depth the less we talk so when we do speak it's worthwhile. Less is more. Meaning the less you talk the better you'll feel the more you talk the less comfortable you'll be around others and with yourself. Being wordy or over talking is a sign of excitement either for yourself or another. Try not to overwhelm others with that always be cognizant. When you're lost in life and lacking the maturity to deal constructively with criticisms – it's important to listen more and talk less. When you lost positive momentum it's important to engage in disciplined activities and accomplish small goals to get back on track. Keeping it simple is key to building long lasting relationships. With less effort relationships tend to last longer than over watered.

### *#Love: Finding the One*

I think it takes time to first find yourself before you are ready to settle down with the one. Part of finding yourself requires you to maximize your potential while on your own, get strong, and be able to survive with or without a partner in life. Sometimes you have to go out into the World and meet new people, make amends with those you've met and have time develop on your own comfortable with yourself. I think when we are not comfortable with ourselves makes it difficult for one to be able to be comfortable with another let alone establish a bond that's tough enough to withstand the many hurdles to Marriage. You need to be strong in order to get Married and you need to be reliable trustworthy and open to change. I'm glad I took the past 4 months apart from my Ex in order to grow and repair my roots and make amends with those I've met along the way only then can we move forward and be able to establish a new relationship or better foster the development or mending of an old relationship. I think I'm happy with my decision to go back to being Single when not ready yet to dive into a serious

relationship. I see now that I do much better one on one than being Co-Dependent on friends or new contacts to stabilize meet my security and safety needs which require a lot of attention and listening. Being needy is not the way to start any relationship. I'm glad I experienced this phase in life alone since 2014 and learned a lot about myself so that I am better suited to maintain a long term relationship that ends with Marriage. I'm looking forward to the potential to reunite with him this Summer and pick up from where we left off. So lucky he was so understanding when I needed more time to be alone and fix myself make amends with others handle my personal issues and find myself online Blogging and develop my websites for Quotes and Fashion Blogging, a dream Career in addition to my current place of Employment. Relationships aren't easy and certainly more difficult if they get started on the wrong footing when not ready, usually never lasts if on different pages. I hope that he is still on the page where we left off and now have the time and energy to fully invest my heart in getting to know someone new and establishing a bond with another fit for Marriage and Kids. If it's meant to be it will be. If he still loves me then he has been worth the wait Single fixing myself and putting myself back together again.

#### *Letter to my Following*

Thank you to everyone who helped me on my Journey Online and especially those who started following Spring (2015) originally an entertainment campaign with help and support from MYMOLLYDOLL (2013) who blogged Fashion and Quotes while seeking to Prevent Gun Violence. If not for this time period alone I would not have assembled so much online as a jumping off point for others to help grow a support network and Campaign that provides support to Victims and Brady Campaign.

Thank you for reading and hope that you too if not now find love in the future and able to appreciate that person whole and stable. Love is hard to find. Never take for granted those who love you and never take for granted the short time we have on Earth to make a difference and contribute to bettering the lives of others as well as improving our own lives on a daily basis. -Last I spoke to him he offered to send me to a Self-Development Retreat to help me grow. Wish I listened and attended instead of trying to figure out how to grow and develop on my own without getting hurt. Sober Celibate & Clean.

Never waste time chasing people in life those that love and care for you stick around and those who are not worth your time will only harm you, There's a reason why someone is not talking to you but engages you in conversation and invites you to talk to hear or reject you at their leisure. It's a waste of time and energy to explain yourselves to others who don't need explanation. Just be yourself confident not worry what others think. The only person who can destroy you in life is yourself. Never give anyone more power or the right to harm you if you keep to yourself no can hurt you. There's a reason for blogging and why we

have writers. Because its okay to write 20 blog posts to your websites but not okay to send 20 text messages. Best if you have something to say worthwhile about yourself or thoughts to share them online blogging rather than by text messages to one. People who are really busy in life who don't have time to respond to you don't have time to respond. Never take anyone too seriously in life. [Rejection occurs deal with it].

There's never a reason why anyone should ever respond to rejection with self-aggrandizement. Don't beat yourself up over it. Just move forward. Usually when someone rejects you its because they don't have a position available in their life for you. Or that position is already taken. Never argue with anyone over Social Media Messaging or Text Message. Arguments written or any kind are annoying to read annoying to express out loud. Never blog about people in your immediate circle in life or people you talk to on a regular basis it stifles socialization makes things awkward. You realize what to blog about and what not to blog about as you go and as people respond to your blogging. You never know what's appropriate.

After writing for so long. I realize that generally no one wants to be mentioned in a blog positive or negative then what's the purpose for @. People I take it only want to write about themselves but for some reason want to control what is said about them on Blogs? In life you can't. Why is it okay for others to talk about people behind their backs or negative to their face but not okay to write about it on a Blog. If someone doesn't like you anymore it's usually something wrong with them not you. Why is it okay for someone who rejects you to read you to read your Blog behind your back. But not talk to you. To me that doesn't make sense.

People who are mean are usually angry people who have issues with you because there is something about you that angers them. Not your problem. You can always be nice. Fighting is never the correct response when dealing with an angry person just ignore them it's their responsibility to change. Time goes by much slower when you stay calm stay goal driven are doing what you're supposed to be doing in life how you know whether you're on track. What you see you get in life. If you think positive good will come if you allow your worries to overconsume you nothing but chaos occurs.

Some of us get to live the good life some of us get sent to hell some of [us] get to live the good life but not [all of us get to] enjoy it and some of us are luck [enough] with 1 and 2. I'm not married. I'm a 1 and 2 girl. And lucky to be in a good place in life right now just working on 3 right now. In a relationship you have to work twice as hard managing the mood of another as your own should only be done when you're strong. Once you get labeled it's very difficult to make it in society establish and maintain a relationship. That's okay. Why I'm alone right now. In a relationship I allow criticisms to get the best of me and underachieve perform under pressure feel not good enough.

## *Co-Dependency and Relationships*

There's a time for nesting mode and nesting mode is not for career girls until we get to the point we're ready to quit. That time has not come. What matters most is your happiness not be bothered by others or those you displease in life the more time you spend on them the less on yourself. There will always be people you come across in life who will take advantage of you if you allow them to its okay to say no and disappoint others. In a relationship you have to work twice as hard managing the mood of another as well as your own should only be done when you're strong. For me I have been able to achieve the most self worth and accomplish the most when I am on my own. It's in relationships I lose focus. Your own happiness is measured by you're self worth your self worth is measure[d] by your accomplishments why waste time pleasing one and not all.

Relationships in isolation tend not [to] last as long because one another is dependent on the other for stability rather than leaning to all. It's always good to have friends. To stay level headed and not fall off[f] course socially or romantically healthy relationships foster growth.

[Always be thankful for the help you get in life, and never worry what other people think, whether they think more or less of you based upon your demeanor and experiences in life, so be it. Learn to let go, you will not get acceptance from everyone along the way, that doesn't mean that you should get upset, or be negatively affected by others, or be negatively influenced by the unhappiness of others, they are not your problem, the problems of others, everyone is always at best responsible for themselves, and their actions or inaction].

I am thankful during this in between phase in life. That's not how one is felt needed or wanted by fostering unhealthy attachments they think necessary to feel whole usually insecure. Sickness from relationships is usually caused by Co-Dependency. Co-Dependency occurs when one another puts the other in an isolated needy state. I think its important to be able to have friends to lean on talk to. When isolated in relationships hyper focused is how I get sick.

*Successful People – Tumblr Account: @lesliefischman*

Why is that? Some of the most successful people in life are those that help others or provide a business or service that does. Know others well. Successful people are some of the most understanding, genuine, naïve, and sensitive people you'll meet in life. Know that don't overwhelm them. Don't be intimidated by the successes of others they too were once beginners in life –so they understand you're struggling learning still. When someone offers to help you they are but a guide in life it's your responsibility to share with the, what it is you need help with. What do you mean "just being nice?" Meaning people who offer to help you are just being nice there but not there to do leg work for you but guide. No one is

expected to help you in life and if they do offer to help you usually they are just being nice open to conversation or interaction with you. Sometimes we don't always see or appreciate others until they are gone from our lives but the lessons they teach us last a lifetime of value. People who offer to help you are considered Professionals –not expected to hold your hand but lead you in the right direction Professionally. People can only help you see yourself better or help you live a better life by pointing you in the right direction but cannot hold your hand.

### *Who Are You?*

I never stopped to question who I was and what I wanted to do in life until my late 20's. This phase usually occurs after experiencing some kind of failure in life. For me it was not finishing Law School. It was my dream to be an Attorney, so when that dream could no longer happen I came to a crossroads in life. I could either keep pursuing my dream to get married or forfeit my 2 and a half year relationship to someone I loved but was not growing with, that is why I decided to leave him. Why do we question ourselves and our motivations in life? When one is motivated by goals that bring about positive changes or positive growth in one's life then we know that we are on the right track, our decision making is sound, and that we are being accurately guided by our positive goals we have set for ourselves. Some call that your Chi. Finding your so-called Chi in life is difficult, not always necessary for one to be in their "Chi" in order to succeed in life and/or function, but definitely something we all strive to achieve for ourselves and once found, maintain.

So when lost, or experiencing failure, of course we look back and wonder, think, when was the last time we were in our Chi? For me my Chi is operating on all cylinders, multi-tasking, accomplishing daily tasks with ease, and one goal after the other, with patience hardwork gratitude sincerity wit, healthy, strong, fit, well balanced mentally & physically, strong interpersonal skills, in touch with friends & family on a periodic to regular basis, writing, and most of all reading. I seem to do my best when I am reading a lot, I guess that's why I love school so much I stayed in school. -Huh? I have a learning disability so I don't read unless for School mostly and therefore only read what's been assigned to me.

So why am I writing online? Are you soul searching Leslie or looking for your Chi? No. I know where my Chi is at and my Soul. Exists with whomever I'm in love with. I'm a pretty dedicated girlfriend, unconditional, patient, loving, and never complain. -I used to be great on my own, taking care of myself, until I became Codependent in my last relationship (2010-2012). I was ignored too much, and he didn't have as much time for me as I expected from someone looking for a serious relationship, I think we would have been better off as friends as suggested for the long term but he insisted, I cried on my steps after our second date -telling him I'm not good at relationships and not ready for a serious relationship, having just left my Ex 8 Months or so ago for an Attorney who

wasn't ready for a serious relationship, leaving me alone in the date to date pool of people who wanna hook up but not ready for a commitment -I go in my head so then what's the point of hooking up if not for Marriage. Anyways I've grown since then and decide to just stay Celibate until I find those who do not have fear of commitment and can handle me when I say I'm waiting for Marriage and still want to date me. Shows they have gusto, fearless of expectations, enjoy the moment type of people.

*Moving Forward (Tumblr Blog: @lesliefischman)*

When things go awry in your life you have no one to blame but yourself usually whether doing well or sick back luck occurs. Not your fault. Nothing positive occurs when you move backwards in life ruminate or revisit any issue already dealt with resolved. Just adds animosity at you. Sometimes things happen. You just have to learn to forgive others or forgive yourself move forward. Not everything goes right in life. It's unfortunate I do not deal with stress well get paranoid bipolar lose my marbles. Put on heavy meds. While on meds mistreated. You cannot change people or their opinions of you. You can only change yourself. It's not your responsibility to understand why respond to.

*Rejection and Professionalism (Tumblr Blog: @lesliefischman)*

Never be discouraged by the wrongs projected onto you by others who misjudge you, underestimate your capacity, and level of intelligence disregard you all together as equal and or deserving of title to a position you deserve in the workforce. There will always be more opportunities for you to shine in life. Never let down your guard to anyone in a trusted position. Never assume that people who care can help you. In the workforce and in relationships, once entered into, only you can help yourself. Never rely on a partner or significant other to be there for you when you are down. When you are down, vulnerable is when they judge you, when relationships take a turn for the worst. It's not your responsibility to explain your every quirk or shortcomings in life. You have no obligation to explain yourself to anyone. Those who pry do so only to size you up, if they're sizing you up from the get go, even the more reason to limit bonding time with them. Professional relationships breed awkward Romantic relationships don't allow another's neediness to cause you to accommodate their needs stay professional at all times never let down your guard and never enter into a professional relationship when weak insecure or not sure of yourself it affects your decision making and when your decision making is off you have a greater likelihood of putting yourself at risk of harm of embarrassment. Either encouraged to engage in behavior against you're general morals or habits to their convenience or not be viewed as valuable but replaceable if not confident with yourself. Why decision making skills must be up to par measured first by your ability to manage your life outside of work first before allowing your personal life to interfere with work relationships, spill over and result in dependency, co-

dependency, or other like unhealthy relationships at work where boundaries are not respected and you subject yourself to rejection, get projected on, and treated like a pushover because your personal life issues were not dealt with prior to entering into that relationship. Food for thought. Good luck.

I should instead appreciate that I have someone new in my life who cares about me whether or [not] anyone else does or wishes harm upon me shouldn't matter. Its called getting dumped. It happens. No reason to commit suicide over it. It's not important to talk about [it] at this point [in time] what happened. But what's most important is what I don't continue to respond but let go. If someone is trashing you they can only do so if you allow them to make you feel that way don't then respond in the negative that only empowers them.

For every reaction there is judgement. When positive or negative, we are judged, and based upon those interactions, get judged as a whole good or bad. Whether purposefully intelligent or not that bright, and seeking sides to be taken on issues experimental with others. That is how I was treated. What sticks to your record, is by the choices you make, as to whether you deserve happiness or not, and by the ones you trust, get treated as undeserving of happiness. How you get treated blamed or not, for the actions of others toward you, is in your best interests to keep private, never your responsibility to share in passing with someone upon interrogation of you, when separated. Give people time to think on their own, some are not meant to be manipulated and matched, some need stability. Theres a reason for that not personal, never take anything personally, always be kind to others, and allow others, to find themselves and realize their full potential.

What gets put on your record, is how you will be judged by others. That you cannot control the negative judgments afterward as accepting or not of you, made thought just to create conditions to make you feel the same or similar to others, or make or appear the same or similar to by upbringing. Your self-esteem matters and the esteem that others hold of you, matters only if you are professional. In order to be treated professionally one must behave professionally otherwise run the risk of not being accepted by others, as in good enough to work or well. Those reactions we are not responsible for, the negative judgements of others toward someone seeking acceptance, or accepted by all.

Never allow anyone to trash you. When anything gets complicated or seemingly overwhelming think first of what you do have control over your reaction. That you cannot later explain. I don't believe in the saying prove them wrong that requires reliance on another's acceptance not by your own merits to succeed is draining. You can contribute only when you feel whole that occurs by what you achieve through discipline not interaction. You can't overcome fear or intimidation, that will always be apart of your makeup, if you allow it to occur.



Best to love yourself first than not at all rely on others to make you feel good feel whole, so you contribute more positive do more good. You cannot contribute what you yourself do not possess you cannot attain what another has by being around them but achieve on your own first. Best to love yourself first than not at all rely on others to make you feel good feel whole, so you contribute more positive do more good. When you are unhappy with yourself it's impossible to be happy for another that sentiment is carried over in your interactions negativity is felt. The more you depend on others the less you can contribute the more power you give away and the more powerless you feel cycle of insecurity.

You are only bigger than the person you were yesterday growing up matters little with who you're more than what maturity is self-esteem. What matters most is what's inside that counts –love matters little with appearances but based on a bond you have through communication with another. When you love yourself its easier to love another. The more critical you are of yourself the more crucial of others you tend to be. There's never an answer to every problem, but there is always a solution. Never second guess yourself. What is right for you is not for everyone.

What makes sense is to be what makes sense to you. Not be treated as needing to be put in your place, or blame others for feeling threatened by them. Where you need to be in life, is where you are, people pleasing or not. Do for yourself first what others cannot do for you then accommodate the needs of others rather than first pleasing to get from A to B –lost. Why is what makes sense have anything to do with where you are. Because tell tale signs of people pleasing result in feeling lost looking lost. I'd rather hurt because I hurt myself then prove myself wrong then succeed for anyone else in life. I do everything for me now. People who hurt you want you to fixate on them and the things they say to obsess over them and why be attended to how they feel empowered. Everything you say matters –to whom where and why. Make sure to always stay present not give in to emotions and end up making excuses.

It's easy to say sorry once all is said and done but the damage to relationships that result stings longer than the time it takes to just be silent. When you are not yourself best to bit your tongue and be silent than give in to negative emotions react and say things you later regret. Once trust is lost its hard to get back and can only be earned not given. Don't allow negative emotions to overconsume you change you. I think we are handling things better. My generation is still adjusting to building in group support networks and not being destructive.

It's important when things are not working for you with any matter to back off things are only made worse the more you involve yourself. The more you involve yourself in something that doesn't matter to you. Make sure time invested is what matters not for gain or to harm. From experience those who walk out on you then try to come back into you life when trusted will harm you again. Always do your

best to focus on the positives no matter how many people try to come back into you life –when up, stick to those [who where] around when [you were] down.

Once you move forwards never move backwards and always be open to making new friends check in on Social Media to read. Lesson of the Day: Aggressive people will try to boss you belittle you if you allow them if not purposeful out of the way raise your voice. Lesson of the Day: Thou shall not be trashy to thy neighbor always with compassion make requests to be unbeknownst bystanders of your need to move. Love is the most dangerous position you can put yourself in when vulnerable how you get hurt rejected why I pop in let go.

The more you pick yourself apart [online] and the less you succeed in life the guiltier they feel, harder on you [they are] for [you] failing [in spite of your experiences with them]. People bother you only for as long as you allow them to. Sometimes no matter how hard you try to be nice to someone and make amends with them, they will only bug you in reply back not soothe a rough edge. When you have it great in life never allow negativity to stand between you an your dreams always maintain steady footing to achieve goals. People come and go from our lives ... it may hurt but its important to put yourself first before seeking acceptance and validation from others.

I've found the most success when well rounded, setting goals for myself daily, making lists, and always being prepared. Ready for anything.

In the end (“at the end of the day”) ... The ones that care stick around. Always best to first focus on yourself get strong and then be strong enough to be there for others. The most meaningful interactions occur when we are lost –never lose sight of those who were therefore you when you were down. Never allow rejection to keep you from fulfilling your dreams in life, there's a place for everyone and there's a someone for everyone.

The best feeling is looking back and seeing how far you've come. I've learned that no one cares about your problems –especially with them, so best not to mention [them] to make the problem or person go away. When it comes to Social Media people generally only want one thing privacy, mentions positive or not – would rather not be mentioned. That I can respect. Life occurs on its own timing not always our best timing –why its important to be flexible, spontaneous, and take chances in life, have faith.

Why waste time loathing in failure stirring up negative emotions and giving into sin that carries no positive momentum for us forward. No shortage or values and good character results from the wrongs of others but only by our own wrongs do we limit our satisfaction in life. Life goes on. Do not blame others for your misfortunes in life, shortcomings or hardships –you are always a product or the choices you make.

Never be discouraged by failure –when one door closes another [one] opens, best to never give up just keep moving forward. Trying to control others that type of behavior is not normal means your codependent weak depend on others to feel strong be strong on your own.

Basic life skills helping others know your position well first before diving into a ring fiddling with the positions of others dispositions. When you put yourself in another person's shoes you take on their dispositions in life to better understand listen ask questions don't try to fix. Everyone needs to be nicer to each other listen better and keep a level head on their shoulders put yourselves in your own shoes first.

The goal is not to defend anyone or argue. But make sense of what we do know so in the future these crimes do not occur protect one another. I'm not a preacher. I write from the Heart. If I have nothing to say I say nothing. Believe whatever you want. If you concentrate really hard on anything in life your bound to step foot in it one day you create your own path in life do not hurt others to achieve. [I] am nothing, nothing, nothing, nothing, but a granule of sand on a beach on a beach on a beach on a beach therefore blendin.

When you see something you don't like don't don't punish or ridicule or bend a rule and self harm faith is faith requires discipline and confidence. But this but that you are but a product or the choices you make I know you care but you chose otherwise its not over pick yourself up. But this but that life is short Molly everything mends itself when the time has come keep your faith and love will appear ...

She cried and wept a sober solemn and when she broke he came around to check on her pick her back up ... #Romeo ... don't cry Molly. We do not throw people in dumpsters when they have harmed us we make them clean up their own messes in life [leave] them to themselves.

When we cleanse ourselves of the wrongs of others through exercise and good nutrition we rejuvenate our souls replenish ourselves from wrongs. When you lead with a positive foot, positive things in life occur for you, for every negative, you set yourself back, fighting does not help.

Find a different purpose in life than trying to destroy my life my self-esteem my self-worth my image of myself to others, is normal fine. These things you learn when you get older ... how to be a lady. I'm a work in progress. Doing my best conservative uptight.

What's the worst that could happen. I end up alone. At least I'm ethical about it. Let go fully before pursuing another not pursuing wile with. You cant just get a job

in a different Business if you are not passionate about what you do learn grow understand appreciate, #tech.

I had to familiarize myself with a whole new business learn new terms functioning capabilities strategies strengths weaknesses to perform well. I was in the best shape of my life they put me on Abilify shot because I cut my wrists after my Mom was giving me \$hit for not having a job, [trying to make a job online].

It's important to look at the big picture not pick each other apart over defects of character we are where we come from be respectful. Key Point: Always trust your surroundings when lost as guide posts to your return from disorganization and chaos. Trust those who are strong.

### *Look on the Bright Side*

On rare occasions are we given the opportunity to communicate on neutral grounds it is at these times we should be thankful for both what is helpful and or no use but relevant nonetheless. Be grateful for those who share their stories. Without purpose to harm anyone or be benefited themselves in doing so but because it helps she'd light on something, a situation, or present circumstance in a way we would not otherwise see had they not shared given their insights into how and why these crimes occur and what has been done to stop them. We have done everything we can and we will continue to do everything we can which includes improving upon our systems of communication crisis response and timing of such responses and prepare those who are new to change how best to cope with the present times not live in fear but understanding of the basic ebbs and flows of human progress and communicate effectively with one another in a way that fosters development not stifle one another's growth. We will continue to do our best to implement new sources for coping, provide resources, and strengthen existing strategies while trying new means of communicating once those previously used means cease to be effective in combatting terror. We have few resources when limited and many when we act as one. You can choose to continue disagreeing or realize once you turn on one you turn on all. Now's not the time for criticism. Now's not the time for complaint over selfish needs. Now is a good time to work diligently. Be prepared everyday for the next and do your best to contribute to the safety of those around you no put anyone on our soil in harms way because you think deserved or not your problem. Make it your problem to keep one another on track and do what you can in order to promote that positive development in one another. I will do my best to improve. Be strong. And continue providing services online to those in need. I'm sorry for your losses I wish there was more I could do, but I have to be cautious not erratic and be Professional which requires me to process produce and proceed slowly so that in the event of an emergency we can all proceed swiftly. That's how you prepare one another by adhering to basic standards of professionalism.

There are rules and requirements for good reason you either choose to dismiss or follow. If you are harmed as a result of not sticking to those rules and scripts than we apologize if our services are of no value to you we can only help those who honor and respect those traditions we hold dear. Our set of laws that bind and protect our best interests.

Side Note: Self-worth and self esteem you either have or you don't for whatever reasons are not your fault to regroup be a cautious decision maker. Do what you need to do to stay focused without causing harm to yourself or others. Blogging has been my means to achieve stability. Sanity. I motivate myself keep myself motivated in life no one's cheering me on at 30 its not an AYSO Soccer Game on my own –my job to stay driven.

These are my thoughts experiences understandings and whys not scientifically proven facts. Don't let people confuse you. It's annoying. But that's how people manipulate your moods. Get you to fixate on something wrong with you. People who hyper focus on themselves then quick [to] change subject to make you look at yourself results in zoning out not present (Ex)

Locked in Deep Thought – Usually occurs when you have concentrated on one thing (matter) for a period of time then change focus period in between. Locked Deep in Thought (definition): Zoned out, not present, usually long pause after thinking clear then sudden realization clarity arrives. Don't wait until it's too late to tell someone how you feel. You never know what positive difference you can make without trying. There are two reasons for failure in life. Either you've given up on yourself or you[ve] allowed you[r] fears to come to fruition (by giving up).

When we are lost its not because we are misunderstood or alienated you are the reason always for your place in life never because of others. When one relationship falters another one will blossom. That's how Karma works. When you are good you keep blossoming if bad you stifle others. It's nothing to be ashamed of when rejected or experiencing failure in life. Life requires perfection uniformity so if not up to par why so. At some point everyone comes to a turning point in their lives when they no longer respond to the judgments passed by others and just be themselves. It's not required that you adjust to every quirk and judgment held by others toward you if they cannot roll with you the way you are then [its] not meant to be. The one who doesn't need attention means the other affirmed them well did a good job the one struggling didn't get enough affirmation to establish [a] bond.

That's when you give a lot of affirmations to establish a bond. Then once there's a bond the partner feels secure. And doesn't require attention. Sometimes in the beginning you get a lot of attention. That's normal. Unhappy people just stick together. Grass is green there too. Don't F up my grass. People who are unhappy with themselves break people. Why unhappy people should just hang out date

other unhappy people. People who have everything like me and still unhappy – means they have low self-worth cannot repair themselves no longer independent of others.

Happy people compete with themselves focus on themselves feel whole because they don't ever feel less than because they keep their plate full excelling. Unhappy people feel good for different reasons than what makes happy people feel good. Not a match. We don't compete with others. Everything happens for a reason. Small goals are worth achieving and nothing is too much to handle when you have friends. Foods really important to manage the psyche think calm not be manic moody get stuck on a negative tangent. You need to be stable to attract stable otherwise stable people get turned off in survival mode anything unstable is deemed sick a threat.

That's because in survival mode you're body becomes defensive unlikely to attach easily because unstable turn others off who keep you stable. When you don't eat food you are more desperate less stable off center unhappy with self react easily to others have difficulty attaching.

Don't miss opportunities in life taking your time or pre-planning how you want things to be –just be ... whether perfect or on track, live for the moment. (Enjoy life). Its important when on a positive tangent to stick to that pattern [of positive thinking] –not go back and reiterate the whys and/or explain to those who do not believe [in you] –that just sends you back into a cycle of negativity –not helpful toward positive progress and building esteem from within by focusing on negatives.

I'd rather be alone than embarrassed. When you're tired is when you're [more] likely to make dumb decisions and or harm yourself if pushed over the edge, So if strong now strong normal condition. Never be discouraged by failure –when one door closes another [one] opens, best to never give up just keep moving forward.

I think love is about finding yourself and finding yourself with those who love and care for you – finding the one equally infatuated with you. Everyone's definition of fulfillment is different –some demand more or less depending on what their goals in life are. Do not allow others to impede negatively on your personal growth. We are not Actors – we are Human, therefore in control at all times.

We find hope and strength when lost when we stick to our strengths and not lean on peers who exude the strengths [or weaknesses] that bring out our weaknesses. It is important not to blame others when things do not work out for you personally whether you are right or wrong –it only makes you look bad.

The more times you stop and question yourself and others the further away you get from accomplishing your goals in life. Success is by choice. The choices you make in life, that you take responsibility for, determine where you end up in life and how successful you are. When you take responsibility only for yourself and your own actions your options [become] limitless in life, so long as you know the difference.

What is required is only that we learn from our mistakes –continue to improve, and always apply ourselves when down to come up again. Rejection (Definition): [An] Inability to get what you want in life because you are lacking a likeable quality required for acceptance to fit in. To have no enemies in life requires tact and self restraint to know wrong from rights as well as ones owns weaknesses not bestow [onto] others.

You have two choices [in life]: (1) Move Forward never look back; [or] (2) Sit and Ruminant make Amends go through your Inventory. (With #AA –I was required to do both). The Quality of Life we lead depends on two things how much time we invest and how much time we spend toward achieving [our] goals in Life. It's never easy letting go. And sometimes its hard to accept the facts when you are going through a difficult time –always be patient with yourself.

Never be discouraged by failure –when one door closes another [one] opens, best never to give up just keep moving forward. The best life is by those who laugh the hardest on the inside most productive observers living life not whining complaining ruminating.

## **Chapter 2: Moving Forward in Life**

Don't give your power away to anyone discourse over anyone is time wasted better spent on other things positive. That's their point to take power away from you thru discussion on their interests which is to discuss them to take away from your best interests and right to be heard, then they take away your voice, project their from your own, use you, misuse, take, and reject you, devalue you, and say is deserved, as though, you write as punishment for any time served or deserved not as philanthropic efforts or for goodwill is ridiculous on its face. I don't have to write online, I write because I clearly care, and always with a good heart.

Life isn't always easy and troubles usually occur when we least expect it, most likely because we are too busy focused on something else, that's typically when something goes wrong in another area of our lives. Much of life requires us to be strong multi-taskers, managing multiple roles at once: caretakers, employees, significant others, these are roles we can all relate to, roles everyone takes on in life to feel whole, needed, and important to others, fulfilled.

We can either be led by our past or be led by our future. It's your choice which direction you do choose to take in life. Some of us move forward better than others depending upon how much weight we give to moments past or present that in turn affect our decision making for better or worse, moving forward.

Love. It's not the end of the world when things don't work out. We all meet for a reason, we are either strengthened or weakened by interaction with one another, everything apart of the growing process, how we learn, and hopefully find better stronger matches in the future.

You can have everything and you can have nothing. It all depends on what you value in life. What you put first in your order of priorities. You choose to make happen what comes to fruition in your life based on what you choose to focus on. Generally that is the order of things in life, what comes first, appears so, because we made a conscious effort to make things the way they are in our lives because of what we deem most important to us individually. Everyone has their own timing in life, one must be patient with themselves first before understanding the timing of others. There's no such thing as instant, everyone busy, do not expect others to always be there for you. Sometimes you have to figure out life for yourself, you can only be told so many times, warned, and guided -sometimes you have to see things for yourself.

Always be yourself. Set your standards high. And never expect anything in return. The best way forward is to forgive those who have harmed you, why? So that you are not hurt in the future, by the same set of circumstances. It's important to let go, when things are not working out: job or relationship wise.

I've always been a good friend to my friends and sounding board when they needed me. Eventually I grew up started dating and experienced problems of my own. It happens. Growing up is a process. It's important to be strong and independent before entering into any relationship, it's never necessary to be co-dependent, when we rely on others too much for stability the only ones who get harmed are ourselves. It's therefore always important to be self-reliant during difficult times, and rely on Professionals for support when you're down. Nothing's impossible and everything takes hardwork, to both achieve in life and overcome hardship. No one ever said that life was easy. Anything is possible, if enough believe.

You pick and choose your battles in life. Nothing worthwhile is earned resting on our laurels or by being a doormat. Sometimes you have to fight for what you believe in and deserve in life, energy then is best spent proving others wrong, on our own merits we build trust and earn the respect of others, fighting passively is for the weak, always be up front honest and true to yourself, react less to others prompts, be guided by your own principles of what's right and wrong, the use of violence or force is never the answer to our problems. Whenever one drifts from



reality, the only way back to normal is by discipline. If we rise by lifting others, then one must first lift themselves in order to help lift others. One cannot lift themselves by focusing on the negatives or pointing out the weaknesses of others, that's a waste of time and energy better spent on focusing on the positives, maintaining ones integrity, not giving up on oneself, or enabling others to control their direction in life. Those who find themselves lead, those who lean on others for support depend upon the utmost professionalism demonstrated by those we trust in the helping professions. Not everyone is to be trusted and for good reason, only few of us become Professionals in life, and it is the responsibility of all to trust those who have achieved in life and been put in positions of power to take care of us all. Main Point: Even Professionals struggle, become ill, and misguided. Why I write.

It was never my intent to write a book. I don't think anyone lives and plans to write a book about themselves at any point, it just happens. Usually one must be successful in order to write a book. I have not achieved the level of success I feel is necessary to write a book. But while I have time, I thought I might as well try. It just so happens that even the sweetest people are unlucky in love. Or so I've noticed. If you are one who attracts the kind who once feel better leave you, then that's okay. That's normal who we empower usually attract, once independence is lost they will look for better, someone who improves them not weakens them.

The best lives are led by those who put others before themselves. Usually end up in the right places in life. Karma is a product of who you benefit weaken in life, for every failure or miss, your chances of being thrown off point in the future increase if you don't improve someone else will bring about circumstances in the future where you've failed in the past. Recognize your best, always do your best, and never interfere with the positive progress of others, always compete against oneself. Everyone should be better off having known you, whether or not they stay.

You are a product of the choices you make in life, determine where you end up in life. For better or worse sometimes we realize as we go and correct problems, sometimes we fall thru the cracks, and end up behind in life. You have no one to blame but yourselves, the minute you start pointing fingers, you are in the wrong. You get nowhere in life fighting and blaming others for your misfortunes. The only one who has the power to change you is yourself.

It's not necessary you be happy in order to accomplish your goals in life. Just stay focused. Happiness will come when you're good and ready. What's most important is that you are working doing something with your life that you'll thank yourself later for. You go through so many changes in life. Sometimes life gets overwhelming. Just take it one step at a time. Every day is worth your best. You won't know your worth unless you try. It's all a matter of self-control, knowing your limits. In order to exceed expectations you must be healthy. It's not required

you be a workhorse overextending yourself, but just do your best. It's all about timing. You're best timing in life occurs when you are ready.

Leading a disciplined life is what improves your good timing in life. When your life falls apart so does everything around you. Don't overthink. Sometimes when you overthink things you wind up feeling lost. Much about life is being in action. It's important to think things through but not to the point where it worries you. You only have one life to live. No matter how long it takes, hope you get to where you are going in one piece. Never look back, and never stop dreaming. It doesn't matter how long it takes what matters most is how you spend your time. Don't procrastinate. Don't overextend yourself. Set limits. And always do your best. Live life to the fullest.

You're never really ready for change when it occurs. Usually when we are not paying close attention change happens and we just have to adjust to the circumstances. Some people are in your life and some people are not but you can't make anyone be in your life if they don't want to be -you have to allow things to occur naturally. Nothing forced ever works out -let them come to you.

It's not always about winning and losing in life. Some battles are best lived unsung. This is mostly to save face but sometimes in your best interests not to fight. Always rise above controversy these adversities in life will only make you stronger. In the long run you'll thank yourself later sparring yourself the unnecessary heartache.

My mind is rather quiet these days. I don't have much to say, but I feel better now. Just continue to move forward -I'll have to remind myself. Such devastating losses in friends and relationships are nothing that anyone should find easy to overcome. Everything heals with time, should just be thankful -never stop counting my blessings in life. At the right time when I'm ready everything should come together again, that I hope.

Some things never change -most of all people. It's not that I'm any different now with or without him but we hope that it's for the better that we part. Unfortunately you can't get everything you want in life. Sometimes you click and sometimes you don't. Not my happily ever after I envisioned for myself -in love, in a psych ward. I guess it was all in my head afterall, just my imagination playing tricks on me, running wild.

Never take anyone for granted. Life is precious, short, and never worth aggravating the ones you love while you recover from what ails you in life. Share less problems, the less you share, the more positive memories you can share. The most important relationship is your relationship with yourself and how well you take care of yourself. Until you take good care of yourself can you be a positive influence on others.

When you love someone you would do anything to make them happy. That includes putting your needs aside in place of theirs -do what you think will please them. Sometimes this helps us with our best decision making and sometimes to our detriment - at our expense we please others. I guess that's how you find out who your best match is for you in life, whether their needs - pleasing their needs brings out your best or your worst. Everything in life requires balance including meeting the needs of the ones you love and in all relationships. Therefore always use your best judgment on top of everything never quit applying basic skills general sense of moral and principle to your decision making -that should ensure common sense is always at play not ruled by the feelings of others which aren't always correct nor lead you to the best decisions. Pleasing others is one step toward happiness and self-fulfillment but always use your best judgment at the end of the day, be compassionate & empathetic without sacrificing your basic needs as well which is to feel whole complete independent with or without them needing you all the time.

People will think what they want to think about you you cannot change that about others. You cannot control what people think no matter how hard you try. People will judge you based on what you say, how you look, and what you share about yourself & by what others share about you. That is how opinions of you are drawn. Opinions are just inferences drawn from the facts given to them. Often times people are misrepresented and judgments made from opinions geared by a series of assumptions (rumors) not the facts as they are given. People will always think in terms of what makes sense to them not always have your best interests in mind. Why it's best not to share too much personal information about yourselves and others, that's a basic skill necessary for protecting ones own sense of privacy.

People talk \$hit to empower themselves by putting others down. Don't engage with people who do so -in one ear out the other. Spread no rumors about people that only makes you look bad, obsessed with the lives of others other than your own. It's called illness an obsession for the problems of others to make you feel better about yourself, and if there are none created by you to reaffirm your negative expectations, judgments, thoughts, opinions, and assumptions about others. Learn how to just leave things alone, sometimes less is more, bullying is not the answer to social ills. The purposes of this campaign is to help others by writing a self help book. Its not a biography or book about others it's a book about myself my thoughts my psyche do not project your problems onto me for added discussion.

People will always say things to cause you to think things, say things, repeat the harm its called a cycle. To break the cycle don't contribute to your causes for paranoia by similarly spreading rumor or defaming others it is what is making you look bad. To rehabilitate your good character sometimes you need to just be quiet, listen more, talk less. Everyone is going through a difficult time right now it's not just you. We all suffer we all experience pain & failure in life. You just have to

keep moving forward. Rehashing the past is not going to help anyone including you it only makes everyone look bad. Represent yourself first before others, if you figure that much out you make it half way out of the insanity caused by rumors & people talking \$hit.

Sometimes you have to learn how to just let things go. Talking \$hit only makes things worse, it makes you worse off and those you talk about worse off -it's never the way forward, only causing mental illness and paranoia. It is not required we be accepting of all people, it helps, but sometimes you have to learn how to just coexist especially online, with hashtags shoutouts etc are never meant to cause harm only tell a story with citation. If you do not wish to be included to not bother me or defriend me cause trouble or grounds for inference leading to paranoia. I don't care about the past, what's gone is gone that's personal life and previous associations none of my business - don't try to then make it my business.

### *Stop Suicide*

According to *suicidology.org* there's a stage of recovery that requires us to battle guilt. They say it is "understandable ... to place blame" on victims of crime. And that through assignment of responsibility we can manage just that.<sup>1</sup> Reminding us that we are not responsible for the "suicide [of a loved one] in any way, shape, or form."<sup>2</sup> The term "survivor" is used to delineate an "experience ... [that] accurately reflects the difficulties that face people who have lost a loved one to suicide."<sup>3</sup> Much the same we are therefore not responsible for the suicide of those who embark on journey's in their lives putting themselves at risk of harm. We can be great influences in life, but we are never all together perfect ourselves. Never put yourself at risk of harm, during trying circumstances, to prove your self-worth. It is never advantageous for us to put ourselves at risk of harm or for embarrassment. Some of us are not perfect enough for mainstream media, and that's okay. For whatever reasons, pretty or not, some of us are not chosen in life to represent inner circlings of others and that's okay, best to always present the best version of yourself and forgive others, there comes a time in life when you move on and forgive, that is your sense of peace, you should never give up to others during times of need. That's not how to make oneself strong by connections or by re-routing your success through others, to appear strong or more put together, using others fortunes for representation, proper or not, as alike or akin, to make oneself look similarly of interest or of importance in life. You are who you surround yourself by, circle yourselves in with those who are well to stay well, that's how to be surrounded by the best that life has to offer, some of us get to choose our surroundings, some of us are born into surroundings, always be thankful for what you have in life, live life.

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<sup>1</sup> Jeffrey Jackson, *A Handbook for Survivors of Suicide*. Suicidology.org (2004)

<sup>2</sup> Id at 16.

<sup>3</sup> Id at 1.

If we could be anything in the world what would we be? Where would you be without your family, friends, and loved ones. Much about life requires us to weigh the positives too, not just the negatives. It's important to be grateful everyday, this helps you stay positive moving forward. What drives you in life? What do you live for? Having a purpose driven life means being goal oriented and living life for some higher purpose greater than yourself or for your own benefit. It takes a long time to find higher purpose. Most of the time we get stuck in daily drama and mishaps and forget to look at the big picture. The big picture helps us to put ourselves into perspective so that no problem is too big for us to deal with everything in manageable loads. There are so many reasons to live, surely not for the acceptance from others, then you'll never be happy -trust me I would know. I do best when I'm achieving in life, acceptance comes later, you just have to continue believing in yourself -you know yourself best don't let the opinions of others affect your self-esteem or how you feel about yourself.

If we could be anything in the world what would we be? Where would you be without your family, friends, and loved ones. Much about life requires us to weigh the positives too, not just the negatives. It's important to be grateful everyday, this helps you stay positive moving forward. What drives you in life? What do you live for? Having a purpose driven life means being goal oriented and living life for some higher purpose greater than yourself or for your own benefit. It takes a long time to find higher purpose. Most of the time we get stuck in daily drama and mishaps and forget to look at the big picture. The big picture helps us to put ourselves into perspective so that no problem is too big for us to deal with everything in manageable loads. There are so many reasons to live, surely not for the acceptance from others, then you'll never be happy -trust me I would know. I do best when I'm achieving in life, acceptance comes later, you just have to continue believing in yourself -you know yourself best don't let the opinions of others affect your self esteem or how you feel about yourself.

We can't be perfect always. Sometimes our timing is off and everything goes wrong. It's not the end of the world. We can't read the mind of others, sometimes we can't even control what goes on within us. It's a loss of control of self and the direction of our thoughts that cause us mental illness and debilitation. Writing and reading is so important for the process of recovery from mental illness, learn how to gear our thoughts toward the positive and how to control the intake of negative voices in our minds. The more we listen the more we grow. The less we react to stimuli the better off we will be. Don't be anyone's experiment in life -always be in control.

Don't let others interfere with your ability to succeed in life. There will always be haters, i.e. people not on your team in life and that's okay. Don't engage in argument that just makes people pick sides, don't allow others to force you to fight back, that only creates teams. Best you can do is always be diplomatic. Never lose composure, don't allow others to defeat your peaceful progress or

affect your goals of peace in life. Don't let others make you suicidal when disabled unable to achieve your goals in life. At the end of the day those who harm you are the ones who suffer, always rise above, and continue to wish everyone well. Your success in life should never negatively impact others, it's all in their head. Don't fall victim to hatred toward you or bullying.

Always wish others well no matter how upset you get, less is more, better to bite your tongue than express grievances out loud. People will continue to harm you only if you allow them to. Your happiness threatens unhappy people because they do not feel you deserve happiness, always prove them wrong under those circumstances. Life is all about letting the best person win, those who are most composed tend to be winners in life, those who more easily lose composure are the ones who struggle in life and some of us die. Best to keep sober, clean, celibate marry have families and children -and don't let anyone ruin your positive outlook in life and success they're just jealous. In order for others to be happy for you you must represent what they think is deserving of success so make money lots of it and earn the respect you deserve rich or poor.

When in love be patient with the one you're with. Everyone deserves a chance at love including those suffering from mental illness. We are not easy ones to love, a handful. Just understand that others love and care for you and want what's best for you. The right person will come along.

There are plenty of ways to see forward. You can either see your glass as half full or half empty. That's your decision. Just don't be surprised when depression hits - allowing negativity to affect your day. We feel most defeated in life when we succumb to negative voices -those who are people pleaser are most vulnerable, pleasing the wrong voices can often times lead you astray. To avoid being misled in life, caught off guard, put in uncomfortable positions in life -always stay true to your values and have a sense of faith. See the good in people and don't beat yourself up too much, it happens to the best of us.

In order to not be easily affected requires a certain degree of maturity and consistency in thought, demeanor, and decision making skills demonstrated. It doesn't matter how long it takes for you to get there but so long as you know where you are going in life you should never get lost. These things take time: love and career. It's not always obvious at the time which direction to go but if you follow your heart you will always end up in the right place at the right time. Being successful in love and career sometimes requires you to take risks in life -never be afraid of a challenge.

Life hits you hard sometimes. And you don't know how to be. Always behave with class, appropriate, you'll thank yourself later for it and be glad you did. It's not required you respond to negativity, but if you do, don't let it get the best of you -afterall they're just voices. You choose which voice is heard, yours or theirs,

always represent yourself best. People will try to make you uncomfortable or bring out your worst -don't let them. They do so to make you say things to compromise your position of power in life -cast you off as underserving of the position you hold in society, well earned, by your own merits. Nothing is given to us in life, including answers to problems, that is something we must all figure out for ourselves.

### *Points at Issue*

Something intrinsically valuable which cannot be replaced by anything new is called of value, written works of value are new works, live works, fresh works, written in public, for proof of authorship. Purposes for establishing a level of professionalism and trusted value for respect in the given trade & profession of writing. This is not a new concept the algorithms of news and writings establishments of writings and the puttings together of written works of art, is by any given trade or profession, considered a trade secret, and when it's time, with heart shared. When the time comes, smart is shared, when it's not necessary fun is shared, when it's needed creativity is shared, when it's required thoughts and ideas are shared, when it's possible deals are made, when written works are submitted, that's not for individuals, but for self-help. Not to identify problems but solve themselves, when the times are resolved, that's time to rest, otherwise we listen.

Listening does not always solve our problems, and sometimes selfishly we speak. We cannot justify our thoughts, as being true and correct, because we think we sound right, or because we think others look, appear, or sound in error. That's not how to build a system of beliefs, by influence. That's not how to build a system of best conduct, by poor examples of best interests, that's not how to build new understandings by comparison, that's not how to tell a story, by sharing a story about another, out loud, by picking apart their interests or noted deficiencies. The health of others is not determined by the voices heard or read, but everyone is deserving to live a life they earn respect for, that's from an educated standpoint. Not make others feel less than, when people are not feeling well. That's not right.

What is not understood is okay, is not being projected as evidence of misconduct on behalf of anyone involved, as stated as to any other subject mentioned within stated prior, within this given text, it's simply in addition a feeling triggered, rationale, for detachment, something that really hurt my feelings, really broke me, to be treated as replaceable, unimportant, not special, whatever, invisible. (Song: Invisible by #SkylarGrey). No one gets promoted or demoted by me, I'm not powerful it's all by your own hardwork and ethic you achieve in life not by the opinions held by others in society do[es] [not] matter as much these days but by the solid backings of your professional record and work experience. I always see the good in others, see well. I always deal an upper hand first if chastised like playing #Poker with my Dad in #Mammoth getting 3 Aces, Wow! Cool. Then with patience explain later when I have the time, that's in Gods hands. I was once

told "God heals all wounds." My Ex-Boyfriend (2007-2010) we were going to Marry but I chose to focus on School instead not come 3rd in life to Friends.

### *Making my Fashion Blogs*

mymollydoll.polyvore.com as a #FashionBlogger I used to make my own collages from scratch, pick items, and assemble outfits for display. From a catalogue of numerous items of various proportions and styles and categories of ware and trend. I studied #Fashion Design at #Otis in a Summer Study Course for College Credit in High School. #Drew 9 Head Figures. Sketched Models, Bused Downtown and Sketched Still life's by the Airport and Practiced Portraiture learned how to draw faces, a specialty, curvatures, pronouncements, dimensions, angles.

It's actually a lot of work to build a coupon website, I had to apply individually per banner, to each company on an affiliate marketing website, and apply to the affiliate marketing website itself. For #FashionBlogging, clothes, those are separate markets for clothing brands, it took for ever to be accepted to #ShopStyle, I eventually wanted to connect it to #Shopify, a click thru shopping website, but that became to complicated trying to learn software, individually manually connecting items to pages, and adding links buttons. I grew to enjoy Fashion Blogging on Tumblr how I got into Street Style Photography and collected many photos got to know the regulars, and recognized by #Sassique. It made for a great addition and beginning point as a Fashion Blogger a popular starting point as a Blogging Category Type Blogger, and a Writer, and Built a Company certified in California.

### *Points of Reference*

The best focal points and points of reference should be built from your memory, what makes you feel good, based upon what you know to see forward, don't create a future based on the past that gets us nowhere.

I had a talk with a friend earlier today about points of reference we use for sound decision making, our jumping off points for sound rationale and judgment making, rule-making, and basic decision making about ourselves and others pre-judgments or otherwise positive or negative. To focus on the concept of unearthing wheels of forward. We had a discussion, joking about at this time all we should really care about is whether humans had wings on their backs or not, and if so should we feel from there to tell the future or from our hearts forward, from where and why? Why is it that we feel lighter when our backs feel airy and our hearts feel full, why is it that we can read more when we sense less behind us, feel more in front of us. What is going wrong that is keeping us from feeling or sensing what's to come. I jokingly then stated, why do people keep doing stuff, that makes us fear tomorrow, that's stupid. You should always live life looking



forward to the next day, wake up feeling like coffee. I then started complaining outloud to my neighbors speeching it doesn't matter whether Aaron read what I shredded in 2009 about seeing war overseas over this, he would have never put everything together in between anyways or where we are now, only I am capable of that, seeing now, only we are capable of seeing now, everyone who is here now, among us, apart of now, here now, is why where we are now for better or worse. It doesn't really matter from which point anyone starts, does it? If we all end up here and now? I had a discussion with *Justice Sotomayor* (by text message) about my website and purposes for my website and necessity for upkeep as stating that its necessary to have something up, better than nothing at all, just like physics, we need a huge wave forward, if we are to help both undo the wrongs of the past occurrences and help build a new future forward.

To prevent recidivism. - All crimes are senseless, why I don't watch TV focus on being positive, believe in #positivity not #Einstein. When you relate bad events to good causes illness occurs, when you hurt good people to cause bad to occur you cause illness, when you assume wrongs exist where none do you cause illness, when you project onto others your wrongs to feel right you cause illness, when you don't correct problems you cause illness, don't contribute to proving anyone wrong or right, any errors result in illness. It is the responsibility of the well to care for the sick, and vice versa, those respects be given. It is not the responsibility of others, to point out those misuses of care or failures to care. Any kinds of insensitivities are usually due to discomforts, and any signs of humor misused during sensitive times is a sign of lack of professionalism or non-respect of the other. Being insensitive, does not mean the person is a bad person, it just means that's they are incapable of giving love, and because they cannot give love, do not receive love, and because they do not receive love do not show love. Don't be defensive to the needs of others, as making it your responsibility to give love or reinforce love during times when its not needed, or when needed, be misjudged as someone who is of a weaker skill set or not as strong. At times those insensitivities, render someone incapable of helping others, needing to fix themselves first in order to bond with others. Not all are capable of helping others. Keep busy, but not to the extent that you abandon your cares for yourself.

### *A Few Difficulties Faced*

New Rule to AP: If you taint an image you MUST repair that image at some future point or at the time being with a positive representation prior.

Lifestyle (definition) a way of life that produces functioning and satisfaction in life provides basic needs and helps you achieve goals.

Everyone's definition of fulfillment is different some demand more or less depending on what their goals in life are. All of which are based upon the standards we set for ourselves high or low depending on the level of importance

that need provides. I set very high standards for myself why I'm a leader not a follower no matter where I go who I'm with unless I choose to relax. Too much bonding time might be suspect. If it feels too good and if my stomach hurts that means my body is telling me to step away come back be reintroduced calm. Um my vibrations are off need to hit the reset button. Too confident. Need to take it down 10 notches come back in listening mode absorb more. Negative energy that picks up when I'm positive need to step outside of the room use the restroom shake like a dog come back. I don't represent myself well but represent others perfectly always to another's benefit I speak difficulty for my own.

Don't give your power away to anyone discourse over anyone is time wasted better spent on other things positive. That's their point to take power away from you thru discussion on their interests which is to discuss them to take away from your best interests and right to be heard, then they take away your voice, project their[s] (their interests, their voice, their opinions, their feelings, their grounds, their baselines, from their point of view, counter your arguments and assumptions, always stand from your best judgments not flip on yourself backwards give them the upper hand give away your power - for example) from your own, use you, misuse, take, and reject you, devalue you, and say is deserved, as though, you write as punishment for any time served or deserved not as philanthropic efforts or for goodwill is ridiculous on its face. I don't have to write online, I write because I clearly care, and always with a good heart.

*Movie: The Great Debaters .*

My purpose for going to Law School was to make a positive difference, and to overcome a suicide attempt (2009). I have since grown. Moved on.

Don't misinform yourselves by reading between too many lines, by making negative inferences, and poor assumptions about others. You only make yourselves sick when you think negatively of others, and it makes others sick when you speak badly of others. That's disempowering to the listener.

### **Chapter 3: Growing Up**

*Personal Statement to Law School*

I made the biggest decision of my life, when I chose to reach out, get help, and continue to pursue a legal education. [There are moments in life] when time freezes—when we feel like we are stuck and can't move forward—and today similarly feels like a nightmare that we can't awake from. We get stuck in the moment, waiting for it to pass. We wonder that if we did something differently,

then things wouldn't have turned out the way they did and that if only we had the power, we could change the past.

However, we realize our own powerlessness when events happen to us that we have no control over. Throughout the past sixteen years, I have worked very hard to set myself apart. I learned to forgive those who have harmed those closest to us, realizing that there was nothing I could do but be compassionate and supportive. In order to deal with the trauma associated with that event, I redirected my focus, and decided to go to law school. As I continue to rally through adversity, I have found ways to identify the significance of that experience, our friendship over the years, and the events that followed, in a positive way.

Making a positive difference required me to diversify the activities I became involved with and to remove myself from the cycle of trauma, and be proactive. I decided to volunteer for a local crisis hotline and after two years I researched, wrote, and defended my Honor's Thesis entitled "Dealing with Vicarious Trauma and Managing Emotions While Providing Advocacy to Survivors of Sexual Assault." Volunteering enabled me to develop a deeper understanding of effect that trauma can have on one's feelings of safety, emotional stability, and ability to adapt. The process of recovery and healing has had a significant impact on the person I am today and has given me unique insight into the field of trauma.

It is not until we experience pain ourselves that can we begin to understand the pain associated with a significantly traumatizing event in one's history. I know now that what I do in the present is vitally important to where I see myself in the future, so that I can continue making a difference and provide legal advocacy to those in need. After five months of trying to make amends where needed, and clarify any misconceptions regarding my motivations for attending law school, I've finally come to a pause. During a period in which I was unable to make good decisions for myself I reached out to those who I thought would be the best examples of maintaining composure in times of extreme controversy. Often times the people who react first, are the one's most knowledgeable. To my surprise I opened this invitation only after I returned home, almost a month after, separated from my souvenirs, it was laid flat with the newspaper and red bow it came with, assumed it was a general greetings letter sent from the Hotel in which I stayed a week prior, to walk around the city before it got too crowded. I flew to DC because I inherently knew that if there was anyone who could understand what it means to face adversity, it would be you and your family. The kind of pressure I feel I am under at times, can be overwhelming. I have always managed to persevere under circumstances which prior to this semester where outside of my control, and stated at being so in prior personal statements, which were flipped around by parties knowing that I felt this way, and positioned me in harms way, knowing that I have difficulty focusing, running the risk (willingly) to keep me out of structured environment, making me more susceptible to harming myself, so

as to alleviate liability or free themselves of blame, and use my statement against me, to argue whether one knowingly puts themselves in harms way and further diversify the ways in which it can be argued as to who and by whom contributed to one's positioning of themselves in harms way by which one later becomes of harm to themselves. When you put someone at risk of harm, the decisions they make as to their choices in life, are very much apart of them, as it is their decision to interact with others, or include people in their lives, to this we all can relate. For what reasons someone becomes ill or commits suicide is a privacy issue, and differs from person to person, I only know myself, and my experiences with self-harm. You cannot become something you are not, when you become similar to others, that does not bring about consequences, read or misread, the same.

I have always been honest to a T and never in anyway tried to outsmart or undermine my Professors or the Administration in their abilities to do their job, in fact I often visited the administrators office to handle forms and turn in papers in person because I felt comfortable around them and trusted them and never once questioned them or that they were in anyway trying to put me in harms way or ever feel like they turned against me. However, when I started dating my ex boyfriend, the climate around me began to change, and not understanding why, I became very depressed and did not know why my grades dropped, I never found law school difficult, and was at the top of my class when I started and felt that this was a school that I could excel in and stand out, never once did I feel that I was being downgraded or that I was being discriminated upon.

In June 2009 I began law school and my first grade was a B. Given this experience I have become determined to continue making a difference, with or without the support of my peers, as when I relied on others to sustain, I fell apart, but when I rely on myself and the tools I have acquired through school to help myself and help quell the confusion of the issues and assumptions made about how and why I committed suicide, the better able I am to move forward from that experience and become stronger as a result and more resilient to life's stressors and general rejections faced in response to the sharing of that incident. We are a product of who we are not who others are, that is always the case with identity. How you identify is your personal business, whether a victim or not, not be offended by the misinterpretations of others toward you as becoming something your're not. Theres a period of acceptance that should follow, when someone works hard or does as they are told, that is information private as to those who help those in need, and to how and which those services are received.

You can't later treat someone as a disappointment for something that occurred prior to having known a person or met a person. That is a pre-judgment of them based upon what you hear about them, or based upon what they communicate in public, as in reference to what ideas or set of ideologies. You can't change people to better understand you, but people will change to better understand others.

This is why I went back to law school. It's about acceptance of the issues past, to allow people to live presently out of harms way. You cannot keep people quiet as to your personal interests so that you can succeed while advising them to hesitate as to their best interests, when they are doing well and exceling, make to look like a poor decision maker, or someone who is not strong. That's not how to treat others with good intentions, make them feel less than or not apart of, that's not the best way forward, to undermine the intelligence of others, and because not as smart or not as bright as others, be treated as less, these are arguments triggered toward the behavior of the innocent to create harms to then be justified as not apart of. Whoever is on the outside is always responsible for what occurs on the inside, and we each individually are responsible for our own emotions within.

It is for these reasons I believed a Masters in Law in Risk Management and Compliance would be the most appropriate area of law, indirectly applicable to the issues, that run closest to heart and at home," [which I stated in my application 2013]. When in school I am a diligent student, hardworking, and able to keep up with the course load and material provided to be learned each week. As a Juris Doctorate Student there is only so much you can learn within the narrow confines of a general legal education, which is why I am choosing to apply for a Masters Program in Law that specializes in the kind of detail and expertise needed to succeed in any one area of law, and differentiate myself from the other applicants when applying for jobs in a Law Office Setting. Don't allow other to take and hurt your best interests, don't allow others to take become then hurt your abilities.

### *The Crisis Hotline*

There is only so much one can do as a hotline counselor and victim advocate. Which caused me to question who helps those who take on the primary responsibility of helping others. Many assume that if someone is able to help another, they can take care of themselves. However many of the Counselors I spoke to were convinced that helping others had a positive impact on their ability to help themselves. [However], one who is ill-prepared is unable to make an accurate assessment of their capacity to fulfill a role better suited by those with the educational background and degree of expertise needed to assist individuals in crisis.

As a hotline counselor you are continually exposing yourself to the experience and the effects of trauma. Who's helping the helper deal with dozens of traumatizing experiences that individuals face as victims. The magnitude of this problem and the consequences it has had on an individual's personal and emotional development has yet to be addressed.

In light of my own experiences, I can only suggest that one reason why I faced a significantly more trauma was due to two factors: one my personal history, how I coped with my problem, and how my problem was further exacerbated by the

vicarious trauma I experienced as a hotline counselor. For these reasons I [tried to] maintain the anonymity of this organization, by not listing its name on my resume.

### *The Importance of Education to my Personal Growth*

I wanted to do more than be there as someone to talk to. I always felt as though I could do more, and this where my interest in law began. I know how to talk to people in crisis and the skills I have attained through working with victims has made me more sensitive to their needs and more prepared to respond to those in crisis situations. I find it immensely satisfying to help guide those in need, through their most trying and traumatic life experiences, giving them the support and access to resources they need in order to begin to cope. Working on the hotline, I have seen the difference that one person can make. As a lawyer especially, one has the rare ability and privilege to make a difference in a person's life, changing the way victims of sexual assault see the law and encouraging them to come forward. As a lawyer I wanted to be able to acquire the tools necessary to make a difference and influence the lives of others for the better. But I chose to date in law school instead.

When your heart gets displaced, and you lose focus, never blame others for your misfortunes or later missteps in life, when you fall off-center. That is for you to figure out how best to behave under the circumstances or in light of failure.

It takes one person to believe someone who is otherwise ignored and dismissed by rest of society to make a difference, by increasing awareness and understanding to those who can help those at a disadvantage move on to more productive lives. [T]he beginning of 2013, marked the most significant growth in my academic career and personal life. -It was at that point in my academic career when I recognized the importance of helping myself before assisting others. I learned that in order to help influence change in the lives of others, I would have to develop the capacity to overcome personal setbacks preventing me from reaching my potential and capacity to help others and stay sober.

Reminding me of the time I wrote and defended my honors thesis, after getting sober. Sobriety gave me the structure I needed to move forward and better understand my own experiences as well as the experiences of those I interacted with over the hotline for three years. Not only did I address the problems and dilemmas students such as myself faced, while dealing and coping with trauma and vicarious symptoms of it, I found solutions to coping necessary to move forward. I learned how to help myself adapt to the personal changes I was undergoing, I became increasingly aware and motivated to help those similarly disadvantaged by the debilitating effects that experiencing trauma can have on ones personal, emotional, professional, and intellectual capacity needed to succeed academically.

Awareness is key to understanding. But I also want[ed] to do something to help make change happen in the lives of those I have interacted with. I felt as though I was an asset, but later realized that in order to be an asset you have to prove your self-worth to others, and prove your matter of intelligence to determine whether you are a victim or not, or whether you encourage the bad behavior of others toward you, as asking for attention, or trying to appear as though you need attention. When someone is busy helping others that's not the time to interrupt them, and make them appear as less than, to delineate who is important who is not, everyone during times of need has the ability to be there for one another and present. Sometimes the best we can do is be present, and there. That is by my education and experience, that it is not the role of the crisis counselor to fix the problems of others, only to be present, and listen. You cannot take on the roles of others in your life or in the lives of others, best to always be yourself. Whether you disappoint others expectations of you during times of failure, you must always do you your best to better yourself every day that you have to live life.

Given my unique understanding of the experience of trauma, I have always done my best to help others. This is not unique to me. This is why I built a website, because everyone I have interacted with have experienced positive rapport upon interaction, and upon a select few, a poor interaction afterward. When you think that others are benefiting from having known you, that means you think highly of yourself, think you have the power to change others, or have the power to change the opinions of others. I thought by sharing my experience out loud that would be of benefit to the listener to know me. However, not as expected upon sharing, was treated with distrust. I think that when we react to circumstances or to others, we are more or less ourselves. We are not required to capture every happy moment in life. Need not relive the past. Hyper or not. That's not how to behave, at risk of harm. This I understand, not to react to outside stimuli, or love, give in. When others are satisfied with our performances in life, think better than, rise above. That's not how to teach others to rise above, by inspiring manipulation of people.

What can only be learned through the experience, should stay that way. It's by our education that we become good decision makers, and learn how best to treat others. Overcoming hardship, occurs when someone to whom trust is given, violates that sense of trust, and upon distrust, a harm is caused. Pain occurs when someone who is put in a position of trust, repeatedly violates that sense of trust, and brings about circumstances which hurts their ability to succeed or hurts their sense of agency in life. We cannot base decisions off of the experiences of others, we can only at best make good decisions for ourselves. When introduced to a group of people, a new group of people, one who seems like or is like, is not becoming or is the same as the person to whom interaction is made. That's not imitation or competition to become like, that's called seeking acceptance from others, a preferred mate. Everyone experiences differently in life, the life they want to live and the life the do live, everyone has a choice over their moods, and what type of life they choose to live, good or bad. How one achieves in life, is

always up to themselves, not for the taking of others, be influenced by them. What you endure during your lifetime, is based upon what energy you put out into the world, that is how to become stronger, first by trust within, and then by trust without, and sometimes we don't know who to trust and that's okay too, so long as we stay calm, and not made to endure a manipulated condition, to test for circumstances or to test for the truth or veracity of concepts drawn.

Given that, I want[ed] to do more than merely be aware of the problems that exist in society, and learn about what I can do for myself through education and work experience to put myself in a position better suited to helping those whose lives I want to change for the better. This is how I'm able to help myself and others.

Going to law school [has] enable[d] me to extend my role within the helping professions, so that I [could] provide legal advocacy to those in need, especially to those experiencing the pains and trauma of being victims of crime. [As] a Sociology major, I [became] more and more interested in exploring my writing capabilities, and challeng[ed] myself academically, making the most of my education both as a[n] [under]graduate of CU and as a student in the ABA Approved Paralegal Certificate Program at West Los Angeles College. [Where I] [became] inspired to learn more about law and exploring the ways in which I can best prepare myself for the discipline and demands that a legal education requires.

As a Sociology major and honors Student I was more than just aware of the problems individuals and groups in society faced, but I became equally fascinated by what I could do to get involved and do something to make change happen and influence the lives of others for the better. A successful education requires more than memorization and ability to apply theories and general concepts to specific circumstances. In order for me to fully understand the fundamental underpinnings of social problems, was to immerse myself in the problem itself. Placing oneself in an environment other than that provided by an academic setting, is a true test of one's capacity to apply what we have learned in the classroom to a real-world setting.

Rather than be a bystander and base my judgments and understanding on the basis of the experiences and studies others have written, my intellectual capacity can be measured by my ability to adapt to pressures that require us to perform in unfamiliar territory, with little preparation, and depend on our instincts to guide us. I wanted to examine the problems for myself and address issues that may have been overlooked by those who are different from myself.

I may have been young, at the time I originally wrote personal statements to apply to law school, but the uniqueness of my experiences is what both differentiated myself from the other applicants and at the same time challenged me to not allow those differences to disassociate me from my peers but rather find ways to integrate those skills I have learned in a positive way. Rather than get frustrated, I



have found education to be the one of the most positive means for me to express myself and share my ideas, beliefs and opinions to those without the experience required to live life on life's terms, be smarter than necessary to stay calm achieve well. You will not be accepted by all, the greatest acceptance is by the one to whom you give love and admiration to, becomes apart of you, trust wisely.

Being able to communicate myself has been the sole means for me to grow past the pain of trauma and develop a deeper understanding of how those experiences can be utilized in a positive way and not inhibit my ability to adapt to my surroundings and embrace those around me and the value that sharing one's knowledge and expertise with those less experienced has a more significant impact than allowing those differences to maintain silence. I am aware of the impact that sharing our differences has on those around us. Depression hurts.

We are either embraced by those who understand and are similar to ourselves, or we are rejected. I have always been fascinated and drawn to those who are different from myself. It is those people who have taught me the most about myself. It is in the sharing of our differences and interacting among those in unfamiliar territory that we learn the most about ourselves and our intellectual capacity. You cannot make well others, when you yourself are not well.

I thrive in any environment that challenges me to step out of my comfort zone. By embracing my weaknesses I have not only become more understanding of myself but have been able to extend that understanding and patience to those around me. I find comfort in the unknown and strength in my ability to overcome setbacks and insecurities that prevent me from reaching certain goals in my academic and work experiences. You will not always be perfect, but you should certainly never give up trying to be the best version of yourself, overcome conditions, stay well.

What I do today, and the choices I make for myself, have a significant influence on the person I want to be one day. The skills I have learned as a volunteer on a Rape Crisis hotline counselor is one example of an experience which has significantly influenced the way I see the world today. While interning as a Paralegal at the City Attorney's Office I have learned the importance of building and maintaining professional relationships with the people I work with, which has been strengthened by my ability and capacity to communicate well with people under stressful and crisis situations. [As I] extend[ed] my role as a legal advocate I have beg[an] volunteering for Public Counsel's "Community Development Project," applying the skills I have learned as an intern paralegal and taking on the roles and responsibilities as the primary paralegal assisting two attorney's in charge of the project.

With each an every new experience, I am learning how to not only better myself, but how to be more effective in working with others and helping others. The experiences I find most rewarding in life are the ones in which I can help make a

difference in another's life. I feel that by working on the hotline and by being involved in student groups, I have gained confidence in ability to take on more leadership positions and the confidence needed to pursue future career plans such as becoming an advocate in the helping professions.

### *Academic History*

What I do today, and the choices I make for myself, have a significant influence on the person I want to be one day. The skills I have learned as a volunteer on a Crisis Hotline is one example of an experience which has significantly influenced the way I see the world today, teaching me the importance of building and maintaining professional relationships with the people I work with, while at the same time strengthening my ability to communicate well with people under stress when in crisis. I situate myself so that I am better able to help others, without reinforcing negative stereotypes about those who self-harm, requires balance.

In November 2005 I received the *Helping Hands Award*, which reinforced and acknowledged the hard work and dedication I have showed to the organization. In that month I worked four twelve hour shifts, and had four hotcalls (assaults occurring within the past 24hrs), two of which I was called into the emergency room in the middle of the night to provide advocacy for a survivor undergoing a rape kit examination.

The end of my senior year marked the most significant growth in my academic career and personal life. It was at that point in my academic career when I recognized the importance of helping myself before assisting others. I learned that in order to help influence change in the lives of others, I would have to develop the capacity to overcome personal setbacks preventing me from reaching my potential and capacity to help others.

Writing and defending an honors thesis, gave me the structure I needed to move forward and better understand my own experiences as well as the experiences of those I interacted with over the hotline for three years. Dealing with vicarious symptoms of trauma required me to develop a treatment plan suited to my individual needs. I had no one to talk to and later found out, this was because so little was known.

I found my own solution to coping, was by educating myself and [taking the] necessary [action] to help me move forward. Awareness is key to understanding. But I also want to do something to help make change happen in the lives of those I have interacted with. I feel that I can be a great asset to the current legal system, but I have a unique understanding of the experience of trauma, both first and second hand, that can only be learned through the experiences I have endured in my life time. I want to do more than merely be aware of the problems that exist in society, but I want to learn about what I can do for myself through education and

work experience to put myself in a better position suited to helping those whose lives I want to change for the better.

Going to law school enable[ed] me to extend my role within the helping professions, so that I [could] provide legal advocacy to those in need, especially to those experiencing the pains and trauma of being victims of crime. Furthermore, in order to extend my role as a legal advocate I [began] volunteering for Public Counsel's "Community Development Project," applying the skills I learned as an intern paralegal [by] taking on the roles and responsibilities as the primary paralegal assisting two attorney's in charge of the project.

A successful education requires more than memorization and ability to apply theories and general concepts to specific circumstances. In order for me to fully understand the fundamental underpinnings of social problems, was to immerse myself in the problem itself, testing my capacity to apply what I have learned in the classroom to a real-world setting. I was more than aware of the problems that individuals in society faced, but fascinated by what I could do to get involved and do something to make change happen and influence the lives of others for the better.

As I have become more involved in my extracurricular activities, I began to see a change in my academic interests and became more focused on exploring other areas of study, besides my primary major coursework. In the fall of 2004, during my Sophomore year I took a course called "Deviance in U.S. Society." It was the first class to expose me to issues regarding crime and delinquency, and why people commit crimes. Education has been the one positive means for me to express myself and share my ideas, beliefs and opinions within a setting shared by similar individuals informed and committed to academic achievements.

Being able to communicate myself has been the sole means for me to grow past the pain of trauma and develop a deeper understanding of how those experiences can be utilized in a positive way and not inhibit my personal and academic growth. I am aware of the impact that sharing our differences has on those around us. I have always been drawn to those who are different from myself. It is those people who have taught me the most about myself. It is in the sharing of our differences and interacting among those in unfamiliar territory that we learn the most about ourselves[,] and our intellectual capacity.

I thrive in any environment that challenges me to step out of my comfort zone. By embracing my weaknesses I have not only become more understanding of myself but have been better able to adapt to my current environment as I have become aware of the level of patience required to effectively communicate and address the needs of those around me. I find comfort in the unknown and strength in my ability to overcome setbacks that have prevented me in the past from reaching certain goals in my academic and work experiences. What I do today, and the

choices I make for myself, have a significant influence on the person I want to be one day. The skills I have learned as a volunteer on a Crisis Hotline is one example of an experience which ha[d] significantly influenced the way [in which] I saw the World.

As a volunteer I have learned the importance of building and maintaining professional relationships with the people I work with, which has strengthened by my ability and capacity to communicate well with people under stressful and crisis situations.

*Taking a Course that Required me to Study those who Deviate from the Law Rather than Follow the Norm or the Law*

With each an every new experience, I am learning how to not only better myself, but how to be more effective in working with others and helping others. The experiences I find most rewarding in life are the ones in which I can help make a difference in another's life. I have gained confidence in my ability to take on the challenges that law school present because I see the positive value that my education has had on my personal development. As a graduate of CU and as a student in the ABA Approved Paralegal Certificate Program at West Los Angeles College, in combination with my volunteer and work experiences are what have inspired me to learn more about law and explore the ways in which I can best prepare myself for the discipline and demands that a legal education requires.

A successful education requires more than memorization and ability to apply theories and general concepts to specific circumstances. In order for me to fully understand the fundamental underpinnings of social problems, was to immerse myself in the problem itself, testing my capacity to apply what I have learned in the classroom to a real-world setting. I was more than aware of the problems that individuals in society faced, but fascinated by what I could do to get involved and do something to make change happen and influence the lives of others for the better. As I have become more involved in my extracurricular activities, I began to see a change in my academic interests and became more focused on exploring other areas of study, besides my primary major coursework. Fall of 2004, during my Sophomore year I took a course called "Deviance in U.S. Society." It was the first class to expose me to issues regarding crime and delinquency, and why people commit crimes. Unlike any other course I had taken so far, this was the first professor to include undergraduate students as part of teaching staff. I found the class so interesting I applied for a teaching position the following semester as was 1 of 10 selected from the top students in the class who applied, and were asked to be interviewed. Part of my job was to teach the material to the students the following semester with a T.A. during sections, two of which I taught, and to write examination questions, develop an answer key to the essay questions, and grade exams too.

In the Fall of 2005, I decided to switch majors from Psychology to Sociology, and quickly became a member of CU's AKD (Alpha Kappa Delta) International Sociology Honors Society, in November 2005, and served as the chapters president the following semester. As president, I was given the responsibility to organize the agenda and scheduling of meetings. My primary responsibility was soliciting other upper division Sociology majors, who met the requirements, to join. In order to help gather new members to the growing organization, I helped to develop a website for our chapter, to allow information about our group and the benefits of joining to be easily accessed online, by those interested.

Since becoming a Sociology major, I have become more and more interested in exploring my writing capabilities, and challenging myself academically, making the most of my education here as an undergrad at CU. After taking a field research methods course this past semester (doing field research on Hotline Counselors [such as myself], [from] the organization I volunteer[ed] for), I was inspired to learn more about the topics I wished to address, and to further my knowledge on the sociological theories and aspects related to my field of study.

I saw this [Research Course] as an opportunity to further my Sociology thought and knowledge about a specific group of people, and expand upon the work I had already begun, as an independent study during my senior year, working on a thesis. I was given a strong recommendation by my professor of my field research methods class to speak to the professor in charge of the Sociology Department's honors program, once I applied I was immediately accepted into the program and offered a chance to prove my writing ability and capacity to develop and defend a senior Honor's Thesis.

### *Academic and Volunteer Experiences*

After a less than satisfactory senior year, I was determined to make a come back. In order to bolster my GPA I made a conscious decision to refocus my energies back to my academic endeavors and became motivated to graduate with honors despite the significant drop in my overall GPA Senior year. I had finished my Junior year on the Dean's List and thought that I was invincible. My priorities changed and found that helping others no longer had a positive impact on my personal development. When I stopped focusing on myself and put the needs of others before my own, I quickly sank into a deep hole.

What started out as a minor problem became spiraling into a debilitating disease. After the fall of my Senior year, I knew I had to take action. With the experience of helping others I was critically aware of the importance of building the necessary support networks around me to help fight through this problem. Rather than avoid my problems I began facing them head on and did everything I could to better myself. I found strength in support groups and sought individualized treatment. I confronted my family and allowed myself to overcome the shame and

embarrassment that comes with admitting to ourselves, and others our failures and weaknesses.

As, I rallied through the most significant turning point in my academic and personal development. [While] this story is significant, is not to highlight my biggest setback, but its help me move forward in my academic career. My senior year is not an accurate measure of my potential to fail as a law student, rather an indication of my awareness of my deficiencies, my ability to overcome those weaknesses, face my problems and deal with them. Excessive awareness of my weaknesses overpowered my capacity to stay positive and focused on my goals. Moving forward required me to focus on my strengths as an individual and realize my potential to overcome any barriers. I became less concerned with what my friends and family thought and more focused on what I could do to prove to myself that I could get through this problem. I knew that my biggest weakness was my desire to help others and failure to negatively judge those different from myself and viewed negatively based on societal assumptions about certain types of people. I circumvented this problem by disassociating myself from those who took advantage of my giving nature, loyalty, and kindness.

In order to move forward I had to let go of those who were unable to help themselves. I took action, making myself and future my number one priority. My experiences have shown me the importance of education, discipline, and structure. Going to Law [S]chool will give me the education, discipline, and structure needed in order to strengthen my ability to help others, so that I can make a difference.

I was able to help myself, not by what I was told to do, but by doing what I instinctively felt was the right the thing to do. I spent my Spring semester Senior year recovering, reading every book possible, even accessing journal articles through CU Boulder's Library databases, researching support groups and networks in the area, in addition to attending classes and completing my requirement to graduate with the Spring 2007 class. I could barely keep up with my studies, even though I met every deadline that semester, my grades suffered as result of minimal class attendance. I was on Deans List then drank.

I had done everything required of me to graduate in the Spring 2007 but chose not to. The pressure to recover and bounce back became more burdensome than expected. I would graduate but without honors. I made a critical decision to rescind my application for graduation in the Spring and took the risk of pursuing an Honor's Thesis and graduating with honors despite my 3.2 cum avg. at that time. I was not the average candidate and did not even meet the GPA requirement for general honors, but my successes as a Sociology major is what enabled me to achieve Departmental Honors in Sociology.

That summer I became motivated and determined to prove myself and my intellectual capacity to research and compose a graduate level thesis, entitled, “Dealing with Vicarious Trauma and Managing Emotions While Providing Advocacy to Survivors of Sexual Assault.” This was no easy task. As a qualitative research study, I needed approval from the University’s Human Research Committee (HRC) to conduct my research. I submitted a proposal to the HRC describing my project, the population I would be studying and the participants who would be interviewed for this study. In addition, I also had to prepare a Confidentiality Agreement Form, which needed to be approved by the HRC and handed to each participant I would interview. The Confidentiality Agreement Form I prepared gave a general description of my research project, their rights as a participant, their right to refuse or discontinue the interview proceedings at any time, and needed their signed approval to interview them. In order to maintain the anonymity of the participants of my study, I coded all my data and issued them numbers to prevent any records of their identity from being associated to my notes and recorded statements obtained from those interviews. Pursuing an Honors Thesis taught me the importance of maintaining a balance between ones personal and working relationships. Maintaining the anonymity of the organization in which I studied was critical to the Committees approval of my study. As a longtime Volunteer and Hotline Counselor it was important for me to maintain that balance, although composing a study and critically analyzing the structure of that organization had its risks. A shift occurred when I was no longer helping them, but beginning to help myself and better understand my experience as a volunteer and the impact that my involvement within that organization had on my personal, emotional, and mental health.

As a volunteer I only saw the positive benefits that the experience of helping others could have on my own personal development. However as a researcher I was able to look back, reflect, and analyze the experiences shared by the other volunteers I worked with, to better understand how this organization impacted these individuals lives, either for better or for worse. I became intrigued by the concept of vicarious trauma and curious as to why so little research and books have been written about vicarious trauma experienced by those in helping professions, such as counselors and therapists. I wanted to know who suffered from it and why.

My research gave me answers to the questions I had. While researching and writing my Honor’s Thesis, I developed a deeper understanding of the problems and circumstances individuals face and how lack of foresight that comes with education needed to prepare those in specialized helping professions. Many of the counselors I spoke to, [stated] that “helping others ... [helped them to] mak[e] a [positive] difference[,]” [which] is why they volunteered and outweighed the negative side-effects and detrimental impacts of working with individuals in crisis. Through my own experiences I have learned that trauma and the events that

cause us to feel traumatized do not necessarily happen subsequent to one in another, or in that order.

Sometimes there are gaps in time between the actual experience and the point in which we begin to feel the effect it has had on us. Thus experiencing first hand traumatized victims of violence and sexual assault and its effects may be less than noticeable from the start. Even less noticeable if we are being convinced that these feelings are “part of our job and that, “we all feel like that sometimes.” We were told to “take time out for ourselves” when we felt overwhelmed.

I did more than take time out for myself. I wrote an Honor’s Thesis and helped myself when no one else knew how, when no one else could explain to me what I was going through, I had to figure it out on my own. If I allowed myself to heal through my experiences and personal pitfalls by staying committed to my academic achievements, then I would be able to recover from self-harm. That’s not the way to help others, by establishing sets of ideas or beliefs about them to then use to judge them by as good. When you think about anything too much which causes you discomfort, mental illness follows, so does misrepresentation of ideas or beliefs, proud of or not, leave things along, don’t stir the pot. Researching and writing enabled me to put my feelings, opinions, and beliefs aside, by taking a more objective approach to dealing with my problems. Understanding the causes and the mitigating factors that contribute to the circumstances I found myself in, helped me to overcome this roadblock, and conflicts of interest.

The purpose of my thesis was not to excuse the actions [of others] subsequent to my commitment as a volunteer or justify my actions (drug use and drinking) by drawing an association between two problems, one experienced by those in helping professions and another problem faced by individuals in society in general. Rather the purpose of my research was not to help others initially, but it was about others and the impact that helping others has had on my self-worth, identity, personal, emotional, and academic development. Studying the effects of vicarious trauma and impact it has on individuals in helping professions provided me with the foundation from which to conduct research on my experiences.

The interviews I conducted were unique in that I could empathize with those I spoke to, because I shared similar feelings as a hotline counselor. By analyzing the experiences of those I interviewed as well as my own, I attempted to provide an explanation, based on my own critical assessment and analysis of what resources were made available to me as a undergraduate student. My research was supported by the facts of what happened, the events leading up to that point in time, and the surrounding environmental contributors to that problem.

My research was further supported by concurring accounts given by other counselors in addition to expert and licensed clinical therapists I interviewed to broaden my understanding and give me additional insight into their thoughts



regarding the assistance they provide and standards they have placed in the care they provide in comparison to other organizations such as the one I studied, which may have placed their less experienced volunteers in less than favorable circumstances potentially causing members of their organization irreversible harm, mental, and emotional damage.

These are the experiences which have motivated me to pursue a career in law. I am more than aware of the hardships individuals face in society and have specialized knowledge of the impacts that violence and sexual assault can have on its victims. Especially the impact that experiencing trauma can have on children, and that age matters in terms of one's ability to cope with trauma and seek help. I know that for many individuals in society their options are limited in terms of the available help and resources needed to help address their individual needs.

I know that not every student is as privileged as I, to have the support of family and financial resources to gain access to certain resources, which is why I want to go to law school, to make a difference in lives of those who are either unable or without the necessary support it takes to succeed in law school. Based on my own personal history, I know I am capable and I know that once given the opportunity I will do whatever it takes for me to be a successful law student and share with you an explanation of my prior experiences to evidence my ability to overcome and stay committed to my academic, personal, and career development.

As I continue to rally through adversity, I have found ways to identify the significance of that experience, our friendship over the years, and the events that followed, in a positive way. Making a positive difference required me to help myself before assisting others. Diversifying the activities I chose and groups I associated with enabled me to remove myself from the cycle of trauma. Realizing my self-worth meant taking chances, taking risks, and believing in myself. I want to do more than merely be aware of the problems that exist in society; I want to learn about what I can do for myself through education and work experience to put myself in a better position suited to helping those whose lives I want to change for the better.

Going to law school I hoped would enable me to extend my role within the service professions, and allow me to increase awareness and understanding among individuals who can help those at a disadvantage move on to more productive lives. At this point I have made the greatest academic, personal, and work-related leap of my life. In order for me to continue the momentum carried by this transition, I have to dig deeper to achieve the professional growth that can only be accomplished by [continuing my] legal education

*Re: Learning Disability*

Throughout my Academic Career I have found grave difficulty achieving the kind of success I have always strived for as a student. For every Academic Institution in which I have thrived, there has always been one common denominator that keeps me motivated and inspired, and that is my ability to relate and adapt to the environment in which I am taught. It was at University of Colorado at Boulder, where I began to excel academically and realize my full potential in research and writing, as a Sociology Honors Student. A very important skill I carried with me and applied to my studies as a Law Student in my Advanced Legal Writing Course, in which I was awarded a *Witkin Award* in Advanced Legal Writing for Academic Excellence.

I have always strived to first make a difference in my own life, before I am able to help make a difference in the life of another. Throughout my Academic Career I have managed to maintain a delicate balance between the time dedicated to my studies in school as well as making time to volunteer and gain real world experience working in a law office setting in the Public Service Sector.

I learned a very important lesson as a Juris Doctorate Student at the University of West Los Angeles School of Law, to always put myself first not the needs of others. For those reasons, I in turn mismanaged my time resulting in poor grades trying to work part time and go to school full time. Now three years later, I continue to make progress by focusing not on what has past but rather what I can do at the present moment to help build a better future for myself. This past semester has been a great learning experience in how no matter how trying or trivial the circumstances may be, focusing on the positive has kept me moving forward.

When I got my DUI misdemeanor (3 Drinks) this Spring 2013, was the first time I have ever been arrested in my entire life, because I gave up on myself and my dreams of becoming an Attorney one day, and one of my greatest regrets in my entire Academic Career. The most important character trait that defines me, and which I protect at all costs, is my Academic Integrity, which can only be remedied by going back to school and starting anew. Throughout my Academic Studies as a Law Student and Undergraduate Student I have accumulated over 2,000 hours volunteering, interning, and externing at various Public Service Agencies, Law Firm, and Non Profit Organizations providing valuable services to individuals in need such as victims of crime, and provided volunteer paralegal services to Government officials and victims of car accidents at the The Los Angeles City Attorney's Office, for one year prior to attending law school.

Working as a Paralegal at the City Attorney's Office [gave] me direction and focus, enabling me to make a difference, and move forward by extending my role within the legal field, in a positive way. In addition, volunteering for Public Counsel, and working with the Homeless and disadvantaged has further inspired me to do everything I can to stay positive and recognize the privileges I have been

afforded in my life and how I can help others in the future. In the past, I have overextended myself as a victim advocate.

When I was 19, I volunteered for a crisis hotline in order to better understand the experiences of others and reasons for maintaining their silence. In order to better understand my own experiences, I decided to study the effects of sexual assault and vicarious trauma. I quickly identified the symptoms, which may otherwise be ignored or dismissed by outsiders. Writing helped me to understand the importance of building support networks, and in order to circumvent the side-effects of vicarious trauma meant that I had to interview various professionals, who gave me additional insight aside from the responses shared by those within the organization. They are always first notified, of my identity upon interaction.

While researching and writing my honors thesis, I began finding answers and potential solutions to the vicarious symptoms experienced by those in helping and advocacy professions. Writing helped prepare me for the difficulties I would encounter trying to understand the uniqueness of my childhood experiences and the positive effect that education and structure has had on my personal development. In order to fully understand the fundamental underpinnings of the problems faced by those responsible for defending others, I decided to immerse myself within the legal profession as an Intern Paralegal at the Los Angeles City Attorney's Office.

While volunteering at the City Attorney's Office, I learned how to research, write and respond to discovery requests, and defend the City and its employees in personal injury lawsuits. Working at the City Attorney's Office has given me direction and focus, teaching me how to channel my thirst for knowledge, enabling me to make a difference, and move forward, extending my role within the legal field one case at a time.

*“What is at Issue”*

Whats at issue. Is how schools by some professors grading tables, grew me insecure about my sense of logic and made me question myself, that's whats at issue, and causes me now grave concern for how many other students are always treated akind to this kind of unrecognized adversity simply because they do not conform to the social ideals or representations of themselves or mold to which these professors what to regulate the conflict and confines of their ability to reason and draw deductions. To set up barriers to ones esteem or logic or ability to achieve is a great travesty to ones upward mobility. Someone such as myself with a unique background and history, and high degree of conformity to socially appropriate standards of communication without subliminally messaging or conspiring. To be thrust in such a limelight to respond to such salacious rumors and gossip, such as the descriptive words used in one of my personal statements in 2009. Is absolutely a violation of my privacy, for people to think they can just

barge into my computer read my material and then produce their own, trying to utilize the educational tools and deductions from which I have ascribed to a set of ethical principles to the highest degree and in conformity with laws governing the standards to which those tools and educational resources may and may not be utilized. To be set up for failure is wrong in itself. What is even more gravely disturbing is how one experience such as hospitalization got twisted so far in the wrong direction. Always be accepted of others, as not required to disclose medical histories, or reasons for previous illness, as to be used to argue a pre-existing condition existed that prevented a bond from occurring, when it was disclosed from the start. If a bond is not recognized, one is not responsible for reinforcing later, when commitments have been made elsewhere, and time invested.

When circumstances arise, that which no explanation is required, and response by one is sufficient to help put the remaining pieces together, than no person on this planet is at privy to re-situate me under even dire circumstances to try to prove my character is otherwise is futile to the central purpose for sharing peacefully. That is their motive. Bullies, attack generally when one's guard is down, and there is an incentive from the start. When I met this man, he was down and out, with a slurring slow tone, "I'm in technology" at that time I was not able to help anyone, because I am sick and trying to get my strength back, my brain works, my head hurts, my body gets tired easily, I lose energy quickly, I'm driven, and I generally get along with everyone unless they are triggering me in a way that a response in direct reaction could have a dramatic effect on my ability to move forward given the circumstances, I have tried my best to stay focused and calm and carry on without drama or fighting with any one person in particular.

#### *Letter to the Dean*

I have taken the time to gather my thoughts, and composure, taking online classes at Thomas Jefferson School of Law, LLM. I am in a much better place now, focus wise and disciplined. I got a misdemeanor DUI Spring 2013 semester, after I was Academically Dismissed, and took some time to regroup and just got my Drivers License back. I was in a relationship with someone to whom I was co- dependent on for support, when I was struggling in Law School. The constant fighting messed with my head and ultimately had a nervous breakdown and was hospitalized February 2013 and again in September 2013. Both times I was hospitalized I was put on 5150 hold for harm to self and diagnosed as Gravely Disabled.

The first time I encountered this issue was February 2009 I was hospitalized and diagnosed as gravely disabled for the first time, prior to attending Law School. I know that drinking can interfere with my focus and mood stability, which is why I refrained from drinking while in Law School. I am now under the care of a new psychiatrist, given a shot of Risperidone every two weeks, for mood stability and have resumed taking my Learning Disability medication after being taken off

Adderrall Summer 2011 (for 3 years), and put in treatment for two months for Depression and Suicidal thoughts after my boyfriend at the time broke up with me during finals. I have continued to rally through these personal struggles, and do my best, and try to communicate as clearly as possible my goals in life. To finish Law School, either at UWLA (where I have spent the past 5 years) or finish only with an LLM at Thomas Jefferson School of Law if I can meet the demands of the challenging course load, reading comprehension wise. I want to stay in school, because school is where I thrive best and feel the most at peace with myself, productive, apart of society, not isolated, and positive social interaction with individuals who share a similar interest in achieving great things in life and helping others.

I hope that this letter better explains, the embarrassment I am going through right now, and sincere apologies for my inability to explain in a concise manner why my grades were dropping and why it was so difficult for me to explain why. I have mental health issues, I get sick from time to time lethargic, I sleep a lot, or experience mania and feel alone ruminating being too hard on myself. I just want to finish law school, as best I can.

### *Overcoming Setback*

Throughout my Academic Career I have found difficulty achieving the kind of success I have always strived for as a student. For every Academic Institution in which I have thrived, there has always been one common denominator that keeps me motivated and inspired, and that is my ability to relate and adapt to the environment in which I am taught. It was at University of Colorado at Boulder, where I began to excel academically and realize my full potential in research and writing, as a Sociology Honors Student. A very important skill I carried with me and applied to my studies as a Law Student in my Advanced Legal Writing Course, in which I was awarded a *Witkin Award* in Advanced Legal Writing for Academic Excellence. I have always strived to first make a difference in my own life, before I am able to help make a difference in the life of another.

Throughout my Academic Career I have managed to maintain a delicate balance between the time dedicated to my studies in school as well as making time to volunteer and gain real world experience working in a law office setting in the Public Service Sector. I learned a very important lesson as a Juris Doctorate Student at the University of West Los Angeles School of Law, to always put myself first not the needs of others. For those reasons, I in turn mismanaged my time resulting in poor grades trying to work part time and go to school full time. Now three years later, I continue to make progress by focusing not on what has past but rather what I can do at the present moment to help build a better future for myself, no matter how trying or trivial the circumstances may be, however by focusing on the positive is what has kept me moving forward.

I know now that the decisions I make at the present moment have a substantial impact on my ability to grow both emotionally and professionally. I have spent my entire Academic Career building a foundation of Integrity that provides me with the kind of self-reliance necessary to become a professional, without dependency on anyone or anything to maintain composure under pressure. Without strict adherence to the laws required as a Driver on the road, to not have alcohol in their system, is a devastating end to my studies as a Law Student at UWLA School of Law. This past semester I have been arrested twice, aggravated and helpless and compliant but to no avail no one will write a letter on my behalf to return to law school, and its eating me away inside I feel completely worthless. By the second time I got pulled over and arrested, I was arrested for and in full compliance skipped the sobriety test and took the breathalyzer exam, after which was given the option of being transferred to a psych ward in Long Beach or Jail, and not wanting to run the risk of being put on an extended 14-day hold at the psych ward, I opted to spend the night in jail instead. I am trying my very best to build me Academic Integrity back to where it was when I started law school and that no distraction is an excuse nor any disturbances adequate justification for non compliance with the rules of the road, to no drink and drive. I learned a very important lesson that semester.

All my life I have wanted to make a difference and help others, through the education and experiences I have had working in the public service industry. When that ability was taken away from me, when academically dismissed from law school, I came to a crossroads. I had to make a decision whether to give up on all my legal education thus far and pursue a career in another industry or go back to law school. I chose to go back to law school, and have enrolled in a Masters Program at Thomas Jefferson School of Law. As a Law Student at West Los Angeles School of Law, I have had the privilege of attending classes that both challenged me and pushed me beyond my limits, and what I thought myself capable of accomplishing. Spring 2011 I peaked academically in Law School, in my Advanced Legal Research and Writing Course. I scored high marks on all assignments, and received the highest grade in my class, an "A," and received the Witkin Award for Academic Excellence. The study of law requires tremendous discipline and focus, and challenge that I have gradually been preparing myself for throughout this academic year a student online at Thomas Jefferson School of Law. With each new step I take, a new door opens, and applying for a Masters at Thomas Jefferson School of Law, has been a positive step towards my future, both academically and professionally. After applying and being admitted to Thomas Jefferson School of Law I was able to apply and obtain a position as a paid law clerk, a job that I would have otherwise not been offered had I not had this added credential to my LinkedIN resume.

Finishing my JD was always been my main objective since beginning my legal education, now I'm working on my LLM at Thomas Jefferson School of Law, a Masters in Law focusing on my skills in research and writing. I hope that this

statement, once sent in part, was well received, given my history of prior hospitalizations and medical leaves while a student at University of West Los Angeles School of Law. Despite my learning disability and personal setbacks, I have continued to adjust to the rigorous academic standards required by law students. Given my current standing, I hope that careful consideration will continue to be made in regards to my present progress, when deciding whether to accept me. I know my failures in life, and this is but one of them.

### *Going Back to School*

Addiction and recovery requires, abstinence. That is refraining from engaging in any behaviors that put you at risk of harm. You cannot always listen to others, and people who appear to be of service to help you may actual harm you an your reputation. Those are offenders. We are not susceptible to failures in life, or being put at risk of harm, until we ourselves put ourselves at risk of harm, whether through drinking or being out alone in public, can be easily be mislead or led astray when in conversation with others, or among those to whom conversation is made. Always be resistant, it is never required that you make others feel good or better at your own expense. Best to always be nice, and politely decline invitations by others. You are never required to talk to anyone who tries to help you or attempts to help you when you are not feeling well, just keep to yourself. And when you do get well and strong, don't lean on others either to help you, or your power can easily be taken away, or misunderstood as demonstrating weak characteristics or not demonstrating characteristics of the strong, likeable.

Mental illness occurs when we are strong, and then get compared to those who are not strong. We are in different times now. What was then is not as things are as they are now. We are dealing with a different set of circumstances in different times, and things are not the same, but they don't have to be different. Change is not inevitable it is but a consequence of a need for better than where we are now. At what point will everyone stop, and realize that we are right where we need to be or should be. At what point will people in need of feeling good, stop and take care of themselves and not rely on the weak or not strong to help them become strong or feel better than. That's not how to treat people like they are less than equal, average, or be off putting to say the least, reject the good to stay well. You can't always gear things toward your own perspective, as better than, to make people feel less than, and you cannot treat someone of intelligence as though they are not intelligent to make an example of them, you think befitting. If you know who a person is, don't treat them as unimportant so that when they come up in life, the exude characteristics of someone else. Tell your owns story not the story of others, that not how to make better a situation, by teaming people against others. Especially when friendships are limited, sever relationships, and use as backing your interactions with one, gone wrong, as exemplary of who they are in

all relationships and interactions past, be judged, that's not humane, that causes illness, to take someone good, and make them sick or ill, over rejection who cares.

The times have changed. We are not all that important, as we once were. When you get to the top in life, there is no expectation other than professionalism, and when you get there there will be people testing your limits, and your sense of privacy about you, once your privacy is lost, that's room for error, and hardship. Identity theft occurs when you allow someone to step in your place in life, or if you behave in a way that is something that you are not, they will do better than you, and when someone does better than you in life, allow others to be happy. Know your soul, and keep it there, no one can be you in life, only yourself remind yourself of that. You will be exposed to so many demons in life, don't be overcome by them, and enable others to cause harm to your sense of beingness, and your sense of wellness, and imitate your sense of privacy about you. The 60s were the 60s and the 90s were the 90s, we need not now be the same, reckless, and experimental times, are for instability in stability, when things are unstable that requires everyone to be balanced, and when that balanced is achieved a sense of peace among occurs, that's called tranquility, when we are calm not as one.

### *Abstinence*

The end of my senior year marked the most significant growth in my academic career and personal life. And with that experience continued to grow. At that point I finally recognized the importance of helping myself before assisting others (2006) and went back to school Spring 2007 instead of graduating on time, commuted to school Fall 2007 from Los Angeles to Boulder, CO, to finish my Thesis. I learned that in order to help influence change in the lives of others, I would have to develop the capacity to overcome personal setbacks preventing me from reaching my academic potential. In Spring of 2007, I started the semester two weeks late, extending my winter vacation, and put on a medical leave of absence. It took me two weeks to make the most important decision of my life, to go back to school and not give up and withdraw. Despite my 3.236 overall GPA from University of Colorado at Boulder, and my less than average senior year grades, I rallied: writing and researching my honors thesis, and graduated cum laude with Departmental Honors in Sociology, in December 2007. As a law student I faced similar difficulty maintaining a GPA above the required 2.0. My grades dropped, I was academically dismissed from my law school, and I got a DUI a few months later. It was then I came to a turning point in my career, instead of giving up I enrolled part-time as an LLM student at Thomas Jefferson School of Law. I realized that in order to succeed as a law student it is important that I work no more hours than I am able 20 to study each week. I am now taking one course at a time at Thomas Jefferson School of Law (online) and working part-time on an as needed basis, 0-20 hours per week. For a long time I have struggled to maintain a balance between school, volunteer work, and other extracurricular activities, but I have since found that balance.



## Chapter 4: Relationships

I think its really difficult to be in relationships when you are working on yourself and trying to come up in life and find your way. Its really difficult to be close to anyone and at the same time find a job, maintain a job, and still find time to enjoy a social life. Right now my social life consists on writing online and keeping in touch with the friends I make along the way who have been very supportive of me, followed, liked my posts, and corresponded with me, checked in. Its really unfortunate when you are doing well and you are not able to share that happiness with another and for whatever reasons the one you love is not able to share that happiness with you.

Everything takes time to develop including what it and what is not, who we are, and who we are in the lives of others, particularly our significant others if and when we find them. Not everything in life in times perfectly and most of the time everything occurs at the wrong time due to poor timing. In order for things to occur on track and on our own best timing, well that is different for every individual. For me my best timing is when everyone around me is happy. But life doesn't always work out that way. I wish that my life was different than it is today. I wish that I never Campaigned and just lead a normal life.

Sometimes, I wish that I had never dated in Law School and stuck to my gut instinct which was that I was not able nor ready to maintain an intimate relationship and at the same time focus on school. But at the time I put the needs of someone else's before my own. When this occurs we are told that everything will come back to us tenfold and that our good deeds do not go unnoticed and that when we put others before ourselves that this means that in the end or somewhere down the line we are to benefit from that experience and those choices we made in life (to put others before ourselves). Eventually you get tired. When this occurs its important to step back, breathe, reassess things, and move forward. Pretending like everything is okay when its not. Or pretending like your feelings are not hurt when they are. Solves nothing. Particularly in terms your ability to communicate with loved ones or significant others. Less is more.

The more we try to fix things and the more we try to buffer misunderstandings with excuses, and the more we try to be accepted the less likely those things are to occur. Why is that? Because a person who tries to hard is seen as compensating for some weakness or trying to hard to overcome some obstacle (negative) or trying to overcompensate make positive a life which they assume was not going well (or negative) which is the cause for their current circumstances. Not everything that goes wrong in our lives is to our own fault or at our own expense, usually when bad things happen not only may we be harmed but also those around us may be harmed too. Its important never to play Victim when you are the

Victim, this usually breeds animosity towards you as trying to situate yourself as disabled or less capable than the rest and in need. People who are in need are generally characterized as physically or mentally incapacitated to the extent that they need or rely on others to take care of them, guide them, help them, for instance Victims. If you do not fit the mold of someone who could potentially be Victimized, you will not be seen as a Victim, but as a cause for your current circumstances and a product of the choices you have made in your life which you are expected to take responsibility for and correct on your own best timing. This is unfortunate. Many opportunities in life are wasted or passed when we are misunderstood and when we are harmed. Its really not the responsibility of the Victim to defend themselves. But here I am. Goodnight everyone, and hope you have a great day tomorrow. And remember to smile and be appreciative of all your blessings in life and those who are in your lives and not to worry about those who chose not to be apart of your life. Ive always been the most popular whatever school I go to or whatever town Im in. That's just me. So I know something is wrong when someone who is kind to me at one point, chooses not to associate with me at another point in time. And that's for me to figure out and is really none of anyone else's business but mine. All I can do is be myself to the best of my ability and live life without or without people in my life. Without or without their guidance, acceptance, love, understanding, or consideration. When you are down, when you put yourself out there, you can only be harmed, not benefit when situated in a weakened stance by failure, mishap, rejection, or misfortune. Bad luck occurs and its to ones own responsibility to turn their luck around, not rely on others to help enable that to occur. You are what you attract in life.

Not all relationships begin the same way and each has its own stages. Not occurring the same in every, but unique to each individual we meet in life. Why is that? For every experience that we have we have a new beginning in life, the lessons we learn from previous interactions with others, help to improve the basis upon which we make decisions in future interactions and relationships. A relationship is not defined solely on the intimacy that exists between between two people but can also vary in terms of closeness. In some relationships we desire closeness in others the opposite distance.

It does not matter who attaches to us, for every relationships fosters our personal growth, both positive and negative. What does matter is to whom we attach to. To whom where and why we attach may often time baffle us, why attach to negatives, and why so few positives. Why are we so affected by those we do not get along with, and why is it so difficult to develop healthy attachments to those we do get along with. What is it about negative interactions that gets under our skin, that interferes with our ability to attach to the positives in our life.

This is one area of relationships that has constantly created disturbance in my life and to the relationships that helped foster my growth, interfering with my ability to attach, because relationships to which negatives resulted from interfered with

my ability to maintain current positive relationships and form new bonds and positive relationships. What I learned from these experiences was to not be too concerned with why I did not get along with these individuals and instead focus my attention on what it is that they said to me that caused me disturbance and interfered with my ability to achieve happiness in my life.

One question you always ask yourself when confronted with disillusion, is whether or not you were at fault for the demise of a relationship, which dissolved before you had a chance to save a relationship from falling apart. Sometimes things occur when we least expect it. Not always in our favor but sometimes, to do us a disservice in life, these life experiences we call challenges in life. When circumstances, persons, or things occur to which we do not have a finite understanding of why or how, and we just have to learn how to accept things the way they are without further investigation. I am never one to investigate the faults of others or reasons for the demise of relationships and always move forward and let go.

However when the harm resulting from that loss is recurring, then I know it was not me that was at fault if he is still so affected after I have already let go and moved on unaffected by him. When there is room for discussion and discussion is not made, than at no later point in time is discussion or continuation for discussion required on your behalf to anyone who has not given you the opportunity to be heard or left room for discussion. Where one assumes and one is harmed as a result of those assumptions, than the other is not liable for the harm resulting from those assumptions made upon the character of another.

It doesn't matter so much what your needs are when it comes to caring for another person, that's a given. If you put yourself first before the one you love, then you care for them, if you put them before your own needs then you care for them, also. That's how to properly care for others, taking good care of yourself, while caring for others, otherwise people don't care about you. How you behave is a manifestation of what you feel when you are around others, its basically how you feel about yourself, usually nothing to do with those around you, that you cannot control, others. When you recall your own life, do not project or infer, consequences as to identity and emotions, in yourself, as dictated by those around you, you are always in control of yourself, and should not be controlled by others, unless under their supervision. (2018)

Accept people for who they are, they know best themselves, it's a waste of time to question others on their paths in life, everyone is responsible for their own choices in life. Deserved or not, sometimes we fall victim to the choices we make in life, and then have to make amends with ourselves, and move forward peaceably, without exhibiting behavioral health issues, associated to what pains us about our past lives. There is always time to move forward, no one is perfect. Never go back to where it hurts, that just re-instigates the cycle of violence, and enables people

to harm you again and again, and again. Just move forward. Where there is non-acceptance there will never be acceptance again. That's how you know whether or not you have ruined a relationship or messed up in life, when you can't go backwards, or have trouble going backwards, or a friendship or professional association breaks. Not always resulting from a break of trust, but usually resulting from a break in character. When your best foot is not forward in life, you are more susceptible to relationships broken, increased odds against the maintenance of those relationships. When your best foot is forward, it then becomes easier to maintain those relationships both professionally and personally, how to keep going in life. (2018)

Always be in control of your problems, in your life, and never make your problems the business of others, or interfere with your relationships with others. It is not for others to know your problems in life or your problems with others, that only causes discord and rumor and distrust and paranoia. Paranoia results from upsets, when you are upset with yourself, a perfectionist, wanting all relationships to be sound and well, when one relationship or another falters, then you feel imbalanced and as a result, this may cause one to self-harm. Self-harming can result from failures, fighting, or from mistakes in life: sometimes caused by the use of drugs or alcohol. Never base judgments on others while under the influence of drugs or alcohol as they may be skewed or off base with reality when you are up or high on a tangent of life that is not in touch with the realities of situations present in another world, that is based upon your personal viewpoints or recollections. Sometimes our recollections may be based upon what we know and see, such as on social media, and sometimes our recollections may be based upon what we know, by experience, when our recollections cause us illness, that means we have a foundational problem, our interests are to [criticize] and when [those opinions held] cannot rest one may feel like they are not winning [until proven right], [and] not getting to the bottom of something, that means you are [hurting] the wrong person [you should never hurt anyone rightfully so, whether you think deserved or not], why people are turning on you [always be nice to people whether you think they are deserving or not of a good life, a job, or anything for that matter, is no one's business but that person living their life, should not bother anyone else's image or livelihood]. Its important not to prosecute people, and its important not to wrongfully accuse people of misconduct. That is the job of law enforcement. Not the job of civilians to involve themselves with. There are TV Shows for that, its not for public discourse to inflict pain upon others or dissect the minds of others, or to pick apart the genuineness of others hurt one another, you cannot hurt someone to do a good in life, that only makes one sick.

Reference:

<http://www.mymollydoll.com/blog/relationships-by-leslie-fischman-081716> (B) Relationships.

## Chapter 5: Statements Removed from Facebook

Do you do as your told to build trust that's not the best avenue. Be led by your fears? Wrong direction also. Listen only to yourself, too much pressure within, listen to all -too many voices. What you hear should be yourself not others opinions of you like yourself enough not to read into others too much of you you should not be influenced easily by others repeat mistakes to be like that only hurts you moving forward not a good pathway to change to give in to hate toward you. Never given in, and listen often, but not as directed if it makes you uncomfortable then do as you feel is right not give in to bad feelings how bad happens.

Don't repeat the mistakes of others to build or make a point. It's important to listen, even if to trust stories of failures. Luck is greater than hurt, if you do unto others as you wish done to you, luck will be on your side. Don't backwards punish yourself presently that doesn't help you move forward in life to take past beef and wear it forward live for the moment try to be new not repeat old patterns love yourself enough to let go of the past accept now and be accepting forgiving of others over the little things in life. It's no big deal, you get punished don't set yourself up for hurt anguish yourself if another is wrong toward you that makes worse things. Let go, just ignore them.

Support yourself needed support is bad leadership demonstrates a weak skill set. mymollydoll.com no connections = (pure). When you do things with a good heart, that too shall require no reimbursement for success, or reciprocity. You cannot give in to hate, or non-acceptance, and seek acceptance from those who do not like you. That not only burns bridges moving forward, but breaks connections.

Good must be plentiful otherwise a rotten egg in distaste causes disgust if imperfect not viable for the future of leadership then deemed not worthy of pay. Expectations are not good indicators of your best work if you're thinking about now you'll appreciate you if you think ahead devalued if insecure feel not able if you set your expectations too high of yourself not meet them. You'll let yourself or others down. Lead yourself not others. Acceptance does not require being liked always, sometimes you have to love yourself, in order to move forward to be liked by others, who have already moved on, moved forward, and found their sense of peace. Usually with acceptance comes peace, that is something to be learned not always a given. When one is accepted nothing sought is required in order for that sense of acceptance to be attributed to anything but their own merits.

Don't push away to break up a roll because you fear bad when good. That's not how to self-help. That's how you're in the wrong when you run away from love or help. Use of likeness is wrong, or attempts to get up in life by use of others. When you explain something after its happened that's forced explanation to credit discredit you make you look stupid by issue pulling objectives from your current pleasantries to send you back to Hell. In other words you've lost your angel wings

- knocked down everywhere you go, and that's okay. Once you become unhappy it sticks to you like a memory shadow glued to your back that hurts just ignore it try to recover think we'll about yourself and there's it takes time to heal.

Basically I made a bad decision caused embarrassment loss of trust that affected viewpoints I'm sorry of me not better but worse I need to realize myself known not keep knocking myself down to let others pass.

You deserve in life but never more than you. Okay so poor timing for the I'm not gay #Tinder movement. If I barf (before) that means not ready. That was a poor choice I'm sorry. That broke his heart ahead of time and as a result did not trust me hurt him. When you back out means trouble ahead. You stop trouble by being ahead, or by getting ahead in life, by detaching from those you think are lesser than you or not of importance, bring yourself up seemingly selfishly, get used.

By the time someone comes up don't punish them for something a long time ago accept them as they are new, improved better. When you keep punishing a good it hurts others makes not well onlookers to see inflicted pain and hardship on someone good who's eyes everyone's eyes a few eyes that don't like a person are not a majority but a minority of haters should not equate hate. How can you take someone's personal issues personally if I don't even know you, strangers. They blame their own thoughts toward me as bad I'm good enough. To each his own. I'm not responsible for the thoughts of others toward me. Who cares not my issue but theirs with me.

Don't use beef to make new beef and say old beef existed don't use beef to make beef and claim beef exists. #dontfight. Our designated problems are the business of those responsible for caring for others. Group huddle. So what's next. Tired ... Resting in bed. Where you're wrong you hurt in the future in the same way you were wrong in the past you punish you revert to that feeling as corrected when wrong. Omissions are not admissions. That's not how to fix disabled by making dirty or doing them dirty that just causes upheaval of interests non-existent you can't try to hurt someone on purpose that's wrong, always be kind.

Maybe you shouldn't share your likes or your hearts how they hurt you. Always be guarded always set boundaries keep your personal life to yourself otherwise they make dirt out of nothing to see if you make dirt. Keep your mind clean.

If you face your fears you detect fears and then fears become you then people are scared of you because you look like fear. That's because you're afraid don't wear fears. Keep moving forward run away from fears, but not to the extent that you don't face your own problems, get misunderstood beating yourself up in life.

If you focus on you where others are focused on you if others focus on you when you're focused you become de-focused focused on what's being focused on you or

others - always focus on you otherwise you hear voices. That's how you unfocus attentions. Be yourself, but don't self-harm to better yourself, there are ways to improve one's conduct and character to be admired, and that's not through self-harm. When one is liked that is because they have achieved acceptance in life.

You can write as you go in life but you can never predict the future by causing harm to those not deserving of hardship that does not stop pain from occurring present or not, stay well, never give up, represent yourself well.

If you don't respect those who are well don't disrespect them when not well that's not the solution to cause pain to prove pain that's being a pain on purpose inflicting pain to justify causing pain to those you seem not deserving of respect that's unnecessary pain a gross overstep of boundaries to cause harm to someone harmless results in fighting unnecessary hardships on top of hardships causes a hard life difficulty functioning and achieving that's called disability an inflicted wound caused by someone well who thinks well is invincible or more able than they thought that causes disability when you mistreat someone inhumanely that's caused hardship not worthy of attention because it causes more pain to see overexpose pain causing agents to those in pain ie that's overpowering a well person to cause disability to lift up what? That's called unjustified harm to someone innocent who is not of threat or harm to others only to themselves is a non-risk. Miscalculated risks cause hardships. Don't self-harm to prove others wrong in life, by making yourself a victim to the circumstances of others.

Step out stop right foot to the side - Somebody who already knows you has confidence when they see you. Be hard to know when they know you they do not fear you take you seriously close to heart takes things personally when not spoken to is not rejection or error but a made condition pulled away from others withdrawn is depression not lack of confidence compensating for another's depression lifting them can be depressing like an STD. Don't blame others.

Basically I made a bad decision caused embarrassment loss of trust that affected viewpoints I'm sorry of me not better but worse I need to realize myself known not keep knocking myself down to let others pass. You deserve in life but never more than you deserve, simplify, but don't overdo anything, including minimalism. When you let go of things in life, you find yourself, among others, why its important to recognize that you are human, and that you are not invincible. Things can bring us comfort, but they cannot replace people from our lives, once things are gone they are gone, we always mourn our losses in life.

What does mentorship mean to me? It was suggested by Torah Botranger to write for 12 minutes everyday on her Instagram blog. It's 11:45am now on 12-23-17. Great idea.

What does it mean to create an idea and from what basis do ideas come from. –

Livelihood? Unbringing? These are questions I ask myself. –What are we drawn to? And by what categories of likeness are we judged by? Always see the big picture is the lesson Ive learned. When too focused on what others think I become ill. When focused on my own thoughts I feel well. –Ive learned to always appreciate where I come from, poems from Mr. Wendell and all. So lucky to be from Brentwood. It's now 11:51am.

Being put together. Some people put things together to hurt you, if you allow them to and sometimes people put things together in a way that helps. –You cannot control the interpretations of others. Whether for or against you. It does not make sense why anyone would read along and not support me. But take benefit. –That does not make sense to me –why anyone would acquire information from a person they do not like. For what reasons are people negative toward others? For what reasons do people bring up the past (not true) to serve and benefit themselves, their viewpoints. For what causes do they seek to trigger to benefit themselves? There is always cause for worry once aggravated. Occurs when one side is not doing well and to better themselves bring down another side. This is called competition for happiness. When one cannot be happy for others or anothers happiness irritates them.

That doesn't make sense to me. Everyone deserves to live a normal life and do the best they can to achieve a normal life. There is never any excuse for anger or hostility toward others. Is never justified if not purposefully provoked. –Some problems exist within themselves. In it of themselves –in existence – meaning not existing because of others. –Problems, ideas, or thoughts. Are most likely generated from their own concerns. Assume from a good place to not contribute to those ills. –I was thinking about this today –There are conversations, then you leave conversations. How to control yourself during unwanted conversations and what to do in the event of aggravation. Usually its best to walk away, leave the conversation and not engage others in conversation –avoid fights. –How you function afterwards –is in your control.

No one can control you your thoughts behaviors or how you function in life. It is never your responsibility to correct those who have harmed you. People who are exposed to abuse, used to those types of relationships will repeat those patterns toward you –hurt you again. Always be understanding. Especially when it comes to family and friends. Listen not tell people how you feel, but try to make new conversation, not relate whats going wrong with individuals not concerned with personal issues. Platforms are not for attention but for communication with others. How people identify themselves is their own responsibility, not the responsibility of everyone ever to help one person. A person should fix themselves to match their settings and blend in. Not stand out to be fixed. That's trying – recipe for seeking unwanted attention to if talked about can place blame on others –try to make someone like you or have similar issues to be addressed or fixed. Best to get professional advice, not wear others out with negativity. Once you change it will



seem like everything changes around you.

Be thankful for every passing day you live. Life is not short but it does not need to be painful or lived in regret – if you make the right choices no one can hurt you. – Only yourself by your perceptions. –Your cares and by your outlook in life and by the judgments you pass on others. Look to your future for peace. All that your left with then is your present. –Your present circumstances always figure out/predict your future. What may seem trivial in retrospect is never easy to bear when presently undergone. Everything you’ve been through in life matters. –Welcome your thoughts with a critical and smart heart that cares for yourself help yourself achieve your present –noticed achievements will always help others in a way that’s not hurtful but helpful. Never manipulate emotions recognize them and always set them aside first.

What you willingly respond and react to will determine your ability and your ability reflects your present outlook without having to explain yourself to others. What makes sense to you may not make sense to all. –You have to find your own drives in life –Whether or not always maintain stability a sense of normalcy to achieve inner peace –we discussed this.

“Once you change it will seem like everything changes around you” 12-18-17

“Always be the best version of yourself” (@leslie\_fischman, Instagram 2016).

When you change what matters to you will help you overcome what bothers you. Change occurs daily never at once and always in parts. “Whole is the sum of its parts” #famousquote. Never cease to exist –your mind matters but your life and livelihood accepted is more important.

You should never become too dependent on any one thing or person for love. That is up to you how you play your cards in life and where you end up in life is up to you. Don’t fret the small stuff in life. Always focus on the big picture. If you’re not where you need to be in life and not happy then think about what will make you happy in life. Never get too caught up in the delusion of unhappiness. Don’t lock yourself into unhappy or unwanted thoughts. Think about what it is that will make you happy. Is what you’re doing right now going to help you achieve happiness in life why or why not. Don’t let anyone bring you down in life. –We all get sick sometimes its all a matter of getting well and staying well.

You have to be careful –what you consume affects you. What is becoming of you is when you represent yourselves and others well. Always be in control of your emotions. What you send out (energy) gets sent back to you. Especially on social media. –Where we are easily affected by others and easily misread. Who you are and who you are associated to matters. You build those associations to you by the likes you choose. –How people see what matters to you –and what youre affected

by. Always see the big picture. –Nothings a big deal if you don't make it out to be a big deal. Think in terms of consequences. –How does your audience feel. That's a good indicator of how you should project yourself online to others –help make normal others. When you are normal everything around you will feel normal too.

Im not feeling well today. Im not sure whats wrong it must be stress ... on my heart making me feel bad about myself. Im having difficulty feeling good in life and finding joy and satisfaction again in life. I just want to feel well and do well. Maybe I need to study for my life and health exam. [At the time I got a job as a life insurance agent, and did not stay, too difficult to learn new material right now, that's why]. I think that will make me feel better about myself not communications. I think too many communications subjects me to harm and hardship in life. Im trying to just maintain a steady head on my shoulders at this point not worry too much about what others think of me and just stay positive. Im not sure whats wrong with me. I should not need to convince everyone of my mental illness or whats wrong with me. I just wanted to do well in life and now Im not doing well. I don't think that my life should be ruined. I should still have an opportunity to achieve in life and do well with or without others. [ie. Be independent of others, regain my sense of self-confidence].

You have to be careful what you write online not all of it is in your best interests to share out loud –some of it when put together can make you look delusional and paranoid when written said out loud and explained. If its just something bothering you it need not be something that has to bother everyone. That is a misnomer that something that bothers you a little now is so important to discuss because it will bother you more at some future point in time. You just have to let things go and not be bothered by others or happenings, whether or not to do with you or others. That's just a manifestation of your paranoia nothing to do with the judgments passed by others.

When you're bad, people will try to situate blame upon you to get you to say and behave in a way that illustrates what puts you in those shoes in life and what is considered your downfall. Always listen to others and not try too hard or be defiant as that looks like ego over compensation for retardation or disability/addiction. You cannot change what others think of you or be put together. Sometimes you have to learn when to quit or change pace or stop before its too late, you only have one life to live, don't ruin it chasing dreams, or you will not feel good about yourself if you do things to feel good or to make others feel good just work hard, be your best self.

Just because I don't write doesn't mean I have no thoughts. Im just resting need to conserve my energy due to burn out. What is wanted –is what is communicated. You have to be strong.

When people get upset with you they expect something from you provoked behavior to cause a consequence or a fact to occur to connect. That's mean and

elaborate to connect bad to good. You cannot go backwards in life image wise once you're done you're done. It's hard to repair yourself. It's never too late to get healthy be well.

You cannot be a machine in life you have to keep going but not put yourself at risk of harm. That's not just about image but about your health and your heart. In order to stay strong you have to be good. I feel like literal interpretations can cause illness. It's not for one to judge the other based upon choices in life. It's never too late to change and speak well of yourself otherwise they test for negative patterns hurt you. Always listen to your Doctor trust them. No I'm not always on my phone. I'm a writer. I wrote my book on my phone.

I don't think that setups are necessary to hurt others esteem to prove guilt or not be watched constantly that's an abuse of power an unwanted touching of my mind. I'm not an experiment. I cannot listen to songs of victims. That's too polluted harmful to the purpose of being positive not thinking negatively about self and/or others. I'm sorry I said to my Dad if he goes I'll go with him, that wasn't nice of me to say that, I should be positive. I never complain or blame others for my problems.

You can't win them all life is not a game to be broken or one sided or not. No harm to others is ever valuable to society. I'm having difficulty being. My sense of being is physically disturbed. Why I'm on heavy meds. I don't have identity issues. I'm not a violent person toward self or others. I'm not feeling well feeling ill need to get my rest and sleep now get my energy back no worry others. Not share pains or delusions just be normal.

I'm starting IOP again. Was planning to, but not going to go, I don't have time to sit and talk. Maybe that will help with my thought disorders. Keep me centered. Focused on me.

What happens when others try to be you in life not themselves problems occur. – You can always help others but you cannot always be perfect in life. It takes time to get to better in life. –Life's not all about mystery. –When you share too much about yourself you run the risk of getting blamed in life for causes and circumstances outside of your immediate control. –You cannot change others only yourself. Don't expect people to change for you. You are responsible for yourself always. People will think what they want if misguided to feel better than. –That's irresponsibility toward others.

Secrets don't really help when everyone knows something you don't know. – Setting you up for failure in life, when you do your best and your best is not good enough. –You get compared to the ill –wealthy. I'm not successful with money never paid. –Don't make me ill, treat me as sick. –Need to take a nap now rest.

When you're not feeling well there is nothing you can do to make your life better.

That's when pain hits –its called disappointment occurring on a high note in life when you are doing well and you get sent backwards in life. –So you cannot function well. That is how people get hurt caring for and about others. Always be respectful of the time and spaces of others. –You never know who is fragile who is not. Always be kind to others.

I never self-sabotage usually when doing well you attract others and from that attention a judgment is made as to your sense of being –niceness to others, care future well being in hardship.

For every connection made that is a connection taken. I see that now. Upon interaction with my connections those are then sides taken opposing toward me on sides in opposition toward me by those sides operate toward to correct me based on the needs of one toward me not based upon my safety needs, this in turn gets more people to turn on me. There's nothing that can be done once one turns on you, and those close to you do, eventually everyone does in imitation of one another's popular viewpoint so that's one campaign against me. for example, that's they're experiment.

Everybody has their off days, we do not always make sense. It's not always necessary to discuss personal matters out loud. Doing onto others as you wish done to you means not reacting and differently had their reactions been negative or positive toward you, for what matters what or over what issues, is not your responsibility to figure out but best take care of yourself first, the rest should fall into place.

Eventually accept people for who they are on the inside not how born. That I can't control sorry.

Sometimes you're powerless you should always see positive.

When people are doing well don't take it personally when you're not doing well and they notice that, it's not to point that out be in your face about it to see how you respond.

Condescending tones are annoying and not helpful for progress social progress, building a better understanding. -This occurs, by being accepting of one another within reason by consistently setting boundaries for ourselves others will respect us more for doing so with or without explanation than be a doormat.

Always see the good in others.

While writing I was thinking ... Order of the squares matter they're like magic cards they help or hurt the next square move along feel better. How you should read to strengthen self, look for errors to strengthen, or find weaknesses and if so

support weaknesses. When you support yourself, no matter what weaknesses or ailments you may encounter in life that's called thinking positively. #SocialMedia

Always strive for success that comes from good minded individuals with purpose gone right in life solid ground sets for themselves is how a warrior is made in life unaffected by others. You are not required to be the strongest, just live life, healthy thoughts, make healthy relationships, its not a fight to the top anymore.

You can remove yourself from situations, from people, places, and be removed of things, but that should not change the integrity of your character should remain the same we are all human after all. At what point do you start living, and stop worrying. At what point do you start living and stop hating. At what point do you stop judging others and hurting others based on what you think of them, not true. When is the time for everyone to move forward? Nows a good time.

#### *What We See We Remember*

What we see is what we remember is what gets promoted about us, not by whats in our closet, or in our bedrooms. That is not how people see us, by our private spaces. Is not how you judge a cover by its book, its by how you remember identify yourself, not by the baggage of others, or by your things in life. You cant go backwards and try to be a better you, you have to just be you as you are now. That's how to build a better you, from here forward, not by going backwards. Your past picture is always your best profile picture, as you remember you best. Ive found that that has helped me, gear myself back to reality, and how I understand my direction and self in life, and where I am headed, not by the direction of others, headed in life. Its important to stay true to your character, not be easily impressed upon or molded, slightly stubborn, but cautious, is the best way to lead yourself in any public environment. I have found that to rehabilitate my character it takes time, by good merits only. When I infuse myself with the troubles of others, bear burdens, that's my weight. Not the weight of others upon me, but my instincts, errors, failure, to overcome. Perfection is a job, not a hobby, when you perfect yourself, you understand your own intrinsic value, that no other person's value should affect you in communication. Its not contagious, stupidity, its just a recognized failure, always do your best to repair yourself separately.

#### *Whats On My Mind*

##### *Life Isnt About Image or Connections*

Life isn't about image or connections, its upon your own basis you become you, based upon your own merits in life, not the merits or good merits of others. How you self-identify and what becomes of you is how you will be judged by others. Always be yourself, you need not justify why you are the way you are or for what reasons you are ill is no ones business but your own. If you are doing everything you can to be well, than no people or persons should make you sick. People are

not contagious, its bad ideas that are feared as being contagions, everyone is responsible for themselves, you cannot control others, it is not by our ideas that make us who we are but by our thoughts which control our actions and behaviors that make us who we are, how we are in public, how we address others, and how we ourselves are addressed, is a manifestation of how we see ourselves is how others will see us in reply, always be appropriate in public dressed and around others. That is how to be well-liked. When you are judged that is no excuse for self hatred or for upset, you can only do your best, and if your best is not well received than acceptance of self is required you cannot be accepted by all, that's called discrimination. You just have to accept that some people will not like you for whatever reasons, whether by your associations connections what you represent or what they think you represent or by where your headed in life, they think deserving or not. Intimidation and wins are for the weak, life's not a competition, take life easy, and always be there for others, when you help yourself, others will be helped too.

### *Moving Forward and Backtracking*

Whenever we move forward in life its common to backtrack and review ourselves, our strengths our weaknesses, and try to better our self and our image. Life is all about perfection. How we view ourselves, much to the same effect is how others will view us. If we do not go backwards and make our amends, and edit, then we as writers, subject ourselves to harsh and unnecessary scrutiny. Writing is all about perfection, no spelling errors, and no typographical mistakes. All of which affect the readers understanding of what is written. It is very important as a writer and publisher to always be unique, and to always be neat and tidy, that is how to make a good blog, one that is read, with ease. When there are errors, and blocks this causes the reader to question the source, and that is why people are blocked, and questioned, when they themselves are not tidy and neat looking they will be judged. It is by how we present ourselves, that we are looked at, manage your presence at all times well, in order to be well received, that is how to be best approachable.

### *Being Raised Conservative*

When you leave the woodwork you realize what you have, I was raised very conservative, and now I understand why. It was to protect me from harm, that when we let loose we will be judged by others, its how we are taken seriously, that others will judge us, based upon our own merits, and what we bring to the table, skills. Those skills are by education and background, those build the backbones to companies, and from there a company grows. What is independence. We chatted today before the meeting, to me that means a Corporation that is independently run, by its employees, who are independent of one another, not co-dependent. In the real world, I see that individuals, base

selves on their accolades and based upon their merits, how confidence is made, not by being inside a group but by what they bring to the table, that is how confidence is made. You can only see yourself, when you are in a group of people, who is accepting of you not hard on you, know your worth. Sometimes in close relationships, people are hard on us, that's to protect us from harm. When we understand the value of self, in relationship to others, we will know ourselves best. How to behave in front of others, whether to be known for our present or our past, and from that point determine how well known, know you best, not others, how to get to know yourself among people, how to self identify. When people look at you and think you are something you are not, that is because they know you based on what they hear, not based on what they know, or see, and that is always understandable, we give thanks to others, for acceptance always, how to move forward, and not discuss our private lives out loud, or professional selves, in order to maintain a positive outlook in life, is by our work ethic not others points of views. This is clear upon meeting people very well adjusted, I too was once well adjusted, and now struggle because of my relationships gone sour, while attending law school. I will never understand the pressure perceived until I undergo it myself. What you say about yourself, is by what rumor is known about you, always be truthful, and give value to your life presently, everything is a matter of correction. When you are a perfectionist and corrected, then you should know better how to behave is how one is treated, who looks or appears mentally ill, that's called passing judgment upon another's circumstances, and adding fruit to the table of concerns. What is concerning is what alarms, people should never be alarmed by adjusters. Adjusters are people who are accepting of all people, they themselves must be conservative minded, if to be a backbone to others, to mirror conversation behavior. That is how trust is built, not by surprises, but by dialect, being conservative minded. Conservative minded means being a defensive driver in life, watching out always for concerns, addressing concerns accordingly, and by offering reassurances. Reassurances are guaranteed by behavior present, and behavior continued, elsewhere. It is known that I struggled with alcohol after law school, its never been a problem in my life professionally, always sound, and never a threat to my environment, or to others, I'm not a loose canon, its by judgments threats to me, that occurred (once), said something back under the influence (once), that is not me but a product of my circumstances, I was judged as something I am not, and because they thought I was a whore, I was treated like that, Im very chaste, never dressed like a whore, never behaved like one, always conservative toward others.

### *Whats Important to You*

Whats important to you matters, however it may not always matter to others. What you project about yourself personally, is how you fail, in the image department. That cannot be removed from your record, how others see you, that is something that you cannot control. In the grand scheme of things, how you will be

viewed and judged will be a matter of principles based, not gusto or energy, but by your nature and value and givingness to the trade, that is your writing. Overall how you will be perceived is how you are judged by others, as worthy of attention, put together, a cohesive idea, or something that needs more work. That is called acceptance. What matters to you may not matter to everyone, but that doesn't mean that you or your ideas don't matter at all. With proper training and instruction you too can make a difference in the lives of others, its all a matter of manifestation, and willingness to learn and try, always doing your best. How you represent self matters, and based upon those judgments and first impressions, a judgment is passed upon you, accepted or declined, mattered or fabricated, together or not, or picked apart. You should never be insulted by the input of others, and that should not change you or your feelings about yourself, or cause you to question yourself or others. That is your instability, a reflection of your own instability, when you feel judged. To think positively of oneself, is how to undo negative opinions about oneself.

### *Communications*

I share ideas for betterment. How we communicate needs be normal positive conservative to be well-liked treated without talk.

I'm low key because I'm me.

The negative is acceptance past.

How I share is by quotes.

The undercut to esteem is failure.

When you go backwards to connect. Re-connect why move forward in life, make new connections, that's how to survive.

You keep all your friends and make new friends how to survive be a success in life well-liked.

Intimidation is a quality of character. How you see yourself.

Lives ruined are lives ruined. Don't ruin yours at your expense.

Those who have a lot are a lot.

One bad connection doesn't make you who you are you are responsible for you always.

Be your own best influence in life do not be influenced by another's sins should not affect you next to.

Some people defend some listen.

Guilt is when you personalize to self emphatically the experiences of others, always stay in your shoes. That's not how to identify the positions of others not by glue. But by what we put together. Always stick to positive bases. Guilt is an emotion of regret. If you live without regrets you stay positive how you attract others. Causes for behavior are always on your own doings emotional bases.



When you leave a situation take from it and learn do better for self and others, always be a perfectionist. You reflect you. Others do not impress upon you your character is by your merits. When it's difficult you try harder.

You cannot be others take places in life you can only best be you. What id say to myself sitting there as me now, show up more positive smile more be more reassuring not be sensitive and have more confidence. How I was influenced. When you wish, you've lost yourself in life, how you know you've created errors for yourself in life that cannot be removed forgotten that's called self-harm. You can only best be you, help you best in order to see best for others.

Backwards review to see forwards blame is counterproductive for all.

Humor I can't do anymore because it looks insensitive that's an issue. Represent yourself well not ideas. You should not pick apart glue. Where ideas come from are by comparisons better thans. What you relate to reflects you.

We can only relate to others by:

- Impression
- Experience
- Empathy
- Sympathy
- Alikeness
- Differences
- Identities

When the happiness of others (1) bothers you or (2) you think is directed toward you or at your circumstances you know (3) you think too much of yourself: (a) too highly (b) not humble enough (c) not in their shoes.

Lift yourself up to lift others.

When you're well adjusted. Others will similarly be adjusted to you, seem well adjusted too. When you are not well adjusted everything stands out to you. It's what you see that matters in self and others why they say to always see the good in others.

Direct communications lead to poor communications. How to think different from self and others. The less you try. To be direct the more you indirectly communicate the more direct communications the more direct you communicate. All responses to your communications are valued or devalued based on response.

The negative is acceptance past.

Be your own best influence in life do not be influenced by another's sins should not affect you next to.

One bad connection doesn't make you who you are you are responsible for you always.

### *Being a Positive Influence*

Being a positive influence requires knowledge of the appropriate settings for putting positives into motion. This requires tact. Not just responsibility to care for oneself and others, but for ability to respond under pressure, in the right, and correct wrongs as you go, that's how you become a base station and a point of reference for assistance while in a state of trauma, trauma occurs when you are not in the know and something happens, so long as we are all in the know, nothing can happen by surprise anymore to us, that is my sole mission, to help others stay in the know and positive, so that they can react in a way that supports positive functioning not dysfunction. I grew up with ADD/ADHD, if I sound immature to you I'm sorry but this is the way I write and this is the way I sound, and this is how I react, always with assurances and always with positivity, I was raised to always see the good in others, and with that viewpoint, I have been able to achieve in life, not live in fear. Living in fear occurs when you see negatively, and see the negatives, by over focusing on negatives, that is how one becomes concerned with others, it is never your responsibility to care for others, unless you are a professional and certified by state law, Colorado State Law, I am a Certified Crisis Hotline Counselor. And with that responsibility it is my job to make productive the times in trauma, that's how I help others. By not mentioning the negatives and not corresponding with negatives that is how we can best deter crime and stop crime, that is my theory that is my belief, in response to the times. The more ads you place above the more ads you get back. That is a given President Barack Obama put so many ads up in the Press Secretary's room I had to respond to that crisis and put an ad up on my blog, which ended up getting taken down for a period in time by a court order Texas, we are sorry you lost your

homes, because of a lawsuit, I got sued and put in jail and in the psych ward because I hit my head because I relapsed on cocaine and Leo died of Cancer. That is why sometimes, whether or not you agree, you should just ignore or block people from the reality of your situation, so things don't become an unnecessary situation, where others live in fear, because one is not liked is no big deal, its just a consequence of someone being put in jail for no reason, a prisoner of war, until everything resolves itself, I came up with the solution: #bloggingcampaign. It is still in its developmental stages World Peace as we all adjust and respond by words or actions, this takes time says The Academy Awards, who are experts in World History, I am not a Historian I'm just a writer, and reader of what is assigned to me. I would never hurt anyone with my blogs or threaten anyone with my blogs because that is why I committed suicide because a Lawyer in the Valley threatened my Family to speak (2008) I read that blog on Google and committed suicide (2009) after joining the US Navy. Why a cruiseliner sunk, because of Petrocelli, it "hit a rock" and then Barack made the #MLKMemorial, I mean I'm not sure what he is trying to communicate, but I think we should all trust one another, and not cross lines, burn bridges, or place blame, if you have questions attack me that's what I'm here for like a Juke Box EMLK for everyone!

## **Chapter 6: Website Personal Statement**

### *Website Personal Statement*

My Main Objective is to Continue to Help Others While Continuing My Legal Education at Thomas Jefferson School of Law. That is my Main Objective, in Whatever Capacity I am Able to, as a Blogger, Sober, Celibate, and Clean. Through Quotes Since 2013, a Blogger Online.

Welcome to mymollydoll.com where I have collected my best works and share what is important to me moving forward, while helping others to move forward from hardships and trauma, related to mental health issues. I have tried many different systems of support while coping with mental illness, however, none of which seemed to address the topics, which were causing me, and those around me hardship. To combat these issues, not punish those who have been harmed and may come across as mentally [deficient] or not the brightest, we should as a society do our best to strengthen the good characteristics that bind us, while selectively discouraging those characteristics we abhor or find troublesome by simple ignoring and/or not shedding light upon the negative, by instead focusing the positive insights that help us, to favor the assembly of new ideas for progress, that produce more positive outcomes overall, that is how I am able to help, in my current capacity, as a Law Student, by making peace not waves.

### *Expectations*

Not withstanding current hardships, I write, this piece, keep moving forward. At a snails pace, and always with advance warning write, to anyone who is in

opposition to me, that is how I have written since 2013. Be careful not to connect negatives to positives, this creates hardships and hardships interfere with expectation, and high expectations of oneself. Always be respectful of higher authorities, and always make sure to give credit where credit is due, Red Cross i.e Professionals. –Its never important to credit people for good deeds, or to seek credit for good deeds, that’s a misnomer, but to file oneself among, is appropriate. What you are influenced by is what has been read, I influence myself for that matter, a writer. I just looked up my Curator Application to the US Supreme Court, and here we are today, with a new foundation #mmdfilmbase. Not the purposes for this website, not connected. Not for award. Not related, to my causes. That’s a negative connection sought to justify a connection made, and where ideas come from. Public Safety: When safety needs are met. How can safety needs be met, by connections. When safety needs are met connections are made. Your pathways in life matter much the same as your pages online to your though[t] processes and by what you connect is based on what you read. I love the #newspaper why we have them. I don’t feel like writing anymore. Will discuss public safety in my next post.

### *Being Put Together*

How people put things together –Some people put things together to hurt you, if you allow them to –and sometimes people put things together in a way that helps. –You cannot control the interpretations of others –whether for or against you. It does not make sense why anyone would read along and not support me. –But take benefit [from my hard work and effort, writing, and academic disciplined knowledge]. –That does not make sense to me –why anyone [would try to credit themselves force credit upon themselves by triggering me personally now, for what consequences forward does that serve] –would acquire information information from a person they do not like. For what reason are people negative toward others? For what reasons do people bring up the past (not true) to serve and benefit themselves, their viewpoints. For what causes do they seek to trigger to benefit themselves? There is always cause for worry once aggravated. Occurs when one side is not doing well and to better themselves bring[s] down another side. This is called competition for happiness. When one cannot be happy for others or another’s happiness irritates them.

[Always see the big picture, do not blame causes and consequences on oneself, when one is not in the spotlight and another is, there is no one to blame but the spotlight and from where that spotlight occurs, and for what reasons, positive or negative, I would never enter the spotlight, when I am not doing well, I’m not retarded, I’m cautious, and I warn others, how to behave, not get into trouble and how to achieve peace within before trying to correct others, is wrong, aggravation is wrong in all forms, I’m not famous, everyone has their own lives, that’s assuming there’s an obsession with me, a non-existent public-obsession and trying to affect me to see if theres existence of one, that’s called delusional behavior toward others, that’s called manipulation, to purposefully affect others,

to generate a reaction to feel better about oneself, that is wrong, that is called being selfish about oneself].

That doesn't make sense to me. Everyone deserves to live a normal life and do the best they can to achieve a normal life. There is never any excuse for anger or hostility toward others. [It] is never justified if not purposefully provoked. –Some problems exist within themselves. In it of themselves – in existence – meaning not existing because of others. –Problems, ideas, or thoughts. Are most likely generated from their own concerns. Assume from a good place to not contribute to[ward] those ills. –I was thinking about this today –There are conversations, then you leave a conversatio[n]. How to control yourself during unwanted conversations and what to do in the event of aggravation. –Usually it [is] best to walk away, leave the conversation and not engage others in conversation –avoid fights. –How you function afterwards –is in your control.

[Don't attack others to feel a certain way in order to function in a way that brings you peace centers you makes better you, that is wrong, to be co-dependent on others, or to trigger others, to re-set your mood to better or better than].

No one can control you, your thoughts behaviors of how you function in life. It is never your responsibility to correct those who have harmed you. People who are exposed to abuse, used to those types of relationships will repeat those patterns toward you –hurt you again. Always be understanding. Especially when it comes to family and friends. Listen not tell people how you feel, but try to make new conversation, not relate what's going wrong with individuals [who are] not concerned with personal issues [generally in states of crisis, -but concerned with themselves, their safety needs, that's why I said always be understanding of others]. Platforms are not for attention but for communication with others. How people identify themselves is their own responsibility [including their own feelings and emotions, toward themselves, and toward others] –not the responsibility of everyone ever to help one person, a person should fix themselves to match their settings and blend in. Not stand out to be fixed. That's trying – recipe for seeking unwanted attention so if talked about can place blame on others [or create circumstances to justify win arguments or point blank prove a side or occurrence or sequence of events, or likelihood of causal connections or correlations, after the facts trigger and then see if any dice pattern throw out differently to match ones viewpoints toward or against an individual or group of individuals innocent is wrong –it is never the victims fault, always remember that]. –[or] try to make someone like you or have similar issues to be addressed or fixed.

[Be careful not to take on characters past in someones life to prove past or see if present occurs to denominate any individual as problematic characteristically or see if problems occurred in another character past, to judge a character now, that's manipulation, use of self, to indicate characteristics in other by default, ie manipulation, planned occurrence or planned response to triggers given].

Best to get professional advice, not wear out others with negativity [sought or felt upon interaction with others, based upon their present circumstances, who they are now, or who they were past, that's stuff you usually keep to yourself in your own head, not trigger others negatively to generate responses, that's considered immature ordinarily behavior, but for the times, common under crisis]. Once you change it will seem like everything changes around you.

Normal v. Weird (Live in Session argued by Leslie Fischman January 2013 inside The US Supreme Court). If its weird fix it don't try to understand it, if its violent calm everything down, if it's foggy inform. We believe in Solutions, Not Defenses, Reporting Not Curbed Wordage to Create Leans in any one Direction. That wastes time, our main goal is to always be on time. Where we need to be not where others put us, always in control of our own dispositions –is what we believe makes the best functioning societies. (It was so foggy and violent I wrote everyday online for 4-5 years continuously until we all got on the same page). #WorldPeace = #Clairty of the #Issues, Balanced Perspectives, and is a 24 hr job from the moment you sign up for it, just like supporting a cause or non-profit you never stop making a difference in that department until things get better. Pick wisely. You cannot change your mind, about people, but you can change your mind about the choices you make today, that lead you to your future.

On rare occasions are we given the opportunity to communicate on neutral grounds it is at these times we should be thankful for both what is helpful and or [of] no use but relevant nonetheless. Be grateful for those who share their stories. Without purpose to harm anyone or be benefited themselves in doing so but because it helps shed light on something, a situation, or present circumstance in a way we would not otherwise see had they not shared given their insight into how and why these crimes occur and what has been done to stop them. We have done everything we can and we will continue to do everything we can which includes improving upon our systems of communication crisis response and timing of such responses and prepare those who are new to change how best to cope with the present times not live in fear but [build a better] understanding of the basic ebbs and flows of human progress and communicate effectively with one another in a way that fosters development not stifle one another's growth.

Its important to continue to do your best to implement new sources for coping, provide resources, and strengthen existing strategies while trying new means of communicating once those previously used means cease to be effective in combatting terror. We all have our fears, but lest not turn fears into resentments, or vice versa, cause consequences to occur befitting to our personal interests. Being autonomous, is the solution for peace, first within, and then among.

We have few resources when limited and many when we act as one. You can choose to continue disagreeing or realize once you turn on one you turn on all. Nows not the time for criticism. Nows not the time for complaint over selfish needs. Now is a good time to work diligently. Be prepared everyday for the next day and do your best to contribute to the safety of those around you no[t] put

anyone on our soil in harms way because you think deserved or not your problem. Make it your problem to keep one another on track and do what you can in order to promote that positive development in one another. I will do my best to improve. Be strong. And continue providing services online to those in need. I'm sorry for your losses I wish there was more I could do, but I have to be cautious not erratic and be Professional which requires me to process produce and proceed slowly so that in the vent of an emergency we can all proceed swiftly. That's how you prepare one another by adhering to basic standards of professionalism. There are rules and requirements for good reason you either chose to dismiss or follow. If you are harmed as a result of not sticking to those rules and scripts than we apologize if our services are of no value to you we can only help those who honor and respect those traditions we hold dear. Our set of laws that bind and protect our best interests.

The use of subtleties will never change in the field of art and architecture and now the English language, that is called the artistic use of communication to share ideas and belief systems to support, demote, promote, construct, deconstruct, take away, simplify, negate, privilege, accentuate, amplify, denounce, knight, shame, guilt, downtrodden, deflame, inflame, react, cause to react, test, weaken, or support arguments in favor of or disfavor toward any one group or sides why they freed OJ, this was very problematic. Im not defense, a message was relayed to me, that caused a conflict of interest 2009. I then read on Johnny Cochran's website to be quiet if you know anything, which was that my Father said his Children were looking for their Mother, I was not looking for my Mom, I was asleep after my Dance Recital, did not go to Mezzaluna, was invited (regret not going now, have mentioned before in previous statements if there was something we could've have done to stop something bad from occurring what would we have done, attended, I'm very meticulous would have noticed if she left her sunglasses), and because I was tired, barely remembered the steps, slept soon after.

When on tour at Southwestern I went back after the Vanna White one day of class at Southwestern rose my hand and responded, to the Professor's question, spoke to Prof. Aronofsky (a different Professor I met during snacktime I later visited at his Office found him [on a separate visit, a second visit, later visit, to drop off my application probably or some papers] a third visit the other being an Interview, then got into UWLA, with my name tag Visitor Tag on [during the 2nd Interview], asked him about Deposition Questions and Responses, when a Question is asked in a way and a Response generated what does that mean, what does the response mean, is it the question asked that's why responded to in that way, is why responded to in that way, is the purpose for why the question asked, that was 2008. I then got into Thomas Jefferson School of Law.

### *My Moon Gravity Speech*

From which all things project positives are made, whether in the negative back to turn over positive future or negative forward to turn positive better, these are the lessons that forgiveness teaches us. For the sake of all elementary thoughts

combined to make one, think of the moon last, the mother of all good, born, recreated, blessed, and sound, by waves of improvement earth was made, blessed by someone who cares who helped shape us by water, is where life develops.

A lesson we should never forget, how humanity was made, the combination of those who survive to build the strong. Who cares if the Dinosaurs are gone. I make Disney Books online like buttons control the music industry, a book gifted to my sister Frank Gehry, a drawing you took to build Disney Center and turn her against me, over what, to keep apart, we shared a room my whole life, and love for redecorating our space, moving around Ikea furniture until we got a custom built in for our room and covered one wall with magazine photos in high school, beauty, to beauty we prayed and slept under, faces of women, like the moon, something beautiful to come. And separated my Mother from a real Movie Pitcher, who because of time spent with, committed suicide February 2009, my Mom not picking up her phone busy, detached, who did not understand the gravity of circumstances under. Your future always seems bigger than it becomes, decisions best are not made arbitrarily but with careful thought as to consequences.

Whenever we confide in others, about ourselves, that information can be misused to cause harm to our psyche, thinking they know us best but don't. No amount of cajoling or provocation is ever deserved for whatever reasons may be. When people are in denial, or your attributions positive, seek their own comfort in projecting a different set of ideas about you, that's called manipulation.

Meaning of Life: Letters. My Car is something made with thought, thought to be had, thought to be made, when misused for a purpose other than for what it was created, to transport the living to and from a location for survival destination and departure, sin occurs. For what purpose is it to communicate a feeling inside something for which a car was not made or communicated for, used for a purpose other than for what it was made, as a shelter, not a system of transportation, high class transportation.

I'm not an Investigator or Prosecutor, I'm not a Perpetrator or Offender or Fraud, I'm in the Helping Professions, I do not Support the Mafia or Black Market or Criminals or Sex Trade or Hard Core Porn Industries. In fact have notably chastised those who have contributed to the raping of Women in Society and Cold Behavior toward the Hearts of Women, resulting in Mental Illness.

What is not understood is okay, is not being projected as evidence of misconduct on behalf of anyone involved, as stated as to any other subject mentioned within stated prior, within this given text, it's simply in addition a feeling triggered, rationale, for detachment, something that really hurt my feelings, really broke me, to be treated as replaceable, unimportant, not special, or whatever, invisible.

No one gets promoted or demoted by me, I'm not powerful it's all by your own hardwork and ethic you achieve in life not by the opinions held by others in



society do[es] [not] matter as much these days but by the solid backings of your professional record and work experience. I always see the good in others, see well. I always deal an upper hand first if chastised like playing #Poker with my Dad in Mammoth getting 3 Aces, Wow! Cool. Then with patience explain later when I have the time, that's in Gods hands, my Ex-Boyfriend of 3 years once told me "God heals all wounds." We were going to Marry but I chose to focus on School instead not come 3rd in life to Friends.

Today we pray for the sins we have forgotten, the mistakes we have made in judgment that led us astray, the mistakes we may make along the way as we create new ground and concepts for peace, I think it is our best efforts always that shine, even in times when insecure, lose confidence, can be achieved by the most simple forms of record keeping.

I am always fair with everyone and always do my best. -I think everyone needs to focus, appreciate all. Be disciplined, conservative, hardworking, and do their best always. Help out at home, do their chores, keep up with errands, task oriented, make lists, see the Doctor, read everyday, keep a journal or go to therapy, get sober or go to AA, or drink on occasion and work hard in between. We live in the safest Country in the World. Don't be spoiled! Be grateful! Rule #1: To be successful NEVER complain. When I complained, I didn't get the job at The Government, because some Clerk was hitting on me I told him I had a boyfriend and he wouldnt stop talking to me texting me. Learn to let go of the past, move forward, life doesn't always occur by retaliation, but we may think so, and justify the wrongs of others toward us, as misunderstood, or thought deserved, don't empower others to think less of you, on your way up or not, get hurt. Nothing in life is earned, but by respect, we find ourselves among, respectful of others.

Trust eachother don't go by news stories – “all crimes are senseless” why I stopped watching TV just write. I mean no one thought to assemble everything blind build one launch pad? Why I started running everyday. To create good thoughts, one must be positive, and to be positive one must be healthy. How healthy does one need to be in order to give and receive respect, mindful. Always do your best, we can only try to become better people, everyday, but once you give up on yourself, don't expect others to care for you, on your way down, its okay for others to let go, by whatever means, they see fit, honor yourself. If you create more good than bad, you will be remembered in the positive. Okay. If you focus on the negative undo their wrongs, then you weaken yourself. Don't throw garbage back shout retarded retorts to make others not feel bad detach feel better than. That's not your job, stop cycles. Directions: To stop cycle of violence > leave and build a new (To stop repetition of bad > build one launch pad from a good base to get everyone to good minded smart see well see the good in others and live long).

Respect all. Respect your superiors in life: The educated, the professional, and the knowledgeable, if you cant see out youre in over youre head in to[o] knee deep to go back to school or need more job training. It's really disheartening to get beat

up and have to speak explain how the World works to everyone, so they feel included not threatened, safe not paranoid, at peace not hostile, vindicated for their wrongs by causing harm to others is unnecessary and improper at all times, exonerate yourselves by doing good in the World not by causing harm to others, when you hurt others you only hurt yourselves. Take responsibility for your actions, bow down or step up in life, otherwise do not interfere with the positive progress made by other to whom others depend on for support and a sense of normalcy. Always be a rock is what my Mom has told me over the years.

If you don't know me, don't hurt me. Don't misrepresent retarded people as bad. Retarded doesn't make bad, bad makes retarded, retarded doesn't make bad, bad makes retarded, retarded is codependency easily affected by others, they either think youre funny, or cant see you not on their radar, they don't pay close attention to other because their focused on themselves. Don't misinform yourselves by reading between too many lines, by making negative inferences, and poor assumptions about others. You only make yourselves sick when you think negatively of others, and it makes others sick when you talk \$hit about others. Tip of the day: Always be truthful, when you mess with the heads of others, its for your sins grave, hardship brought upon ones self, not the sufferer who is responsible for re-educating you as to the importance of self-care.

On the bright side the good news is that retarded people are actually important to society, they see wrong be wrong to see right because they don't see bad don't understand whys have trouble figuring out how when they see themselves and see a goal everything feels so far away they concentrate so hard slow just to get there don't understand others well because they are trying to[o] hard to feel smart protect smart and laugh at stuff all the time, so when the Librarian with disability is being hostile toward me when everyone is either calm cheery or cordial I know somethings up if he makes fun of me. I know people are retarded and Im not scared of retarded people (are harmless codependent) because I went to Broadway Gym with [students with Down Syndrome], our class after theirs, saw them in the locker room, on the Van rides to the Gym the driver playing "you give me fever" singing along. In 2nd grade I was strong anyways turned tomboy held the record for pull-ups (12) for Girls, doing back walkovers on the balance beam, leaned how in the grass my friend taught me how, one hand back to land, then kick over one leg at a time, they wanted me to compete as a pre-teen, my Mom said no it will stunt your growth if you do weight training, even scouted for the Movie, Corina Corina. My Mom declined. Fun stories. Couldve shouldve would've who cares Im a law student got into an LLM Masters in Law Program without a JD, by courses completed good enough I tell them everything. It takes awhile to get the hang of writing online come up with material figure out best presentation style – no Followers not Famous, when my friend dropped out from the Campaign that's when I tried harder. To get my friend back.

### *The Resentments We Harbor*

The resentments we harbor are usually due to some expectation that something need be said to keep something from occurring we think necessary to keep something past from happening or something responsible connected past that is reason for something occurring usually a delusional. These are just guilty feeling they bear and connections they assembled and their speakers I was just a member of their audience a Law Student. Don't assume people work together on ideas, they're usually our own. One is never responsible for the faults of others, so be it. What is considered blasphemous, is in disbelief, not allowing to occur, what is felt is wrong or a bad idea, is not how bad things lead to bad things, good merits. Everyone is responsible for themselves, make due with today, and do their best tomorrow, to move forward, not hold in the secrets of others, fall in miss tune. The frustrations felt, are usually, not a job well done, but a job left undone.

Facebook Heading: Alternate Interpretations

### *What You Know Is Important*

What you know is important, to disclosures. That is what is sought, is information unknown to others, but known to you, that is how one is interrogated, by information known now known. Usually people with information are known to others, and people who suspect information is known, interrogate those people. What information is known, is what is presently thought in possession, but not had, and upon such bases, a decision is made as to the outlook and conduct of an individual who has not relapsed and is sober, for which others are now defensive to. Do not suspect or interrogate those who are innocent, it is by your own misconducts, that innocence is lost, not by one you deem relevant judged as an offender for decisions past or present. Be careful not to intimidate people with your knowledge or think present circumstances non-existing that's called delusion.

Delusion is not a punishable offense in this Country, but theft is. Do not steal from others, do not steal the identities of others, and do not erase anything. That is considered the highest offense. What is not yours cannot be taken by anyone, I am not a dependent, I am an ABA Certified Paralegal, I never play victim.

How one communicates is important, what you connect is what you deem relevant. I am not connected to anyone, and I have no associations, I'm very professional. I am like-minded in the realm of public safety, and mental health concerns. Be careful of overzealous prosecution of innocent people, that leads to unrealized hardships, and does not cause one to commit crimes, but report crimes upon them. Distrust following statements of "noted for her honesty" does not make sense. Be very careful with your words towards others, not be offensive toward anyone, who you deem as not good enough or replaceable. Do not judge people for their character, or for their decisions or choices made, they are not your

own. Always be yourself. There are stopping points, know them, don't break trust. When trust is broken, its usually by a grose misstep of boundaries.

Misunderstanding causes illness. Don't hurt me. My Dad invented the "Normal Button" and I invented the "See Clear" button. Once fighting with my brother, my Father shouted at us, to just hit the normal button, why couldn't we just stop fighting. My Mother in between us. He then took me for a drive down to PCH. Now Pope Francis will grade me. He believes in me and my Families. Forgive All. There are consequences for your actions, once spoken, get promulgated toward you as offensive, what people see in you, is what they think is attached to you. That is called dismembering someone who is good, to make look bad. Nothing ever good is made in poor taste or without careful thought, don't make people look insensitive who care, and know best how to prevent harm, sharing. Those who use and misuse avenues for change, do not shine, although they think they do. Do not study the offenses of others, to make due with the present as fitting. Things are different now, is what those who have harmed us would say. Why cant anyone just appreciate systems of support, not try to reinvent them.

### *Sharing Incomplete Ideas*

Always give time to processed thoughts, and never share an incomplete idea. Incomplete ideas cause others to question you, wanting to know more, a more general sound basis and rationale is decided upon you as needed. Do not share anything that is incomplete or not put together, as you will be questioned as to the basis for you decision-making and/or rationale basis for judgment upon the thoughts that you have. On *Twitter* we discussed: Why everyone is hyped on Social Media, I said was to distract you. Then further explained "these are just distractions to help [you] not take the place of reality. Mind you [to] make better self then return to reality ... [reminding everyone] to be careful on Social Media highs are temporary to resolve depression." (@mmdfilmbase, 12/29/17).

I then went on to discuss things we need to work on: (1) more work to be done (2) not finished yet (3) always leave open spaces (4) open interpretation and applied (5) where we zoom in, and then shared my Laker Game Notes. (@mmdfilmbase, 12/29/17). More Work To Be Done (definition): When something is incomplete and there is more work to be done, means there is a void, that needs to be filled, something missing, or something lacking, to make something feel whole complete. Share your ideas, but within reason, not for purposes of misuse taken.

Not Finished Yet (definition): When something is incomplete or finished, it will be picked up, and pried into, spaces, to see what more work needs to be done, to fix a situation, or a person, or an idea, made better, taken.

Always Leave Open Spaces (definition): This is called leaving some breathing room, air to breathe, meaning people need space to think and to put together their own thoughts, not to mistake people, as not knowing, assume, people know more, then you will feel less control or necessity to speak assemble.

Open Interpretation and Applied (definition): When you leave things open for interpretation, like impressionist painters, you give your audience the control and direction for their own thoughts, not directed by you.

Where We Zoom In (definition): Where and what we focus on affects our judgments and what we see, then spins off from there, you are always in control of your thought processes, not controlled by the thoughts of others.

Laker Game Notes 12/23/17: Errors-Loss-Selfishness (definition): Whenever you are in error or when others are in error, you feel a sense of blame, or react to others in defense of blame, when this occurs, you are being selfish, centered on self, for causes, not focused outside or yourself, for justifications as to whys, you are smaller than the sum of its parts.

Behavior-Comfort (definition): What we perceive and what we know are two different things, how you will be interpreted is how you will be judged by others, by what you say and what you know, will be the interpretation taken from your information, as to what you know, by what you say, is how you will be interpreted. Reaction – Cause and Effect (definition): How you react to circumstances, will justify to others causes and effects, and sources for blame, how you are put into the mix, is how you will be defined, by your words and your actions and reactions to stimulus's and or people, is how you will be judged, whether in response to or on your own.

Everyone = Win (definition): When you take the side of the majority that equals a win, when you take the side of the minority that equals a loss, when you take your own side, what does that equal, hopefully a better understanding of you, your side. I then went on to state the following (without further explanation, herein): "So that's what[s] thought, when people don't like you to begin with error, win = everything [is] no big deal. Big deal makes worse. Im not important poor = plan. [This is being related to a news story, I'm not homeless I am a dependent, disabled, be careful who you compare me to, Im not an offender, I'm a victim, this is what is sought to be argued, a connection or relationship I am not criminal, be careful, do not hurt me, to create a team, I don't believe in fighting, Im myself, when you amplify a subject, people who do not like me, take defense, then hurt me]. [These are examples of negative thought patterns about self, in response to others]. It's always after the fact (acceptance), teams are made, and adjustments made as to the lives of others, thought befitting, that's no solution for change, only for chaos.

Losers make winners. Comparisons cause illness. Professionals v. Amateurs. In life, about concentration. Focus in not unique. Everyone has focus. Delusion v. Prediction = Not happening. What happens now. Anger toward you does not make your lost esteem important – feelings are not important people are. Your feelings reactions are never anyone's fault but your own. You are not a product of what you speak, you are a product of the reactions of others. I live quietly.

Maybe working in a field unrelated to anything –outside every scope. Focus on oneself is best. Not relating anything to anything to preserve. I think because I didn't get married yet it ruined my image why I'm not trusted and why I'm more prone to hurt[ing] myself date the wrong choices in life. I don't think that's weird – normal, but should always be in control and only date to marry –take life seriously [with a] good attitude a negative attitude is a turn off. (Defenses to Victim-Blaming and Shaming): I got taken off my Adderrall. Interpreted. Looked like I need to be interpreted. Difficulty communicating. So I appear mentally ill. To match my medical records. To explain [why] suicidal 2009 UCLA [where I was hospitalized]. Things are about what you make them [to be] about what you do not discuss will not come up in conversation.

### **Chapter 7: The Evolution of Social Networks**

People will try to get you to say or explain –rationalize behavior and things that you say as having some purpose to benefit you or others. –Deemed with necessity to provide closure. –

There is no closure. –People think by their experiences they are more knowledgeable or know best by confidence that comes from within or without. Who always knows better –You the writer or those the affected. Reading is at will not a requirement not important for me to be heard at th[ese] points just trying to make a positive difference.

There is something that evolves when words are spoken. Reactions that carry weight to either prove or disprove theories of prior evolutions of thoughts, the thoughts we carry meaning forward that is the bottom line, how we feel matters. What matters are things that we hold true, evident by laws, those that bear guilt and those who stay on teams. After speeches declared vengeful in distaste for those who manifested distaste toward me and my evidentiary concerns, a similar disgust was thrown back, in retreat, to dismember, and cut from any good teams, few. This occurs when one turns on a source of support, set free an identity, what matters, those who are rich and famous, or those who are few such as myself.

No credit is given where credit is undue or burdensome, not to vindicate nor justify any wrongs against those thought deserving as retarded or less than, well that is of concern to only a few and not to most as held evident today. What matter is a clear picture forward and back, not the interests of a few, identities, but of the identities of all, what we identify as true and correct judgments past, not guilty. I have never been guilty of any misconduct my entire life, and to justify or make like, to shed light and set free a few undeserving of power and privilege is a serious misuse of identity to co-manage and bring back to light those unrelated to my current interests which are peace, and the mobility of truth, not hate. Anything that seeks to project interests that bear hate, well they hurt themselves in the process for shedding light on ideas and poor decision making that helps nothing

forward created for not those purposes, then punish, who are you? Not successful that is what they are not successful, money doesn't make success its esteem and that cannot change by interaction with or without others, aggressively assembled, well that was done with a great heart not because of others do we make decisions for ourselves, later becoming defensive to, but because of cares in the world, are we drawn to things that not only make us feel better about ourselves, but empower the interests to those whom we care.

Individual support is not always required in order to do well in life, one must be self sufficient, and strong enough to know when to say no, and when to move on. Its never appropriate to be a smart Alec, when someone is in a state of trauma or recovery, be insensitive to the mental health of others, selfishly intrude upon the best interests of others, assuming they know no better, or not doing a good enough job, being of service to others, that is for the sake of opinion not for politics. When there are no interests declared, there is no self interest that supercedes the best interests of those to whom care is given, whether responsibility is taken or not, it is not for others to judge the best decisions of others, whether to involve themselves or not, or take sides, as to whose interests are more important and as to what interests those interests serve, to make what example out of others well. We cannot move forward when that interest a best interest of another, is put in a fragile position, to bring about circumstances to prove or disprove theory, that's called running an experiment on someone, not a natural condition, but man made. To what purpose does it serve to build any image forward that further excludes someone or makes them look like someone who is a follower of interests or others. Everyone deserves their independence, and that is an earned right not a given. Everyone has to do their best to be strong, in spite of their circumstances. No one is ever to blame, when someone is harmed, but the one causing the harm to another, for entertainment purposes, the basis for best thought is from one's own standpoint, not to take the standpoint of another, and create a different light.

You cannot use the ideas of others, to serve your own purpose in light. You cannot provoke others, to take credit for their experiences in life elaborated upon later. You cannot force someone to be a certain way befitting to your interests. You cannot tell someone to do something, and expect the same. You cannot tell someone to be a certain way, with expectation that they abide by your interests best served not their own. You cannot control people for the purposes, of becoming or taking the place of someone, or others from their life, that's called being unprofessional. People are to be treated with care, not as pawns to self-interests, that's not how to help someone, by stealing the connections to whom they best identify, and the connections to which help them function in life. There are reasons for that, keeping people separate, and that is to make people feel important or special, not better than. And for those reasons, interests are declined. And for those reasons, separation of interests occurs. What does it mean to be interfaith? To me interfaith means, to have more than one set of beliefs, and from those beliefs, make decisions, that help foster one's growth not hinder one's abilities in life to function or live life. It's not necessary to project beliefs upon

others, or make people feel small, based upon ideas or ego thought deserved or undeserved. That's not how to help someone realize their potential by making them feel small or lesser than, or by attempting to bond with their connections behind their back, talk about others among others, without them present. -That is how harm occurs. When someone, grossly missteps a boundary, made, spoken.

Those are individual opinions, its not required to be a certain way in order to let light back into your life. It's not required for credit to be received for light achieved, and its not for anyone to credit or discredit another's wellness.

When someone is a political figure, you cannot test them to see how powerful they are, or if they have power, and what can be done with that power. That's called standing, standing is earned by education, experience, and precedent.

## **Chapter 8: MYMOLLYDOLL**

A more peaceful present. By everyone else passing thru, not necessarily needed by the two points of interest but a great time machine for input to get to the present. In darkness we see light only from within without which [we] can see no clear path from here to there, to escape the tunnel [one] must build a bridge. – Sometimes compromise and connecting two points that don't connect naturally can help us get from here to there, when our tunnels get fogged. –The building of a bridge is the most dangerous part of compromise sometimes acceptance by either side not welcomed but needed nonetheless.

Life begins the moment you decide to let go and stand up for yourself fight back[,] rise above and crush your fears of failure [and] see the horizon. Don't wait until it is too late to tell someone how you feel. You never know what positive difference you can make without trying. There are two reasons for failure in life. Either you've given up on yourself or you've allowed you[r] fears to come to fruition (by giving up). When we are lost its not because we are misunderstood or alienated you are the reason always for your place in lie never because of others. When one relationship falters another one will blossom. That's how Karma works. When you are good [you] keep blossoming if bad you stifle others. It's nothing to be ashamed of when rejected or experiencing failure in life. Life requires perfection unfortunately so if not up to par why so. At some point everyone comes to a turning point in their lives when they no longer respond to the judgments passed by others and just be themselves. It's not required that you adjust to every quirk and judgment help by others toward you if they cannot roll with you the way you are then [its] not meant to be. Failure is a consequence of rejection by one person to another which causes everything else in front of them to fall apart. That means you're weak. A strong person whether rejected or met with a failure of some sort is not easily triggered weathers the storm and still finds success.

*Letter to my Ex-Boyfriend*



If you walked away that means you felt secure you felt secure because she made you feel secure means you were doing well a good match. She's not gonna make you feel that way because that's how you walked away [and] cheated, why most women don't over cushion their lovers tough. People don't want to be controlled and you should not only feel secure when they need you [and] you don't need them. –You made me feel worthless like without you I had nothing. Why I walked away. Got taken advantage of. Don't do that to people. –We won't work because you turned me off. Hurt my feelings. I was in love with you. –You hurt my image. –I can't help people now because I have mental illness you sent me to the psych ward too many times suicidal dumped [me] during finals. –You weakened me. That's my gift. You hurt my purpose in life. Trashed me.

Everyway I go now, I have to just ignore everyone telling me to go this way, go that way, you're this you're that, I'm fine. I'm really lucky I got a job in Tech via my skills Fashion Blogging self taught learned about Affiliate Marketing –cut my wrists. My image cannot be repaired because I'm not strong enough now to rise above ridicule I just get suicidal vs. prove them wrong.

Sometimes in the beginning you get a lot of attention. That's normal. The one who doesn't need attention means the other affirmed them well did a good job the one struggling didn't get enough affirmation to establish [a] bond. That's when you give a lot of affirmations to establish a bond. Then once there's a bond the partner feels secure. And doesn't require attention.

Happy people compete with themselves focus on themselves feel whole because they don't ever feel less than because they keep their plate full excelling. Unhappy people feel good for different reasons than what makes happy people feel good. Not a match. We don't compete with others.

It's important to be independent to date. Why I'm not dating until I feel independent again strong with or without [a boyfriend]. Why Social Media is great because you can be co-dependent and independent again. Why I'm doing better online than offline. People who have everything like me and still unhappy – means they have low self-worth cannot repair themselves no longer independent of others. –Always forgive those who have harmed you how you sever their ability to continue harming you, [you] allow that harm to continue injuring you. Forgiveness means letting go of those who have harmed you misunderstood you, judged you, ridiculed you. –We do not throw people in dumpsters when they have harmed us we make them clean up their own messes in life [leave] them to themselves. When we cleanse ourselves of the wrongs of others through exercise and good nutrition we rejuvenate our souls, replenish ourselves from wrongs, [theirs or our misdeeds toward them].

The me against the world attitude red flags everyone. We should encourage socialization not discourage it [if it] creates inner turmoil, acceptance issues. The war is not here, should not be here, should not be tolerated. We are spoiled. We need to be more grateful work together better #teamusa. Temporary fixes [include

movies and music] to get from point A to point B, its peaceful here [now]. I think we function better now, I don't know why.

When things get painful be productive. Get your sleep. Eat healthy. Exercise. Reconnect. Don't wait on lovers just keep going. –Being in the helping professions is not an easy job. Practicing self care is really important to maintain[ing] longevity in this profession [i.e. burnout].

Life is but a dream. Words unspoken are often misinterpreted or used to cause harm to others or unsuspecting victims when enabled. [Always] see [the] positive. Sometimes you get caught up in nonsense and damage your own image fighting with others lose your cool that's normal not the end of the World. Id rather hurt myself then prove myself wrong then succeed for anyone else in life. I do everything for me now. People who hurt you want you to fixate on them and the things they say to obsess over them and why be attended to how they feel empowered.

Everything you say matters –to whom where and why. Make sure to always stay present not give in to emotions and end up making excuses. It's easy [to] say sorry once all is said and done but the damage to relationships that result stings longer than the time it takes to just be silent. When you are not yourself best to bite your tongue and be silent than give in to negative emotions react and say things you later regret. Once trust is lost its hard to get back and can only be earned not given. Don't allow negative emotions to overconsume you change you.

A moment of silence is required when we must mourn our losses in life [and] forgive those who have harmed us and forgive ourselves for [our] transgressions. What is required is only that we learn from our mistakes [and] continue to improve and always apply ourselves when down to come up again. When you love what you do you are fearless. Don't let anyone keep you from coming up in life by requiring you to give to receive just do you. I think that transitions in life are the hardest part. But once you get going things seem to work out. Hard to go backwards. Learn to forgive. You steer the course of your life best lived a life in which no parties feel harmed or dismembered upon interaction with you but positive results. Always do your best to focus on the positives no matter how many people try to come back into your life when up, stick to those around when [you were] down. In life you have two choices: (1) move forward never look back (2) sit and ruminate make amends got through your inventory. With AA I do both.

### *Life Philosophy*

Love requires maintaining composure when lost love is lost power always stays with the rock in any relationship nothings forgiven off putting. We find hope and strength when lost when we stick to our strengths and not lean on peers who exude the strengths that bring out our weaknesses. We are only as strong as those around is never stronger than what any one person can achieve but can achieve a great many things as one unit. When in Rome, build with your strength of

character not build upon strengthening weaknesses and you will shine from your best work not at your worst.

Moral turpitude the loudest of roars underneath the billowing sails of deceit the wretched drones of melancholy despair enthusiasm behaved. Everything in life is within reach at your disposal if you work hard and others feel you deserve to have your life too. Visualize where you want to be in life. To achieve dreams one must know the difference between right and wrong. Practice what they preach. Everyone comes into your life for a reason. They may not live up to our expectations but we accept them the same special or not. We all have been harmed, In life we protect ourselves by not allowing the harm to reoccur why distant to [others] even though I love them. [Stigma hurts.]

To have no enemies in life requires tact and self restraint to know wrong from rights as well as ones [own] weaknesses not bestow on[to] others. Rejection (definition): [an] inability to get what you want in life because you are lacking a likeable quality required for acceptance to fit in. Translation: life is short no time worrying what others think but your own thought when clear will guide you best toward positives[,] hear yourself. What is required is only that we learn from our mistakes[,] continue to improve and always apply ourselves when down to come up again. Human Genome: everything you touch becomes apart of your genetic makeup you feel with or without that stimulus present [air theory].

## **Chapter 9: Social Media**

### *What Brought Me to Social Media: To Provide a Voice to Myself and Others*

It never feels quite right when everything first comes together. Nothing pre-assembled at first glance ever feels perfect, Usually anything nuanced or new is difficult to accept. Or so it seems, younger generations perhaps this is information that has always been known therefore do not value MYMOLLYDOLL nor my campaign #bloggingcampaign. Before there was no social media (mixfeeds) just tweets without hashtags, and links without progress essential to maintaining a blog, via advertisement, now we have special programs for influencers and the liking to campaign for themselves and their causes, with new ad bases for their sites. –Because of my suicide during mixfeed 2008, I made it a point upon return to perfect newsfeeding through my thoughtful writings and discourse 2013-2016, why we are were we are now among highly supported institutions of thought. Monetized, with improved settings to boot. It's been a long time coming. The fruits of our hard earned labor are for all to enjoy in peace.

### *Social Media Addiction and How it has Impacted Me in my Life*

The best cure for any obsession or repetitive activity is discipline. Social Media is a great fix for entertaining ones self and others but it is highly addicting. To each his own. There are ways to use Social Media to bring awareness to important

causes, and to put on display your life & greatest achievements (things you are proud to share about yourself). For everything else there's Journaling and keeping a Diary of some sorts to recollect your thoughts and figure out what's bothering you and what you're having trouble with in life that's keeping you from achieving in life. Whether it be personal circumstances or anything that's happened to you - There's a time & a place to share, and more times than not Social Media is not the best place to share when going through a problem but the best place to share after a problem has already been dealt with & you're reflecting upon your thoughts & past circumstances. This is why I have not been writing on Twitter everyday but by quotes, because I have been talking to a close friend & confidant about my problems, so that I can deal with my problems & move forward, continue to help others, in reflection, having already processed my emotions, feelings, insecurities, questions, and confusions about life, how life works, & my purpose in life, without getting suicidal & being proud of who I am, how far I've come, & how much I've grown over the past year. That is what I share here, my personal growth & realizations -what I've learned through self reflection. This is my Self Help Book, to help others process & similarly move forward with their lives, not feel helpless, suicidal, or worthless when not achieving in life successful or wealthy.

*Writing Against All Odds: Continuing to Write Post Controversy*

My first manuscript got taken down in a lawsuit. @mymollydoll starting over, I wrote for 4 years, and everything had to be deleted over one hashtag, my life's work, gone. Starting over now, all my #lifequotes gone, it's no big deal, only to me, valuable, but treated as trash. -But a few in part saved on my Dell Desktop, for that I am grateful. If life were easy then we'd have things all figured out. Know how to react at any given point, in time, and end up right where we want to be always. But that isn't the case, sometimes we find ourselves at odds w/others, not to our liking, but to theirs, how we know we're at fault. In life any power acquired, is power given away, power generated from oneself, and given to another, by whom once rejected, is power given by our own faults to another. It is your choice to give others the power to turn on you, by the words your share about whom and to whom and for purpose those words are shared, best always to share your thoughts about yourself, not thoughts about others, or refer to interactions, but reflections are best in the arena of social media. For personal consciousness, to be rid of any paranoid thoughts or delusion, as a writer you are responsible for the voices in your head, and you are responsible for the communications you have upon interaction with others, professionally or personally, for better or worse, always be the best judge of your own character, before seeking the approval from others, that will be sure to set you apart, confidence is key to public speaking, and blogging on social media is not different. Do not allow others to, dismember you and your progress as a writer, why best to write alone, absent communications with others, hear your voice first before others, when in doubt of the current state of affairs to whom your audience calls into question, your clarity of thoughts shared is how you will be judged, not

by the character of those who surround you or who do or do not support you in your writing endeavors online.

### *What to Keep in Mind While Blogging*

You must understand first yourself well before able to understand another well what we don't understand we can't see in ourselves or in another. A deficiency of man is seeing only what we know to see beyond what we can comprehend requires discipline to put together new perspectives. To see new requires trust within yourself & your surroundings which can only be achieved by upkeep of your esteem & integrity, be confident. Otherwise best not to experiment maintain stability and not think too hard on what doesn't make sense & just focus on what does & not question. When you are on uneven footing in life not stable not confident to question causes paranoia you need to be strong mentally first to face challenges in life, including blogging in the mainstream in public. Never step into the ring and battle thoughts or others on moral or ethical grounds unless you have the backing to buffer your grounds to resolve, any ongoing or current disputes, including your own issue personal, not influence the direction or focus of your audience, who's happiness you help maintain, stable writers make stable audience members.

## **Chapter 10: Understanding Questions and Responses: Positivity**

Whenever something is stated, certain prompts come to mind, as to what each statement concerns:

That's not it

Expectation of replied replied

Waiting for reply when it occurs

Reply given is what's expected

What's expect is what's expected

What's generated is what is heard

What is heard is what is stated

What is stated is what's understood

What's understood is what's assumed

What's assumed is what's heard

What's heard is what's known

What's known is what's thought

What's thought is what has

What has is ones side

Ones side is ones beliefs

Ones beliefs is ones intuition

Ones intuition is ones expectation

Ones expectation is ones interpretation and ones assumption

What's heard then if matches equals feels good or bad or off putting then equals correct sound right or wrong

Whenever something negative is stated or whenever there is an expectation and reply waited for in anticipation to - the (a) reply given is with knowing the expectation had given in reply to knowing. (b) affected, influenced in some way.

### *Positivity*

If you taint an image you must repair that image at some future point or at the time being with a positive representation prior, or just fix yourself, for whatever it's worth 2013 was not my shining moment. –[When your are expected to perform well and fail, there is a certain disappointment that follows your conduct or behavior that either matches the expectations of you or fails to impress those who are watching or overlooking as you live your life. Some may know you some may not, but that doesn't mean you need to change yourself to be able to understand the concept of being watched and why and for what reasons you are being looked at think its for reasons other than just the way you look, not because you have been identified online, and then again in public recognized. That's assumption. Therefore learn to let go, when you have been harmed by others, while transitioning into adulthood, or upon leaving a controlled setting such as school, don't lose self-control, or easily be trusting of your surroundings, from which you can be made to look stupid, less than, or not good enough in standing.]

Lifestyle (definition) a way of life that produces positive functioning & satisfaction in life provides basic needs & helps you achieve goals. Everyone's definition of fulfillment is different some demand more or less depending on what their goals in life are. All of which are based upon the standards we set [for] ourselves high or low depending on the level of importance that need provides. I set very high standards for myself why I'm a Leader not a Follower no matter where I go or who I'm with, unless I choose to relax. In order to relax I must trust my surroundings. Therefore its not by comparison we are judged, but as compared to the best version of ourselves, we rely upon those opinions of us to function.

There are energy givers and receivers in life. It's the energy givers who's energy gets poisoned that makes them volatile [infused with anger or hate or distrust or lack there of one or the other, not themselves, a different version of their best self,

someone they do not want to be in life, or are becoming something that they do not want to be in life, or end up somewhere they do not want to be in life] then they repel. [Then no one wants what they have, seemingly used up or deemed not good enough, brushed aside as not of consequence or of value to group methodologies of maintaining wellness. That is what separates the ill from the strong, and the strong from the smart, who is enabled to decipher what's at issue, without relying upon anyone to make such determinations for them.] Energy which replenishes comes from within not from about and in due time these positive changes arise from positive reinforcement not from solitude when made ill. Those who reclusively when ill, are by their own conduct subject to the judgments of others, and by those judgements, they perceive to be in awareness to, either face their fears of rejection and societal assumptions, or stay behind in life, out of the shadow of perception, not step into the light of judgments upon them.

I think the alone time is good. There needs to be a bond (trust) I don't work well in groups, I'm best one-on-one. There's a reason for that not for bonding but for the sake of confidentiality, of interests, best interests. How to maintain a bond, i.e. confidences in another. When someone is spread too thin, or when someone interferes with another's abilities, that can cause a tear in a relationship, this can occur behind one's back, or can occur when discussions in private are discussed in a larger group out loud, the personal issues of others, discussed in confidence. You cannot take a discussion that is meant for one, and turn it into a discussion of terms, addressed to all. That is taking private information and making it public, so as to draw attention to interests in a non-positive manner, that's to expose issues thought to better others, at the expense of someone seen not deserving of best interests, i.e. confidences. You cannot work a person in a group, and you cannot make certain consequences of actions, by upgrades or changes in personal demeanor. That's not how best to help others, via competition of interests. That's not how to help people, by being selfish, and thinking only for oneself, and not protective of the best interests of those to whom information is confided in. You cannot go through people's things in life, and think that by doing so, consequences are deserved toward them, that's not how to treat people.

Positive and negative thoughts can be foundation for positives. Sometimes we have to see through the negative in life, in order to get to the positives. Seeing through the negatives in life, is not seeing through the lenses of others, but by seeing best through your own lense, and standpoint. You cannot trade places with people in life, and consume yourself with the problems of others, that's not how to make a healthy person, or a healthy mind, overconsumed by the interests of others, other than one's own best interests. Never worry what people think, as it is to their benefit for you to think from their standpoint, not your own, or to see through their lense not your own, so that they can trade places with you in life. That's not how to treat people, on a large scale, make people feel small. That's called "turning a positive into a negative" when you see your best side, and not easily affected by the sides of others, not easily disinterested, but indifferent.

These are lessons in indifference, which is not the same as apathy, there's a balance of care that is required, that's called respecting the best interests of others.

Don't devalue women. These are not defenses, these are simple recognitions of value, and or self-worth. These issues are brought up in the event that people with low self-esteem need attention to raise their self-esteem. Someone with low self-esteem is not deemed an adequate match for empowerment, because they possess a trait that is in competition with the best traits or characteristics of another, sought to be brought about, to lessen, minimize, or make simple the look of another. That's not empowerment, that's pointing out flaws in another, to make one appear stronger or more professional or better than, that's not how you treat your friends, that's not how you treat clients, and that's not how you treat members of a group, as though they are small and you are bigger or better than.

#### *Letter to my Ex-Boss*

This is the most difficulty I have experienced in my life getting along with another usually get along well with others. I took your feedback along the way, way too personally, way off base to be threatened by anything or anyone, and cold toward you. You are the one patient enough to help me. I'm really sorry for days I have been sick not motivated giving up not being appreciative happy like when I started work excited enthusiastic and positive outlook. I don't know what happened. I'm really sorry I disappointed you or if I offended you in any way or felt like a waste of time, I am lucky to receive guidance from you in the right direction. I just want to work, I'll clean houses, help everyday in the office and work for my Parents until I stay 100% no relapses. Really disappointed with myself. I'm sorry I embarrassed you or as a company.

#### *What Happened in Century City at my Job*

When interviewing interns for their job, among, I realized that I was not fit to lead, and that I was not fit to advise or give direction to others, when I myself was not well. Stayed home, and worked in the evenings. I went from being the star of the show, to someone who had to manage not only myself, but also respond to others, newly hired, and quiet. I was not sure how to help others, at the time, as I was an unpaid worker, and by discipline professional, treated differently, left in the office to work, while the others were invited to basketball parties after work. By the time I showed up to host and clean, the atmosphere was different. That was my responsibility to leave a situation that caused me discomfort. You cannot memorize the lives of others, and test for patterns, when I am someone who always tells the truth, and never lies, that's because of who I've addressed along the way, that's not for continued granted trust, that's for the sake of getting a job.

I find that when I am not happy with myself, and others are smiling at me I take personally the happiness of others, as not for me, but at me. That's a product of bipolar, when others are more comfortable with themselves, than you are with



yourself, that's a matter of acceptance, when someone who is professional gets treated unprofessionally to make or appear more professional or not at fault.

### *Finding Success*

Your first submission, it's never pre-planned. When you are looking to achieve a goal in life it just happens. Life happens to those who make an effort, beyond what is considered normal, excel beyond expectation, those are the ones who become successful. When you fear you are at your worst, chances are your best is only a few steps away. The moment you give up hope, is usually when you take your first step back. The future you see is only what you know, if what you know is not clear, you can always see through the lense of another, from what they know see more clear. This is why no one's perspective should dominate, if combined perspectives enable us to see the future more clear, a combined positive will create a better future, if what we see becomes, if what we know is, if what will be can only be if what we see is positive. If positive can be achieved best combined, then combined perspective is best, reduce the percentage of negativity seen moving forward, the greater the likelihood for positivity to occur, the greater the percentage of positivity seen, if combined.

People will try to get you to say or explain –rationalize behavior and things that you say as having some purpose to benefit you or others, - deemed with necessity to provide closure. There is no closure. People think by their experiences. They are more knowledgeable or know best by confidence. That comes from within or without. Who always knows better? You the writer or those affected. Reading is at will not a requirement not important for me to be heard at this moment in time, or the point this was written, was just trying to make a positive difference.

Coming up in life isn't always easy. It takes a lot of hardwork, dedication, commitment, adherence to values, positivity, focus, purpose, and perseverance. We call that guts, knowing the difference between right and wrong, facing challenges head on, self-growth, and taking risks in life (while guided, supported, and supervised by those who care for us) whether in public or private, performing well under pressure is often a prerequisite for success. Milestones, setbacks, or failure one must continue to achieve in life in order to become successful. Maintaining a good track record, being professional, are required to create new opportunities for yourself in the future. When one door closes another one opens, so long as we have faith in ourselves, our abilities, listen to others, respect one another, everyone has the opportunity to follow their dreams. Main Point: Overcoming learning disability has been one of the greatest achievements I've made in my life. Learn from your mistakes, and build a better future for yourself, easy does it, one step at a time. Staying sober.

When people are working hard and there is some strong cohesion among us and positive consensus opinions to guide us along. We move fast. When moving Fast in the wrong direction it is extremely noticeable to everyone but when we are moving in the right direction others follow. May not have it all. I may not have

found success in the work force in a paid position but I've found success day in & day out for years. Success is built from Trust. Trust is earned not given. I'm not the most Famous person. But I'm Popular online. W/that comes Responsibility.

Responsibility requires you to be a Leader in thought. To help make people feel stable when under attack trying to affect out stability. Do not allow others to impede negatively on your personal growth, we are not Actors we are Human, therefore in control at all times. It is important not to blame others when things do not work out for you personally whether you are right or wrong it only makes you look bad. That is the exact purpose for which people try to get under your skin bc your success interferes with their happiness & ability to succeeds

That is unfortunate when others cannot be happy for another but only try to interfere w/the happiness & success of another to their advantage. It is to their advantage to succeed in breaking down something positive & turning them into a negative so that they appear better feel greater than. One of the most important things I've learned in Sobriety is to appreciate how fortunate I am in life & not to be easily affected by those who are not. In order to not be easily affected requires a certain degree of maturity & consistency in thought, demeanor & decision making skills demonstrated.

It is most advantageous for us to step aside under those circumstances and not fight & just allow them to shine. It was to my Detriment to step aside & let another Shine at work in Century City, she was from France, I interviewed her and assisted with the hiring of her, choosing our firm to work for over other paid positions offered to her, she mentioned upon asking. -But I know if valued appreciated and worth it -I'll get the paid position one day. People who Blog are very shy about sharing their Blog with others. It's not something you talk about. Bloggings not Taboo, but like being a Journalist, so to not make people uncomfortable keep everything in its natural state you don't say much

Sometimes it takes time for two People to be in similar places in their lives in order to do well together both on a upswing. Blogging occurred while I was on a Downswing coming up and others have already come up, watching me as I maintained momentum, to where? I was just writing my thought outloud. Sometimes I feel like I need to catch up in life, as though my loyalty to others is in constant question, second guessed as a: traitor, a follower, or someone worthwhile getting to know, and hear me out -I've always been a loyal companion, always a source of positivity, never a source of negativity, and someone who can be relied upon, a trusted companion and friend in life.

Writing new material everyday is no easy task. Learning is a process, that requires you to let go, and stop letting others prove you wrong, and prove yourself right, not let others use you to prove themselves wrong or right about you. After years of letting others feel better than, eventually you have to stick up for your best interests, and not get drained, or made to look like a recluse or someone who is not a hardworker or not disciplined, have your work be used against your best

interests, people thinking they know you and can therefore help you based upon your past, make look or appear your past in a different way presently if able to shed light upon a non-existing issue, create issues that don't exist. Learn to let go in life (that includes the pasts of others, read, understood, or misunderstood) and don't hurt over your losses to make yourselves appear stronger, that does not good moving forward, taking the privacy of others, and putting them on blast to make like situations, not present place blame. If the worst has already happened, then a solution at best is not to hurt others in your efforts to achieve piece, unless harm suffered results in additional harm. That's weighing the best interests, that not how to see best, by making others see like you, that's taking a trust and stealing a trusted position and misusing that trusted position to make another look bad.

Everytime I suffer a loss, whether it is of material things, or a matter of intelligence, notes, or output, I take a step back, that is how I deal with my problems, I remove myself from the situation, I don't return to the best interest of others, who are if to make you appear weak or a loose canon, to make you look unfit or not able to care for yourself or others, made to look insensitive. That's not mental illness, 2009, that's called alcoholism, and a breakup. Don't misinterpret the lives of others, to make them look or appear unfit, no one knows where to go from here, because the present is always new, and once everyone is new to the present, that's not a time for leadership to shine or for anyone to be bossed around, whether in quiet or outloud, its best to share to create peace and discuss issues, not personal issues, out loud, as a basis for decision making, one's private interests are not always in the best interests of all to be known.

#### *The Internet (Description)*

Living in the Abstract describes life Online, when you are distant from Reality and in Dream mode. It's normal to want to get away. Be patient with yourselves. Why is the Internet so Abstract. Because when you log on and log off you decide where you spend your time in between not routine, changes. Abstract, because it's easy to get carried away Online, time goes by fast. Probably why people enjoy being online it helps pass the time. Learn to let go of your fears in life there is always a window of missed opportunity that exists when your insecure. Carpe Diem Seize the day. Everyone stay calm. ----Don't be so easily offended and give time to allow problems to resolve themselves & clarity to arrive.

Don't miss opportunities in life taking your time or pre planning how you want things to be just be whether perfect or on track, live for the moment. It is to my readers beneficial interest, I write, not to my own best interests as this is an APP & online Newsfeed. An Original Composition.

The times call for us to respond. All monies aside, it does not matter to me whether or not I make money writing only to help those in need. As a Writer I am challenged to come up with new material everyday since 2013. Assembling a Book is a matter of need, monetary need. -First ... The goal is to make sure

everyone has someone to talk to everyday a #FriendService Online for those in need. #Facebook

Once that need is met ... And I find stability writing online like I have now. -Now I can continue to provide a Service & Produce on the side. Which means...To continue to write everyday online as promised by my APP, & write a Book on the side that Summarizes the contents of my APP. To the Entertainment Industry ... I keep an ongoing daily Memoir Online. They utilize in Producing Film, Television, & Music for Everyone. Keeping a Journal is nothing new to me, I've kept a Diary since I was 5 years old, filling up Journals front to back Writing my Thoughts. An Original Composition Broken up into pieces. It is more work for me as a Writer to Produce Online than at home in Private.

Remember, there's no such thing as a Stupid question. Just avoid the negatives & stay positive, positive thoughts prayers breed what? Positivity. In life ... Always best to learn how to be a Team Player not Co-Dependent and not Self-Serving and Diplomatic & Professional not Casual. I feel like they expect me to be something I'm not. Successful people work. Why I'm successful online bc I'm Sober & I don't go out. Usually when one has a lot of positive energy they go out&socialize I stay home bc I then drink or do drugs & go back to Square One #LostTrust

I think bc I'm a strong person it gets mistaken as though I'm trying to lead or take charge or be number one, no just feel equal blend in. Yes ... I have to try this hard to achieve happiness in life, be well liked, and blend in. Most people don't need to try this hard to break even in life. But it's worth it now I'm glad I tried bc now I can @Bradybuzz Online. Help. Everything else is up for interpretation. Your belief systems are your choice. I just choose to share mine, which are mostly general.

Life occurs on its own timing not always your best timing why it's important to be flexible be spontaneous & take chances in life, have Faith. Having Faith means knowing the difference between right & wrong & trusting that if you do what's right for you & others good will come. One does not require others to have Faith in them in order to be successful have Faith, to require others to would be Selfish on our Part. It is not required for others to have Faith in us in order to be successful have Faith, to require others to would be Selfish on our Part.

All that is required of us is to have Faith in ourselves to achieve some purpose greater than ourselves by giving back & not be a burden. When we overburden others with our troubles we can be draining best left to Professionals for Feedback, & we become vulnerable insecure. To not be draining always make certain that what you share about yourselves strengthens your good character not weaken you sense of self. Sharing & ability to strengthen your good character not weaken occurs once you have processed on your own or w/Professional guidance. Friends make great sounding boards when we are not sure of ourselves or what is troubling us they help point out what we can't see yet. Example: I was so caught up beating myself up I missed my #Facebook Birthday wishes which would've

turned me over faster back to the light. Why Friends make great sounding boards. When we can't see positive it's important to look towards those who can.

I think everything happens for a reason. Now that makes sense to me. It's important to always be proactive like me. Everything you do either helps or injures your ability to move forward if you keep worrying about the past you'll never meet future goals. If you stop worrying about right now so much you'll get closer to meeting your daily goals to get to where you see yourself in the future. – You only have one life to live make the most of it, no life worth living is worth living in regret enjoy every moment the good and the bad.

### *Positivity Speech*

Do not be deceived, success cannot be achieved without first recognizing failure either by oneself or others how we prevail survive, succeed. Failure occurs when while one attempting to achieve success fails to meet the standards required to excel and minimally meets expectation. Not all failures are viewed upon with the same degree of abhorrence as that who fails [to] reflect upon themselves to achieve , we see forward beyond failure. Why waste time loathing in failure stirring up negative emotions and giving in to sin that carries no momentum for us forward. No shortage of values and good character results from the wrongs of others but only by our own wrongs do we limit our satisfaction in life.

All dialectical considerations need be made where poison that thrusts so deep we rot in sin blinde to causes for which we feel emptied shot. These truths we hold certain for that which grows in sullen sanctity of the fruits we bear blinde folded devalue with consideration we stifle. How can we see positive buried in negativity to the blinde masses we fold and shake with dishonesty lie until our teeth yellow with shame.

We lean not to anyone under circumstances where trust cannot be made we shriek and cry helpless when we lean on anyone but ourselves co-dependent. Independence is the key ingredient our forefathers have lent to us to achieve peace from within amongst ourselves only achieved by consensus.

Be not who you think you should be but be all that you can be with the World at your disposal, harm no one help only when able to help oneself. We map when lost when our tools for success are broken we build new tools, hand off to those in power to build a new for us to thrive positively. Communication without consensus can bear no cohesion necessary for positive life skills achieved if blinde in darkness we rot and drown lost.

### *Lost Essay (Peet's Coffee)*

There is no such thing as being lost. So long as you are doing your best to better oneself everyday. Then there is no reason for one to feel lost. The feeling of being lost occurs when you either lose direction and purpose in life as a result of choices made, or possibly because one is misdirected in life. Whatever the course, it is our

own responsibility to get back on track. We establish the points of reference from which decisions are made by us and we are responsible for the judgments passed about is, based on what we put out there. If what you see becomes, similarly what other project onto you may become, but only if you allow yourself to be controlled by others. Self-fulfilling prophecies occur in one or two ways (1) how you see yourself; or (2) how others see you. You are always in control.

### *Trustworthiness*

Cannot be trusted means to me that someone has something to hide, or one who does not fully disclose or withholds or lies, or misleads, the opposite of cannot be trusted to me means honesty and open-ness, right or wrong for better or worse, without hesitation or fear of another's interpretation or mis-interpretation but in trust in another which is reciprocal by another's point of view, but speaks when clear and when not clear not able to speak clearly and disciplined. Cannot be trusted to me means that gaps in ones statement cannot be filled by any words which would otherwise render the persons worth, irreparable, and rendering something of value worthless by the words of another. Somewhere in this I forgot where I was going with this. Even if someone answers a question wrong or does not answer it in the way one wants the question to be answered does not render someone untrustworthy, but maybe someone who is trying their best to speak without error, so better to speak less, and work harder as a granule of sand than tr[y] to be anything in life they are not but only what they are capable of, and what is learned from direct experience and exposure, not sure where I was going with this but just writing from the heart, what other people think matters to me, call that stupid but it does. I guess that's what makes me immature, the opposite of mature, perhaps my biggest defect, or another way to look at it means that awareness is important to me, another way to look at it, in the positive.

## **Chapter 11: Online Interactions**

Once you build a relationship online, that lasts, that relationship exists forever, documented, endures expectancy (11/13/15, Twitter). Chemistry is built on trust, recognition and value of one another's strengths, nurturing one another's weaknesses, and feeling important (11/27/15, Twitter). I'm the kind of person where no one ever rarely takes my side always jumps first to argue the winning side even if on the other (12/25/15, Twitter). I support the restoration of values on the internet and positive change in music, film, and television for Bradybuzz, as a community service, I produced the hashtag #bloggingcampaign which is operated under CA Corporations Code, Registered under MYMOLLYDOLL by Leslie A. Fischman, a individually run corporation, I founded Summer 2013, while watching CSPAN, after hearing Barack Obama's "golly" speech. Thought of the lyrics "good golly miss molly" and changed my name online to MYMOLLYDOLL. My indicating ownership of self, and my indicating future ownership battles, claiming title to the ideas shared from this title created by me:

mymollydoll. #bloggingcampaign was retitled with help from the President of Brady Campaign LA, over a Starbucks Coffee meeting we had Summer 2016. #BradyMusicCampaign was the first hashtag I created November 2015, after the Founders of Brady Campaign passed away, wanted to help create a cause, where something other than guns would be talked about. As a certified crisis hotline counselor from Boulder, CO since 2004, this is the idea I came up with, and entertainment based campaign, for good cause, after writing a Motion for World Peace August 2013. I've come this far, and don't plan on stopping at any point soon. I have an excellent track record, going into this Campaign created by me, and nothing thus far has interfered with my progress, other than my own decision making. Why I am sober, clean, and celibate since 2014, a virtue I maintain Professionally, to keep a clean slate, while promoting ideas for World Peace to share.

Life goes on. Do not blame others for your misfortunes in life shortcomings or hardships, you are always a product of the choices you make (6/24/15, Twitter). No one is expected to help you in life and if they do offer to help you usually they are just being nice open to conversation or interaction with you (6/30/16, Twitter). Why is that? Some of the most successful people in life are those that help others or provide a business or service that does, know others well (6/30/16, Twitter). Successful people are some of the most understanding, genuine, naïve, and sensitive people you'll meet in life. Know that don't overwhelm them (6/30/16, Twitter). Don't be intimidated by the successes of others they too were once beginners in life –so they understand you're struggling learning still (6/30/16, Twitter). Suicide is an option not a choice, caused by those who do not believe in you, just ignore them, allies are few and plenty, when it comes to success.

On rare occasions are we given the opportunity to communicate on neutral grounds, it is at these times we should be thankful for both what is helpful and or of no use but relevant nonetheless. Be grateful for those who share their stories. Without purpose to harm anyone or be benefited themselves in doing so but because it helps shed light on something, a situation, or present circumstance in a way we would not otherwise see had they not shared given their insights into how and why these crimes occur and what has been done to stop them. We have done everything we can and we will continue to do everything we can which includes improving upon our systems of communication crisis response and timing of such responses and prepare those who are new to change how best to cope with the present times not live in fear but understanding of the basic ebbs and flows of human progress and communicate effectively with one another in a way that fosters development not stifle one another's growth. We will continue to do our best to implement new sources for coping, provide resources, and strengthen existing strategies while trying new means of communicating once those previously used means cease to be effective in combatting terror. We have few resources when limited and many when we act as one. You can choose to continue disagreeing or realize once you turn on one you turn on all. Now's not the time for criticism. Now's not the time for complaint over selfish needs. Now

is a good time to work diligently. Be prepared everyday for the next and do your best to contribute to the safety of those around you not put anyone on our soil in harms way because you think deserved or not your problem. Make it your problem to keep one another on track and do what you can in order to promote that positive development in one another. I will do my best to improve. Be strong. And continue providing services online to those in need. I'm sorry for your losses I wish there was more I could do, but I have to be cautious not erratic and be Professional which requires me to process, produce, and proceed slowly so that in the event of an emergency we can all proceed swiftly. That's how you prepare one another by adhering to basic standards of professionalism. There are rules and requirements for good reason you either choose to dismiss or follow. If you are harmed as a result of not sticking to those rules and scripts than we apologize if our services are of no value to you we can only help those who honor and respect those traditions we hold dear. Our set of laws that bind and protect our best interests – Goodnight everyone. (Moms Demand Speech, Given 11/12/17).

If you understand others learn first and great at learning understanding concepts and risks well you are then fit to lead a high-risk campaign (5/15/16, Twitter). Whenever there is a terrorist attack we all have a shared responsibility to respond and mend what ties we have not burn bridges (11/13/15, Twitter).

MYMOLLYDOLL is a Campaign for Campaigns as stated on my APP Mission Statement (On APP Founded 2016). To have no enemies in life requires tact and self-restraint to know wrong from rights as well as ones own weaknesses not bestow onto others (5/26/16, Tumblr). –Good things come to those who least expect it, those who try the hardest despite the odds, face the most challenges in life, but always feel anyways that life is worth trying for, any life is worth trying for that matter. Always with purpose I led my life, positive purpose. In life people will create problems for you based off their own problems. Don't allow other people's problems to become your own. Always put the interests of others before your own, life selflessly, that's the most positive route to success. The harder it is to turn your life around, the less likely others will expect the most from you, and the more likely they will expect the worse from you, be led by your choices not the expectations of others, near or far. People rarely surround themselves with problems, when to do so causes negativity within or toward others, be someone who represents your best interests first to be accepted by others, more often than not. As negative people are generally avoided, as of or concerning themselves for the most part, with a higher likelihood of being problematic to association, why disassociation occurs, when problems arise, to diminish chances of failure, by deleting those who face odds, from positions of trust, a fair trade off, why dismember one, when one can dismember oneself, that's an even fairer trade off. It's not about what you write that counts its how you write, what's important to you in your life. To be accepted as honest, stay on topic, the more you jump around from issue to issue, the higher your likelihood as being misunderstood as mentally ill, or problematic, retarded, not capable of helping others and making a positive difference, but appear disoriented, the slower you talk the better, the more you write the better, that's how one is most clearly perceived, by length of



verse and shared thought patterns, for proper interpretation and measure of intelligence, accurately understood, accurately interpreted. –Nobody is perfect and nobody expects you to lead any one but yourself, never all, unless you are President of a Country, therefore no expectations can deem guilt, but by the expectors, have no one to blame but themselves for their expectations, visualize failure and you will achieve, cut your losses, and worse adverse to fears of failure, that differentiate those who find success, and confidence in life, from those who don't and have yet to achieve. Matter most to yourself first to avoid suicide, than put others interests before your own, that's how one fails, easily misguided by fears of others. – Nothing comes easy in life, and anything that looks simple took a great deal of care and attention to detail to achieve. Nothing good lasts, when you are running on full steam, the only life that can be appreciated is when one is at rest and has time to observe, those in motion are the most susceptible to harm, and put in harms way, the catch 22 of focus. How do you consciously make an effort to decrease risks during times of over focus, to focus less on yourself and others, and stand back in time and see through your hardships, and appreciate now and the life you have, not what is missing, that's recipe for disaster. You steer the course of your life best lived in which no parties feel harmed or dismemberment upon interaction with you but positive results.

## **Chapter 12: Coping With Negativity and Combatting Fear**

### *Negativity*

Don't let negativity get the best of you. You will meet a lot of unhappy people in your lifetime -that's just a fact of life. The best you can do is be positive and never take anything too personally. Usually what people say and how they express themselves to you is a direct reflection about how they feel about themselves. Sometimes nothing to do with you always take that into consideration. People only see what they want to see. If you don't fit into the lives of some you will fit into the lives of others. Don't let anyone destroy you. Remind yourself that you're worth it. Always do your best, rise above and don't be co-dependent on acceptance from others in order to progress and thrive. Sometimes you need to grow independent of others in order to get strong learn to let go of resentments and don't pass judgment on others unless you are willing to accept judgments passed upon you. What you put out into the world you get back.

### *Strategy Response (1):*

Shift focus not to the fear producing agents but shift fear as directed by a person in a position of trust to whom Fear resonates from a feeling of respect and admiration or power obtained that one does not have. To fear to fear best a good person than a bad person.

### *Rationale (Issue 1):*

When you fear someone good who you condition yourself to fear than no harm can result only good because your actions are produced triggered in response to their needs to fulfill or not fulfill be toward against around in lights of in line with parallel to or opposite to in the way of help hurt reposition or otherwise coalesce with when all avenues are booked without ability to or any agenda not in tune is unable at affect negatively either yours or theirs is at best the best solution form of defense self-defense and most professional avenue for protecting the safety needs of those around you and put public safety first and your own needs for safety last is how you combat fear, in an organized fashion, through proper prose, and written self-orientation, well spoke, do other listen, not shut off towards you, or reject your commentary. When negative toward self or others, this puts you at risk of harm and others at risk of harm. Harm can result if continued harm to self reoccurs toward self and others. Harm is a product of your thoughts, and the thoughts that others have of you, how you can identify as the party harmed or the party being harmed, by written discourse and discussion, if any party unnamed to a transaction exuded negativity toward another's successes, that individual is not responsible for the harm that results to that individuals psyche, but any errors, are a misproduct of attitudes toward any writer or thoughtful speaker, the writer is never the provoker.

Don't interject one's self into a story, or into someone's life, while they are assembling their ideas for peace and progress, that's not how to treat people, get rid of them from their self, and put yourself in someone else's life. That's not how to make certain issues with others, or they themselves issues with others. That's called bringing up the past, to create a new set of circumstances to purposefully place someone at risk of harm, and make them look like they are something they are not, that's not how to treat people, make them unsafe to make themselves feel safe. You cannot test for the readings of others, by testing for what is the product and the purposes for the product, intervene and make personal another's interests. That's called misreading a situation, that's not helpful, when people who are qualified to deal with problems, have already dealt with problems professionally.

Rarely has it ever occurred, that one with positive thoughts, become negative, unless there are others negative toward another's positivity and/or success in life, this is how a positive person becomes negative sounding, usually temporarily, until the negative party feels positive having proven another wrong. This behavior if it continues is both problematic to the writer and to those reading. Why its important to always stay positive, when writing, and ignore your surroundings and the opinions of others. Some of the best writers have the quietest minds, most of peace without must first occur from peace within. That is self evident, that the lives changed by the writer, is an example of positivity, negativity caused to the writer, and anything negative thereafter, is a byproduct of consequences faced when coping with negativity. When fault is diminished, and everyone rises above who's to blame for negativity, can positivity occur. Nothing immature ever develops under shrouds of hate toward any one individual or group, that dismembers bonds, fosters dysfunction, and any dysfunction occurring by the

writer is to please an audience looking for dysfunction to cause negative reactions in the writer, anything thereafter is no ones responsibility but by the actions of those responsible for causing harm to others, never the writers fault.

When you fear a positive agent or a good person only good can result when you fear a bad person you have a 50/50 chance of returning to a good place, ending up at a good place, or seeing good potential, because all you fear is that negative harm causing agent from which no positives can result and fear that either stops you from being positive, takes away options when your sight is changed, and dismembers your vision, because their purpose is to redirect you toward some negative that negative being their intention to cause you to fear a fear they produce in you that empowers them thus a fear that helps no one including you and only fuels another for no positive purpose ever only resulting from motivations to fulfill void void being a need a need being power power produced by power not able to attain on their own power only felt when there exists an oppositional force the oppositional force which gives them power if not able to produce through positive means can create a like oppositional force to stay in power by triggering fear in another not in competition or anything that weakens them but power to have power and cause fear fear to maintain power because it's a like oppositional force that keeps their sense of self to a tune familiar enough to keep them going, not altruistic or for any common good or purpose but for self maintenance is not a fear causing agent or fear produced resulting from which that needs any special attention to attention to anything that benefits no one only causes additional harm to the product of that fear is disempowering only further empowers a person who once power given to by causing fear in others is without ability to then capitalize on the fear produced because the only goal was to cause fear and see products of that fear. Fearing anything that doesn't give back is not a fear worth having or a fear worth psychoanalytic or reading into because that person just wants you to fear them (as stated earlier) to recreate or produce a feeling in themselves of confidence or safety which was previously attained only by an oppositional force, which they found to be readily available recreated by producing fear in others.

Facing good fears in life produce positive results for the psyche. Facing negative fears not a by product of our own life but a by product of the life of another is not a fear (natural fear) which if confronted produces any positive effect in our lives because it's not a person fear it's the fear of another or others projected onto you to figure out why that fear exists (which you don't pay attention to because it's not a fear that you think is important not because you don't have those fears too which they may or may not recognize -but a fear you don't address to not give power of attention to those fear causing agents not because it's not a recognized fear or because not feared because in cohorts with just not addressed to not confront be attached to or in communication with either to from or back and forth in communication with.

*Cycle of Fear*

When you fear a known positive positive results (eg dealt with by going to Rehab, putting myself on a tight budget, being 100% monogamous boyfriend being ONLY person I'm in contact with) when you fight a fear which is negative or produced by a bad person not a good person (vs. a good person produces positive fear all things leading back to that persons positive core) -if fear fear produced by a bad person then no good can become of confronting that fear because that fear produced and causes for which are for no higher purpose other than fulfillment of some individual need and to fight back only serves that purpose no good can become of fighting with a bad person or someone who is negative only recurring harm because that individuals need was for you to fear them to produce a fear to cause a fear and upon which any response to that fear fulfills that individuals need to be feared and serves no added benefit toward any positive to address that fear or understand that fear just note that such and such fear toward A, B, & C exists and this is why and because this person wants to be regarded as good (but wants only you to fear them for individual benefit) otherwise to respond to a negative only creates a negative positive if to rationalize causes you harm and/or original causes for fear are used to justify that persons rationale for causing you to fear them individually, and do anything to justify that position by taking anything and association it to rationale for fear a fear that did not exist had I not responded to that fear to begin with but was triggered and retriggered to fear until a fear resulted and a present response to fear was produced from which then any evidence remotely congruent which could be manipulated to paint a picture as a fear or issue existing between two which never existed to begin with is what has occurred and typically occurs the person feared is the person who obsesses over the one they seek to cause fear in and fear generated in most circumstances fear results from "surprise" the surprise is not noticing then suddenly noticing and that causes fear.

### *Prior Incidence of Fear*

Prior incidences of fear occur, when in a state of trauma, fear is shared, vicarious trauma results. My book is online, managing emotions while volunteering for a crisis hotline. Any allegations of toward are usually done so in advance a planned achievement of a creation of sides, usually to lead toward wins in the future for groups or individuals. That is not how success is achieved, by dismemberment while coming up in life, best to always get along well with others, and ignore those who's present circumstances you deem not mature or capable of existing in time or right timed to help others, but that a better system of thought need be set forward, and set another back over rights, and who's more important or better than, they addressor and the pitcher, is always right, the receiver of information is always responsible for their own emotions, not the sender. Reading is an option, not a must, and no one is ever required to read anything not assigned to them, especially if separated by suit or restraints, that is made clear, is no member of my audience, those who shame me, or write shows and defame me, are of no concern

to me, only pose threats to my genuine security and interests in life, to live peaceably.

There would be no surprise or cause for fear, had no one died during the war on terrorism. That's a given, people get sick and die during war, why war is not the best response, to any given situation that need resolve, why I joined the #usnavy, applied as a paralegal who was forced to keep quiet, 2009, after a message was relayed to me from someone in jail. I then became forced to be apart of something I did not want to be apart of as I was doing well in life, hear the side of that to whom defense was needed. After I attempted suicide and survived from that experience of being in the unknown, and without adequate response from others guided my questions I felt like I was out of the look or in the wrong, and that I was the one who needed to fix themselves without help from others. When I woke up in the hospital, I was distraught, not knowing where I was and not expecting to wake up after swallowing a bottle of kolonopin prescribed at the time. I finally had a coming terms with reality and decided to continue my education and move forward in life. There is no fault to those who fall victim to unnecessary intrusions to that period in time or any other period in time, the one who commits suicide first, is never at fault. Therefore no domino existing can be blamed on the first to commit suicide, me February 2009, always keep that in mind, when attacking the good character of others, that is important to note. This rationale can therefore be applied to any other incidents that followed my suicide attempt 2009, and assignment to be quiet regarding my bipolar "delusions" I was told by UCLA, and shredded my first theory, labeled mentally ill, which is not my fault, my EMR writers fault. To them any harm resulting toward self, is the fault of the individual who commits suicide, never the fault of others, as suicide has been labeled a "selfish" crime toward's one's self, never justified, however in my case, was to prevent future hardships, faced, would have rather been dead, but on a positive note, am still a law student figuring out still how to adjust to life during times of war, its not easy on anyone, and certainly not to me either, this is one boat the World can agree on, war causes illness and illness causes war, everything worth fighting for, reducing rates of retardation and fostering the betterment of self-development all around, the stupid are responsible, never the smart.

Actions and reactions by parties who feel harmed that generate more harm, are never the correct parties and usually not the recipients or purposes for writing but accolade reminds the *Shorty Awards*, accolade sought, not vengeance, nothing great can ever be achieved with a negative unsound mind, remind yourself of that always when hating anyone you don't like, or do not respect, or think too devalued, to be worthy of achievement or be valued by others. For what purposes does that serve. Words behind my back used by them to say that all of which (death says #Lyft) was because of and because of what is argued because of if what typically predictively is attempted to be used to them to justify or explain causes for motives to cause fear and produce fear in another. No I committed suicide first February 2009, therefore nothing thereafter is my fault, I dealt with it.

No evidence is ever needed to disprove or explain necessary the actions of others. Help is always provided and when help is given help is received. Help need not be solicited by others, in order for help to be given. That's not how to help others. People like that we leave out to dry, not provide any emotional stability [or] explanation for those who seek reactions from their indifference toward others, as acceptable or not. No added justification is required for one's actions, if to seek acceptance from others, best to be good, not seek the approval of others, and behave in ways to demonstrate that need for approval or justify the existence of any lack of acceptance toward one, as associated to others.

Causes for continued harm toward another is what occurs, when someone who is supposed to be a certain way, behave differently than expected when put down by another. Those causes for expressionism or outbursts, are not the faults of those to whom timing when triggered a reaction occurs. Allow people to live their lives, and build upon their strengths not their weaknesses. Instead of ignoring them as not existing, treat people equally professionally. Why because those who treat another human who is deficient in understanding is why harm is felt, and when harm is felt, blame gets placed. Harm they feel is being caused toward them and that through fighting an innocent or good person, they will appear better than. It is dumb to think that others are thinking of you or about you, and then respond as though you have control over what other people think about you.

Whenever information is provided that hurts, that is a result of misinformation or communications, that get translated in the wrong as toward people, to look purposeful or that their intent is to cause harm to themselves or others. That's not illness that's purposeful conduct, geared to make one another appear or look better than. Always behave normally in the presence of others, it is not required we be accepted by all, but if your past is dark, then it makes it difficult to live a peaceful presence in the presence of those who are happy with who they are. To be worth comprehension one must be good or provide information for others that do not waste their time comprehending but best articulated by explanation why that fear was unnecessary and harm irreversible when a life is put in jeopardy and death results as circumstances to lives already put in jeopardy, that is what we call war. War is never deserved, and it is never the victims fault, nor those affected by war, and its consequences. That would technically make us all victims of war, why I wrote a speech for World Peace August 2013. War is never deserved, and it is never the victim's fault, all crimes are senseless, not deserved, never deserved. Why explanation for which is not my duty to dissolve if it would only further to disempower me not help me, or others move forward.

### *Negativity*

Once a life is ruined it can never be repaired not even the right-minded individuals with great self-worth can withstand negativity. I once defined negativity as a deplorable condition, which makes better less than, to counterbalance fear and paranoia makes clear errors or wrongs.

Don't let negativity get the best of you. You will meet a lot of unhappy people in your lifetime. That's just a fact of life, the best you can do is be positive and never take anything too personally. Usually what people say and how they express themselves to you is a direct reflection about how they feel about themselves. Sometimes nothing to do with you, always take that into consideration that people only see what they want to see if you don't fit into the lives of some you will fit into the lives of others. Don't let anyone destroy you. Remind yourself that you're worth it. Always do your best rise above and don't be co-dependent on acceptance from others in order to progress and thrive. Sometimes you need to grow independent of others in order to get strong. Learn to let go of resentments and don't pass judgment on others until it is passed upon you. What you put out into the world is what you get back.

### **Chapter 13: Coming Up in Life**

Coming up in life isn't always easy. It takes a lot of hardwork, dedication, commitment, adherence to values, positivity, focus, purpose, and perseverance. We call that guts, knowing the difference between right and wrong, facing challenges head on, self-growth, and taking risks in life (while guided, supported, and supervised by those who care for us) whether in public or private, performing well under pressure is often a prerequisite for success. Milestones, setbacks, or failure one must continue to achieve in life in order to become successful. Maintaining a good track record, being professional, are required to create new opportunities for yourself in the future. When one door closes another one opens, so long as we have faith in ourselves, our abilities, listen to others, respect one another, everyone has the opportunity to follow their dreams. Main Point: Overcoming learning disability has been one of the greatest achievements I've made in my life. Learn from your mistakes, and build a better future for yourself, easy does it, one step at a time. #Sober

You might not be the best at everything, but that doesn't mean stop trying. We all have different strengths, gifts in life. Best be known by our shining moments, not our weaknesses or set backs in life. What defines you in life is determined by your overall outlook in life, not by what others say about you, should not matter. Never let anyone affect you.

In one ear out the other. Rome wasn't built in one day. Money isn't everything. Good things come to those who wait. Nothing comes easy in life. Surround yourself by enough light and you can shine as bright as the best of them. Always think positive. Things are not as bad as they seem. What you see becomes, what happens happens, what we remember is all that matters. What makes sense to you may not always make sense to all.

You might not be the best at everything, but that doesn't mean stop trying. We all have different strengths, gifts in life. Best be known by our shining moments, not

our weaknesses or set backs in life. What defines you in life is determined by your overall outlook in life, not by what others say about you, should not matter. Never let anyone affect you.

Only time can tell. I was once told "time heals all wounds." In reference to a fight with a close friend of mine (while drinking) prior to committing suicide. There are times you may feel left out, never be threatened by others or bonds between mutual friends, should not affect you, those relationships only break chemistry if you allow them to. My Mom has said to always be a rock. Never be possessive over time spent elsewhere other than with you, their time is their time, your time is your time, and your time with them is best spent not arguing about amounts of time spent with either or. Always be respectful of the relationships of others, the maintenance of prior bonds, required in order for your significant other to feel whole and independent with or without you. Its okay to not come first, or second or third to work or school. We all have priorities in life and goals to achieve, the longest lasting relationships occur among those who communicate best to one another.

Hopefully things will get better. Just let the dust settle. People are not doing well right now. So it's important to speak. Otherwise you let bad people win. Don't empower the wrong teams in life, that just sets up points of reference that could lead to loss & disaster. The whole point of speaking is to help others, feel normal neutral not sick or sided or torn. Always be positive. Treat all people will respect. Know your place in life. It's by Education & Jobs -the best way to be heard, if your resume speaks for itself, then there's nothing to prove. If problems arise, then you have to take preventative measures to help others feel secure when you fall down, to be a balanced public speaker.

I made so much progress forward, IOP UCLA and everything compliant, it's really difficult for me to let others win and take a back seat in life, but it's more important for others to feel well better positioned in life than to prove others wrong, I only know best how to help others by stating problems I've endured and solutions I've managed to understand & comprehend it's taken me years of testing and education to achieve confidence in life, that is a personal goal, it's not something I need to wave around and show off it's not for that, a resume suffices. I'm a people pleaser, even at my own expense, cause no harm or undo harm caused that's my MO in life as has always been to make a positive difference.

I've never been discriminated in my life always on point, blend in. This is stupid. To explain why I committed suicide 2009. No one cares. Who cares. What's the point.

Everything is A okay liked or not steady as I go like a soldier I am a very caring emphatic leader very sensitive easily drained always reading everyone and responding as necessary to keep calm safe with knowledge that makes them feel special apart if leave no one out include everyone even if they bond over me against me who cares that's the point how to glue a Country together pretty simple



write and glue as you go no planning required just blessings and autistic expressions of direction never wrongfully accusing anyone always in defensive of inside unit and shield against attack from outside units how I stay in a trusted position bc high quality is achieved having known me people find success see well identify issues better thru my lense my life story my experiences my knowledge my work ethic. Why trash me at the bottom or at my top what's that for. Not very nice. Don't call me names make up rumors I can be however I need to be to get everyone to feel normal smart achieve and stay out of trouble. Then they hurt me and I tell them how we achieved peace. Stupid stuff over stupid stuff so stupid I don't care what people think obviously I know I'm smart people are judgmental toward me never bothered by obnoxious humor or apathy who cares none of my business.

Life isn't always easy and troubles usually occur when we least expect it, most likely because we are too busy focused on something else, that's typically when something goes wrong in another area of our lives. Much of life requires us to be strong multi-taskers, managing multiple roles at once: caretakers, employees, significant others, these are roles we can all relate to, roles everyone takes on in life to feel whole, needed, and important to others, fulfilled.

We can either be led by our past or be led by our future. It's your choice which direction you do choose to take in life. Some of us move forward better than others depending upon how much weight we give to moments past or present that in turn affect our decision making for better or worse, moving forward.

You can have everything and you can have nothing. It all depends on what you value in life. What you put first in your order of priorities. You choose to make happen what comes to fruition in your life based on what you choose to focus on. Generally that is the order of things in life, what comes first, appears so, because we made a conscious effort to make things the way they are in our lives because of what we deem most important to us individually. Everyone has their own timing in life, one must be patient with themselves first before understanding the timing of others. There's no such thing as instant, everyone busy, do not expect others to always be there for you. Sometimes you have to figure out life for yourself, you can only be told so many times, warned, and guided -sometimes you have to see things for yourself.

Nothing's impossible and everything takes hardwork, to both achieve in life and overcome hardship. No one ever said that life was easy. Anything is possible, if enough believe.

You pick and choose your battles in life. Nothing worthwhile is earned resting on our laurels or by being a doormat. Sometimes you have to fight for what you believe in and deserve in life, energy then is best spent proving others wrong, on our own merits we build trust and earn the respect of others, fighting passively is for the weak, always be up front honest and true to yourself, react less to others prompts, be guided by your own principles of what's right and wrong, the use of

violence or force is never the answer to our problems. Whenever one drifts from reality, the only way back to normal is by discipline. If we rise by lifting others, then one must first lift themselves in order to help lift others. One cannot lift themselves by focusing on the negatives or pointing out the weaknesses of others, that's a waste of time and energy better spent on focusing on the positives, maintaining ones integrity, not giving up on oneself, or enabling others to control their direction in life. Those who find themselves lead, those who lean on others for support depend upon the utmost professionalism demonstrated by those we trust in the helping professions. Not everyone is to be trusted and for good reason, only few of us become Professionals in life, and it is the responsibility of all to trust those who have achieved in life and been put in positions of power to take care of us all. Main Point: Even Professionals struggle, become ill, and misguided. Why I write.

The best lives are led by those who put others before themselves. Usually end up in the right places in life. Karma is a product of who you benefit weaken in life, for every failure or miss, your chances of being thrown off point in the future increase if you don't improve someone else will bring about circumstances in the future where you've failed in the past. Recognize your best, always do your best, and never interfere with the positive progress of others, always compete against oneself. Everyone should be better off having known you, whether or not they stay.

You are a product of the choices you make in life, determine where you end up in life. For better or worse sometimes we realize as we go and correct problems, sometimes we fall thru the cracks, and end up behind in life. You have no one to blame but yourselves, the minute you start pointing fingers, you are in the wrong. You get nowhere in life fighting and blaming others for your misfortunes. The only one who has the power to change you is yourself.

No one blogs this way because this is not the way to blog, blogging usually consists of a theme. Here there is no theme but story telling. My life story. Please do not disturb my peace. Sometimes I need to take a break from blogging to work, get work, or work on myself. I don't need to be triggered at my expense be made uneasy, throwing up, bent out of shape, underperforming burnt out. That is not why I blog to communicate, I blog to express myself, share my story, unprompted. Please, thank you.

It's not necessary you be happy in order to accomplish your goals in life. Just stay focused. Happiness will come when you're good and ready. What's most important is that you are working doing something with your life that you'll thank yourself later for.

You go through so many changes in life. Sometimes life gets overwhelming. Just take it one step at a time. Every day is worth your best. You won't know your worth unless you try.

It's all a matter of self-control, knowing your limits. In order to exceed expectations you must be healthy. It's not required you be a workhorse overextending yourself, but just do your best. It's all about timing. You're best timing in life occurs when you are ready. Leading a disciplined life is what improves your good timing in life. When your life falls apart so does everything around you.

Don't overthink. Sometimes when you overthink things you wind up feeling lost. Much about life is being in action. It's important to think things through but not to the point where it worries you. You only have one life to live.

No matter how long it takes, hope you get to where you are going in one piece. Never look back, and never stop dreaming. It doesn't matter how long it takes what matters most is how you spend your time. Don't procrastinate. Don't overextend yourself. Set limits. And always do your best. Live life to the fullest.

You're never really ready for change when it occurs. Usually when we are not paying close attention change happens and we just have to adjust to the circumstances. Some people are in your life and some people are not but you can't make anyone be in your life if they don't want to be -you have to allow things to occur naturally. Nothing forced ever works out -let them come to you.

It's not always about winning and losing in life. Some battles are best lived unsung. This is mostly to save face but sometimes in your best interests not to fight. Always rise above controversy these adversities in life will only make you stronger. In the long run you'll thank yourself later sparing yourself the unnecessary heartache.

My mind is rather quiet these days. I don't have much to say, but I feel better now. Just continue to move forward -I'll have to remind myself. Such devastating losses in friends and relationships are nothing that anyone should find easy to overcome. Everything heals with time, should just be thankful -never stop counting my blessings in life. At the right time when I'm ready everything should come together again, that I hope.

Some things never change -most of all people. It's not that I'm any different now with or without him but we hope that it's for the better that we part. Unfortunately you can't get everything you want in life. Sometimes you click and sometimes you don't. Not my happily ever after I envisioned for myself -in love, in a psych ward. I guess it was all in my head afterall, just my imagination playing tricks on me, running wild.

Never take anyone for granted. Life is precious, short, and never worth aggravating the ones you love while you recover from what ails you in life. Share less problems, the less you share, the more positive memories you can share. The most important relationship is your relationship with yourself and how well you take care of yourself. Until you take good care of yourself can you be a positive influence on others.

When you love someone you would do anything to make them happy. That includes putting your needs aside in place of theirs -do what you think will please them. Sometimes this helps us with our best decision making and sometimes to our detriment - at our expense we please others. I guess that's how you find out who your best match is for you in life, whether their needs pleasing their needs brings out your best or your worst. Everything in life requires balance including meeting the needs of the ones you love and in all relationships. Therefore always use your best judgment on top of everything never quit applying basic skills general sense of moral and principle to your decision making -that should ensure common sense is always at play not ruled by the feelings of others which aren't always correct nor lead you to the best decisions. Pleasing others is one step toward happiness and self fulfillment but always use your best judgment at the end of the day, be compassionate & empathetic without sacrificing your basic needs as well which is to feel whole complete independent with or without them needing you all the time.

People will always say things to cause you to think things, say things, repeat the harm its called a cycle. To break the cycle don't contribute to your causes for paranoia by similarly spreading rumor or defaming others it is what is making you look bad. To rehabilitate your good character sometimes you need to just be quiet, listen more, talk less. Everyone is going through a difficult time right now it's not just you. We all suffer we all experience pain & failure in life. You just have to keep moving forward. Rehashing the past is not going to help anyone including you it only makes everyone look bad. Represent yourself first before others, if you figure that much out you make it half way out of the insanity caused by rumors & people talking \$hit.

Sometimes you have to learn how to just let things go. Talking \$hit only makes things worse, it makes you worse off and those you talk about worse off -it's never the way forward, only causing mental illness and paranoia. It is not required we be accepting of all people, it helps, but sometimes you have to learn how to just coexist especially online, with hashtags shoutouts were never meant to cause harm only to tell a story with citation, how I was trained. If you do not wish to be included do not bother me or cause me trouble or grounds for inference leading to paranoia, why I include no one. I don't care about the past, what's gone is gone that's my personal life and previous associations none of anyone's business -don't try to then make it my business by hurting me. That's mean. I do my very best, thoughtful of everyone's opinions not just my own, I am a Law Student, it is second nature for me to hear everyone's side, and arguments.

If we could be anything in the world what would we be? Where would you be without your family, friends, and loved ones. Much about life requires us to weigh the positives too, not just the negatives. It's important to be grateful everyday, this helps you stay positive moving forward. What drives you in life? What do you live for? Having a purpose driven life means being goal oriented and living life for some higher purpose greater than yourself or for your own benefit. It takes a

long time to find higher purpose. Most of the time we get stuck in daily drama and mishaps and forget to look at the big picture. The big picture helps us to put ourselves into perspective so that no problem is too big for us to deal with everything in manageable loads. There are so many reasons to live, surely not for the acceptance from others, then you'll never be happy -trust me I would know. I do best when I'm achieving in life, acceptance comes later, you just have to continue believing in yourself -you know yourself best don't let the opinions of others affect your self esteem or how you feel about yourself.

If we could be anything in the world what would we be? Where would you be without your family, friends, and loved ones. Much about life requires us to weigh the positives too, not just the negatives. It's important to be grateful everyday, this helps you stay positive moving forward. What drives you in life? What do you live for? Having a purpose driven life means being goal oriented and living life for some higher purpose greater than yourself or for your own benefit. It takes a long time to find higher purpose. Most of the time we get stuck in daily drama and mishaps and forget to look at the big picture. The big picture helps us to put ourselves into perspective so that no problem is too big for us to deal with everything in manageable loads. There are so many reasons to live, surely not for the acceptance from others, then you'll never be happy -trust me I would know. I do best when I'm achieving in life, acceptance comes later, you just have to continue believing in yourself -you know yourself best don't let the opinions of others affect your self esteem or how you feel about yourself.

We can't be perfect always. Sometimes our timing is off and everything goes wrong. It's not the end of the world. We can't read the mind of others, sometimes we can't even control what goes on within us. It's a loss of control of self and the direction of our thoughts that cause us mental illness and debilitation. Writing and reading is so important for the process of recovery from mental illness, learn how to gear our thoughts toward the positive and how to control the intake of negative voices in our minds. The more we listen the more we grow. The less we react to stimuli the better off we will be. Don't be anyone's experiment in life -always be in control.

Don't let others interfere with your ability to succeed in life. There will always be haters, i.e. people not on your team in life and that's okay. Don't engage in argument that just makes people pick sides, don't allow others to force you to fight back, that only creates teams. Best you can do is always be diplomatic. Never lose composure, don't allow others to defeat your peaceful progress or affect your goals of peace in life. Don't let others make you suicidal when disabled unable to achieve your goals in life. At the end of the day those who harm you are the ones who suffer, always rise above, and continue to wish everyone well. Your success in life should never negatively impact others, it's all in their head. Don't fall victim to hatred toward you or bullying.

Always wish others well no matter how upset you get, less is more, better to bite your tongue than express grievances out loud. People will continue to harm you

only if you allow them to. Your happiness threatens unhappy people because they do not feel you deserve happiness, always prove them wrong under those circumstances. Life is all about letting the best person win, those who are most composed tend to be winners in life, those who more easily lose composure are the ones who struggle in life and some of us die. Best to keep sober, clean, celibate marry have families and children -and don't let anyone ruin your positive outlook in life and success they're just jealous. In order for others to be happy for you you must represent what they think is deserving of success so make money lots of it and earn the respect you deserve rich or poor.

There are plenty of ways to see forward. You can either see your glass as half full or half empty. That's your decision. Just don't be surprised when depression hits - allowing negativity to affect your day. We feel most defeated in life when we succumb to negative voices -those who are people pleaser are most vulnerable, pleasing the wrong voices can often times lead you astray. To avoid being misled in life, caught off guard, put in uncomfortable positions in life -always stay true to your values and have a sense of faith. See the good in people and don't beat yourself up too much, it happens to the best of us.

It doesn't matter how long it takes for you to get there but so long as you know where you are going in life you should never get lost. These things take time: love and career. It's not always obvious at the time which direction to go but if you follow your heart you will always end up in the right place at the right time. Being successful in love and career sometimes requires you to take risks in life -never be afraid of a challenge.

Life hits you hard sometimes. And you don't know how to be. Always behave with class, appropriate, you'll thank yourself later for it and be glad you did. It's not required you respond to negativity, but if you do, don't let it get the best of you -afterall they're just voices. You choose which voice is heard, yours or theirs, always represent yourself best. People will try to make you uncomfortable or bring out your worst -don't let them. They do so to make you say things to compromise your position of power in life -cast you off as underserving of the position you hold in society, well earned, by your own merits.

Nothing is given to us in life, including answers to problems, that is something we must all figure out for ourselves.

## **Chapter 14: Campaign Fundamentals**

### *Identity Management*

Identity is how you define yourself in relation to others. It's what you identify with that matters, and it is what you identify with that affects your psyche. How you feel about yourself, is based upon the thoughts you have of self and others. There are many ways in which we choose to identify ourselves, by our likes

(Facebook) and by our dislikes. That is how we differentiate ourselves from others, and maintain uniqueness of identity. Identity management is important for three reasons: (1) peace of mind (as stated by my Mother in the 90s in her Book), (2) kindness toward others, and lastly (3) kindness toward self. Without these three components one cannot achieve happiness, nor be content with one's identity. It is for these reasons that we are told to "better ourselves everyday" quoting my Father. This is how I was raised, to believe in myself, and to always do my best. That is how one maintains their sense of self and positive purpose in life, not to live for others necessarily, but first to remember to live for themselves. It is those positive, with positive thoughts about self and others, who find the most success in life, whereas those who find problems within others, the most negative. It is about our responsibility to be detectives in life, and follow the problems of others, there are spaces for that, professional and confidential spaces for that, not in the public sphere. The best way to stay on the "grass is greener side" of life, is to represent self best, and upon all others things in life, will guarantee to fall into place for you. So long as you remain silent, and do not listen well, the worse off you'll be. There are always forewarnings in life and people who care, they correct behavior. I had a talk on my porch last night to myself, I suffer from mental illness, and correcting behavior, and that is the bad behavior of others that causes bad behavior in others, and it is through good behavior that positive endings result, that is true. #NYCY

### *Identity Crisis*

Identity crisis results from a misidentifying of truths within self and others. It is based upon: (1) what you believe to be true, (2) what you see, and (3) what you hear. Not everything overheard is for positive conduct to result, this we know true based upon how we respond to others when we are in crisis, not bring others to grips with our sense of reality, change the lives of others, based upon our wellness for the times, accepting of how things are, or by our own unhappinesses in life, try to change the perspectives of others. It's not the responsibility of others to pick apart people who come forward, and against tremendous odds against them able to speak, to that which is bothering them, or causing them mental illness. Being taken apart is much different than being picked apart, and sent off in life in a different direction, paints a much different picture of where someone is at in life, versus where they want to be in life, included or not. There was once a basketball player who changed his name to Meta World Peace known for jumping into the stands at a taunter, then later as a known offender, changed his name to Meta World Peace. That was a mistake on his behalf to represent a cause for which his own actions do not accurately represent. That was a misnomer on his part, to take on such a heavy campaign before everyone had started campaigning for those causes he felt necessary to play for at the time. -Out of desperation sometimes we respond to causes we see fit.

In my life, I experienced just the same, when experiencing behavioral health issues, due to alcohol and drug abuse, my decision making off, mistreated. And

upon mistreatment there was a loss of respect for me. Whenever people lose respect for us, based upon our behavior or level of perceived intelligence, it is our responsibility to undo that harm, by doing well in life. Remember always it is never the victims fault. So long as you enable others to think poorly of you, they will think that you either did or deserve to be mistreated in life, and put down, and because of their mistreatment of you, based upon their misunderstanding of you, accepted or not, free themselves from taking responsibility for your actions or inaction in life, or inability to respond, based upon a set of recurring circumstances knowing your weaknesses in life, re-create circumstances to bring about those weaknesses in character to see how you then in the future respond, based upon their need to control outcomes or your personal behavior or reaction to them. That's called trying to get ahead in life, or a headstart on issues, being the causing agent of harm, and then vindicating themselves from responsibility to those harms, by pretending as though everyone has the same information and assuming everyone has made the same or similar deduction about your intelligence, abilities, or inabilities in life, further separating you from others, and your ability to assimilate, while freeing those who wrongfully accept blame, be made to feel sorry for, while making the injured appear as deserved or because of their own faults in life, or circumstances are the way they are separate. It is not for those reasons, people separate in life, or made separate, but it is for the wellness of others, in good merits, are treated like or unlike others, or grouped among the well, or the sick. It's based upon how people feel they are being judged resituate themselves among or separate from, to separate themselves from what is causing them illness. No one self-centeredly steps into a situation that is ill and expects not to be well after leaving a situation, that is at cost and expense to the well to figure out what is causing illness, and then do their best by example to lead a healthy life, not healthier than most, to prove that wellness can occur upon focusing ones thoughts on the positive attributes of others, past or present, in lieu of what is bothering them whether triggered by the one put to shame, or triggered by any other instance of non-acceptance of them as not well. Do not be ashamed when you are wrong about people, or do not accept them the way they are, think they are something that they are not, eventually people either prove themselves well or prove others wrong, that need not be a debate proven, who had ill thoughts about others presently or in the past and for what reasons judged or misjudged.

You cannot stop time, and you cannot correct the behavior of others, or poor judgments of people when they are well, based upon seeing them as alike or akin to someone deemed to be a sick person, then assume based upon those judgements of them that they are sick to when grouped among, and based upon the characteristics they exude post exposure, illustrate a likeness based upon those exposures to someone who bears guilt, either for their own wrongs, or for the wrongs of others, toward them and their families. For those reasons blame is placed, not specifically on the wellness or good character of others, are they deemed responsible for the losses of others, but on their own merits, by their own conduct, do people receive blame for their own losses or for the losses experienced by others. Its easy to blame people when we do not see well or think



that circumstances are not good enough for the liking of individuals of interests as similar or less than capable of achieving my imitation to the likeness of others, associated. That's not how to treat people as trying to be like one another, but accept people just as they are, without focusing on stories from the past about them as dictating where they should or should not end up in the future or to judged them based on where they are now, as relevant to their conduct in the past, as you know and recognize them, now presently, or upon interaction.

When I decided to go to law school, I never assumed that my actions would be of consequence to the interpretations of others, but when I began reporting, I realized how grave non-acceptance of me in the past occurred, and tail spinned into mental illness moving forward no matter how much I achieved and no matter how much good I was able to contribute to a good perspective in life, which was taken from me in the past and misused as energy to see and paint a different world, before I had an opportunity to arrive to the present. Some of us have difficulty letting go in life, and some of us are more accepting of others, than most see fit, and it by non-acceptance that people are included or not included, or given jobs in life, set apart from others, or made to be more like themselves that image they project about them, or taken apart and image of them shredded as not good enough for encapsulating a positive future space in which others can think positively too about themselves and others. You can't call people out as not well when they are not well and expect them to behave differently, its when there is something about someone that cannot be changed about them, that they get identified by others, who recognize them or for features about them that stand out, be called out differently than they appear to respond in a manner congruent to their understanding of that person, and their best decision making, and sense of wellness, and ability to speak, not easily get triggered on the same merits for which past one has been triggered. The past is the past and that cannot be changed, we can only move forward as best we can see, not by what others say about us, but by what we do for ourselves presently create a better life for ourselves, irrespective of the thoughts and opinions shared by others about our sense of peace, and what brings us peace, and what brings others peace, in regards to what happens to people in life, or specific individuals they deem not deserving of pay or success in life, but continue to be treated as less than, in a competitive way trigger spite and incidence for spite and non-acceptance of them. From that point of no return, is the point at which someone is recognized online, then recognized in real life, and devalued not treated as special or appreciated or valued as a good enough responder to circumstances present, as though circumstances present are deserving of a different response or better than made current response to matters presently, based on their understanding of that individuals education and level of intelligence they deems is necessary to represent or not to represent others including themselves. What is considered good enough, is what blends in, not what stands out for the purposes of self-improvement, should always be to better self, not improve self to better others, nor make dependent the wellness of others, upon their ability to stay well or not, that's acceptance of the times, recognizing who we do or do not get along with

and why not as compared to the past, who did or did not get along with whom and why, make circumstances similar to the past to see how bad things occur.

I ran everyday at night for 4 years and nothing bad happened to me, only upon non-acceptance of me staying awake at night and sleeping during the day, was punishment rendered and hospitalized for 14 days, as to credit for wellness achieved afterward on my own, by writing a book, by which acceptance and recovery of the times, could begin, not to initiate people to circumstances they need not be involved in in order to see their lives for the better. You cannot control people, and you cannot control what people think, and you cannot make jealous others of your gifts in life, gifts in life are meant to benefit the wellness of others, by seeing that you are well, those further reassurances of your wellness and ability to stay well, are what guide their opinions of you, followed or not, and by what circumstances or illnesses they seek to exploit the wrong ideas about you, and present themselves to you to see if their ideas about you and justifications for exploiting your best interests serve their own best interests to cause harm to your ability to stay well, or see the big picture, that is what opinion of you they seek to draw, and based upon what opinions of you are made, see to be in the right about you, that's not how to judge others, or their past, to deem relevant to the present to justify on convict a person of being wrong in the past in incidences unreported, or not presently at issue, see them as a victim of homicide and be understanding that their best judgments have been affected by a shared agreement to stay well in spite of odd circumstances, bring about negative outcomes on an individuals purpose, freedoms in life, and ability to adapt and blend in get along with everyone, without being considered a joke, or without consideration for the past, as unattached to current representations of them or understandings of them, be deemed all of a sudden not relevant. The truth always comes out, and its by your actions toward people you deem at fault, or not worthy of having a life, or staying well, or being alive, that judgments are passed upon the well by those who blame their inability to stay well on that person's ability to stay well or be well. You cannot blame the illnesses of others, upon the best decision making a practices of those who are well, assume that because you think things are attached the way they are to a persons good character well or not, that those interests in campaigning are to preserve or defend ill interests toward them or others, as being apart of a shared interest past saught to put into existence presently as for purposes other than their best interests, to label individuals offenders behind their back, and then cause circumstances to create offenses toward them, upon response, then blame them for their responses, or try to cover for responses made when not well, by making things look worse than they are or appear, to cover for another wrong, they deem more important, than your ability to stay well, preserve that image of trust, by taking away the ability of others to trust you, without serving a greater purposes of ensuring the safety of others, with that trust taken away from you, kept by those in need of reassurances to be free from blame, and cause you to be a person of interest or blame, based upon shadowing a set of connections abstract to your behavior in the past, then continuously seek to prove those circumstances occur, occurred, or that because one is not married that one

engages in sexual activity with themselves, and for those reasons they have become ill, and then continuously try to prove illness exists and therefore if illness exists now it existed in the past, when one committed suicide 2009, to free themselves from blame.

How people free themselves from blame by labeling people as perverts or sick people so that they don't get blamed for school shootings, is assuming that because one blogged, one is connected in the past to school shootings, and that because they think they're responsible for the writings of others in a public space, instead of sharing in a private space, that they have the right to prove or disprove that those set or circumstances occurred, and for those reasons continue to defend themselves taking whatever measure possible to cause illness, or prove illness, to free themselves from being set in between as interfering with the wellness of someone who is doing well in life, as creating circumstances to do well in life, as though one is taking responsibility for having known what attachments and judgements they are being interpreted by, and who's side is being taken as to those judgments, as someone in the wrong, by assuming behavior exists that does not, and then trying to prove that behavior exists because they have so situated themselves to connect with people or force connections to be drawn about them or their wellness and based upon what keeps them well in life, judge them in the wrong as well or not, and based upon those assumptions of them, hurt them until illness presents itself, so that they feel better than, and illness is the predominant feature of that individual they seek to defame and upon what merits, cause them illness, without taking into consideration they achieved 400k fans by quotes and through their writing when well, did not purposefully achieve a following of that stance or to that dramatic level of acceptance of them. You cannot justify wrongs against others, as having poor judgment of them and then try to explain later that your poor judgment of them was justify as trying to exaggerate circumstances past and seek to prove those poor judgments of them as the offender or victim.

It is wrong to develop an understanding about a person, congruent to your personal interests, to take on that individual's sense of being as being related to or caused by you to achieve some purpose, you deem worthy of being credited to if they achieve well in life, and if they do not achieve well in life, free yourself from blame, as them not being good enough to achieve wellness in life, and for those reasons become ill, based upon the circumstances put forward to test for whether they are well or not, and by what merits they are judged as being well or not, and who to credit for that wellness, wellness cannot be used as credit for achievement in life, to present a bigger picture of themselves as well or better than one they deem not well, then take credit for that person's achievement in life as based upon their understanding of that person's ability in life, in private or public, cause them illness so that they cannot perform well in private, in public, or among others, react to all situations causing them discomfort, intimacy, unwanted. -You can't therefore continue to resituate yourself among, or separate others from their ability to stay well, by classifying them publicly as not well or deserving to be among, and then further justify that distinction as based upon their online

presence as not being good enough, for well treatment, of them, and based upon those determinations of past interpretations or past online behavior judge them as deserving or not of graduating from law school and argue that they did not finish law school because they blogged, and for those reasons did not graduate, without taking into consideration their wellness prior to beginning their legal education, and with that handicap was still able to achieve in law school, not create a new handicap for them, based upon an abstract set of ideas about them as well or not. And see if based upon those similar pressures in life, or if like circumstances occur that one will similarly respond in a way that is not well, or just the same not well, as those who do not respond well to others, group as similar. -You can't resituate yourself to transcribe blames upon people, based upon assumptions, without adequate notice of the circumstances one has set foot in, and see if manipulated upon interaction if a similar set of circumstances occur as related to them presently, to argue that that is how things occurred in the past and because of their behavior online as knowingly having connections to the past, or knowingly having connections and capabilities of connecting others to them, absent the creation of social media platforms, deter others from believing in a greater solution other than themselves, or their primary purpose, to defend their wellness past by needing illness to occur to justify their inability to achieve well, because of how they feel, make happen illness, so that they feel better, that they are not to blame for the illnesses of others, wait upon disruption to that persons ability to stay well, as if by agreement, their wellness is based or though if by agreement illness occurs as to statements made by them well or not.

When there is a general understanding about a person to who is experiencing illness, it is not for others to judge them as ill, or by their wellness, judge them as deserving or not of doing well in life. By the time one is misjudged as ill, they face a recurring standard of treatment of them as not well, that's too late to reverse in the public sphere about them, as they will continually be tested to prove as experiment their set of ideas about them, in a forum that is beyond their scope of understanding as they put themselves together. That is not a purposeful focus on oneself, who is trained to help others, but a created circumstance to exclude a member of society from achieving well in life, and being apart of, already assumed to be the bearer of guilt for the wrong committed by others, as influenced by their ability to stay well or not. You cannot understand the illness of others, you can only be compassionate, whether they are the causes for their own illnesses or not, we cannot judge them for their illnesses or weaknesses in life, or consistently trigger or bring about consequences for them not in their favor, spread a widespread belief about an individual deemed not worthy or deserving of positive treatment, if by mistake one is arrested, then everything thereafter they are not responsible for those negative judgments of them thereafter, as a product of the initial misjudgment of them, triggering consequences for behavior as not attached to the initial insult, but ownership of best interests taken by the one to whom insult is made, given and received by as responsible for their actions thereafter. The main point is that its too late to compromise with someone who is insulted by the misinterpretations of them, or too late to persuade those who think

they are better than or more well then or better off that they should see like or similar to someone who is not well, expected to empathize with them. There's a reason why we do not empathize with those who are not well, and that is because it causes illness, to empathize, and unless you are well, you cannot empathize with someone who is not well, and make them feel better about themselves or others, or the perspectives of others. By the time a shared understanding about you is made, as to your condition, or the purposes for treatment of you as attracted to not well, to judge as not well, and error has already occurred as to the treatment of you as well or not, based upon book recommendation and illness experienced thereafter, is the connection to ill, or an ill incident as shared by someone who experienced illness themselves. -When someone knows or thinks you are guilty of something they see that you do not see, based upon their connections in life, deem you are not well, and then try to prove or take personally, your wellness as offensive to their ability to function and live life in acceptance is a product of a need to be heard by someone who has harmed you but does not want to take responsibility for harms occurring thereafter as related to the previous judgments they seek to have existed or purposes for which they think poor judgment of you was passed, to create a side against you and further justify that side with interests other than the best interests of the parties of interest to that which they seek to relate to prove points presently, as occurring or to prove previous actions toward an individual as deserving. -If you don't know or understand why you are being judged, then that behavior cannot be corrected, when there is lack of acceptance of you and a greater need for acceptance of advisement as given as serving the best interests of someone, not deemed by their own opinions as responsible for the illness of someone who is well and then becomes ill for reasons they do not understand, written and shredded, read only by one neighbor. Then by the time the future occurs, decisions have been made as to the opinions of others about you as able or not to represent yourself or others, to the matters certain or relevant, by that time its too late to compromise, decisions made without your permission by the understanding of others you do not get included to that shared understanding, and that continuous separation from acceptance of you is used to further justify their non-acceptance of you, to prove later points of harm occurring as related to your best interests they seek to prove as containing a negative viewpoint for the future not a positive insight as to the past, to say that it is your vision of the future that is negative causing the negative outcome to occur, not their pre-judgment of you as not well enough or fit to be liked.

Identity crisis, means one of two things: (1) one does not feel good enough, (2) one does not feel they have the potential to succeeds, and (3) one feels helpless. These are all general characteristics of victims of crime, and those who suffer from trauma. To feel helpless, and incapable of achieving, that is a natural reaction to stress. But not impossible to be undone, says the US Supreme Court, not impossible. -Its what you think of yourself that matters most, not what other people think of you. Often times identities can be easily finagled and changed, based upon the thoughts that others have of you, that is how one is misguided in life, and how one resents, and finds bad luck in life, reacting in reaction to others,

for others, they become negative, once they translate to act for oneself, one begins to empower themselves, but it is through careful guidance, only through careful guidance that one in a state of trauma, can achieve hope for themselves, and regain their abilities to try again. I have experienced this for myself to know how this occurs, its who you trust that matters. Always be careful of who you trust your thoughts with they can be used against you, to translate to negative cycles for you or hardship. This is why we have professionals to tend to our needs, not just friends, professionals. -Its never wise to rely on guidance from others, whole heartedly, when you are not sure of yourself, be easily misled by others. When in positions of trust, one bears the responsibility of helping others without causing harm to themselves, these are the risks we take in exchange, not faiths.

When there is a changing of faiths, there is a change in acceptance granted. With that acceptance, trust is questioned, and whenever trust is put into question, stress occurs, on the decision-maker, to accept the reactions of others, or to make changes themselves. We cannot predict the future, we can only at best respond to now. It is not the responsibility of others, to take on positions of trust deemed not worthy of trust, in exchange for acceptance or in exchange of trust.

## **Chapter 15: Setting Examples**

Setting examples is never an easy process. It requires work experience and through those experiences you are able to set examples to other professionals, I have my work experience to thank for setting a good example for me to help mend ties. It is not the responsibility for whom acceptance is granted to further that acceptance upon others. Acceptance is granted when one is good, not when one another is in competition for resources, or care, that's never helpful. It is no wonder, how examples get set, by good behavior and good behavior alone.

The inner-workings of people, are their right to privacy not the responsibility of others to fix. That is not the role of friends, to fix one another, during times of need, or play Doctor. Friends at best support one another, but its never their responsibility to fix one another's inner emotions, that's for professional guidance. Nothing inside of you ever needs to be brought out, or provoked. To fix any inner traits that need be put forward, one can express themselves through writing, find patterns within and in themselves, figure out where they are going wrong in life, make themselves better suited to care for others, and that starts with self-care. That's called overexposing oneself to bring about consequences, to shed light upon the issue of overexposure, not necessary. Always seek medical help.

You cannot make happen in someone, a characteristic or trait, they deem necessary for companionship and acceptance. That's not how to make better someone during a time of need. There is a way of helping others, that doesn't require any benefit be run from the grantor or the accepted, from the giver to the receiver and that starts with trust. Upon trust, a relationship can be built, and

when that relationship is built, that trust can be felt, that's not by bonding that that occurs, but its by representing yourself well enough to know your limits in life, and when to stop enabling others to cause harm to you or your reputation. That's not how to make better others, by stealing, love is not required for friendship.

How one gets to know someone, whether close to them or not, and dependent of following, one is followed and understood, the rest one is not responsible for those who overlook but do not follow in public the likings of any contributor on social media. That's blaming someones freedom of expression as not fit for comfort. Someone who shares their mind, is considered a positive characteristic of someone who is trying not only to be accepted by others, but also to find acceptance within themselves. Don't allow people to hurt your good name or reputation, out of selfish needs, or wants in life. That's not how to make a better person better, by preying upon their weaknesses, to see how strong they are, and based upon those strengths worthy of your attentions.

Dr. Seuss on Twitter, once said: "With your head full of brains and your shoes full of feet, you're too smart to go down any not-so-good street." Over acceptance and lack of acceptance I committed suicide 2009 and for those reasons I am not trusted, and that makes sense, it sure does. There is nothing I can do presently or past by work experience to undo that wrong, and that's what's the matter. (See: @drseuss1904).

Wherever we go in life, is much a destination, not an opportunity to fix the past. Mind you. *Dr. Seuss* on Twitter, once said: "Nothing is going to change, unless someone does something soon." Change must first come from within in order to see output, or change within your own life, whenever something or something goes wrong, that is clear. He then stated: "I'm glad we had the times together to laugh and sing a song, seems like we just got started and then before you know it, the times we had together were gone" (@drseuss1904). Or so it seems or so it seems, together gone maybe, but at once we finally are together, as we stand, separate or apart.

If you perceive something as wrong, then maybe its wrong, and maybe you're right. That is how we decide who is wrong and who is right, by a consensus opinion, and by consensus alone do we decide who is wrong and who is right. If I am not right "correct me if I'm wrong" then that is for everyone to decide, says The US Supreme Court, not for any one individual, any one party, or group to decide how to be right in life, that is one of life's blessings, to achieve and then be included, those spots are earned, by the trusted, not necessarily the brave, but by the trusted.

I never once thought of myself as perfect, if so, I would not be in the position I am today, so forgiving, and so hard on myself. Maybe that is why others have difficulty accepting me and settling down with me. For whatever reasons, they found difficulty accepting me, proposals were given by two, but due to non-acceptance of me, walked away and here I stand now. It is my duty and honor to

help others, not a right, and so easily can be taken away, if not done right, I believe *Dr. Seuss* would reply. That is very true, we have specialists and professionals for the task of writing, I am very new to this game of writing, have been practicing writing online since 2013, in good humor, in jest, in turmoil, and for all the rest who stand still.

Now is the time to be serious, and take nothing lightly, because 2013-2016 was such a failure, I began writing and updating my website: [mymollydoll.com](http://mymollydoll.com). That is why I write in a self-help style, to help all, not just myself, but need be, of course I benefit from my own writings too, whether or not I have time to sit back and enjoy my writing, that's the saddest part, I have no time to digest what is written, I keep writing. Dr. Seuss wrote a similar methodology to #bloggingcampaigns poster "code, connect, grow" by me, he wrote instead "Read. Travel. Read. Ask. Read. Learn. Read. Connect. Read." That's good advice from someone who reads a lot and understands patterns, that is someone to trust, obviously not I, please read @drseuss1904 for starters, he gets one comes before two to the Constitution, I just figured that out.

## **Chapter 16: Building a Campaign Online – How to Think with Support**

The primary purpose of my blogging online is to provide a service to the community, that supports others during a time of need. To raise awareness of the issues I self promoted on my Blog which was popular at the time on Twitter, as noted by *Vanicy.com* (Spring 2015). I have since grown out of *Twitter*, and have started writing on *Facebook*. It takes time to find ones self as a writer.

As a Certified Crisis Hotline Counselor (2004) I felt compelled to help. I had recently left Law School and watching the News was very disturbed by what was going on. So I thought of a way in which I could help by sharing my stories online, in a way that I was taught in Rehab and through Alcoholics Anonymous, stories that inspire hope and offer some kind of a lesson that has been learned from those experiences. They call those stories, "experiences which offer strength and hope." Not allow trauma to take over control of my emotions, and see the positive, think in a positive light about myself and others.

So I created a Campaign for a Campaign online. It is very common for many to support Campaigns online. I am no different. Instead of posting one blog post, I posted many, and hashtagged many with a hashtag I created which was later changed. There is nothing special about my ability to Campaign for a Campaign, I had to launch the Campaign on my own, without the help of anyone. I had to become well known on my own without the help of anyone. And I had to create a name for myself online without the help of anyone, and be respected as a professional writer online, that took many years.



You cannot find comfort among victims of crime. That's not how to empower one's self. It's by what you do to get strong, that helps enable others to be strong. When you yourself are doing well, and appreciate the times, then you realize how far you've come and the progress you have made toward building a better future for yourself. You cannot connect to those who see differently of you or others, think that because you are a certain way, means that's you are a certain way. That's others assuming who you are, and by those assumptions pass judgements upon you as deserving of respect or not, as well or not, or better off alone or not. You cannot size people up based upon the conditions they exude toward you, everyone responds differently to different stimuli, you cannot judge a book by its cover, and you certainly cannot not be accepting of those who come forward. There is abuse, and there is misuse, those are two different things. There is trust and there is lack of trust those are two different things, you cannot displace someone who you think is not good enough or not fit for the bill, that's not fair to assume ill intent of someone, who you do not know, and based upon that judgment of them, create circumstances in their life so that they cannot succeed in life or not do well, based upon a previous connection. That's not fair to do.

To launch the Campaign I created a Tumblr account, a service suggested to me by a friend, from which to share my thoughts. I had to establish a Methodology and a Purpose for the Campaign which was clear and which those participating could adhere to, guidelines for the Campaign, to help direct those following how they could contribute, by what means, and by what methods, what was important to focus on, Entertainment not Violence. That at the time I thought was a good idea.

I have worked with Children in the past, but this was by no means a Kids Campaign. This Campaign has and always has been a Campaign for the Professionals in the Helping Professions who provide care to those who have been affected by Violence and School Shootings. It is never beneficial for any Campaign to direct, boss, or draw unnecessary attention to Victims of Crime. That is not my purpose to address them and has never been my purpose to address them. It has always been my purpose to help the Professionals, Professionals like me who have been affected and traumatized and what we can do best to lead, maintain steady footing, and be strong for everyone else, that was my concern, and that was a concern I sought to address by creating a Campaign for a Campaign. What's different now? Over time if you do not practice self-care you burn out in the helping professions, it requires both an empathetic person and someone able to show compassion, patience, and forgiveness for wrongs, in order to see best the positive, and to continue to shed positive light upon others, including one's self. It's not for anyone to judge how money is made, or where others invest their time and their energy, whether worth it or not. What gets related to our sense of being, is what messages get relayed to us, as being positive,

fit for leadership or not, and whether by those standards of judgement deemed worthy of being listened to, advice heeded, or rendered insignificant.

Self-Help Counseling Services? I am a Certified Crisis Hotline Counselor, therefore it is my duty, during crisis, to respond to those in need. That is a Professional Responsibility, I felt morally obligated to help, and get involved in a positive way, not for myself but for everyone else. The times have changed.

There is no personal benefit achieved by putting myself in a public space and sharing stories online, but loss of privacy, which I held dear for so many years not participating online on social media, seldom. Self-Help in that no one is obligated to join this Campaign for a Campaign, no one is obligated to adhere to any code or any advice for what guidelines to follow, this is simply an idea, one way in which everyone can get together and contribute in a uniformed way, collectively, and in an organized fashion which can be understood by all as a group effort to provide services to those in need and group effort which is noticeable, easily understood, easily identifiable, not secret, and out in the open for everyone to decipher and pick apart, figure out from which stories were stories made.

An Entertainment Campaign, I felt perfect for assisting those who have been experiencing trauma, to get outside of themselves and get away from the stress and re-traumatization of following Professional Campaigns such as Brady Campaign, struggle to get Bills passed, while Gun Violence continued to ensue. This I considered to be a positive distraction, to ending Gun Violence. Not only was blogging a positive distraction for Professionals in the Entertainment Field, to come up with ideas and create new material from, but it also helped them to raise money to donate to Brady Campaign. Why Entertainment? Its who you connect to that matters, as to how you see yourself as strong or not, better than, or able. You become who you see yourself as, best to always focus on the healthy role models in life, for living life, best as you see fit for yourself, not give in to peer pressures experimental with others. Its when we are insecure with ourselves that we experiment with others in ways that they find insensitive, and immature. We all have our pitfalls in life, and burn out is one of them, don't allow others to hurt your sense of being. Those who are well are always there for us, you need only ask for help and assistance, when needed not when not needed.

You can only contribute best your best when you are best. That's not how to treat others during times of stress, as less than, but let people be themselves, and allow people to grow no matter what your perspective in life is, well or not well, live life, and not succumb to the weaknesses of others, learn how to say no, and not allow people to walk all over you in life. Be strong.

*mymollydoll.com* was founded September 2013. I have spent many hours and many years assembling my website and online personality, and it has not been

easy for me to put myself out there and lead amongst many successful people, and expect them to pay any attention to me or my ideas, this was a risk I took, and never used my diagnosis as Bipolar as an excuse to step away from what has been built. This Campaign is not a mentally ill idea, it is a very simple idea. To Blog and have that material blogged be reused for music and film. Simple. And for the proceeds from that material created, a portion be donated to Brady Campaign for such use. A very simple Campaign for a Campaign, without interrupting the Campaign itself and the services they provide, and without critique or condemnation of others abilities or of the Campaigns ability to perform on its own and raise proceeds, but just be an additional support system to them and everyone at this time.

As we prepare ourselves well in advance for the future we [can] enable ourselves to have greater control of future outcomes. The causes for illness and terrorism are not always known nor need be under[stood] or picked apart. What's more important is for us to figure out whats working and continue to systematically put into place the appropriate safeguards, taking preventative measures required to alleviate the causes for acts of violence. This is why I Blog. It's not required I prove the significance of my Campaign only do my part which is to write –a job I've stuck to since I began Blogging on Twitter 2013. Now's not the time to worry what others think but just believe in myself that if I stick to it the outcome will continue to be Positive for me, for all of us as we learn to grow and appreciate one another for what eachother is worth not undermine the dreams of others but keep faith in the impossible and realize that by fulfilling simple goals in life we can achieve a great many things as a whole. All it takes is belief in oneself one can grow, blossom, and eventually be accepted as a Professional member of society and be taken seriously. It's unfortunate that it has taken so long to achieve respect and be given the opportunity to write and study without interference or negativity from others, but be accepted as a worthwhile cause.

You never fully appreciate the work that has been done until you see a socially acceptable finished product. Be thankful for every moment and every opportunity to participate for causes greater than yourself where one is criticized another has been strong.

With help from friends anything is possible and nothing is difficult as it seems. The better we listen to one another, the better we can help eachother overcome obstacles standing in the way of Peace. Fighting is not the solution. Passivity is not the solution either. Direct communication is best, listening from trusted sources and speaking to them directly about your concerns, and to share your ideas. This is not my methodology, but by my Crisis hotline manual. I was taught that in order to resolve any conflict it's best not to talk through people, but speak directly to those in charge, not drag unnecessary third parties into a conflict that

can be resolved through direct communication rather than talking about someone, to speak directly to them. That was my understanding of how to quickly deal with a problem, not make things worse, and how I have managed to get involved with Gun Violence Prevention Campaign efforts, and speak now in a trusted supervised space. I'm not manic, I'm not power tripping. I have no desire to be famous, I'm an Influencer by Credentials not for self-promotion or Business Goals separate from #BloggingCampaign #BradyCampaign and #MomsDemand.

I've been trying for 4 years to grow and mature online, able to settle down and blog now to my Audience. –[What I have achieved has been based on my ability to conduct research and set sound goals, knowledge of how to write and thesis and how to conduct research. Why I have always focused on] writing for research purposes. Self-help purposes, more than an Entertainment purposes, which I've been doing for 3 years and recently changed focus [to a book].

Hope that explains why I was a Comedian and now a Volunteer Quotes Blogger and Researcher to Mom's Demand and Brady Campaign. Our needs are different now because my role has changed I'm in a structured environment now since [UCLA IOP for Thought Disorders], while building databases of Quotes and Fashion for my Websites, while re-blogging and composing original material for use and re-use. –I learned how to be a Multi-Genre Writer in my Upper Division Writing Course at #CUBoulder. I wrote how I felt at the time, I've been through a lot and [have] had no support for my website until I became a tax paid Corporation (2016), to not be copied.

I used to be a writer online of content, that was deemed not valuable (to those who insulted me), to be chopped from the books, why I am writing a book now, something of value hard backed and bound, like the books bound for Human Rights Watch (2013) I sent to them and *The US Supreme Court*, which were loved and approved stories and records from my life. – Not understanding the broad goal of making friends to help influence and spread awareness by means I was able to at the time, based on ability, confidence level, and academic achievement put together a Campaign and a few basic principles to grow from, start from. Music was the first jumping off point, we have grown since in terms of acceptance and sandwich songs about my email journey back from Palo Alto, and can now help influence in other ways on a broader set of terms, deal with problems as they arise, to prevent violence and worsen conflict.

New goal is to be a good listener and problem solver by setting a good example and by sharing helpful ideas and out loud, because sharing out loud in January 2013 helped me get this far, to 400K+ Followers on Facebook for the Month continuously writing quotes as Planned December 2015. I said I see myself doing something with Quotes, and have since followed through, successfully. There have been many setbacks, psych ward and jail, but I make continuous progress in

spite of these failures, write and get jobs, a story about success, no matter what hardships, it is a life worth living, not dying among like I committed suicide (February 2009). I've come a long way, and there's no reason for paranoia, after 10 years of Law School.

To combat trauma associated with Conspiracy Theories and placing blame on persons who hold positions of Trust within our Country is devastating to the overall health, safety, and well being of a Country's Citizens who rely on the decision making of those in elected positions of power to help guide their decision making, and how they invest their time, and to whom. Therefore it is crucial that we do not question our Superiors during times of Crisis as it is their job to provide us with support, not turn on one another because of lack of trust, but instead reinforce systems of support by creating new boundaries from which to establish trust is our job as a community online to be there for one another during times of need reinforce those positions of power and trust by setting a good example for everyone to follow who may be lost on the ground not otherwise provided with clear direction in life based off their systems of support provided to them why and how we can be there for one another online not blame and point fingers in crisis but be proactive do what we do best communicate, positively.

### *Methodology*

Spring 2013 I submitted a study to CU Boulder's Human Research Committee to continue doing research on Trauma and those who provide Crisis Support Services to Victims of Trauma. The specific Trauma addressed were Terrorist Attacks and School Shootings. Purpose: To provide adequate care and services to those in need and understand how we can better support, address, and provide resources for Coping to those in need. First, by focusing on the positives in life. What you are able to do, not get worried about what you're not able to do.

This is why I created an Entertainment based Campaign. To talk about something other than the point of trauma in a creative space without subjecting Victims to revictimization associated with rehashing prior points of Trauma such as The Shootings themselves or highlight any known facts about the Shooters themselves which has the potential to cause trauma revictimization.

The primary purpose of my Blogging online was to provide a service to the community, that supports Brady Campaign. To raise awareness of Brady Campaign I self promoted my Blog which was popular at the time on Twitter, as noted by Vanicy.com (Spring 2015).

As a Certified Crisis Hotline Counselor I felt compelled to help. I had recently left Law School and watching the News was very disturbed by what was going on. So I thought of a way in which I could help by sharing my stories online, in a way that I was taught in Rehab and through Alcoholics Anonymous, stories that

inspire hope and offer some kind of a lesson that has been learned from those experiences. They call those stories, “experiences which offer strength and hope.”

So I created a Campaign for a Campaign online. It is very common for many to support Campaigns online. I am no different. Instead of posting one blog post, I posted many, and hashtagged many with a hashtag I created #BradyMusicCampaign, which was later changed to #BloggingCampaign. There is nothing special about my ability to Campaign for a Campaign, I had to launch the Campaign on my own, without the help of anyone. I had to become well known on my own without the help of anyone. And I had to create a name for myself online without the help of anyone, and be respected as a professional writer online, that took many years.

To launch the Campaign I created a Tumblr, a service suggested to me by a friend, from which to share my thoughts. I had to establish a Methodology and a Purpose for the Campaign which was clear and which those participating could adhere to, guidelines for the Campaign, to help direct those following how they could contribute, by what means, and by what methods, what was important to focus on, Entertainment not Violence.

I have worked with Children in the past, but this was by no means a Kids Campaign. This Campaign has and always has been a Campaign for the Professionals in the Helping Professions who provide care to those who have been affected by Violence and School Shootings. It is never beneficial for any Campaign to direct, boss, or draw unnecessary attention to Victims of Crime.

That is not my purpose to address them and has never been my purpose to address them. It has always been my purpose to help the Professionals, Professionals like me who have been affected and traumatized and what we can do best to lead, maintain steady footing, and be strong for everyone else, that was my concern, and that was a concern I sought to address by creating a Campaign for a Campaign.

Self-Help Counseling Services? I became a Certified Crisis Hotline Counselor (2004), therefore it was a natural reaction for me to respond in that way, to set aside my interests building a website, and blog on Twitter. Everyone responds differently to crisis, its by our education and experience we respond, especially during crisis, respond to those in need. That is a Professional Responsibility, I felt morally obligated to help, not as defense, get involved in a positive way, not for myself but for everyone else. There is no personal benefit achieved by putting myself in a public space and sharing stories online, but loss of privacy. For many years I did not participate online on social media, seldom. Self-Help in that no one is obligated to join this Campaign for a Campaign, no one is obligated to adhere to any code or any advice for what guidelines to follow, this is simply an idea, one

way in which everyone can get together and contribute in a uniformed way, collectively, and in an organized fashion which can be understood by all as a group effort to provide services to those in need and group effort which is noticeable, easily understood, easily identifiable, not secret, and out in the open for everyone to decipher and pick apart, figure out from which stories were stories made. An Entertainment Campaign, I felt perfect for assisting those who have been experiencing trauma, to get outside of themselves and get away from the stress and retraumatization of following Professional Campaigns, which was considered a positive distraction for Professionals in the Entertainment Field, to come up with ideas and create new material from, but it also helped them to raise money to donate to Campaigns.

mymollydoll.com was founded September 2013. My website is still a work in progress, but I have spent many hours and many years assembling myself, to be best suited to help others, stayed in school. It has not been easy for me to put myself out there and lead amongst many successful people, and expect them to pay any attention to me or my ideas, this was a risk I took, and never used my diagnosis as Bipolar as an excuse to step away from what has been built. This Campaign is not a mentally ill idea, it is a very simple idea. A Campaign for a Campaign, without interrupting the Campaign itself and the services they provide, and without critique or condemnation of others abilities or of the Campaigns ability to perform on its own and raise proceeds, but just be an additional support system to them and everyone at this time.

## **Chapter 17: About My Campaign**

### *Background Information About Me as an Advocate for Peace*

When I first put together my website, I had experienced computer loss, and later my computer was returned to me, my College Computer. I'm not sure why my Computer was taken away from me, but I think it helped me put things into perspective. How to cope with loss, be of service to others, and help make a positive difference online, while combatting trauma online associated to violence and gun violence. As a secondary victim to homicide, I am gravely aware of the issues that arrive within oneself, when exposed to violence and victims of violence, understand how to behave, as I was taught, not to watch TV and talk about a trial related to violence and causes for violence, to which I agreed.

My methodology for dealing with violence has always been clear a quotes and fashion campaign, that is entertainment based, and that is why, that is how I was raised, not to discuss topics directly, and how to indirectly provide advocacy to others, similarly situated. That is how I have been able to help others, throughout the years, and how I plan on continuing to help others throughout the years, as an

advocate to victims of homicide. –I don't think there are any credentials required to provide advocacy and to help others, via Twibbon Campaigns online, but if it adds any reassurance I am a Certified Crisis Counselor from Boulder Colorado Since 2004, trained and experienced managing crisis one-on-one by telephone, and providing advocacy to others. I was even once hired by Boulder DA to be a Victim Advocate (2006), but was struggling at the time, with drugs, and had to turn down the job after a few days of training, I was encouraged to try Cocaine and it ruined my Career, image, and destroyed my mental health, I was on Deans List a straight A Student at CU Boulder. And because of that addiction I decided to go to Outpatient Rehab (2006) instead of Betty Ford Center, and became Clean and Sober.

*About Me: On the Blog*

I was once told 'time heals all wounds' by my Ex-Boyfriend of four years a PA who worked in the Entertainment Industry, now a Producer with a Company, he worked in Commercials and TV Shows. That is how I came up with an Entertainment Based Campaign with prior knowledge of how the entertainment industry works from a PA's perspective and work experience, I was exposed to while dating him. An entertainment focus was a great way to combat trauma, a great way to solve problems, and a great way to establish a solutions based campaign with positive purpose. I have many purposes in life, this was one purpose I was able to achieve, become an entertainer online, a blogger. My goal has always been to gather the best content, while sharing my thoughts daily, via quotes about self-help as a Law Student, and self-growth as a blogger. As a writer, it's a very competitive industry, where often times you feel like your esteem is being attacked, and your credibility is questioned as to your purpose, who what why and how, its never worth fighting about, who your influences in life are, that's not what life is about when you focus on other things, not the negative thoughts of others about you, it makes it easier to achieve in life, stay creative, and find positive purpose in life. In order to have purpose, a strong sense of purpose, one must have a theme with significance, that adds meaningful depth whose abstract interpretation is not offensive toward self or others. Such as memorials for victims of homicide, The MLK Memorial. – Generally no one wants to be mentioned, in a blog, positive or negative. Especially not compared to a Memorial, that would be odd to assume Aurora was related to Twitter? Wouldn't it, to establish that viewpoint in a Memorial, made me mentally ill, alcoholic 2013, after leaving the US Supreme Court and writing to them for 3 hours. Why we have mymollydoll.com now, another reason, over a Memorial, interpretation. I took Art History in College, and by my interpretation that is what was being related, visualized. –I may not be a Lawyer but that doesn't mean I cant help people in other ways, even if my life's purpose is affected, with a DUI now, suffering from unreasonable hardships.



## Chapter 18: Blogging

When a writing is removed from my blog it is cause for much pain unnecessary hardship when it starts with a positive such as: introducing myself as a prominent Paralegal and writer online and any and all justifications thereafter for ceasing to engage in bodily contact and communications (readings - correspondences) with people who's needs though important not paramount to my own whom when addressed first and leave last main points of reference necessary to achieve solutions from running a rational basis of thoughts coming from within in presently - get convoluted or misstepped or devalued by prior statements triggered by coordinated efforts to affect first responses upon entry to any public speaking platform of what's at issue present before me is obviously what's before me before me so let's just move forward and be in the here and now understand better not one another is not so important as to understand how to help others or self professionally but it's more about how you feel about yourself in relationship to your goals and accomplishments in life abilities and avenues for achievements what it is that you need to get done in life in order to achieve that that takes time and a lot of effort and patience and constant testing (Sociology, Psychology, Fashion Otis, Art History & Drawing American University of Paris, UCLA Basketball Camp MVP, JD 3/4, LLM 3/4)

I think it's best to save humanity for the sake of being positive not all is lost in love and war #leotolstoy we have what we have to work with is what we've got we can only do what we can what we know is all we've got. It's today's promises that tomorrow will bring and the future is what propels us forward is the past and fear of failure and defeat time lost and loss in general that sends us waves of energy present moving forward that propel us, what we do with that energy, well that is by choice, for good, better or worse, to produce positive outcomes or negative. Always do best what you know best, let no fears hold you asunder. I think that last bits been said before "asunder."

No shortage or values and good character results from the wrongs of others but only by our own wrongs do we limit our satisfaction in life. All dialectical considerations need be made where poison that thrusts so deep we rot in sin blinde to causes for which we feel emptied shot. These truths we hold certain for that which grows in sullen sanctity of the fruits we bear blindfolded devalue with consideration we stifle. How can we see positive buried in negativity to the blinde masses we fold and shake with dishonesty lie until our teeth yellow with shame. We lean not to anyone under circumstances where trust cannot be make we shriek and cry helpless when we lean on anyone but ourselves co-dependent. Independence is the key ingredient our forefathers have lent us to achieve peace from within amongst ourselves only achieved by consensus. Be not who you think

you should be but be all that you can be with the World at your disposal harm no one help only when able to help one self. We map when lost when our tools for success are broken we build new tools hand off to those in power to build a new for us to thrive positively. Communication without consensus can bear no cohesion necessary for positive life skills achieved if blinde in darkness we rot and drown lost. God is happy when we are working together to achieve some positive end otherwise God punishes us for lack of productivity. We are but a product of ourselves can control what values carry on by what we carry out and value in our lives other will follow lead not be lead. We have no one to blame but ourselves when we cannot achieve no recognizable success but unforeseen failure results from lack of faith in ourselves. If I can achieve by thought a better life for myself by providing a stronger vision of the future for others then I hope God will be happy.

The best focal points and points of reference should be built from your memory, what makes you feel good, based upon what you know to see forward, don't create a future based on the past that gets us nowhere. Why I write new everyday like a Newspaper of Thoughts Theories Memories Relevant. The best life is not lived by teams and sides.

It's important to focus on Positivity Tangents, such as points of reference we use for sound decision making, our jumping off points for sound rationale and judgment making, rule making, and basic decision making about ourselves and others pre-judgments or otherwise positive or negative. And for MIT to focus on the concept of unearthing wheels of forward. We had a discussion, joking about at this time all we should really care about is whether humans had wings on their backs or not, and if so should we feel from there to tell the future or from our hearts forward, from where and why? Why is it that we feel lighter when our backs feel airy and our hearts feel full, why is it that we can read more when we sense less behind us, feel more in front of us. What is going wrong that is keeping us from feeling or sensing what's to come. I jokingly then stated, why do people keep doing stuff, that makes us fear tomorrow, that's stupid. You should always live life looking forward to the next day, wake up feeling like coffee. I then started complaining outloud to my neighbors speeching it doesn't matter whether Aaron read what I shredded in 2009 about seeing war overseas over this, he would have never put everything together in between anyways or where we are now, only I am capable of that, seeing now, only we are capable of seeing now, everyone who is here now, among us, apart of now, here now, is why where we are now for better or worse.

It doesn't really matter from which point anyone starts, does it? If we all end up here and now? There are many purposes for my website, and its original purpose was never intended to keep a clean image or improve upon my image, but be a

positive outlet for support, a sounding board, when I was doing well, a runner, everyday. Without connections or systems of support.

Whenever you have a website there exists a necessity for upkeep. Sometimes its better to have something up, than nothing at all, just like physics, we need a huge wave forward, if we are to help both undo the wrongs of the past occurrences and help build a new future forward. I'm sorry if anyone was insulted when corrected, must be changed right away.

Negative commentary is to correct people who are reckless not aware, timing off, don't set me off when well. Now I'm dropping #WorldPeace Motions burnt out. That's unnecessary. -If its weird fix it don't try to understand it, if its violent calm everything down, if it's foggy inform. We believe in Solutions, Not Defenses, Reporting Not Curbed Wordage to Create Leans in any one Direction. That wastes time, our main goal is to always be on time. Where we need to be not where others put us, always in control of our own dispositions –is what we believe makes the best functioning societies. (It was so foggy and violent I wrote everyday online for 4-5 years continuously until we all got on the same page). #WorldPeace = #Clarity of the #Issues, Balanced Perspectives, and is a 24 hr job from the moment you sign up for it, just like supporting a cause or non-profit you never stop making a difference in that department until things get better. Pick wisely. Don't misinform yourselves by reading between too many lines, by making negative inferences, and poor assumptions about others. You only make yourselves sick when you think negatively of others, and it makes others sick when you talk \$hit about others. -I write so much, I'm always clear, I never F with anyone's head, always honest, truthful to a T.

On rare occasions are we given the opportunity to communicate on neutral grounds it is at these times we should be thankful for both what is helpful and or [of] no use but relevant nonetheless. Be grateful for those who share their stories. Without purpose to harm anyone or be benefited themselves in doing so but because it helps shed light on something, a situation, or present circumstance in a way we would not otherwise see had they not shared given their insight into how and why these crimes occur and what has been done to stop them. We have done everything we can and we will continue to do everything we can which includes improving upon our systems of communication crisis response and timing of such responses and prepare those who are new to change how best to cope with the present times not live in fear but [build a better] understanding of the basic ebbs and flows of human progress and communicate effectively with one another in a way that fosters development not stifle one another's growth. We will continue to do our best to implement new sources for coping, provide resources, and strengthen existing strategies while trying new means of communicating once those previously used means cease to be effective in combatting terror. We have

few resources when limited and many when we act as one. You can choose to continue disagreeing or realize once you turn on one you turn on all. Now's not the time for criticism. Now's not the time for complaint over selfish needs. Now is a good time to work diligently. Be prepared everyday for the next day and do your best to contribute to the safety of those around you no[t] put anyone on our soil in harms way because you think deserved or not your problem. Make it your problem to keep one another on track and do what you can in order to promote that positive development in one another. I will do my best to improve. Be strong. And continue providing services online to those in need. I'm sorry for your losses I wish there was more I could do, but I have to be cautious not erratic and be Professional which requires me to process produce and proceed slowly so that in the vent of an emergency we can all proceed swiftly. That's how you prepare one another by adhering to basic standards of professionalism. There are rules and requirements for good reason you either chose to dismiss or follow. If you are harmed as a result of not sticking to those rules and scripts than we apologize if our services are of no value to you we can only help those who honor and respect those traditions we hold dear. Our set of laws that bind and protect our best interests. I'm sorry if anyone was insulted when corrected, must be changed.

## **Chapter 19: Finding Myself Online**

quotesgram.com – They say that, “sometimes you find yourself in the middle of nowhere, and sometimes in the middle of nowhere, you find yourself.” (ilovemylsi.com). (#googlesearch: finding yourself quotes). When I first joined Twitter I did not know what to expect for many years my Account was just a “blank space” online, with no words written or sent but just received and read. I never thought in my “wildest dreams” it would be a place for me to correspond, connect to individuals on a direct citation basis, and form long lasting relationships with individuals and entities who were once complete strangers to me. (Reference: Taylor Swift). When I left Law School in 2013, that's when I began my journey, soul searching. Soul searching generally begins when you feel lost, displaced, and looking for something new to occupy your thoughts. For so long –school provided me with shelter for my mind but when taken away I absolutely lost my mind. Drinking, drug use, and dating followed that Spring 2013, along with the separation and breakup from my boyfriend in Law School of 2 years. That was a very difficult time for me. I felt lost because I grew Co-Dependent on another to feel validated and to receive positive affirmation from – on a daily basis, to provide me with reassurance that I was where I needed to be in life and that so long as I had him everything else would fall into place. –That's not uncommon –to think that if you have one thing in life, then you should have this, this, or that. Thinking things go together when they don't, or thinking things

should come together when they don't, is a common misstep in life. – Rather, I've found its best to focus on "is what I'm doing now going to get me to where I want to be in life." (Advice from my Psychic). –Drinking, dating, and drug use, obviously didn't get me to where I wanted to be in life, set me so far back, I thought I would never recover from those losses. –But found hope for a better future for myself writing online, sharing my thoughts, making a difference online helping others, while helping myself achieve stability and find myself again. Focusing on my strengths has been key to my Recovery and Positive Development as a Writer Online. They say "some steps need to be taken alone. It's the only way to really figure out where you need to be" (Reference: Mandy Hale, picturequotes.com, Google Search: finding yourself quotes). –Going through a break-up or any separation isn't an easy process. In fact, its one of the most difficult hurdles, I've had to overcome in life; recovering from a suicide attempt February 2009, following a separation from my then boyfriend of three years.

## **Chapter 20: Building a Campaign as a Fashion Re-Blogger**

According to mediapost.com "engagement beings with understanding" and connecting "authentically with the consumers." [1] There are so many different platforms today, via social media, from which we are able to connect, learn, and grow. This was the basis for establishing an Entertainment-based Campaign for Brady Campaign. Three words that stood out to me were: (1) Engagement, (2) Authenticity, and (3) Understanding. "It's about considering the way something will be used, and how that will impact the user's emotions, as you market it." [2] Engagement, according to mediapost.com involves not only understanding what the current issues are but also, understanding the impact, by demonstrating clear "attention to detail." Since this is a Victim oriented Campaign, supporting those within the helping Professions, it was my duty to provide to them simple tools which could be used to help promote the services we have to offer and at the same time alleviate any confusion with clearly stated principles and methodologies from which to follow throughout the campaign.

At the time I thought it was a good idea, to group among, so that upon searching for like Campaigns, my Campaign would show up in the Search Engine, but have unique features that would make it identifiably different than the master campaign, and organized in such a way, unofficially, to differentiate it from the official campaign, as what I later identified it to be a "Campaign for a Campaign." Authenticity. In order to connect authentically with my audience, I had to first establish myself as a Professional writer online and a trusted source. I began writing in 2013 under the names @randbocotimes and @mymollydoll on Twitter, which later evolved into Websites mymollydoll.com (lesliefischman.tumblr.com,

bloggingcampaign.tumblr.com, bloggingcampaign.wordpress.com, mymollydoll.wordpress.com, and mymollydoll.org).

In order to produce “insights” as described by mediapost.com, I had to first establish the different ways in which as an Entertainment Campaign, the material I provided could be used. I had to establish a form of communication with my audience, that could be replicated and reproduced through their professional line of work. That form of communication was via story telling. I would tell the same stories over and over again, just as Jay Carney would say the same thing over and over again from the Press Briefing Room, this was a skill I learned watching CSPAN. It adds a level of predictability that gives your audience a sense of comfort, by creating a “language” from which authenticity could bloom. As a Professional it has never been my purpose to be friends with my audience or romanticize goals, but always spoke in a tone that was serious, so that they would easily be able to identify if something was wrong along the way or if I had been harmed during the process of Campaigning. This is why Professionals with lofty goals, Campaigning for serious issues, should always do their best to be Professional at all times, and avoid goofing off or minimizing the severity of problems or level of seriousness to apply to ones work ethic.

We all feed off of each other, this is what I learned about the Authenticity required to Campaign, and to Campaign for Campaigns, be taken just as seriously, and just as effectively assist with the achievement of goals set by the Campaigns to which one supports. That is the role of an Influencer, and the purpose for creating MYMOLLYDOLL. A public entity which could be easily recognized, well known, standing apart from the rest of the Bloggers, and be the platform from which I could establish Campaigns for Campaigns, by giving myself a name and creating a perfect version of myself online, an image I created for myself, to run this Campaign. As an Influencer (by website) I played an important role in not only generating support for a Campaign via hashtags and participation online, but also helped establish a new Campaign which was Entertainment-based for a Non-Profit Brady Campaign to help them raise money for their Campaign (attaching a link to my Website where they could click to access the main Campaigns donation page). It’s a misnomer to say that Campaigning for a Campaign was used to establish my image, no that was not the case. An image must be first established online in order to address a large audience (1), and (2) once you have followers and able to address a large audience, you have to establish yourself as a writer and trusted source, then (3) as a recognized Professional you can Campaign for Campaigns.

How did I establish MYMOLLYDOLL as a Professional? This brings us to our third point, Understanding. I have a keen understanding of trauma, based on the research I completed in College on PTSD and Psychotherapy, in addition to the

research I completed online (on Library Databases) on Vicarious Trauma, Trauma, Sex Assault, Advocacy, Victim Advocates, First Responders, and Crisis Hotline Counselors. Vicarious Trauma was one of the few areas studied. Much like Entertainment as a means to combat terrorism and shootings. This was an area I chose to study, based on my research skills and understanding of trauma, that the following are required in order to develop strong coping skills: 1. A Line of Support 2. Demonstrated Presence of that Line of Support, and 3. Access to Resources. In addition, I posted copies of my Resume, and have had work experience interviewing clients, preparing documents, writing motions, and conducting independent research, that made me feel comfortable and confident addressing these topics, and thinking of a solution from which all could benefit, in a way that would not retraumatize those who have suffered and are currently suffering. According to mediapost.com “Understanding” involves not only a keen understanding of how your audience feels, but also how your audience will use and interpret the language from the materials you provide to them, as a means to assist with the coping and processing of events. This is primarily the role of the Journalist, as an Entertainment-based Campaign my role is much different in that I do not address the instances themselves, but respond by promoting my Campaign, and by addressing the fundamental principles from which my Campaign functions under my Umbrella Campaign. Telling my stories, not their stories, and sharing my ideas and beliefs, not dissecting theirs. In order to do so, I stopped watching TV and stopped reading the News and watching CSPAN and started focusing on School and what I already know to produce new material everyday online. Eventually I started Fashion Blogging. As a Feminist, and a believer in Gender Equality in the Workforce, Fashion seemed like a great fit. And definitely a space in which I could easily take on a leadership role, selecting content I felt was best suited to represent the principles of my Campaign I created. And at the same time help others, who were trying to make it as Fashion Bloggers, stick to what was popular, and looks that we fed to one another, via Re-Blogging. I took it one step further, and for every look I liked on Pinterest, I then posted to my Wordpress. To save the looks, in an exterior archive for which I started a hashtag campaign in detail on Wordpress. This again supports my understanding of my audience, in that I was able to get Followers on my own via Re-Blogging alone, without my own photos. And I was spotted by Sassique.com an Online Professional Fashion Community and hired as a Non-Paid Style Curator, which is why I created mymollydoll.wordpress.com –from which to share the best online with Sassique.com (now I have to go back through and select my favorites and upload them onto Sassique.com –this was how I decided to perform my role for Sassique –to save everything, upload what’s most important and unique). You can never stop learning online, understanding your audience, and as you grow as a writer, your relationship with your audience changes too, and a new set of expectations are required of you in order to maintain an

audience. Your audience does not always want to be entertained and share a laugh, sometimes they want to learn, learn about you, learn about life, learn about how you learn, or learn about how you were able to put yourself together and a Campaign at the same time. Reference: Original Post:  
<http://www.mymollydoll.com/blog/founding-an-entertainment-campaign-by-leslie-fischman> [1] Mary C. Long, What All Marketers Can Learn From Entertainment Campaigns (Sept. 18, 2016)  
<http://www.mediapost.com/publications/article/274512/what-all-marketers-can-learn-from-entertainment-ca.html>. [2] Mary C. Long, What All Marketers Can Learn From Entertainment Campaigns (Sept. 18, 2016)  
<http://www.mediapost.com/publications/article/274512/what-all-marketers-can-learn-from-entertainment-ca.html>.

## **Chapter 21: Crisis Management**

“Establish[ing] a state of readiness to respond to extreme events that could affect the community” are the purposes for “emergency preparedness.” For purposes of protecting the “health and safety” of individuals as well as the structures that support them such as social media. Social Media has played a fundamental role in emergency preparedness, establishing a framework for communications which help protect the “health and safety” of its participants. One of the primary goals is to “protect [the] public and private property” of individuals within the community, and build the necessary infrastructure that helps to “minimize the disruption of community activities.” (Ch. 9 Preparedness for Emergency Response, <https://training.fema.gov>). During the “conceptual design state of a system,” is when its important to address the problem areas and areas of concern.

When my hashtag got approved, my main concerns were: blogging, databases, and prevention advocacy which I felt was lacking and in need of assistance, a campaign for campaigns, that was quote based. Based upon my experiences in crisis, I decided to focus on other areas of concern, not just gun violence itself. – How we communicate, support one another and process events is key to reducing recidivism. It requires more than just counterterrorism efforts, but requires a building of unique communications (Quotes and Symbolism) “infrastructure” among those within the helping professions, professionals. By “training” I am qualified to not only provide crisis hotline counseling services online but also qualified to blog in states of crises. I was a volunteer for MESA Moving to End Sexual Assault (2004-2006) while a College Student, and was Certified and Trained in the State of Colorado to service a crisis hotline. –Therefore while blogging, it was my belief that by blogging I could help professionals. Especially those in crisis among the helping professions, train newcomers and get training as a Leader for Moms Demand, how to assist those in crises current. –It is especially



important among members of the helping professions to respond and understand on a subconscious level to what they are responding to, causing us mental illness and disease, within our environment. Usually it follows that when the surrounding areas are in a state of crisis, those within are equally affected. Nancy Boyd Webb explains, in *School-Based Crisis Intervention*, that “those who experienced violence in the past” are “directly affected” and those who can “identify” most are those in connection with, whereas those “further away from the center circle” enter a state of “shoc[k] and saddened by what happened.” (282) – Similarly professionals in the helping professions, are equally affected, some experiencing what Webb describes as: “vicarious trauma” (Pearlman & Saakvitne, 1995), “compassion fatigue (Figley, 1995), “disaster distress” (Miller, 2012), and general burnout.” (282). – Therefore she explains, its common for “interventions [to take place] with[in] people in the inner circles” which she states “must necessarily take place in the context of the larger social ecology of the disaster [such as through] ... the interaction among an event, people, and their community as they are shaped by social, political, historical, cultural, and economic forces.” (282) This “ecology” she states includes “social networks,” such as Twitter, Facebook, Instagram, Tumblr, Weebly, Pinterest, Wordpress, and other social networking platforms online. It is my belief that those with a duty to respond should always respond during states of crises, especially those who operate networks, how they show they: care, are doing their best, and respond to our needs to feel safe.

#### (A) Interpretation

We're not sure what it is not reading into things too much or paranoia or misinterpretation that's at issue but building a better understanding of how people make decisions or standards through which they make their interpretations are what's most important in understanding the decisions for which they pass judgment make opinions and direct themselves or others in their life and throughout that is of concern. Best to lead oneself best is the best measure from which to determine another's ability to lead is by how they lead themselves to be lead by association is the weakest justification for basing decisions or the process for which decisions are made but best made based on a basic understanding of the circumstances as well as any prime examples tertiary examples of anything relevant or specific instances in which that was the case either like or not like or similar or relevant that add to justify compromise support take down render insignificant the processes through which any future decisions were made and acts committed to determine best for example the significance of interpretation in relationship to causes for consequences and decisions made based on that interpretation. Reference: <http://www.mymollydoll.com/personal-journal/finding-a-cure-forinterpretosis>

## (B) Responding to Crisis

Finding yourself is one thing. Identifying yourself as a Blogger is another thing. "You don't know what you've got til its gone". (Lyrics to an Erykah Badu or Janet Jackson Song). As a Writer on Twitter for many years I had no idea that what I was writing was considered blog worthy material. Never underestimate yourself. What is trash to some may be of value to others. I first learned this sharing on Instagram and Facebook. You don't always get the most likes on Twitter, and participation often comes in another form –visits to your website. Twitter is more of a promotional tool than a tool for accurately measuring popularity rankings via likes and reblogs, but by Impressions (Twitter Analytics) & how many Followers you have. Getting a new Follower on Twitter is like the equivalent of likes and comments on Instagram.

Here are The Steps I Took to Identifying Myself as a Blogger Online:

(1) Is what you have to say of value? If what you have to say is of value than you may consider yourself a blogger. And choose to one day start a Wordpress or build a Weebly website to showcase your work. A worthwhile investment. I'm glad I did so.

(2) Have you been writing your thoughts Online for more than a year? If so, then blogging may be a great job for you Online.

(3) Are you an unemployed Writer looking to make money or support a Campaign? It takes time but there are ways you can make money Online. Usually by blogging material prescribed to you by a Website that will pay you to blog for them, on topics chosen by them, some of these positions you must apply for. Another way you can make money via blogging is by running Ads on your website. Im not quite sure how this works yet, as this has not been my focus but something new to me, is measured by traffic and clicks. Working on it, I'll let you know when I start earning.

(4) Are you able to Write and Compose pieces on your own without the help of anyone or any Online resources? If so, then Blogging on your own Website may be a great idea for you, and may help open doors for you in the future. When I first started blogging, I noticed everyone around me on edge, but overtime they got used to it. It definitely helped me get jobs, because it enabled my Employers to get to know me on a deeper personal level, see what I'm about, what issues or Campaign I support, and what jobs I may be best fit for, as an employee.

(5) Do you have the personality for Writing in a Public Space? Are you Sensitive to Criticisms? This was the most important question I had to ask myself. As a shy person, blogging online was not something I participated in throughout School, seldom on Facebook and had opened a Twitter Account but never participated or

wrote a single Tweet. To be honest I wasn't sure how to use Twitter. Just like when I started using Instagram this year, I didn't understand that the only way to communicate was by hearts, those were the like button. Now Twitter uses hearts so it's a more universally accepted understood symbol for liking something online. This just changed in 2015/2016. –Main Point: It takes a long time to adjust to writing online and the professional and social anxiety that comes with it. You subject yourself to a lot of unnecessary and unwanted feedback and attention, and that is just something you will have to get used to, and learn how to respond to. Overtime as you become a stronger writer, you get more positive feedback and less criticism (Thanks Instagram!). That comes with the territory. Online people expect the utmost professionalism of you, but in a space that's so quick to write print and publish from, for the writer it doesn't feel like that same expectation is there, but it is. Be careful.

(6) Are you Organized, Able to Keep Up with the Demand? Never start a project that you cannot finish and cannot continue to contribute to, perfect, improve, and grow. Once you generate an audience, that audience stays with you, don't lose those members, they were they first to notice you out of everyone streamlining their pieces into the mix on hashtags. When you start blogging you want to keep your audience and you want to grow your following. This usually occurs by momentum. That is, positive momentum, which is generated by blog posts you contribute to your feeds and publishing platforms. If you cant keep up, don't start publishing until you can, or write a few in advance to then publish later, to help maintain momentum and consistency. Your audience is always looking for quality not quantity. Blogging everyday reblogged pieces is fine and dandy, but when it comes time to wow them do you have unique pieces that set you apart, that can help you grow your following and maintain an existing fanbase. These are things you should prepare for before starting any type of blog.

(7) Do you have some kind of Vision and Purpose for your Blog? As we discussed above, before starting any type of blog you should be prepared and have achieved a quality of composition that sets you apart from the other bloggers so that you stand out and gain new followers, and maintain uniqueness to your work product. Some people are able to achieve this by logos. Some people are able to achieve this by stylistic preferences, and some people are able to achieve this by putting their name on everything (that would be me). That would be your vision, how you see yourself and how you want others to see you, is that vision clear? If not, there are plenty of spaces to experiment to see what your audience likes best, start with one social platform, but do not experiment on all social platforms. You want to always present your best work to each, so make each introduction strong, with new material, and with that added edge of experience you were able to achieve from the previous social network you blogged from. The purpose of your blog, sometimes you know right of the bat, mine was to create an entity

MYMOLLYDOLL from which I could create a Campaign for a Campaign. Sometimes this purpose evolves. I know on Instagram and Tumblr, I started with one account, and as I tried to organize my materials, I realized that my presentation of reblogs was best suited for separate blogs, to maintain consistency and theme. That was important to me, to separate my blogs by theme, categories or types of pieces shared, this can also be done through the use of tabs on a Website (something I have just considered doing for [mymollydoll.com](http://mymollydoll.com)). Right now I keep everything on separate Blogs (Websites) [lesliefischman.tumblr.com](http://lesliefischman.tumblr.com), [mymollydoll.com](http://mymollydoll.com), [lesliefischman.weebly.com](http://lesliefischman.weebly.com), [facebook.com/leslie.fischman](https://facebook.com/leslie.fischman), [Twitter.com/mymollydoll](https://twitter.com/mymollydoll), and [Instagram.com/leslie\\_fischman](https://instagram.com/leslie_fischman) ... the list goes on. (See [mymollydoll.org](http://mymollydoll.org)). –The only problem is that if you are concerned about traffic points, you may want to stick to one Website, otherwise your 10,000 Followers get spread among multiple accounts on different Websites, making it more work for you to share and keep track of on a daily basis or update weekly.

(8) Do you have any Conflicts of Interest that Prevent you from Blogging? This is an important question to ask yourself if you are currently employed. Some employers have specific guidelines outlined in your employment contracts that specify preference as to whether blogged about online and whether any work related interactions are blogged about. If so, then its best not to blog in any space, where you compose any impulsive writing off the top of your head, but blog only in spaces in which you compose one draft prior to publishing. For example: A Space to Blog for impulsive people would be Weebly or Wordpress, writing on Microsoft Word first and then publishing your final draft on your Weebly and Wordpress. That would be the smartest choice, to ensure that no information regarding work is shared online that would interfere with your contract or signed responsibilities of what not to include in your blog online, which is to write about work.

(9) Do you have a particular interest in a genre commonly blogged about? If so, then blogging may be a great fit for you as a Writer or Composer. The more common, the easier it is to join and contribute to, blend in, without standing out or looking out of place. For me, when I started blogging on Twitter, they had just added the photo feature, and I blogged like I was on Facebook, putting all my photos up and talking about my personal life and what I'm up to. Have no fear, what was once uncommon is now common, and I am no longer one of few but one of many who blog about their personal lives in public on public publishing platforms that get Google indexed and tossed around online in places Ive never visited on Websites like Twicsy, that duplicates your account on a completely different website I don't even have an Account to. This happens online, do not be alarmed. What you share in public becomes public information and public knowledge and can then be reused. Make sure you are cited and that you maintain uniqueness to your craft and put your logo, emblem, or web address, and/or name

on your work, so that when it gets redistributed you are credited to your work, and can get business that way.

(10) Are you qualified to blog about the topics you wish to write about? This is perhaps one of the more personal questions you must ask yourself, however discouraging it may be to realize that you need credentials to write about certain topics, that is why we have referencing abilities, and the purpose for citations. For knowledge that does not come from within but must be obtained from outside of yourself, is why we cite and do research. You can also compose blog posts in that way, via citations, there is nothing wrong with that, but make sure you cite. What are my credentials? I'm a BA with Honors in Sociology, have Composed & Published an Honors Thesis (A Qualitative Research Study on Hotline Counselors, about Crisis Management and Emotion Management, with approval by my attending University's HRC (Human Research Committee) which I had to apply for, qualify for, and complete several online exams testing my understanding of the risks involved when studying at risk populations [Note: Similarly in 2013 I had to submit a proposal for future study to CU's HRC prior to beginning Blogging Campaign for Brady Campaign –which was forwarded to the US Supreme Court for Review, and stamped by them reviewed]) ... my Honors Thesis was later published with an Academic Publishing Company. In addition, I attended Paralegal School & Law School JD for 5 years, and I am now finishing my LLM and will compose a Dissertation, which I plan to Publish with an Academic Publishing Company when I finish. These are my Writing Credentials as a Professional, not including writing experience throughout my work experience, which included composing Legal Motions on behalf of Clients, composing Legal Research on my own, drafting Letters on behalf of Companies and Tenants, Composing Client Letters, Legal Memorandums, Drafting Legal Documents, Formatting Legal Documents, Indexing sorting and filing legal documents, and the list of responsibilities goes on as a Paralegal, Law Clerk, and Legal Secretary for many years (Since 2008).

Based upon my experiences as a Legal Professional, I thought why not Blog and start a Blogging Campaign, I'm certainly qualified to lead a Campaign, I may not have the experience running a Non-Profit or Corporation (Now Officially Registered in CA: MYMOLLYDOLL as of 2016), but that is something you learn through experience putting together a Company online.

Reference: <http://www.mymollydoll.com/blog/how-do-you-know-if-you-are-a-blogger-by-lesliefischman>

## **Chapter 22: When Something Bad Happens**

Whenever something bad happens. Sometimes it's what you think that causes you to become worried. In that case best to listen to others, who are doing well. Nothing you create in your mind negative can turn things around for you in life into the positive. It's what you do that matters. What you do for yourself and others, those you care for and provide assistance to during trying times. Best to take care of yourself before making amends with others. Nothing positive can become of negative reactions.

Never underestimate the power and importance of focusing on now. What's in front of you not what's behind you. The only way to move forward in life is through disciplined activities. All other things follow suit, when you yourself are doing well. Always do your best to respond with tact. Take what you need. It's really sad when loss equals equality of purpose in life. When loss gives meaning to life. And when losses are required to help people see better. That's always a sad consequence. But never the end result. Just something else we must overcome. Never give up hope. Sometimes we have to look forward to the times we remember best not recall the times we regret in order to move forward in life. What we represent now is all it takes in order to do what is required of us now to move forward in life and succeed with purpose and be on time in life. Being on time in life, means doing what is required of us. When we do what is required of us and follow laws, we are always prepared in advance for whatever comes our way. Never lose faith for tomorrow and the next day. "Tomorrow and the next day" meaning ... when we plan too far ahead we lose sight of what's important to us right now, what's in front of us moving forward, our indecisiveness for our future is based upon the decisions we make for ourselves and others presently as we see fit. That reflects how much we care for ourselves and for others. Always do what is in your best interests and in the best interests of others in order for things to turn out well overall.

Whenever any one person hurts we all hurt, that's the meaning of #worldpeace, never let the weather bring us down, stay strong, and don't let fear take over. Always be in control says my Mom. The weather does not control us. We are always in control. You never know the true value of anything until you lose everything or until the threat of loss of everything you own. Every failure in life has their excuses for hardship. Either blames their upbringing or those who advise them never taking responsibility for their own misconduct or hardships in life. To those I cannot relate. There's a wildfire today. So in the spirit of discovery I will write to them. It is understandable for the concerns they have as to my mental health and well being they are not the causes for my mental illness nor the causes for the actions of others if to be blamed on anyone's behalf would be because of threats to our personal safety. Today we pray for the homes we've lost. The new friends we've made. And the new peace we've managed to achieve and coverage sought for our errors, wrongs, disbeliefs, shortcomings, failures, upsets, angers,

and fingers pointed, even with houses under fire still blaming natural causes upon one another; war is never the answer to resolve illness or hardships caused by natural causes. That is not how to resolve illness. That is not how to resolve hardship. That is not how to resolve war. That is not how to resolve weaknesses. That is not how to strengthen ones character. That is not how to live life. By hurting others or oneself. Or by putting others up or down. Take care of yourself. #WorldPeace #CaliforniaWildfires –What I think those who face hardships would be mindful of, looking at my progress, as a blogger with mental health issues, what to think and focus on, best advice given is usually the best advice taken, during difficult times.

#### (A) How to Repent

Repent for your sins. Your splashed paints and your selfishness. Repent for your lost sense of hope and your angered days. Repent for following the wrong ideas and holding false beliefs about others you held certain. Forget about your pasts and forgive those you've resented. Forget about those you've hated. Think about those who are alive. Forget about those who have passed, and remember their beings not relish in the glory of their purposes for dying. There is no purpose for dying that should be for a purpose other than for natural causes, if not, than by crimes punishable crimes and offenses. These are truths we hold self evident those are certainties that can be relied upon, trust always the Law and your Family first, your Friends second, and Strangers last. It's never the victims fault. There's no one to blame for your troubles not you not anyone. Best you can do is move forward. During times of concern blame upon others only sets you and others back in time. When you fall behind the only one you hurt is yourself. Don't sell yourself short in life. -Given that, what you relate to: (1) yourself (2) the times (3) your understanding (4) is your responsibility NEVER (a) the responsibility of others and (b) never to the blame of others for your hardships trying to understand (i) causes and (ii) consequences. Everyone is responsible for their own choices in life: my choices are to: (1) marry (2) blog (3) write (4) campaign (5) volunteer (6) date (7) maintain sobriety (8) stay close to family and friends (9) maintain loyalty to my country (10) write iMovies (11) tell jokes (12) be supportive (13) keep a website (14) socialize when I feel like it (15) stay home. Your faith goes through a lot of changes in life. It twists and it turns. Meaning sometimes you think you're on path on a positive route of thinking and then sometimes the opposite occurs when you are reading the minds of others not your own thoughts but the thoughts of others. This all too often occurs to people pleasers. People who will say negative things to please negative people then correct negativity with positivity. That's not the solution. But just noticed that pattern today. Always be thankful for what you have in life. Life is short. Gifts are seldom given to those who given in to sin. Remember that always. Remember to always be thankful for those who were there for you when you were down. Grateful for #AA. The other side is

really just 30 year olds who experienced terrorism. The 20 year olds experienced school shootings. I'm here to help both generations cope. It's an unfortunate set of circumstances. But if we just work together everything will work itself out. Just have faith. That's so important for positive outcomes to arrive. It's what we derive our causes from, from our esteems need be based on solid principles good sound bases of judgment moving forward. There's nothing you can do to turn back time. There's nothing you can do to undo the past. There's nothing you can do to take back words spoken. There's nothing you can do when actions are not taken. There's nothing you can do when preventative measures are not taken. And most of all there's nothing you can do when you feel helpless. Just accept the times, where you are, what you've got, who you're with, what you have, and where you're going in life, that's all you've got left to live for is here and now. Time for everyone to move forward. The past is the past is the past is the past if not reused for creative purposes ONLY should be left in the past if not put to good use forward presented with class, gratitude, and perseverance and a supportive attitude. (B) Respect Always be respectful of the spaces of others. You never know to whom may take offense. Be mindful of the opinions that others hold of you. It may be difficult for you to comprehend that you are not well liked by all but you are surely well liked by some if not by few and if not by few by just enough to get you by in life. Never lose faith, and never stop working on yourself. Do your best, when you're at you're best, others will want to be around you too. Never assume anything in life. Not even the thoughts of others. Always be open to changes in opinion. Just as your opinions change so do the opinions of others about you.

Not everything is about you in life. Remind yourself of that. People have lost homes, pets, family members, valuables, life is precious so are things. Be thankful for everything that you have in life. Some people have less. -If you deserve it you will earn it. If you don't deserve it then work harder for it. Life is full of lessons to be learned. Some the hard way. Easy does it. When you're feeling down and the odds are against you, keep going, that's when you're on the brink of self-discovery. No one ever improved resting on their laurels or by getting down on themselves. It's when we overcome hurdles in life we learn the most about ourselves.

There will be better days. Remind yourself of that. When you feel lost, when you feel down, when you feel like no one is listening there is always a way out back to sanity. No path is permanent in life. We are all capable of change. Respect is sometimes about love. If you don't love someone chances are you wont respect them. Respect can also be about liking qualities about someone. Therefore if you don't like qualities about them you wont respect them. Respect can also be about money. If they don't have something that you want then you wont respect them. -Haters pick and choose who they respect. But good people respect all people.



Always be please by the progress of others only your own disappointments with others can bring you down not other who are disappointing. –Inner circles are not small worlds, small worlds are not based on inner circles, inner circles are not in control of small worlds, small worlds do not create inner circles, inner circles are not comprised of small worlds, small worlds do not make inner circles. –However when a natural disaster strikes, usually everyone is affected. That is because the causes are unknown, and when causes are unknown, it leads to trauma, and thoughts being provokes, i.e. torment and cases of traumatized thinking patterns, that have the possibility to lead to mental illness, the spread of. Why its important to understand the effects of trauma, to know how to help. – Natural disasters are hard to accept, from what point does a state of paranoia begin, and to whom and why does that have an affect on the general interpretations of others or does it have an affect at all, that is the question, only the professionals understand these concepts. –We often blame people for events that don't make sense or we cant comprehend we look above to agencies, groups, organizations, and eventually God, and ask why? It's normal to feel anger, sadness following disaster, and to cry. You shouldn't care if people don't like you because negative thoughts about self guided by others can cause mental illness or hatred for oneself or a false set of beliefs as to what others think and say about you behind your back, aka delusions self fulfilling prophecies. –Or stuff you think but don't say because its mean to make people look stupid feel stupid generally. I see now the best way forward is to participate always ... I stayed quiet in school for too long (2008-2013).

When somebody just because of who you are treats you as less than and because you are treated as less than it interferes with your ability to achieve in life, is called sexism. There's no excuse for it. All Women are smart. All people should be treated equally in the workforce regardless of their level of social and emotional intelligence, be treated professionally, for the skills they have to offer, not based on attraction or ability to promote a business based upon looks. –Its ones professional demeanor that shines. We all have moments of inspirations when we feel like the world is at our fingertips. Then something hits us and suddenly everything feels impossible. One day at a time. Life's all about setting goals for yourself: short term, and long term goals. The more you accomplish each day the better you'll feel tomorrow day in and day out.

### **Chapter 23: Dealing with Negativity**

Always be open to the criticisms of others. Usually people who comment are people who care. Sometimes helpful sometimes not. Take what you need from it and always strengthen yourself. It never hurts to listen to others so long as you know you best there's nothing anyone can say to change the way you feel about yourself, it shouldn't make you feel less than, but thought of ... that's always a

compliment. At the end of the day, the goal is to better yourself in relationship to others. Always do your best. Be the best version of yourself. Some days may not be your best days. It's important not to take your anger and frustrations out on others who are also trying to live their lives and stay strong. Always be positive. Others will appreciate you more for it. When you live a great life you'll be sure to be surrounded by others too who live well for themselves and for those they care for. Never react in reaction to others. What people think should not matter to you. Never let anyone affect you.

What people think is generally none of your business. Sometimes you don't always know why and for what reasons. Only time can tell. What's in your best interests may not be the same for all. What benefits your position in life may not be to the benefit of all if your successes interfere with their ability to succeed, that is called competition. Competition is never an excuse for failure or for treating others badly or poorly. Always do your best under all circumstances to choose wisely your thoughts. From which memories persist in your mind are all that matter not the memories of you that persist in the minds of others about you. Only you can change your view of self your change in your view of yourself comes before others change their views about you. Not all will like you but no one persons negative opinion of you should hurt you so bad you hurt yourself and don't achieve or function in life, that would be inhumane. All people deserve to be treated well, all peoples thoughts matter, no matter who they are, mentally ill or not, should never be treated poorly by others. Always best to keep to yourself. Engage with others only when you're doing well successful otherwise you run chances of colliding with misinformation and hostility because of misinformation.

Appreciate the light that you're in. You're side of the street is always greener. You should never want to be anyone other than yourself. -When you compare yourself to others the only person who brings you down is you. Never let your character fall victim to poor choices. Good character is built upon strong foundations. And a true test of character is how you respond to others: (1) on your worst days (2) on your best days (3) under pressure (4) in times of need (5) when defensive (6) when you're up (7) and when you're down. Never lose sight of yourself first and secondly those that matter to you, upon all other things -should fall into place. Achieving a break from the norm requires that you do everything you can to achieve your best. Then it so follows that you have time to enjoy life and the blessings that life has to offer. Only through disciplined activities can we achieve this. Sometimes living a normal life is best without all the excitement. Risks in life don't always bring reward. Instead take your time. Recognize first within what is bothering you before disrupting the progress of others with your problems. Never make your problems the problems of others. When we are selfish we forget how we affect people. Try to always be compassionate and understanding of the time of others. People don't have all day to wait for you to come around,

sometimes you have to take it upon yourself to please others in that respect. It's not always about you in life, sometimes life is about people pleasing. You can't change who you are you can only move forward in life: accept your past not ruminate over it and preserve your future happiness by doing today what will bring you happiness tomorrow. Usually it follows that understanding brings compassion for others as well as empathy. Who we care for is determined by what we so choose to care about in life. If what we choose to care about in life brings us more compassion for others, then that's how one understands the concept of empathy, caring for others. Don't be easily fooled by others. You know you best. It's easy to succumb to the wrong interpretations of others and set bad expectations of ourselves, that interfere with our progress moving forward. That's called a guilty consciousness you bear for the wrongs of others toward you who are not in agreement with you and cannot stand to see you succeed in life. That's not competition that's just pure rivalry. Success comes with competitive vibes that's hostility coupled with grandiosity in your face anything to bring you down to size or make you feel small compared to them. You should not be bothered by others. Always focus on yourself. When you are focused on yourself nothing affects you not even people who are negative towards you.

## **Chapter 24: Relationships While Working, Dating, and Communication**

It's about what you're about, not who you're about, what you know, not who you know, what you recall, what you think affects what you know therefore what you know is a product of you, and what's known about u -then is what you know representative of who you are?

### *(A) Dating*

I think its really difficult to be in relationships when you are working on yourself and trying to come up in life and find your way. Its really difficult to be close to anyone and at the same time find a job, maintain a job, and still find time to enjoy a social life. Right now my social life consists on writing online and keeping in touch with the friends I make along the way who have been very supportive of me, followed, liked my posts, and corresponded with me, checked in. Its really unfortunate when you are doing well and you are not able to share that happiness with another and for whatever reasons the one you love is not able to share that happiness with you. Everything takes time to develop including what it and what is not, who we are, and who we are in the lives of others, particularly our significant others if and when we find them. Not everything in life in times perfectly and most of the time everything occurs at the wrong time due to poor timing. In order for things to occur on track and on our own best timing, well that is different for every individual. For me my best timing is when everyone around

me is happy. But life doesn't always work out that way. I wish that my life was different than it is today. I wish that I never Campaigned and just lead a normal life. I wish that I never dated in Law School and stuck to my gut instinct which was that I was not able nor ready to maintain an intimate relationship and at the same time focus on school. But at the time I put the needs of someone else's before my own. When this occurs we are told that everything will come back to us tenfold and that our good deeds do not go unnoticed and that when we put others before ourselves that this means that in the end or somewhere down the line we are to benefit from that experience and those choices we made in life (to put others before ourselves). Eventually you get tired. When this occurs its important to step back, breathe, reassess things, and move forward. Pretending like everything is okay when its not. Or pretending like your feelings are not hurt when they are. Solves nothing. Particularly in terms your ability to communicate with loved ones or significant others. Less is more. The more we try to fix things and the more we try to buffer misunderstandings with excuses, and the more we try to be accepted the less likely those things are to occur. Why is that? Because a person who tries to hard is seen as compensating for some weakness or trying to hard to overcome some obstacle (negative) or trying to overcompensate make positive a life which they assume was not going well (or negative) which is the cause for their current circumstances. Not everything that goes wrong in our lives is to our own fault or at our own expense, usually when bad things happen not only may we be harmed but also those around us may be harmed too. Its important never to play Victim when you are the Victim, this usually breeds animosity towards you as trying to situate yourself as disabled or less capable than the rest and in need. People who are in need are generally characterized as physically or mentally incapacitated to the extent that they need or rely on others to take care of them, guide them, help them, for instance Victims. If you do not fit the mold of someone who could potentially be Victimized, you will not be seen as a Victim, but as a cause for your current circumstances and a product of the choices you have made in your life which you are expected to take responsibility for and correct on your own best timing. This is unfortunate. Many opportunities in life are wasted or passed when we are misunderstood and when we are harmed. Its really not the responsibility of the Victim to defend themselves. But here I am. Goodnight everyone, and hope you have a great day tomorrow. And remember to smile and be appreciative of all your blessings in life and those who are in your lives and not to worry about those who chose not to be apart of your life. Ive always been the most popular whatever school I go to or whatever town Im in. That's just me. So I know something is wrong when someone who is kind to me at one point, chooses not to associate with me at another point in time. And that's for me to figure out and is really none of anyone else's business but mine. All I can do is be myself to the best of my ability and live life without or without people in my life. Without or without their guidance, acceptance, love,

understanding, or consideration. When you are down, when you put yourself out there, you can only be harmed, not benefit when situated in a weakened stance by failure, mishap, rejection, or misfortune. Bad luck occurs and its to ones own responsibility to turn their luck around, not rely on others to help enable that to occur. You are what you attract in life. Reference:

<http://www.mymollydoll.com/blog/relationships-by-leslie-fischman-081716>

### *(B) Relationships*

Not all relationships begin the same way and each has its own stages. Not occurring the same in every, but unique to each individual we meet in life. Why is that? For every experience that we have we have a new beginning in life, the lessons we learn from previous interactions with others, help to improve the basis upon which we make decisions in future interactions and relationships. A relationship is not defined solely on the intimacy that exists between two people but can also vary in terms of closeness. In some relationships we desire closeness in others the opposite distance. It does not matter who attaches to us, for every relationships fosters our personal growth, both positive and negative. What does matter is to whom we attach to. To whom where and why we attach may often time baffle us, why attach to negatives, and why so few positives. Why are we so affected by those we do not get along with, and why is it so difficult to develop healthy attachments to those we do get along with. What is it about negative interactions that gets under our skin, that interferes with our ability to attach to the positives in our life. This is one area of relationships that has constantly created disturbance in my life and to the relationships that helped foster my growth, interfering with my ability to attach, because relationships to which negatives resulted from interfered with my ability to maintain current positive relationships and form new bonds and positive relationships. What I learned from these experiences was to not be too concerned with why I did not get along with these individuals and instead focus my attention on what it is that they said to me that caused me disturbance and interfered with my ability to achieve happiness in my life. Reference: <http://www.mymollydoll.com/blog/chapter-relationships-draft-book-by-leslie-fischman-061016>

### *(C) Breakups*

One question you always ask yourself when confronted with disillusion, is whether or not you were at fault for the demise of a relationship, which dissolved before you had a chance to save a relationship from falling apart. Sometimes things occur when we least expect it. Not always in our favor but sometimes, to do us a disservice in life, these life experiences we call challenges in life. When circumstances, persons, or things occur to which we do not have a finite understanding of why or how, and we just have to learn how to accept things the way they are without further investigation. I am never one to investigate the faults

of others or reasons for the demise of relationships and always move forward and let go. However when the harm resulting from that loss is recurring, then I know it was not me that was at fault if he is still so affected after I have already let go and moved on unaffected by him. When there is room for discussion and discussion is not made, than at no later point in time is discussion or continuation for discussion required on your behalf to anyone who has not given you the opportunity to be heard or left room for discussion. Where one assumes and one is harmed as a result of those assumptions, than the other is not liable for the harm resulting from those assumptions made upon the character of another.

*(D) Does Dating Come With a Map?*

My Bit on Relationships

Um, does dating come with a Map, because I think I make sense, but apparently I'm still a little rough around the edges, always been a tomboy, that won't change, fill my closet with high heels and fancy blouses, all I need is my desk and my brain to function optimally. Its hard for me to start a new relationship because I am often clouded by emotions and negative thoughts or comments that get triggered, and then retriggered when out in public, because I get paranoid, I think people are watching me and trying to see if they get the same result, a negative reaction (that just makes me want to drink), and makes me feel more insecure about myself, why I spend the majority of my time alone in my apartment, the reaction wouldnt have occurred if I wasn't triggered (but no one will admit to laughing in my face, or staring at me funny, they'll just find satisfaction in me reacting negatively, which is when I start talking to myself and being weird, when Im made to feel uncomfortable in my own skin), never been overly critical of others, just of myself, but when the reverse occurred, it wasnt anything I havent already felt or been said to my face before. Just in case you were wondering, I'm not proud of myself, and since everyone is embarrassed by me, I dont want to embarrass you, or people to think you are dating a loser, because I dont have a job, yet. Thats why I'm quiet. Thoughts for today.

## **Chapter 25: Social Media Blogging**

Took me three years to write cohesive Blog Posts, three years writing online on Twitter practicing writing as a form of therapy and entertainment. Three years to write comfortably online no panic attacks due to stage fright or insecurities. <http://www.mymollydoll.com/personal-journal/blog-writing-training> One the most difficult tasks in life is to keep your head in the game focused achieving, while also being a good listener and attentive to the needs of others without allowing time spent with others to interfere with your ability to accomplish your goals in life and be focused when required to be focused to complete tasks

required to achieve those goals in life and still be able to make time to maintain relationships with others and not go into isolation. Im the type of person who can only focus on one thing at a time, have difficulty taking care of others and putting their needs before my own and be able to focus achieve in life. Im not in an experimental phase in life risk taker or gambler gives me anxiety doesnt excite me makes me nervous not confident paranoid not cool. (Get Lucky (feat Pharrell Williams) by Daft Punk) -That song explains the dangers of carefree people in your company. Always best to be serious and if anyone tries to criticize you or encourage you to lighten up let loose, then they dont take you seriously and not a positive influence in your life a distraction.

<http://www.mymollydoll.com/personal-journal/weebly-blog-post-011315-recovered> 2008

*(A) Blog Online I Read That Caused Me Concern*

In 2008, I read a blog online that caused me concern. Threatening my family to speak and if not grave consequences would occur. Here is my website. I hope this finds you. <http://www.mymollydoll.com/personal-journal/2008-blog-online-i-read-that-caused-meconcern> (A) How to Start a Blog and Maintain an Audience Although we like to think we are perfect writers not everything we write is going to be a masterpiece. It's important to cite and make reference to Professional sources throughout your Blog to maintain a certain level of Professionalism. If you don't have a Blog, try citing to other people's Blogs. When I first started blogging I relied heavily on those sources for material everyday on my Blog (i.e. Bloglovin, Tumblr). However, eventually you must incorporate your own work too. One of the first places I went to upload my work to was Weebly. Weebly is a great, easy to use website, for beginners with no coding experience. There you can build a website and show case your work and writing via the various formats and tools they have to offer. Once you build and create a website then you can post from your website and blogs to your other newsfeeds on Twitter, Facebook, Bloglovin, Pinterest, etc. -When you post to your newsfeeds make sure you use links, links that come with boxes, if there are no boxes, find and upload a photo to accompany your post and link, to help make everything look complete. Links with photos not only look more Professional but it also captures the attention of your followers and potential followers via hashtags you incorporate, on a newsfeed. When you post don't forget to include a "via" indicating the source, if not your own, to give credit to the original source of the post. -All of these skills are important to maintaining an audience: Professionalism, organization, citation, knowledge, and adequate use of the various social media platforms to promote your blog. <http://www.mymollydoll.com/blog/how-to-start-a-blog-and-maintain-an-audience>

*(B) How to Maintain a Successful Blog*

According to Entrepreneur Magazine there are “6 Strategies for Maintaining a Successful Blog.” Those strategies include: Pick a Target Audience: “Focusing on a niche audience and developing appropriate content specifically for those people helps to ensure there will be strong interest in your blog's content.”[1] Be Unique: “your primary and ongoing goal should be to continuously develop innovative content and put a truly unique spin on whatever topic you're blogging about.” Its your responsibility to, “incorporate your knowledge, voice and personality into your blog ... to set it apart from your competition.”[2] It's important therefore to create content that isn't already readily available on the web. Update Your Blog Regularly: “To build and maintain a steady audience, regularly add new content to your blog. Every new blog entry should cater to your blog's target audience, offer content that's perceived as valuable, and build upon previously published content.”[3] This requires to stay on point with your target audience, and know your audience well. Sometimes this requires you to adapt and change based upon what your audiences needs are. Be an Interactive Online Community: “Encourage your audience to post feedback and comments, interact with each other, share their ideas, and enhance your content by adding their own information.”[4] This can be done, via Share buttons to the various other Social Media Websites.

Promote Your Blog Continuously: “Many of the world's most successful bloggers have relied on the mainstream media to generate publicity for their blog to help build an audience.” Therefore it is important that you promote your blog “on an ongoing basis [they say] is as important as regularly adding new content.”[5] Keep it Professional: “Always convey a professional image, regardless of the subject matter or your audience. The look and overall design of your blog should be professional, and easy to read and understand.”[6]

[1] <https://www.entrepreneur.com/article/232478> [2] Id. [3] Id. [4] Id. [5] Id. [6] Id. <http://www.mymollydoll.com/blog/how-to-maintain-a-successful-blog-by-lesliefischman>

(C) What is Blahgging?

Bloggging is very taboo. And often times, people discourage bloggging as a form of therapy or self-help. Bloggging to me is an outlet from which I can support myself and support others, as I grow and learn from my troubles in life. I don't think that bloggging is a waste of time. While some may see it as blahgging, I think that bloggging has a great deal of value. It really helps you to get to know yourself and helps others get to know you better. Not on an intimate level, not on a personal level, but for me, on a Professional level. Bloggging has been a way for me to demonstrate my work ethic, my dedication, and my interests in writing and being a professional writer (a Paralegal). -I have enjoyed writing my blogs and hope that they have been helpful similarly to my readers on their journeys in life.



## (E) Joining a Blogging Platform

Our last article was about choosing the space in which you write and the importance of the space you choose to write and why. Now let's talk joining a blogging platform. There are a few to choose from, depending on what your content is like, and whether you are trying to make money blogging, you may want to apply to a platform in that case to publish to in order to get paid for your pieces. But if you're like me and choose to make money either by ads, products, and/or services then you need to join a blogging platform. (1) First, let's start with: "What's a Blogging Platform?" According to Google: "A blogging platform is the software or service that you use to publish your content onto the internet in the form of a blog. A blog platform is a specific form of a content management system." [1] The Top Ten Best Blogging Sites of 2016, are as follows: <http://www.websitebuildertop10.com/start-a-free-blog> - You probably haven't heard of any of them, as they are lesser known than some other popular Social Media Websites that we all know well. So let's start with some Blogging Platforms that you know well, or probably have heard of, and then you be the judge of what the differences are and which route you prefer to go. If you want to know more about the difference between a blogging platform and a website, please check out this article: <https://www.thebalance.com/what-is-a-bloggingplatform-2531835>

Why is it Important to Blog on a Blogging Platform and NOT a Website? Well the whole purpose of blogging is to get people to read your work. So it becomes difficult to get people to read your work if its in a separate space on its own and not within a blogging platform network of people blogging, which you can hashtag and share amongst. But that doesn't mean that you can't blog on a Website. Two great places to build websites, now trending are: Weebly and Squarespace. vs. Two great places to Blog (i.e. Blogging Platforms) are: Tumblr and Wordpress. (4) What to Blog, What Not to Blog? My Mom even wanted to send me to a Therapist once a week in order to go over the Do's and Don'ts of Blogging, and what not to Blog. I should know by now, considering that I have been writing online for 4 years, and have over 300k+ People on my Hashtags combined, but I continue to just write from the heart. Not the best advice! I may be popular, but I'm doing my best to be a better role model. I share a lot online and I do not recommend sharing a lot of personal information online, and neither does my Mom, in fact she reminds me almost everyday not to write anything too personal online, as she reads my blogs daily, I guess that makes her one of my editors, and toughest critic. She's a Grandma now, so I feel bad that she is still monitoring her 31 year old Daughter's Social Media Accounts, but at least it keeps her active and on her toes. A little bit of nagging goes a long way, nothing to complain about, always take all advice with a grain of salt UNLESS it's your Parents complaining then delete delete delete hide hide hide "only me" your posts

on Facebook, Twitter, Tumblr, etc. This is also another good reason for hashtagging, within you posts, so that you can find your posts later, when referenced to. For easy editing and modification. According to [www.thebalance.com](http://www.thebalance.com) there is a difference between blogging for personal use and blogging for business purposes. As some sites prohibit the use of personal blogging space for business purposes. In fact, they state: “When it comes to many free blogging platforms, you are only allowed to use your blog for personal use and not allowed to use it for business purposes. If you plan on making money with your blog you'll want to be sure you're using a blog that allows commercial use or simply self-host your blog on your own hosting account as mentioned above.”[2] For more information about Blogging Platforms and How to Make Money Blogging Online, I suggest reading the following articles: [1] <https://www.thebalance.com/what-is-a-blogging-platform-2531835> [2] <https://www.thebalance.com/what-is-a-blogging-platform-2531835> <https://t.co/iR2Xpf3bgl> - 51 Blogging and Publishing Platforms

#### (F) Why I Started Fashion Blogging

After 3 years of being a Writer on Twitter I decided to start Fashion Blogging. At first I photo'd myself daily on my way to Work and slowly developed a Following on Twitter. I only had 400 Followers at the time, but knew I wanted to make a difference and be able to help raise money and support Brady Campaign thru Fashion Blogging. How did I get started? I got started studying Affiliate Marketing Online and learning the Business. I joined Glambassadors and realized I needed to be an Influencer to run Campaigns Online. After joining Glambassadors I also joined Bloglovin Activate which similarly offers opportunities for Influencers to join Campaigns and Promote products online. That is when I opened a Shopify Website and applied to Net-a-Porter and Shopstyle. What I didn't realize was that these Companies require Blogs in order to sign with them as an Affiliate. In order to groom myself for the position at Shopstyle and Net-a-Porter I decided to start this Fashion Blog and build a new Website [mymollydoll.org](http://mymollydoll.org) to showcase my Work Online as a Fashion Database Manager, and Style Curator to Sassique. I am also an Amazon Associate and Ambassador to Zindigo and Sol Theory. I'm just getting started but I hope that by sharing my experiences will help others who are just getting started Fashion Blogging and learning the Business.

<https://lesliefischman.tumblr.com/post/147455411497/why-i-started-fashionblogging-bylesliefischman> <http://www.mymollydoll.com/blog/why-i-started-fashion-blogging-by-leslie-fischimantumblr>

#### (F) Blogging Tips

21 Tips for Getting Started on Twitter as an Influencer. Tips for Writing on Twitter and Maintaining a Following Blogging Tip #1: Keep a journal to Record

your Progress and Set Daily Goals Blogging Tip #2: Keep Track of all your Used Material & Don't Re-Blog anything more than 3 times. Blogging Tip #3: Never count your Followers per day just sign up for Sprout Social – what matters most is that you have a Schedule to stick to. Blogging Tip #4: Don't over Mention your Favorites, once in awhile is okay but not too much. Remember your Twitter Etiquette. Blogging Tip #5: For every Follower I lose, I edit, delete, and change Tempo. Blogging Tip #6: Retweet Sparingly, to maintain a Following don't overwhelm them with Retweets they are Following you because they want to hear from you. Blogging Tip #7: Be careful what you write on Twitter because it shows up in your Google Search. Represent yourself well at all times. Blogging Tip #8: Its important to keep a Journal to track your progress so you can #blog about it later once you find success! Blogging Tip #9: Twitter is a very specialized kind of Blogging you are the traffic controller of people short on patience, be contentious. Blogging Tip #10: The easier you can navigate the Web the easier your viewer can navigate, don't share crap only the best research, be thoughtful. Blogging Tip #11: The Quality of your content determines your success as a Blogger. Know your sources, be mindful of your Audiences needs. Blogging Tip #12: Handwriting is a good way to slow things down and focus on your writing itself. Its easy to get carried away at the computer being too wordy. To put your best foot forward, write sharp, clear, and concise, online it is especially necessary to do so. -Handwriting forces me to do everything twice. For Publishing Online that's a great trait! -Handwrite, type, then Post! Blogging Tip #13: If you can, you should always condense your material to one Tweet if possible, avoid series Tweets, helps to stay organized.

#### (G) Becoming a Brand Ambassador

Blogging Tip #14: Prior to registering for any Influencer Campaigns make sure you are first Registered as an Ambassador with an Organization. (Example: Glambassadors). Blogging Tip #15: Once you are registered with an Organization (i.e. Glambassadors, Bloglovin Activate) make sure you apply with your Website (i.e. Wordpress, Weebly, Tumblr, Twitter) not an Affiliate Marketing Website (i.e. Shopify unless it is complete with a Blog and appears as any of your other Websites demonstrates your work ethic as a Writer and Love for Fashion). To be an Influencer you must have a Blog, that can be viewed at the time of Application. This is a requirement for places like (Example: ShopStyle, RewardStyle). Blogging Tip #16: Image is everything. Make sure you are put together and well organized have a clear vision on paper before you apply, so they know you're ready. Blogging Tip #17: Make sure your contact email on your website is different from all your other emails to keep track of Inquiries, and know from which Websites they are inquiring from. Blogging Tip #18: It's okay to have multiple identities Online, so long as you are organized have a cohesive vision (i.e. School, Personal, and Fashion). Blogging Tip #19: myshopify is a

New Platform -you need to razzel dazzle them if you're trying anything new out of the ordinary. Blogging Tip #20: When a Company asks for an Influencer they want you as a Brand be put together not an empty Storefront. Blogging Tip #21: Nothing is obvious about Affiliate Marketing it sounds simple but very complicated hard to get into, don't give up, and regroup.

<http://www.mymollydoll.com/blog/blogging-tips-by-mymollydoll>

## **Chapter 26: Staying Positive**

Sometimes you have to give up trying so hard. #stopsuicide Recognize your patterns and stay positive if what it is is bothering you then don't discuss what it is that is bothering you, that's plain and simple. You can't get far in life ruminating about the past or by feeling sorry for yourself. Have empathy, but not at your expense. We are all victims of crime when it occurs, be cognizant of that you're never alone. Advocacy is about not letting things get worse than it is, but always stick to what you believe in (positives) that's what keeps you going in life not negatives. As a general rule of thumb. Don't share private information with people in writing by email you would not share otherwise with anyone of professional standing, that's how you put yourself at risk of harm.

Live everyday as though it were your last. Always do your best.

Work hard but don't be hard on yourself that's not how to like yourself if you're hard on yourself is how you get hurt well liked. I learnt this the hard way to lay low when my plate is full not over try to be well accept myself as I am I'm no example for wellness but I do my best to stay well not hurt or hurt the wellness of others, like minded is not an in it's an out.

Things don't always work out but you can't be too hard on yourself. It's not for anyone to judge you or your places in life. You always make choices in life you have to live with make sure they're good choices. It's important not to be defensive to the interests of others nor your own, when you are well no fighting is always the best option toward staying well. Wellness is always in your best interest. When you waste time trying to be cool the only person you hurt is yourself. When you don't feel well it's easy to be hard on yourself especially during recovery, get upset about the past, and blame others, until you take responsibility for your failures in life can you move forward.

As you look back on what has passed or transpired always think what you could have done better. In life we are not offered many second chances, you sometimes need to just make do with what you've got. Never surrender to the best interests of others when you yourself are not doing well put yourself in a position worse off by people pleasing this can only leave you feeling broken and torn mixed up

about your interests and the best interests of others, sometimes this position leaves room for error on our part, overreacting to the little things in life and not appreciating everything positive we have to offer to the world as we are not by what people think we are.

Giving love and showing love are two different things. Self-love is about knowing yourself and valuing yourself. You can't go running around looking for love. Love is given to you when earned. You have to be a good person to give love. When you don't love yourself you're more likely to #selfharm. Don't be so hard on yourself. It's all a matter of time, spent working on yourself and by setting goals for yourself improve. Don't let anyone bring you down in life. #dontdodrugs.

We don't always know what to do and that's okay. You don't know everything. Sometimes you have to learn when to stop and get help. Not everything works out in your favor always. Be patient with yourself. Never give up on doing your best in life. Don't be judgmental toward yourself. If you can forgive yourself you can forgive others.

Sometimes life requires us to stay put not get too far ahead of ourselves but set goals that are: (1) meaningful (2) proactive (3) effective (4) positive; and (5) improve our best version of ourselves. No one can tell you how to live life that you have to figure out for yourself, what works best. How you communicate your needs to others matters, that's how you stay well through positive communications, always be respectful of the time and attention of others to your needs, make sure not to forget the needs of those to whom you are speaking to. It's all a matter of respect.

You can't always be fearless in the pursuit of your dreams. That doesn't mean give in to your hardships, succumb to your weaknesses, and give in to failure or defeat. It's a feeling that requires you to stay put with your emotions, be able to sit with negativity, and face those fears head on, not by what makes you tick be inspired but by what keeps you moving forward is a blessing, not motivated by fears of negativity but by finding motivation within to achieve success or goals in life no matter how small, cannot happen on a whim but with dedication to values and discipline knowing how to be, do right in the world, and not allow oneself to be overcome by fears, keep going in life. It's not all about winning or losing life's not a soccer field and it's certainly not a competition in your daily endeavors for energy giving and retaining positivity but through positive exchanges we grow not by giving and receiving the energies of others grow. Do not be drained by contacts in life, communications, or interactions that's not what they're for. Stay inspired by the well, learn from the great, and value the successes of others in life, admire those who are well they always reflect back positive traits we deem worthy of our attention.

You can't stop people from trying to make a positive difference. Some throw their lives away chasing nightmares and dreams -why it's important not to focus on those who are ill but focus instead on those who are well -how to get well. Once illness spreads its up to the professionals to remedy a situation an epidemic that is #gunviolence. Our prayers are with you always. New campaign #dontdodrugs.

### National Day of Prayer

Prayer to me is symbolic of some need inside of us that needs peace, a place we can go where it's quiet and our needs feel met and we don't run from our problems but accept things the way they are. Prayer to me is that upon awakening to anything unsound we take a step back and rest think about where we've been and where we're going and what makes sense, is always clear when we pray. It's not a voice we listen to in particular but a place we can go spiritually where we feel better about ourselves and others. Prayer reminds us that it's never too late to pause or pick up from where we left off or go backwards to make perfect as we are now accepting of ourselves others and not let hurt fear or resentments sink in but feel uplifted like anything is possible it's a sense of peace we feel when we pray that helps us move forward and be loving toward ourselves open to others and not pass judgment on the past for little errors in life but be appreciative of how far you've come in life and be in the now make better yourself everyday and be yourself through prayer. That's unity, respect for one another. That's peace, knowing your past. And that's prayer, peacefully thinking forward and back. Somewhere in between is the goal, being in the now, that to me is prayer.

Don't rush through life. Always make time for yourself. Live life but within reason. Being present requires that much of us, to be consistently improving each day, and without fail, being there first for ourselves not necessarily always others. That's not selfish behavior that's called making yourself a priority in your life.

Listen to yourself. Do what you need to do to stay well. Think of what makes you happy in life and stick to that. You can't be in two places at once. Don't spread yourself too thin. Be task oriented but not at your own expense succeed in life. Stay productive but not to the point of burn out. We all have our limits in life.

Always remember where you come from. You cant get far in life competing with others for resources. You have to learn when and how to let go. Nothing happens overnight. Change occurs when we are ready to change. Dont enable others to allow you to succumb to your weaknesses in life.

You can use things to help understand but not connect and justify why you think is true only by what you know not by what others know can you be and achieve in life.

Not everything is a given in life you don't always know everything or what to do that's apart of living life. Not being stubborn requires listening to others, some form of trust is always required in order to improve when you're not doing well. Don't easily trust others, when you are down, and don't allow the emotions of others toward you or around you to affect you. Always stay positive. Do unto others as you wish done to you. Don't assume anything. Life's not about money or success. It's about staying well in spite of your differences with others and in spite of whatever illnesses you may encounter in life not take those emotions out on others as purposeful. #mentalhealth

Always be thankful for what you know. You need not know everything in life in order to do well see well. All that is required of you is to have compassion for others along their journey in life and not take personal the lives that others lead.

You won't be accepted by all and that's okay. Seek self-acceptance first. What is it that makes you happy? Usually when we are happy we can be happy for others not easily affected by the happinesses of others. Don't worry so much what people think, worry instead of what you can do in order to be a happy person. Put yourself together first not others.

## **Chapter 27: Letting Go**

Life isn't easy especially after experiencing a significant loss in life. We always try to make the best of everything moving forward. Supportive, loving, caring, and sensitive to the needs of one another. If there is one thing I've learned growing up, is the importance of privacy, maybe why so rebellious online now Campaigning. To me it means being there for others. Misunderstood mostly as overexposing oneself. When we are most at risk of harm is when we are quiet as to the issues that hurt the most. Talking out loud about how violence and fighting makes us feel, is important. Maybe in the immediate its not clearly understood how I'm helping, but I hope that by sharing my story I've made some kind of difference.

\*Don't let negativity get the best of you. You will meet a lot of unhappy people in your lifetime. –That's just a fact of life. The best you can do is be positive and never take anything too personally. Usually what people say and how they express themselves to you is a direct reflection about how they feel about themselves. Sometimes nothing to do with you. Always take that into consideration. People only see what they want to see if you don't fit into the lives of some you will fit into the lives of others. Don't let anyone destroy you. Remind yourself that you're worth it. Always do your best to rise above and don't be co-dependent on acceptance from others in order to progress and thrive. Sometimes

you need to grow independent of others in order to get strong. Learn to let go of resentments and don't pass judgments on others unless you are willing to accept judgments passed upon you. What you put out into the world you get back.

Never speak badly of others, everything you say is a direct reflection of yourself and how you see things. You should not require others to see like you in order to be you. Don't worry what other people think and never let any one person's opinion of you bring you down. No one can lift you up in life only yourself. In order to fit in and feel normal you must first be accepting of ones self.

You will meet many people in life. Only a few will care so much as to pause and help you with whatever it is you are going through in life. We call them friends. Not everyone is your friend nor can be your friend and that's okay. You have to be accepting of others and take them for what theyre worth, the less you expect the more you get out of life. Enjoy the moment and try not to harp on the negatives.

What you see is what you get. Don't expect too much in life from others. People are only capable of giving so much. Everyone has their limits. Its not for you to determine what is fair. You will experience a lot of disappointments in life if you are constantly comparing yourself to others feeling less fortunate than. Always be grateful for what you've got. Change is just around the corner. Those who surround themselves with love will always be loved and appreciated. You have to give in order to receive in life.

Always be reminded that you are capable of achieving anything you set your mind to. And that what you choose to focus on is where your strengths will lie and what amount of effort you put forth daily toward achieving your goals, your total output will reflect that for better or worse. Nothing can be achieved in one day which can be achieved greatly in many days, don't overwhelm yourself by deadlines, and always try to stay ahead of schedule by accomplishing a little but each day is better than nothing at all worried and distracted by things that don't matter, you'll later regret all the wasted time and attention to things that interfere with the accomplishment of your goals, and only bring you momentary satisfaction in life. Achievements come at the cost of sacrificing the needs of others for yourself, or putting the needs of others before your own, its hard to focus on both, but maintaining a health balance is required to feel normal, in time, and not off center. Learn to be as patient with yourself as you are with others, time is precious, choose wisely, how you spend it, and spend it on things that matter.

Life is scary if that's what you make it out to be. You see what you want to see.



Always do your best to keep it positive. We go through many different changes in perspective, outlook, and moods during any ongoing investigation. If you get scared its always okay to take a break. Never force connections, make assumptions, or create circumstances adverse to your best interests. Meaning safety comes first if you feel unsafe it is because you have been made to feel unsafe. Think about all contributing factors, from those points you may arrive at new leads or a deeper understanding of the facts presented to you, and understood. Take breaks when necessary and if you need backup never be afraid to ask for help, direct as to areas of concern, and leave no one astray, always be on the same page.

Life is a test. We are constantly pushed and pulled in different directions throughout our whole lives. Testing our strength and testing the boundaries we set for ourselves. Always be mindful of your limits in life, exceed expectations, and respect the boundaries of others. We can do our best and never be good enough. That's okay. We can do everything right, and some things may go wrong. That's okay. Living life is all about facing those challenges, and in spite of our struggles we still manage to find success, never giving up. Life is a test.

You are who you are not by what you say but by what you do. Actions speak louder than words. –If at first you “don't succeed”, pick yourself up and try again. Never give up, for a better tomorrow. The only person you let down, when you stop trying is yourself.

You only have one life to live, so make the best of it. No one is worth losing yourself over, always rise above. It's never worth fighting for the attention of others, attention is given to those they think deserve attention. If you feel left out, then do something for yourself to better yourself so that you can be included, will be included, so that others are more accepting of you. Its' not your responsibility to change to accommodate the needs of others, only to represent yourself best, better yourself, and do your best to be the best version of yourself, with or without certain people in your life.

### Relationships

There's nothing to be ashamed about when it comes to dating. We've all made mistakes, whats important is that you've learned from those mistakes and grown as a person, stronger because of your experiences in life. We all wish we waited for the one, but that simply doesn't happen anymore. We date to know our likes and dislikes, and to determine who we are most compatible with. [Always be accepting of those who love you, and everything about them, in order to make a relationship work, for the long term]. That doesn't mean sleep with everyone you

date, but know how to set limits and boundaries between yourself and others so that they know you're looking for Marriage, not just a casual good time. That's how you avoid getting hurt in relationships, so long as they know what your expectations are, you are free to leave at anytime you feel that those expectations have not been met or satisfied. We always want better, but its important to do your part and be the best that you can be –if so, it will be easier to find matches in life the more well off you are and put together. Don't be too hard on yourself and don't be too hard on others. The fewer the expectations, the better off you both will be.

## **Chapter 28: Self-Harm**

Self-Harm: (1) After Interaction (2) After Trauma (3) Judged as After Interaction or After Trauma

I wanted to know for what reasons I was self-harming, and for those reasons have decided to write a paper on why I have been self-harming, and what is causing me to self-harm. For me, self-harm occurs when Im not feeling good about myself, or when I'm not feeling sharp, or strong enough in general. I used to think that being pretty, or popular, or well-liked was a sign of success, but it turns out that until you love yourself, you cannot make others happy. This I realized while dating, not being good enough.

It's important to keep separate your issues, from the issues of others. You are you and they are them, you cannot be others, or accept others to be accepting of you, when you yourself are not well enough to give and receive love, or be a source of love. In order to be happy, we cannot think in terms of equations, but in terms of betterment, better ideas, and better food for thought. When we get in the right mindset, anything is possible, when we are focused on the wrong things, things rarely pan out for us in the long run. It starts with now. I just read an article on UPLIFT which was helpful.

I think “now” (Reference: Thich Nhat Hanh) is being in the present moment, and doing what you think is the right thing to do. Sometimes we have to rebel and go against the wishes of others, who just want us well, and sometimes we have to face our fears, not head on, but in a way that enlightens us. What you commit to in life: read, is what sets me free, I'm not sure about others, but writing could not occur without having read, and reading cannot occur, without learning, and writing cannot occur without reading. So getting back to the basics, and not being stubborn, will require me to read. First things first, study self-harm, and figure out why I'm self-harming and whats causing me to self-harm.

## Causes for Self-Harm

One of the main points I took away was that a higher “EI [is] associated with a lower likelihood to resort to self-harm.” (2) What is it about intelligence that causes us to feel nurtured and apart of. For what reasons would someone who is doing well self-harm, and by what patterns of behavior, are repeated throughout our daily lives, to what invokes in our spirit, a sense of being? Others or ourselves.

“Less emotionally intelligent people” have been judged as being more likely to self-harm. That is because they are judged as “us[ing] more maladaptive coping strategies ... [that] increase [their] likelihood ... [of] self-harm[ing] as an attempt to cope with their ill-regulated emotions.” (2)

There is an “acute negative affect ... [that] preceded self-harm.” (2) What is it about stigma, that interferes with one’s ability to move forward in life, and relive the past. For what reasons is the past brought up, to trigger what emotions in others, intentionally, whether deserved or not. For what purposes is one passively aggressive, knowing the issues of another, to pry and prove guilt as to what? It is in our best interests always to be defensive when it comes to our self-esteem, and for those reasons I am writing this research paper, because I’m fed up with feeling less than feminine, when in trauma. That’s not helpful, to treat people, as sources for warmth, or guidance, take over control of what emotions of others, or what opinions of others, then play victim or stupid, as to being manipulative. Image is about awareness of the thoughts and feelings of others, as well as maintain confidentiality not benefiting from the interactions of or between others, to promote a larger public interest or ideology.

In fact, when we preserve the intelligence of others, and not manipulative, we grant one another autonomy just the same, to behave in ways that make them happy, not just us. According to one source, “higher trait emotional intelligence (trait EI) would be associated with a lower likelihood to harm oneself.” (2) Knowing the issues of others, in confidence, don’t make loud, the issues of others, as your own issues, or of or concerning the interests of others, to know the best interests of others, privacy.

When you’re feeling drained, its usually, because you are assuming, the intent of others, as directed toward you, also known as bipolar, thinking things are happening that aren’t happening. Or thinking that people think they are you or you are trying to be them, who is influencing who matters, as to growth, both personally, and figuratively, what we see is what we get, warm or not, for what purpose is that done? Do not bring about consequences, that you yourself are not prepared to deal with, always stick to what you’re good at, and from those strengths you are best able to help others, on time or not.

There is a “decrease [in] the negative emotions [of others] that [can be] exacerbated by maladaptive emotional coping strategies, such as rumination, self-blame, and helplessness.” (2) Never “deliberately self-harm [as you put yourself to a] “great[er] increased risk of suicide.” (2) Knowing this, what can be done in order to better your mood in life, so that you are not easily affected by the moods of others? That’s the constant battle, how to not be easily affected by others, their happinesses or unhappinesses. Its important to note, “self-harm primarily constitutes an emotion regulation strategy.” (2) More research needs to be done on what strategies can be used in order to regulate moods (on my to-do list).

### Self-Harm Awareness

There are many resources on self-harm available on google.com. One resource I found was on “deliberate self-harm.” (1) I learned about the “DSHI [which is a] deliberate self-harm inventory.” (1) I first learned about taking down your inventory (not the inventory of others) in AA (2011). That’s when I realized I needed to stop dating, after my 4th step.

### What are Emotion Regulation Strategies?

It’s important to note that “self-harm may be used to alleviate overwhelming emotions and decrease tension.” (1) That’s not love. Dating is not love (Tinder), that’s getting to know people in order to have relationships with them, and within those relationships bond, and upon bonding, have intimacy.

Just like self-harm there is a “lack of consensus” by researchers on self-harm and its definition. (1) What is “deliberate self-harm?” (1) Deliberate self-harm is an “episodic and repetitive for[m] of superficial/moderate self-mutilation.” (1) Why do people self-mutilate, anything unwanted turns rotten.

References: (1) <https://link.springer.com/article/10.1023/A:1012779403943> (2) <http://www.psychometriclab.com/adminsdata/files/Trait%20EI%20-%20BJHP.pdf>

## Chapter 29: Moving On

There's a reason for everything social. How people treat you is a direct reflection of: (1) how you look (2) how you behave (3) how successful you are (4) how professional you are (5) what you say and (6) what you do. Take nothing personally. Always do your best.

Always be thankful for your sense of personal security, faith, good wits, and

livelihood. -The more you fuss over little things in life the less centered you become. The more you make things about your needs the less people care. The more you focus on bettering yourself the more people want to be around you. It's all a matter of manifestation: what you see becomes, especially when it comes to you and how you lead your life. That's all that should matter to you during times of need, and if capable help others.

Never bother people who work hard especially during times of crisis. Give people space. No it's not commonplace to interrogate the private spaces, lives, and personal spaces of others. Always give people room to breathe. The times are not as bad as you make them out to be UNTIL you create circumstances or ideas that justify in the negative why your (1) unhappiness unequivocally relates to (2) current unhappiness. Unhappiness PAST does not therefore equal unhappiness present. That's all in your head. Always (1) be understanding of others (2) there for others (3) professional (4) there (5) present (6) emotionally strong (7) always set a good example to others and (8) be forgiving. What's NOT worse NEVER gets better by FOCUS on the negatives. You WILL NEVER SUCCEED if you are negative toward self or others. Best to constantly work on yourself and get strong until you are strong enough to help: (1) yourself THEN (2) strong enough to: (a) be there for others (b) help others. Attendance is NOT mandatory it's an option. -I need to help myself right now. Move forward.

It's not necessary you be happy in order to accomplish your goals in life. Just stay focused. Happiness will come when you're good and ready. What's most important is that you are working doing something with your life that you'll thank yourself later for. You go through so many changes in life. Sometimes life gets overwhelming. Just take it one step at a time. Every day is worth your best. You won't know your worth unless you try. It's all a matter of self-control, knowing your limits. In order to exceed expectations you must be healthy. It's not required you be a workhorse overextending yourself, but just do your best. It's all about timing. You're best timing in life occurs when you are ready. Leading a disciplined life is what improves your good timing in life. When your life falls apart so does everything around you. Don't overthink. Sometimes when you overthink things you wind up feeling lost. Much about life is being in action. It's important to think things through but not to the point where it worries you. You only have one life to live.

No matter how long it takes, hope you get to where you are going in one piece. Never look back, and never stop dreaming. It doesn't matter how long it takes what matters most is how you spend your time. Don't procrastinate. Don't overextend yourself. Set limits. And always do your best. Live life to the fullest.

You're never really ready for change when it occurs. Usually when we are not paying close attention change happens and we just have to adjust to the circumstances. Some people are in your life and some people are not but you can't make anyone be in your life if they don't want to be -you have to allow things to occur naturally. Nothing forced ever works out -let them come to you.

It's not always about winning and losing in life. Some battles are best lived unsung. This is mostly to save face but sometimes in your best interests not to fight. Always rise above controversy these adversities in life will only make you stronger. In the long run you'll thank yourself later sparring yourself the unnecessary heartache.

My mind is rather quiet these days. I don't have much to say, but I feel better now. Just continue to move forward -I'll have to remind myself. Such devastating losses in friends and relationships are nothing that anyone should find easy to overcome. Everything heals with time, should just be thankful -never stop counting my blessings in life. At the right time when I'm ready everything should come together again, that I hope.

Some things never change -most of all people. It's not that I'm any different now with or without him but we hope that it's for the better that we part. Unfortunately you can't get everything you want in life. Sometimes you click and sometimes you don't. Not my happily ever after I envisioned for myself -in love, in a psych ward. I guess it was all in my head after all, just my imagination playing tricks on me, running wild.

Never take anyone for granted. Life is precious, short, and never worth aggravating the ones you love while you recover from what ails you in life. Share less problems, the less you share, the more positive memories you can share. The most important relationship is your relationship with yourself and how well you take care of yourself. Until you take good care of yourself can you be a positive influence on others.

When you love someone you would do anything to make them happy. That includes putting your needs aside in place of theirs -do what you think will please them. Sometimes this helps us with our best decision making and sometimes to our detriment -at our expense we please others. I guess that's how you find out who your best match is for you in life, whether their needs -pleasing their needs brings out your best or your worst. Everything in life requires balance including meeting the needs of the ones you love and in all relationships. Therefore always use your best judgment on top of everything never quit applying basic skills

general sense of moral and principle to your decision making -that should ensure common sense is always at play not ruled by the feelings of others which aren't always correct nor lead you to the best decisions. Pleasing others is one step toward happiness and self fulfillment but always use your best judgment at the end of the day, be compassionate & empathetic without sacrificing your basic needs as well which is to feel whole complete independent with or without them needing you all the time.

People will think what they want to think about you you cannot change that about others. You cannot control what people think no matter how hard you try. People will judge you based on what you say, how you look, and what you share about yourself & by what others share about you. That is how opinions of you are drawn. Opinions are just inferences drawn from the facts given to them. Often times people are misrepresented and judgments made from opinions geared by a series of assumptions (rumors) not the facts as they are given. People will always think in terms of what makes sense to them not always have your best interests in mind. Why it's best not to share too much personal information about yourselves and others, that's a basic skill necessary for protecting ones own sense of privacy.

People talk \$hit to empower themselves by putting others down. Don't engage with people who do so -in one ear out the other. Spread no rumors about people that only makes you look bad, obsessed with the lives of others other than your own. It's called illness an obsession for the problems of others to make you feel better about yourself, and if there are none created by you to reaffirm your negative expectations, judgments, thoughts, opinions, and assumptions about others. Learn how to just leave things alone, sometimes less is more, bullying is not the answer to social ills. The purposes of this campaign is to help others by writing a self help book. Its not a biography or book about others it's a book about myself my thoughts my psyche do not project your problems onto me for added discussion.

People will always say things to cause you to think things, say things, repeat the harm its called a cycle. To break the cycle don't contribute to your causes for paranoia by similarly spreading rumor or defaming others it is what is making you look bad. To rehabilitate your good character sometimes you need to just be quiet, listen more, talk less. Everyone is going through a difficult time right now it's not just you. We all suffer we all experience pain & failure in life. You just have to keep moving forward. Rehashing the past is not going to help anyone including you it only makes everyone look bad. Represent yourself first before others, if you figure that much out you make it half way out of the insanity caused by rumors & people talking \$hit.

Sometimes you have to learn how to just let things go. Talking \$hit only makes things worse, it makes you worse off and those you talk about worse off -it's never the way forward, only causing mental illness and paranoia. It is not required we be accepting of all people, it helps, but sometimes you have to learn how to just coexist especially online, with hashtags shoutouts etc are never meant to cause harm only tell a story with citation. Inference can lead to paranoia.

It was never my intent to write a book. I don't think anyone lives and plans to write a book about themselves at any point, it just happens. Usually one must be successful in order to write a book. I have not achieved the level of success I feel is necessary to write a book. But while I have time, I thought I might as well try.

It just so happens that even the sweetest people are unlucky in love. Or so I've noticed. If you are one who attracts the kind who once feel better leave you, then that's okay. That's normal who we empower usually attract, once independence is lost they will look for better, someone who improves them not weakens them.

The best lives are led by those who put others before themselves. Usually end up in the right places in life. Karma is a product of who you benefit weaken in life, for every failure or miss, your chances of being thrown off point in the future increase if you don't improve someone else will bring about circumstances in the future where you've failed in the past. Recognize your best, always do your best, and never interfere with the positive progress of others, always compete against oneself. Everyone should be better off having known you, whether or not they stay.

You are a product of the choices you make in life, determine where you end up in life. For better or worse sometimes we realize as we go and correct problems, sometimes we fall thru the cracks, and end up behind in life. You have no one to blame but yourselves, the minute you start pointing fingers, you are in the wrong. You get nowhere in life fighting and blaming others for your misfortunes. The only one who has the power to change you is yourself.

Life hits you hard sometimes. And you don't know how to be. Always behave with class, appropriate, you'll thank yourself later for it and be glad you did. It's not required you respond to negativity, but if you do, don't let it get the best of you -afterall they're just voices. You choose which voice is heard, yours or theirs, always represent yourself best. People will try to make you uncomfortable or bring out your worst -don't let them. They do so to make you say things to compromise your position of power in life -cast you off as underserving of the position you hold in society, well earned, by your own merits. Nothing is given to



us in life, including answers to problems, that is something we must all figure out for ourselves.

My blog was beautiful, quotes everyday in thoughtful prose. Now wasting time and energy with damage control, breaking up fights online, and busy persuading others not to take sides. Fighting is clearly not the purposes for this campaign nor is creating sides that only interferes with my main objective: peace.

It doesn't matter how long it takes for you to get there but so long as you know where you are going in life you should never get lost. These things take time: love and career. It's not always obvious at the time which direction to go but if you follow your heart you will always end up in the right place at the right time. Being successful in love and career sometimes requires you to take risks in life -never be afraid of a challenge.

In order to not be easily affected requires a certain degree of maturity and consistency in thought, demeanor, and decision making skills demonstrated.

There are plenty of ways to see forward. You can either see your glass as half full or half empty. That's your decision. Just don't be surprised when depression hits - allowing negativity to affect your day. We feel most defeated in life when we succumb to negative voices -those who are people pleaser are most vulnerable, pleasing the wrong voices can often times lead you astray. To avoid being misled in life, caught off guard, put in uncomfortable positions in life -always stay true to your values and have a sense of faith. See the good in people and don't beat yourself up too much, it happens to the best of us.

Always wish others well no matter how upset you get, less is more, better to bite your tongue than express grievances out loud. People will continue to harm you only if you allow them to. Your happiness threatens unhappy people because they do not feel you deserve happiness, always prove them wrong under those circumstances. Life is all about letting the best person win, those who are most composed tend to be winners in life, those who more easily lose composure are the ones who struggle in life and some of us die. Best to keep sober, clean, celibate marry have families and children -and don't let anyone ruin your positive outlook in life and success they're just jealous. In order for others to be happy for you you must represent what they think is deserving of success so make money lots of it and earn the respect you deserve rich or poor.

Don't let others interfere with your ability to succeed in life. There will always be haters, i.e. people not on your team in life and that's okay. Don't engage in argument that just makes people pick sides, don't allow others to force you to

fight back, that only creates teams. Best you can do is always be diplomatic. Never lose composure, don't allow others to defeat your peaceful progress or affect your goals of peace in life. Don't let others make you suicidal when disabled unable to achieve your goals in life. At the end of the day those who harm you are the ones who suffer, always rise above, and continue to wish everyone well. Your success in life should never negatively impact others, it's all in their head. Don't fall victim to hatred toward you or bullying.

We can't be perfect always. Sometimes our timing is off and everything goes wrong. It's not the end of the world. We can't read the mind of others, sometimes we can't even control what goes on within us. It's a loss of control of self and the direction of our thoughts that cause us mental illness and debilitation. Writing and reading is so important for the process of recovery from mental illness, learn how to gear our thoughts toward the positive and how to control the intake of negative voices in our minds. The more we listen the more we grow. The less we react to stimuli the better off we will be. Don't be anyone's experiment in life -always be in control.

If we could be anything in the world what would we be? Where would you be without your family, friends, and loved ones. Much about life requires us to weigh the positives too, not just the negatives. It's important to be grateful everyday, this helps you stay positive moving forward. What drives you in life? What do you live for? Having a purpose driven life means being goal oriented and living life for some higher purpose greater than yourself or for your own benefit. It takes a long time to find higher purpose. Most of the time we get stuck in daily drama and mishaps and forget to look at the big picture. The big picture helps us to put ourselves into perspective so that no problem is too big for us to deal with everything in manageable loads. There are so many reasons to live, surely not for the acceptance from others, then you'll never be happy -trust me I would know. I do best when I'm achieving in life, acceptance comes later, you just have to continue believing in yourself -you know yourself best don't let the opinions of others affect your self esteem or how you feel about yourself.

People will always say things to cause you to think things, say things, repeat the harm its called a cycle. To break the cycle don't contribute to your causes for paranoia by similarly spreading rumor or defaming others it is what is making you look bad. To rehabilitate your good character sometimes you need to just be quiet, listen more, talk less. Everyone is going through a difficult time right now it's not just you. We all suffer we all experience pain & failure in life. You just have to keep moving forward. Rehashing the past is not going to help anyone including you it only makes everyone look bad. Represent yourself first before others, if

you figure that much out you make it half way out of the insanity caused by rumors & people talking \$hit.

### **Chapter 30: Cessation: Dealing with Negativity**

It's important to know your stopping limits in life. When to let go. Sometimes when things are not going our way in life that can be a tell tale sign of bad luck ahead and should redirect you to step back in life and think things over.

Mental disturbances should not worsen to public disturbances. If so you're being selfish, not concerned with the needs of others, but your own. What rings true to you may not ring true to everyone -always be mindful and respectful of the feelings of others. Part of being courteous means knowing that difference, when to take time out for yourself, give space to others, and work out your problems on your own -then reintegrate yourself (mix yourself in) with society.

Right when you think you've got the hang of things, and know how the World works, life surprises you. Never be too overconfident in life. It's important to stay humble to maintain a level head on your shoulders.

In the limelight it's easy to think that things are about you, but that's the one thing you don't have control over is what your audience remembers and what they associate while reading, that's outside of your control. Always be mindful of the thoughts and feelings of others. Never burn bridges, and expect anything back in return, what's lost is lost and sometimes cannot be repaired. -Keep things in perspective whenever writing, what you connect you will be judged for, what you become defensive to is what assumptions will be based upon, always keep that in mind.

The best lives are led by those who put others before themselves. Usually end up in the right places in life. Karma is a product of who you benefit weaken in life, for every failure or miss, your chances of being thrown off point in the future increase if you don't improve someone else will bring about circumstances in the future where you've failed in the past. Recognize your best, always do your best, and never interfere with the positive progress of others, always compete against oneself. Everyone should be better off having known you, whether or not they stay.

You are a product of the choices you make in life, determine where you end up in life. For better or worse sometimes we realize as we go and correct problems, sometimes we fall thru the cracks, and end up behind in life. You have no one to

blame but yourselves, the minute you start pointing fingers, you are in the wrong. You get nowhere in life fighting and blaming others for your misfortunes. The only one who has the power to change you is yourself.

Relationships: It just so happens that even the sweetest people are unlucky in love. Or so I've noticed. If you are one who attracts the kind who once feel better leave you, then that's okay. That's normal who we empower usually attract, once independence is lost they will look for better, someone who improves them not weakens them.

“You can only do so much to be well liked, you may not be well liked by all, but that doesn't mean give up and stop trying. There is always room for improvement. Focus on yourself, not the opinions of others. Self-acceptance comes first before anything. If you are not confident, others will be not be sure of you also. If you love what you do, such as writing, don't let any [one] person's opinion of you bring you down. At the end of the day those who care, and those who matter [mind], [and] will stay by your side.” [1] (Reference: [Instagram.com/leslie\\_fischman](https://www.instagram.com/leslie_fischman))

“Nothing's impossible until its done. The Journey of a thousand miles begins with one step.” [Quoting my Father] –These are wise words once shared with me. How relevant? For whatever it's worth I share with you my experiences while blogging to keep [my audience] updated [as to] my progress [and] on [our] progress in general as it relates to those who support Victims of Crime and whats being done to provide services to those affected by Violence and Terrorism [for that matter]. My job [previously in Boulder and Compton] has always been to assist those within the helping professions [directing them to those in need and making sure that services are provided to them, adequate services, including Children of the Court at CLC]. [Given this information provided] ... rarely [have I ever] work[ed] directly with Clients expect for my experiences as a Crisis Hotline Counselor ...

[and have attended one Vigil in Santa Monica and one Movie Screening at UCLA, where I did not talk to the Victims personally, as I have mental illness, and shy away from conversation, in person, professionally speak to Victims by phone on Sundays, calling those who choose to Volunteer, a specific class of Clientele at Moms Demand, separate].

My experiences in the work force have situated me [previously] in a position [of trust which is now different since my DUI, I work differently now, online, from home, without interacting with people on a daily basis, a stay at home blogger and worker, no socialization, no dating, no drinking, no drug use] to care and be

proactive [while] helping others [at organizations] such as Brady Campaign. This organization was recommended to me upon application to Intern in DC in 2011 which is why I became so involved [after Aurora and Sandy Hook] later [afterward, and knew where to go to help, by chance, not by what I was drawn to originally, I wanted to work for Bazelon and work directly with The White House, and did not get the job, after my siblings friends passed away, I reported their deaths to them Spring 2011, I did not start blogging until after their deaths, to wonder why, solve] online promoting their organization and encouraging others to support them. [I've always thanked everyone for supporting Moms Demand and Brady Campaign since 2015 when I got started blogging for them, after their Founders passed away Fall 2015, I was already an avid iMovie Blogger online comedian beginning 2013, Justice Thomas was a huge fan, we used to joke together, and make eachother laugh]. (Reference: Instagram.com/leslie\_fischman)

### Self-Esteem

There's a lot of pressure nowadays to look or be a certain way in order to be accepted by others. Sometimes best you can do is be yourself, with or without those people in your life.

Always be happy with where you are in life. In order to achieve happiness you must first (1) be content (2) able to main and manage your current life in a way that brings you happiness. -If life were perfect we would always be happy but that's not the case. Maintaining happiness is an everyday job. Things affecting your happiness or ability to be happy are: (a) your esteem (b) your mood (c) your relationships and (d) your overall satisfaction in life. -Therefore what makes you happy is up to you. Never give up. Treat every day like its a new day.

Whenever you experience any type of loss the only thing you can do is move forward. --You can only comprehend the present not well what is lost that just wrecks havoc on the mind, body, and spirit of your future endeavors. -Always work with what you've got and be grateful for what you have in life. No loss is worth continued suffering. It's all a matter of time to rebuild self after any loss. What you do presently moving forward is so important when determining what is to be preserved, taken, valued, dismembered, and lost.

No matter how hard you try you can't control what people think of you. That is up to their discretion -how to judge you moving forward, how to appropriate you into their lives as a reader, decipher what's important what's not important. It's never the job of the writer to point out for the sake of poignancy what's important what's not important for the reader to remember. That's not my specialty, memory. I have very poor memory because I suffered from mental health issues hearing voices. I

take meds now.

Life isn't easy. It surely isn't simple. Everything takes time: including forgiveness for (1) your (a) negative feelings (b) negative emotions and (c) negative viewpoints, (2) for not being understanding of others and (3) for assuming a wrongs where none exist that is where you are always wrong.

What you think always matters. What you say not so much so, without action or reactions to boot i.e. back up what you're saying or what you're doing with your life. So much can be done and so little progress can be made when we lose faith in ourselves and the abilities of others. First focus on yourself before trying to make amends with others, not only does this cause damage to esteem but it interferes with your ability to make steady progress toward for self and for others. Keep others in mind but never to the extent where you suffer. -You should never have to go so far out of your way that you put yourself at risk of harm. When you put yourself at risk of harm you put those who care about you at risk of harm. These are lessons we learn, through trial and error in sobriety.

What we see has a lot to do with how you feel. How will we be better off, having seen what we've seen, does that interfere with our future ability to see? To what extent can we really be bitten or jaded by others? For the most part we are always in control. The more we see the better decision makers we become. It is always to our benefit to understand the sights of others, as it helps us to see better and realize our best perspectives. Usually when others share their insights or problems we feel better than or stronger, it's always empowering to be a listener in life.

In life you should need no congratulations for good deeds served. No heroic efforts are ever if rarely rewarded for self-esteem boosting but accolades deserved are overtime accomplished through the respect earned not by ones counterparts proven wrong, not from one's allies in shows of support to, but by judges of character. Do have pride in what you do but never to the extent that you lose composure or yourself during the process of helping others, that's not the answer. That's not the answer to problems, that's a given. The answer to problems is not through the sharing of more problems but through the sharing of solutions do we find clarity for causes to act, react, and just be. -What is heard overheard so be it. It's what you do now is all that matters. You can't move backwards in time and fix errors, you can only move forwards and be correct, that's how you improve that's how you help others, that's how you better yourself while helping others -by always seeing the positive.

Life's gets quiet on the other side when you are listening not reacting responding not telling doing not thinking and putting yourself together first before others how

you respond best to any crisis well put together is the best way #mymollydollblog

When you're obviously not happy in life its easy to give up on yourself. Never lose hope. No foundation built was ever built in a day and no dream ever came true after one try. Often times it takes many tries in life to get going and back on your feet once you fall down and out of place in life. It's just a feeling of being worthless or not worth it or not good enough in life but things will always turn out for the better once you step foot back into life and leave your past behind you, remember it always, but don't let it weigh you down to the extent that it causes unreasonable hardship to your sense of self, esteem, and ability to achieve. Everyone deserves an opportunity to have a life, a job, friends, and relationships, its all a matter of how well you manage yourself.

### **Chapter 31: Promoting Your Best Interests**

Fears and resentments go hand in hand especially when dealing with compounding issues and complex emotions -you go astray it feels like out of orbit. Hang tight, stick to your roots, what makes sense to you, ground yourself in principles that help keep you strong. That's more important during times of need - so that you can best be able to be there for others.

Whenever someone aggravates you -which can cause or trigger self-harm, do not jump down the downward spiral to suicide. -There is more to life than just the negative opinions shared by others. This should not pin ball machine toward negatives upon yourself, when it's them being negative towards you to make or trigger conversation or quotes to be of or related to them. This is called manipulation. When someone with an emotion not shared is triggered upon you to see if their unhappiness transfers to you. Unhappy people cannot make unhappy people, do not test the flip side of events, nor ever place blame to any one good person, this causes unreasonable pain and suffering to those who seek to protect to whom I relate would die for, quiet. Why I'm quiet, the flip side.

Life is composed of end points. End points of discussion. End points of discussion thought to highlight the totality of what's said. And there are points in life we fixate to and give memory to. That is always your choice what matters to you. What's important to you is what you base your life on. -In any argument there are sides: the majority and minority. The side taken and the side against, or least traveled, or side no one takes.

When as soon as you say something something happens after given fire warnings to self that's called a self-fulfilling prophecy what you project or what others

project on you becomes seen.

Life happens based upon what's fixated on. What you focus toward brings about. You are a consequence of you're own actions. What so follows is evident.

When you search for causes you create consequences much like karma present based on karma past to create future misunderstandings and pitfalls present to discern the past, characteristics traits. Carried then present now if related. I'm not a campaign I'm myself. -Or Deja-vu repetition of past present in ones life.

Never belittle yourself by comparison to others. You are you no matter what and no one can change you but you. It's what you perceive is as changed based upon interactions with another that cause you to regress, no do well, self-harm or cause unreasonable delays or hardships. When you are accepting of yourself all else should fall into place. No issues should collide irrelevant or to pass negative judgments upon groups or individuals for their characteristics or traits given and had. Everyone should be accepting of all. With growth in acceptance comes self-growth and maturity of the issues soon follows a compassionate a better understanding of self and others, in relationship to and upon interaction. When we grow we learn to be true to ourselves growth creates equality of purposes forward a quality of acceptance is followed by growth in understanding and showing compassion for others.

Post selfies to decrease seriousness. My go to device to decrease seriousness. You are all you have others are more important than yourself, always remember self-worth. -It's not about you, this is about me. My writing is about me, conversations with self -to understand derivatives.

The more you share of your personal life in public the more critical of yourself you become. Be careful not to personify insecurities out loud become something your not based on (-) judgments of self. Still cleaning up my website. Bigger audience calls for different material settings. Appropriateness goes with crowd size how you develop your audience.

Always stop at a point in which a conversation goes well when you shift blame to others it causes disruption.

What you allow will continue to occur if you let it. The cycle of abuse always begins with you. Never blame yourself or others always get help or talk to a professional to create positive outcomes in the future for yourself and those you care about. Sometimes people who we trust let us down in life, not everyone can be trusted, trust first yourself before others, and all else should fall into place. When you empower yourself you blame people less for your problems and



become better able to take control of your emotions and your future, present.  
#JusticeAlito

When you put others before yourself you give yourself the responsibility to take better care of yourself. In order to be there for others one must be whole. In order to be whole one must be complete. To be complete one must be present. To be present one must be there first for ones self before others. Once you figure that much out, peace can be achieved, first from within. It's not by helping others problems can be solved within self, it's through helping others one helps others, you must always consistently help yourself separately in order to properly be there for others and of use, useful, helpful, a positive influence. It starts with you.

Life isn't about promoting your best interests it's about promoting the best interests of others.

Bits and Pieces

You will always be judged most based upon where you are at in your life now.

Content is about what you share. What you share reflects what you think. Who cares is people watching. You cannot control them they cannot control you. You will always have unwanted followers, anyone who talks shit to your face is an unwanted follower. Should leave me alone.

I'm not self-destructive. I do not blog seldom because it's too risky for me personally that's not a selfish decision that's called being smart with tact playing by the rules. When you are discriminated against that does not cause mental disturbance that is a pre-existing condition purposefully aggravated to cause harm.

Causes for concern once relevant cause dissatisfaction in oneself and apathy for the offender or the one who offends the other. Once offense is taken, respect is lost both ways. When respect is lost care is lost. When care is lost that is reflected in the work ethic, concern or aggravation existent. -I'm not an experiment.

Apathy is not the same as drive or care or passion for causes. Apathy toward one does not mean apathy toward all, you can only do so much to help others. BEFORE either they cause harm to you or cause harm to you to see if you cause harm to others and why for what reasons. I'm not on drugs I'm not a paranoid person.

When one is offended trust is lost when trust is lost one cannot be trusted when one is helped and still causes harm one cannot be helped by the individual to whom one does not respect, that's a given. -Instead one must redirect their focus toward those who care on an individual basis based upon presence.

You cannot judge the future or predict the future based on past outcomes. You always have to be hyper-vigilant of self, after trauma, suit your needs first reduce risk of worsening your condition displaced by the needs of others based upon their conditions present. Life's not a race to see who gets well first or based upon present support but by what you do to get better.

Always be present, based on your needs now, determine your future forward. How will your needs be met and based upon that conclusion resolve circumstances that suit your needs without interfering with the needs of others, that's called having compassion for self and others.

Focus on what's important. Hurting others is never the solution. When you hurt others you only hurt yourself that's called human nature. All humans are co-dependent, if so if possible, therefore all needs are based upon common principles: (1) esteem (2) community (3) necessity (4) common grounds (5) peace (6) welfare (7) common knowledge (8) common place (9) and common sense = confidence #publicsafety. When safety is achieved progress is made when trust is lost safety still exists, when public is safe people are safe -everything within counts toward that. When everything is lost loss is felt.

How you cope is your right to privacy. That's your personal business what bothers you about (1) yourself and (2) others. What defines you is by what you say, what you say reflects how you feel. Do not be intimidated by the confidences of others as you are your own person responsible for yourself not others, always be kind, resourceful but not hurtful -harm cannot be undone once a situation is worsened beyond the scope of original issues versed reported. What's transcribed by outsiders is not your responsibility to render make amends for or to only to move forward do as I'm told.

You should never hold higher expectations of others than you do for yourself, that only leads to disappointment and heartache. Its best always to think in terms of ethics, guidelines, and principles what makes sense and what doesn't make sense. We only fight ourselves when we fight others, raise our own anxieties, best to stay calm, geared toward positives. When geared toward positives end results occur that reflect that outlook sought. How you make seen what's felt, known. What is right should be seen, first, always.

## Chapter 32: Conversations

When having a conversation on any matter controversial its always important to maintain a balanced perspective and to accurately present all sides as best you can, this can only be done so, by a proper stating of the facts, that is occurrences. Not how things occur but what has occurred, and by stating such, inferences can be drawn, that is how new information is made, based upon information given.

When you feel bare or self-conscious, it is usually due to overexposure, either too much of something or not enough of something in your life. Everything in life requires balance. Balance to relationships, friendships, and professional interactions. How you address those feelings, and how those feelings are interpreted, is one thing, what actually happens, is another, you be the judge. – You are your own person, it is for you to judge you, not for you to worry about the judgments passed by others, as to your behavior, as to your choices, those are your rights, who you choose to like, who you influence, and who influences you positively. That is called friendship, love, or even just acceptance of another.

Hearts imitating hearts. I discussed this briefly while I was in the Apple Shop. What does that mean? I think I just simply meant that it meant we adjust to our environments, much like chameleons, we blend in. Or adapt to our surroundings. That is called being human. And on Social Media its ever more present, how we adapt in real life, and how we adapt online, are two different things. How we sound when we write and how we appear in person when we speak are two different concepts of understanding others and one another. Always be respectful of others.

What you indicate matters as to what you think. What you think is then associated to what you associate to what you think. When you keep your associations limited you develop valued interactions, those valued interactions are valued back. That's a proper way to interact not by comparison, or better than.

What you think is a matter of you likings, concerns, and what you find of value. They can be things you collect, purchase, admire, or qualities you seek to incorporate into your own life, and for that matter your minds. What you project onto others, is your image, your image encompasses all those things that you like, which are collection of ideas that you incorporate into your mind, what you learn is what you create.

Based upon what we create, we develop value, value of ourselves, and recognize value within ourselves, such as what we store in our computers, that we find of

value, that is one way in which we establish individualism and value of self. Finding yourself is one thing, valuing yourself is another, and how you value your own life, is a reflection of the care and attention you pay to your collections, your work ethic. That is how one establishes value in themselves, by their ethics, not by exposure. –We can collect and manage and be exposed, and meet others, and have experiences, but we are always left with ourselves, and what you value, should always be you. If you do not value yourself, you cannot value things, people, or the collections of others, until you yourself, must become a master of your own and achieve, work.

What is always valued is for certain, are works. That is something that everyone likes. When work is made, and work is done, that is something to be valued. Those are people to be valued looked up to, and that is how value systems are based. By the strong, who achieve, so that the rest of us can achieve to, under their leadership. That is how ideas come to fruition, under leadership, who leads who, is not important. In times of crisis, we all listen to one another, it's a much different game. Life is not to be toyed with but valued. Life is not to be dismembered, but put together. Life is to be lived, not ruined.

When you fixate on one point generally it is to think about something from that point, point in time, or points in thought processes, to see what it produces. That makes sense to think positively, to then assemble whatever binds. –Often times in the marketing of ideas, we leave things out, that's not to no include people, but sometimes its to make sure not to bring about the wrong ideas or the wrong feelings, or anything else that could go wrong during the wrongful association process. Wrongful associations are when you connect good to bad and then think good is bad, that is a fallacy in rationale, to then blame the victim. All crimes are senseless. It is not by our associations that cause us hardship but by what we put together that does. –Therefore its important to always think positive in order to achieve positive thoughts one must be: i.e (as to #s 1-3 previously mentioned) (1) confident (2) better and (3) trusting. –Its (1) easy to feel confident when another is not doing as well as the other (2) better when one is not achieving in life as well as others, and (3) trusting of oneself. Never judge a character by its parts, it's the sum of ones character that makes them who they are, not by individual thoughts had.

How to avoid the demonization of self, requires a lot of discipline and positive thought. –Demonization usually occurs by obsession a specific obsession of wanting to be something youre not, this causes a negative outlook and negative attitude, which results from unhappiness with ones self. To undo a negative outlook, one must have positive perspective, to have a positive perspective in life, one must be able to see things for themselves, not be told what to do, but be able

to achieve on their own, without the necessity of others leadership, or following to achieve a purpose driven life, this requires, tact, how to approach topics, without insult. How to behave in public is much of a reflection of your cares in the World, and that shows over time, selflessness, and care over empathy (sponge likeness) and leadership can be seen through example, of living with positive purpose, through tone, exhibited. –We are all responsible for ourselves, as well as those around us, always be mindful.

When you feel like you cant go on let no one hold you asunder. This is why no Civil War time period Movie was made, because it hits too close to home. Always trust your superiors in life, they love, and care for us all, very much so. Trust them, they mentally stable and professional, all else, in one ear out the other. – This is a good place to go to practice that, focusing on yourselves, not others. Hear your voice, not the voice of others, that’s so important for mental stability, to function. –I know this because I have struggled with maintaining stability, because I have experienced loss, whenever you experience loss, you feel a sense of loss in stability, that is why you have to keep moving forward like Barack Obama said to. It’s so important to prevent repetition of bad and blame center, center upon truths, not hearsay or what ifs, or Im not sure, means keep going in life, don’t stop to question others, it’s a waste of time and energy better spent on yourselves. You can only better a whole unit when you yourself are doing well, stable and whole, that is how you are best fit, and best suited for helping others, when able to help yourself. Otherwise best to keep going in life, task by task, and accomplishment by goal, is how you move forward, based on productive days, not endeavors, based on truths, not predicting and regurgitating falsehoods, by belief in self, not others, is how you function whole. When you believe in yourself able, everything around you will stabilize. When you question others, you question yourself, that creates instability. –Be certain to motivate positives in life, Im not Tony Robbins you had Tony Robbins for 8 years, Barack Obama, and now its time to focus on yourselves not missions. –Never place blame on the innocent, nor accept blame on your own shoulders, for the wrongs of others, misbehaviors, or swallow the errors seen, just move forward, focus on you and upon all else, things will fall positive in your path for you.

Nervousness, is caused by uncertainty, that is normal in troubled times, trust well.

Its’ your motivations in life that define you do not be defined by others. No singular hardships are ever the cause for success only failure, and failures do not make successes of themselves, only embarrassments of themselves. Be wary of who you choose to be in life, and be wary of what sides you choose to hold. Those are your beliefs as to causes, causes do not create sides of equality, and religions are not based upon principles of equality or of sides, but of peace.

Peaceful minds, make the best decisions in life, ie those who preserve good in the World. Causes do not make belief systems, systems based upon hate, are dismembering to say the least, but principles of authenticity duty to warn bring about doubts that help, help peace to persist, are good decisions made, in fact the best decisions made, those who violate positions of trust, and do not follow religious tenants, are not causes but of concern. Be wary of the gravity of harm you place upon individuals for the rules and standards you put forth as to likings and as to welcomings, and as to acceptance and privileges given. Privileges given are to those in trusted positions, people in power who have money, are given insurances to boot, those who cannot afford insurance do not have car insurance. I am a very safe driver, I am someone to be trusted, a good samaritan, and I do not project weaknesses upon people by my own faults. –There are times to be thoughtful of others, and there are times to think of self, it just so happens that it took me a year to get well, and by the time I got well, everyone else was not well. I do not understand why that happened, but I always do my best. –I am always there for others, my entire life, someone to talk to confide in, trusted. –Now I am doing the opposite, talking in public, I do not need the confidences of others to function, I do not need following or fanship. Im just a writer., kind enough to share my stats, not for the purposes of promotion at this time, writing a book, and going back to school, with no plans to make money any time soon, for at least 1-2 years. It will take time for me to get a job and to function, I’m just writing a book now. Why now, I have been writing online for many years, now its time to permanently write something. Something of value, something that can be valued. –I’m a very thorough writer there are no slips, or lines to be read in between im not a poet, I am a very detailed and articulate person, time to be serious.

How people put things together –Some people put things together to hurt you, if you allow them to –and sometimes people put things together in a way that helps. –You cannot control the interpretations of others –whether for or against you. It does not make sense why anyone would read along and not support me. –But take benefit [from my hard work and effort, writing, and academic disciplined knowledge]. –That does not make sense to me –why anyone [would try to credit themselves force credit upon themselves by triggering me personally now, for what consequences forward does that serve] –would acquire information information from a person they do not like. For what reason are people negative toward others? For what reasons do people bring up the past (not true) to serve and benefit themselves, their viewpoints. For what causes do they seek to trigger to benefit themselves?

There is always cause for worry once aggravated. Occurs when one side is not doing well and to better themselves bring[s] down another side. This is called

competition for happiness. When one cannot be happy for others or another's happiness irritates them.

[Always see the big picture, do not blame causes and consequences on oneself, when one is not in the spotlight and another is, there is no one to blame but the spotlight and from where that spotlight occurs, and for what reasons, positive or negative, I would never enter the spotlight, when I am not doing well, I'm not retarded, I'm cautious, and I warn others, how to behave, not get into trouble and how to achieve peace within before trying to correct others, is wrong, aggravation is wrong in all forms, I'm not famous, everyone has their own lives, that's assuming there's an obsession with me, a non-existent public-obsession and trying to affect me to see if there's existence of one, that's called delusional behavior toward others, that's called manipulation, to purposefully affect others, to generate a reaction to feel better about oneself, that is wrong, that is called being selfish about ones self].

That doesn't make sense to me. Everyone deserves to live a normal life and do the best they can to achieve a normal life. There is never any excuse for anger or hostility toward others. [It] is never justified if not purposefully provoked. –Some problems exist within themselves. In it of themselves – in existence – meaning not existing because of others. –Problems, ideas, or thoughts. Are most likely generated from their own concerns. Assume from a good place to not contribute to[ward] those ills. –I was thinking about this today –There are conversations, then you leave a conversatio[n]. How to control yourself during unwanted conversations and what to do in the event of aggravation. –Usually it [is] best to walk away, leave the conversation and not engage others in conversation –avoid fights. –How you function afterwards –is in your control.

[Don't attack others to feel a certain way in order to function in a way that brings you peace centers you makes better you, that is wrong, to be co-dependent on others, or to trigger others, to re-set your mood to better or better than].

No one can control you, your thoughts behaviors of how you function in life. It is never your responsibility to correct those who have harmed you. People who are exposed to abuse, used to those types of relationships will repeat those patterns toward you –hurt you again. Always be understanding. Especially when it comes to family and friends. Listen not tell people how you feel, but try to make new conversation, not relate what's going wrong with individuals [who are] not concerned with personal issues [generally in states of crisis, -but concerned with themselves, their safety needs, that's why I said always be understanding of others]. Platforms are not for attention but for communication with others. How people identify themselves is their own responsibility [including their own

feelings and emotions, toward themselves, and toward others] –not the responsibility of everyone ever to help one person, a person should fix themselves to match their settings and blend in. Not stand out to be fixed. That’s trying – recipe for seeking unwanted attention so if talked about can place blame on others [or create circumstances to justify win arguments or point blank prove a side or occurrence or sequence of events, or likelihood of causal connections or correlations, after the facts trigger and then see if any dice pattern throw out differently to match ones viewpoints toward or against an individual or group of individuals innocent is wrong –it is never the victims fault, always remember that]. -[or] try to make someone like you or have similar issues to be addressed or fixed. [Be careful not to take on characters past in someones life to prove past or see if present occurs to denominate any individual as problematic characteristically or see if problems occurred in another character past, to judge a character now, that’s manipulation, use of self, to indicate characteristics in other by default, ie manipulation, planned occurrence or planned response to triggers given].

Best to get professional advice, not wear out others with negativity [sought or felt upon interaction with others, based upon their present circumstances, who they are now, or who they were past, that’s stuff you usually keep to yourself in your own head, not trigger others negatively to generate responses, that’s considered immature ordinarily behavior, but for the times, common under crisis]. Once you change it will seem like everything changes around you.

... [I had] dreams to one day write a book, already in its beginning stages, concept chosen from the start: a self help book. Not a biography about self or others, I’m very sensitive toward the privacy of others as well as my own profession[n] enough to understand the concerns of people to whom are not legally [bound] nor never my designated clients or responsibility signed by law. Only legal obligations are to report to my superiors in the event of loss of esteem, suicide, threats, my health report to #scotus i.e. The US Supreme Court: Where I started piecemealing assembly word by word letter by letter January 2013 in session –its very time consuming to achieve peace first within and among or between and then remain steady alone independent of others after discord separation and feelings of loss less than gifted high low or better or worse off, we are all equally lost retarded smart gifted bad good and blind when it comes to the English Language. Let’s keep things going positively please. Thank you. Here’s my commentary and new shared verse from my upbringing and what caused my hardships in law school when in love. Why Im alone now. I blame no one never how I was raised, threats back I ignore walk away walk forward: [mymollydoll.com](http://mymollydoll.com).

When you objectify someone you lower their self-esteem. Not only do you misuse



the method of symbolism, but you are using a human being to convey an emotion, in another, that brings about differing emotions to others, onlookers. –This is problematic. –How women are raised is a big concern. How women represent themselves is a big concern. In my opinion is better for Women to be judged by their intellect than by their looks alone. While looks indicate care for oneself, and good hygiene, it is not the sole factor from which a Woman should be judged. – Not all Women were meant for procreation, some were meant for smarts, and for the production of smarts, for Careers, and should not be judged for not having Children. This Century is a peculiar one, in Women’s History, everyone should be respectful of the choices and the Career paths that Women choose to make. – Never have I objectified myself knowingly and intelligently. Especially not in public and especially not with 400k Fans. Usually when we are taken advantage of, not to play victim, is when we are quiet, and unassuming, and when we are not clear of the consequences of letting down our guards. One should never be judged for how they conduct themselves in their private spaces or in private spaces with others. Sex is something you share with one person, not something you share publicly with others, why its important never to kiss and tell, as this makes people uncomfortable with you, themselves, with others, as concerns toward their image become a matter.

So why does the objectification of Women hurt Society? Because it lowers the standards of whats acceptable of Women, and then other Women imitate that standard in public. Today, with Social Media, it has become more and more important to have fewer images of quality poor, and more images of quality high, in order to convey a more positive response overall from a more general audience as to the current identity of Women overall. This is something that only Women can understand, I am a Woman, there I understand how important image is, how important intellect is, and how important it is to represent ourselves well, one another well, and our Families well. This is something I have struggled with my whole life, and have always done my best, to represent myself and others well.

It’s important to always be understanding of others, no matter who they are, where they come from, or what theyre about. –It just so happens that the most well liked people are actually those with the least problems, are seen as the least problematic. I disagree. In fact, its those who have problems, that actually understand them. –Its easy looking from the outside in to identify what problems you think are occurring in an individuals life without even knowing them, that’s called passing judgment. Always give an individual an opportunity to be heard before jumping to any conclusions. –You should always hear someone out, before you make any rationale decisions about their character or choices as to their future outcomes, and destroy their lives. Its important to always be understanding of others, for those reasons. It’s no ones responsibility to correct others, for who they

are. That is not the responsibility of others to mold individuals to their liking, or to how they think they should be or how they are supposed to be, that is inhumane. All people should be accepted as they are, within reason. Not one person is important enough to destroy the life of another, not one person is important enough for everything to be about them, and not one person is important enough to have an effect on another's future or another's abilities, that's a pure fallacy of thought, a falsehood or conclusion, as to matters certain.

When you are accepting of others, that shows that you have an understanding of that person's being. Respect for that person's existence, and when you do not respect that person, that is when you respond counterproductive to their needs. It is out of respect we choose to include or not include people in our lives. –How we respond to others is a direct reflection of whether or not we care, and why. –In that case ... the more that matters to you, the more people will matter to you. The less that matters to you, the less people will matter to you, or fewer people will matter to you. It's important never to become obsessed with any one person, or group of individuals, but to respect all. Being respectful of all, doesn't necessarily mean being accepting of all, it just means that we do not interfere with their progress, because we are not threatened by their progress. That is how one behaves towards others, reflects how one feels about others, based upon how those others make them feel, less than, better than, able, or not able to achieve in life. In order to achieve, one must always be respectful, in order to have respect one must have respect for themselves. First and foremost, once you manage that, its easy to accept all.

Be thankful for every passing day you live. Life is not short but it does not need to be painful or lived in regret –if you make the right choices no one can hurt you. – Only yourself by your perceptions –your cares and by your outlook in life and by the judgments you pass on others. Look to your past for thanks and look toward your future for peace. All that your left with then is your present. –Your present circumstances always figure out/predict your future. What may seem trivial in retrospect is never easy to bear when presently undergone. Everything you've been through in life matters. –Welcome your thoughts with a critical and smart heart that cares for self. When you care for yourself help yourself achieve your present noticed achievements will always help others in a way that's not hurtful but helpful. Never manipulate emotions recognize them and always set them aside first. What you willingly respond and react to will determine your ability and your ability reflects your present outlook without having to explain yourself to others. What makes sense to you may not always make sense to all. –You have to find your own drives in life. –Whether or not always maintain stability a sense of normalcy to achieve inner peace – we discussed this ... “once you change it will seem like everything changes around you.” “Always be the best version of

yourself.” –When you change what matters to you will help you overcome what bothers you. –Change occurs daily never at once and always in parts. “Whole is the sum of its parts.” #famousquote. Never cease to exist –your mind matters but your life and livelihood accepted is more important.

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### **Chapter 33: Overcoming Addiction**

According to Nancy Boyd Webb: “under stress [it is common for others to] ... rely on alcohol and drugs, and/or engage in other risky behaviors to help them cope, these methods [she states] may actually place them at increased risk of danger (Blaustein & Kinniburgh, 2010.” (6)

So how does this relate to Social Media use? According to Nancy Boyd Webb “a crisis intervention approach that aims to lessen the anxiety of the people involved

in a crisis [is key] ... to bolster[ing] their coping strategies [with] ... the potential for the primary prevention of psychiatric disorders.” (8) Its important when others are in a “vulnerable state” to be patient, she explains it is commonplace for those in vulnerable states to react “aggressively after a relatively minor occurrence” if they are victims who “suffered repeated physical abuse” that is how they may respond she explains, “aggressively.” (9) Social Media can help in that it is a place that provides comfort to those in need, especially those in a state of trauma. She explains to always be aware of how “witnessing adults” in trauma affects your audience’s processing of events, why its important to always stay calm, be informative.

mmdfilmbase.weebly.com (Stencil/Trace Evidentiary Concerns, My Influences) was created for these very reasons, to alert those best situated to helping others of their power to control our audiences coping mechanisms. According to Nancy Boyd Webb: “the mastery in advance through reflection or fantasy [good-willed] provides a form of psychological preparedness that ideally will lead to enhanced coping in future stressful situations.” (9) Why I love Movies so much, because during my difficulties, I relied heavily on Movies to coordinate my feelings, to adjust to my reality, and in order to feel whole, related self to Film.

Sharing is one way in which to establish a system of readiness, among your cohorts, and audience. A system of readiness has been described by Nancy Boyd Webb as related to the concept of “misery loves company,” she then goes on to state [if so] “then we would expect the sharing or a crisis or traumatic experience to offer a degree of comfort and support that is absent when an individual undergoes such a stressful crisis alone.” (10) Which is why we have Social Media. In my mind, Social Media is not just an escape from reality, but a way to helpfully process events, news, and understand concepts in the public sphere so that we don’t feel alone in this. Reference: Nancy Boyd Webb, Play Therapy with Children and Adolescents in Crisis, 4th Edition (2015).

When it comes to addiction and recovery there will be a lot of disappointments in life. You just have to keep going. Maintaining sobriety is so important for success. If you are going to be too nit picky toward yourself you'll never make it. Don't be so hard on yourself, just keep moving forward.

You can't make someone talk to you who doesn't want to talk to you. Once you get the silent treatment that relationship is pretty much over, meaning move on, and find someone else to talk to.

Never play games with the heart of another. You never know what anyone is going through in life to judge them. Always be kind to others, be understanding of

the difficulties they face, but don't make them your problem. Always keep a certain emotional distance from others, to maintain stability.

You can't go backwards in life. Fighting with people that only creates more problems for you moving forward. It's always best to let go, once you let go you can form new relationships and new bonds. When you start to feel better new people will come into your life, but you first need to change in order to appreciate life's blessings. You have to move forward. That's how to find peace.

Don't give your power away to others when you're down and out not feeling well that's a recipe for disaster and self-harming behaviors such as drinking and drug use. You have to let go when a relationship ends. Where one ends another will blossom have faith. So long as you keep busy you should never be so desperate as to wait and get hurt when they return. -Best to just move forward then.

Negativity is a tough subject. There will be interferences. There will be blame. But be careful never to justify the bad acts of others or play accustom to their bad behavior, that's just feeding into it. You cannot stop the future from happening but you can do your best to always have positive foresight, when you cast doubts and fears that generates negative reactions within yourself and to those in your immediate surroundings if you're bothered don't bother others with your troubles in life that causes harm. Fears are nothing but delusions, about what is, normal vs reality. Some realities are unacceptable but not all realities are a consequence of stimuli generated by negativity but a byproduct of an existing mess that is disorganization. Always do your best to stay organized no matter what state of mind, is no excuse. Don't allow your fears to come to fruition always think positive forward -don't give in to hate toward self or others, that manifests blame & nothing gets done, that's when failure occurs.

There's no solution or cure for stupidity. That's always on you. For the long term, consequences for which are your duty to deal with on your best timing not the timing of others, as your luck has run its course when you know you've got bad luck in life when you're timing is off, and you feel behind in life, that's normal. You just have to recover from your mistakes, follow directions and move forward peaceably -that is the solution. There's no underground movement when it comes to normal that's up to each individual to achieve for themselves by themselves sometimes a normal cannot be taught must be seen for oneself.

When you feel larger than life, take a step back, and think twice. Are you sure you are thinking right, or is it a product of your ego or worry. You cannot succumb to your weaknesses and expect to make a good decision when down, you have to be up in life to make good decisions for self and others. That's how life works, stay

well. Recovery is a process of downs, once you get going in life don't stop at normal, stop at stable. Always do your best to live comfortably as one of all, included.

You can't go backwards and correct mistakes made you can only move forwards, when you feel that way like you can't move forwards stuck, means there's some error on your part you've overlooked. So long as what you are doing now reflects well upon you the past should not matter as to your present. Sometimes you need to let go. #mymollydollblog Focus on new ideas.

Always be sensitive to the needs of others, you never know what anyone is going through in life, some of us struggle more than others to make ends meet. You just have to have compassion for those who do their best, try their best, and do only what they're capable of achieving in life. You cannot live in regret, life is short if you so choose it to be, looking back too much, can cause harm to your outlook, why they tell you to focus on right now bettering yourself each day. There's always room for self-improvement.

Once you go negative the happiness of others threatens you seems unachievable unattainable. As a result you feel down, or wonder why am I where I am in life and how do I too achieve happiness for myself. Those who are fulfilled in life, have happiness. Those who are not fulfilled in life have unhappiness. There are also differences between those who are surrounded by people versus those who are alone in the World. Those who are alone are more likely to be resentful of those who have it all, thinking that it's because they have more they have less when really it's a matter of what you put out into the World you get back.

Addiction, Social Media, and Propaganda

Propaganda is defined by Google as, “derogatory: information, especially of a biased or misleading nature, used to promote or publicize a particular political cause or point of view.” –In my point of view, PROPAGANDA is information used to provide a point of view, that is counterproductive to the needs of the majority, to present a minority opinion, which is placed above in public sight, to undermine hindsight, to give strength to a current perspective, that is not widely accepted, and stirs the pot, that is the fundamentals of any given trade or profession, which seeks to help not undermine the needs of others.

Social Media is a great place to share ideas, however is very addicting. Im sure there have been articles written about Social Media addiction, but I am now choosing to share from my perspective, how I became addicted to Social Media, as a place of work and as a place to write. When one is not heard, there is a strong

sense of purpose to be heard. That is understandable, when one is not equal, one has arrived at a place to become equal minded to ones cohorts, that is respected as those around them are respected, why blogging on Twitter is great for people with low self-esteem, a place to learn how to fit in, be well liked, and find one's place in reality, among, not separate from others.

As a Law Student, I became separated from my friends, as addiction relates to me, now we are talking about here. In case anyone was wondering as to what this discussion will entail here forward, my addiction to social media, not the addiction of others, I always talk from my own perspective, not the perspective of others, as these are my ideas for peace, not the ideas of others, clearly if being shared by me, then with positive good purpose, not for myself, not for others, but based on the principle of sharing for sharings sake, that is why I share my thoughts, to be apart of, included, well that's a side-effect. –I've never not felt included, that has never been the case, always included, invited to every party, and always apart of, the most popular everywhere I go, I have a nack for assembling people, friends, and now professionals, that is my calling in life, to help others, as has been stated in my personal statements since 1997, to “make a positive difference” that is my motto and that will never change, I was born in 1985, so I was probably 11 or 12 when I came up with that, what is now a slogan, widely held by all.

Addiction is defined by Google as: “the fact or condition of being addicted to a particular substance, thing, or activity.” Addiction according to me, is the use of a substance to feel good, beyond that which is required by the average or normal person to feel good. I do not use social media to feel good, it makes me nervous and paranoid, its just a place for me to promote my blog and my writing, with no beginning purpose to be famous, only to write a book. I am not a Lawyer, therefore I do not and have never represented others legally only myself, and by image good image, may one day represent others well too, not just myself. Addiction is viewed as engaging in risk taking activities, I am not a risk taker, however I have abstained from the sue of alcohol and marijuana since defamed in a yearbook 2003, that is why I chose not to drink or do drugs, and that will never change about me. I clearly understand first hand, the consequences to your image if you drink or smoke weed, why I do not drink nor smoke weed, because that is the basis for others, enabling them to trash you and your image. I was awarded best female athlete at graduation, therefore it never made sense to me why on the last day of school I found out I was defamed, it broke my heart. –I had gained weight senior year because of soccer injuries the years prior, was always a top athlete, however was overweight only 2003, and still tried out for the CU Club Soccer team Summer 2003, and was selected 1 of 5 on the B Team, that is 1 of 5

Freshman on the B team, the A Team was all upper-classmen, and the C Team was all Freshmen. –I made the team, and when I made the team I decided not to drink or smoke weed, so that I could play soccer, another reason why I became sober and clean, a professional club soccer player 2003 in the State of Colorado, a mile above sea level. The altitude is so high, and air so thin in Colorado, I could not drink or smoke weed AND play soccer, that would be humanly impossible, why I abstained.

#### Addiction, Social Media, and Propaganda

Social Media is obviously a place to represent yourself. When you learn how to represent yourself well, then you are fit to represent others on your blogs, until then, it makes sense why people go private on social media, and keep their social media's private. I have kept my friends list private since 2008, after a terrorist attack occurring on the 10 freeway after I defriended someone who wrote songs about me, we dated briefly in College. Its really not a big deal, just culture shock actually, when you realize someone cared for you, and then wrote about you, and you realize many years later, what that was about. It hurts, and its embarrassing, and theres nothing you can do about it, I was his biggest fan, attended all his shows in Boulder Colorado. I realize now that that is a compliment when someone writes about you in public, to accept it as compliment, not be defensive or embarrassed by any acknowledgment of you in a public space, how you made them feel.

When you defame yourself, and misrepresent yourself, well that's not propaganda, but pure stupidity on your own behalf. Misrepresentations are not the same as propaganda, one word is about self and others, and one word is strictly as it relates to political tidings. So ... which word best describes my biggest faux pas in life? Misrepresentation, of ideas, and image. When you are overweight, there is really nothing you can do to fix public perception about your health, you are seen as grose, and because you are grose, others offend you on purpose, insult you, and degrade you, to make you feel less than. That's unfortunate, that was my Senior Year Yearbook, hurt beyond belief, went into a state of depression, and put on adderrall by Sophomore year, and switched majors to Sociology.

Why am I on Social Media? Because I love to write. I decided to become a writer, 2004, when I switched majors to Sociology. That's when I decided to become a writer. My favorite course in High School was American Literature. Writing is my Passion. I was even in AP English but didn't read the books and graduated with a 3.2, getting As in Chemistry, Physics, and Algebra, my strengths in Math and Sciences, but chose to write instead. I think you stick to what youre good at, as applied. Social Media is one of my favorite places on earth! It's where I found



my voice, and improved socially, academically, and spiritually, and could not pick a better place to share my thoughts.

Reference:

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## **Chapter 34: Privacy**

### *Purpose for Privacy*

There are many purposes for privacy, other than intimacy. Such as the sharing and information concerning about us and others to whom we interact with. That type of information is considered, private, and for those purposes may not be used in a way to cause harm to self or others, UNLESS it is necessary to help others make sense of consequences and circumstances to make better the times in favor of all, peaceable. That is called right to privacy. People with individual interests who do not understand the concept of privacy, are people who are not of concern, people who do understand the concept of privacy, most, are generally those within the helping professions, who by professional means, have experience caring for others on a professional level, understand these matters clearly and to whom they concern. –I’m sorry therefore if for any reason, those in my life, were made public, as my current health is a matter of public concern, when my health is affected by others, they, others need to understand why, to help adjust the public to be more accepting of me and those around me, to whom I interact with, as not to causes for disruption. As I am apart of the solution, no one to whom I interact with is therefore part of the problem, that’s a given, to think anyone is so important next to me, as to receive blame, is by physics impossible. Do not be so narrow-minded to think that I would stoop so low, as to blame anyone for my current problems and hardships, are always of my own making. I have been a

writer everyday for 5 years, my current status as a writer now is no thanks to anyone but me, I encourage myself. Never discouraged by others. Always confident professionally, never insecure, just quiet.

## Right to Be Heard and Right to Privacy

Why are these rights important. To me they are important for mental health reasons. When we feel we are heard, listened to there is a reassuring value to that, reassurances are given to those who can be trusted and those who cannot be trusted are not given added reassurances in life, and made to become paranoid to cause continued harm to themselves not help themselves or others, but for themselves. Why these rights are taken away from people who cannot be trusted.

According to Google, right to privacy means “The **right to privacy** refers to the concept that one's personal information is protected from public scrutiny. U.S. Justice Louis Brandeis called it "the **right** to be left alone." While not explicitly stated in the U.S. Constitution, some amendments provide some protections. Jun 12, 2013” [1]

What does public scrutiny mean? Scrutiny means “If a person or thing is under scrutiny, they are being studied or observed very carefully.” [2] Whereas public means “of or concerning the people as a whole.” [3] Merriam-Webster further defines scrutiny as: “1 : a searching study, inquiry, or inspection : examination , 2 : a searching look , 3 : close watch : surveillance” [4]

Public Scrutiny therefore to me, means the of or concerning o[f] an individual, or any number of individuals, to whom concern is sought to be replaced, by need, once a need for information is sought and brought to ones attention, attention to all is made, in order to further sustain or inform, or support that thought, series of thoughts, or chain of thoughts about an individual, to whom opinion of one is held certain based upon a knowing or a thought of knowing a person, for who they recognize as deserving of scrutiny. No scrutiny is ever deserved, in fact out right to privacy, protects this very subject, of or concerning individuals or parties to transactions, from the meddling of the public, that is considered scrutiny of an individual to associate to a negative, that negative is the taking of private information and making it public, to cause harsh scrutiny. Harsh scrutiny is or are the judgments passed by those to whom opinion is had to and of and to whom opinions are sought to be had or proven likewise to further support opinion. –No opinions held by one should ever be sought or proven to be held by all by good members of society, that is the taking of a good characteristic, or identity, and seeking to prove the opposite. The disingenuousness of transactions and interactions, are considered opinions based, and opinion based rationales do not rise to the

level of bad of or concerning further hardships, or justifying continued hardships of individuals considered to be private. The privacy of individuals i[s] a protected constitutional right not a fundamental value, not a human requirement, but a protected right, a guided potential for success, and when that's in operation, when you yourself subject oneself to harm, that guided potential cannot be in full force and effect, that is a trusted position, position[s] of trust, or valued position to counterclaim that any other force is the cause or future cause for disingenuizing the current or future potential of success, when that right to privacy is not practiced, to claim broken by another, when purposes are not evident, when public face is present and accepted as part of ones identity, a public presence, information private therefore cannot be used once made public, to cause hardship or scrutiny of individual not under scrutiny. It is by only our own wrongs that cause paranoia, not the wrongs of others upon us, those can always be prevented by practicing this right, right to privacy, to avoid scrutiny.

#### References:

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- [4] "Scrutiny" <https://www.merriam-webster.com/dictionary/scrutiny>

#### Expectations

Notwithstanding current hardships, I write, this piece, keep moving forward. At a snails pace, and always with advance warning write, to anyone who is in opposition to me, that is how I have written since 2013. Be careful not to connect negatives to positives, this creates hardships and hardships interfere with expectation, and high expectations of oneself. Always be respectful of higher authorities, and always make sure to give credit where credit is due, Red Cross i.e Professionals. –Its never important to credit people for good deeds, or to seek credit for good deeds, that's a misnomer, but to file oneself among, is appropriate.

What you are influenced by is what has been read, I influence myself for that matter, a writer. I just looked up my Curator Application to the US Supreme Court, and here we are today, with a new foundation #mmdfilmbase. Not the purposes for this website, not connected. Not for award. Not related, to my

causes. That's a negative connection sought to justify a connection made, and where ideas come from.

### Public Safety

When safety needs are met. How can safety needs be met, by connections. When safety needs are met connections are made.

“Your pathways in life matter much the same as your pages online to your though[t] processes and by what you connect is based on what you read. I love the #**newspaper** why we have them.”

### When People Are Grose

We cannot control what we look like to others. Do not mock or imitate me and interfere with my progress, if you are unhappy with yourself, than its best to move forward in life. I do not promote people who are grose, or who do not like me or make fun of me, or who are not on my team in life, I just ignore them.

Its important to always be in control. People will hack to make you look like someone who is insecure, or not stable, and therefore not to be trusted. I'm not a grose or unsafe person, and I don't have to prove anything to anyone. –I am very secure with myself, and because I am secure with myself, people read my blog.

Its people who are grose on purpose for attention or who make others look grose, who are insecure with themselves, because they think its funny to do something (by few) behind their back to see (as experiment) what the reactions of others will be. –Its never proper to hurt someone purposefully, I am supervised by Srg. Lattimore of the US Military and cc him on everything important. This isn't President Trump's job. Whats beyond you, is not as important as whats in front of you. –To spread rumors is sin, and for those reasons, I have left a location or locked a location, in which I have been harmed, or where others have been harmed, deemed unsafe. Usually when you leave a location its because either you have been made to feel unsafe or because others have been made to feel unsafe.

When someone does something behind your back to hurt you, it is obvious to onlookers and not of concern to me. When people hurt you purposefully that's on them, based upon their immaturity or inability to deal or cope with their own problems. The problems that people have either with themselves or toward me are not my issues, but their own. You cannot fight any war on personal basis, that's selfish decision making, when you only make decisions for yourself not others.

## Your Influences in Life Matter

Your influences in life matter, as to who you are, and where you're going in life. Where you're headed is always a direct reflection of what you have in your tool belt, the tools you acquire throughout life, are supposed to help you (1) be (2) be aware and (3) be acquainted in life with your surroundings, have an appreciation for where you come from, and the influences that define you. Why your influences matter. –Don't be so hard on yourselves, nothing can change you, if you're hard headed enough not to let the voices of others drown out your own. You must always be in control of where you're headed in life, whether someone tries to be you, acquires your gifts, or compete with you in life, thinking they know better, and can achieve better, and have better direction in life, it's your intuition that guides you properly. Always be proper in front of others, we are only misguided by our own missteps in life, how we end up places we wish we never were, and end up behind in life, or having to turn around in life, and find new direction in life. You are always the matter with you now what's the matter with others, you come first, in all matters. In order to be self-sufficient and succeed in life, you have to matter to you, in order to not be easily misled by others, or put in harm's way, misguided. –How you differentiate between the present and your future, determines where you end up in life. It's not that difficult to follow directions and laws, they are meant to protect you from harm, you and others from harm. What you focus on therefore matters, always focus on the positives in life, to prevent hardship, and or personal struggles, we need no mentors only ourselves, and we need guidance, in order to persevere. –Do not blame people you once looked up to and who failed you for direction in life, you are always responsible for the choices you make and who you idolize, be yourself.

## Respect (Blog Post)

Respect why does it matter? Respect is so important, not just for the purposes of self-discovery, needing to have self-respect, but for the purposes of lifting those who we admire, and recognize those who we despise, without hindering the abilities of anyone, when we have self-respect, that means not engaging in fights, or behaviors that make us look disrespectful or immature. Listening to others is one way in which respect can be achieved, achieved for self and newly acquired respect for others. (What do I mean, I'm getting to the point. Reading over what I just wrote).

Self-Respect (definition): Holding yourself in high regard, demonstrated properly, socially, academically, and professionally, that illustrate you hold others in high regard too, that is how self-respect can be achieved, by those you hold in high regard. Those you admire, shape you, influence you, and that's who

you become.

Then what's the difference between self-respect and respect. To me, self-respect is respect for self, and respect is respect for others. It's my theory that in order to have self-respect we have to respect others. Meaning, when we do not respect others, then we are lacking respect for something either them or ourselves, which causes immaturity, and immaturity is a result, to me, of lacking respect for self or others.

When you love yourself, respect yourself, others will love and admire you too. When you trash yourself, by being negative toward self or others, then others will not respect you. That doesn't mean that they should trash you, but they will throw things under your bus, to make you trash yourself, or to cause others to trash you. That's just apart of life, staying grounded in principles, that's how you achieve good luck in life, by not allowing others to get under your skin, having a tough skin about you. –I don't believe that overexposure causes one to look trashy, when on the inside you feel good exposed, that means you're a performer. However, when you overexpose yourself in a way, by taking in too many exposures, you will feel trashed, or not good about yourself. Overexposure, works in one of two ways: (1) what we expose ourselves to (2) and what we expose others to, about ourselves. –That's the big dilemma on Social Media, what exposures cause illness, and which help. –I think if you don't like someone, then no exposure of them will help you see yourself, its important to always be separate from your audience as a writer, not in their face. –I'm chubby right now, so I only photo my face, not my body, that's why. –I wish I was skinny right now, but I would never expose anyone to seeing me when I'm down. I only show my face when I look perfect, I feel better, key to high community esteem.

### **Chapter 35: Jaded**

When your image is jaded the best you can do to repair your image is not to respond to negativity that just causes illness and self-defeating thoughts that can lead to self-harming behavior. Always do your best to get back into a positive tangent in life. Do not let the negative opinions of you bring you down, always be understanding toward those who do not like you, and better yourself until accepted by all.

Some people work really hard to achieve in life. Nothing is given to us. Always be kind to others. Respect of one another's work ethic. Perfection is expected but hard to achieve online with limited resources, is expensive. Be thoughtful and courteous as a consumer not judgmental.

Not every road is an easy bargain, some are fewer traveled than others. What we gamble away in life, are risks we take, losses we suffer in life, setbacks, and when we fall behind in life we have no one to blame but ourselves. The only way to undo those wrongs to ourselves is to not engage in any self-harming behaviors - seeking acceptance from others, satisfied with life, ourselves, and others, through disciplined practices, such as work, study, and through writing this can be achieved moving forward. These are not risks we take but steady steps we take moving forward to learn about ourselves and others through the process of healing and self-discovery, in this I have always had faith. Never put yourself at risk of harm or others, always take careful steps and measures to ensure the safety of all and always report.

We can't always be perfect especially when we are in ruins that's a time for fixing ourselves mending what's been lost and figuring out how far we have to go to get back to where we need to be in order to achieve and or get going and in life again, that's normal.

There are plenty of stories non as amplified as your own. Your own basis are what you see with, what you feel with, and what you make your rationale daily decisions with, they become the grounds for your judgments and your judgments are used for setting up your basic decision making skills. Everything you incorporate is related to your exposure which is comprised of what you read and what you know is what you decide to know for yourself moving forward how to see and how to know and where to go in thought processes to get to where you need to go to know more about what it is you want to know more about. You're always in control of your own thoughts. Don't be easily misled by others.

When someone is trying to win against you prove their opinion of you they will do and say whatever to justify that point, there's nothing you can do to rise above that point. There's nothing you can say to prove them wrong because that's their viewpoint, opinion. #StopSuicide why I don't argue.

There's a point of acceptance of others. I'm at that point. I'm not a preacher of opinions or sides. I've recognized that there are multiple viewpoints. I committed suicide 2009, I know there's war overseas. I obviously see the big picture, calm, because I care I never fight.

You will see me read me see sides. That's understandable. That makes sense. I will say differently maybe not the same but that's not stupid or a disagreement or lack of smarts or strategic but it's my best interests, to #StopSuicide. There's a point of sense. It never makes sense to cause self-harm upon self, that never

makes sense to self-destruct. Only to build, when anything is taken away its to strengthen a course of action. Mature or not all sides left up as is.

Insecurities are just things that people don't say. That's your personal business never the business of others what to share about and of yourself. Never share anything about yourself that would make you or others uncomfortable. That's a general common courtesy general rule of thumb common sense best practices.  
#SocialMedia

When someone looks at you and thinks something you think that too think something too either positive or negative toward self that is a directive that directive is then used toward your thoughts to gear toward other thoughts present you are responsible for gearing your present thoughts concerns

My secret to sanity is to see forwards and backwards clear and just made friends with Torah Bontrager. The Amish Girl.

Life's not a rush or competition

Take my grass who cares

Five star notebooks filled by my notes. -- A basis is always truth. Fear of public reflects discomfort with self or lack of self-confidence.

Mercury Insurance is too expensive fixed my car in one year piled up got hit too many times. Why I don't have a car, stay home. That's what's odd about me, home always. Why not out + about.

If people don't like you they will look for disappointment and a series of disappointments to prove worthy or not worthy of care or opinions worthwhile be held issue or non-issue to compare relate disjoint add or dismember these are words given that will be taken used for against related or taken used to hurt you by your own words every day to make new is how to make new self always not by the opinions of others never by comparison. When you take things personally the only one you make I'll is yourself that's you connecting goods to bads that's you connecting bads to understand that's you being understanding of something or someone, if for any reason you ever feel sick for personal reasons that is always your own business not the business of others to relate could be something going on with you personally interfering with your ability to be present additional ongoing factors present.

## **Chapter 36: Connections**



For every connection made that is a connection taken. I see that now. Upon interaction with my connections those are then sides taken opposing toward me on sides in opposition toward me by those sides operate toward to correct me based on the needs of one toward me not based upon my safety needs, this in turn gets more people to turn on me. There's nothing that can be done once one turns on you, and those close to you do, eventually everyone does in imitation of one another's popular viewpoint so that's one campaign against me. for example, that's they're experiment.

Everybody has their off days, we do not always make sense. It's not always necessary to discuss personal matters out loud. Doing onto others as you wish done to you means not reacting and differently had their reactions been negative or positive toward you, for what matters what or over what issues, is not your responsibility to figure out but best take care of yourself first, the rest should fall into place.

Eventually accept people for who they are on the inside not how born. That I can't control sorry. Sometimes you're powerless you should always see positive. When people are doing well don't take it personally when you're not doing well and they notice that, it's not to point that out be in your face about it to see how you respond.

Condescending tones are annoying and not helpful for progress social progress, building a better understanding. -This occurs, by being accepting of one another within reason by consistently setting boundaries for ourselves others will respect us more for doing so with or without explanation than be a doormat. Always see the good in others.

While writing I was thinking ... Order of the squares matter they're like magic cards they help or hurt the next square move along feel better. How you should read to strengthen self, look for errors to strengthen, or find weaknesses and if so support weaknesses. When you support weaknesses that's called thinking positively. #SocialMedia

Always strive for success that comes from good minded individuals with purpose gone right in life solid ground sets for themselves is how a warrior is made in life unaffected by others

You can remove yourself from situations, from people, places, and be removed of things, but that should not change the integrity of your character should remain the same we are all human after all. At what point do you start living, and stop worrying. At what point do you start living and stop hating. At what point do you

stop judging others and hurting others based on what you think of them, not true.  
When is the time for everyone to move forward? Now's a good time.

## Gifts

Gifts work like batons you pass.

You can't have it all in life.

Follow pop-culture for public safety! They know best! #Loved

When you think too big you get scared why it's good to focus. Why they tell you to focus on self not others, because it causes mental health issues more than insecurity.

I mostly explain how I think.

Sometimes we make sense sometimes not and that's okay.

It's important to always be nice not speak badly of others be kind.

Chances are by your creation.

Peace is by explanation satisfaction with the present not combative.

Say all things kindly whether befuddled or with resentments nothing will change otherwise from any negative standpoint addressed. We all have fears none can be proven by creating more fear that's defective, and counter-productive to achieving peace.

It's what people think that hurts. It's cliches and analogies that hurt.

You just have to be kind to all. That's what I realized in one ear out the other. Not be easily provoked.

Write about what people can relate to that's what people want to hear.

Once you offend someone they stay separate from you you only hope they understand philosophies later or reactions for better understanding build better understandings of reactions.

Poor taste is to write about the inner pains as occurring that's for journalism I'm muckracker so I'm somewhere in between not a promoter of pain understander.

When there's pain do the opposite try to make the other feel better.

Life's not like the matrix people will always see themselves be themselves not be like others.

## Backwards

When you're not feeling well it's important not to stress others out with your discomforts in life make quiet you can only do so much to help always be respectful of the places and spaces of others and you can always write formal fan mail that's always nice to do.

You can't expect to be followed every waking hour of every single day or read by

everyone. Not everyone is going to know you and know you well and best. You have to stay positive about you and keep your wits about you. You cannot be a people pleaser it will just eat you up. The more you read others the more you lose yourself. Always best to focus on yourself how you will achieve respect be respected.

Promotions should be subtle by talking to not by on its face on your space promotions is using the likeness of another to promote you or your ideas or influence your spaces or affect your spaces. Best to be your own influence and then by mention let them influence themselves not drag them in.

You can't go backwards you can only move forwards. The Hero's struggle is always to arrive on good terms. Everything is always clear looking backwards. It's getting places on time that counts it's all about preservation.

#### Dislikes

Once not liked it festers how it spreads dislike that should never be important to a person if well and doing their best is just opinion. If the world were perfect we could all better one another appear equal. Not better than but human. What hurts are comparisons that devalue so one must always appear less than to lift the other in spaces and to present perfection is best.

People don't fight over stupid stuff that's not what builds ideologies it's smarts that does solid grounds. Desperate means weak. It could also mean injured. Needy means injured or smart hurt to look needy to empower a bully look better than take the position of better off. Desperate means weak. It could also mean injured. Needy means injured or smart hurt to look needy to empower a bully look better than take the position of better off.

What becomes apart of your identity is your choice need not repeat the past moving forward into the present that's not how life works people don't achieve misidentified in life they know themselves well how to achieve by making good choices in life. I don't believe in fighting I never argue with people I don't argue period that's not my style of writing I need not convince anyone of anything I don't have a side I'm human, I'm normal I do my best. I'm not mentally ill I'm very smart. Fighting is the cause for illness. What you read relate back to self is called being defensive minded and is considered a thought disorder to relate outside factors to ones self.

What your audience reads on you is what they read as applied to them to make

about self that you cannot control what other people think or from where they judge you as to where your writings come from from what points of interest or from what influences in life positive or negative - my life my principles.

## **Chapter 37: Being Well Liked and Why That's Important**

### Why Does Hate Breed Animosity

Whenever you have a fear, that is not your own, that produces a worry for self or for others, to undo that fear, of popularity, that causes one to generate hatred toward another, also known as jealousy. Be very careful to whom and why you become jealous. Jealously is a tool for self-betterment, also a tool if misused, to cause hardship to another, that's called trying to take the place of another, in place of oneself, to market oneself, with the identity of another, to make the other look stupid, and you better by comparison, that is the causes for jealousy and general reactions made by those who are jealous of another. Be very careful not to present self as someone who is jealous, but appreciate those around you. I'm no marketing expert, but any competition is good competition, it means bettering spaces, for everyone's livelihood and that's always a good thing. What you see and can make better, is usually called having a plan. When you see a plan its easier to make a plan, than it is to build something from scratch. Any website is time consuming to produce, with so many options at our disposal, its hard not looking put together these days, and if you're not put together someone else will put something together. That's how competition online works, who puts what together first, hopefully for good, we put together things, how we work together, the blogging community.

### Why Tech was a Difficult Field

Tech used to be a difficult field because people were not sure what information to put together and how to. Overtime as we realized what was causing beffudlement, we became more clear, with a more clear vision for how we want out sites to operate, within a whole, not stand out, as different, but supportive of one another. This took time. In any new field, there is competition for resources, after these resources become scarce, we realize that we need to be supportive of one another, in order to attract a larger audience. I think everyone is getting better at building websites, now that we are all working together, not separate spaces, but connected to a few spaces, social networks. Social networks are for websites and web personalities, to function we must always cater to ourselves first and our audiences secondly, that's how to avoid repetition, and imitation results in

unhealthy competition. When we build off one another, not on top of each other, there results in a plentiful following to each site, when people move about, they follow those in connection to sites trusted, and where they can move from trusted site to trusted site with ease. When there is malfunction in the movement from site to site, then this results in questioning the sites functionality among. Why people create sites where once you get there you move from one page to the next within the site, to avoid confusion, and to keep people on their website. Some websites are landing zones, and some websites establish connections, and link you to other sites, that will not change. The sum of its parts, the person responsible for the identity, must be registered to be authenticated, be authentic, original, considered an original. –How do you make an original, when you do not copy or imitate others, how you stay unique, and maintain a following, when you base your identity off of others, online, you run the risk of devaluing yourself, if seeking to devalue the other, by being better than.

### The Timeline of Care

There is a timeline of how long someone will care, usually not unconditional, in the field of marketing. Generally people only care for a little bit while marketing, and then they leave and find something better. That is my experience with marketing, if you cannot offer better, then your following will leave in support of something that makes them feel better. That's generally how people choose spaces to grow, is based upon who they listen to. Who you listen to matters, it affects how you grow, and what you see, and what you feel, do not allow the sicknesses of others to affect your being, or how well you see in life. Always be appropriate, when you give in to sin, and behave in a way that does not reflect accurately your words or your viewpoints, you look hypocritical, that is living in a way that does not match the words that you say. This causes other people to question you, whether you are mentally stable or not, and whether you are deserving of your audience members. #TrustFacebook

### “Leave Things Alone”

We are always told to just “leave things alone.” Why? Usually when things get to be too tough, or if there is fighting, we are told to leave things alone. To me leave things alone means “let the dust settle” or to walk away from what's bothering us, or a fight. These are called remedies, for dealing with what is difficult to us, to our minds, and to our well-being. If something is not in your best interests to continue, usually people walk away from what is bothering them to focus on something new. –I was just thinking about this, what we focus on matters. If we focus too much on the negatives, just like harping on the negatives, then we will

become negative. If we focus on what's positive, then we will become positive. Never underestimate the power you hold, to undo what is negative in your life, so long as you continue to hold negative viewpoints toward self or others, you will never achieve happiness with yourself. –I've once stated that whenever we hurt others, we only hurt ourselves, that is human nature, to empathize with people, so anyone in your life, who you hurt, you end up hurting because they become apart of your life once focused on. –Anything negative from your past can be brought forward to harm you in the present, why its important to move forward in life. When you are happy, I've said before, then everything around you will become positive, and happiness can be achieved. When you are negative happiness cannot be achieved. –Why its important to leave things alone, especially ideas and things causing you unhappiness.

### How to Get Your Cool Back

How to get your cool back, after loosing your self-esteem on Social Media, is a complicated task. Once you make yourself look stupid, you have to repair yourself. Repairing yourself, requires that you engage in less re-blogging, less sharing, and be a minimalist. Minimalism is good for people who have a lot of issues, and do not want to be read, or suffer from misguided thoughts about self or others. There's a reason for this. When you expose too much of yourself online, you give more ammunition to be criticized about you, the less you share about yourself, the less critical others will be of you, and you decrease your chances of looking or appearing hypocritical, meaning going against your word. Don't make promises to others you cannot keep online, why less is more, when expectations of you are low, you improve your chances of excelling, when expectations of you are high, you increase your risk of choking under the spotlight, why its important to be frugal with sharing information about yourself in public, online, and on Social Media.

### #StopBullying

Look at the Big Picture.

Focus on Yourself.

You see more clear when you are you, not focused on others.

### How You Present Yourself:

Reflects (1) Your Drive and (2) Your Motivations in Life.

Always Be Positive.

It takes time to process trauma, usually its best to leave things alone, and give

your friends time to breathe. There is a time and a place for everything. Given the circumstances, its best not to say anything that would denote blame to any parties, or appear in a way, that denotes blame to self. How overreaction is perceived is someone who is not in touch with reality, or appears insensitive. Always be sensitive to the needs of others, especially during times of trauma. –Share the good time, but be wary of sharing the moments, you regret and/or are embarrassed by. Be kind to your connections in life, and be kind to those we remember, always. The memory of yourself, is something that you work on everyday of your life, how you will be remembered, is by the positive differences you make in your life, to live a better life, for self and for others. –Your problems should never be the problems of others, only your own, as they apply your words to themselves, those reactions you are not responsible for, how you are perceived by others, that is always outside of your control. –How you present yourself, reflects your drives and your motivations in life. Everything you say and everything you do, is used against you to prove or disprove your theories and rationales in life, purpose for living. Everything is always grounded in past behavior and achievements. How you are if the same as how you’ve been, will be judged in the positive. If how you are is different now than how you’ve been, you will be judged in the negative. Be careful what you share about yourself, after you become well known, everything then gets applied to relate to you, to better understand you, everything should always come from you, not sources. That is for the purposes of protecting the identities of others, not using the identities of others to make better the look of oneself, you will always be you in defense of you.

Where is this coming from? I applied to Law School (2006) wrote my statements. How I am now, is much different than I have been in the past, why I’m upset with myself. Im not happy with where I am in life, but that’s no reason to give up, in and out of the psych ward, mentally ill. Its not fun being me at all, I have depression, not running as much.

### Conversations

I think conversations are supposed to be slow motion. Not to overwhelm the other party to whom you're having a conversation with. In today's day in age with text messaging it's easy to get carried away in any conversation. Often times stating too much without a response in anticipation of a response or in defense of self. - It's important to never be too defensive over ones thoughts and emotions and to always think of others first. -This is how to achieve balance in any conversation. How your reader feels should always come first in any conversation. -Too much of anything is annoying especially to your readers I've found this out the hard way. -Social Media therefore should be a place of limited communications in

order to preserve real life communications which can be instead by text or by telecommunications. -Everything you say has an impact on the person to whom you're speaking too, always be wary of their feelings and responses. Timing is everything, it's never too late to earn a reply, this is often achieved by how we carry ourselves online -in turn affects our real life communications. Don't make things awkward for yourself over sharing amongst your friends, and always choose friends who know you best not likely to pass judgment upon you.

### Over-Dependence

You should never become too dependent on any one thing or person for love. That is up to you how you play your cards in life and where you end up in life is up to you. Don't fret the small stuff in life. Always focus on the big picture. If you're not where you need to be in life and not happy then think about what will make you happy in life. Never get too caught up in the delusion of unhappiness. Don't lock yourself into unhappy or unwanted thoughts. Think about what it is that will make you happy. Is what you're doing right now going to help you achieve happiness in life? Why or why not? Don't let anyone bring you down in life. -We all get sick sometimes its all a matter of getting well and staying well.

### Journal Entry #5

You have to be careful -what you consume affects you. What is becoming of you -is when you represent yourselves and others well. Always be in control of your emotions. What you send out (energy) gets sent back to you -especially on Social Media -where we are easily affected by others and easily misread. Who you are and who you are associated to matters. You build these associations to you by the likes you choose. -How people see what matters to you -and what you're affected by. Always see the big picture. -Nothings a big deal if you don't make it out to be a big deal. Think in terms of consequences. -How does your audience feel. That's always a good indicator of how you should project yourself online to others -help make normal others. When you are normal everything around you will feel normal too.

### When You Put Yourself Under a Microscope

When you put yourself under a microscope you will be judged for what you put under that microscope. Feelings about you and towards you will change, viewpoints. Some will like you and not all will, but you have to be accepting of



all crowds around you. You cannot control your audience, or people who do not like you, they will watch anyways and read along anyways, and that you have no control over. People will always be judgmental, you have to maintain a positive attitude, there is no secret to positivity, there is no position or costume you can put on in order to be perfect, you just have to be yourself. That's key. When you like yourself others will like you, when you do not like yourself others will not like you, you cannot read your audience, you can only read who writes you back, that is the bottom line. You cannot read what is not written to you, you cannot read words that are not spoken to you, you can only be yourself. You should not predict or anticipate the reactions of others toward you, that will only make you sick, the only thing you can control are your thoughts and your perceptions, do not make yourself sick anticipating the reactions of others, walking into puddles and dead ends in life, to their chagrin, those are those who are not accepting of you, and for whatever reasons, based upon what they hear or say when they look at you, should not be your problem, but problems of their own with you, and you should not be adversely affected by the problems that other people have with you, that and those are their judgments of you, accepting or not, and should not lead to self-harming behaviors and or dislike for self, you can only be you. Its impossible to please everyone, you can only have so many fans, and have so many people turn on you in your mind, that you eventually hurt yourself, life is not mortal kombat, never finish yourself off, just because one person does not like you, there is likely to be someone else who will. Be forgiving of yourself, life is not perfect, and you cannot be well-liked by all, but you should always like yourself.

#### Whats in Good Taste Whats in Bad Taste

Its never in good taste to speak poorly of others, including oneself, whether it be in jest, or to paint a picture. You can never build yourself up by telling stories about self or others, it just makes you look like a gossip or a yenta (Jews call it).

Always be respectful of others, and do not make mention of the problems of others, or have pity for those who do not need your pity nor ask for it, that's you subjecting yourself to harm, by speaking negatively of others or at others to generate a reaction from them to please yourself, that's called selfish behavior, in poor taste.

What is bad taste, in bad taste is called to be disrespectful toward others, whether it be the customer, or the consumer, or of the work product of the writer, always be respectful of others, for their craftsmanship and their bravamente. Without

whom we would not be here today, those who give us life, and protect us from harm. They are people generally in positions of trust who we admire, and hold dear, everyone else is subject for scrutiny that is a given, not one more important than the other.

People will often times try to make things about themselves to cause hardship to others, that is called unwanted solicitation and unwanted adherence to comment. It is never ones responsibility to respond to any outside commentary, outside of the arena of a writing space, there are plenty of spaces to comment herein. –My following is not very big, I have calculated numbers, and it has not risen to the level where anyone should treat me as famous or hold me to that expectation I'm not.

I am a private citizen, I do not currently have a job, was recently hospitalized because they thought I was suicidal when I was not suicidal, and am beginning work for my Mom this week. I am an on and off again Law Student at Thomas Jefferson School of Law, studying Risk Management and Compliance in Finance.

In my free time, I study trauma, trying to build a better understanding of trauma victims, including myself, and how to build better coping mechanisms suited to my individual needs as well as to the individual needs of those responding to others. That's always in good taste to put yourself before others when sick, and to put others before yourself when well. What causes sickness, is God's understanding.

### Ideologies and Happenings

Who you put in charge of ideologies matters as to happenings, is by popular opinions and by likeness whether imitated or consumed. There are consumer trends which we identify which tell us the likes of our audiences, and by those trends dictate the material that is produced for our audiences. That is the only mathematical way in which to please all. People in the entertainment business cater to their audiences, by listening services, understand what are the likes and dislikes of individuals so that they can best provide for their audiences. Based upon those numbers provided by servers like Google, we can tell what is in demand and what is not in demand, by what is helping us to cope and what is hurting our abilities to cope. –How things happen is by choice, the choices you make, are what influence your thinking and what makes up your mind, is how your life happens, what happens around you is your environment, and that you cannot control what people think about you and what happens around you, you can only control you. –When you are in control of you, then everything around

you seems in control. When you are not in control of you then everything around you seems out of control. Its important to always maintain a level head about you, why those in positions of power, with earning power, are put in caretaking positions of trust to help us.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-40-being-well-liked-by-leslie-a-fischman>

### **Chapter 38: Focus on the Good**

When you put others before yourself you automatically show that you care. And by that care in order to best help others you have to care for yourself. No one can make another care for themselves or causes unless they themselves represent someone who cares. Be yourself.

A certain seriousness is required by those in the helping professions. Those who care for others are in trusted positions those trusted positions are not necessarily powerful positions but positions of trust. Those positions of trust are put in positions of trust to best empower others not by the trust given empowered, but must be strong themselves in order to empower others.

Never undervalue yourself in order to make another feel better about themselves. This takes time to realize how to lift someone without you yourself assuming one another's burdens in life but be a rock from which that helps them stand and stay afloat in life those are the best relationships built like support beams.

Anything you build is a reflection of you your values and your esteem. When you have self-esteem you will be able to achieve well centered esteem in the community that is not by people connections necessarily but by your valued connections to your fundamental principles that guide your decision making skills.

You have to be willing to try new things in order to grow, that requires that you learn to let go in order to move forward. A careful balance must be made between intuition here present past and future to be read well is based upon your stability now.

What is new is what you put forward each day the work you produce each day to build new is what sums up and by those parts you will be judged as to what becomes of you your work always represents you best not the work of others in the field of judgments passed, that will never change its always on an individual

basis that we are judged.

People will take and use in order to avoid misuse you have to be careful, with how you say what you say that can be used in any order.

Importance is looked upon or at.

Because they're trying to get in your head think they're better than.

When people watching can't see you successful don't want you to achieve that's called stalking + hate. Unwanted attention to hurt.

Successes tack on not to people.

Thou shall not climb. Common sense. That's not how to connect. It causes problems I see connections. You have to make it on your own in life how I've achieved, that's how you get jobs.

The icing on top describes within.

Polarize to good people to direct thoughts toward good directions.

You can't control what people connect interpret looking at you.

Controversy affects earnings. So you have to represent yourself well in order to bypass negativity do well that's how you overcome hate.

What leads to what before is private information the product is what's on top what is wanted.

Intimacy directed need not ingest by the reader for some conservative is needed in times of trauma it's by population helped.

I see intimacy is used. Needs rework. We need new direction.

Competition thinks imitation the world is too small. Think other than self to rehabilitate self from others.

How you communicate order matters as to connectivity.

Read yourself to get to you how to undo when people get to you try to.

Negative tells you somethings wrong that's simple so be good.

What's normal is positive minded.

You should sound like all. How to be well versed relatable kind.

It's all about presentation of self.

Lesson: People will be people you have to accept people as they are they will have their moods not take it personally and let it affect you.

When you become dependent on others that's called unhealthy attachment one should be independent of others to have healthy relationships grow in life.

Why they say to leave things alone.

Tension is based on letting go.

If you don't let go the past predicts the future why you let go to move forward in life - based on what's apart of you will level your successes in life what comes from you will be determined by your merits not the merits of others.

Learn to let go of the past.

Your outlook determines your input. You have to think about all sides of the equation to succeed.

Nervousness is a sign of negativity. Why you need to think positive.

Look around, be you, open minded.

Don't boil down to dichotomies.

Burdens make people feel bad.

Then things will turn out right you have to trust listen well to be right. Listen to trusted to achieve in life.

Give power empower trusted.

What you promote is how you will be judged by your own merits.

We all have retarded moments live like you care about yourself.

Your dark moments are the embarrassing times but you should be put together so why I stay sober. To keep the demons out.

Speak to positives what becomes of you in darkness we wither and wane and fall victim to our demons. That's funny to say but very true.

You should not respond to negatives that causes distrust in self when that occurs you fumble.

Read people not intimately by things they like causes discomfort there's a time and a place per like.

Literal interpretations of people by likes is called passing judgment.

Inside communications help outside communications.

When you don't appreciate what's around you that's how you know you think you're better than. That's never a healthy mind set always see achieve some balanced view.

Only you can ruin your life. Give thanks and do your best always.

When you give in to hate you cave in why they say prove them wrong.

The breaking point is blame. That's how people cave in groups cave in that's dysfunction to society. To lift always think positive opposite.

Never blame others. Take control of your life be a good decision maker that's how to stay on track.

When you have a lot on your plate take your time otherwise you break fall of center that's what I learned.

Pressure on yourself is never the fault of others but your own.

Nobodies perfect just enjoy life. And be thankful for others. #Happy

Perfection helps decrease behavioral health issues. I think.

Your track record defines you errors are by judgments passed whether by your own or by others you just move forward do your best in life you cannot control others. Best you can do is have self-control that is who is respected those who are well behaved behavioral health issues are because of unhappiness with self that's how that happens mistakes.

When you need others that empowers the needed spoken to don't disempower yourself by speaking too much to others.

For problems you discuss in private for solutions discuss anywhere. Your needs are your needs not the needs of others don't be needy. Neediness is a product of trauma. Independence is raised right.

Too much of anything is cause for concern communications especially overwhelm if not needed it's the speaker that is questioned as to need why blogging helped me. Everyone deserves to speak. And get help how to better self. And others by sharing thoughts.

As soon as you say words that can be misread they are taken and dissected to be used against your words past present and future which must then be clarified that is how one explains by becoming defensive to self how you always make better self by focus on bettering ones words shared, is how to achieve your best side in life your side not create a side against you that hurts you.

Blame regret sorrow are all a product of loss deeply felt cannot undo wrongs and causes what words are hurtful that bellow no sentiments sensitive to the needs of those who've lost. We realize much too late too soon we cry and after we hate with anger roar these are patterns of calm how one is made better the opposite.

Instability occurs when you lack a quality that is required for stability success whether it's likeability or money, these are qualities that are at your ability to change about you your responsibility to ensure ability whether by meds or education everyone is capable and if not can be taken care of by the government.

Fighting is a waste of time + energy better spent fixing helping others.

Never speak badly of others that causes one to feel negative then follows paranoia focus on the good.

Esteem is built by stability.

Positive outlook is not serious to comedy but serious to serious then lighten up take self not serious.

My understanding is that others feel torn between who to listen to you should listen to all like likes.

Think about it new people don't understand us at all so be nice. Why we travel to understand others. Higher ordered thinking is not easy to achieve intelligence.

People don't like change just like if your favorite quote is silence is golden if I say different hurts. Sorry I see now. You gotta fit in.

It's hard to be yourself when you are being critical of others. It's hard to see positive think positive when you are critical of yourself. In order to be happy you have to keep going in life not fixate or obsess over any one person or thing, but have balanced viewpoints and perspectives in life.

Focus on those who are good.

When it's tense people hate.

Reference: <https://www.mymollydoll.com/mymollydoll-book/focus-on-the-good-by-leslie-a-fischman>

### **Chapter 39: Controversy**

What's put into controversy is what matters sometimes bothers the mind if about stuff we don't want to talk about that in the subconscious is a topic an underlayer that hurts the mind causes one to tantrum why it's important to speak speak kindly explain explain nicely be thoughtful thoughtful always.

Stability is all in the mind, what matters to you, your basis and jumping off points for decision making is all a matter of you.

When you demonstrate care for self that is reflected in your work ethic you cannot be easily fooled by the moods of others easily affected take nothing personally in



life.

Who you communicate to you communicate from and back to always communicate to you your standpoint not the standpoint of others to include not include.

Focus on who's healthy not so much who's who to figure out where you stand amongst likewise.

When you get mislabeled people don't want to associate with you.

Peaceful outlook makes for peaceful times. It's how you see. Always see the good in others.

It's all about who you get along with matters to the psyche what becomes of your thoughts affects you if you allow negativity in to process you should think your thoughts not the thoughts of others about you that just hurts.

My methodology is to share new everyday something new well versed an idea or quote helpful.

Once you become known you can't share political ideologies it gets thrown back at you your ideologies.

If you identify wrongs #preservation I could see myself attending that march fit right in.

If enough people believe in something and show up well put together we listen up #slutwalk it's about right to privacy I think.

You can only be so transparent online my views are right to privacy collected composed virtuosity is so important for positive thinking. When it comes to net neutrality. Based on my read of this definition these are the topics that came to mind. I think connecting is good. It's bad connections that hurt esteem and that toxicity needs repair that's how you better systems, when it's clean it's clear.

What you stand for you attract back so be careful enough to be really involved care to stand for.

At a certain point follow is support personal specialized I hope everyone understands it's difficult.

It's how you think about situations taboo or not what represents what you think best is how to see best.

I'm kind of getting the swing of the high profile mentality blending in I understand that it's difficult to all blend in I see that now why different unique characters.

Influences matter as to causes.

Its thru my writing not my identity.

I see myself helping others but not being it. There's a reason why. I'm not for competition I'm a helper.

Always speak positively of yourself and others to see positive to have a positive outlook in life that's the trick of the trade, to positivity.

Rejection is no excuse for throwing your life away. Don't listen to others. Just keep going. Don't stop to listen to hate, you have to focus.

When you like yourself fitting in is easy. It takes time to make amends in life first with yourself. Forgiveness is a quality about moving forward in life and letting go of the past that includes those who have harmed you.

Perfection is a quality about yourself you should pride yourself in everyday. How to stay focused like yourself and be well liked.

Always think positive thoughts of others. It's when we second guess others we end up driving ourselves nuts trying to figure out others. Just be accepting of people the way they are and always see the good in others.

Fighting is never the solution.

"What you get is what you see in others" meaning you possess certain traits those traits can be bettered through communications such as reading writing and dialogue positive or negatives helps put issues away to move forward in life, think positive of self we all go through things in life not one better than the other all capable of achieving working. See yourself for who you are not as others say you are to cause hardship upon you, be positive.

What you get is what you see in others. They say sometimes what we think say and how we respond is a manifestation of ourselves. There's a reason for that,

good reason to see best self before passing judgment on others. It's what we have that we see best from that standpoint always not always seeing best from the shoes of others. At best we can only be ourselves.

You should not put together more than two things please #Elmers.

You should not be bothered by others or by the problems of others. You should always be thankful for your places in life.

When you think you have it all you could lose everything at a moments notice. Be grateful for the good times. Remember the bad times. And never give up. Much of life requires you to keep going even when you want to stop and quit there's always something positive waiting for you on the other side. Life's like a coin you flip, some days are good some days are bad. Always be present either stuck in the past or the future, live for today. Live for the moment.

When you think positively you fear less, what you take away from a situation or experience is what sticks. If you focus on the positives that's what you'll take away from life, when you focus on negatives you take away the negative. What festers is the negative, to undo negatives you have to move forward in a positive direction to have better thoughts geared toward positives will lead you to more positives how you achieve good luck in life, by what you see.

You won't know unless you try. Whether you fail or succeed in life is based upon what you gamble away image wise. Life's not a gamble. You must always present self professionally. That's how people will know you by how you present yourself. Errors in life when it comes to image leads to self-hate, for perfectionists. Always be understanding of others on #SocialMedia.

Lives can be ruined but ultimately it's up to you to start over not fall behind in life and keep going.

You are a product of the pressure you put on yourself. Those who succeed work hard, put pressure on themselves not others. How you achieve in life, the less connections you have, the fewer communications, the more you get done. The goal is always to live independently of others not be too co-dependent.

Always be thankful for what's been built how to appreciate life and those in it, whether it be on #SocialMedia or real life. Life is much bigger online it's to help you live small find out what you value in life, and especially to help you value you. Not for pressure.

When you care for yourself others will care for you too. When you do not take good care of yourself others will not care for you either. Always be respectful of the cares of others not make people care for those who do not care for themselves. Is what it looks like when there's #discrimination of care.

When well we talk to others when not well we work on ourselves to get well. How to achieve balance and not become a burden to others thru self-care others will care. #DisabilityDiscrimination How to overcome.

You can only be yourself. The internet knows me as mymollydoll. So I'll have to make a new Professional Account that's Finance Based.

If you drink or do drugs you look like someone who is irresponsible doesn't care about self enough to hold a leadership position why leaders should not drink or do drugs, why they don't get jobs make it to leadership because they self-harm hurt themselves their ability to think smart.

For my new job will make a new account to keep separate the campaign my only concern I shared in my interview to keep steady each following how you keep separate lives. Professional + Volunteer.

Everyday is a chance to make a new impression. Plan: Finish School and Finish my Book while working Part-Time training and getting my Licenses.

My current crisis: How to organize my Social Media Accounts. I'll figure it out I'm sure not by my name a new name probably.

Solution: I'll study Finance write Finance + Business Quotes. What I'm studying now at TJSJ I'm new!

How you think is how others will think of you hard on you or not based on your look and career overall it's by placement you are judged and by the decisions you make for yourself moving forward in life is best you can do to make better self and those around you.

Think happy thoughts to achieve well in life. Especially about the thoughts of others about you. How to think well.

When you are kind to yourself and apply yourself positively new opportunities and doors open for you to take care of self and others.

Composure under pressure requires you be kind to the spaces of those around you

not give in to social pressures how to behave well by doing what's expected of you.

By work product how you identify what's being offered. Services.

I want to keep principles separate so that the companies don't get confused with identity know the company separate from me meet.

When you know what you want in life for yourself go out and get it don't wait until you fall apart to know when you're down. You should stop before you fall apart. That's how you stay up. Careful. This advice was given to me once to be careful. How I know how to behave under pressure.

When you represent yourself well for you and those around you they shine + you how life works to live selflessly not for self but for others is one way to live and improve your life and the life of others. There's a give and take to living life selflessly one must always practice self-care rebuild self to help others well. Otherwise you fall apart.

When you feel down that doesn't mean victimized it's called depression when you are up in life and unhappy that's called depression when you can't help others and/or hurt others to stay.

When you undervalue yourself others will see value within. When you undervalue others they devalue you. When you value all all feel valued that's how you build value by esteem and care.

By the time you realize it should be already made there for us don't worry, that's how successful people care for people they make it in life so that they can be there for others, that's the circle of life.

Controversy devalues self. Always think positively speak positively about self that's how others will think of you whether perfect or not.

## **Chapter 40: Forgiveness**

Forgiveness is about being on time. Knowing when to stop before it's too late. Resentments hurt overtime appreciate overtime if not dealt with why it's important to make amends right away not wait until the last minute to do so.

How people are affected explains why they are the way they are. Always be

understanding of others. Always see the good in others. That's how you maintain a positive outlook in life.

When there's a need for a solution you have to be on time in life, you cannot rest on your laurels. In order to be successful you have to keep going in life. Not stop at befuddlements or bad truths, but by focusing on the positives, clarity will always arrive sooner or later.

Never write by what's in agreement always write how you feel that's called freedom of expression. When we write how others feel in expectation of response the only ones we short hand in life are ourselves. Don't make resolutions you can't follow through in in life. It's all about what's agreeable to the taste, not what's like minded, but by what you yourself are comfortable with. Your audience will likely be more understanding of you the less you argue your side.

When you have an idea give little notice as to its components or else the idea fades or goes away. It's like hypocrisy when you say you're gonna do something and you have to do it be a man of your word. You have to have assembled an idea in order for it to come to fruition.

When you believe in yourself, your dreams come true. When you or others don't believe in you you question yourself and others. That's a common mistake when we do or do not trust others or they of ourselves are mistakes made as to the good character of others.

Dont allow the aggressive nature of others to get to you. Don't let people get under your skin and make you needy of them. That's how you give your power away. By allowing others to interfere with your emotional stability, giving in to their need to be needed.

Fighting is never the answer to your problems. It usually ends up not in your favor when you fight from an unsteady position or a position that looks like something that it's not will cause others to fight with you. Don't allow them to break your peace. You know you best not others.

When you understand yourself well you are more likely to be better understanding of others. The more fragile you are the more sensitive to others you will be.

When you have to shout a deduction it's probably meant to cause you harm, harm to your mind, your spirit. Think wisely of self first and always touch base with reality before accepting any harsh judgments of self or others. What you hear is what you get, bad ideas of others about you are called negative voices.

To undo negative voices you have to think positive thoughts about self and others how you stay healthy minded and at heart, true to your good character, that's how you stay well, by not engaging in negativity.

When you understand the value of communications and lose communications you realize your self-worth. Always stay humble, don't be desperate, and never give up. How you apply yourself is how you will be judged.

Much about success is learning how to let go. Knowing your stopping points.

Whenever there is an error to the perfectionist that error stands out. To undo the pain of that error like a typo, you have to do a lot of good to re-value your work to make it a trusted set.

Letting go requires you to let go to manage your risks. The risk of caring is what subjects you to harm. When you cut your losses in life you free yourself from the future burden of loss. Why people in business steer clear of risky investments.

That's how you leave bad behind.

By going back to what's comfortable. A time before. Such as my quotes, written before my troubles in life.

How I can operate to stay positive.

Then go back to a pre quote start from that quote to get to good.

## Communications

I share ideas for betterment. How we communicate needs be normal positive conservative to be well-liked treated without talk.

The negative is acceptance past.

How I share is by quotes.

The undercut to esteem is failure.

When you go backwards to connect. Re-connect why move forward in life, make new connections, that's how to survive.

You keep all your friends and make new friends how to survive be a success in life well-liked.

Intimidation is a quality of character. How you see yourself.

Lives ruined are lives ruined. Don't ruin yours at your expense.

Those who have a lot are a lot.

One bad connection doesn't make you who you are you are responsible for you always.

Be your own best influence in life do not be influenced by another's sins should not affect you next to.

Some people defend some listen.

Guilt is when you personalize to self emphatically the experiences of others, always stay in your shoes. That's not how to identify the positions of others not by glue. But by what we put together. Always stick to positive bases.

Guilt is an emotion of regret. If you live without regrets you stay positive how you attract others.

Causes for behavior are always on your own doings emotional bases.

When you leave a situation take from it and learn do better for self and others, always be a perfectionist. You reflect you. Others do not impress upon you your character is by your merits. When it's difficult you try harder.

You cannot be others take places in life you can only best be you. What id say to myself sitting there as me now, show up more positive smile more be more reassuring not be sensitive and have more confidence. How I was influenced. When you wish, you've lost yourself in life, how you know you've created errors for yourself in life that cannot be removed forgotten that's called self-harm. You can only best be you, help you best in order to see best for others.

Backwards review to see forwards blame is counterproductive for all.

Humor I can't do anymore because it looks insensitive that's an issue.



Represent yourself well not ideas. You should not pick apart glue.

Where ideas come from are by comparisons better thans.

What you relate to reflects you.

We can only relate to others by:

Impression

Experience

Empathy

Sympathy

Alikeness

Differences

Identities

When the happiness of others (1) bothers you or (2) you think is directed toward you or at your circumstances you know (3) you think too much of yourself: (a) too highly (b) not humble enough (c) not in their shoes.

Lift yourself up to lift others.

When you're well adjusted. Others will similarly be adjusted to you, seem well adjusted too. When you are not well adjusted everything stands out to you. It's what you see that matters in self and others why they say to always see the good in others.

Direct communications lead to poor communications. How to think different from self and others. The less you try. To be direct the more you indirectly communicate the more direct communications the more direct you communicate. All responses to your communications are valued or devalued based on response.

The negative is acceptance past.

How I share is by quotes.

Be your own best influence in life do not be influenced by another's sins should not affect you next to.

One bad connection doesn't make you who you are you are responsible for you always.

References: (1) <https://www.mymollydoll.com/mymollydoll-book/ch-43-forgiveness-by-leslie-a-fischman> (2) <https://www.mymollydoll.com/mymollydoll-book/chapter-44-communications-by-leslie-a-fischman>

## **Chapter 41: Your Mind Your Matters**

When people don't like you coming up because (1) you don't have a paid job don't (a) worry (b) fight back (c) let the negativity get to you. They will understand one day what's important what's not about people and others, what to care for who to care for and why.

When you match up well in life that's called fitting in finding you niche. It's important to always maintain a level head about you. Who you are you represent, who others are they represent. Others cannot represent you if you yourself do not represent yourself best.

What bothers you about others will soon dissipate the more people you care for, the more people you help, the better your outlook will be, not overly defensive to the problems of others, that are not your own.

What you fear you become if you're not cautious, less than you best. In the grand scheme of things, who is it that you want to be in life. Who are your mentors in life. How will you identify what is liked not liked about you based on those identifiable traits and characteristics about you.

Sometimes it's what matters that counts, toward your successes in life. What matters to you. Moving forward. How you cope will be a reflection of your good wits about you.

You cannot piggy back on the successes of others. Always remember who was there for you when you were down. To be a proper support system you must first represent yourself well. Why successful people surround themselves with successful people in life. You are at times a reflection of who you're surrounded by.

Being subservient to the best interests of others, means being kind. And there for them but not needed, that teaches them independence in relationships.  
#HowtoDate

When you are negative you will hear negative voices. Especially post breakup -

Why it's important to keep moving forward. Not let the voice of others not on your side in life not on your team in life get to your head.

When you are too kind to others, not deserving, you have the potential to disempower yourself, while catering to the needs of others. Those who you put in trusted position to care and care back are called relationships. To build relationships, long term, one must be stable successful.

A little inspiration goes a long way live without regrets.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-45-your-mind-your-matters-by-leslie-a-fischman>

#### (A) Whats On My Mind

##### Life Isnt About Image or Connections

Life isn't about image or connections, its upon your own basis you become you, based upon your own merits in life, not the merits or good merits of others. How you self-identify and what becomes of you is how you will be judged by others. Always be yourself, you need not justify why you are the way you are or for what reasons you are ill is no ones business but your own. If you are doing everything you can to be well, than no people or persons should make you sick. People are not contagious, its bad ideas that are feared as being contagions, everyone is responsible for themselves, you cannot control others, it is not by our ideas that make us who we are but by our thoughts which control our actions and behaviors that make us who we are, how we are in public, how we address others, and how we ourselves are addressed, is a manifestation of how we see ourselves is how others will see us in reply, always be appropriate in public dressed and around others. That is how to be well-liked. When you are judged that is no excuse for self hatred or for upset, you can only do your best, and if your best is not well received than acceptance of self is required you cannot be accepted by all, that's called discrimination. You just have to accept that some people will not like you for whatever reasons, whether by your associations connections what you represent or what they think you represent or by where your headed in life, they think deserving or not. Intimidation and wins are for the weak, life's not a competition, take life easy, and always be there for others, when you help yourself, others will be helped too.

##### Being Raised Conservative

When you leave the woodwork you realize what you have, I was raised very conservative, and now I understand why. It was to protect me from harm, that when we let loose we will be judged by others, its how we are taken seriously, that others will judge us, based upon our own merits, and what we bring to the table, skills. Those skills are by education and background, those build the backbones to companies, and from there a company grows. What is independence. We chatted today before the meeting, to me that means a Corporation that is independently run, by its employees, who are independent of one another, not co-dependent. In the real world, I see that individuals, base selves on their accolades and based upon their merits, how confidence is made, not by being inside a group but by what they bring to the table, that is how confidence is made. You can only see yourself, when you are in a group of people, who is accepting of you not hard on you, know your worth. Sometimes in close relationships, people are hard on us, that's to protect us from harm. When we understand the value of self, in relationship to others, we will know ourselves best. How to behave in front of others, whether to be known for our present or our past, and from that point determine how well known, know you best, not others, how to get to know yourself among people, how to self identify. When people look at you and think you are something you are not, that is because they know you based on what they hear, not based on what they know, or see, and that is always understandable, we give thanks to others, for acceptance always, how to move forward, and not discuss our private lives out loud, or professional selves, in order to maintain a positive outlook in life, is by our work ethic not others points of views. This is clear upon meeting people very well adjusted, I too was once well adjusted, and now struggle because of my relationships gone sour, while attending law school. I will never understand the pressure perceived until I undergo it myself. What you say about yourself, is by what rumor is known about you, always be truthful, and give value to your life presently, everything is a matter of correction. When you are a perfectionist and corrected, then you should know better how to behave is how one is treated, who looks or appears mentally ill, that's called passing judgment upon another's circumstances, and adding fruit to the table of concerns. What is concerning is what alarms, people should never be alarmed by adjusters. Adjusters are people who are accepting of all people, they themselves must be conservative minded, if to be a backbone to others, to mirror conversation behavior. That is how trust is built, not by surprises, but by dialect, being conservative minded. Conservative minded means being a defensive driver in life, watching out always for concerns, addressing concerns accordingly, and by offering reassurances. Reassurances are guaranteed by behavior present, and behavior continued, elsewhere. It is known that I struggled with alcohol after law school, its never been a problem in my life professionally, always sound, and never a threat to my environment, or to others, I'm not a loose

canon, its by judgments threats to me, that occurred (once), said something back under the influence (once), that is not me but a product of my circumstances, I was judged as something I am not, and because they thought I was a whore, I was treated like that, Im very chaste, never dressed like a whore, never behaved like one, always conservative toward others.

### Whats Important to You

Whats important to you matters, however it may not always matter to others. What you project about yourself personally, is how you fail, in the image department. That cannot be removed from your record, how others see you, that is something that you cannot control. In the grand scheme of things, how you will be viewed and judged will be a matter of principles based, not gusto or energy, but by your nature and value and givingness to the trade, that is your writing. Overall how you will be perceived is how you are judged by others, as worthy of attention, put together, a cohesive idea, or something that needs more work. That is called acceptance. What matters to you may not matter to everyone, but that doesn't mean that you or your ideas don't matter at all. With proper training and instruction you too can make a difference in the lives of others, its all a matter of manifestation, and willingness to learn and try, always doing your best. How you represent self matters, and based upon those judgments and first impressions, a judgment is passed upon you, accepted or declined, mattered or fabricated, together or not, or picked apart. You should never be insulted by the input of others, and that should not change you or your feelings about yourself, or cause you to question yourself or others. That is your instability, a reflection of your own instability, when you feel judged. To think positively of oneself, is how to undo negative opinions about oneself.

Reference: (1) <https://www.mymollydoll.com/mymollydoll-book/chapter-45-your-mind-your-matters-by-leslie-a-fischman> (2) <https://www.mymollydoll.com/mymollydoll-book/january-07th-2018>

### **Chapter 42: Independence**

Independence means without worry to others without worry for others.

When you worry less you see more, similarly those around you will be more accepting of you, and others. If you worry others, they will care to interfere with your progress, set you back in life, correct you.

Social Media is All About:

1. Structure
2. Thoughts
3. Connections
4. Neatness
5. Organization
6. Positivity
7. Creativity
8. Weight
9. Scrutiny
10. Subject

Social Anxiety is a willingness to let go and sit in reality as is without the pressure of the past weighted on your shoulders.

Weight means density. #SocialMedia How to make solid.

Social Media is all about uniqueness of character and structure. To be ornate or original one must be genuine, meaning coming from a good place, how we share accordingly, without pressure from others or anxieties function well. Those best suited for leadership positions online are those best spoken, well spoken, out spoken, and courteous to the time of others spent reading along.

How you see best others will see you. When you know your audience best, you react to help preserve that audience, how some know best. Based upon protecting others from harm.

When one team is made then split that causes pain everywhere. That's called divided attention. Always keep your attention on positives to not be one sided or two sided but do what's in your best interests and the interests of others that's like-mindedness.

Always match to good combinations to produce good. #SimonCowell infused quote/idea.

The beauty you seek in the world always lies within you. How you see yourself in relation to others justifies your traits good or bad, either reinforcing positives or negatives about you reflected in your thoughts about self and others, when or when not around people.

What you know about self and what you know about others is by what you read and what you hear. Pay attention to positive cues. To stay on the right side of life, not fall through the cracks. Stay positive.

Obsession shows that you need to let things go, from you mind, to move forward, tell tale signs of unhealthy attachments.

Life is a process. You recognize your own self worth once you experience loss in life and/or failure. This reminds you of what you do have in life. Sometimes that's all that matters. Knowing the difference between right and wrong and moving forward. Can either make or break your day depending on how you look at things.

Wonderful things ahead. Always wish well others.

What you think while you go through day is what is. You cannot go back to change you only your present circumstances. Always be well-liked.

You have to keep going in life the focus is not always on you. People have their own lives to focus on too. Always be mindful that there are other people with lives not just your life matters to all you should matter to you too, in order to matter, period.

What can you do but accept others for who they are not what seems is how you stay positive by always seeing the good in others not by being judgmental.

Business Quotes

Be careful on social media not to over-conglomerate your business with too many ideas. This affects your image and the image of others as tied to. Always represent yourself best. Not be represented by others or use others to represent you. At the end of the day all you have is you and your work ethic to vouch for. Be you first, help others secondly. That's how you help and care for those around you, not by putting them at risk of harm. People are not pawns but to be cared for on social media. Be accepting of all personalities. What blends best is what you blend, that's what seen and heard.

Who you write for matters. On each given platform from which you write a new set of ideas is generated based upon: (1) who you follow (2) who you're followed by (3) and by what you say reflects (a) 1-3 and (b) your ability to communicate to a specific group of people. How you communicate differently shows your ability to adjust and fine tune discussions for a separate base, clientele.

Financial Advocacy (definition): "Advocacy in all its forms seeks to ensure that people, particularly those who are most vulnerable in society, are able to: Have their voice heard on issues that are important to them. Defend and safeguard their rights." Reference: <http://www.seap.org.uk/im-looking-for-help-or-support/what-is-advocacy.html>

Moving on now the focus is small ideas not big ideas. (2018).

It's who you bounce ideas off of that matters. Shapes you and your outlook positive or negative.

Life is about balance. Finding your best suit.

Addiction is about knowing when to stop and settle down your guards. Be kind to others, know yourself well enough, to know when it's time to change direction and focus back to study, and learning to help all.

What you know now changes after learning. You choose what to study and that shapes your mind and positive outlook in life. By exposure and thru experience



become a better decision maker.

How you balance your life determines how well you'll be able to help balance the lives of others. It's all about how well you balance yourself. Thru communications with others and by continuing your education to be best fit for jobs and clientele.

You will always be judged by others based upon how you live your life personally and professionally that is always taken into account when passing judgment upon others as deserving or not of jobs. I worked very hard to get this job. Deserve to be here.

Anything amplified is out of place. Know your places in life in order to perform well under pressure. You are always yourselves, never let the pressure of idioms or causes refresh your mind to think otherwise. Stay positive, always think first before you set yourself up for failure.

You cannot blame people for their misfortunes in life or by connections upbringing. #AcceptAll. Take no offense to the struggles of others are not yours but of your own making. But people's struggles are a product of their own decision-making skills. You define you, do not be defined by others, or their attachments to you in times of need, always give things room to breathe, for the sake of acceptance, have gratitude.

You cannot be apart of anything you choose not to be apart of you are only incorporated by the connections you choose in life.

Controversy erupts epiphany so focus on the good sort out the bad, and never lose sight of your goals in life. Read self well to get places in life, you have to have a positive outlook toward self and others. It's not about being bright or the sharpest but about what you can provide, life's all about esteem and quality.

My Opinion: Know your rights without taking away good rights from the good, know your limits. Protest hate not bad people how you get hurt being a one. Arms should NOT include guns. Guns cause nervousness to carrier and bystanders. Apply law positively, such as marchers are ok.

Bloglovin has a great new campaign for Influencers called Activate. There are so many campaigns to stand for that are anti-violence.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-47-independence-by-leslie-a-fischman>

### **Chapter 43: Overcoming Your Fears**

Never allow fears and resentments to keep you from fulfilling your dreams in life. Especially when you are only a few steps away from changing your life for the better. Don't waste time going backwards, and lamenting. Never play victim, don't complain, and always be a team player. Fighting is never the answer.

What happens to you in your lifetime is a manifestation of yourself. Keep it real or walk, you never know what's on the other side of tomorrow if you don't try today, now what you wish you would've accomplished yesterday, how to stay on track be present in the moment. Live for the moment.

Stay present. Know your best. And go from there.

Duty to Warn: To me this means gathering the people and leading discussions for future change. To me it means being selfless but cautious, caring, but not too empathetic spongelike, teaching compassion to others at this time whether had or not had for others, to whom we like dislike or don't trust and why. -In order to rise above controversy one must help others thru it before leaving any one controversy or point at issue, help others to think for themselves clearly, that's all at best we can ever do as public speakers.

Words carry meaning. We may not be able to change our words but their meaning can change overtime by supporting verses is how language evolves, over time, positively.

Know your limits in life.

Be Your Own Best Friend.

Its not always important to know why. Just blend in with the best of them.  
#Success #Courage #Perseverance #GoodHealth #Strength #Weakness #Image  
#Domicile #Judgments #Positivity

Subjects heeded are personal ignore personal issues in favor of all, don't side with anyone in trauma always look objectively at all see the big picture to manage self

and understand your value.

Patterns are subjects for professionals don't get too caught up life's not a game to get to the bottom to the race to the bottom should be avoided at all costs.

Mental illness is not a trend it's a lifestyle on medication and its challenging.

When all is well be well for everyone not just yourself #selflessness is not caring for self.

You are your brand, be yourself.

Forgiveness is something past we regret and need something in its place positive to move forward from, something about us unique is how we move forward in life and by what connections relevant.

What is wanted and what is given, differs from person to person, acceptance wise. Your firm beliefs guide you in life, nothing lasts forever. Usually when busy doing one thing others are drawn to us interrupt our progress, learning to multi-task is a trait requires balance not odds.

Never feel bad for the problems of others, focus on your rights in life.

Acceptance is beginning to end. If you mess up, take a new job try again. I went to the psych ward so I had to leave my job, start over.

Fog is caused by doing things that don't make you feel good. Fog is caused by being in two places at once heart goes elsewhere how you feel still.

Your individualized communications is how you rehabilitate good character by chatting, texting, talking, to others.

Accept people for who they are the way they are.

The sharing of private information causes discomfort in your audience. You should always care, never saying who cares, but you should care about yourself, for you and others. Always do your best to preserve self.

At the point when you say who cares, you should care. When you fumble in life, never stop improving. To get back to the other side of depression you have to stay positive, how you regroup in life, being strong for yourself, not allowing others to affect you.

In order to see the difference between now and your future you have to always stay prepared for whatever comes your way. -We are not all that important, in the grand scheme of things, there are always others more important than us.

Knowing yourself is so important for self-improvement. Knowing your limits, when to stop. When to ignore. And when to move forward. Not assume everything's on your shoulders but always doing your part. How you move forward in life.

When you like yourself you don't worry what others think so much or feel unnecessarily connected to them, you move forward in life. Bearing your own burdens in life not the burdens of others. This is called being mature, not creating problems within others or yourself.

Where you think you're going in life and where you're headed are two different things. When you think positive everything comes together for you in life - whereas when you think negatively of self or others things don't seem to work out for you in life. Always be yourself whether or not people are watching you, over you, or looking directly at you. No one can read your mind but you, stay focused, and live well to be well. Who you communicate to matters, toward self others, and self-esteem, voices heard and listened to make you who you are.

Who you speak to matters as to what you hear, in favor of you or against you in life, you are a product of your own thoughts not to be mistaken for the thoughts of others, how to preserve your identity by who you focus on, who's on your team in life, best to always be on your own team in life, not be too dependent on others to help lift your self-esteem or make you better, always see the good in others.

#### **Ch 44: Overcoming Mental Illness**

When you put things aside, your attention becomes divided, between what your doing now and what you need to do. -Take it easy on yourself, the times are challenging, pace yourself.

The safety and comfort of home either generates positive vibes or negative vibes depending on where you're at in life, acceptable, successful, proud of yourself. This is the energy you carry to and from home and it matters, to everyone you interact with -how well you take care of yourself.

Women have the gift of foresight. Follow wisely.

I think we understand the value of religious principles now to help see. If we all see better do well, good, preserve good. #Preservation that's the main goal.

I study me to free me.

Not one more important than the other, all people are important.

Don't be scared to live life.

Self-Care is so important when in crisis. #Hygiene

It's okay to miss work. We understand. The times are tough.

Ignore the confident let them be.

Your memory strengthens now.

Hang in there guys. Stay calm. Care for those who need it #RedCross. Support where needed. That's how to rebuild strong, by supporting who needs it.

Don't attract attention to yourself. That's how you get hurt at the top, or paid, as an employee represent others well in order to do well be well, coherent thoughts are expected well versed composed.

Discomfort with self causes discomfort in others, be unique but not at your expense, fix self often.

Morbidity is frowned upon as focused on the wrong thing when purposes are for maintaining positive functioning harping on negatives can cause dysfunction. I read today about trauma and disorganized thinking as a symptom of trauma, a stage of trauma. Recognize and improve how you communicate and always be understanding of others in conversations as we all adjust to conditions that cause us hardship. Maintain some equilibrium mindset. Mindful of others, as well as what you say. When all in trauma be calm, powerlessness requires patient, for all to cope with the times. Stable or not not dysfunction, don't make things worse for yourself, listen to others.

Be Sensitive to those in need, care for yourselves, and care for those in need.  
#Trauma

It's by discussion reflects beliefs how you speak reflects intuition where you came from a good or bad place intent - if well or not well how you will be judged looking back on your life as good or bad.

Talk positive they connect to your words in Conversation should be positive

When you love yourself others will love you too. Life's about being well liked and fitting in -always do your best to make a good first impression.

Just when you think you've had enough, and ready to quit, is when you need to keep going in life. Never give up, life's not a failure and neither are you, life is to be lived, without suffering the consequences of one another's mistakes. All crimes are senseless. Never justify the wrongs of others, that's elmering negativity -is always recipe for disaster. Stick to positives. #Elmers

You cannot worry what others think when you write creatively, and explore your mind, there's no one to judge you but you. Until you recognize your own self worth and value will you understand the thoughts of others toward you.

Diagnosis: Gravely disabled harm to self. (2009) I'm not mentally ill.

How free do you need to be to listen. I think there's a stopping point when it comes to freedom.

Don't let anyone affect you #Lesson. You should not be affected by others, in one ear out the other, focus on yourselves.

Set easy goals (short + long term IOP) don't make life more difficult than it needs to be best to take care of yourself first before others. Better to keep quiet than get upset better to keep quiet than fight unless quiet causes harm to you or others recurring then speak.

Feel bad for those who need it.

(1) It's never the victim's fault. (2) All crimes are senseless.

Sorry I hit my head hearing voices that's a consequence of bullying. I'm not a drug addict wrongfully accused of using drugs I went to rehab treated fully recovered successful doing well happy and getting married I have a great future ahead of me it's not for me to discuss causes and consequences or place blame. I'm very

diplomatic I committed suicide 2009 because this is too complicated.

Stop bullying.

I'm very strong was doing well I was not this way in law school its failure and embarrassment that causes these illness which are superficial then hit when down that's too much needs to stop.

A flight risk is a mentally retarded person who hears voices and shouts at people I'm not a shouter I'm a calm chill person don't push me over the edge that causes suicide when well leave others alone triggers + consequences are always of your own making not the faults of others don't send people off by your discomforts superficial in nature about image are inconsequential don't mean much.

Some people have disability get discriminated in life deal with it. I'm one of them I don't deserve it not then and by now if rather be dead than deal with discrimination I've done so much to help everyone it's not about anyone it's about people taking better care of self + others.

People talk to me like I'm retarded I'm not retarded I'm very sweet and nice to everyone everyone should be a little more professional not condescending toward one another let people be happy have relationships that's none of anyone's business choices.

I'd rather stay home live a simple life be Amish write books live life.

Illness is not contagious but if you act out of character they lose trust.

If you're not a winner in life cheer others on don't hurt people to get ahead in life especially those who give back help others is stupid.

I probably should file for disability I can't handle the pressures of doing well and people treating me as normal or competition is too much expectation not worth the risk.

Elmers says guys relate to people. Not relate stuff together.

Relationships

Always establish boundaries early on in a relationships, let the other know where you're at and what you're plans in life are to see if you're a match. No relationship is predictable, each one has their ups and downs in life best you can do is be supportive of one another. Not let one another down in life, always being truthful and honest that's how you build trust and positive rapport. When you are yourself and nothing else matters than that one person in your life who helps you shine, then you know that's love and care.

There's always an opportunity for change and improvement never give up, you never know what's on the other side of tomorrow.

You have to be inspired to write today is not one of those days. Some days you just need to be alone to think and process. It's not being spacey to be quiet sometimes it means you're thinking. Don't worry what others think so much, as what you think matters most. Don't internalize the emotions of others toward you, that just leads to self destruction or dislike for self. Always rise above.

Learn how to let go in life, never step back, when your ten feet under water, trying to swim up, stay level headed, don't sink into negativity, drown out negative thoughts in place of positive thoughts and never give up on self or others, when you can be relied upon you can be taken seriously in life and get the support, accolade, and affirmation you wish for in life.

Love yourself enough to know when to let go. It's when we get too comfortable with others and let our guards down we get hurt always maintain a professional distance from others to whom you develop intimate attachments with how to build a long lasting relationship or how to maintain positive rapport with others - keeping your personal life separate and by not allowing interpersonal goals from interfering with your professional decision making skills when around others, talking to others, or during times of need, never place ones personal burdens on others to mend and repair but always fix yourselves on your own on your terms not try to change others to adjust to your needs, be well adjusted yourself for the purposes of mindfulness and from there acceptance will likely follow.

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others to mend and repair but always fix yourselves on your own on your terms not try to change others to adjust to your needs, be well adjusted yourself for the purposes of mindfulness and from there acceptance will likely follow.

When you matter to others your work will speak for itself. When you're not up to par others will judge you. If you don't know when to stop, have limits in life, others will think you're a gamble not have faith in you. Always be a stable companion to counteract or diffuse negativity around you, it's all a matter of manifestation. Don't abuse privileges in life, never take things further than where they need to be with others in professional relationships, you will be judged in the negative, romance is for the bars not for working relationships. Interoffice dating is never a best recommended suit but one to be avoided in life, listen wisely, as advised don't date bosses and didn't listen.

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Backwards blame = present failure. If you don't like me than don't read. I'm not out here to be criticized I'm trying to help everyone move forward, because hurting me is not okay, and talking \$hit is not okay. I committed suicide 2009, Bc dumped, that's why. I recovered. When you're negative toward others that harm can be permanent. It's important to be nice, that's never my fault, bullying.

Better than does not make smarter than how it looks is what's seen. Don't self harm people please. You don't fully appreciate, people, places, and things from our life until they're gone. Always stay in tune with reality. Learn from your mistakes and do your best to get from point a to point b in a positive way, rehashing the past only sets you backwards if unless to do so helps refresh a positive point moving forward. What you know best now, can only be improved by balancing your focus on you strengths and knowing your weaknesses in life.

Never worry too much about what others think of you. You cannot be perfect always. There will always be some on your team in life and some who turn against you for whatever reasons they think justified. Don't be obtuse, move

forward in life and always rise above, that's how you get to the other side in life. Not by criticizing others, but by accepting your own weaknesses in character and by strengthening self and others who do care.

Everyday is a new opportunity to change. Change for the better. Always make your amends, forgiveness is an option not a choice. Some of us live with mistakes and some of us point out mistakes. Know your limits know when to stop. When you've got nothing left to lose, think about what you have. Never be dramatic to the concerns of others, but best to be concerned most with yourself. How you become apart of the solution not seen as part of the problem. Who you are is reflected by your beliefs and your associations in life, the putting together of self is how to represent all well.

How you look demonstrates care.

It's not who you know that matters but what you know about people that affects your outlook. Don't internalize the emotions or words of others. Always be yourself, your issues make up your identity -do not be easily persuaded by others, or by their wrongs, do not make you who you are, connected to or separate from. Always blend in, do your best to get along well with others, that's how you become comfortable with yourself, by your words not by your actions, represent who you are, inside out.

Behavioral health issues are a product of unhappiness with self. So if you follow the rules perform well nothing should bother you or others around you should not bother you, it's how you react that differentiates between well not well. The well ignore the sick respond to subtleties why ignore noises not directed at you listen to others when they're unhappy with you how to be a better person.

Don't be thought provoking in public always mind the thoughts of others and their spaces how to do well in life respectful of you and those around you, deemed well.

Don't read into people's thoughts only what is said not by looks. Reassurances are provided by your belief systems how you get well. Rejects are people unfit to lead. Someone who is rejected, does not feel good about ones self, therefore unable to make others feel good about themselves. Until they are well enough to care for themselves will they be able to care well for others. That's a given.

It's by ill interactions you connect feel ill it ruins communication normal when you communicate abnormally to others to be normal. To be normal communicate effectively normal not defensively abnormal that looks like guilt connection is by

understanding. Unwanted connection = illness.

Let go of your fears. In order to achieve good luck in life you have to think positively of self and others. Only you can repair your image no one else can for you. When you yourself are ready for change, then and only then will you blossom and overcome whatever obstacles will come your way. It's never too late to be a good person of outstanding moral character. Always be honest and truthful, and upon that basis you should be free, to grow, learn, and thrive.

What you see fit is what is. Never let the shortcomings or faults of others persuade you to think otherwise. What will be will be but make sure never at your expense and preserved sanity. Those aggressive toward others mind and those who mind matter. Don't worry what people think worry about yourself, conform to no standards set higher than your capable of achieving. Always fit in, and adapt to your environment.

A case in my textbook actually told me they knew what happened and flew to DC to visit them. Fighting is not the Solution. Always best to stay calm not reply to Provocation and invoke the negative spirits of others toward you, don't internalize hate for self or others. #DontConvertMe

Once you become ill with disability nothing can make your heart better. It's called burn out nothing feels good. This occurs when tired. Illness[es] are problems internalized that's called identity issues thinking that one is sick if sees sick. That's called smart recognition of self as well.

What it looks like. I'm very organized work very hard (2013). I think we understand the value of religious principles now to help see. If we all see better do well, good, preserve good. #Preservation that's the main goal. I study me to free me. Not one more important than the other, all people are important. Don't be scared to live life. Hang in there guys. Stay calm. Care for those who need it #RedCross. Support where needed. That's how to rebuild strong, by supporting who needs it. Ignore the confident let them be. Your memory strengthens now.

#### **Chapter 45: You Are Your Thoughts**

Never wait until it's too late to say how you feel. Anything said after the fact is deemed unnecessary if to help move forward less is more, without harping on subjects combining issues you see best forward, how. When things don't feel right that means there's something wrong in your environment or there's something that you're not doing right in your life right now. Always be sensitive to the needs of

others. We only have so many supplies. It is never the victims fault. Remember that always. When there is risk taken and people involved than rejects are to blame for misinformation and bad decision making not leaders. It's when rejected we make bad decisions for ourselves and others.

What you relate back to -when you physically in your mind turn around to see is not connected to you now, it's just the past, letting go is everything moving forward, don't scare yourselves, be present. How to be happy. That just means you've done something wrong or there is a probable existence of some error by or not by you. It's our job to figure out ourselves not others. When things don't feel right that means there's something wrong in your environment or there's something that you're not doing right in your life right now.

Think wisely. Life goes on. Always be sensitive to the needs of others. What gets amplified gets compared. Know your rights. Always do your best. Forgiveness is everything. It's what you choose to focus on that matters most, accepted or not. Acceptance is about comfort ability with self. Know the difference between your nightmares and your dreams in life, for all to go well, pan out well in your favor. See the good in the World not just yourself. Think well.

Everybody back to being you! Dont think of what could have been think of what is. When you think you know everything and end up failing yourself, that's called self-sabatoge. Don't set yourself up for problems, always stay in the solution how you get better. Doing well in life requires careful decision-making skills in order to be successful. Everyone has their moments. Some shine and some don't and that's completely okay. Be okay with yourself, and the rest should fall into place.

Mental illness is not contagious. Some people have allergy to alcohol. How you communicate it affects how you communicate think. It's important to be well. You're this you're that is a sign of immaturity sober up its a long life. When you do well you'll be well. Beauty is well not sick. Beauty is stolen not taken. What is well is not sick. It's clear when someone's well or not. It's a matter of who's who always be yourself well minded mindful of the spaces of others.

Always be positive to do well. And always think well thoughts of self and others to be positive minded. Never accept blame of others as your own your issues are your own not the issues of others to be of issue. Always think clear minded. Proving illness is wrong to look well better than that's what's making me sick is others mean to cause sickness to keep others away. I'm not a sick person I'm well doing well in life have always been well.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-50-you-are-your-thoughts-by-leslie-a-fischman>

## **Chapter 46: Moving Forward With Reality Not Others**

### Moving Forward and Backtracking

Whenever we move forward in life its common to backtrack and review ourselves, our strengths our weaknesses, and try to better our self and our image. Life is all about perfection. How we view ourselves, much to the same effect is how others will view us. If we do not go backwards and make our amends, and edit, then we as writers, subject ourselves to harsh and unnecessary scrutiny. Writing is all about perfection, no spelling errors, and no typographical mistakes. All of which affect the readers understanding of what is written. It is very important as a writer and publisher to always be unique, and to always be neat and tidy, that is how to make a good blog, one that is read, with ease. When there are errors, and blocks this causes the reader to question the source, and that is why people are blocked, and questioned, when they themselves are not tidy and neat looking they will be judged. It is by how we present ourselves, that we are looked at, manage your presence at all times well, in order to be well received, that is how to be best approachable.

### *Being Raised Conservative*

When you leave the woodwork you realize what you have, I was raised very conservative, and now I understand why. It was to protect me from harm, that when we let loose we will be judged by others, its how we are taken seriously, that others will judge us, based upon our own merits, and what we bring to the table, skills. Those skills are by education and background, those build the backbones to companies, and from there a company grows. What is independence. We chatted today before the meeting, to me that means a Corporation that is independently run, by its employees, who are independent of one another, not co-dependent. In the real world, I see that individuals, base selves on their accolades and based upon their merits, how confidence is made, not by being inside a group but by what they bring to the table, that is how confidence is made. You can only see yourself, when you are in a group of people, who is accepting of you not hard on you, know your worth. Sometimes in close relationships, people are hard on us, that's to protect us from harm. When we understand the value of self, in relationship to others, we will know ourselves best. How to behave in front of others, whether to be known for our present or our past, and from that point determine how well known, know you best, not others,

how to get to know yourself among people, how to self identify. When people look at you and think you are something you are not, that is because they know you based on what they hear, not based on what they know, or see, and that is always understandable, we give thanks to others, for acceptance always, how to move forward, and not discuss our private lives out loud, or professional selves, in order to maintain a positive outlook in life, is by our work ethic not others points of views. This is clear upon meeting people very well adjusted, I too was once well adjusted, and now struggle because of my relationships gone sour, while attending law school. I will never understand the pressure perceived until I undergo it myself. What you say about yourself, is by what rumor is known about you, always be truthful, and give value to your life presently, everything is a matter of correction. When you are a perfectionist and corrected, then you should know better how to behave is how one is treated, who looks or appears mentally ill, that's called passing judgment upon another's circumstances, and adding fruit to the table of concerns. What is concerning is what alarms, people should never be alarmed by adjusters. Adjusters are people who are accepting of all people, they themselves must be conservative minded, if to be a backbone to others, to mirror conversation behavior. That is how trust is built, not by surprises, but by dialect, being conservative minded. Conservative minded means being a defensive driver in life, watching out always for concerns, addressing concerns accordingly, and by offering reassurances. Reassurances are guaranteed by behavior present, and behavior continued, elsewhere. It is known that I struggled with alcohol after law school, its never been a problem in my life professionally, always sound, and never a threat to my environment, or to others, I'm not a loose canon, its by judgments threats to me, that occurred (once), said something back under the influence (once), that is not me but a product of my circumstances, I was judged as something I am not, and because they thought I was a whore, I was treated like that, Im very chaste, never dressed like a whore, never behaved like one, always conservative toward others.

### *Whats Important to You*

Whats important to you matters, however it may not always matter to others. What you project about yourself personally, is how you fail, in the image department. That cannot be removed from your record, how others see you, that is something that you cannot control. In the grand scheme of things, how you will be viewed and judged will be a matter of principles based, not gusto or energy, but by your nature and value and givingness to the trade, that is your writing. Overall how you will be perceived is how you are judged by others, as worthy of attention, put together, a cohesive idea, or something that needs more work. That is called acceptance. What matters to you may not matter to everyone, but that doesn't mean that you or your ideas don't matter at all. With proper training and instruction you too can make a difference in the lives of others, its all a matter of

manifestation, and willingness to learn and try, always doing your best. How you represent self matters, and based upon those judgments and first impressions, a judgment is passed upon you, accepted or declined, mattered or fabricated, together or not, or picked apart. You should never be insulted by the input of others, and that should not change you or your feelings about yourself, or cause you to question yourself or others. That is your instability, a reflection of your own instability, when you feel judged. To think positively of oneself, is how to undo negative opinions about oneself.

### *Some Ideas*

Some ideas help us move forward in life and some don't. There's a stopping point, at what point to we stand back and look at everything as it is, either accepting of the times or rejecting our present circumstances as real and true. That is a judgment call based upon those who upon viewing either choose or decide to accept anything said as proper philosophy. It's all about acceptance, that's how one moves forward. It's all about integrating ideas, that when it settles, it settles well to all. That's how good ideas are made. They're the type of ideas, that make us stand back in life, and look at life in awe, those are considered good ideas, something needed, and necessary. What's unnecessary, are attachments, and promotions, those usually hurt ideas, now looking back, as ideas get applied, to the promoter of a work or an idea. I see now. The meaning can change depending on who is promoting an idea, how it will be viewed. At the same token, when viewed, the viewers reaction is interpreted, and understood as connected, screen to audience, or work of art to audience. What you pay attention to is what matters, to you, but something else might stand out to your audience, that you have no control over, best to always be a perfectionist. Regret occurs when we don't do our best and we settle for less in life, we hold back regret. Wish we would have tried harder, or wish that things would have turned out differently, that's called regret. What is read into is what comes out in the readers mind. Those are not subconscious results, but a matter of how well read and what's being read into, is what will come out of any given piece of writing or work of art. The overall feel and the overall message is what gets taken away, always think positively of others, without connections to mainstream media, when interpreting.

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### *What We See We Remember*

What we see is what we remember is what gets promoted about us, not by whats in our closet, or in our bedrooms. That is not how people see us, by our private spaces. Is not how you judge a cover by its book, its by how you remember identify yourself, not by the baggage of others, or by your things in life. You cant go backwards and try to be a better you, you have to just be you as you are now. That's how to build a better you, from here forward, not by going backwards. Your past picture is always your best profile picture, as you remember you best. Ive found that that has helped me, gear myself back to reality, and how I understand my direction and self in life, and where I am headed, not by the direction of others, headed in life. Its important to stay true to your character, not be easily impressed upon or molded, slightly stubborn, but cautious, is the best way to lead yourself in any public environment. I have found that to rehabilitate my character it takes time, by good merits only. When I infuse myself with the troubles of others, bear burdens, that's my weight. Not the weight of others upon me, but my instincts, errors, failure, to overcome. Perfection is a job, not a hobby, when you perfect yourself, you understand your own intrinsic value, that no other person's value should affect you in communication. Its not contagious, stupidity, its just a recognized failure, always do your best to repair yourself separately.

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Life is all about perfection. How we view ourselves, much to the same effect is how others will view us. If we do not go backwards and make our amends, and edit, then we as writers, subject ourselves to harsh and unnecessary scrutiny. Writing is all about perfection, no spelling errors, and no typographical mistakes. All of which affect the readers understanding of what is written. It is very important as a writer and publisher to always be unique, and to always be neat and tidy, that is how to make a good blog, one that is read, with ease. When there are errors, and blocks this causes the reader to question the source, and that is why people are blocked, and questioned, when they themselves are not tidy and neat looking they will be judged. It is by how we present ourselves, that we are looked at, manage your presence at all times well, in order to be well received, that is how to be best approachable.

### *Life Isn't About Image or Connections*

Life isn't about image or connections, its upon your own basis you become you, based upon your own merits in life, not the merits or good merits of others. How you self-identify and what becomes of you is how you will be judged by others. Always be yourself, you need not justify why you are the way you are or for what reasons you are ill is no ones business but your own. If you are doing everything you can to be well, than no people or persons should make you sick. People are not contagious, its bad ideas that are feared as being contagions, everyone is responsible for themselves, you cannot control others, it is not by our ideas that make us who we are but by our thoughts which control our actions and behaviors that make us who we are, how we are in public, how we address others, and how we ourselves are addressed, is a manifestation of how we see ourselves is how others will see us in reply, always be appropriate in public dressed and around others. That is how to be well-liked. When you are judged that is no excuse for self hatred or for upset, you can only do your best, and if your best is not well received than acceptance of self is required you cannot be accepted by all, that's called discrimination. You just have to accept that some people will not like you for whatever reasons, whether by your associations connections what you represent or what they think you represent or by where your headed in life, they think deserving or not. Intimidation and wins are for the weak, life's not a competition, take life easy, and always be there for others, when you help yourself, others will be helped too.

### *Ideologies and Happenings*

Who you put in charge of ideologies matters as to happenings, is by popular opinions and by likeness whether imitated or consumed. There are consumer trends which we identify which tell us the likes of our audiences, and by those trends dictate the material that is produced for our audiences. That is the only mathematical way in which to please all. People in the entertainment business

cater to their audiences, by listening services, understand what are the likes and dislikes of individuals so that they can best provide for their audiences. Based upon those numbers provided by servers like Google, we can tell what is in demand and what is not in demand, by what is helping us to cope and what is hurting our abilities to cope. –How things happen is by choice, the choices you make, are what influence your thinking and what makes up your mind, is how your life happens, what happens around you is your environment, and that you cannot control what people think about you and what happens around you, you can only control you. –When you are in control of you, then everything around you seems in control. When you are not in control of you then everything around you seems out of control. Its important to always maintain a level head about you, why those in positions of power, with earning power, are put in caretaking positions of trust to help us.

### *Nothings Ever Permanent*

What you think is wrong, if so, is wrong, only if you think it is wrong. Always play by the rules, and go from there #CHP. -There is nothing we can do when we experience any type of loss, usually follows a period of powerlessness. I'm not a Doctor but I know well enough the difference between right and wrong. -I have grown a lot since 2013, spiritually, and academically. I am still working on finishing my LLM at Thomas Jefferson School of Law, and work part-time on and off. I realize that during my time away from work and school is always a time to regroup and get strong again, so that I can be there for others. -You cannot move forwards without going backwards, that doesn't mean stay there, you can reflect, life involves constant reflection without going through the motions. – Everything is always clear backwards moving forwards have faith.

### *Commentary is for Professionals*

Commentary is for Professionals, and there is a reason for this. I am just a MuckRack.com Writer, not a professional commentator. I will always have my opinions, politically correct or not, always share how I feel about any given situation, and how that makes me feel, and how I have responded, and will continue to respond. Whether under stress, or not, or doing well, I will always be a writer. I have kept a journal my whole life, this is something about me, that will never change. I will always have my thoughts, and likewise, the reader will always have their thoughts. How are thoughts made, based upon exposure, and based upon how you feel about yourself, that will gear your thoughts, always be positive minded. When you are negative minded, your thoughts will wander to places, that cause you illness, yourself, and hopefully but not sometimes others illness. Always be mindful that things are not what they seem, and even if you hear something, about someone, to still respect that person, when you see them, that's how you know whether anything bad has been said about someone behind

their back, usually they look better than. I was once told, “haven’t you ever noticed that when someone talks \$hit about someone it always makes them look better” laying in bed next to my ex #RobDebakey. Be very careful with your words, as they may be used, to portray something else about you, your likeness to others. In addition, always be careful what you say about others, can be used to pass judgment upon you. Ive said this before I’m someone who’s side is rarely taken in an argument or agreed with, they always take the other side, knowing this I built a campaign, in which all could foster. A mutual sense of humor, to begin focusing on whats important the weather, not just to make conversation, but because it matters. #LeonardoDicaprio. –Its funny once you begin to write in public, how much is memorized, and what is remembered that you cannot control, you only hope that people see positive, and trust you as a writer. They may not agree with all your opinions, and its not betrayal that hold back, but caution. Its not fame that retards, but behavior while famous. Always be kind to others, as everyone is doing their very best to represent all. All crimes are senseless, if there is one quote you should remember, that is the media’s choice.

Anything ending with more, means, a good suit, lightly taken, not disturbing. I’m learning as I go what can be talked and joked about and what cannot be. On the otherhand anything that breaks confidence, causes one to question, decreases esteem. Always be thankful for your places in life, without whom we’d be lost.

### *Minimalism Amplifies*

Theres a subtle difference between what is accepted said, and what is accepted past, and what is accepted presently, as in accordance with virtues set forward into motion. What is accepted is not the past, but in favor of the future, that exemplifies good bearings on current turmoils. When there is a rush, there is energy, and that energy must then be transferred to positives, positive focus points. When there is energy and that energy is applied to negatives, negatives result. Why its important to always stay calm, and to focus on whats within, not without, when in crisis. The common thing to do, is to focus on what you do have, not what you have not, when in crisis. Not to think of self, but to think of others, what are your needs, and what can you do to best assist others in crisis, is not to focus on self, but to focus on others, that is counterproductive when you change focus away from you to others, that shows that you yourself are not stable enough, and reliant upon others for assistance. Who is strong and who is not, is not important during times of need, but your own choices are much more important, as to who you go to for assistance. That is always important to go best to sources of support qualified to assist you. Redirection of focus is because some want to direct focus away from them, sometimes redirecting of focus occurs, because one wants to direct their own focus away from themselves, and their current troubles, escape from reality, that is called fantasy. There are such things as fantasy

campaigns, I am not one of them, I am real. –Minimalism amplifies, because it suggests to focus on a few things rather than see the big picture, and what's in place, is what is left, that is minimalism to me, what remains, what is gone, is junk from our lives, why there was a minimalist movement to help us focus more on what's important, and what matters most to us, to get from point A to point B, positivity, and not go backwards, and relive the past over again. When you are reliving your past, you are making amends to get to your future self, a better self, and that is why amends are made. Never be too apologetic as accepting yourself as wrong, you are always right, the victim is never at fault, always remember that, in times of crisis, the one who suffers most is considered the victim. –I was raised never to play victim in life, and to always move forward, be strong. That is from a political standpoint best, when victim blaming occurs its because fault is placed on the victim, as to the victim's current circumstances as asked for. I have never asked for any help or assistance my whole life, able to always work alone. How I was raised, to be independent of others, eventually you date and fall apart. That is the difficulty of being a Woman, giving your body to someone else, and trusting your body with another. You don't realize the repercussions until too late.

#### *What to Talk About*

Its not always necessary to share your two cents or to say what's in your mind, that is for a particular time and place, and among certain groups of people, or persons. Be wary of to whom you are speaking and who is in your audience, is affected by your speech and what you say. Some audiences come, and some are connected. Be careful not to connect information to people or existing connections but on your own, assemble and put together information, and then people can go to that information. I see now why we have blogs and links from blogs, not blog directly. It is offensive to others in direct communications, when communications outside do not accurately reflect communications inside, sometimes we need an outer layer of communications that supports positive communications within why we have Twitter, a group of professionals, who communicate outside of Facebook back to us. #LessisMore #BeKind

#### *You Cannot Predict the Future*

You cannot predict the future, best you can be is prepared. That is the key to success preparation, and stability. The stability provides you with the footing you need to achieve in life, not leveling over or under people, in order to achieve, that is not how one achieves by comparing oneself to others, that only causes disillusionment. Best to stay focused on oneself, how to achieve in life. When you are too worried about others, or the thoughts of others, this can cause illness, franticness. –During periods of turmoil we are especially prone to being concerned about others, that is only natural, if you already have a pre-existing condition, that causes you anxiety, social anxiety, or fear of the thoughts of others

about you, this can become amplified during crisis, and times of need, why its important to slow down, and think twice. According to Richard K. James, in Crisis Intervention Strategies: “When people confer their focus of self-evaluation on others, they become dependent on others for validation of their being.” (12) This explains how blogging and likes help people in crisis, identify both whats bothering them, read about it, and also self-identify what their thoughts are for the day, or share how their feeling and get feedback, positive affirmations back, via likes. Social Media is a “macrosystem” still in its developmental stages, and a growing field where “There is great value in looking at crises in their total social and environmental settings –not simple as one individual being affected in linear progression of cause-and-effect events.” (12) There is much “interdependence among people and between people and events” that shrowd our relationships with one another in reality, on a person to person basis through interaction and via the “relationships” we develop with others. (12) A “situational crisis” is described as an “occurrence of uncommon and extraordinary events that an individual has no way of forecasting or controlling.” Such environmental concerns, and catastrophes, resulting in death of persons, and loved ones. These are events outside of our control, often times “sudden, shocking, intense.” (13) It is common during crisis for there to be “abnormal responses.” Do not be alarmed, by your peers, they are probably just voicing their opinions, but anything urgent is important to report, if they themselves are in danger of hurting themselves or others. Sometimes a crisis can be personal, “a state [of] ... impediments to life goals that cannot be overcome through customary behaviors.” (11) This is described as a “disturbed equilibrium” that requires “grief work” and an expressed willingness by the “clien[t] [to] wor[k] through the problem or grief” causing circumstances, in order to restor[e] [their] equiliubirum.” (11) Sometimes the “crisis service[s] never ceas[e].” (8) Especially on “suicide hotlines in major cities.” He further notes that “suicide prevention is probably the longest running intervention program” in the mental health field, and serves as a “benchmark for crisis intervention” in today’s times, to help “understand the several social movements [that] have been crisital to its development” such as the “women’s movement in the 1970s.” Grassroots advocates in the past have been known to assist people with PTSD. (7) There is a such thing as “transcrisis states” in which there is “unfinished business” (5) or where the “original crisis event” is “submerged below awareness.” This differs from PTSD in that it is caused “by an extremely traumatic event, and very specific criteria must be present for a diagnosis of PTSD to be made.” This condition is not limited to just those who suffer from PTSD by “so-called normal individuals” too experience these malapadative contiions, such as those who “quit taking their medicine” and therefore “capable of functioning at some minimal level” as a result. One of the “key differentiating element[s] of a transcrisis state is ... whether it is due to [some] trauma” or personality traits, substance abuse, psychosis, or chronic

environmental stressors, the state is residual and recurrent and always present to some degree.”

I don't think that discrimination lasts forever, but if it does, it is doable and momentary, and can be lived with, its not a big deal, you just go on in life, and find somewhere, where you are accepted, and treated as human, and intelligent. Anyone who dehumanizes you and treats you as bait, or less than, probably doesn't respect you and that's okay, you just move on. There is no excuse for suicide, even if everyone tries to convince everyone that your off and theyre smart, its not your responsibility to convince others, that you are intelligent, and doing well, just do well, and the rest should follow. We all have our own beliefs in life, and often times they do not change, even over time, there will always be blame and blame avoided. Never blame others for your current hardships I was raised to believe and never play victim. I did not grow up with fighting, never have been in a fight my whole life. When there was fighting, to talk about the negative, I become suicidal, not able to cope with fighting, because I grew up in a disorganized state, and had to make things better for everyone, that required a tremendous amount of focus on self, not others.

Reference: (1) Richard K. James, Crisis Intervention Strategies, 6th Edition (2008). (2) <https://www.mymollydoll.com/mymollydoll-book/chapter-51-moving-forward-with-reality-not-others-by-leslie-a-fischman-meaning-worship-things-not-people-by-mymollydoll>

### *Life's not all about Blogging*

Lifes not all about blogging, and it certainly is not all about you or the faults of others, blame rarely gets you far in places, complaints often frowned upon. There's a certain state of helplessness, that follows in any addictive or maladaptive behaviors that cause you to question yourself or others. According to Dr. Martin Seligman “The feeling of oppression and not being in control or in charge is the opposite of the top of the UpSpiral which is “feeling good and feeling free” (<http://appliedneuroscienceblog.com/learned-helplessness-way>). -There's a condition of loss that occurs, loss of self, loss of standards, and loss of care. That's how you know you have addiction, when you become dependent upon a system of support, and that support when overused, creates a condition of self hate. That is the trouble with Social Media, is when to stop, look up, and look around you. What is it that you're trying to do in life, and never lose focus, not to social media, not to others, and not in place of self, and your life goals. One can be easily led astray online, and on the internet, and even while blogging, its hard to maintain footing in life, without the internet some days, if so then blogging

may not be the correct profession for you, if unable to achieve your goals in life while blogging. Sometimes too much exposure, is cause for consequences, that flip back onto you, on your feet, on your side of the grass. What can you do to make your grass greener, by representing yourself well at all times, that requires not to share too much what is inside of us, and share more about what represents ourselves best. The outer layer.

### *Always Think for Yourself*

Always think for yourself, you never know whos watching. Just got two new followers today @redcrossla and @navy\_airpower\_usa. –Best to always represent yourself well, and the rest should follow. What is trust? Trust is when you are put in a position of power, and you do not abuse those trusts and confidences. That can be achieved by doing your job, and by helping others as you say you will, not by overstepping boundaries, knowing your limits, and your place in life as a worker. There are some things we can and cannot talk about, and for everything else, we have the internet, to share our opinions on. Fears and resentments are things you share in private, under the confidences of licensed professionals and for good reason. Whenever we go backwards in life, we run the risk of reliving past traumas, and facing those traumas head on at the present. In order to overcome those traumas, we need assistance, medical assistance sometimes, in order to grow past those traumas, without inheriting disabilities along the way from our past or from others to whom we discuss our past with. I don't believe in ethnic cleansing, but as an individual of mixed ethnicity, I understand how easily my health can go in and out over the years, and by the difference in my weight, up and down, which is all dependent upon my self-esteem and how I feel about myself. How you feel about yourself, is based upon how you interact with others, as well as how others perceive you. Lifes not an STD, covered in disease, and neither are people, by communication. That is not how gay is spread or bad ideas, by communications, but by a person's unwillingness to follow general laws of common sense conduct and courtesy for others. How you treat others is how you will be treated in return. –The difficulty with disability is trying to be something youre not able, and then trying to fit in again. I never thought that my disability would get worse overtime, but it had, and now I am doing everything I can to overcome those hardships, and stay focused. Playing up to what people think a disabled person looks and sounds like, is fun, to just be yourself, and listen to your inner retard, however the writing world is very judgmental these days, and some days you have to always give your best. Theres a time and a place for everything, Im not an actress, so I can only give my best. People who are performers, are good at hiding issues within them, Im not one of them, my biggest weakness perhaps is that I can barely keep a secret, if made known would help others to better understand me, and my previous responsibilities as an advocate to others. You have to be very well, in order to



help others, and in order to be well and get well, you have to understand yourself first before others. That is what I am currently working on building a better understanding of myself, so that I can best be there for others, professionally, and by learning, and maintaining my academic integrity –that is my strengths in academics, where I shine most.

### *Living Life is Not Contagious*

Always surround yourself with people who have lives. That is how you live life, not on your own. When you are surrounded by love you too will be equally loved, and have self-fulfillment in life. It is when we are left to our own devices in life we question ourselves and others. Always be true to your good character in life and never read too much into others. Its what you think that matters most. Never accept blame where you are right and others are wrong towards you. Never blame others when you are wrong, and by these lessons we build a better understanding of ourselves and others. You live and you learn, not by mistakes but by rights not wrongs.

### *Whats Important to The Reader Doesn't Matter*

Whats important to the reader doesn't matter. Everyone has their own poignant recall and experiences they remember, their own lives and most memorable moments. You choose which moments in life define you. You should never be defined by others, or by experiences in life. What you remember is what you process and register as important. You as the reader have a mind of your own. What you remember is a choice, what you think is important is a choice, and how you are graded in life, is by exemplifying good moral character a general understanding a proper care for self and others, a degree of sensitivity for those preserved is welcomed, why I get picked in life, not rejected. What occurs when associations are made by telephone, and by what people say not by what is written and used to cause judgment is called hearsay, that's a persuasive argument against someone, by opinions shared about someone's character based on pulling something that they say out of context to make them look bad as applied to something else. –Its important not to judge others at what point did things become bad for others in life, there are timelines and there are records, and from those points during those moments in time, when drugs and alcohol are involved, that is what is punished, and for those reasons others are punished, or punishment is sought for them. That us how crime works, by punishing people, good people, to undo the wrongs of themselves. Your discomforts with people, who help you, are not of concern, and even if I did commit suicide, there would be no one to blame but myself for it. All suicides are retarded and selfish acts, occurring by giving up in life and others. This is not a period in time, when all hope should be lost, but by continuously rebuilding from where people left off is how you build sound intelligence and learn principles for recovering from hardships, and

understanding the hardships of others better. –We are not actors, we can only be human, and by that I meant it, I’m not an Actress.

### *Don't Blame it on the DJ*

You should never turn on your instructors in life, that includes dance instructors, or song choices. It’s much too late to blame DJs at this point. You guys should always stay positive. And you cannot blame Housekeepers either, for listening to orders. So that’s the main point. The main point is a point addressed to clarify a whole, not make certain, but make clear, not allude, but bring to a point of closure, response. That response should always be positive. When things are not right and not certain we feel that energy. And based upon that energy make decisions in life for ourselves. Never become defensive to the wrongs of others, and never justify the wrongs of others. Where others are wrong, that will eventually come to light, through their character good or bad. You cannot change people you can only correct them. –The stopping points and ending points of discussions should always be in the positive not the negative. Those are not then jumping off points for discussions. Usually points made by someone in the middle of any controversy is called coming forward in life, and speaking. You have to give it time, allow victims to come forward on their own, that’s how you undo the wrongs of others, not by offending people, to see how they react in the positive or in the negative to get some more truth or a reaction to justify any existing or pre-existing conditions or reactions you deem relevant. Always think relevant as to what, guilt for what, and for whys, never justify the wrongs of others, that’s a slippery slope, and only leads to disillusionment, illness. When people become ill, it is because they become disillusioned, either by drugs or alcohol made worse, present circumstances only become worse, when reading abilities are worsened, to make unable to read, usually those well read don’t do drugs. Drugs cause retardation, or inability to read, read well, or respond promptly or well enough to be understood well, and because not understood, evidence of guilt is present, as misconduct toward oneself, the use of drugs is called self-harm.

### *Keeping a Positive Head on Your Shoulders*

You need to keep a positive head on your shoulders in order to do well in life. That includes being there for others, and ensuring the safety of all. When you are doing well others around you will do well now. Co-Dependent systems are not healthy for personal growth, as they stifle you, real friends don’t compare themselves to one another or try to be better than one another, but help one another get better in life. Its called looking out for one another, that is within families and outside of families, understand the fights, and help not make worse current situations, or leave one another worse off, that only causes blame, and resentments, and resentments cause hatred or misunderstandings toward one another. From where does power come from, from the Parents, or Schools. From

where does confidence come from, the Parents or the School. From where does sickness come from, self when self does not get help when sick, sick can make others sick. Never worry for the fears or resentments of others. Never provoke one another to end up worse off, that proves nothing right, and everything wrong. Always prove them wrong in life, and always do your best. Who you are is not about people downloading, but being yourself. When sick makes well sick, you know we have a problem, always think well. Some people in life, do not have it good, and are worse off, never be minded by the problems of others, but always do your best to rise above and be happy for others.

### *You Cant Change Words or People*

You cant change words or people. What it looks like is never what is, and whats seems is never as is. Its what you think that matters most, not what others think or say to you, is not how the World works, but by happiness and appreciation for others. Is how to see right. What comes to be, is what is thought of others, always mind your thoughts, is it of a concerning nature, is it important, what matters to you. With clarity of thought and purpose in life, you too can repair yourself. Repairing oneself, and ones image takes time, it doesn't happen overnight. You have to be a very strong person, and strong minded, in order to do well, and in order for those around you to do well too. Campaigns are not for everyone, but for the well. When others get sick, that means the Campaign is not doing well, either there is a conflicting issue surmounting, or a misunderstanding that needs to be compelled. Abusive relationships are for the weak and jealous types, never engage in any response to those who are jealous of you or your successes to make right others. A sign of immaturity is lack of self-confidence, in order to do well one must be confident. Confidence attracts others to you, and that is how you do well in life.

### *Bad Memories Are What Hurt*

Bad memories are what hurt, let your memory be your memory, and go from there. It takes time to overcome trauma. When someone you love hurts you, that's called a breakup. You deal with it and move on, to someone who makes you feel good about yourself. The cycle of abuse occurs, when you keep going back to where it hurts, and then you get hurt, or hurt yourself or others. Its okay to walk away without a fight. You don't have to be there for everyone. Know your personality and own it. How people are is a reflection of themselves a composite of their experiences not a composite of those who have harmed them, do not be a composite sketch of hate. Its important to always take good care of yourselves, and when there is love there is beauty, and when there is beauty there is peace, and when there is beauty there is nature at peace and calm with us. How the birds sing, when all is at peace and they are happy with us, means we are doing a good job. Know when youre well, and know when youre sick and know when to get

help, that's the best always you can do. Paranoia is caused by backwards blame and hardships caused by others on you, behind your back, that causes paranoia, and causes one to go off setting in life, appear weird to others, and makes others stay away from them. Don't allow others to paraia you in life, why defamation is considered a crime, when you try to turn a good bad, or make a good look bad, there is bad and there is good, and there is really bad f-k ups in life, I am not one of them. Don't f-k up your lives to please others. Always do the best that you can do, and don't worry about those who do not care well for themselves, they are not the problem, and causes for abuse are not the causes for illness, its when you allow others to hurt or harm you you become ill with self, and not like yourself, and when that occurs, love cannot happen for self or ability to give love to others is hindered. Don't be experimental with others, that's an HRC issue and needs Government approval. The Red Cross now follows me. I think theyre trying to tell me not to worry about image and be real, calm know that all is well, so long as you think well, and that no one loss of support should make or break you in life, and that in order to get support you need to go to systems of support

#### **Chapter 47: Battling Mental Illness**

You cannot fix people. You should assemble yourself not others. How you give your power away, fixing, helping, only do so under the direction and authority of professionals. You don't always have the answer to everyone's problems and that's okay. Think with your head sometimes not just your heart.

Don't cover for people embrace cultural differences when it comes to choices always be yourself straight on your terms of living. You don't know faith until it finds you. Always stay true to your good character traits in life and always do what you feel is right not succumb to the temperaments of others toward self. Be unique. Love yourself no matter what they say. Nobody's perfect including me. You are what you say and what you do. Love yourself enough to know when to quit. Don't put up with the bad circumstances of others, it's but they're fault for their misconducts, your shoes are your shoes always react from your shoes in life not the shoes of others.

When you are well minded your thoughts will lead you to better comforts in life than hate shame guilt and blame those are the seeds of negativity. Know yourself well enough to know when to quit trying, and start living your life day by day.

You never know what's on the other side of tomorrow. Often times when we lose our cool we miss out on opportunities in life. You don't get many chances in life

to make a good first impression, always be sound. Never wonder too much about others or what they think, life is normal so long as you are normal, when you misbehave you will be judged by your behavioral health issues why it's important to be conservative in order to be well liked not mimic'd replicated as a traitor. That's paranoid thinking, thinking of self not others always put others before yourself, best interests.

Always be mindful of the spaces of others as well as your own spaces in life. Do not allow your illnesses with one another to interfere with your ability to function normally in any environment. When you leave social media, always leave things on a positive note to stay well, look well, be well. Love the life that you're in. Never forget who was there for you when you were down. Always live life with purpose, and never stop giving back.

Loss on innocence occurs when we don't stick to our good values in life and venture outside the norm. Forgiveness is everything sound minded. Be clear to others but do not impede on the progress of others or their likelihood of success in life. Understand you are not the only one with problems in life and know that everyone has problems of their own whether by their making of by the making(s) of others.

Always do your best to assist those in crisis. Your safety needs must be met first before you can help others. Once your safety needs are met, then and until then, will you be able to help those during a time of need. When you think that everything is about you that's when you've misstepped in life. Always focus on being there for others, not worry about others being there for you. Lifes not about who's there for you, always be on your own team in life.

You are a product of your own Karma in life. What you put out into the World you get back. Make sure to always be positive, not all-knowing. There's a difference between delusion and reality. How you think is what becomes, what you fear is what you hold back, and what you love is who you are. Love yourself enough to know when to let go and when to let others go from your life. Hold on to what you can, and let the rest of the dust settle in life, how to stay on top of things, without falling under water.

Never rely on the realities of others to understand your own reality. You are a product of your own makings in life, what you perceive as real or unreal is a matter of what you see should not be by what others see. Know yourself well enough to understand the whys in life on your own and not become too reliant on others to understand whys.

When life happens let it happen on your own terms not the terms of others. You are your own best friend in life. Always listen to your intuition, when to stop, when to go, and when to move forward. The harder it is to move forward the more in life you have to let go.

Never allow the dirty thoughts of others toward or about you rot your mind away. You are always you no matter what anyone says about you. Only you can be you, it's not the power of others to take away from what you yourself empower yourself with.

Life happens on life's terms don't be so willing to go backwards making amends and getting hurt always with the guidance of others professionally follow suit. Don't dismember yourself going backwards in life unless it's necessary to move forwards in life away from your troubles and hardships bothering you and/or others.

Not feeling well is a product of unhappiness with ones self.

What you know about you is not what others know about you. People can't read your mind, they have lives of their own. No ones ever that obsessed with anyone to think of them 24hrs a day. Know that, never be too full of yourself to think thought of too much or more than wanted by others, people don't care that much for others other than their loved ones mostly for the most part.

Two teams in life everyone cares and who cares but always take life seriously enough to know when to stop caring, and pick yourself up.

Think for yourself not others. You are you no matter what and no one can change you but you no associations no connections. Be best for you not for others. Repairing yourself and what others think of you takes time.

Fantasy is based upon what you cannot create in real life for yourself and create circumstances or thoughts otherwise that help you toward the realization of dreams in real life. Creating a fake world for yourself to thrive in is called unwillingness to face reality and the present.

When you feel well everything around you will feel well too, that's how wellness works.

When it's clear who's wrong who's right a decision is made. No such persons should suffer any harms graver than the consequences for the chosen wrongful accusations toward another. And upon that decision weighted a judgment is

passed upon another as being wrong or right. For every wrong there is one right of way, for every misdirection in choice, there is a right decision made. That is by choice. By our choices made right.

Always keep busy and stay right minded, don't give in to the repercussions of the actions of others toward or against you, always stay calm level headed to do well, act right, look right in life.

Everyday is an opportunity to shine. Learn to let go of the past and just move forward.

Know your limits in life. Your memory is best. Don't allow others to affect your memory cause you to turn on yourself or others. That causes self-harming behaviors.

You should not be affected by others well or not well. You should love yourself enough to know when to let go. Never let yourself go, always be kind to yourself and/or others.

Success is based on doing well and doing well for others it's not based upon obsession with self or others. Always do your best to be accepted by others, how you do well in life. Be the success you want to see in the World, not be a failure to oneself or others.

When World's Collide it's not really a big deal. It just means that one is in need of help and goes to the wrong person for help this causes a collision when you get help from the wrong people in life. Always date well to get up in life. Otherwise you get and feel devalued.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-52-battling-mental-illness-by-leslie-a-fischman>

## **Chapter 48: Love Your Own Voice**

Popularity is based upon likeability not based upon who knows who. Connections don't matter, tight or loose. It's about who you are that matters most, whether accepted or not, by others. Always do your best to be well liked, understanding of others. What you know is what you hear and read and that will never change. Know your voice in life, speak to what matters to you most not speak to the

concerns of others, how one turns on oneself.

There should be no surprises in life so long as you are always doing your best there should be no surprises in life. It's when you're not prepared in life that life catches you by surprise. Live life without regret. Always count your blessings twice in life. Mental illness occurs when you think things are happening that are not happening for you in life. Always note that the World is a big place, never think too highly of yourself no matter how many followers you get, always keep a level head on your shoulders.

Never get too wrapped into yourself to think you're someone that you are not. Its always hard to get yourself to do things that you don't want to do in life. Don't fret the small stuff, easy does it, one day at a time. Know your best, and never stop trying to be your best in life. You are a product of your connections and associations in life -that's how you put your World together. Always be grateful from where you come from as well as everyone in your World that helps you realize your potential in life.

Think like you are you in order to be you and stay you in life, you cannot be bigger than yourself in life, only you know you best. Coming up isn't easy in life, it takes hard work. Love yourself enough to know when to stop following others paths in life and to just be yourself. There's only so much soul searching you can do in life until you have to just settle down and be yourself. Never be condescending to the needs of others in life, we are all human.

Intimacy occurs by communications with others, always be professional toward others to ensure the comfort of those you love around you. Never be awkward but to those you love and like, they will know what's best for you when you are not well. Intimacy is love to be shared with those you love. When you know your stopping points in life you won't get sick by others. Know yourself well enough to stay separate from those you communicate with.

For every edge there's a take. Finding your edge in life is defined by your grind. What you do everyday to become a better person than you were yesterday. Life is a summation of your ability to handle life on life's terms without disrupting your present circumstances, living freely without cause, and under support of others, while helping others accomplish their goals too through your supportive nature.

Theres always time to be beautiful in life. You are always one of a sum in life, equal to its parts. Never wonder why you are the way you are different than not good enough, always remind yourself that you deserve to fit in with the best of them. Life's not all about looks but about being normal. Always do your best!



When you don't know where to start or where to begin always look toward yourself past and pick up from there. Do not become too reliant on others for direction in life. It's how you think that matters most. Defeat the negative voices within you to see positive. That's how to undo negative voices and hear yourself again, like yourself.

You won't know your self-worth until you try. Do not be bothered by the opinions of others, their standing, or their worries. No one can take your place in life. Life's not a political competition it's about blending in + fitting in.

When it's all in your head it's all in your head. Always be good enough for yourself first and foremost and others second. You are you. Not one can be you. Jealousy is a form of hate, always be happy for others and likewise they'll be happy for you too. Stay positive!

When you're doing well everything around you will turn out well too. Never underestimate the power of forgiveness for self and others.

Love every moment of everyday that you have to live life. Always live for the moment. Enjoy life.

Be confident and live freely, free from restraint, free from voices, free from those who've caused you harm in your life. Always be positive toward self and others, to live freely. Be kind mostly to yourself and spread kindness like confetti from there.

It's important when you're not feeling well to go to systems of support for help and guidance, not rely upon ones own decision making skills when off center.

Know your limits in life. Ask yourself what is your stopping point. Never go over the edge in life, always be frugal with your time, never a spendthrift.

When you know you're worth it you will shine. Never underestimate yourself. It takes time for people to come up in life, some do and some don't. There's always an opportunity for change, never stop trying.

Who you trust and who inspires you is none of anyone's business but your own. Always be thankful for your blessings in life. Nobody can change you, that's not how life works. Only you can change you.

What speaks to you is what matters to you, matters to all.

What is believed is what is said and heard and connected as having or not having to do with you. What speaks to you matters as to what's at issue with you or others. What you think matters most not what others think as question, whether anything is of or concerning you is none of anyone's business but your own. Never become defensive overtly to the responses of others as that's you picking up negative words or language and applying it to yourself. That's how one becomes negative by too much focus on negatives and too much application of self it's like vanity gone wrong in the negative, always be positive, therefore.

You will always be you no matter who walks in and out of your life. People don't make you who you are you are responsible for building your own self in life. Be kind to yourself and others, think well, have safe thoughts about self and/or others to feel safe.

The voices you hear make up who you are. I was once told "we all hear voices." If so make sure the voices you hear hear well are trusted voices such as the media and newspapers. They are the best judges of character -use us sparingly not to a fault.

What you focus on is what will bother you about self and others, on the record or off the record conduct and statements, all of it matters, as to how you will be judged by others as truthful, cognizant, caring, or helpful to others -genuine or not.

What matters to you may not matter to everyone, especially those looking for faults and sources of blame. Always stay positive, in order to best be there for others, not worry about what others fixate on, how to be immune from hate, live freely.

When you're ready to quit is usually when you need to keep going in life. Let no one keep you down in life. Always try your best, and focus on what's important to you, not be too focused on others, always have a life of your own in order to be well balanced.

What is your life that is you, based upon your exposure in life who you see and talk to opens a window to your soul looking outward. How to see best is by who you connect with and talk to on a daily basis, how to be well adjusted in life.

When you know you're wrong, own it. Correct yourself, and do a better job of being you in life.

You're never that important enough to think that everything is about you. Not everyone has the time of day to constantly be thinking of you or worrying about you in life. What connects is not always about you and can be about others trying to put together pieces.

What matters to you may not matter to everyone you meet in life and that's okay. You need not convince people of your thoughts or argue your position in life or decision making skills that just makes you look defensive to the opinions held by others. Always represent yourself best.

Quit worrying about what other people think, and don't stop being you.

#### (A) Finding Yourself

Whenever we experience a loss in life whether by failure or shortcoming, we realize what's important to us. These are not embarrassments but simply how to adjust to the times. Not worry about losses incoming, you should always focus on what you do have, not fear consequences non-existent based upon previous or past concerns. Always be present.

Never underestimate the power of forgiveness. To whom we associate to any why. Usually the well stick together, and the not well gets rejected for whatever reasons sound. Always behave well and have good people skills, not be an angry or disgruntled person in order to do well achieve well in life, not have paranoia or embarrassment. That's just you being hard on yourself.

Always be thankful for what you have in life. What goes up must come down. Always be ready for whatever gets thrown your way in life.

Even if you're not happy in life, sometimes you still need to move forward. That's called making a compromise. Letting go of what you fear and in its place sound judgment and rationale for proper decision making skills to occur. Never let negativity get the best of you.

You won't always like what people have to say about you but that doesn't mean quit and give up in life, it simply just means that maybe you need to regroup and figure out what's important to you in life. Always care for others.

Live each day as though it were your last. Always be thankful for others. Who help you in life be you. Not everything is for everyone.

You will always be you no matter who steps into your life. Let that be known. Who cares what people think about you. Always love yourself.

Not everything is about you in life. Then and until then will you realize you're own self-worth. Part of staying level headed is about feeling good for yourself and others, do well always.

When your life flashes before your eyes, you know you've gone too far backwards in life to comprehend the present. Always stay focused on what's important and what matters, because as soon as you complain or play victim any other side will deny any wrongdoing toward you or others. No wars private should ever be made public for exposure or for political duress.

Never be too abrasive always be understanding of others. Your stresses in life should not stress those around you out. Always be kind first to yourself and others secondly, how to keep and maintain friendships. Always follow suit.

When you see what matters and you know what matters, you know who to blame for your present circumstances. You then either (1) play victim (2) depart or (3) fight. Fighting is never the answer to your problems best to always walk away (1) and (2) are easy to recognize but once you (3) fight, it's hard to see, through your lense, and then you get blamed for your own hardships. Why if you're a V1 never fight, always ask for help, play by the rules. Don't take matters into your own hands ever, always be professional, representing you yourself and those around you best as you can.

When you're delusional wear it with a crown and be proud of yourself anyways. We all have our shortcomings in life, it's hard to stay normal, and keep a level head on your shoulders, stay separate from others. Know that success first comes from within.

No one wants to get blamed. It's hard enough starting over in life, let alone thinking that anything is about you when it's not about you. Always stay calm, never be in on anything, everything sound always protects others from harm its the unsound that hurts, never do drugs or drink alcohol it causes delusion and mental illness.

Always know your best, and let the rest go.

Your esteem makes you who you are, always be humble.

Never lose your sense of self-worth and value. What you see is what you get. What others see in you is based upon what you put out there gets communicated back to you. Always be kind to yourself. Lift others in order to feel lifted, how to socialize, by being well minded, putting others before yourself.

## **Chapter 49: Undoing Harm to Your Psyche**

Computer crime is not the first thing we think of when thinking about our personal safety, often times a tertiary concern, however when it comes to managing your intelligence and personal information, computer safety then becomes an important part to maintaining your human psyche, and if upon looked through, not judged in the negative, that is the main purpose for others tampering with your sense of being and personal records, to repeatedly make you appear as something you're not, not as strong, not as smart, and not as capable of achieving in life. Everyone deserves an opportunity to be heard, we are not required to work with others or for others in life, to have interests be shared in human safety.

Often times we fail to check our records to make sure that everything is in tact and the same, just the way as we have left things to be. Before we know it changes have occurred to our writings, not done by us. When people commit crimes on you that is to communicate something through you unwanted, and unwanted message or communication using your position in society as a means to communicate their best interests which do not include your interests and sometimes with no regard for your livelihood or ability to adapt. This is a topic which we can all relate, and which is fathomable, and able to be dealt with accordingly in an orderly fashion, saving what you have, and minimizing the risks associated to losses, incurred when we do not save our work in an orderly fashion.

When beginning any project, it's important to have some general understanding or concept of what idea you are trying to communicate to bring about change, and not have those positive communications be used against you to cause you to self-harm and reinforce the odd behaviors of others toward you or misjudgments of you in favor of a previous connection to you, to place blame upon you as not deserving of respect, because of your earning capacity, or because of your ability to organize yourself, your thoughts, your opinions, or adequately represent the concepts well enough at large to be deemed smart enough for acceptance.

Anything left open, for viewing, is of consequence susceptible for interpretation by others, as leading or misleading toward any one set of truths they deem assist them with determining fault for losses. There are those too, who seek to get ahead in life, based upon their assumptions of you or others, as wrong or right, and once they are able to get to a clearing, assume likewise, circumstances occurred in the past enabling the same to do so, in light of the circumstances. Do not fear what you do not know, but do fear those seeking to find clearings in life, to achieve a sense of peace, beyond them, that is an unwanted communication to all.

We cannot favor the opinions of those who seek to harm us, and reinforce bad behavior toward us as deserved. What goes on on the back end of tech goes on on the back end of tech, and that is not our responsibility to judge those on the back end of tech as not qualified to manage or mismanage information for us, to a level which we feel safe in safe hands, and by their qualified responses to us, able to help us make qualified responses in return to the actions of others, stick together.

I think that there are purposes for many professions in life. However, when we do not accept nor appreciate, nor allow such professions to evolve with trust, there is a failure either on our part or the part of others, and sometimes for good reason or not. We don't fully comprehend spirituality as we know it today in regards to the human psyche, whether dependent upon mind or matter, body or head, is not for the determination of the general public but for professional understanding and manipulation not for experiment to determine by the unqualified. What we best understand about people is that art like through imitation conceived similarly actions seen are contrived to mirror or match the actions of the creator, and when the creator of a work of art or writing is harmed, what they create in addition is affected and or their final or finished product is harmed, not for group discussion, not for group work or effort are things created, but for the purposes of maintaining an identity which upon being duplicated or mirrored does not wreak havoc upon others, does not further identify others, with the harm causing agent. You cannot further an experience of harm, to further resonate the harms that have been committed to the human psyche. That is not how to better others, by changing their minds about people, or getting them to focus on people in life, in order to figure things out. It is by those who are open minded we see best.

Whenever a judgment is passed as to our good character, the purposes for doing so may be in recognition of a person connected to a strong of identities they believe is based upon their character, and once that realization is made, then based all other things upon that wrong, who the person? Or the person to whom

reflections were made and images casted upon them in reflection of those interests seen upon viewing that individual? That's called creating a situation in which stories are being told about a person in the abstract without them knowing that they are being talked about presently, and that those reactions toward them or reactions subsequent are a product of negative interpretations or positive interpretations seeking to determine by one's conduct, whether the ramifications result in positive insight or negative insight. That is called running an experiment, on a group of people, who's general care, concern, and well-being evenly distributed has been so situated to reinforce good behavior not create situations in which bad behavior is assumed, and any illness thereafter a product of their own conduct, that being the person to whom conduct is sought to prove a past incident in which a person was sued, to say occurred for more than one reason other than hashtag, that's taking a situation too far, that's meddling with the identity of a person, to cause them illness, without necessity for causing an even graver consequence to occur to their sense of being. What is okay for your time in life, is not okay for the timing of all, who have just arrived, learn to know your limits in life, when it comes to realizing what's appropriate and what's not acceptable conduct on your behalf, on behalf of others, assume that right to persecute someone who is innocent of any wrongdoing, and requires no additional restraints or punishments as to their good character. Take the issue of suit too far.

## **Chapter 50: Struggling With Mental Illness**

The latest craze is always about something secret becoming known, something special that gets mass marketed and well known, pulls the focus away from something someone's doing to focus on something else, a work product or product. It's not about fame, but about principles, why people become famous, to take care of others, including themselves, it's an achieved state of being, for the well. Rarely have we ever seen someone struggling with mental illness achieve fame, usually they are ignored and for good reason. Always be kind to yourself, you never know who's lives you've made a difference in, without having known them.

Never let yourself go. Never compare yourself to others. Always be thankful for where you're at in life. You can only be you. Never obsess over others. Focus on yourself. Don't get caught up focusing on others. You are your own best friend in life. Always be real, never let anyone bring you down in life. Always rise above drama. Never pack your plate up with more than you can carry. Dream but not bigger than the voice you carry. Love yourself to know when to quit. Never belittle others. Lift yourself first before lifting others. You know you best, always listen to those who care for you. #MentalHealth

Intelligence is in the eye of the beholder. Never doubt yourself. Every effort toward bettering yourself matters. Whether you win or fail in life, never stop trying to do good, know your best, and do well in life.

Know that you're worth it. Always try your best no matter what. You are your own best critic in life, don't be so easily fooled by others. Follow your heart.

Always be ambitious but never at your own expense. Keep yourself separate from your problems, and your personal life separate from your professional life. Accept people as they are. Everyone you meet on a person-to-person basis you know individually through those interactions, you cannot know everyone well, some people you only know professionally. Give it time as you settle back to normal and never give up.

Don't ever stop to wonder what could've would've should've been. You should always be you no matter what else anyone says about you. Know that you are wonderful on the inside out and no one can change you.

When everyone is feeling better, that's your cue to do better for yourself. Learn how to let go in life. Be there for others, but don't be overbearing let others walk on their own without you. You don't need to have it all or know it all in order to have a good life. You just need to be grateful.

When you're doing well. Keep doing well. It's all a state of mind wellness. When you think well thoughts about self and others you too can fair well in life.

You can't control what people think of you. You can only do your best. Always be a good judge of character. No mental illness is an excuse for hurting the esteems of others including your own. Always represent yourself best. Keep things in a balanced perspective.

Rise above hate. You should always know yourself well enough to know who you are who you are not. Never let the opinions or judgments of others to bring you down in life.

Never assume that everybody knows you. That's usually all in your head.

Never push people away who love you. Usually they are just trying to help you get back on your feet stay centered.

You are a product of your own mistakes in life. Just keep going in life you cannot change others or their thoughts about you, not all people think the same. Just



because one passes negative judgment upon you doesn't mean they all do. You just have to keep going in life. Always do the right thing.

Love yourself enough to know your limits in life.

What you think things are about and what they are actually about are two different things. Usually looking back if applied to the present sounds wrong or off. Always stick to present interpretations of present not interpret the past with present interpretations or knowledge, that's called passing judgment on the past.

Its always a compliment to be compared. Whether thought you are something you are or you aren't own it. Not all people are given the attention of the time of day to even be compared in the first place. All attention is good attention, don't attract unwanted attention to self, you're not prepared for.

Never wait until it's too late to speak. Have no regrets in life and always participate. To feel apart of is everything worthwhile.

If it's not possible it's not probable. Know the difference between right and wrong. You should never have to convince anyone of your thought processes. Always think well in order to do well in life. You are always a product of your thoughts. Never become too paranoid to think others have it better in life than you and get sick. You always know best. You are always capable of living your best life if you just make good choice always putting your best foot forward.

Always think best of others to bring out the best in others, think positive. Your take from matters should always be in the positive, to learn positive lessons back to self, not inherit the problems of others, internalize blame. That causes history to repeat itself, when you internalize the issues of the past.

Your problems are your problems you should not make your problems the problems of others in order to feel understood. Always be understanding of one another's time and effort put towards trying to understand you and your problems. The best solution is always one that takes into consideration the problems of all.

Be careful with your words, once said cannot be taken back. Who you offend does not forgive easily. Always speak well of others in order to do well in life.

You have to be careful when confronting what's bothering you, not to offend others during the process of recovery or over the course of discussion.

It's easy to become alienated by use of drugs and alcohol. Why it's important to

maintain sobriety once you go sober or else judged in the negative. Maintaining sobriety has been key to my recovery. It's been said that "things only get worse" upon relapse, and that I understand, understand clearly. That in order to manage ones own emotions well, one must be able to manage their lives well, both personally and professionally.

Your recovery is always based upon your willingness to change. Who you become thereafter is a product of your positive influences in life, those who support you when your down. Always be grateful for those systems of support in your life that help guide you through the basics of life. The basics of life include your communication skills both positive and negative, and your ability to comprehend comprehend well the matters of others, including deciphering well your own problems, and being able to effectively communicate what's bothering you, so that you can do well too in life. Always stay positive.

Love yourself always. You never know who could walk into your life and change your life for good and for the better. Always note you're no big deal until someone loves you and you become a big deal to them. Not one more important than the other. Willingness to love is based upon a willingness to change which is based upon a willingness to trust. Without trust there cannot be love and without love no relationship to keep trust and confidences in.

When you feel like you need to be important in someone else's life, usually you are not given the attention back you think you deserve. Always think first for yourself before putting the needs of others before your own. Always be professional in all relationships be careful not to overwhelm others with your problems. That's not the solution.

### *What Matters*

People matter not things. When you value things not people you know your off base off point with reality. Always maintain a healthy balance between what you value and don't value in life. Be hard on yourself not hard on others, in order to achieve greatness in life one must value themselves not take themselves or their careers lightly but be independent of the thoughts of others. Quelled not rampaging or complaining but getting what needs to be done, done. Knowing ones priorities in life helps one to understand the value of people and their time. That's how you get jobs and get things in life by valuing yourself as well as others too.

When you don't feel good don't think badly of yourself. -When things happen behind your back usually it's because people care, not because they don't care

about you. Always be mindful of the thoughts and feelings of others to show genuine care back.

It's by wellness we achieve in life, not by dislike. -When you're doing well others doing well too will stand out to you. It's when you're not doing well that everything negative stands out to you. When things are not going your way in life you have to think positive in order to do well in life.

When you're not doing well in life it's important to perfect yourself until you do well feel well in life, otherwise you get picked apart. Nothing is a facade in life, all recovery takes time. There's a fine line between well and not well when it comes to mental illness and bipolar, you have to maintain steady progress do well in order to achieve and maintain well in life.

Never be aggravated by others. Usually when aggravated we say and hear things in the wrong, what suits us, what perfects us, what makes sense to us. Never argue with an angry person, always walk away. You cannot change people only yourself. Never change yourself or gear yourself to people please those who do not like you, that's just recipe for disaster. Always focus on positive changes you can make in your life to please those who care for you.

The solution is never to pick yourself apart at your own expense. You are all you've got. Self-harm willingly never makes sense. Never knowingly put yourself at risk of harm. You live and you learn in life how to be how to behave and how to see in life. What you know about yourself will dictate how you should react and respond to others, always take into consideration the thoughts and feelings of others, know your best, your strengths and weaknesses. Never respond in the negative to others expected or not, that just makes you look bad.

Always stay positive not one person is ever all knowing. You know yourself best. Don't succumb to the default judgments of others upon you. You cannot concern yourself with the problems of others, if you want to do well in life, you have to be at your best, focused on yourself, how to think best.

When others are negative towards you there's nothing you can do about it. Don't feel hopeless with resentments that's not how to overcome resentments. One must be positive in order to think positive, no one can harm you when you do the right thing, it's when you're in the wrong you get harmed by the thoughts of others. Bipolar is not Schizophrenia and it's not psychic powers, it's just the difference between reading yourself and reading those toward you misreading them as negative or positive toward you. Always think well of self not one is famous or recognizably famous as those who are. Private people are private people and will

always be treated as such, special, apart of, one of.

Dont underestimate the power of forgiveness. We all have our moments in life, some forgivable some not, but we are always understandable when in hardship when not when okay when not okay that's always clear. Bipolar is not contagious, it's just understanding what's real what's not real is the problem. When you are focused on yourself not stalking others, focused on your likes not your dislikes you too will feel favorable to your best interests not the interests of others, behave in a people pleasing way, but follow best your instincts not be reliant upon others co-dependent. An independent mindset is always best.

You can't always predict the future of what others will think of you after sharing secrets about yourself. Allow others to pass judgment on you. Allow forgiveness to happen on its own, you must first forgive yourself for your mistakes in life before others can forgive you. There is no room for error past 30 that's for sure. You're either perfect or not, and if you mess up in life it's on you, no one can fix you but you in life. Don't worry what others think, always be right minded to do well in life, and get help when needed.

## **Ch. 51: The Recovery Process**

### *Everybody Has a Mind of Their Own*

Everybody has a mind of their own. It's not up to you to decide how people should think about you or others, never persuade others to hold a negative viewpoint about individuals or groups of individuals in life, as that is holding prejudice toward any group of people or set of individuals within a group. Everybody has a mind of their own meaning, we cannot control the thoughts of others, only our own. What we see best fit is a matter of manifestation of how we see the World, and our position in it. When we feel as though we are wronged we may behave differently. When we feel that others may be wrong to others or toward us, we may behave differently. Always know that you are not your associations in life, and only you can be you in life.

### *Always Focus on What Matters Most*

Always focus on what matters most, during times of controversy, never assume that everyone knows your whole story but what you share out loud with them about you. That is an assumption, that others can read you, or know what you are thinking, or what's going on in your head, and in your life at any given moment in

time. –Mental illness is a daily struggle, something that must be managed everyday and cared for, its like diabetes, you have to take your medication in order to stay well. Therefore when you are not well, it is difficult for you to be strong and to be there for others and likewise do well. Drugs and alcohol may amplify this disability, and further impede on your progress health wise, recovery time takes time, especially from drugs and alcohol.

**Recovery** is defined by *Google* as: “a return to a normal state of health, mind, or strength. [or] the action or process of regaining possession or control of something stolen or lost.” This is a loss of a stable mental health condition in place an unstable mental health condition, caused by the use of drugs or alcohol. This lack of stability causes one to question self as well as others, can induce paranoia. Why when in paranoid states and not doing well, its important to refrain from the use of alcohol and drugs. -The well see well, and the well looking at those with mental illness, apply mental illnesses to the well, to figure out what is causing mental illness. That will never change, people will always wonder for what reasons caused the use of drugs and or alcohol, usually its not conspiracy, but pressures upon pressures, that cause mental illness, and eventually turning on oneself, or others, paranoid. Its important when mentally ill to express yourself in a safe space so that does not occur, so that you don’t say anything that causes others to question your stability and ability in life to represent self and others well, to the best of your ability, to do well in life.

Reference:

[https://www.google.com/search?source=hp&ei=945gWu2REs7wjwOXtrCIBQ&q=recovery+definition&oq=recovery+definition&gs\\_l=psy-ab.3..0110.480.4754.0.5191.24.15.2.6.6.0.184.1449.11j4.15.0....0...1c.1.64.psy-ab..1.23.1522.0..0i131k1j0i10k1j33i160k1.0.xxT6biRZFPI](https://www.google.com/search?source=hp&ei=945gWu2REs7wjwOXtrCIBQ&q=recovery+definition&oq=recovery+definition&gs_l=psy-ab.3..0110.480.4754.0.5191.24.15.2.6.6.0.184.1449.11j4.15.0....0...1c.1.64.psy-ab..1.23.1522.0..0i131k1j0i10k1j33i160k1.0.xxT6biRZFPI)

### *Friendships Can Never Be Wrecked*

Friendships can never be wrecked, only mended, by bettering yourself. When one friendship ends another will blossom, never lose faith, and always keep going in life. You cannot go backwards in life, you can only move forwards. “Life is no Nintendo Game” in the wise words of Eminem. –Going backwards only does you harm in life, does not make better situations for self or for others, but only festers wounds. Know you best and be that, don’t compare yourself to others, as that will prevent you from blossoming in life, and being at your best, always do well, to be

well, and likewise be kind to others appreciate well, to be well, not be jealous of well to make well. There will always be different types of people, with different mood settings, that will not change we are only human, and like the water within us, we change. Don't think too much of others, as their problems become your problems, if thought about. You will always be yourself, and no one can change that about you. What you see is what you know, and what you hear is what you think, and what becomes of you is how you become toward self and around others, is a product of your work ethic put toward bettering yourself everyday, that is what will surround you, you have to work for it. Nothing comes easy in life, including having friends, and being around others, that is something you have to earn by good merits to be surrounded by good people, if not there are plenty of people to surround yourself with on social media, that will never change, there will always be systems of support online for those in need, on social media and away from social media, to help us identify whats bothering us. Sometimes its difficult to share out loud what is bothering us, and that's okay. Its never too late to change, and its never too late to make better self, never trash yourself. Always be kind to yourself, when you are kind to yourself. Others will not trash you or think different of you, when you are well, others will be well around you. Never stop at just okay, and always do your best, perfection is everything in life, when you get good at catching your mistakes in life, you get better at catching the mistakes of others in life, and that's how you see and become a better person having known them, not all people are perfect, and sometimes we have to see it to believe it, believe in ourselves and in others, what is true and real are our own realities. When we fixate on others, we can become real, if our Worlds feel unreal how TV helps adjust us, to reality. To be cured is to see well the thoughts of self as well as the thoughts of others. To what becomes justified is by traits seen and shown. Never accept blame for the wrongs of others, I've said this before, always be true. Its by who you identify with you become, identify with whole people to be real, all knowing.

### *Everybody Has a Mind of Their Own*

Everybody has a mind of their own. It's not up to you to decide how people should think about you or others, never persuade others to hold a negative viewpoint about individuals or groups of individuals in life, as that is holding prejudice toward any group of people or set of individuals within a group. Everybody has a mind of their own meaning, we cannot control the thoughts of others, only our own. What we see best fit is a matter of manifestation of how we see the World, and our position in it. When we feel as though we are wronged we may behave differently. When we feel that others may be wrong to others or

toward us, we may behave differently. Always know that you are not your associations in life, and only you can be you in life.

### *Negative Opinions Don't Matter*

Negative opinions, don't matter, those are things, words, places and people that get under your skin, make you not think about you, only think about, and cause illness. –What matters is proper maintenance of positive opinion, its not what you do that matters but what you say, interjects a negative opinion or positive opinion toward self, and reflects your belief systems. How you were raised does not matter, its what you do with your life that matters most, importance to accolades, and holding virtues that help not just yourself, but everyone around you. Be well minded in order to have well thoughts, about self and other. Causes for disruption are your own thoughts disturbing your own sense of peace, and whereabouts mentally. When you circle about, make it not collapse on negatives but by focusing on rebuilding off of positive tangents, is how to get from one point to the next without stumbling or falling into a pile of oopses and controversies. – Negativity is when you try to discern whereabouts or causes for controversy [where] exist[ent] then stumble and fall into the pile of negativity, always look out for one another, but not to the point where it bears too much burden upon one or others or many. Think before you speak, crime is crime, and people are people. People are not crimes, and crimes are not people, crimes are caused by criminals, criminally minded, and crimes are caused by those who commit crimes, crimes upon people, places, and people. Some words are considered crimes, such as words directed at people, specifically, and words directed at self that harm, or words directed toward others that harm. Those who get harm are never forgiven nor never forgotten, and will always be remembered, including those who harmed them, that's a sad truth, to be ignored. Whats most important is to **focus on the living**, respect the oldest as well as the deceased, and to always do whats best, its by [respect for your elders], we become special [I was thought to have become special by death], unique [no not unique], we are all apart of someone who has passed come before us, that will not change. We are a product of ourselves, not of the deceased, that's your life as applied. Do not apply your current life to the deceased or compare self to the deceased that is considered sin. Worship things not people. People with many things, why they are worshipped, its by things, not by people. -Guilt gets passed over much like a lawsuit, gets passed on from generation to generation, hardships, that's the law. When you become too involved in the problems of others, you tend to take it personally, don't take anything in life too personally, including the wrongs of others, on others, and including yourself, do not internalize hate as directed toward self when on others. Do not mimic hate as a representation of self toward others, by sight seen. How people die, is a discussion for medical professionals, not for the commoners to discern or

think about, always focus on the living, NEVER play Doctor, that is sin. When you hurt others, you only hurt yourselves, Ive said this before. When you share a lot you become paranoid, because those are your inner workings, keep all inner workings to yourselves, to not be duplicated among yourselves in life. When you get your hand dirty in life, its because you've entrapped yourselves in the problems of others, or the thinking about of problems of others, that are not your own, always focus on yourselves not others. Always help one another group by group, not in groups, but person-to-person, connections are made one on one. So its always important to be yourself, why its important to be yourself. The best gift you can give in life, is to be yourself to others, that's how to avoid trading in yourself, or giving up your identity to another or others, always stick to your roots. You don't talk about victims, that's disempowering, to empower, let them come to you. You cannot empower victims, you can only redirect them to someone more qualified.

Likeness or bear minded I don't look at anyone or them or read any such things or people, I am myself, I bear no identifiable traits of anyone. Whats to know whats to hear whats thought whats said whats felt inklings [are] not true until said don't go away. To help others, you must be whole. #Sober #Clean

### *What is Racism?*

What is racism. Racism occurs when you do not like a particular person or group of people, and because of that dislike you either (1) fear (2) taunt (3) belittle (4) hurt (5) threaten (6) injure esteem or (7) put down because one thinks that it predominates because ones beliefs are better than or more sound than the other. That is called racism. When one is discriminated that occurs because based on ones behaviors, use of likeness, they determine that one if like that one is and therefore not to like someone who is characterized or mischaracterized, denominates. To denominate in mass media, occurs when a likeness, is used and portrayed as a kind, so when identified in public is disliked, that is to denominate a particular group or class of individuals as lesser than, and that the predominant view –goal to be seen as greater than. Beliefs are not a race, and to no beliefs can be discriminated, as these are ideas inside of you that cannot be seen outside of you. Therefore racism does not exist as to belief systems, because inwardly you cannot see outwardly beliefs or resentments or fears held toward any groups of people or individuals. –When one is put down, for me for instance, that occurs due to bullying at home, and as a result of bullying at home, that caused failure, and because of failure, that caused loss of esteem, and because of loss of esteem, that caused loss of focus, and because of loss of focus that caused lack of achievement, and because of lack of achievement that caused resentments toward



me as not good enough, and because that not hired, because I was not an Attorney and he only hires Attorneys, I was a Housekeeper and Intern ABA Certified Paralegal.

### *Recognizing Failures*

When you recognize your own failures in life, you can fix yourself. Until then you will be lost. Know your weaknesses, and know your errors in life, and regroup. There is always time to regroup in life, and think positively of self and others. What causes a loss, and causes a gain, is a matter of manifestation, what you in your heart think is real, true or not true about others, and upon that you react to others, and to people in your lives. Never take out your failures or unhappinesses out on others, as they are not to blame, never to blame for ones own current hardships. Know that until you are willing to move forward in life, and see best your interests and the best interests of others, then and only then will you be able to move past reasonings or people in your li[fe] who have caused you hardship or illness. Know you best suits in life, and always follow the rules and regulations of others, as well as protocols, how best to respond during crisis conditions, not make ill but make better self and others. That is how to build strong foundations, a willingness to surrender to your own faults in life, and help make better self and others. That is how to rebuild. When you are not doing well, that is not the time to confront or attack others, as you are wrong when you take out your aggression or unhappiness out on others. When your energy is calm, and when your energy is not directed toward others, that is when you will do well in life. When you communicate wrongs of others to build sides that's when you are wrong, and when your side will not be taken in life. Never turn on people, to whom you confide in, those are people on your team in life.

### *Intent to Communicate*

Intent to communicate is defined by Google as: “Non-intentional communicative intent is the communication of a message that is automatic and completed without thinking (spontaneous). Intentional communicative intent is the deliberate communication of a message to a person, whether it's via gestures, gaze, or vocalizations.” [1] –Online you have to be very careful what you communicate about self and to others, what you think. It is always a reflection of self what is communicated to and from any one person. Be careful not of what you think but of what you interpret via those communications, formulate your thoughts and response in return. Its important to always have a balanced perspective whenever passing judgment upon others. What you think, see, feel and hear is always a

matter of manifestation of self, and a reflection of your safety needs, and the needs of those around you. What you relate to reflects your own needs, and who you relate to affects your needs also and the needs of those around you. What is public safety? Google defines public safety as: “Public Safety refers to the welfare and protection of the general public. It is usually expressed as a governmental responsibility. Most states have departments for public safety. The primary goal of the department is prevention and protection of the public from dangers affecting safety such as crimes or disasters.” [2] Public safety is a learned phenomenon, something that can always be perfected when it comes to oral communications and written communications, how you communicate to others, is how you will be judged, as conservative or not, helpful or not, or considered a problem, exuding problematic behavior, or deemed influential in a bad way, that denotes harm causing agents attracting harm causing agents. Always be respectful of the spaces of others, written and orally in communication, any unwanted communications result in aggravation and loss of sleep, to those whom communications are unwanted. For all wanted communications speak to your local Government officials, like Michael Moore. That is how to make change happen, not by attacking within groups or other groups.

Reference: [1]

[https://www.google.com/search?source=hp&ei=1YJeWtrmCsGU0wKVtbigBA&q=intent+to+communicate+definition&oq=intent+to+communicate+definition&gs\\_l=psy-ab.3..0i22i10i30k1.900.8959.0.9501.49.37.6.2.2.0.378.3575.26j6j0j1.33.0....0...1c.1.64.psy-ab..8.41.3658.0..0j0i131k1j0i13k1j0i22i30k1j0i13i30k1j33i22i29i30k1.0.XXD85oVWZms](https://www.google.com/search?source=hp&ei=1YJeWtrmCsGU0wKVtbigBA&q=intent+to+communicate+definition&oq=intent+to+communicate+definition&gs_l=psy-ab.3..0i22i10i30k1.900.8959.0.9501.49.37.6.2.2.0.378.3575.26j6j0j1.33.0....0...1c.1.64.psy-ab..8.41.3658.0..0j0i131k1j0i13k1j0i22i30k1j0i13i30k1j33i22i29i30k1.0.XXD85oVWZms)

[2] [https://www.google.com/search?ei=34JeWp7-GsnujwOptqKYAQ&q=public+safety+definition&oq=public+safety+definition&gs\\_l=psy-ab.3..0i22i30k118.182082.189533.0.189872.56.47.0.4.4.0.252.4449.32j11j1.45.0....0...1c.1.64.psy-ab..23.32.2550.0..0i22i10i30k1j33i22i29i30k1j0i67k1j0i131k1j0i13i67k1.100.pcmV6NVGim](https://www.google.com/search?ei=34JeWp7-GsnujwOptqKYAQ&q=public+safety+definition&oq=public+safety+definition&gs_l=psy-ab.3..0i22i30k118.182082.189533.0.189872.56.47.0.4.4.0.252.4449.32j11j1.45.0....0...1c.1.64.psy-ab..23.32.2550.0..0i22i10i30k1j33i22i29i30k1j0i67k1j0i131k1j0i13i67k1.100.pcmV6NVGim)

### *Know Your Limits*

Know your limits in life some people don't know when to stop until it's too late don't be one of them. It's not your responsibility to control others. Wonderful

things happen the minute you stop worrying and start living your life. There are times when you need others and times when you just want to be alone. Always be understanding of the time and spaces of others. Remember the good and the bad times and move forward from there. Love the life you're in you never know for whatever reason things in life take a turn for the worse, to get back on track, stay on track in life. You are your number one priority in life always.

Love yourself enough to know when it's time to quit. Sometimes it's not worth it to keep trying. Once you hit a dead end in life often times you have to begin again. When you're down you're down when you're up you're up: then and only then are you clear headed enough to make good decisions for yourself and others. Always think twice before overexposing yourself. You never know who's watching.

Be kind be well be you be sweet be noble be caring always be nice how to stay well minded not minding the thoughts of others. Who ever said that caring was a sign of weakness but of good character. Those who care and are mindful of the thoughts of others are signs of intelligence. As you get more and more normal your sense of privacy becomes safer and safer. It's when you're not doing well or not doing what you're supposed to be doing that you fear others or think others are out to get you or harm you in life, those delusions are called: (1) fear (2) anxiety and (3) paranoia.

What is it that bothers you about others? Always put the best interests of others before your own, before you react in anyway incongruent to your best interests. Never stop believing in yourself. When you get too cocky in life you usually misstep somewhere along the way. Take it easy on yourselves don't become defensive to the best interests of others. Always put your best interests first.

Never over consume yourself with the problems of others. There is a method to everyone's madness. Just when you think you've made it in life your World can just as easily crumble down if your not careful. Why it's important to always take good care of yourself. Just when you think you've made it in life your World can just as easily crumble down if your not careful. Why it's important to always take good care of yourself.

### *Energy and Companionship*

How you behave toward those you love, resonates energy back to you you apply to yourself by how you view yourself based upon the energy and reactions of

others toward you. What energy you put out into the World, you get back. In order to be high energy one must maintain a low public profile and maintain private contacts, it's by private communications we are empowered whether to one or some.

Everything happens for a reason whether we know for what reasons or not at the time should not matter much. When your chips are down and you lose your crown, think what can I do for myself to lift myself back up. Always do what's expected of you and avoid the unexpected.

Disappointment denotes some failure, by your choice or actions. Don't bring yourself down by focusing too much on your problems. Always be in the solution. You cannot change what others think of you once they have their minds made up about you based on what they hear thinking you're deserving or not deserving of punishment for what when and why is no one's business but my own. That's an overstep of boundaries to intrude into the private spaces of others to exploit them or extort the truth without ready explanation of the circumstances present for each one's self, depends on choices made to engage not engage others only when good can one engage in conversation with others.

You have to love yourself enough to know when to quit trying so hard and just be yourself, accept you for you and not try so hard to be loved. Anger is a product of unwanted attention toward or a break in one's right to privacy to pull out a reaction out of someone to then trigger another to respond in a way that suits them. No anger is ever justified all anger is wrong. Never be angry toward others. I'm nice to everyone cordial always I don't have anger management issues I'm an overachiever. Always keep in mind the thoughts and feelings of others who are sensitive or desensitized by the lives of others and the sharing of their experiences in life. I never write about others only myself. Not my style.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-57-know-your-limits-in-life-by-leslie-a-fischman>

## **Chapter 52: Nothing is Perfect**

Worst comes to worse always have a backup plan in life. Nothing is ever perfect unless we are, or so it seems. It's never too late to change or dream a new dream. When you have a strong sense of faith within yourself nothing can bring you down in life, not you not anyone. When you lose support there is always another who gains support that is how support works. When one side is taken both sides are argued and both sides suffer loss of support and attention given to those who

do or do not support each side that is always the group empowered not the groups or individuals in controversy.

Love yourself for who you are not who you are not. You don't ever have to embrace the harsh judgments made by others. Always be yourself. The only pressure that can ever be is pressure you put on yourself. Know your limits learn to let go and always pride yourself in the work that you do.

Some things are beyond you in life and that's okay. Always stick to what you're good at. Never set expectations of yourself higher than you're capable of achieving in life. It's never your fault in life when you do your best and still not good enough. When you fear what others think of worry too much you run yourself for risk of paranoid thinking -which only leads you to ruin. To stay afloat always be centered think positive thoughts about self and others.

What gets you going in life is your business not the business of others. To each his own. Your personal motivations in life are not necessary to be shared in the public sphere or need be known to be heard with more or less scrutiny. Balanced minded equals balance of opinion. Knowing your likes and dislikes in life, takes time. Not everybody likes the same things. Not everybody agrees upon the same intuitions in life. You cannot be well-liked by all, but that doesn't mean rebel and stop trying to be well-liked at all.

What does in good faith mean to me? It means doing things with a good heart with no intended personal benefit present or future. For the betterment of the majority not few and with no particular individual interests involved nor your own personally.

From where do ideas originate. Usually from our best interests, ideas are brought forward. Never to undermine our good wits about us, but to bring about changes in our lives thought with pride and looked up to with envy for those reasons we usually share ideas, however some ideas get rejected, that's marketing, not every idea is best or good, some ideas are best left in the wood work.

Never allow others to harm you or think justified to harm you no harm is ever deserved always remind yourself of that. When you're lost and to no avail cannot find yourself well enough in life to make good decisions for yourself know that your best is always required in order to achieve well or better than in life or to better your present circumstances, not be worse off, worse off only ruins your worst and makes worse your present not better anything, to be better you have to continuously make yourself new again, better yourself everyday.

It's never too late to turn around and make mends where needed and ties where tightened needed. You cannot change things but you should not leave things undone, there's no room for error in life, only room for improvement, constant improvement and correction.

Everybody has issues. Some more apparent than others. That doesn't mean that you're defective or that there's something wrong with you it just means that everyone's got their own issues and not to take anything too personally, some blend better than others, depending on their dispositions in life and confidence click or don't click.

Never let them win not haters not anyone in competition with you who try to bring you down or hurt you. That's never okay. Everyone should be able to achieve in life absent hurt or dismemberment be able to behave as a unit without interference from outside forces trying to keep apart or prevent relationships from occurring if so must be for good reason. Good reason alone is enough to prevent relationships from happening but only by good reason should relationships not happen in life.

You can't undo the past you can only move forwards. Sometimes there's nothing you can do to undo a wrong that's been done to you by another that doesn't mean fight that just means walk away move on, that's not time for an amends or time to talk that's just how you get hit with low blows in life always move on never fight, otherwise if you go backwards in life you get hit below the belt.

Always be in good humor about yourself and others. Hope is never lost it's always around. It's all a matter of manifestation what is lost is always enthusiasm when there's too much negativity out why it's important to be positive to help maintain positive energy around to help set positive events in motion.

Never be defensive to the emotions of others. You are you and they are them. You cannot control people or their thoughts only your own. If people don't like you so be it, it's not the end of the World. Always be mindful of the thoughts and feelings of others never say anything under duress you'd later regret or take responsibility for the actions of others not your own you are never responsible where others are wrong that's not your responsibility to care for those who are wrong toward you or others.

When you win some you lose some. You cannot be perfect always. There will always be some who will not be on your side in life and that's okay. Not everything in life will be agreed upon, if so you're setting yourself up for disappointment and unreasonable standards. Always set yourself up for success in

life by reporting to your superiors in life, that's how you stay on base, on par, on point in life by following the direction of others under the direction of others.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-58-nothing-is-perfect-by-leslie-a-fischman>

### *It's Okay to Have Dreams*

Never let others get under your skin enough to hurt you. When you love yourself nothing can get to you, not even those who hate you. You should always get along well with others. Fighting is for those with sides to fight not for the innocent or for bystanders to over involve themselves with.

When you have disability it's difficult to function in the World normally that's understandable everything takes time and adjustment. Some people are too far gone to return and rehabilitate themselves some are able to adapt and some never make it back to full swing, never get back to 100% and that's okay. It takes time to readjust, heal.

When you're doing well cherish those moments in life they are far a few in between. You never know, what life throws at you, you sometimes have to deal with on your own, figure out for yourself, rights from wrongs, on your own terms, not by the terms of others, make decisions for yourself. Do not be easily misled by others always be best in charge of yourself not bossed by others but independent of others decision making skills be the best decision maker you can be for yourself in life.

You have to be you no matter what anyone says about you. If it affects you too much, in one ear out the other. You should not let anyone affect you. Always be natural about how you react to others. Never blow things out of proportion be overly dramatic and selfish. Think twice before you react and respond to others. Always take the commentary of others lightly, never assume anything is about you. You cannot control what people think.

When you lose your marbles in public you have no one to blame but yourself. Always have dreams and aspirations in life. How you stay afloat. Never let anyone bring you down in life. Never stoop to any ones level. Let you be you and they be them.

Words can be said but never forgotten always be mindful of what you say and keep in mind how remembered.

Sometimes the best decisions aren't made when we are tired but when we are well rested and can think clearly. This is important for positive functioning. It's when we're not doing well we make decisions that may in turn hurt ourselves if we're not careful.

Never think too highly of yourself. How you set yourself up for disaster psychologically when you're too high up, not careful, and more likely to take risks in life. Always be a cautious decision maker in life.

When things just don't feel the same anymore usually it's because a change is needed within you not within others in order to regroup adapt to your present circumstances get back into the swing of things. That's how you fit in again by being apart of not separate. Always be careful how you contribute online as it reflects your beliefs to whom and what you contribute and why. Always be careful.

When you love yourself everything seems to fall into place. No longer nit picky over mistakes in life but able to embrace the moment and live life on life's set of terms not by the terms set by others.

The best memories are the ones you keep to yourself. TMI Causes Depression: Why? When you share too much about yourself others feel bad for you that in turn makes people distance themselves from you and when that occurs you feel bad about yourself. Why it's important to always be approachable online.

You have to make it on your own in life, no one takes you under their wing. They can support you, but you have to always do your best to bring yourself up in life. You should never create problems in your mind you yourself cannot properly deal with on your own without the help of others. There are always people to go to in times of need. You are never so alone in life that hurting yourself should ever be an option, that's just you stuck in your own head or you stuck in a rut you can't get out of, always be proactive and do your best to achieve a normal life.

Never let the problems of others get you down in life. Everyone has problems. Always be understanding and compassionate with that comes compromise empathy. No matter how you feel always put the feelings of others before your own when listening to avoid insult, why it's important to be a good listener not interrupt others while they're speaking. We all have problems some more or less unique to ourselves but none greater than the other, they're just problems any problem can be dealt with maturely and need not be a deal breaker or ruin one's life, it's important to get over stuff quick in order to fair well in life not allow



yourself to get so easily beaten up and off track in life. You have to be doing well in life to be surrounded by those who are well too. You cannot do well in life when you are not doing well not feeling well or the sick are making you sick. You have to be independent of others in order to do well in life.

Its usually people close to you or in your life who become defensive when you yourself are not doing well. Then blame it on drugs, alcohol, or mental health issues claim your difficult not their attitude toward you as being hard on you for no reason. Always be kind, courteous, and respectful of the time and attention of others. Detailed responses are not necessary to let others know everything about you. Heard and understood sometimes just makes people feel less than, to be heard and understood is to be listened to that's at best you can do for anyone going through a lot is to just be there for them be present.

When things are going well for you in life usually happiness follows. When things are not going right for you in life, usually unhappiness follows. Know your part, and always do your best to fix whatever errors exist in your life that are keeping you from achieving happiness and centeredness. When you know your wants in life it's like nothing can stop you from achieving your goals in life.

Its never advantageous for you to quit while you're ahead in life, it only sets you back, the more indecisive you become, the worse your situation present seems. Always think positively in order to know best and to be a good decision maker in times of need.

When you realize your self-worth it seems like everything falls into place and you begin to function normally again as suited to your best interests not the best interests of others or to whom those you care for. You are your best advocate in life know that by helping others when you are not well you only put yourself at a worse off disposition in life not better off. Why it's important not to help others when not well only when well.

### **Chapter 53: Why Dating is Hard**

You are a product of your own thoughts no one can change the way you think about yourself. It's never deserved. Harsh treatment where underserved. It's never deserved. Equal treatment if so, doesn't always exist. You have to just be accepting of your present circumstances and own your wrongs in life and move forward, nothing's a big deal unless you make it a big deal. For a perfectionist it's hard to identify with oneself once ones own identity becomes dismembered or

taken apart.

You know yourself best. We cannot be at our best always. There is some give and take in life. Sometimes life requires of us compromise. Sometimes life requires of us peace and sometimes life requires us to stick up for ourselves and that's okay too. You cannot stop everything you're doing and figure everything out always for yourself sometimes you need the help of others to figure things out for yourself in life.

Always know that you are loved by friends and family no matter where you go or who you're with. Running away from your problems is not the solution to bettering your life. It never is. When you beat yourself up you have no one to blame but yourself. Always pick yourself up from your bootstraps and begin again a new life for yourself once you falter. You cannot change your past or make perfect your present by being too opinionated about others who may feel as though they are being blamed for your present discord defensive to your present circumstances ignore them if so, you are always your number one priority in life it is not your priority to defend the best interests of others in life or their concerns about you or defenses to your well being in defense to their own interpretations of you threatening that they misused you or there was any misconduct toward you to begin with that's them being defensive in advance to you saying anything or accusing anyone of harming you, where no wrongful accusations have been made no accusations of wrongful accusations can be claimed were made against them in public.

You have to have a very strong mind to write online, otherwise you fall apart easily, everything you write gets heavily scrutinized picked apart, and when if so there's a possibility for hearing voices feeling like your under attack by others. Never write anything you yourself would take personally or others would take personally otherwise you run the risk for retaliation upon your good character traits, likeness, and positivity. That's why those who are strong are well known well liked because they are well versed and have a solid head on their shoulders. When under duress we are forced to be on sides that causes disturbance and unrest resulting in distrust and paranoia. These are called thought disorders when you assume the thoughts of others toward you against you or others or just in general. Never assume the thoughts of others only hold your own, best interests at heart and those you care for without interfering with the interests of others to better your own position(s) in life, that's called being fair minded cordial, diplomatic.

What was meaningful at one point but not meaningful now does not mean not meaningful at all. It just takes time to settle. Not everything makes sense to us in the immediate, but eventually everything works itself out right. You just have to

be patient with others and trust in God's timing, you can't rush through life trying to make ends meet or beat the clocks, you have to work hard day in and day out to achieve well in life and status among the well, be accepted as well or good enough.

You don't always know what you want out of life. Sometimes you what you think you need and want is different than what is really needed. Always think first based upon what you do have in life. Is it necessary? If not necessary, how important is it to you? If not important than not necessary and if not necessary than not important and if not necessary and not important than you can decide how high of a priority it is for you to deal with, that's called love, it's icing on the cake.

When you know you're right about someone it needs no convincing to others in the positive or negative. You should always be sound at heart never unsteady through the outward discussion of personal interests best suited for private discussion not public discussion or discourse. That's how you get your hands tied and your heart broken or torn left beside yourself then defensive and combative.

You should always be yourself, offense is always taken when you try to be others or when others try to be you, never use the likeness of others for ones own benefit that causes disruption of interests. You can allow people to read your writings but you cannot dictate to people how to use your writings for benefit or interpretation you cannot control what people think to do so is an overstep of your boundaries as a writer and a waste of time and energy and input to explain and try to voice the opinions of others or of the reader that's best left unsaid.

When you realize what's been done and you know who's been wronged it's important not to over involve oneself in the matters belonging to others that's how you get tied up in nonsense then overly defensive ill to the concerns of others not originally your own but belonging to another. It's important to care but never that much to the point that you completely put all together your needs aside in place of the needs of another unless necessary to do so, required by laws or if it's your job to do so care for another's well being other than your own.

When you love someone you'd do anything right to make better yourself for them and for others for the sake of normalcy set right self. That's called caring, letting go of self interests and cares and thinking instead of what's in the best interests of the one you love and care for that's called love putting your needs aside to benefit the needs of another, it's about who's more important you or the one you love and why and when if so that love is returned you know you've made the right decision to whom where and why love is given and for what purpose.

Respect takes time. You don't always get what you deserve in life. You can't always win. You have to respect the current statuses and relationships of others and make best your role in another's life as a positive support system without interfering with their ability to love and provide support to their loved ones focus on their needs too. That's always important too, not to be too needy of ones time and attention be independent self-sufficient.

Its difficult to date when you yourself are not put together it's hard to give and receive love. When you are 100% you are more likely to get picked and more likely to be able to sustain any long term relationship. It all takes time getting used to. Getting to know each others temperaments needs and wants in life. The better you know and understand your companion the better able you are to serve their best interests as well as meet you best interests along the way.

Understand yourself best. Know the difference between well and not well and when to get help. That's always important when it comes to mental health issues. There's a stopping point. You cannot keep running to others for help with your problems medical or not, that need tending to from a medical professional or legal professional. Where there is love there is sanity, where there is friendship there is peace of mind, and balance of opinion. Always be independent of others to have it all in life.

When things get overwhelming you have to slow down and regroup you cannot push yourself over the edge that's how you fall apart or get lost or lose your audience. In order to maintain standing or be appreciated perceived as normal fit in you have to stay centered not jump off the cliff so to speak and be at a normal equilibrium not too high not too low but at an even pace in life otherwise you get knocked off center treated as abnormal.

You cannot win them all in life. You will not be everyone's favorite in life. You will not be well liked by all and that's okay. Best you can do is try to fit in anyways and do your best to get along well with others. It's never in your best interests to fight at that point when you're not doing well it usually makes things worse for you. Always protect your best interests but never at your own expense in life, do as your told but not if it puts you at a worse off disposition in life. There's always balance to every decision rendered. You should always keep in mind the best interests of others as you try to better your life make better decisions for yourself as you correct the mistakes you've made in your life not repeat mistakes you've made in your life and hurt people again or the same people again in the same way you've been accused of hurting anyone.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-60-why-dating-is-hard-by-leslie-a-fischman>

### *Learning to Love*

There's a lot to learn in life about love. You have to respect yourself in order to be respected by others and in order for others to be well respected the ones they love must be respected and admired too otherwise must be discredited. It's called putting one on a pedestal. Some are put on pedestals in life and some are not it depends on who you are and who you are not. When you are well off and doing well for yourself and representing yourself and others well then you are best suited to care for and represent others well too. That's how representations are made and assigned.

Love takes time and adjustment. There are a lot of requirements necessary in order to love someone: give and receive love and be valued back. It's not easy. Not all are welcomed, many are rejected, it's a first come first serve basis, the best are chosen first, and secondly the rest when it comes to dating the best that life has to offer, or so it seems. You just have to be patient with yourself and not pass yourself around, timing is everything it's important to preserve yourself and be chaste, that gives meaning to self and added value to the time you put forth toward the time spent on your career and on your journey in life. Everything you do in life is a reflection of your care and consideration for yourself and others, how well you take care of yourself, will communicate to your future partner how well you are capable of caring for them, and that is how one is picked in life or not or friended based upon wellness.

There's a lot of pressure for support in life. There's a lot of pressure of traits and character traits in life. There's a lot of pressure period in life. Character traits and influences in life are based upon experiences in life by learning experiences what you know. What you know affects how you respond. How you respond is based upon what you know. What you know is based upon what you learn. Life is not lived by mimicry. That's not how life is lived. Life is not lived by imitation that's not how life is lived. Life is lived by how life is known by what is known by how one is. That is how one lives. Not to imitate. To imitate is to insult. People pleasers never insult, as insult causes pain to a people pleaser who's goal is always to please all.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-61-learning-to-love-by-leslie-a-fischman>

### *You Can't Go Backwards*

Never allow others to run conversations making things about you, regarding topics or anecdotes that do not regard your character traits, that only causes your head to hurt, in defense to, a waste of energy, per conversation to, and cause for hurt and mental anguish. Do not run misinformation on individuals to cause hardship or otherwise mischaracterize people to look bad to insinuate hardship to their minds or redirect their thoughts to defenses or redirect their thoughts toward explanations suited toward your judgments or interpretations of them if so state those judgments or interpretations yourself need not be stated by me to be heard or understood or clarified or used for good or proper judgment of my good character traits or person.

Always be thankful for your blessings in life, and count them twice. There are many pains in life far graver than minor losses you incur socially, romantically, or financially. Always keep things in perspective. Health comes first, think about others. Life is precious. You only have one life to live, so appreciate everyone around you enough to do your best at all times and never give up, whether or not you are the weakest link is no excuse to cause trouble in your life or the lives of others misuse drugs or alcohol as a coping mechanism that just makes matters worse so does anything in excess. Take everything in life with a grain of salt life is best lived light on your feet light heartedly for the moment. Not in regret not bottled up not in the past not in resentment but with appreciation and pride.

There are different types of understandings: General and Specific. Depending on what you know about others. What you know you apply to the facts and then analyze based upon that information make deductions. Never assume one is bad just because you think part of what you think about someone is bad force combinations of information to exist come into play to sabotage or increase likelihood of negative outlooks for interpretation of that individuals life so that you feel better than feel right and the other looks bad that's not a justified rallied effort against another that's too much teaming up on another to construct a viewpoint thought balanced justified to draw a label.

Be careful when telling your story or the story of others, how it gets repeated in application via analysis through understanding of the present unknown or inapplicable by those without information or resources to apply that information with have proper bases for comparison for use of that information. There is a risk of misapplication of information in that event of misuse of story telling, that's a risk of purposeful conduct to illicit repeated story to curtail an idea through the voice of the story teller not reflecting accurately the sayers best interests.

You can't go backwards in life you can only move forwards. Life is much about making mistakes as it is about learning lessons, you live and you learn. You will never know unless you try. What goes up must not necessarily come down, only if you allow circumstances to boot. There is always time to regroup in life and make

amends nothing is permanent. Damages unforeseen are incapable of misplaced guilt, or displaced hatred for others. If it's to hate hate those who are bad if it's to love love those who are good if it's to envy envy those who are well these are choices we make and so be it not God's will upon us, but political errors we make, in life none to blame upon others or run risk of blame upon others.

You're not always going to hear what you want to hear or need to hear in life in order to feel better. They say "you can't always get what you want." That is true. There's a reason for that. With expectation comes disappointment. When you set yourself up with expectation, when you do not measure up, those losses incurred weigh you down in life and you feel bad about yourself and when that occurs, you are hard on yourself or others are hard on you for not being successful. Successes in life are by achievement and by goal setting not by expectations expectations are by onlookers you should always do your best when you do your best you won't have to worry about expectations or what people think that's the key to happiness.

Not everyone will be happy with you in life. It's not your job to please everyone. Don't expect people to say what you think they're going to say as an accurate or good indicator of what is right or wrong in your mind as what's necessary be said or expected be said following expectation of words spoken do not insult the minds of writers by criticism one should always be respectful of others that's common courtesy.

When your heart breaks your World falls apart and that's a normal feeling you cry you get over it. You have to keep going in life be task oriented keep busy and always keep setting goals for yourself, so that you continue to recover, that's depression.

Everyone has their moods in life to each his own always be respectful of the time and attention of others in your life. You can be anything you want to be in life without getting frustrated with yourself or others, you cannot control what people think or what they do to try and cause you harm in life or hurt your head to then cause you to harm yourself to make you look like you are mentally ill that's called emotional and mental abuse and intolerable. Never put up with the emotional abuses of others where your best interests are not at heart and only to make you look bad.

You absolutely can't fake it until you make it. There's really no truth to that. When you lie to yourself you only set yourself up for self-sabotage and failure. You cannot fool others into thinking you're something you are not you can only be yourself as best you can. It's always okay to share ideas and do your best to protect the foundations from which those ideas come from that's called leaving room for interpretation and use not being controlling and minimizing risk of error by being too controlling which causes nervousness under these heightened

conditions when it's best for others to make decisions at their own will not by requirement or peer pressure. Fear is caused by assuming others are making false assumptions about you and casting you under a negative false light and that that false light is the cause of mental disturbances toward you or distrust or embarrassment.

Don't try so hard to go backwards to undo hardships that don't exist presently you only make your life more difficult for yourself the more you try to fix. You cannot fix others. You can only fix yourself. You can best be there for others, you cannot change people, only yourself. These are constant dilemmas faced when you care about someone who matters to you who you have conflicting emotions about not sure about whether deserving of trust or your time and attention of risk of disappointment never be disappointed by those who care well for themselves it's by your own disappointments and judgments not others where that feeling of uneasiness comes from if so read something else, we are not all perfect but we all do our best to be loved. Stability takes time within self always have faith that better days are ahead of you stay put.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-62-you-cant-go-backwards-by-leslie-a-fischman>

#### **Chapter 54: You Can't Change the Past**

You cant change the past or what others think of you, why you should just be, rather than try to convince others you are something that you are not. There will be people that come and go from our lives, but we must always remain the same. Not one person won or lost in life, should make or break you, sometimes you just have to keep going in life, and think positively of others, that even without them in your lives, they would still want whats best for you. Its when you're in the negative that things go wrong for you in your life, its when you think positively of self and others that things go right for you in life. Never take into question self or others, too willingly that it breaks you down. –Sometimes a little give and take goes a long way in life, assembling whats to keep and assembling whats to trash in life, and always keeping the best of us, in order to put our best foot forward in life. It takes time to understand what is wanted in life, and what is rejected in life, for some of us figure this out sooner than others in life. Nothing trashy ever gets returned, and nothing trashy ever gets respect or gains notoriety in this lifetime, but everything trashy gets remembered. Its usually the faults of others, they are known by, their weaknesses, not their strengths, even after they achieve success, this you learn the hard way. Respect is often times hard to achieve post trauma of seeing someone you admire get trashed, that's the sad part. Theres always room for forgiveness, forgive all.



### *Accept People for Who They Are*

Accept people for who they are, they know best themselves, it's a waste of time to question others on their paths in life, everyone is responsible for their own choices in life. Deserved or not, sometimes we fall victim to the choices we make in life, and then have to make amends with ourselves, and move forward peaceably, without exhibiting behavioral health issues, associated to what pains us about our past lives. There is always time to move forward, no one is perfect. Never go back to where it hurts, that just re-instigates the cycle of violence, and enables people to harm you again and again, and again. Just move forward. Where there is non-acceptance there will never be acceptance again. That's how you know whether or not you have ruined a relationship or messed up in life, when you can't go backwards, or have trouble going backwards, or a friendship or professional association breaks. Not always resulting from a break of trust, but usually resulting from a break in character. When your best foot is not forward in life, you are more susceptible to relationships broken, increased odds against the maintenance of those relationships. When your best foot is forward, it then becomes easier to maintain those relationships both professionally and personally, how to keep going in life.

### *Knowingly in the Wrong*

When you are knowingly in the wrong, own it. There is nothing you can do to make things right, by harping on the negatives, best you can do is be positive. There are no defenses to idiocracy or stupidity, you just have to represent yourself, well enough to keep up with the pace of life. No one can help you but yourself. Accept no blames for the illnesses of others, as they are a product of their own minds, not yours. You are always responsible for yourself first and foremost, you are never responsible for the wrongs of others. As directed means as directed means as directed. No one on medication should drink alcohol for those reasons, as directed not to. Always consult with your Doctor or Pharmacist should you take medications, in which the combination of alcohol, impairs any of your abilities, why I don't drink, sober since 2003. Im knowingly retarded, Ive had a learning disability since I was little, learned multiplication tables by tracing my hands, numbers on the tips, and got zeros on my ERBs in Kindergarten, there is no news flash for those struggling with learning disabilities, you just need to be kind to all. How I was able to achieve in life, its through hard work, and effort, and with a strong faith in myself and others, as well as those around me, trusting their decision making skills, never paranoid. In order to be well, enough to hang out with the best of them, you have to do well in life, that means following rules of order, and doing your best to be apart of, not fall astray. There are no confessions to the wrongs made by others, only defenses. You cannot blame people for the wrongs of others, that is clearly wrong, you cannot blame innocent

bystanders, you cannot blame people period when bad things occur, that is not the responsibility of people to be blamed, accept blame, place blame, or worry others to death via blame. You should always take responsibility for yourself in life, you are NEVER responsible for others in life, just yourself. When you represent yourself well, you represent all others well, that is the point of image. Image is when of and concerning you, you represent yourself best. Nothing that I have written has been learned in Law School, it is for and by my experiences I know best, and respond well, to circumstances, always see clearly. When you do right in the World, you will foster self, and others, when you do not do well in life, you cannot represent the best interests of others well, that's plain and simple.

### *The Confidences of Your Own*

Always keep the confidences of your own in your best interests. Never allow the confidences of others, to bolster your own insecurities or interfere with you abilities to function or work in congruent to your best interests. When you are sound your mind is sound, when your best interests are met you are congruent to your best interests, don't overlap two negatives to build a positive inference for another's to interpret you in the negative via adaptation of something said not said, or thought left unsaid purposefully, that is a wrong interpretation a forced saying of two stories at once to build an inference, and is wrong. Its two stories heard separately to be told at the same time in a separate space to build an additional inference or wrong or allude to any wrong present, future, or past, or ongoing presently, not present or past. –Don't allow others to build confidences off of your achievements in life, or off of what gives you courage in life, and esteem, that's a misrepresentation of purpose which is to help all, not help all, and the replace you. The writer in life, or take away my life, and hurt my ability to live and function, that's a misuse of my writings. When I am harmed, that is a causal consequence of the misuse of my writings , for the purpose of causing harm to my mind, to my psyche, and to my well-being, overall health and well-being, that is wrong. And should be stopped. It is wrong to harm, stalk, molest, or otherwise harm others in a professional space, unknowingly. You should always be kind to others, and help others as best you can function well.

When you give your confidence away to others, it can be misused and taken from you. When your confidence is taken from you, you are left with nothing. I'm not a confidence expert that is something that everyone figures out for themselves in life.

### *Be in Control of Your Own Problems*

Always be in control of your problems, in your life, and never make your problems the business of others, or interfere with your relationships with others. It

is not for others to know your problems in life or your problems with others, that only causes discord and rumor and distrust and paranoia. Paranoia results from upsets, when you are upset with yourself, a perfectionist, wanting all relationships to be sound and well, when one relationship or another falters, then you feel imbalanced and as a result, this may cause one to self-harm. Self-harming can result from failures, fighting, or from mistakes in life: sometimes caused by the use of drugs or alcohol. Never base judgments on others while under the influence of drugs or alcohol as they may be skewed or off base with reality when you are up or high on a tangent of life that is not in touch with the realities of situations present in another world, that is based upon your personal viewpoints or recollections. Sometimes our recollections may be based upon what we know and see, such as on social media, and sometimes our recollections may be based upon what we know, by experience, when our recollections cause us illness, that means we have a foundational problem, our interests are to [criticize] and when [those opinions held] cannot rest one may feel like they are not winning [until proven right], [and] not getting to the bottom of something, that means you are [hurting] the wrong person [you should never hurt anyone rightfully so, whether you think deserved or not], why people are turning on you [always be nice to people whether you think they are deserving or not of a good life, a job, or anything for that matter, is no ones business but that person living their life, should not bother anyone else's image or livelihood]. Its important not to prosecute people, and its important not to wrongfully accuse people of misconduct. That is the job of law enforcement. Not the job of civilians to involve themselves with. There are TV Shows for that, its not for public discourse to inflict pain upon others or dissect the minds of others, or to pick apart the genuiness of others hurt one another, you cannot hurt someone to do a good in life, that only makes one sick.

### *Balance and Esteem*

Balance in life and esteem are important for positive functioning, without which, we often times feel lost. Sometimes its companionship that makes us feel complete sometimes, its relationships that make us feel whole. And sometimes its work that makes us feel complete. Whatever it is always makes sure you maintain a careful balance, so that one does not fall part, and so that each life does not affect the other. –When you are nervous its usually because things are not going right for you in your life, or you are not doing something right, this causes nervousness, imperfection. There is only so much you can do to be perfect before you fall apart, always go to help when and if so, that is what therapy is for and that is what friends and companions are for talking and sharing emotions with. Publically, the sharing of emotions is considered taboo, no one wants to hear your problems, usually people only want to hear good news, theres a reason for that, maintaining positivity. Maintaining positivity is so important, problems, can cause disarray, and disarray can cause mental illness, mental illness is caused by

fighting, and fights started cause nervousness, and right before a fight there is tension, that's the assumption of a fight about to begin, an anticipation of a fight, an anticipation of negativity, one should never anticipate negativity, but always see the positive in life, anticipate well.

### *Always Stay Calm*

They say that social anxiety is: "Also known as social phobia, social anxiety disorder is the excessive and unreasonable fear of social interactions and situations. Often having the fear of being criticized, judged or closely watched, people with social anxiety tend to avoid social communication, especially outside of the world of anonymity offered through online services."  
(<https://www.learning-mind.com/social-anxiety-disorder/>).

If so ... how can social media help curtail these disorders thoughts, not make worse, these conditions, that are already pre-existing, this I think is a big concern. People who are not heavily interacting in person, but interact online heavily, and have social anxiety, usually people who should be social online, should have knowledge or experience being social in real life, and able to therefore adjust online well. That would only make sense in the long run. Therefore its best to practice these skills in real life, and not run the risk of losing these positive life skills, with too much online interaction and not enough in person interaction, this may worsen this condition. Writing is one thing, and trauma therapy is another, and blogging is one thing, but interaction, social interaction, seems to be vital a key component to normalcy.

### *Don't Be Easily Offended by Others*

Don't be so easily offended by others, always reminding yourself that its not about you, not everything rarely ever is, or ever if is about you, unless you make it so. When you call attention to yourself, expect others to listen and comment about you, when you are yourself, and in good spirits then have no fear about what people say or think about you, it is when you are not well or not in good spirits that you should worry about what others think of you. No one is ever plotting against you in life, that's always in your head, people have their own lives and their own sets of problems, and to dos, rarely do people have time to go out of their way to make a mess of another's life or cause hardship to another's life, or cause or instill fear upon another, that's always most likely in your head. A product of your own thoughts about others about you, usually due to insecurities, or lack of self-confidence, or maybe just not being busy enough, not feeling accomplished in life, with or without jobs, sometimes these conditions do not change, and we cannot change the way we are. Some people are worriers, some people do not worry, regardless, accept all.

### *It Takes a Long Time to Know Yourself*

It takes a long time to know yourself, especially when questioned by others. Constant questioning by others affects your decision making skills. One should always be sound of mind and heart in order to make good decisions in life. People can help guide you, but you are in charge of your own progress in life. Never make things more difficult for yourself than necessary. You usually make things worse when you stop trying and you stop doing your best in life. Why it's important to always be diligent, determined, follow up, and show up, those are keys to successes in life, being there for others, and being present. Presence is everything key to happiness. And when you yourself are happy then you too can enjoy life, and be happy too, and get back in life, what life has to offer back to you, when you are good.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-63-you-cant-change-the-past-by-leslie-a-fischman>

### *Imitation and Anxiety*

Never overexpose yourself to others. Your private life is your personal business not the business of others or a need to know basis it only causes nervousness. That's your right to privacy. Who you date is your right to privacy. Heightened anxieties due to losses are from your own mistakes in life not from the rejections of others but from you not being a good enough match for them you will always find better in life. So long as you always do as you're told, work hard, play by the rules, good fortune and good luck comes to those who wait, date monogamously.

Imitation is a form of flattery. Never seek to be seen and heard that's how you get sick trying to be known in life by calling attention to yourself how you run the risk of getting unwanted attention. In order to be loved you must first love yourself. Popularity online comes at a price you psychologically feel unsafe, politically normalcies drain out unwanted cues but if online regrouping into society some unwanted cues within you can be easily triggered by environmental stimuli sensitive to your surroundings not blend in as well. It's important to always blend in you will never stick out or stand in life if you try to do so by selection you stand out not by the choice of the individual but by the audience's selection who's of interest. I created mymollydoll.com then ran a campaign from my website that may have been a mistake for that I'm sorry for the confusion I was just trying to help. If not good enough then please don't criticize me personally thank you.

Always be frugal about how much information you share about yourself and about your interactions with others as this depersonalizes social interactions. If you have intimacy problems it's likely for you to over share and ruin your private

relationships and run the risk of making others uncomfortable around you. It's not mental illness it just makes you a poor decision maker when it comes to sharing and building intimate trusted bonds in life it's not a big deal you live and you learn how to cope with relationships and the unknown not question others or be questioned but accept all as is without worry or fear.

Always be yourself.

You cannot go backwards in life, it's too time consuming and you run the risk of hurting yourself in the long run when you do so or blame others for your problems. Always be in control you are always responsible for your current hardships, successes, and/or failures in life, there's always time to regroup be the best version of yourself and better yourself each day you have to just be, be kind always, and always work hard.

You have to feel good to want to do well in life for yourself, find your life forces in life, what makes you feel well, not be a burden to others but independent, a survivor.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-64-imitation-and-anxiety-by-leslie-a-fischman>

*Create a Life for Yourself*

When you panic nothing turns out right. When you're quiet you look like a pushover or consumed by guilt. If you cannot speak sharp you are considered dull or ill. Always do your best not to pass judgment upon others for their past lives. You should not over analyze the past but accept people for who they are now presently, over analysis of the past causes recurrence of hardship and recidivism. Be mindful of the past not to stir emotions presently over jobs well done, past. They cannot be recreated presently the past wrongs of others to make anything right right now. You have to move forward in life be thankful for who is in your life not who is not and why not.

It's all a matter of good faith principles -what memories we honor recall put forward and apply to the present is everything certain, just, correct, sensible when ever a decision is made it gets applied presently to ascertain fact from fiction. We have books for this you know complete records of thoughts in time and space why books are so cool. For time travel.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-65-create-a-life-for-yourself-by-leslie-a-fischman>

### *Much Bigger Picture*

There's always a much bigger picture to resolve when it comes to mental illnesses always have compassion for others you never know what anyone's going through in life without asking from the outside in having not known anyone in person to know who's well not well perfect imperfect. No one knows anyone this well these days always be grateful for predictable. There's much to be learned from someone honest predictable, harmless. #StopBullying

Sometimes you need to take a break and detach separate yourself and regroup think about what's important to you in life when scared or have fear of losses in life when your options are limited or your life is in danger these feelings and emotions are triggered so are mental illnesses beware I too have suffered a share of my own illnesses it takes time to say hear see right always report to those with good sight to protect the best interests of all manage crises. It's to each ones responsibility to care for themselves - here is where I care for myself.

Lesson learned don't upset be upset for the fallen but appreciate them how far they got in life. Fighting is not the solution blame.

Mostly: Don't worry for them.

You can't expect others to understand you as you see best fit. Sometimes we are judged in the wrong and that's no ones fault but your own. You cannot undo the past you can only move forwards in life not backwards, tracing. Wondering how life occurs dating is on your own best timing not the timing of others always when you're ready to be hit on call attention to yourself. How the game works, when it comes to attention.

It's easy to choose yourself. Better to have lived life than not at all. It is never for others to judge your disposition in life treat you like you're a machine when you're not. It takes time to forgive and move on. Be treated as human.

You can't force anything to happen that won't happen on its own. When it comes to physics one must be positive in order to attract others, when we are negative, worried, or sad we are most likely going to be rejected.

You live and you learn how best to protect yourself and others from harm always be a good decision maker and stay out of trouble.

To have a good life one must be good. That doesn't mean you have to help people to be good only that you yourself are good to others from which all other goods come.

You can't go backwards in life to fix your problems you have to move forward. There's nothing you can do to change the past you just have to keep moving forward in life.

What you say comes true for you only if you allow your storyline to be repeated in elements forward in your life that's knowing about someone and triggering consequences for them for sight.

Disappointment hurts and expectations hurt + needing to be heard to see me well where I'm at in life hurts me to not be trusted.

Life stories are for those who've lived life not those in cubicles with few memories out to share why seldom spoken, quiet. Usually those with the most experiences are most comfortable with themselves and around others. When there is fear there's a clear lack of trust over old beef. That cannot be undone. You just have to move forward in life not open a can of worms. That cannot be closed, be wary of the buttons you push and some cannot go backwards in life once broken, taken over the hill.

Figure yourself out before others that way your more likely to read a situation from a grounded perspective without running the risk of offending anyone off beat. Off beat and bad luck occurs when we are not patient don't listen to others the first thing we do is bump into something counterproductive or set ourselves up in a trap we can't get out of. That's what puts you in a rush in life when you have to catch up after being off beat feeling behind in time that's how you burn out trying to hard to be where you want to be in life. Always pace yourself. Be patient with others as they have their own struggles too get offended easily just as you, victims of crime.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-65-create-a-life-for-yourself-by-leslie-a-fischman>

### *Timing*

You can't be scared of the past. In order to move forward you have to be present. Know when. When you're timing is off beat you're off beat -that occurs when you feel behind in life. Know your presence present matters well enough to let go of the past. How you get worked up over nothing. -and by the time you realize it it's



too late or your timing is off you feel ill, burning. Don't traumatize yourself into believing things that don't exist. You can only voice yourself so often before it becomes unclear unnecessary a waste of time purpose not solid perfect anymore. Once you become defensive to the thoughts of others you become ill.

People with problems will think what they want to think absent of what they are told that's called delusional fears you cause oneself by engaging in risky behaviors. -There's a such thing as fame. Some are fame retardant some are fame attractors it all depends on your leadership skills whether you feel good to others light up a room or you light up in a room -shows what kind of person you are liking to watch or be watched. Affects how you light up to others. Always let the room light you up if you don't light up in a room means there's something wrong with you that needs to be fixed your surroundings should always feel greater than yourself more important than you, others. That's self-awareness of others, good behavior.

Some people specialize in being funny they're called comedians. Once you go funny serious scares funny. That's why you have to be careful how funny smart you are. To others your audience always read their needs not your own in order to be well liked. You get good attention by being good and you get bad attention by being bad.

You won't know where you're headed in life until you get there. Always be patient with yourself if you're not where you want to be in life -you should always appreciate now and who's around you -focused on what you have not what you have not.

Timing is everything in a World of fear your best timing keeps you out of trouble not off balance in life. You cannot go backwards in life, that's where blame and abuse lies. You just have to keep moving forward in life, step away from your problems, forgive, and move on. The more you stir the pot the more it burns and pains others to see you, then no one wants anything to do with you when you're off putting. That's why you have to be good to have good things happen for you in life. How to stay well.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-67-timing-by-leslie-a-fischman>

## **Chapter 55: Falling in Love and How It Occurs**

*Don't Wait*

Dont wait around for life to happen to you. You have to go out there and make it work for you if that's what you want in life go out and get it. Nothing comes easy in life. It all takes hard work.

Having it all requires that you pace yourself. You can't burn out trying to make ends meet. Never force yourself to try when you're not ready. Always know when to stop.

Love takes time and patience. We're not always ready for it. Relationships come and they go but you always have to stay focused on yourself in order for any relationship to work out.

You can't be the best at everything. Sometimes you have to settle for just good enough -and be happy with yourself no matter what.

What happens happens. You don't have to live with your mistakes forever.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-68-dont-wait-by-leslie-a-fischman>

### *Fairy Tales and Expectations*

You should need no input from others to write your own fairy tell ending to your life. When you are good good comes into your life. Life cannot be rehearsed or scripted that's not how life works it happens on its own good timing. Why it's important to always be good to have good timing in life in order for life's blessings to come your way, that is called good luck.

When you expect something to occur it won't happen for you its when you least expect it life happens. You cannot predict the future and that emptiness in front of you is always lack of trust. Fill your voids daily.

Too many competing agencies causes delusion mental illness. Know your pack. Stay close knit. It's about ingrouping.

You cannot blame others for your problems, they're your own, everyone is responsible for themselves in life.

Don't expect things to be taken lightly. When you offend others the only person you hurt is yourself. Don't take things personally to the point you fight back put yourself at risk of harm. It's not worth the trouble of fighting ever that's never the

answer to your problems in life. Fighting usually only makes things worse not better. Always keep a level head on your shoulders about you, don't make everything personally no vendettas are complimenting usually look dramatic and unappealing to fight for and on behalf of ones self looks immature to look mature don't be defensive to the opinions of others.

I think things will go back to normal but not when people are trying to control others things generally don't work out well under duress.

You should never take offense to the behavior of others as directed toward you, that's called selfish thinking when you think everything is about you. You should instead think outside of yourself and those around you see the bigger picture when all else fails until you feel warm again and everything makes sense to you, some drink, some don't, some smoke pot, some don't, whatever it is that brings you back to reality make sure it's a healthy habit that fosters growth.

Usually your worries and your fears are a product of what you process, what you know, culminate your fears. To rid yourself of fear be grateful for what you do have in life think not of what you have not. Not one good enough for the other. Not one better than the other. Elitism. Is painfully harsh to social well being and welfare these things do not matter in the grand scheme of things what matters most are you achievements + education pitfalls do not make or break you or turn you into an example of anything good or bad you are a product of your own sufferings in life by your own mistakes in life not by others.

Love is not the solution to worry or problems those will always painfully exist, mistakes in life, in private, and mistakes made in public those are events you cannot live down in life or move on from, usually caused by low self-esteem do the decisions we make fall off hand in life leaving us feeling short handed, it's by our own defaults in life we end up where we are not a product of placements made by others but by our own choices we end up where we are in life trusted or not.

Painfully disabled. Always be kind to those with disabilities. Fear them not. It's your own fears of the unknown when you see them and their future that causes you to discriminate those with disabilities as not worth your care, time, and attention. Be courteous to all who walk the walk talk the talk. You never know they could be really blinde not trying hard or acting, but just accept them the way they are, some of us are not actors and it's painful to cause people to act, that's unwanted fame, attention.

You can't convince someone that you are something you are not. Usually they can

tell by how you present yourself how well and fit you are to handle the stressors of life and the workplace. Some of us better suited than others to withstand a few blows here and there while some of us are more sensitive, taking things personally, getting hurt over the tiniest arguments, about nothing to do with either you or them but a mood one or the other is responsible for managing themselves.

Looking back it's always clear seeing forward from that stand point. The main point of this discussion is to appreciate now not go thru the past too much, especially not to look for errors in others who've now bettered themselves moved forward in life. You can always be forgiven but your actions/words will never be forgotten. Be frugal with you energy spent each day, don't maximize your potential for failure by giving in to past deductions too much, be instead in favor of new deductions to be made to promote the overall general health and well being of those around you.

If it's acceptance you seek than by trying for it you'll never receive it. It's weird how life works out that way that usually you get not what you're looking for in life but something else instead that either helps or hurts your ability to achieve in life. These are called decisions you make toward your future. Figuring out what helps you and what hurts you. Always know where you're at in life. -You cannot be figured out by others only you can voice your problems out loud so that others may best assist you. You sometimes need to be your own helper your own best friend.

You cannot predict the future. Future consequences or outcomes. What you do have control over is right now. What you do today to better your life tomorrow. Don't worry about the could've should've would've in life and do the best that you can. -You cannot control what people think of you, that's outside of your control. You can control what is said about you by what you say about yourself, helps.

Don't assume that everyone knows who you are. What is known among social circles are not widely held beliefs about people, places, or things. You have to just keep moving forward in life not worry about the past coming to fruition, but by being present thinking forward you have the power to change future outcomes for the better. Looking forward see yourself as you can be not as you are or have been past to better yourself. Only you can see from within, listen to yourself often and always follow your instincts.

Once you fall for someone it's like non of their flaws exist. That's called accepting someone for who they are, unique, just as they are. You cannot expect someone to love you if you do not love yourself. You cannot expect to have in life what you

cannot build for yourself. Everything take time, care, and attention to detail. Always takes your time in life to figure out your cares and what's important to you. Your priorities in life make or break you. Choose wisely how you spend your time, as life is short or long depending on how present you are.

Sometimes you can't change your life and feel stuck. That's normal. With change comes fear, fear of the unknown. You won't know unless you try. Always do your best to see for yourselves and sometimes know when to stop and listen to others without having to go through painful learning processes alone. Always be a good listener, that's how you get and stay ahead in life, not by whining, complaining, or ruminating about mistakes past own it you lived it its your life, what more could you ask for. You are always in charge of you. Be the best version of yourself.

Take yourself seriously always. Even if no one else does.

You won't know your self-worth unless you try your best to be you. It's a worthless waste of time and energy fighting the opinions of others. Always be you. Don't worry what other people think that just causes insecurity and loss of self-esteem. When you worry too much things tend not to fair well for you why it's important not to worry.

When it comes to addiction and recovery there will be a lot of disappointments in life. You just have to keep going. Maintaining sobriety is so important for success. If you are going to be too nit picky toward yourself you'll never make it. Don't be so hard on yourself, just keep moving forward.

If you can't see beyond yourself it will be difficult to get far in life. Usually those who are compassionate and help others get the furthest in life. Don't worry about social status's as that comes later in life. Being yourself is most important, not attracting others to you is less of importance. What you project you get back on social media. Always be sure to put your best foot forward at all times.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-69-fairy-tales-and-expectations-by-leslie-a-fischman>

## **Chapter 56: Achieving Your Goals**

### *What You Know in Life*

When you know what you want in life, nothing can stop you from achieving your dreams. You only have to accept your past, and move forward, not lamenting

incidences or worrying what others think or might say about you, is always outside of your control and not your responsibility to ever control the thoughts of others about you or about others. That's called fighting when an opinion based on selfish needs is made, to promote an idea or a set of ideas that serves one, is called being selfish. Always be selfless when writing online, considering the emotions of the audience as well as how you may be looked at affected by your train of thoughts. It is very important to always be clear, in order to come across as neat and organized. When you are off center and not all together perfect, you run the risk of being attacked by aggressive people, that is juts how people are, trying to change you or trying to fix you, or trying to get what they want, or trying to manipulate your story or your character, or sense of being. That is called wrong behavior for or toward persons of interest. It is wrong to use people as pawns, for unnecessary causes but ego. That is an unnecessary use of force upon another to break a heart, and is undeserving. The only way to move forward is not to break, not to bind, but to let go.

### *Its Never Too Late*

Hearts break, and its never too late to fix oneself, and move forward in life. We may cry, we may mourn, we may feel physically and psychologically ill, but its important to keep going in life, always important. The minute you give in to sad emotions, is the minute you break, recognize whats hurting you, but don't let it make or break you in life. People will façade themselves toward you, to gather attention, they may even try to persuade you to think things you are not or behave in a way counterproductive to your well being and the well being of others. That's just manipulation, and there is nothing you can do about it. Often times we feel powerless to the thoughts and emotions of others, and this causes concern. Always keep moving forward, report as you go, and always do your best to keep your private and professional life separate from socialization, that is how you stay centered. People will cause blame where no blame exists to try to figure out causes and circumstances for illness always meeting you with disappointment a disgrace. Every way a person treats you is a manifestation of their own weaknesses in life. If they are not doing well, it may be difficult for them to treat you well. If you are not doing well in life, you may be treated as less than, less than capable of deserving a good life for yourself. These are all commonalities of socialization, competition.

### *Don't Laugh Until It Hurts*

Don't laugh until it hurts. There are some people who are still suffering from losses, who have not yet made their amends, and still in pain over who's side to

take. In life you are never obligated to fight, takes sides, or even participate in battles that are not your own. That only wreaks havoc on you psyche, mental health and well-being, and enters you into the blame game, which is a neverending story. Basically you have to be selfish when it comes to accepting any losses in life, that is time to only think about yourself, self-care is a number one priority, and so is caring for those around you. When you are ill, it is your responsibility not to make those around you ill too. It is your responsibility to make strong yourself, and to promote the general health and well-being of those around you. You cannot expect others to be there for you when you are down, why its important to be selfish when not well. You cannot care for others, when you are sick, as you run the risk of becoming overly (overtly ie needy) dependent on others, for serenity and peace. You have to find your own sense of peace in life, if you are to be surrounded by others in peace. You cannot expect others to provide for you something you cannot create for yourself. That is impossible to demand a life that you yourself cannot envision, and expect the same from others to provide for you a better life, you have to go out and do so yourself, make it happen, it will not happen for you lamenting and blaming.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-70-achieving-your-goals-by-leslie-a-fischman>

### *Love and Relationships*

You know you best. Always follow your heart. If it doesn't feel right walk away. Something better always comes along. You never know who you'll meet in life if you don't put yourself out there.

You can't go backwards in life when it comes to relationships you just have to keep moving forward. Sometimes you don't know what's best and you end up short handed in life and alone -that's part of growing up, finding your matches in life. You'll never know who you belong with if you don't do your best give it your all. That's how to find your match in life, when you are at your best the right person will come along. Always match with someone who loves you for who you are and loves you unconditionally no matter what, that's how you know who to be with -someone who accepts you as you are, isn't trying to change you, but loves you as is. That's how you know who the one is. You must also have similar interests in common, by having things in common you have things to talk about. Find someone who matches you intellectually, spiritually, and mentally. That's how you know who's the one.

When you're feeling troubled take a step back. Be careful not to repeat old

patterns of thinking that keep you from reaching your goals in life. It's easy to self-sabotage when we are not feeling well and paranoid that's normal. You have to keep your head up not be defined by your weaknesses but by your strengths - that's how you get strong. When you feel lost -always go to someone in a position of trust for help don't, actually never trust strangers with your problems it could turn around to bite you later on. In order to move forward, with problems, you have to discuss those problems out loud, they won't go away on their own. Don't run the risk of not discussing problems as they may fester again in the future of you bottle up.

No one can tell you the right answer when it comes to relationships ... It's all about: (1) Respect (2) Admiration (3) Representation (4) Care (5) Health (6) Conditions (7) Love; and (8) Dedication. If you don't know what love means to you then you are not ready for love or to be in love if love embarrasses you or you worry about being embarrassed about being in love. You should always choose someone who (9) compliments you. That means you need to know who you are, what you're about, what your needs are in order to begin any new relationship or fall in love. Don't wait on the timing of others to decide what is best for you, or go by the standards of others when choosing a mate, you should choose who you think best suits you and who best to love and represents your best interests, that's love.

You won't always meet the expectations of your mate and that's okay. Only do what you feel comfortable with. You are never required to do anything you're not comfortable with. Always be the backbone to any relationship, always provide a steady voice of reason that's how to stay together. When you love someone nothing should keep you apart. You learn to accept your spaces from one another together and apart, still able to function as a unit. That's called love, that no matter what comes between you your relationship stays the same. And is not easily affected by outside factors or forces. There should be no perceived interferences or threats when there is love, nothing should matter more than the person to whom you share love for, an undivided compassion for one another, that's called love. You can have a better life for yourself, when you're ready.

You can't just give up when it comes to love there's some give and take. There will be expectations but you just have to stay steady not get too wrapped up in emotions. You never know your self-worth until you lose your self-esteem that's when you know you've messed up in life and cannot go backwards. Always keep a good head on your shoulders and always react in a non-selfish way that's the mark of maturity that when bothered we don't react and only react to positive cues not respond to negativity and feed into it or give negative attention away, draining ourselves of positive energy. Do as your told, do unto others as you expect done



to you, and don't do anything you'll regret later on in life, that is what keeps you either moving forward or backward in life.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-72-love-and-relationships-by-leslie-a-fischman>

### *Loving Yourself*

You may not be the best at everything but that doesn't mean don't try. You have to keep going in life. Never stop until you're done and always give your all to everything you do.

It's hard to give it your all when you're not feeling well. Always be patient with yourself. It takes time to heal. Change doesn't happen overnight.

You can't go backwards fixing things. You'll just drive yourself nuts. Once you make a mistake in life your best option is always to move forward and begin a new or better yourself, from where you're at. Always appreciate the present. You cannot fix yourself if you're stuck in the past getting upset over something that already happened. Do your best instead to engage in activities that help promote your future and overall health and well being.

You cannot let the problems of others get you down in life. You have to keep your head up. In order to help others you have to maintain a positive attitude in life. Everybody wants to make a difference in life but it's no easy task. Never help others to make yourself look better or for the wrong reasons -you should only help others if your hearts in it and it's something that matters to you. It's easy to be affected by things especially when you do things against your free will it should always be by choice to decide to help others and for what causes. Always be gentle on yourself never too hard on yourself while helping others that's how you get sick fall off center in life.

Never worry too much what other people think. It just so happens that usually people are so bottled up in their own lives they rarely notice. Everyone needs to focus on themselves in order to do well in life function, it's hard to function while focused on others. Therefore it's highly unlikely that you're that important to anyone that you're focused on in as much of an obsessive compulsive way as you focus on yourself. Learn to let go, always be in control of your emotions you cannot let the thoughts of others stifle you.

If you don't talk about a subject it goes away if you focus on something else in your mind. What's in your mind and what you say if it's a match it will bother you. So only discuss what will not bother you only match up what your comfortable talking about on all sides of you. #mymollydollblog otherwise you turn on yourself if you run through the cones end up on the other side of an issue you brought up.

If you want change to occur in your life, you yourself must be willing to change. You can't expect others to change for you to accommodate your needs. A certain willingness to adapt is required of you in order to achieve no matter what the circumstances are. You have to maintain a level head about yourself if you are to achieve happiness in your life. -You weren't meant to do everything only what you yourself are capable of. You know you best, set goals that are within reach. Be careful not to set the bar so high that you lose the necessary esteem required to accomplish your goals in life.

You take your health for granted sometimes ... Don't wait until you're not well to get healthy then it takes twice as long and more energy than it would had you gotten started earlier. It's like losing weight it takes time but it's doable. Your mental health works in that fashion too the mind can heal itself if you follow Doctors orders and directions you can recover. It all takes time, nothing happens overnight.

In order to achieve happiness one must know what makes them happy. Getting to know your needs and wants in life is just as important as it is to please others, don't get caught up on either side of the coin always maintain a healthy balance between people pleasing and finding your own happiness in life. If you're one of those who doesn't feel well when others around them are not feeling well then it's especially important that you focus on yourself get well in order to be there for others. If you're the type of person who gets sick easily when others are sick then it's especially important that you stay grounded in principles to function well among and not get pulled into sickness. There are some things we are able to withstand in life and there are some things we are not able to withstand in life. If you fear the judgments of others too much that means you're insecure and when you're insecure you have a higher likelihood of making bad decisions and second guessing yourself -have weak intuition. Why they say to get strong to help others because in order to be a good decision maker one must be secure with themselves.

Usually by the time you realize you've messed up in life it's too late to talk about it and you have to just keep moving forward. Sometimes some of life's most difficult challenges hurt our ability to respond well under pressure and maintain a

level head on our shoulders. It's common to backtrack when you're not doing well, but don't get depressed over it beat yourself up too much. So long as you are always doing your best nothing can break you. -Sometimes we don't see things until we ourselves go thru it. It's hard to believe in oneself after experiencing a failure in life. -It takes a strong sense of faith in oneself as well as those around you to achieve well in life. It's easy to get knocked off center these days and lose focus. It's more than just competitiveness that hurts our emotions and coping abilities ... but it's our sense of selves under the pressure of the public eye that makes it difficult to function freely and move about with ease. That's why they tell you less is more and not to share too much personal information about yourself.

Work on yourself when times get tough. You'll be glad you did. There's no use sitting around wondering where you could be in life just go out there and get what you need to get done to get to where you want to be in life. Everything is a matter of hard work and discipline, nothing comes easy in life. You could think you have it all and one bad decision later could lose everything. You have to stay focused know what's important to you what's not. Get your priorities straight if you want to be successful in life.

Always be thankful for what you have in life. Know that something better will always come along, so long as you do your best. Always be fearless in the pursuit of happiness. No one can keep you down but yourself.

If you can't stomach it you're probably out of your league. Only handle what you're capable of handling. Don't venture outside the scope of your expertise. Only you know what you're capable of handling.

No one deals with pressure well. Few of us perform well under pressure. This takes time and experience to perform well under pressure -requiring a certain comfort with self and comfort with self within the given arena pressure is felt. Only you know what is best for you, no one can make choices for you. Never put yourself in an uncomfortable situation in which you feel an overwhelming pressure you yourself cannot withstand. If so that either means (1) you have not set proper boundaries for yourself or (2) boundaries set have been crossed. Know your limits in life. What cannot be said often times is what is bothering us about self or others. Usually when boundaries are crossed do we feel an unnerving pressure to conform. Don't let that pressure to conform ruin your sense of self or make you forgo your usual boundaries you set with others. Sometimes when a boundary is crossed there is no going back, and sometimes when a boundary is crossed that's a way forward letting us know when to let go.

Stress and anxiety can keep you from doing a lot of things in life. It can even interfere with your ability to live life altogether. Living on meds isn't easy, it takes a lot of adjustment to live life on meds. Some days can be depressing adjusting, feeling like things will never get better, but they do. No matter what never lose faith in yourself. Everything takes time. Change doesn't come to those who don't try. In order to get better sometimes you need to think better -this all takes time. It's easy to be stubborn, and try to avoid our problems, often times we are in denial that we have any problems, including stress and anxiety. You just have to keep going in life, you cannot let your emotions and fears get the best of you. It takes a certain willingness to admit when you are experiencing emotions or feelings you are having difficulty coping with and then go out there and ask for help.

There comes a point of no return. And on social media you learn this sooner or later. Your reputation is everything. Believe it or not a lot goes unnoticed but a lot does not. Be careful not to worry others, as the rumor mill runs quick on social media Re: people checking on your well being. -Do everything with tact and always be mindful of your audience and onlookers. It should not matter who is reading and if so whoever is reading should not be made to feel uncomfortable. That is key. Your writing online should never cause discomfort for no reason it should always be settling and if not you must have mental health issues that need sorting out in private, that's always understandable.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-73-loving-yourself-by-leslie-a-fischman>

### *Mental Health Issues*

When you get back to normal, always count your blessings and count them twice. Bipolar is no joke. Manic episodes can last for days, sometimes even weeks. Prolonged periods of mania and depression can be very taxing and tiring on friends and family who eventually run out of patience and compassion. You can only be so empathetic until you leave it up to that person to change rather than give any acceptance away and condone any behaviors that need changing. It's a hard road, and an uphill battle, not many can face alone, requiring much needed medical attention, and a lot of talk therapy to sort things out. Don't get down on yourself, thought disorders can be overcome you just need to be patient with yourself. It's easy to convince yourself when isolated that things are a certain way that they are not. You just have to listen to others when they are trying to help you

get back on track. You can't veer so far off track to the point of no return you should always at least find some middle ground with others when experiencing disordered thoughts and mental illness that's how to get better when you reach out for help.

When you know what you want in life go out there and get it. Sometimes the only thing standing between you and your goals is yourself. In that case -figure out what it is that is preventing you from getting over those hurdles in life. What is it that is holding you back. For some of us, often times our insecurities get the best of us, making it difficult for us to try new things or put ourselves out there, too reserved and held back in life. When we are reserved we don't experience in life and when we don't experience life we miss out on opportunities we could have had had we put ourselves out there more.

When the years seem like they flew by its almost like that out of body experience -when you feel yourself looking at yourself wondering how you got here. There's only one of you, and if you don't like yourself now, then you better start trying. Usually people who don't like themselves now, liked themselves in the past, but cannot replicate that feeling at the present and because they can't go backwards can't move forwards or see forwards well or see themselves visualize themselves well in the future. It's more than nostalgia and living in the past, a has been, but it's being completely avoidant of now living for the moment and appreciating the present and what you do have -focusing too much on the past is a sign that you're not in gratitude but that you're unhappy ungrateful and not appreciative -scary to think that of yourself but it's true face it. When you're not happy with now but happy with your past you're not appreciative of what you do have. Notice that had you not gone through what you've gone through you would not be where you are today, had you not experienced what you experienced in life you would not be where you are today or have what you have today that's plain and simple -a plain and simple truth. Always keep that in mind, be in the here and now.

When you think you're larger than life that means you have a bigger head on your shoulders than you deserve. Means you're not appreciative of where you are in life do not realize what you have in life therefore have no awareness of what you have to lose in life by engaging in risky activities and behaviors. It's only until you lose everything do you realize this. When under the pressure of any microscopic lense we of course take a closer look at ourselves. We cannot control how others view us only control how we view ourselves and what we do here forward with our lives to better ourselves. No one can take your life away from you that's up to you to decide for yourself what you are willing to let go in life. - Know that you are not replaceable above all things you are most important to repair. You can lose everything but most of all never lose yourself always be in

control of yourself and your emotions, calm.

Nothing is perfect in life. We must address our concerns in a piecemeal fashion always. Don't rush through the problem solving process, always take your time when in crisis. When you get to your core concerns think what can I do to better myself to better my life to help better the lives of those around me. Think first from your own shoes not from the shoes of another when it comes to problem solving and resolving issues first within yourself. You cannot help others until you yourself are whole feel whole and complete. Think what is it that will make you feel complete in life then go out there and achieve that. Whether it's work, relationships, friendships, social or not -everything takes work, a conscious effort put forth to make it work, always do your part, know your part in it, if you want to be apart of the lives of others. Nothing comes easy in life. I was once told to surround myself with people who have something that I want or a quality I don't have. Huh? I thought to myself. But what if I already like myself. This was a hard concept to grasp that in order to change you had to not like yourself and want to be like someone else, however that philosophy makes sense I'm not sure how and why but for the sake of wellness I can see that for that quality of well one should strive to achieve the same.

It's not easy to move forward after experiencing any type of loss or failure in life. Always think outside of yourself, you are not the only person in the World with problems, there are others too who struggle, and who may even have it worse off in life. Always be grateful for what you do have. Until you realize what you do have, will you be able to achieve better in life. You have to appreciate now in order to begin building a better life for yourself. One step at a time. Recovery is a process. So is overcoming mental health issues, and the stigma associated to both. Learn to accept yourself in spite of the opinions of others, what people think should not bother you nor keep you from achieving in life.

Be strong, first for yourself and for others. You never know what life will throw your way. Always be there for others, understanding and compassionate in times of need. You never know when someone could use a friend or a helpful sounding board in times of need. So long as you mean well you can do no wrong. So long as it is always coming from a good place you can never say the wrong thing no matter what the circumstances are. So long as you are conscientious of the feelings and the emotions of others and do not bother those who are directly affected by current traumas nothing you say away outside the scope of that trauma can be applied as affecting or intended to affect those who are in a state of trauma. Only by direct association in the line of duty are we associated to those who are affected by traumas to which we seek to address via services we provide through volunteer work within the given organizations we volunteer for. Otherwise words

shared in private spaces aside from volunteer work are not intended to be associated or applied to volunteer efforts which are separate and supervised by a professional organization.

If something doesn't make you feel good that usually means stop. Never continue engaging in an activity that causes you or others harm. Sometimes you need to learn how to let go. It's not easy but we were not meant to do everything at once and spread ourselves thin, at best we can pace ourselves, multi-task, and by working diligently get things done accordingly, but not always as planned. We can do our best to be on time, have good timing in life, and be prepared, but we can't always expect the unexpected and when the unexpected occurs it's not our responsibility to blame others for surprises, had it not been for them no surprise would have existed or come about. You just have to have faith in the systems in place and let people do their jobs, and know that everyone always does their best. Have faith in that. We cannot consume ourselves with emotions that don't help but hurt us more than we are already hurting or have already struggled with. Learning to cope and how to go about dealing with emotions is an ongoing process of recovery and healing that takes time. Always be patient with yourself and others.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-74-mental-health-issues-by-leslie-a-fischman>

## **Chapter 57: Understanding Your Moods**

(Understanding Yourself):

Life is full of highs and lows you just have to be ready for everything always stay balanced. When you get knocked off center the best way to get back on track is to take a step back -assess what's gone on and what you need to do to cope better or deal with what's going on in your life. The more you avoid your problems the worse things get. Always face life's challenges head on don't be afraid to ask for help. It's easy to get stuck in our ways stubborn and not be good listeners in times of need, that's no way to move forward and find resolve. The best way forward is by properly coping with our problems dealing constructively with our problems in a way that does not affect or impact others but can deal with do so privately on our own, not in public spaces. There's a certain risk to expressing yourself in public spaces -when you overexpose yourself you run the risk of either (1) embarrassment (2) embarrassing others (3) discomfort meaning making others uncomfortable or you yourself becoming uncomfortable in public or around others in private or public spaces. It causes mental illness to overexpose oneself

and to share ones problems in a group setting be very careful to whom you confide in and make sure always to confide in those who are trustworthy and professional if not hired professionally to help you such as a Doctor or Therapist.

When aggravated don't feed into the negativity that will only bring you down in life. Some are just looking for negative attention don't feed into it. Always focus on yourself. When in love the best way to make it work is to keep busy and to focus on yourself not get jealous over the little things or possessive or paranoid. There's no use being with someone if you can't trust them or if they can't trust you it will never work out you have to be stable in order for any relationship to work out.

Don't wait until it's too late to say how you feel. In the alternative -don't say something and later regret saying what you've said and wish you could have said things differently or not at all. Once things are said you can't go backwards. People will think what they want to think. Everyone has their own MO in life, and it's not for you to judge others based on how things appear as to what conditions do or do not affect you. You just have to do you and not worry what other people think. The more you worry what people think the more you empower others to cause harm to you and in return disempower yourself.

You'll never be happy so long as you stay stuck in the past lamenting on the could've should've would've's. Eventually you just have to keep moving forward. You can't let every little thing affect you otherwise you won't be able to function. Part of life requires you to be resilient to stress and strain. That doesn't necessarily mean you have to be a fighter in life give 150% day in and day out, it just means that you have to keep trying even when you don't feel like trying, suit up show up and do you best to be present in the moment. -Life can be odd at times, and sometimes difficult, you just have to eventually learn how to roll with the punches, there are also devastations we may encounter in life ... give yourself time to heal and don't be so hard on yourself. Every step for every journey in life requires a different set of tools and coping mechanisms to get through, as you get older you become better attuned to your needs -whereas as you experience life you figure out what's working best for you bettering yourself everyday. Life's challenging, no one ever said that life was easy, but it's doable don't quit. Give yourself time to heal rest is everything and when you're ready to begin again, hopefully everything will fall into place if your house is in order first.

These things you cannot predict best you can be is stable during times of turmoil. When others need you -be there for them. Likewise, if you're lucky that same care will be reciprocated should you need help one day whether by those or by others receive help from. You have to always be patient with yourself and others, life's



not necessarily about lessons as much as it is about overcoming emotions and dealing with emotions constructively if there's lessons to that then that must be what lessons are about. You have to stay calm under pressure and willing to go about the changes you encounter in life, it's easy to get sick and discouraged when focused on the wrong things in life or on our own weaknesses in life, best to stick to your strengths always in times of need not be experimental and handle things one by one as needed not overdone or in excess -making good use of your time and the time of others. Your health is everything focus oriented, what you focus on matters, what you focus on affects your overall health and well being, what's important to you in life gives your life meaning must always be things that support positive functioning help you and/or others make progress in life. Whether as an employee or volunteer or student any type of work achieved is good work under the supervision of professionals. What you do outside the scope of your assignments is up to you to decide -spend your free time wisely. Don't waste time forming unhealthy habits and spend your free time forming healthy habits you'll thank yourself later for it.

It takes awhile to figure out how to pick yourself back up again after you stumble and you fall. Some things don't come naturally to us. Sometimes you have to envision a better life for yourself in order to live it. You can only get so far in life wondering and contemplating about where you're headed in life or where you want to be in life wish you could be in life that eventually you have to start being proactive and doing things everyday to help you get to where you want to be in life. Although nothing comes easy in life, nothing comes pre-packaged either, there are no pre-packaged remedies or solutions to problems most of the time and we have to figure things out on our own. That's the toughest part about life is learning from our mistakes and living with the burden of those pains, regrets in life. You have to just keep moving forward.

You can't keep blaming yourself every time something goes wrong in your life. How you put things together matters as to resolving your own problems and where you fit in relationship to those problems, knowing your part in it means knowing when you're wrong or right and when you know and understand that then and only then can you correct that behavior. -No one ever assumed that anyone successful could ever acquire problems of their own that they were unable to deal with -that's a false assumption that just because someone is successful that they're somehow immune from the experience of problems. They say everyone has problems -that is true. We are only human, whether at the top or not we are all capable of being emotionally affected by one another, that should come of no surprise. You just have to be open to new experiences and accepting of the past, if you want to move forward in life, that's the easy part, the hardest part is processing the past while trying to stay present and be awake enough to plan for

the future.

If you want anything to go right in life you have to stay steady but not slow ie fast enough able to keep up with the pace of life. This takes time and adjustment. Some of us have disabilities and find difficulty functioning and performing in general focusing on tasks, overcome by worries and fears that keep us from accomplishing our goals in life. -If you live in constant worry and fear you'll never get anything done. The best way forward sometimes is to regroup think twice backtrack if you need to reprioritize and step forward anew.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-75-understanding-your-moods-by-leslie-a-fischman>

### *Instability*

Instability is caused by lack of stability not fear. It's what you think is going to happen that keeps things from happening in your life leaves you at a stand still unachieved. In order to achieve in life you need to be moving forward and doing daily things that better not only yourself but help prepare you for your future becoming steadily someone your future self will be proud of. Never do anything you would ever regret. That causes one to resent oneself, whether in private or in public never do anything that you're uncomfortable with. For those of us who are very conservative it's hard for us to let down our guard and when we do let down our guard easily taken advantage of then in the reverse rejected treated as less than I don't get it.

Even in times of hardship, mistakes are made. You would think that the fewer the options in life one has the better the choices that person would make in their life. But that simply is not the case. -People subject themselves to harm when in the public sphere under a microscope why it's important to maintain your sense of privacy to keep a level head about you, now that makes sense.

You cant wonder how things could have been that never were, if not -if things were never good then no such losses in life should bring you down now. You would think that that were the case so but its not. Sometimes we suffer immeasurable harms from mistakes made in our lives that cannot be corrected no matter how hard we try.

Sometimes you don't full understand concepts until things happen in your own

life or to the lives of others presently to understand values, that's the sad truth that losses bring, added value to life, by leaving us with less to value, that should not dictate to us what's important or who.

We may gain confidence we may lose confidence it's all a matter of how you present yourself. Be kind to yourself and others throughout the process of recovery unyielding emotions of self-doubt due to lack of trust causes us not only to second guess ourselves but to second guess others -also known as paranoia. Be wary of the consequences of withdrawal from any stimuli as the fog is only momentary and requires a certain back for regrouping and focus on attentions elsewhere toward happier places in life sources of light in sadness and strength in doubt and courage in hardship those are marks of a good person willing to move forward of strong character not weak attributes. Be gentle toward yourself -you cannot fix all things about yourself but you can learn to accept the parts that have caused you pain in the past, resentments, harm, and pain personally, professionally, and academically we call these failures in life due to (1) lack of focus (2) treated as lack of focus due to self-error not error on behalf of others focus or needs. That's called a resentment when we blame others for our current status for a time passed.

When someone doesn't like you they won't like things about you and you will sense that outside of yourself dislike toward you that interferes with your own ability to be happy function positively among. Your ability to adapt becomes circumvented by the characteristics traits opinions of another not your own to whom you've come into contact with that's called a voice. How one hears voices, paranoid.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-76-instability-by-leslie-a-fischman>

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### **Chapter 58: Journal Notes 1 (Handwritten)**

Being put together. Some people put things together to hurt you, if you allow them to and sometimes people put things together in a way that helps. –You cannot control the interpretations of others. Whether for or against you. It does not make sense why anyone would read along and not support me. But take benefit. –That does not make sense to me –why anyone would acquire information from a person they do not like. For what reasons are people negative toward others? For what reasons do people bring up the past (not true) to serve and benefit themselves, their viewpoints. For what causes do they seek to trigger to benefit themselves? There is always cause for worry once aggravated. Occurs when one side is not doing well and to better themselves bring down another side. This is called competition for happiness. When one cannot be happy for others or another's happiness irritates them.

That doesn't make sense to me. Everyone deserves to live a normal life and do the best they can to achieve a normal life. There is never any excuse for anger or hostility toward others. Is never justified if not purposefully provoked. –Some problems exist within themselves. In it of themselves –in existence – meaning not existing because of others. –Problems, ideas, or thoughts. Are most likely generated from their own concerns. Assume from a good place to not contribute to those ills. –I was thinking about this today –There are conversations, then you leave conversations. How to control yourself during unwanted conversations and what to do in the event of aggravation. Usually its best to walk away, leave the conversation and not engage others in conversation –avoid fights. –How you function afterwards –is in your control.

No one can control you your thoughts behaviors or how you function in life. It is never your responsibility to correct those who have harmed you. People who are exposed to abuse, used to those types of relationships will repeat those patterns toward you –hurt you again. Always be understanding. Especially when it comes to family and friends. Listen not tell people how you feel, but try to make new conversation, not relate whats going wrong with individuals not concerned with personal issues. Platforms are not for attention but for communication with others. How people identify themselves is their own responsibility, not the responsibility

of everyone ever to help one person. A person should fix themselves to match their settings and blend in. Not stand out to be fixed. That's trying – recipe for seeking unwanted attention to if talked about can place blame on others –try to make someone like you or have similar issues to be addressed or fixed. Best to get professional advice, not wear others out with negativity. Once you change it will seem like everything changes around you.

Be thankful for every passing day you live. Life is not short but it does not need to be painful or lived in regret – if you make the right choices no one can hurt you. – Only yourself by your perceptions. –Your cares and by your outlook in life and by the judgments you pass on others. Look to your future for peace. All that your left with then is your present. –Your present circumstances always figure out/predict your future. What may seem trivial in retrospect is never easy to bear when presently undergone. Everything you've been through in life matters. –Welcome your thoughts with a critical and smart heart that cares for yourself help yourself achieve your present –noticed achievements will always help others in a way that's not hurtful but helpful. Never manipulate emotions recognize them and always set them aside first.

What you willingly respond and react to will determine your ability and your ability reflects your present outlook without having to explain yourself to others. What makes sense to you may not make sense to all. –You have to find your own drives in life –Whether or not always maintain stability a sense of normalcy to achieve inner peace –we discussed this.

“Once you change it will seem like everything changes around you” 12-18-17

“Always be the best version of yourself” (@leslie\_fischman, Instagram 2016).

When you change what matters to you will help you overcome what bothers you. Change occurs daily never at once and always in parts. “Whole is the sum of its parts” #famousquote. Never cease to exist –your mind matters but your life and livelihood accepted is more important.

You should never become too dependent on any one thing or person for love. That is up to you how you play your cards in life and where you end up in life is up to you. Don't fret the small stuff in life. Always focus on the big picture. If you're not where you need to be in life and not happy then think about what will make you happy in life. Never get too caught up in the delusion of unhappiness. Don't lock yourself into unhappy or unwanted thoughts. Think about what it is that will make you happy. Is what you're doing right now going to help you achieve happiness in life why or why not. Don't let anyone bring you down in life. –We all get sick sometimes its all a matter of getting well and staying well.

You have to be careful –what you consume affects you. What is becoming of you is when you represent yourselves and others well. Always be in control of your emotions. What you send out (energy) gets sent back to you. Especially on social media. –Where we are easily affected by others and easily misread. Who you are and who you are associated to matters. You build those associations to you by the likes you choose. –How people see what matters to you –and what you're affected by. Always see the big picture. –Nothings a big deal if you don't make it out to be a big deal. Think in terms of consequences. –How does your audience feel. That's a good indicator of how you should project yourself online to others –help make normal others. When you are normal everything around you will feel normal too.

Im not feeling well today. Im not sure whats wrong it must be stress ... on my heart making me feel bad about myself. Im having difficulty feeling good in life and finding joy and satisfaction again in life. I just want to feel well and do well. Maybe I need to study for my life and health exam. [At the time I got a job as a life insurance agent, and did not stay, too difficult to learn new material right now, that's why]. I think that will make me feel better about myself not communications. I think too many communications subjects me to harm and hardship in life. Im trying to just maintain a steady head on my shoulders at this point not worry too much about what others think of me and just stay positive. Im not sure whats wrong with me. I should not need to convince everyone of my mental illness or whats wrong with me. I just wanted to do well in life and now Im not doing well. I don't think that my life should be ruined. I should still have an opportunity to achieve in life and do well with or without others. [ie. Be independent of others, regain my sense of self-confidence].

You have to be careful what you write online not all of it is in your best interests to share out loud –some of it when put together can make you look delusional and paranoid when written said out loud and explained. If its just something bothering you it need not be something that has to bother everyone. That is a misnomer that something that bothers you a little now is so important to discuss because it will bother you more at some future point in time. You just have to let things go and not be bothered by others or happenings, whether or not to do with you or others. That's just a manifestation of your paranoia nothing to do with the judgments passed by others.

When you're bad, people will try to situate blame upon you to get you to say and behave in a way that illustrates what puts you in those shoes in life and what is considered your downfall. Always listen to others and not try too hard or be defiant as that looks like ego over compensation for retardation or disability/addiction. You cannot change what others think of you or be put

together. Sometimes you have to learn when to quit or change pace or stop before its too late, you only have one life to live, don't ruin it chasing dreams, or you will not feel good about yourself if you do things to feel good or to make others feel good just work hard, be your best self.

Just because I don't write doesn't mean I have no thoughts. Im just resting need to conserve my energy due to burn out. What is wanted –is what is communicated. You have to be strong.

When people get upset with you they expect something from you provoked behavior to cause a consequence or a fact to occur to connect. That's mean and elaborate to connect bad to good. You cannot go backwards in life image wise once youre done youre done. Its hard to repair yourself. Its never too late to get healthy be well.

You cannot be a machine in life you have to keep going but not put yourself at risk of harm. That's not just about image but about your health and your heart. In order to stay strong you have to be good.

I feel like literal interpretations can cause illness. Its not for one to judge the other based upon choices in life.

Its never too late to change and speak well of yourself otherwise they test for negative patterns hurt you. Always listen to your Doctor trust them.

No Im not always on my phone. Im a writer. I wrote my book on my phone.

I don't think that setups are necessary to hurt others esteem to prove guilt or not be watched constantly that's an abuse of power an unwanted touching of my mind. Im not an experiment. I cannot listen to songs of victims. That's too polluted harmful to the purpose of being positive not thinking negatively about self and/or others. I'm sorry I said to my Dad if he goes I'll go with him, that wasn't nice of me to say that, I should be positive. I never complain or blame others for my problems.

You cant win them all life is not a game to be broken or one sided or not. No harm to others is ever valuable to society.

Im having difficulty being. My sense of being is physically disturbed. Why Im on heavy meds. I don't have identity issues. Im not a violent person toward self or others. Im not feeling well feeling ill need to get my rest and sleep now get my



energy back no worry others. Not share pains or delusions just be normal.

The [times are] really traumatizing –pause long – nothing to say. Zoned out. I think that its very difficult to help others when you yourself are not doing well strong. Life can be traumatizing. I just need to focus on sleep and rest, recuperate. Think. Im starting IOP again. Was planning to, but not going to go, I don't have time to sit and talk. Maybe that will help with my thought disorders. Keep me centered. Focused on me.

### *Follow-up*

Now looking back, I can see the impression that was made of me by my actions, or reactions, irrespective of whether I have written a book or not, deserving of respect later, based upon a foul impression of me, as someone who is dirty. I now understand what dirty is, when someone who is with someone over a period of time, or commitment then leaves and does someone else, that is considered dirty, and then going back to someone to whom someone is in a committed relationship with is considered doing their partner dirty. This is why and how STDs occur, when you cheat on someone you are supposed to be waiting for in life, for marriage or for commitment long term, that waiting period not hearing from them can be difficult, like there is a distance between you, that cannot be filled, as they are connected to interests maybe that do not include you and seek to communicate with you only when you are well. Then in that case change their minds about you, as fair-weather friends or lovers. Do not toil with the minds of others, or try to project circumstances upon them to make them look or appear different than they are or more capable of being quick minded and hustle just as hard in life.

What happens when others try to be you in life not themselves problems occur. – You can always help others but you cannot always be perfect in life. It takes time to get to better in life. –Life's not all about mystery. –When you share too much about yourself you run the risk of getting blamed in life for causes and circumstances outside of your immediate control. –You cannot change others only yourself. Don't expect people to change for you. You are responsible for yourself always. People will think what they want if misguided to feel better than. –That's irresponsibility toward others.

Secrets don't really help when everyone knows something you don't know. – Setting you up for failure in life, when you do your best and your best is not good enough. –You get compared to the ill –wealthy. Im not successful with money never paid. –Don't make me ill, treat me as sick. –Need to take a nap now rest.

When you're not feeling well there is nothing you can do to make your life better. That's when pain hits –it's called disappointment occurring on a high note in life when you are doing well and you get sent backwards in life. –So you cannot function well. That is how people get hurt caring for and about others. Always be respectful of the time and spaces of others. –You never know who is fragile who is not. Always be kind to others.

I never self-sabotage usually when doing well you attract others and from that attention a judgment is made as to your sense of being –niceness to others, care future well being in hardship.

The feeling like you can't go backwards in life is usually an error so grave that it hurts your esteem socially permanently. It takes time to recover from embarrassment to self. You just have to stay positive. Not everything you say matters. But you should always matter and what you say about others matters too.

I've been having a lot of anxiety lately about my future and what I want to do with my life. Start a career and marriage. Met a soldier online who likes my writing and wants to marry me. How sweet. It takes time to build a life for yourself. It doesn't happen overnight.

I'm starting to get my energy back slowly. I've not been well these past few months but just starting to feel better again. I've been talking to Drake he's overseas in Afghanistan. I'm going to meet him in April to visit and meet him. I'm not sure what is best for him to meet me here in CA or fly to New York to meet him. This whole thing sounds complicated. He told me to be patient. He wants to marry me.

When I'm feeling faint that probably means that something is really wrong or really unfixable. It's the point –or past the point of no return. Sometimes you have to know when to stop. You can do your best a job well done but eventually you can never get anywhere in time. How do you prevent crime? If I knew how I'd keep trying.

In order to feel well you have to be doing well it's hard to do well when things are not going well for you. –I just met someone new and I hope we are a match. I know that they always say that they can find better. But I just want to be with someone who thinks that I'm good enough for them. –I was thinking about my AA meetings today. I was thinking about going back. I really need a car though. –I just started dating someone new online Drake Meyer. He's a soldier. He really loves me and wants to marry me. He'll be home for a month in April. I look forward to meeting him. He might even come to CA and meet my family. We met

on Facebook he sent me a friend request and I accepted. Im glad I did I ignored all the other friend requests except for his. Im glad he sent me one.

When things are not going well that's not time to change the way you are to accommodate anyone else's needs but your own, that only puts you at risk of harm. Image is not important, and its impossible to look trashy in crisis that's a gives. But when you do not value yourself or when you are not valued you will be treated as trash or trashy and that's how you will appear to others is called image. Some don't care some are picky some conservative. But how you carry yourself your image should always best represent yourself in life. You are in control of your own thoughts and behaviors –any emotional instability is always a product of your choices in life not necessarily by belief, trend, or influence, we are always on our own when it comes to learning, the hardest part.

Reference: <https://www.mymollydoll.com/mymollydoll-book/chapter-77-duplicate-see-page-1-by-leslie-a-fischman>

### *Journal Notes #2 (Handwritten Notes)*

Confidence is bliss –it's a created idea in your head that you are where you're supposed to be in life achieved, you're supposed to be in life achieved, living with purpose. –A purpose greater than yourself. You need no guides in life to direct your focus or ambitions. Its insulting to motivate the motivated or to egg someone who is already hard on themselves.

If you do well in life achieve happiness you are looked upon with admiration. Pain hurts and cannot be repaired. You have to be willing to go the distance for change, and be the change you see in the World, in order for positive change to occur. Addictions and attachments are not the same thing or the same type of emotional investment as is a dream in life. Why you keep your dreams to yourself to reduce interference. Things only come true when you are focused on the present doing well. Not by living in the past with remorse or regret, that is not how one achieves.

Making connections can cause instability and emotional disturbances. Your wellness should not be defined by others but rather by the strength of your character, good character. Always be well to do well in life, how to behave.

You cant plan your life in advance at best you can be prepared. Never assume that everyone thinks the same that's not how to go about life and healthy conversation

to mimic, figure out, or dead into while. You should just accept people for who they are without passing judgment based upon inherited by outside opinions with a higher likelihood of negative interpretation looking inward at all. You should not think like someone outside of you, that causes mental illness.

Too much loss is disruptive to your health it breaks your heart when you experience any type of loss in life can be devastating. How you cope is up to you how you deal with depression. You cannot fall victim to sin or be of low moral when you are down, that subjects you to more harm to engage in risky behavior, risk to your health. When you are not well only you know how to get well, no one can get well for you. When you experience losses that are only of consequence to you, think how much do things matter. How deserving are you of happiness in life and should the opinions of others as to the maintenance of your well being be the business of others to judge, no –your wellness is your gift in life when you take good care of yourself. Its never anyones business how you repair or lift yourself after a down or what happens in your life before a down. Always be strong first for self and others secondly. How you get hurt caring and taken advantage of. Always do your best to think, speak, and behave responsibly –as others expectations matter and the expectations of others can hurt your esteem if not met, these are unknown social skills.

### *Journal Entries #3 (Handwritten)*

#blogpost: Memory loss –causes for is it effective ever to reduce memory input – only if hearts sets on something else in life makes it hard to focus elsewhere.

#blogpost: Trauma and memory loss ... improvement upon focus on elsewhere why the mind travels when maxed out or tired, or processing discourse. – Similarly upon insult a freeze occurs that feels like a fog but if you talk yourself through it you achieve your inner peace without worry for or about.

#blogpost: Lack of sensitivity –makes you look immature when you are put down when you come up you crack or crumble –how pressure freezes you. In order to maintain composure trust is needed.

#blogpost: Be efficient how to be efficient important not to let loose when shy be easily encouraged by others.

When you are not in the right or wrong or lost you feel out of place and out of place causes displaced happiness –emotions offguard set you up for pain, why its

important not to let loose when shy be easily encouraged by others. –Once privacy is lost it cannot be earned by a better image, its not a bad life. Unless you make things worse selfish is when you are overly concerned with you needs.

What does bossy controlling mean? Insecure worried about assembly not concerned with interests likes or dislikes but the whole big picture someone who doesn't care what people think are successful have room to let go in life, love.

When technology causes you illness that means you are dependent on technology to see forward be yourself that's an unhealthy attachment to be dependent on material goods for happiness you should always find peace without necessities. When everything seems easy it was hard to put together –something that settles. When not happy not where you want to be in life don't take it out on others –your unhappiness –that's not how you get well.

When you talk \$hit about good people it makes you look bad and the other innocent. Always direct energies toward self-esteem, progress, -bettering yourself best you can. When you are not comfortable with yourself you have a higher likelihood of being avoidant and a greater likelihood of delays or errors in judgment react poorly. When you take things personally you react poorly. Some commentary if looked for is not forgotten but everything else is forgotten only negative off commentary recalled negatives. –Don't let people trash you because they think you need it or deserve it. If you cant comprehend something -that does not mean belittle to see better or make clear discomforts mistaken for hostility. That's not the way out of a problem. Your best is the only way out of a problem. Your best is the only way to get to good in life feel good about yourself. Acceptance of self occurs when acceptance of your best is well received. Know your best –so when things get worse you have a place to go smart and well you remember in yourself when you don't feel safe lose trust.

## **Chapter 59: Handwritten Notes**

### *Journal #4 Handwritten*

When you separate people it should be for good reason, when theres something off or painful that cant be reversed and two are turned off by the other not a healthy match communications wise. Hurts. Then two people need to be separated apart too much fighting early on is a sign of insecurity a deficiency to the bond not clicking.

Lying is never the solution to any problem it only causes paranoia and self-doubt isolates you weakens your ability to be present set aside your needs for others,

into your own emotions. Why care for those who don't care never cared. Only when well are we at peace when tired we may become ill when slow is not good enough.

You cant live your life disappointed with yourself. When conservative, never loosen up to adjust to others or overdo your mood to compensate for another emotion felt. You can't reverse pain once you hurt someones feelings you cant turn around you either fix amend or you yourself change your outlook and accept be accepting of others. –When its too late independent people hurting one another. Theres a social problem, an attention problem.

What you say you will be reminded of –your mind recalls what you say when anything you say is off –anything off will cue you to an off feeling, and all off things recalled if said when on but not realizing off. That's a later recollection looking back with judgment toward self –nonacceptance causes upset.

Anytime you experience slowness –that's your body telling you you need to slow down process not where you should be in life because focus misdirected either by you or another purposefully or by accident to be sharp one must work hard to think clear that's how to achieve a natural calm in chaos.

When you think things are about you –you are less likely to succeed in life, being self-conscious, not sure or embarrassed of yourself, not like yourself. When things are not going right that's not an opportunity to criticize who is doing well or not bothering anyone in life its by your own merits you succeed mature.

You cant worry about the past so much it only stifles you. Never go to war on yourself, unnecessary hardship due to self-harming behaviors –causes illness, you cannot afford to let down your guard –it injures your character and your ability to behave well. You cannot depend your present unhappinesses –to dictate future consequences –that's you trying to control now to – predict the future –just accept what you know without trying to figure out your future. When well don't hurt yourself.

You cant go through someone's present to figure out their past –That's not how to solve problems –but creates problems or hurdles for others because thought deserved. –You cannot predict the future but you can control how you see the past –always be positive. You cant reflect well on yourself when you are preoccupied doing something else. Its difficult to speak when what gets communicated back is to spite you cause you pain, anguish, or hardship. That's purposeful conduct to screw you over in life as though you think deserved. Don't allow people to take miscommunications too far. That's how you get hurt by what you focus on. Whos on whos team does not matter. How things look from the outside looking in are never clear to someone new unless studied in depth, an individual to cause harm thought deserved. Most people are concerned with themselves not others.

*Facebook (Deductions)*

Don't fight in public or private to figure things out for yourself that's not how to communicate wrongs when you've been done wrong or to correct a problem hurt others that does not stop crime to hurt good people or by attaching negatives to a positive to cause war or blame or hardship upon another thought not deserved of privileges in life or happiness. War is selfish and does not equal world peace. It takes awhile to be known for people to get to know you be patient if to be known God will have its way with us, and people get picked to represent us modified some don't make it. Its about how you present yourself whether liked or not whether respected or not a trusted source worthy of time and attention. Worth hire is about when youre ready not about discrimination you have to fit the bill to get the job that's how hiring practices work, whos well.

Its never right to hold down a victim that causes war let things go move on don't hold people down in life. This causes hurt pain not regret pain. Note yourself not others. [Its never right to attack anyone, and if necessary that bad gets attacked not the good in life, that's how life works, to correct bad behaviors.] Attack bad people not good people, stay right, focus on you. Polarize yourself to a positive - how your battery/heart works what youre drawn to not told to draw or be drawn to. To stuff that you like. [Know where the good life is, at heart, its always achievable depending on your sight in life, not about whether or not you are known well-liked, be at peace on your own, without the help of others to achieve peace, you should be whole on your own. Sometimes you have to lay low in order to achieve peace, to get to the good life.]

Don't teach lessons based upon your experiences to get others to see your viewpoint that's manipulative to concern over concern yourself with the happenings in the lives of others or try to dictate their direction. Be proud of who you are whether or not you are proud of someone else should not matter you should not treat people based on pride. Jealousy and envy [are indicative of] weak souls. Youre personal life shares cause discomfort in others – causing them to lose confidence, how to behave [is a matter of what manifests itself inside of you.] [Sometimes too much information is too much information about yourself, shared if it makes you uncomfortable to share something about yourself then don't share it. What you hold on to in life are your personal regrets in life, things about you.] Listen well to those who are well, tip, to be mature. Don't compete with people compete with solids like books and work ethic. Stop suicide, [its really stupid to hurt yourself over pain to cause yourself more pain, it only brings about more pain to deal with in the future a future regret, why you should accept yourself as you are, not go backwards on yourself, self-harm, move on in life. Reading helps you move forward, strengthens your sense of self and good character. How you

achieve in life, based upon how much you consume, manifests itself inside of you, what you see, see better, know, think, achieve, or practice.]

Don't be defensive over self or people or stuff only the deceased matter in times of need listen to them they wont hurt you. I committed suicide February 2009 because I saw war overseas and joined the #usnavy applied, but because on meds they couldn't take me accept me because of adderrall.

*Facebook Posts (Saved) (2-2)*

Do you do as your told to build trust that's not the best avenue. Be led by your fears? Wrong direction also. Listen only to yourself, too much pressure within, listen to all -too many voices. What you hear should be yourself not others opinions of you like yourself enough not to read into others too much of you you should not be influenced easily by others repeat mistakes to be like that only hurts you moving forward not a good pathway to change to give in to hate toward you. #mymollydollblog #nevergivein #listenoften but not as directed if it makes you uncomfortable then do as you feel is right not give in to bad feelings how bad happens. Don't repeat the mistakes of others to build or make a point. #truestoriesoffailures #goodluck < #hurt

Don't backwards punish yourself presently that doesn't help you move forward in life to take past beef and wear it forward live for the moment try to be new not repeat old patterns love yourself enough to let go of the past accept now and be accepting forgiving of others over the little things in life. #nobigdeal #mymollydollblog you get punished don't set yourself up for hurt anguish yourself if another is wrong toward you that makes worse things. Let go #ignorethem. Support yourself needed support is bad leadership #WEAK skill set. mymollydoll.com no connections = (pure).

Good must be plentiful otherwise a rotten egg in distaste causes disgust if imperfect not viable for the future of leadership then deemed not worthy of pay. Expectations are not good indicators of your best work if you're thinking about now you'll appreciate you if you think ahead devalued if insecure feel not able if you set your expectations too high of yourself not meet them. You'll let yourself or others down. #mymollydollblog lead yourself not others. Don't push away to break up a roll because you fear bad when good. That's not how to self-help. That's how you're in the wrong when you run away from #love or #help. #mymollydoll likeness is wrong. When you explain something after its happened that's forced explanation to credit discredit you make you look stupid by issue pulling objectives from your current pleasantries to send you back to Hell. In other words you've lost your angel wings - knocked down everywhere you go. #thatsokay Once you become unhappy it sticks to you like a memory shadow



glued to your back that hurts just ignore it try to recover think we'll about yourself and there's it takes time to heal. #mymollydollblog

Basically I made a bad decision caused embarrassment loss of trust that affected viewpoints I'm sorry of me not better but worse I need to realize myself known not keep knocking myself down to let others pass. #PresidentTrump #mymollydollblog #habit You deserve in life but never more than you. Okay so poor timing for the I'm not gay #Tinder movement. If I barf that means not ready. That was a poor choice I'm sorry. #PresidentTrump that broke his heart ahead of time and as a result did not trust me hurt him. When you back out means #troubleahead. You stop trouble by being ahead.

By the time someone comes up don't punish them for something a long time ago accept them as they are new, improved better. When you keep punishing a #good it hurts others makes not well onlookers to see inflicted pain and hardship on someone good who's eyes everyone's eyes a few eyes that don't like a person are not a majority but a minority of haters should not equate hate. #mymollydollblog How can you take someone's personal issues personally if I don't even know you. #strangers – Don't allow others to blame their own thoughts toward you as bad or not good enough. To each his own. I'm not responsible for the thoughts of others toward me. #whocares not my issue but theirs w/me. Don't use beef to make new beef and say old beef existed.

Don't use beef to make beef and claim beef exists. #dontfight Our designated problems are the business of #PresidentTrump Group huddle. So what's next. #TrumpSupporters Tired ... Resting in bed. Where you're wrong you hurt in the future in the same way you were wrong in the past you punish you revert to that feeling as corrected when wrong. Omissions are not admissions. That's not how to fix disabled by making dirty or doing them dirty that just causes upheaval of interests non-existent you can't try to hurt someone on purpose that's wrong #bekind #mymollydollblog

Maybe you shouldn't share your likes or your hearts how they hurt you. #mymollydollblog be guarded always set boundaries keep your personal life to yourself otherwise they make dirt out of nothing to see if you make dirt. Keep your mind clean. If you face your fears you detect fears and then fears become you then people are scared of you because you look like fear. That's because you're afraid don't wear fears. Keep moving forward run away from fears. #mymollydollblog If you focus on you where others are focused on you if others focus on you when you're focused you become de-focused focused on what's being focused on you or others - always focus on you otherwise you hear voices. That's how you unfocus attentions. #mymollydollblog (needs work\*) #beyourself You can write as you go in life but you can never predict the future by causing

harm to those not deserving of hardship that does not stop pain from occurring present or not #staywell #nevergiveup #representyourselfwell

If you don't respect those who are well don't disrespect them when not well that's not the solution to cause pain to prove pain that's being a pain on purpose inflicting pain to justify causing pain to those you seem not deserving of respect that's unnecessary pain a gross overstep of boundaries to cause harm to someone harmless results in fighting unnecessary hardships on top of hardships causes a hard life difficulty functioning and achieving that's called disability an inflicted wound caused by someone well who thinks well is invincible or more able than they thought that causes disability when you mistreat someone inhumanely that's caused hardship not worthy of attention because it causes more pain to see overexpose pain causing agents to those in pain ie me #mymollydollblog that's overpowering a well person to cause disability to lift up what? That's called unjustified harm to someone innocent who is not of threat or harm to others only to themselves is a non-risk. Miscalculated risks cause hardships.

Step out stop right foot to the side - Somebody who already knows you has confidence when they see you. #BeHardtoKnow when they know you they do not fear you take you seriously #closetoheart takes things personally when not spoken to is not rejection or error but a made condition pulled away from others withdrawn is depression not lack of confidence compensating for another's depression lifting them can be depressing like an STD.

You are who you identify w/#likeall before you are able to love, love others, not yourself to excel in life you have to be outside of yourself to see well not be misguided it's trusted who hurts the entrusted if you can't see well that means there's something not right around you so you have to change paths keep a log of your activities to notice subtle changes within yourself how to better assess your strengths don't focus on the weaknesses of others that makes you feel negative sends you on a negative tangent toward self hate or hold disgust for others #acceptall by your own positive thoughts is how you move forward.

Follow your every move not the moves of others to see forward how you get lost let down others you have to let go #moveon not to better just to well enough to live life on your own terms set by you how to be get well. #mymollydollblog #stopyourself you can't hide your errors. #livewithyourmistakes love yourself anyways blame no one for #selfharm. That's on you to #fixyourself. Don't over sail over your errors in life that's not how to better self get better to have to regress go backwards to fix yourself. #mymollydollblog that's how to mature again. After you get put down, realize your worth again. You can't keep revisiting your problems. There's no method to #love you are either liked or not #moveon don't get too close to people who cannot be trusted how you get hurt set up for failure misused abused hurt. #mymollydollblog love yourself enough to quit when

love is lost don't replace others allow the dust to settle give people time to heal that's not the recipe for wellness, others. Focus on yourself. Make life about you to live life not about others don't be about others who are not well that's how you don't feel good trying to be like always be yourself admire others root them on but don't interfere w/abilities it decreases your ability to achieve + succeed in life.  
#mymollydollblog

There's no rush to #success. Listen to whatever helps you focus don't overstimulate yourselves that how you get tired. Don't burn out, focus on staying well. #mymollydolladvice Love makes you high use that energy wisely don't give your hyper away it lets you down hold in your light don't trust another w/your light, or else they think you have no light. #CHP Always give light away freely. If you're bad you're light goes out God telling you to stay calm rest your light is dictated by who you are around let's you know how to be #trustothers and listen well to stay safe on time. #mymollydoll

Here for you guys an unnecessary cause to speak to (sometimes) but best spoken by those who it matters to to be heard from within are to be cared for listened to how to help well stay well and get well from within is all that matters, it's not about trust but about helping others calm down enough to realize who's important what matters ... Things? People? Lives? Future? What about now. Now needs to be okay. #feelbetter #getwellsoon Sincerely, #lesliefischman #mymollydollblog  
📌 Let them know but don't care for others when not well you matter most, the not well. Don't blame Exes for your hardships you are always a product of your own mistakes in life not the responsibility of others to resolve your issues or take blame for your misfortunes misfortune can only occur by your bad decisions in life send you backwards in life that's how one becomes ill by regrets or mistakes in life why ones can't achieve who try to perfect selves when wrong offbeat non-acceptance is always if applicable noticed the barrier to one's successes in life not others approval or disapproval #noticethat #mymollydollblog appreciate who's in your life otherwise they'll leave your life too. #becareful.

To: (A) (Friend) I'm okay a bit of a chaos right now in my mind myself not perfect I try my best but not happy with myself right now not about anything I do feels like it's never enough but just need to be patient with myself and keep doing my best not go backwards in life. - To: (B) (Boyfriend) Wait but don't drain yourself caring for love it's not important just icing on the cake sex is stupid love you you're more important to me worth the wait I'm sorry I gave in too much to sin. Hope you'll love me anyways. Otherwise blame gets placed on those around you bear your own shoulders in life in times of need not bear the issues of others. Insult is a product of dissatisfaction with others stay up to get what you want attract goods in life. Be good stay calm don't direct anger toward me I'm not the cause of your unhappinesses unless you allow me to hurt you let self be

vulnerable to my needs always do you first let go xo Sorry love you xo not try to fix the past for anyone's future is mental illness to go backwards it hurts me or others to revisit issues draining apathy #mymollydollblog #mymollydolltext

Once someone doesn't feel good ie me nothing I say makes others feel good or makes sense gets ignored as not important or paramount to the best interests of others to listen to those who are sick or not well. #mymollydollblog Be more like yourself not as others see or say you are how you become something you're not self-title yourself by positive affirmations to make well self when not well or strong. #mymollydollblog Don't rub your faces in the faces of others to make well be well on your own should not have to prove your well to be happy worry what others think of you well or not always be kind to yourself + others.

#mymollydollblog What you post gets connected to you. Be careful what you assemble relate to what your matters are should not be professional matters your personal matters kept separate. #mymollydollblog guilty looks indifferent toward. Recipe for care is #helpall. Handwritten Notes (Notebook #2)

Post break-ups –how you feel about toward one another. Issue spotting in the reverse focus on past issues to review [the] present interest how to solve a problem that keeps going in the reverse on yourself. You cant self-identify problems that are not your own –that you have to be open to the acceptance of others –not just your own opinions in life based upon what you see, think, know is not always known to all, never stop believing in yourself. What your affected by – criticisms are things you take personally –whether you are offended by the behavior of others or offended period by the disturbances of others dictate your level of maturity how well adjusted you are –represents how you think of yourself it should not matter how others think of you –you should always do well.

What your affected by –criticisms are things you take personally –whether you are offended by the behavior of others or offended period by the disturbances of others [don't let that] dictate your level of maturity how well adjusted you are – represents how you think of yourself should not matter how others think of you – you should always do well. Who cares not my issue but theirs with me. When people have an issue with you that's not your problem but their problem with you. You should not be affected, that doesn't mean one doesn't care id not affected by others it just means importance is not placed upon negativity toward why ignored. When you ignore others its not that they don't matter its their interests toward you [meaning] are not the same for you –does not necessarily mean in the wrong toward you but a manifestation of themselves, a dislike toward you should not hurt you unless purposefully inflicted to cause you pain.

You should never fake a depression to see how another responds to you to feel needed in life. Mixed responses to you are based upon interests and opinions –

know yourself well enough not to respond to negativity that's how you get hurt in life. 02-26-18 Once you become well known it looks like known all along. Then dirt from your past gets thrown forward to discredit your ability to move forward be well liked. Reminded of the past. – Disabling your future abilities and ability to be present now. Don't be easily misguided by others –its mentally ill to think youre being watched or think others are after you in life that's called paranoia.

Be mindful not to mislabel people as offensive what you take personally as applied to you is inference where from what bases and purposes [from] which others write is their own business not the business of others. 02-26-18 You have to come up on your own in life you cannot come up using the likeness of others deserved, undeserved, attributable to the kind in order to be well liked, you have to always be yourself, its not purposeful conduct to out the identities of others you think grose. That's not how you achieve well in life by mimicry, but by conscious study of well to get well in life, you cannot study the ill to figure out well in life or be well, that causes sickness to study people in close quarters, you should always be respectful of the privacies of others especially those around you – never be compared compare self. If what is called occurs, then focus on yourself not others to diffuse any uncomfortable situation.

Chances in life, you only have one opportunity to make a positive self-impression upon others its how you look you get treated as. 02-26-18 What feels good, based upon [a] feeling does not mean is right or the difference between a right or wrong or able to tell what the issue is by looking at someone, how the look or feel to you should not matter, that's not how to be well co-mingling your issues with the issues of others, haunts. You should not take things personally when things don't go right in your life its by your own misconduct choices you experience hardship in life not because of others doing well should not make you feel not well. If you don't feel good you cant make another feel good it results in unwanted emotions to hurt, threaten or bring up the past –never give up on yourself in life, that's not how you get better or achieve, that's how you fail.

*Journal #5 (Handwritten Notes)*

Your disposition in life is a manifestation of your willingness to be calm in times of need, selfless in times of need, available in times of need, and not cause then ignore the needy to feel needed that's called manipulating emotions to be above to empower ones self be more important than to lead, be led by your ideas not causes, causes for concern, or power – to empower be selfless to disempower is based upon a selfish need for power to prove above better than put down based upon deserving not deserving of respect or attention, leave yourself out when not up to par to be needed included.

When you start to feel better, think of what you want to accomplish in life. When you're not feeling well think of what you could have done better. –Don't allow negativity to interfere with your happiness in life. –You cannot predict the past. –When you are well you see best as you are now and when you see well you don't feel the past and don't worry about the future. –When you your heart have love for (1) others and (2) yourself. –Then its easy to feel understand now without trying to know the past well or know the future need to know the future to sense know believe in your present abilities. –You should always see best you to be present concerned first with self and others secondly. –You wont know love if you only know love if you feel love –you should recognize love if you feel love – you should recognize love without needing to hear it or get gathered reassurances to know whether or not love exists. Love will not appear in your life so long as you try for it you wont find what youre looking for if for the wrong reasons. –You cant get out of your head what you put in your head that's not how to repair yourself if in wonder, know yourself.

People who are wrong towards you –have (1) issues of their own (2) issues that cannot be fixed by you; why (3) just be accepting of your differences whether by (a) insult (i) direct or (ii) indirect, cannot (iii) be forgiven. When your feelings get hurt (solution) don't hurt the feelings back of those who hurt you that only causes (iv) pain, that pain (v) cannot be reversed by you. – You have to know your limits in life what (A) makes you feel good and what (B) doesn't make you feel good, if B cannot achieve A and if A A is not caused by B. Then surely B cannot solve A Therefore do not be led astray by thoughts provoked that cannot (C) make you better or feel better it will only (D) cause you harm in the long run if you ignore A, B, and C and do not deal with (D) constructively that is doing (E) taking preventative measures not to cause B (what doesn't make you feel good) by (solution\*) acknowledging A also known as your likes to achieve (C) ie better feelings and avoiding (D) ie causing harm to yourself. Happiness is an achieved condition not given in life. 02-17-18 When you feel offended don't give in to feeling bad about yourself and act out in error, or be not becoming of yourself put yourself down when you do not feel well that's not how you get better in life by figuring out others toward you, when you know yourself, what people think of you does not matter, and negativity wont happen in your life unless you allow it to happen –if strong, forgiveness for self (lack of strength) occurs, you should never feel the need to prove others tight or wrong in life –make things about you –or emotions toward you take personally. That causes unwanted feelings toward yourself dislike and self-blame. When you act out of character, never prove those negative [opinions] toward you right = justified rejection toward you ie not good enough to connect or be associate to = lose self esteem.

Who feels insulted cannot be corrected you cannot undo a wrong by giving into insult that only causes more problems. For you moving forward -\*Once you don't

feel good it then becomes impossible to make others feel good about themselves why those who are wrong or not good enough or bad get out down in life to connect their behavior, weaknesses, faults, or wrongs. i.e. Never take insults to extremes and enrage yourself to accommodate hate, dislike, or belittlement by others = shame or not good enough. –If you act poor in public you are not accepted elsewhere for those reasons and future discrimination, thought justified as proving causes –Backward if they can make you look in error continuously –to associate faults and blames. Whos good or bad or better gets realized by who is felt or known in person not by what people say cannot reverse wrongs or bad opinions of others toward goals.

Fix yourself therefore to be better in life. Don't do things to solve problems – always solve your problems on your own, you should not need others to better yourself –that occurs through self-blame, or doubt causes a pause in life you should respond to you when not well not others. Don't hurt someone to displace blame or guilt should anything happen wrong or not toward you that's not how to resolve problems by blaming those who are wrong to establish victims or prove a victim of = retaliation toward, and re-victimization. 02-27-18 What you know in life no one can know better or know better than you, but you your thoughts are what matter should matter to you not the thoughts of others toward you that makes one ill, when one feels insulted –error by feeling, is how another makes you feel good or bad –and whether hardship exists is what you recognize is wrong or right.

Always do the right thing (1) be yourself (2) know when to stop; and (3) know your limits in life. 02-27-18 For the times always be appropriate and appreciative of other[s] accept them as naturally nice not nice to achieve well in life, people generally care more about maintaining (act to maintain) their own happinesses in life not be happy for others, is not how to make oneself better or like, but by achieving happiness once achieved can be happy for others –unhappy is never due to (1) shared unhappiness (its usually to do with ones self-abilities) (2) or caused by happy people (ie well, doing well) or by (not by) (3) knowledge of any information whether good or bad information can help one to (A) see better to (B) achieve (goal) of happiness (C) on their own –and note (D) happiness is not achieved by shared happinesses but by (E) achievement forward only can make happiness or (F) make a happy life exist by (G) view by others, seen. 02-27-18 Never take the advice of unhappy people as usually their insights are geared defensively i.e. selfishly to achieve their own happiness their viewpoint may not always match known issues as related to your life. –You know you best –someone who does not know you cannot help you if and by especially if those who know you do not trust you –or believe in your abilities –then people outside will not believe in you either. How you come up in life does not equal now. Now matters more than then.

Unhappiness when shared cause you pain Then you feel bad about yourself and [therefore/does not equal] (cannot) make [an]other happy if you become ill, they will appear better –by the time you get well no one cares or looks back, only by what you say/or do will they see or know you –help yourself when ill. 02-27-18 Once everyone turns on you its then too late to repair your image or use of likeness will be used to cause you harm –continued hardship is based only on (A) what you allow to happen to you in life (B) not what you allow to be done to you. Don't become something youre not when not well –then you;; never return to whole.

What you see is of your own making need be seen in order for you to feel well about yourself. – Never allow others to hurt or cause harm convince you you are something you are not for some its okay to think poorly of others, for some greater acceptance of others is required to see clear be clear to others whats too late to recall of cause never make happen a fear to make clear or make certain a wrong in the past. Don't send people in the wrong direction in life to prove a past wrong see if revisited or a problem was/or were by causing [a] present or future recurrence to read the past know the past, trust presently known is preferred.

When you feel now worse than you did before you became ill something made you feel bad before/on purpose to cause disachievement in the event of an error a known cause built to prove backwards a wrong non-existent if proven forward is to connect to a forward is wrong planned to let down to hurt ones future in life make an error known to worsen a good condition –make undeserving of a future cause self-hatred not harms. Makes someone not good enough to show up a put down, known in life.

When you get hurt by no reason you lose motivation in life to try –by what wrongs should we be judged mistreated or trashed only by our own wrongs do we [do] ourselves a disservice never rehash the past that only causes more harm than good means –Leave an unpleasant situation not make worse self to appease – people pleasers are weak not strong work to make yourself happy not others.

Sometimes people don't stop until hate justified. Don't live up to poor viewpoints of yourself that's not how you better yourself in life. That only makes worse how you feel in life. When you have paranoia –Don't let negativity bring you down in life make you feel bad about yourself just be well to do well in life not associate to anything that causes you harm why you have to let go –disassociate yourself from what hurts you or causes you harm. When you don't feel well responding to those who hurt you –happy or unhappy –wont help you in life to achieve well – you just have to focus on yourself if not assume the guilt of those defensive to their own wrongs in life toward you cause offense to cause you to become defensive to appear as weak or strong –deserving or not of privileges. Reminders don't really help people move forward in life, lies included. That's not how to get



better in life –Lead from within not from outside of yourself to get in touch with reality be apart of you have to get well to stay well not feel left out or out of the loop –how you get hurt –everyone has lives of their own that need not affect you or set you back in life, things don't need to be about you in order to be happy.

### *Blog Posts Compiled: Social Influences*

Social influences in life are determined by (1) your upbringing and (2) your exposure. These things put together determine your likeness and how you identify within any given group –your adaptation skills. Some are better than others at this depending on their level of comfort with self, and knowledge of their needs and wants know how to navigate these waters we call social classes, setting boundaries, based on esteem, and letting down guards when amongst.

There are some of us who are free floaters, that is if they have a job and have money and are nice, then willing to engage in conversation with anyone, that is someone who is considered a free spirit in life, i.e. fearless. When one is fearless they do not hold themselves in high esteem or categorize them in some echelon as above others. This may not always be indicative of comfort with self, nor of trust with others, or resulting from miscommunications and trusts granted, or privileges taken for granted, but a matter of being nice, for simplicities sake, civil with others, nice to others. There is no give and take to every each and every and all relationship, some relationships are conditional, and some are all together unhealthy to begin with, it's a matter of respect, how we treat one another, and for what purposes we engage with one another. This is because we either one love one another, two have respect for one another, admiration for one another, evaluate and accept one another, or putting ourselves out there to be there for others, there are different kinds of people in life, some are more able than others not by given attributes but learned by skill to help others, we call these people members of the helping professions. They are not our friends, they are not our companions, they do us no favors in life, they are simply there for us when we need them, whether as sounding boards or helping us to navigate unclear waters and helping us to redirect our focus toward other sources, these are who we call members of the helping professions.

Do not abuse the kindness of others, it never reflects highly upon you, in any case to put another down, that's always in poor taste, usually someone puts you down to get you to say something to put them down, making an issue that was just to do with them about you, taking it to a personal level with you, where they interfere with your focus and ability to cope, making it personal, and thus affecting your abilities, so that in the event of any errors should anything go wrong, blame be placed upon them, with advanced warning as the cause of that hardship they've already pre-insulted you. Should you go public and try to accuse them of

misconduct toward you. Planted. (That is made up commentary to make themselves look better).

### *When Your Intuition Fails You*

When your intuition fails you –means you’ve made a bad decision in life you cannot go backwards from –remove from your memory. Usually occurring after suffering some kind of harm. –My boyfriend of two weeks told me today to try to stay out of trouble and to avoid tyranny. I never thought about that. The pitfalls of oversharing, and the thoughts that rule you. It never occurred to me that it was possible for others to turn on me or for me to even turn on myself if unhappy with myself. I’ve always been an overachiever my whole life, never had problems figuring life out for myself, always known who I am and what I’m about, have had no identity struggles or issues growing up. Only later in life, after suffering while in recovery from substance abuse issues and alcoholism, did it dawn on me that I had a problem which I need help curing, and that I was somehow defective now and have to just live with the fact that I’m not perfect anymore. It was told to me by an ex-boyfriend that I was never perfect. That’s not very reassuring from someone who I considered a friend, to say something like that in exchange for positive words, sometimes there’s no going back from embarrassment, whether discomfort caused by you or others or they themselves, just because a relationship is tarnished does not mean one’s image is tarnished, that’s what is defective mentally ill about me.

### *Some People Their World is Better Small*

We were not all meant to perform under pressure in life, some of us are best functioning in a calm environment conducive to focus, and when unable to focus unable to achieve, for some this is called a learning disability. Some people have no difficulties focusing in life. –Usually it is people who are wrong who lack focus, or people who do wrong in life who lose focus, those are marks of someone not focusing on the right things, in life, and because they don’t focus on the right things in life, don’t achieve, or don’t get good grades excel in school or in life, or in jobs. – For some people who have difficulty achieving a small world is better for them, and for some in a small world gone wrong, a bigger world is better for them, it depends on where you fit in in life, is where you end up in life, well liked or not, the main issue. When people who do not like you hurt you they are going out of their way to make your life more difficult, not by jealousy, but because of their losses in life think paramount to your losses in life or needs. Those are marks of someone better than you, who puts you down, until you are able to achieve regardless of what they say. Those who are confident well adjusted do not care what people think or compare self to others, happy as they are, unaware of negativity not on their radar.

### *Even If the Time Change Stay the Same*

Even if the times change stay the same, nothing requires that you change in order to accommodate the needs of others, your needs come first when you are not doing well, and when you are doing well it is your choice to engage in services to help others, that is your choice, based on an assessment of your employer and you yourself by application argue fit for positions in life, and for employment. When we do not fit the bill, well then, we have problems, finding placement, if choosing the wrong career paths, or avenues for achievement, not fit for our skill set. When you change too much, you run the risk of not improving upon ones good character traits, by focusing too much on ones weaknesses. Its important to focus on one's strengths in spite of hardships, why? Because you need to maintain your good traits in order to improve upon your weaknesses, it is with your strengths that you are able to correct your weaknesses and improve upon self, with that positive foundation, a positive foundation is required for any growth to move forward positively for you, for anyone, or for others or those around you to see you grow ie improve upon oneself, that's what gets noticed, is maintenance + improvements = good merits, on good merits achieved, well-versed well spoken = kind hearted generally. When you are not at your best and do not sound like yourself or sound like less than, people who think they are better than you will punish you assume that you are up to no good or need correcting, that's understandable while improving, you wont always get cheered on along the way, or encouraged, that's for those who are suffering or need cheering up, one changes for them, why to be positive, extra positive, its for lifting people when they are down, not for excitement.

### *When Things Don't Work Out*

When your headed somewhere in life, and you don't arrive at you ending point, or destination chosen, you have been misguided in life, either by self or by others. This is a normal occurrence and not unique to growing up wealthy or poor, privileged or under privileged in life, with or without connections, but best to be safe upon your travels in life, always prepared with confidence, that usually helps you get through just about any situation in life, without feeling like \$hit about yourself when you fail in life, or end up somewhere in life where you don't belong. A sense of belonging is felt when among like kind, this creates a sense of security among, and from that sense of security trust, and from that trust a bond. Bonding is the retention of some kind of interaction or social connection by words or actions that connect you to another person, that persons feelings and emotions. These connections can be chosen or sometimes forced upon us without choice, those are unwanted connections in life, usually things that make you feel uncomfortable or when inappropriate or appropriateness is in question –you call yourself into question. And when you question yourself, that signals to others that

you do not know yourself well enough to know how to behave under pressure, therefore lacking the confidence and worth the level of trust required to rise above the situation present. When your life is in limbo, you make quick decisions, sometimes selfish decisions, and from those decisions you are judged as good or bad, or decisions are made for you on behalf of you about you or to your face, considered a certain way, and before long, or long after, or too late, they realize after the harm has been caused where they have been wrong toward you or others, or not have realized when wrong.

### *How Overthinking Can Ruin a Relationship*

Overthinking is a product of lack of confidence, when you question yourself or others. There is really no one to blame when this occurs, not even your surroundings are responsible for your feelings, as you should always be strong enough to adjust to your setting, to others, and to be a good decision maker fair to others, not selfishly lead your life, toward self-destructive behaviors, and self-sabotage, when you think selfishly, not selflessly, and about your needs not the needs of others, when you get turned on its usually because you made a bad decision you cant turn away from, and from that point on you have to constantly correct yourself as you go, to make sure that you continue to make positive progress and make good decisions for yourself. You then become selfish once corrected. The point of getting others to focus on themselves when wrong is to selfcorrect think about what theyve done wrong to reduce recidivism that is a future wrong by them.

### *Why Jealousy is a Painful Attribute*

Usually those who are jealous misread others as better than or trying to appear better than feel offended and when they feel offended they feel like the other is trying to make them feel less than, why girls in groups who seek to get the attention of others within a group to focus on an issue, is called uncomfortable, purposeful and unwanted. When you go out of your way to hurt and out someone publicly as inferior to a race or gender, that is considered an inhumane hardship placed wrongfully upon another, who does not deserve such abuse or lack of trust, when you are wrong know you are wrong and when you put another down to be right know you are wrong to do so, that's a trait of a weak character, lack of respect for others, knowing this doesn't instigate what you manipulated dispositions in others to make your life easier so you can better adjust expect others to accommodate your needs, is selfish. To attach causes and consequences based on old beef is considered a plan. Do not wreck the lives of others or their plans because yours is paramount or more right than their, when you injure someone who does no wrong and is not guilty, wrongfully convicted it causes suicide, not wanting to go home is because of pain lack of acceptance and judgment past, Harvard Amish dew dew dew dew dew dew dew dew dew dew dew

dew dew – So #mountain dew jokes aside he finished law school. I applied to the usnavy 2009, why was I put down and stomped on during finals. Recovering from your losses in life, awards that don't matter, live and move on. Can I see your notes, well Yeshiva said she shared her notes with everyone. Relationship Woos –

#### *How to Keep Busy When In Love*

It doesn't matter so much what your needs are when it comes to caring for another person, that's a given. If you put yourself first before the one you love, then you care for them, if you put them before your own needs then you care for them, also. That's how to properly care for others, taking good care of yourself, while caring for others, otherwise people don't care about you. How you behave is a manifestation of what you feel when you are around others, its basically how you feel about yourself, usually nothing to do with those around you, that you cannot control, others. When you recall your own life, do not project or infer, consequences as to identity and emotions, in yourself, as dictated by those around you, you are always in control of yourself, and should not be controlled by others, unless under their supervision.

#### *Journal #4 Handwritten*

When you separate people it should be for good reason, when theres something off or painful that cant be reversed and two are turned off by the other not a healthy match communications wise. Hurts. Then two people need to be separated apart too much fighting early on is a sign of insecurity a deficiency to the bond not clicking.

Lying is never the solution to any problem it only causes paranoia and self-doubt isolates you weakens your ability to be present set aside your needs for others, into your own emotions. Why care for those who don't care never cared. Only when well are we at peace when tired we may become ill when slow is not good enough.

You cant live your life disappointed with yourself. When conservative, never loosen up to adjust to others or overdo your mood to compensate for another emotion felt. You can't reverse pain once you hurt someones feelings you cant turn around you either fix amend or you yourself change your outlook and accept be accepting of others. –When its too late independent people hurting one another. Theres a social problem, an attention problem.

What you say you will be reminded of –your mind recalls what you say when anything you say is off –anything off will cue you to an off feeling, and all off things recalled if said when on but not realizing off. That's a later recollection looking back with judgment toward self –nonacceptance causes upset.

Anytime you experience slowness –that’s your body telling you you need to slow down process not where you should be in life because focus misdirected either by you or another purposefully or by accident to be sharp one must work hard to think clear that’s how to achieve a natural calm in chaos.

When you think things are about you –you are less likely to succeed in life, being self-conscious, not sure or embarrassed of yourself, not like yourself. When things are not going right that’s not an opportunity to criticize who is doing well or not bothering anyone in life its by your own merits you succeed mature.

You cant worry about the past so much it only stifles you. Never go to war on yourself, unnecessary hardship due to self-harming behaviors –causes illness, you cannot afford to let down your guard –it injures your character and your ability to behave well. You cannot depend your present unhappinesses –to dictate future consequences –that’s you trying to control now to – predict the future –just accept what you know without trying to figure out your future. When well don’t hurt yourself.

You cant go through someone’s present to figure out their past –That’s not how to solve problems –but creates problems or hurdles for others because thought deserved. –You cannot predict the future but you can control how you see the past –always be positive. You cant reflect well on yourself when you are preoccupied doing something else. Its difficult to speak when what gets communicated back is to spite you cause you pain, anguish, or hardship. That’s purposeful conduct to screw you over in life as though you think deserved. Don’t allow people to take miscommunications too far. That’s how you get hurt by what you focus on. Whos on whos team does not matter. How things look from the outside looking in are never clear to someone new unless studied in depth, an individual to cause harm thought deserved. Most people are concerned with themselves not others.

### **Chapter 85: Facebook Posts (Saved)**

You cannot use the identities of others to better yourself. Dont make your issues the issues of others or acquire identities or share an identity to better yourself, let people be themselves dont be controlling over people to make better yourself. #mymollydollblog If you can't feel well on your own means you're co-dependent those who are independent succeed in life not those who are in need what determines success rates in life - by good decision making skills not bad decisions or choices - how people will see you is based on what's disclosed whether good enough to calculate your deserving of success or not based upon how well you're doing now determines how you are treated in life as a bad seed or good seed good or bad how you feel should never affect others. #mymollydollblog Perform for yourself not others no one is ever to blame for your ill feelings toward them that's called treating someone as not good enough then don't engage in conversation

with anyone who you think is bad or a bad seed to begin with not good enough for interaction then interact with no one if not to help but make worse off others how you get hurt in life caring for the careless or selfish. #mymollydollblog

\*Something that inspires you should be well in life to understand yourself your viewpoint should be that of the well not those you feel overpowered by that causes outting to be known what's wrong is not for people to decide in life but for professionals to decide. #mymollydollblog who deserves to #moveon in life and who gets put behind in life there are people who make decisions for us #thetrusted You can't talk people down in life or talk them down bring them down in life because you think it's deserved that's called causing harm and that's wrong being ill toward someone good is wrong that's not how to make better anything or anyone who's not good enough. #mymollydollblog lead by example not by your rights wrongs or accolades in life can cause hardship to you when you are not well enough to represent yourself well how you get hurt. #begood Perform for yourself not others no one is ever to blame for your ill feelings toward them that's called treating someone as not good enough then don't engage in conversation with anyone who you think is bad or a bad seed to begin with not good enough for interaction then interact with no one if not to help but make worse off others how you get hurt in life caring for the careless or selfish. #mymollydollblog If you can't feel well on your own means you're co-dependent those who are independent succeed in life not those who are in need what determines success rates in life - by good decision making skills not bad decisions or choices - how people will see you is based on what's disclosed whether good enough to calculate your deserving of success or not based upon how well you're doing now determines how you are treated in life as a bad seed or good seed good or bad how you feel should never affect others. #mymollydollblog When offended don't people please how you let them win always rise above stress don't give in to people who are wrong towards you how you get hurt when you let hate win. #mymollydollblog always present yourself as best you can and learn how to say no when you don't feel good not down don't worry about how they feel worry about yourself how you make good choices in life find your match. Don't give in.

Know yourself not be in the know. Don't look like or look at what looks like #beyou in order to see well don't take cheap \_\_\_\_ at people because you think they deserve it. Before people come up in life #thinkforyourself don't think for others is what causes you to not feel well when they steal your thoughts from you how you get hurt convincing others your bad when bad happened to you in life is never your fault when someone hurts you purposefully it's by their wrongs toward you you have to set yourself straight in life not trash yourself at the top of any mountain to climb how you never make it in life taken off course in life. That's how you know who's hurting who's not. Don't hurt the hurt let them recover in life. Don't gamble your heart away that means when you're not confident don't

fake it try to make it when you're not doing well how you fail in life when you're not clear you don't make good decisions act on emotions you need to be clear not act out emotions to be heard that's retarded to be emotional makes you look immature I have #learningdisability got a 990 on my SATs and zeros on ERBs by #mymollydollblog I always do my best. Always think for yourself. Kind hearted is how you feel good look good if you feel bad you look bad. And when you look bad you don't feel good. And when you don't feel good you make bad choices. When you make bad choices you don't feel smart and when you don't feel smart you don't look good, why you feel bad. You can't go backwards in life. When you go backwards you see bad forwards Bc the past hurts when you realize you made bad decisions. Bad decisions are what make you look bad and when you look upset others on highs put you down Bc they think you're bad or deserve it deserve to be put down don't allow those on highs in life to steal your heat. Your heat is what motivates you in life to do well always from a good place do well NEVER fight that only makes you look combative immature or not of value decreases your self-worth when you look bad you feel bad. That's why because either (1) you look bad or others (2) think you look bad to them. Don't think bad thoughts of yourself how you feel bad. Once you get out down you have two choice: (1) live or (2) move on. Don't prove anything including yourself in life to do well that's called attracting unwanted attention how you get justifiably F'd over in life like you deserve it. #mymollydollblog - Always see for yourself to see clear not by the sights of others see you. Only you know what you know. You have to abstain to attract #keytohappiness is working on yourself how you sound well no matter what gets thrown at you you have to be hard headed to write well. #mymollydollblog listen to those who love you. Don't be defiant #listenwell #trustoften. Best you can do if well is be present - how best to help others - when you yourself are not well - you will not read others well - by your own misconduct are you treated poorly by others or hurt back to undo bad behavior correct a wrong to set straight or right ones abilities in life to achieve #downgraded or #setback how life works bad gets out down in life - why #BarackObama gave money to the poor so that they would achieve a better life for themselves not hurt rich people so rich people and poor people don't fight that means if so not well why we have #obamacare. #mymollydollblog Don't turn on people who help you or admire you how you lose fans in life when you become a traitor to anyone who's supported you let them down. Be good enough for you not others. #DontDoDrugs #Sober #Clean #Celibate (2014) Once you are broken you cannot repair yourself to bond or thru bonding you hurt if you hurt when others are well means you're having difficulty feeling well with or without others means you need help thinking are thinking not well thoughts misguiding yourself through hardship in error decision-wise when you say the wrong things creates unwanted attention or dislike towards back not in agreement not agreeable means no bond or match in life why non-matches get out down so that they don't bond



with well affect well. #mymollydollblog how one achieves illness is when well makes a bad decision trashes themselves while helping others = distrust. Distrust means not trusted. Once you commit suicide (2009) no one forgives you treats you like your invisible or hurts you to test your ability to live on your own thinking you're not deserving of moving forward in life or having a new life If someone does not value or appreciate you does you then rejects you, don't hurt yourself, over love given or received, or over minor disturbances in life, cause harm to yourself, be sensitive and empathetic but not at your own expense. Don't hurt yourself to cause blame that's not smart to hurt yourself to accept self you have to achieve in life not hurt self or others.

Life is not about acceptance but achievement that's how you gain acceptance #achieve #beyourself. If you're not you others won't want to talk to you because you not you is not well that's a basic understanding of knowing when you're not feeling well need medical #help. Don't act out. Someone who works hard to fit in and not accepted means they're doing themselves wrong in life not others looking for acceptance you will never be accepted when you ask for anything in life it will not come to you you have to do your best to yourself to attract good into your life do well on your own merits not by connections feel whole that does not reverse hate toward you only betters hate toward you do not live up to expectations good or bad just accept as you are now do your best to repair what's broken or doesn't feel good about you DO NOT make you're problems the problems of others bring anyone down at your own expense you fail seeking for love love comes to you in life + by that empowerment is deserved the secret to love is reversing self-hate accepting self achieving to attract good into your life that's called overcoming hardship. #mymollydollblog

Over time rejection by someone you love and trust = loss of self-esteem inability to give love physically an aversion to human contact then you cannot appreciate life once averted you don't feel good no matter where you are in life means purposefully isolated not by choice isolated made to be that way on purpose because thought to be bad - trusted is connected to life not trusted is disconnected to life + being something you're not is called overcompensating > #Tinder because felt like you're not good enough = Bi how gay happens when you get (1) hurt or (2) rejected AND causes are known causes means someone is being disrespectful toward you making you look like something you're not to your face or behind your back for credits. Is called mental illness to need credit to feel good or better than others > is wrong being wrong toward others for credit for rights wrongs or failures are caused conditions thought deserving of punishment is called wrongful accusations to cause wrongs are called rejections to cause harm ie suicide is how one F's up in life ends up short handing you cannot blame others for your own mistakes in life or cause consequences to make better your life for yourself once you get labeled bad you will not be well-liked and socially there is

nothing you can do about it until you become well not respond #bequiet. How to fix yourself under pressure not direct blames but accept when you + wrong and report to those superior to you to fix others not you is called being selfless not the problem those who help do not make problems of themselves only problems caused to them for those trying to better themselves at your own expense when wrong you are wrong need to fix yourself don't damage yourself on top of being down in life then you'll never get up achieve in life. #mymollydollblog Give thanks to those you know you by direct interaction help you see yourself better it's through their acceptance of you you see best fit yourself for whatever reasons you feel down its because you're connecting with someone or someone who makes you feel down or who is or is not bringing you down who you love, don't then let yourself down. #mymollydollblog please yourself not others. Love who pays attention to you to receive love otherwise if you ignore love it leaves you if you mistreat it it resents you if you betray it it never forgives you - love always one at a time not give love received to others drain the giver of love because you think stronger than they are, you have to be supportive back love too.

It's not about competition never be better than in love. Love is about giving. #love When someone doesn't forgive you for something in the past either you or they were wrong and have not moved forward on the issue with you or you toward yourself - it's lack of forgivenesses that causes bad luck moving forward when you do not love someone who loves you who you blame for your problems currently is when you think better than them or your problems trying to move forward or away from the point at issue which is always you you need to focus on what matters to you not what matters to others otherwise your disbelief in others affects your belief in you always forgive in order to move forward see clear without bearing the guilt of others that's combining bad energies or forces toward you you've experienced -once you turn on those who were good to you then you know you don't appreciate or value those trying to help you or who've tried to help you how you end up alone.

How you feel is based upon who you effect is your trying to effect people you need effects to feel good is wrong. When it's good and you complain you don't move forwards in life the minute you complain you break among not rise above but fall below. Give thanks to those you know you by direct interaction help you see yourself better it's through their acceptance of you you see best fit yourself for whatever reasons you feel down its because you're connecting with someone or someone who makes you feel down or who is or is not bringing you down who you love, don't then let yourself down. #mymollydollblog please yourself not others.

If you can't feel well on your own means you're co-dependent those who are independent succeed in life not those who are in need what determines success

rates in life - by good decision making skills not bad decisions or choices - how people will see you is based on what's disclosed whether good enough to calculate your deserving of success or not based upon how well you're doing now determines how you are treated in life as a bad seed or good seed good or bad how you feel should never affect others. #mymollydollblog Perform for yourself not others no one is ever to blame for your ill feelings toward them that's called treating someone as not good enough then don't engage in conversation with anyone who you think is bad or a bad seed to begin with not good enough for interaction then interact with no one if not to help but make worse off others how you get hurt in life caring for the careless or selfish. #mymollydollblog

You can't talk people down in life or talk them down bring them down in life because you think it's deserved that's called causing harm and that's wrong being ill toward someone good is wrong that's not how to make better anything or anyone who's not good enough. #mymollydollblog lead by example not by your rights wrongs or accolades in life can cause hardship to you when you are not well enough to represent yourself well how you get hurt. #begood If you can't feel well on your own means you're co-dependent those who are independent succeed in life not those who are in need what determines success rates in life - by good decision making skills not bad decisions or choices - how people will see you is based on what's disclosed whether good enough to calculate your deserving of success or not based upon how well you're doing now determines how you are treated in life as a bad seed or good seed good or bad how you feel should never affect others. #mymollydollblog

When offended don't people please how you let them win always rise above stress don't give in to people who are wrong towards you how you get hurt when you let hate win. #mymollydollblog always present yourself as best you can and learn how to say no when you don't feel good not down don't worry about how they feel worry about yourself how you make good choices in life find your match. Don't give in. Know yourself not be in the know.

Don't look like or look at what looks like #beyou in order to see well don't take cheap \_\_\_\_ at people because you think they deserve it. Before people come up in life #thinkforyourself don't think for others is what causes you to not feel well when they steal your thoughts from you how you get hurt convincing others your bad when bad happened to you in life is never your fault when someone hurts you purposefully it's by their wrongs toward you you have to set yourself straight in life not trash yourself at the top of any mountain to climb how you never make it in life taken off course in life. That's how you know who's hurting who's not. Don't hurt the hurt let them recover in life. Don't gamble your heart away that means when you're not confident don't fake it try to make it when you're not doing well how you fail in life when you're not clear you don't make good

decisions act on emotions you need to be clear not act out emotions to be heard that's retarded to be emotional makes you look immature I have #learningdisability got a 990 on my SATs and zeros on ERBs by #mymollydollblog I always do my best. Always think for yourself. Kind hearted is how you feel good look good if you feel bad you look bad. And when you look bad you don't feel good. And when you don't feel good you make bad choices. When you make bad choices you don't feel smart and when you don't feel smart you don't look good, why you feel bad. You can't go backwards in life. When you go backwards you see bad forwards because the past hurts when you realize you made bad decisions. Bad decisions are what make you look bad and when you look upset others on highs put you down Bc they think you're bad or deserve it deserve to be put down don't allow those on highs in life to steal your heat. Your heat is what motivates you in life to do well always from a good place do well NEVER fight that only makes you look combative immature or not of value decreases your self-worth when you look bad you feel bad. That's why because either (1) you look bad or others (2) think you look bad to them.

Don't think bad thoughts of yourself how you feel bad. Once you get out down you have two choice: (1) live or (2) move on. Don't prove anything including yourself in life to do well that's called attracting unwanted attention how you get justifiably F'd over in life like you deserve it. #mymollydollblog - Always see for yourself to see clear not by the sights of others see you. Only you know what you know You have to abstain to attract #keytohappiness is working on yourself how you sound well no matter what gets thrown at you you have to be hard headed to write well. #mymollydollblog listen to those who love you.

Don't be defiant #listenwell #trustoften. Best you can do if well is be present - how best to help others - when you yourself are not well - you will not read others well - by your own misconduct are you treated poorly by others or hurt back to undo bad behavior correct a wrong to set straight or right ones abilities in life to achieve #downgraded or #setback how life works bad gets out down in life - why #BarackObama gave money to the poor so that they would achieve a better life for themselves not hurt rich people so rich people and poor people don't fight that means if so not well why we have #obamacare. #mymollydollblog Don't turn on people who help you or admire you how you lose fans in life when you become a traitor to anyone who's supported you let them down.

Be good enough for you not others. #DontDoDrugs #Sober #Clean #Celibate (2014) Once you are broken you cannot repair yourself to bond or thru bonding you hurt if you hurt when others are well means you're having difficulty feeling well with or without others means you need help thinking are thinking not well thoughts misguiding yourself through hardship in error decision-wise when you say the wrong things creates unwanted attention or dislike towards back not in

agreement not agreeable means no bond or match in life why non-matches get out down so that they don't bond with well affect well. #mymollydollblog how one achieves illness is when well makes a bad decision trashes themselves while helping others = distrust. Distrust means not trusted. Once you commit suicide (2009) no one forgives you treats you like your invisible or hurts you to test your ability to live on your own thinking you're not deserving of moving forward in life or having a new life #aaronbrown someone who does not value or appreciate you does you then rejects you. mymollydoll.com for #SCOTUS's Fan Club.


Don't hurt yourself to cause blame that's retarded to hurt yourself to accept self you have to achieve in life not hurt self or others. Life is not about acceptance but achievement that's how you gain acceptance #achieve #beyourself. If you're not you others won't want to talk to you because you not you is not well that's a basic understanding of knowing when you're not feeling well need medical #help. Don't act out. Someone who works hard to fit in and not accepted means they're doing themselves wrong in life not others looking for acceptance you will never be accepted when you ask for anything in life it will not come to you you have to do your best to yourself to attract good into your life do well on your own merits not by connections feel whole that does not reverse hate toward you only betters hate toward you do not live up to expectations good or bad just accept as you are now do your best to repair what's broken or doesn't feel good about you DO NOT make you're problems the problems of others bring anyone down at your own expense you fail seeking for love love comes to you in life + by that empowerment is deserved the secret to love is reversing self-hate accepting self achieving to attract good into your life that's called overcoming hardship.  
#mymollydollblog

Over time rejection by someone you love and trust = loss of self-esteem inability to give love physically an aversion to human contact then you cannot appreciate life once averted you don't feel good no matter where you are in life means purposefully isolated not by choice isolated made to be that way on purpose because thought to be bad - trusted is connected to life not trusted is disconnected to life + being something you're not is called overcompensating > #Tinder because felt like you're not good enough = Bi how gay happens when you get (1) hurt or (2) rejected AND causes are known causes means someone is being disrespectful toward you making you look like something you're not to your face or behind your back for credits. Is called mental illness to need credit to feel good or better than others > is wrong being wrong toward others for credit for rights wrongs or failures are caused conditions thought deserving of punishment is called wrongful accusations to cause wrongs are called rejections to cause harm ie suicide is how one F's up in life ends up short handing you cannot blame others for your own mistakes in life or cause consequences to make better your life for yourself once you get labeled bad you will not be well-liked and socially there is

nothing you can do about it until you become well not respond #bequiet. How to fix yourself under pressure not direct blames but accept when you + wrong and report to those superior to you to fix others not you is called being selfless not the problem those who help do not make problems of themselves only problems caused to them for those trying to better themselves at your own expense when wrong you are wrong need to fix yourself don't damage yourself on top of being down in life then you'll never get up achieve in life. #mymollydollblog Give thanks to those you know you by direct interaction help you see yourself better it's through their acceptance of you you see best fit yourself for whatever reasons you feel down its because you're connecting with someone or someone who makes you feel down or who is or is not bringing you down who you love, don't then let yourself down. #mymollydollblog please yourself not others. Love who pays attention to you to receive love otherwise if you ignore love it leaves you if you mistreat it it resents you if you betray it it never forgives you - love always one at a time not give love received to others drain the giver of love because you think stronger than they are, you have to be supportive back love too.

It's not about competition never be better than in love. Love is about giving. #love When someone doesn't forgive you for something in the past either you or they were wrong and have not moved forward on the issue with you or you toward yourself - it's lack of forgivenesses that causes bad luck moving forward when you do not love someone who loves you who you blame for your problems currently is when you think better than them or your problems trying to move forward or away from the point at issue which is always you you need to focus on what matters to you not what matters to others otherwise your disbelief in others affects your belief in you always forgive in order to move forward see clear without bearing the guilt of others that's combining bad energies or forces toward you you've experienced -once you turn on those who were good to you then you know you don't appreciate or value those trying to help you or who've tried to help you how you end up alone.

How you feel is based upon who you effect is your trying to effect people you need effects to feel good is wrong. When it's good and you complain you don't move forwards in life the minute you complain you break among not rise above but fall below. #Realization: Modeling and faces are not my thing trending 2018 time to be serious not self-hate myself by seeing myself when not well when well then I don't feel well when I feel like I'm being judged or misread how one feels sick. To think others are communicating back publicly but not directly to you is thinking you have an influence or ability to affect people or their thoughts is called #powertripping when you think you're in control of yourself lose control of yourself when you blame others for your losses in life is called backwards tripping it's like future tripping power tripping except it's your lack of acceptance for now that makes you not value yourself hurt yourself moving forward you are

able as you think if you think not able it's hard to try be anything if you feel disabled then you shouldn't take risks in life that will only make you worse off unable to go forwards once you get sent too far backwards that's holding you down in life being not able or worse off is never deserved does not help correct behavior moving forwards to put down others set people behind in life you leave things behind let go is the proper way to move forward. \*Too much doubt on well causes sickness when trust is broken hate ensues toward those not to be trusted they get dropped set aside thru the cracks they fall those are those who cannot be forgiven but deserve to be forgotten once forgotten you are not the same cannot help a let down is also known as someone once important who is deemed no longer important lacking a powerful influence over others, weak or ignored or not as special, devalued is moved on in life when they value the future not the past so much or those w/dark pasts not liked never now nor in the future liked out down repeatedly until failure is achieved. Thought deserved because responsible for causes not of their own making but done to them. #mymollydollblog Don't worry about people only yourselves don't project your issues onto people your senses are not always right what you see fit and just is not always appropriate speak to loved ones not all unless a writer professional it's in poor taste to speak directly to your audience causes a connection discomfort putting always leave your audience alone to think for themselves not direct them on how tos if you yourself are not well they'll hurt you when well to make you not well or able know your strengths and who provides for you appreciate them they protect you from harm. #mymollydollblog by mymollydoll.com  Don't cause conditions. Or make worse accept the blame of actions by others toward you as your self produced feeling if caused by another who needed you. You are a product of your choices to engage or disengage yourself from what's hurting you. #mymollydollblog don't make bad about something more or less bad to ignore a bad. Just walk away. You are a product of your choices to engage or disengage yourself from what's hurting you. #mymollydollblog don't make bad about something more or less bad to ignore a bad. Just walk away. Don't react to people only yourself behave well to be accepted it's simple it's caused when not liked by self or others #keepgoing #mymollydollblog #whocares Your activity log you keep to yourself or else you're future won't happen you'll set too many I reachable deadlines are not necessary to future plan your day just know what you've got done is what you keep a list of why as you go what you can get done is how you get things don't in life as you go keep track not set goals to achieve but lists of your cans in life is how you keep achieving by what's known not by what's not known or the future can't accurately predict your present nor can the past be used to predict the future that's not how you understand now best. #mymollydollblog You should not insult someone well even overheard name calling hurts breaks hearts. I don't believe in fighting. #ihatefighting not nor been a product of fighting always from a positive place I write unless taunted by headphones they took it wayyyy to far trying to

prove at risk of harm caused harm to me if to me NOT thru me. #FBIDC  
mymollydoll.com #love People are not purposefully in poor taste or not good  
enough sometimes you have to accept people as they are NEVER purposefully  
cause harm to someone over stuff they caused in the past it's their wrongs not by  
the wrongs of those harmed who suffer. It's the victims #stopbullying.  
mymollydoll.co When you look for errors errors are made to show you error so  
you stop causing errors through someone when is enough enough hurt over and  
over again to free who from blame sometimes you can't pick on people it's really  
hurtful cannot be undone resented why people get resented and no one talks to  
them those who hurt others have difficulty talking to those they hurt made not  
comfortable who's the victim who's not who's honest who's not don't cross over  
issues if it's unwanted don't retaliate leave me alone. #mymollydollblog focus on  
yourselves someone who is doing well doesn't need to be fixed that's unwanted  
intervention when not needed for what causes present or past matter so much to  
hurt someone forward. Don't disturb the peace. Focus on yourself. If it takes too  
long to accomplish a goal and you're not motivated in life you'll never accomplish  
the first step if you think negatively or self or others stay in the reverse not see the  
good side of life but only see errors or make worse well to feel better than.  
#mymollydollblog Once you look bad no one forgives you then you go nuts give  
in to voices and become something your not don't offend people to build an  
offender that causes self-hate to create a reject to make like is wrong.  
#mymollydollblog people who feel bad are not well harmed by others or they  
themselves those are people to let go in life those who harm self (thought to be of  
harm are misinterpreted flipped to cause harm to self until it looks the other way  
around to free from blame) = an abuse of power to switch shoes in life deserved  
or not drop dump let down to see what happens is selfish wrong. #thetruth  
#recidivism Don't speak to get thrown back to you what you say to others to write  
defenses to those ill toward you to make look like known all along in cahoots or  
deserving of defamation that's wrong to hurt subtle or not the chances of others in  
life - equal opportunity to be heard accepted as is whether apart of or not well or  
not or good enough just be accepted as is whether or not one sees the same - if  
hurt in advance a scheduled behavior to cause retaliation upon another =  
purposeful conduct to cause hate toward or for is wrong to think poorly of those  
who do their best not trigger ANY emotions in others to see how the respond  
under different circumstances say things to see what's said or thought provoked to  
see what's said in response is wrong to injure or steal from someone good is  
wrong do not escalate the errors of people who in the past have been trashed if  
better to see what happens never see what happens then respond always  
w/confidence take action never take action to injure or stop someone good or in  
the right from achieving that's wrong taking a privilege way too far re: #trust  
#mymollydollblog #mymollydollblog mymollydoll.com Don't fight problems not  
your own it causes hardship by looks at you out of place or sorts in life handle



your life first not interfere over involve yourself in the lives of others you fix you best as you see fit not fix others as you see fit, never question others lack of trust causes a defensive disposition loss of esteem or hardship difficulty overcoming loss or lack of trust is a turn off when fear is present causes nausea or vomiting means disengage. Poor timing is your timing #beyou. When you're not strong your influences nor ability to influence don't matter as much get you anywhere important in life until you re-realize your self worth can you appreciate things people in your lives that does not always make self better best you can do sometimes is to fix yourself not feel bad about yourself that's how you get sick #mymollydollblog you have to stay centered. Don't blame backwards focus on now to move forward #liptips by #mymollydollblog motivate yourself in life don't be motivated by others. #thinkforyourself People will believe you have a bad disposition if you share stories about causes for your disposition are always insults cause angst why it's best to just fit in not assimilate or accommodate the interests of those who insult you give them time, separate yourself from them, some will never appreciate you. Don't insult people who are normal don't share stories of when insulted causes #suicide. #mymollydollblog mymollydoll.com Insults don't cause action good will does only. When well you have energy for causes. Causes for action are never from personal takes always w/the best interests of others at heart how to stop bad things from happening in your life first then assist others w/choices. mymollydoll.com #lifetips by #mymollydollblog #mymollydoll #sociology #BA If you don't feel good means could mean you're not doing what you need to do to get happy or not doing what you're supposed to do need help with direction in life always trust authority figures and people in trusted positions to help set you straight when you fall and listen to those with power ie money #lifetips how to be successful #mymollydoll #mymollydollblog only those achieved can achieve otherwise when you fall others leave you behind until you catch up in life to them by them for them or for them but never make life about others that's insulting to be about others always be about yourself your needs come first in order to heal wounds or the wounded. How you stay strong self-reliant. ♿ Don't rely on others to help you #helpyourself. That's how you get better in life. By the time you figure out the past it's always too late looking back we could feel better but if you think backwards feel ill make yourself better to better self among others how to be well. #mymollydollblog Your own mistakes are always clear to you your duty to fix yourself to best be your best self among others otherwise you face hardships in life when not good enough or believe in yourself how you get hurt others hurt caring for you if you're not good enough to be accepted among others worth their time or effort wasted energy trying to be accepted you should focus on more important things than acceptance and love received from those you like should like you love you regardless who has hurt you in life see the best in you. #mymollydollblog Don't make something grose out of something or anyone beautiful a #good person should not be bothered by the

personal issues of others toward themselves to be corrected or perfected or bettered should be achieved on ones own not w/need or risk of misrepresentation represent themselves best as they can without hardship retaliated on them by those who did not respect their beauty or gifts in life to begin with an insult at the get go means not a match later on how to know if interest match your interests in life cared about or if not good enough to hold interest yet in one or a person be a person of interest or value respected #mymollydollblog how you get people to accept you in private but turn on you in public make you feel not good enough in reverse accept love but decline your love to weaken your disposition so they can give love but you don't feel love in return that's because rejected then achieved rejects to achieve and keep achieving feeling of being good not give up a good feeling be drained once achieved why they let go once you love them back because they need love to be achieve feel good -don't love when in a fog or not ready for love how you get mad at yourself your timing in life off or behind then you never feel as good as able to achieve. Don't react to people only yourself behave well to be accepted it's simple it's caused when not liked by self or others #keepgoing #mymollydollblog #whocares When you look for errors errors are made to show you error so you stop causing errors through someone when is enough enough hurt over and over again to free who from blame sometimes you can't pick on people it's really hurtful cannot be undone resented why people get resented and no one talks to them those who hurt others have difficulty talking to those they hurt made not comfortable who's the victim who's not who's honest who's not don't cross over issues if it's unwanted don't retaliate leave me alone. #mymollydollblog focus on yourselves someone who is doing well doesn't need to be fixed that's unwanted intervention when not needed for what causes present or past matter so much to hurt someone forward. Don't disturb the peace. Focus on yourself. If it takes too long to accomplish a goal and you're not motivated in life you'll never accomplish the first step if you think negatively or self or others stay in the reverse not see the good side of life but only see errors or make worse well to feel better than. #mymollydollblog Once you look bad no one forgives you then you go nuts give in to voices and become something your not don't offend people to build an offender that causes self-hate to create a reject to make like is wrong. #mymollydollblog people who feel bad are not well harmed by others or they themselves those are people to let go in life those who harm self (thought to be of harm are misinterpreted flipped to cause harm to self until it looks the other way around to free from blame) = an abuse of power to switch shoes in life deserved or not drop dump let down to see what happens is selfish wrong. #thetruth #recidivism When you communicate don't interpret everything as it relates to you as communications intended to relate to you words not spoken or cast out words not said that's you invoking negativity toward self within self about others toward you.

*About Bonding (Journal #6)*

When you bond with too many people on a personal level it makes it difficult for your loved ones to communicate to you have power or influence over you when you are not connected to them connected to others. –You are your words/future chosen. What you say is what occurs for you moving forward what gets thrown back at you. Once you forget move on, that's called a team on you teaming up against you to be/look better. 02-28-18 Once you lose happiness you become an unhappy person face difficulty achieving. Never take matters into your own hands that's too much responsibility for any one person –never do anything out of unhappiness that never helps one move forward in life by going backwards to move forward. When you recover and another feels or shows disappointment toward you you crumble –your energy is based on goods when you are not good you look bad don't do well in life. Always be kind to yourself No amount of harassment should cause you to commit suicide. Always rise above not subject yourself to more harm that's how unwanted karma occurs when others take then put you down. When people make you out to be something you're not, you look trashy when you appear or look stupid, not good enough or not worth it, treated as less than. When everyone is in on hate nothing goes right in life –you just have to not connect what's gone wrong to move on think right in life not take things personally.

Your current disposition created gets judged as your current disposition past. When you don't do as you're told not happy an unhappy person don't expect to be trusted, listened to, respected, or valued. You need to trust to recover trust otherwise you have to earn trust back. When you do not achieve in life –you will not achieve respect in life. You only deserve to be and achieve. Respect is not a deserved quality its selfish to require respect to achieve respect is earned not given not pointed out to be like, but well is how you earn and achieve respect be well liked accepted –how you grow up and mature in life see well not code.

Someone who needs help –because they don't now how to help themselves –will take help without giving back help leave you worse off to avoid a position in life, by default cause you to suffer harms by their judgment. Any additional harm there after results from that default judgment placed upon you. If anything goes wrong its by in adherence to default judgments passed. Any additional adherence to cannot make better. What in compliance with still cannot repair or make better any situations present Don't give in to blame appear worse off that only makes others feel better when you don't win in life lose, to justify putting you down as bad.

Don't do drugs it affects your judgment so does drinking alcohol affects your decision making – always treat yourself as important to lose yourself and love others not offend the opinions of others be careful no to. Always be kind to others

to get back to you. You cannot think well focused on others and once you fail in life you cannot achieve well in life, you cannot cover your wrongs in life that's not how to make well yourself by putting yourself down when you do not feel well those looking for trouble will create trouble in your life if they think you don't deserve success in life or to do, be well. don't see by comparisons that's the wrong use of likeness to cause harm to or from, backwards or forwards. 03-01-18 People who do things to you create a story are taking advantage of your goodness to do you a displeasure in life Cause you to complain for whom yourself or others –when you have it good in life you should not take risks in life to make yourself better that's how you get hurt – putting well down. When doing well and you get put down you should be able to handle well your thoughts or emotions to the extent you see best fit yourself among others. –What you see is how should be (1) how well you can be for (A) self and (B) others. –Something (i) stolen or (ii) taken cannot be (iii) given back or (iv) taken back –to undo what's (v) wrong with (A) you or (B) others toward you, you must (vi) rise above for (vii) your own sake. Journal Notes #5 (Ch87) Handwritten by Leslie A. Fischman 03-05-18 03-01-18 In order to do well in life you need not be right but be good when you cant turn back time those attracted to you need make good decisions for self and others always protect your loved ones don't make them feel safe when things are not well let them know when you need love.

What is said in private once shared makes others feel special not you, everyone deserves to feel special in life be loved. Everyone is focused on themselves in life you cannot care for those who would care less for you and/or others that's how you get hurt -> when others threaten to (1) unfold (2) unearth (3) shame (4) shed light (5) prosecute (6) bring down (7) bear witness to (8) put down (9) expose (10) condescend that causes hardship don't (11) experiment with people that's how you hurt when you hurt others you only hurt yourself, I've said this before. 03-02-18 When someone hurts you –then ends up better off, it looks like you hurt them then they hurt you like you deserve it that's how you get hurt when writing for others to love you, just move forward if it cant be repaired –hardship exists. 03-02-18 You cant change the past –you cant focus attention on wrongs in life how you get sick, mislead, interpret errors, see bad in life –then you cannot read well your present or future when living in fear, always maintain a positive outlook in order to do well in life, those who feel harmed by you or rejected –hurt you back. Why never represent others only by your conduct do you can you represent yourself well.

You cannot concentrate well when you don't feel good enough or able that's how you get misinterpreted when you act out of fear subject yourself to harm do your fears become a reality its by your conduct you fail in life not by the conduct of others.

When you don't feel well, you are responsible for your own emotions no one can make you feel better especially yourself whether you're up or down in life make happen for you in life, what needs to get done in order for you to feel well, be good, listen often, and be best in tune with yourself.

Don't over promote ideas in life that cause you or others hardship when you feel torn those are your own emotions centered on you affecting your sight which you cannot blame others for – what is known to you is your right to privacy your confidences in life –is of your own making don't make public your private life at you own expense –you are responsible for your errors in life and missteps. Let people come to you in life don't go looking for attention or trouble in life, what it is about you, your troubles are what make you special know that you are always loved when well, and when not well get well. When not well its hard to help others and get involved its hard to help others when you need to better yourself what leave you feeling torn when you're not good enough its hard to be there for others when you're not feeling well –its impossible to help others when you yourself feel sick, don't take things personally.

People drop friends when they're a problem or exhibit problematic behavior that's how one gets let go in life, when disruptive to the best interests of themselves or others, that's how one gets hurt. Once a bridge is crossed, and let down, there's no going backwards, once you hurt or another gets hurt or offended, there's no going backwards for acceptance only blame gets placed upon you. When blame is placed upon you, when others go backwards on you, means you are wrong and they are right, when they are right, you lose, and they win in life. You are therefore responsible for your own wins and losses in life, the key is staying well, when you are well. That's basic to doing well in life, otherwise if sick or not well up to par, you get blamed for the sicknesses incurred by others due to your failure to meet the expectations of those who expect more from you than given. 03-06-18 Once you get drained they try to prove that because you allowed yourself to get drained is why you are the way you are now –always be clear about who you are and what your about that's how you get hurt in life not well when others are not sure where you're at or what its about you that's not well.

If you're not doing well in life you cannot make your life you cannot make your life better by sharing your troubles out loud that's how you get hurt if in public or in private when vulnerable share or explain yourself –get hurt or teamed up against. Know your best and don't get too involved with others on your way up in life that's how you get hurt. –Your business is your business is no one's business but your own how you function in life live life don't let others hurt you when your guard is down. That's how you get hurt an open book.

You cannot make better yourself connecting to others, those who's opinions you value once changed about you, cannot be reversed this occurs when either you

hurt or another is hurt, distance is the only solution. –Why some people just need space in life to figure themselves out, regroup, or fix what is wrong with them, that's sometimes how best one can move forward in life. When people are not sure of your direction in life or where you're going or headed in life that can cause them to be curious as to your progress knowing that do not hurt yourself nor offend the expectations of others –Those who believe in you are your friends.

*Journal #7 (Handwritten Notes)*

Once you mess up in life you cannot repair yourself your error[s] only repeat themselves once misguided you cannot achieve well because you then become a poor decision maker in life and what cannot be undone, deemed unforgiveable when you mess up in life you cannot be forgiven you have to forgive yourself. – You cannot seek acceptance in life to do well don't people please to make your life better –Think well of yourself. When you are wrong its always something else that bothers you about yourself you have to realize your mistakes in life to do well get better in life otherwise never forgiven for bad decisions, hated. 03-04-18 You cannot make your life better when you do not like yourself. Sometimes you have to let go of old ideas not yourself. There are no justifications for mental illness, you can only repair yourself at best when you do not feel well. There is nothing you can do once feelings are hurt forgiveness becomes impossible to achieve. The more you let yourself down in life the more difficult it becomes to rise to the occasion of well. Just accept yourself as is you will never get well being hard-headed. You have tot listen well to get well. Don't put yourself in a situation where everybody knows you or knows something about you how you become sick when you get judged or misjudged, everything is not about you you cannot fix you problems relating to others, you have to know yourself in order to get help, feel better, achieve.

You have to stay well to do well in life that's how you get well. Know who you are talking to, once you feel unsafe there is nothing you can do to feel safe. Don't overexpose yourself over and over again. –That's what theylll focus on, only on your erros in life, missteps and poor judgments. –How to repair yourself to listen. That's the only way you'll feel better. You should not feel the need to prove yourself to anyone. –That's not how to make yourself safe by attachments or detachments. –That's how you become ill. What bases you use to promote self or ideas you are responsible for correcting yourself. –And best hold steady and true to your values in life. –You cannot set standards for yourself too high. That's how you fail. You cannot go backwards in life, liked or not liked you have to move forward. When its too painful you have to move on. When you experience loss you have to ,pve on, its not your responsibility to correct behavior of others only yourself that's how you better yourself, self-identify what it is that's bothering you how you get better in life, you cannot go backwards in life that's not how to

respond well under pressure that only makes things worse. –Always think to yourself. –Whats important what matters. Fighting is never the answer to your problems.

How you behave is how you will be treated you cannot feel well is you don't feel good about yourself that's how you don't feel well feel ill when you don't feel well feel ill when you feel worse than you are that means you are hurt and something outside of you is hurting you making you not feel well. To feel better be good. You cant imitate people that's how you get sick trying to be like –you should love yourself enough to be happy where you are in life. –You should not feel the need to rise above unless you get put down in life. Don't reply, don't give in to hate walk away.

When well gets offended the sick get sicker trying to be well. When the sick gets offended by well they need help –focus on themselves getting well. For every strength you have gets taken away from you by the sick who know what makes you well, will bring up the past to see if your well or not, lying or not. By the time you realize whether youre well or not, you feel ill if something in the past you've done wrong, how they know whos bad or good, if looking back makes you feel ill, that's your job to figure out how to get well on your own. It doesn't matter how well you do in life. What you think matters and affects how you see yourself. How others see you. And theres nothing you can do to change the way people think once they do not like you, you have to move forward in life and understand where you are right and when you are wrong. You cannot blame others for your misfortunes in life. –When you are not well don't expect others to connect to you, let well stay well. You have to know yourself well enough to know your hopes and dreams in life. You cannot live life when you set your expectations of yourself too high and when you don't live up to them disappoint yourself. –Then you let yourself down in life –no one will care about you –if you don't think well of yourself –what comes to conscious awareness will be when you are wrong when you were not well. Why –whats at issue – your wellness.

If you cant stay well you'll never have a good life. Why its important to keep conversations private. If you're not well –Those you care about should know if youre well or not so they know whether to stay, stick around or let you go. –So that they stay well –[start here]

Someone trying to be loved has low self-esteem –either way, bad or good one should never have to be good to try too hard to be loved if one is confident. – Confident is always well. [Not finished typing this entry] [Need to finish typing 03/05/18 to 03/23/18 - to do list].

## **Chapter 60: Don't Rush Through Life**

Don't rush through life. Always make time for yourself. Live life but within reason. Being present requires that much of us, to be consistently improving each day, and without fail, being there first for ourselves not necessarily always others. That's not selfish behavior that's called making yourself a priority in your life.

Listen to yourself. Do what you need to do to stay well. Think of what makes you happy in life and stick to that. You can't be in two places at once. Don't spread yourself too thin. Be task oriented but not at your own expense succeed in life. Stay productive but not to the point of burn out. We all have our limits in life.

Always remember where you come from. You can't get far in life competing with others for resources. You have to learn when and how to let go. Nothing happens overnight. Change occurs when we are ready to change. Don't enable others to allow you to succumb to your weaknesses in life.

You can use things to help understand but not connect and justify why you think is true only by what you know not by what others know can you be and achieve in life.

Not everything is a given in life you don't always know everything or what to do that's apart of living life. Not being stubborn requires listening to others, some form of trust is always required in order to improve when you're not doing well. Don't easily trust others, when you are down, and don't allow the emotions of others toward you or around you to affect you. Always stay positive. Do unto others as you wish done to you. Don't assume anything. Life's not about money or success. It's about staying well in spite of your differences with others and in spite of whatever illnesses you may encounter in life not take those emotions out on others as purposeful. #mentalhealth

Always be thankful for what you know. You need not know everything in life in order to do well see well. All that is required of you is to have compassion for others along their journey in life and not take personal the lives that others lead.

You won't be accepted by all and that's okay. Seek self-acceptance first. What is it that makes you happy? Usually when we are happy we can be happy for others not easily affected by the happinesses of others. Don't worry so much what people think, worry instead of what you can do in order to be a happy person. Put yourself together first not others.

*Desktop Computer - Dell*

I think that transitions in life are the hardest part. But once you get going things seem to work out. Hard to go backwards. Learn to forgive.

We have all been harmed. In life we protect ourselves not by allowing the harm to



reoccur why distance myself. #stigma

To have no enemies in life requires tact and self restraint to know wrong from rights as well as ones own weaknesses not bestow onto others.

The moment we give up in life and take two steps back are when we need friends the most, make the most of your life when lost hop on Twitter!

Life goes on do not blame others for your misfortunes in life shortcomings or hardships you are always a product of the choices you make.

What is required is only that we learn from our mistakes continue to improve and always apply ourselves when down to come up again.

In life you have two choices (1) move forward never look back (2) sit and ruminate make amends go through your inventory.

### *Life Philosophy*

Love requires maintaining composure when lost love is lost power always stays with the rock in any relationship nothings forgiven off putting.

We find hope and strength when lost when we stick to our strengths and not lean on peers who exude the strengths that bring out weaknesses.

We are only as strong as those around us never stronger than what any one person can achieve but can achieve a great many things as one unit.

When in Rome, build with your strength of character not build upon strengthening weaknesses and you will shine from your best work not at your worst.

Moral turpitude the loudest of roars underneath the billowing sails of deceit the wretched drones of melancholy despair enthusiasm behaved.

### *Living Life*

Sometimes living life requires us to let go of things and people. Heartbreak only lasts for so long, usually when we put aside our emotions and think rationally good decisions are made, not when we think more or less of others. That's not a good suit.

We can't always be perfect. There will be times when we don't feel strong. It's important not to allow ourselves to become over-consumed by negative thoughts

or illnesses. It takes strength to overcome the odds against you and what people think should not matter to you. Just stay well. #stigma

You can't always get what you want in life. Sometimes you have to be accepting of others who will not always respond how you want them to respond that's by your interpretations good or bad towards you. When you see the positive you don't attach to the negative.

Thinking about the past does no good moving forward. Thinking for now, well that's the hard part. Knowing when to stop that's difficult eventually you have to just live life and not allow others to affect you.

When you get your heart set on something it's hard to go backwards from that decision making set. You get stuck on wanting your day to turn out the way you get set for and sometimes things turn out differently. That's when you need to let go and let the day happen. You can't stop time but you can in the reverse be productive in ways that keep you going in life not fixed to any one set of points or people. Best to work on yourself as you see fit even do the things that seem difficult but overcome that difficulty by moving forward with the times. You can't make different the past no matter who is reading or misreading you whether you get along or not and who benefits from your wellness that's not for you to decide from what points the benefit runs.

Think first for yourself not others. What you think is right may not be right for everyone. What you choose to focus on matters as to where you end up in life: same, similar, or different than. What gets compared is not your responsibility to discern who is well or not. Always best to trust those put in positions of trust who guide us best. Them being professionals whom without our reasoning flawed and out output misdirected. You know best.

Know your self worth and be a valuable asset to any new team you join. When you are of value you see value around you. Always see the good in others. What may or may not make sense to you at the time will later make sense to you in the future if you don't allow yourself to be brought down by others.

Only you have the power to change you. Stay steady on even ground. When you try to hard to please all it usually turns out that you're left empty handed in life. Don't wind up at a loss trying to get places in life. Always appreciate where you are now, success comes to those who wait not to those who enable others to harm them let opportunities pass them by and complain about it later. That's why they say to be proactive, things don't get done in waiting for acceptances from others, but by the work we do for ourselves we will be judged not by the connections we have in life.

Applying for jobs today. Continuing on in life despite your differences with others is important to live a happy life without conflict. Whenever we experience inner conflict that's usually a product of some form of manipulation used to control your sense of being as reflected by another's interests to which you feel torn not yourself but affected by others, easily affected to trigger blames upon others for your affected perspective by their interpretations of you as well or not well that's called being judged based on appearances and based upon those appearances reacting to the judgments of others. "Don't let anyone affect you." Take everything with a grain of salt. You can't be the best at everything but that certainly does not mean give up in life and into others denominations of you have poor judgment of you based upon what they do or do not know about you based upon your outward presence in life and online. No one knows what you're up to but you, you are the best judge of your own character knowing this don't be intimidated by the wellness of others or their good fortunes, don't compare yourself to others when sheltered do your best to go back into the world with an open heart not take everything personally whole heartedly.

What is it about feeling like you're on the outside that's so uncomfortable looking in. At what point do we accept the way we are now.

Never do anything for applause you usually wind up unhappy with yourself. Acceptance is like addiction you keep chasing and to no avail when no affirmation is received we feel let down in life or not good enough. Turning to substances to fill those voids in life usually leave us feeling empty handed.

We may not be perfect but sometimes we have to just accept the way we are for who we are. What matters most is our self-esteem how we feel about ourselves, at the end of the day it's not what others think of us but what we think of ourselves. You only get judged if you are looking for judgments be passed upon your good character. It's in that worry of what others think that we become more susceptible to receiving negative feedback from others. Stay true to yourself don't always write to anticipate how others will respond to you always be yourself.

### *Moving Forward*

Until you understand the human spirit will you develop a deeper understanding of others and allow them to move forward in life. Its usually when people think we are guilty of something they do not enable us to move forward and instead wish to see us move backwards in life, to prove other points wrong or right to their understanding of us past or present, that's not how to undo a wrong, by creating circumstances befitting to your assumptions about others, or based on you human interest in hurting the identity of others, by causing self-harm to illustrate causes for self-harm as connected to those who self-harm, that's not the solution.

To then argue that for other interests outside of what you see, say that circumstances exist to prove unreasonable hardship or illness, is a misunderstanding of the issues, and the relay and purposes for reporting to whom and why, that's not a shared understanding that taking sides and causing sides to occur befitting to your best interests, not in preservation of ones current identity as well but to create an identity as not well, and have others relate to someone who is well, because you think that the purposes for writing are not well or based on good merits, that's interfering with the ability of others to move forward having your interests be served and lessening interest in others, deemed not well or deserving of attentions, that's not how to make someone feel better or get well, by changing their circumstances in life to not well, we are all human. That excuse is not reserved to those who are wrong, for small reasons, to then cover for bigger understandings or purposes in life, for not speaking to the masses. Sometimes you have to let others forgive others, before they can move forward its not about self-forgiveness, its about who arrives first, and based upon arrival what is seen and heard, that's who makes innocent parties to transactions, those who put themselves together in front of others, not those who put themselves together with others, that's the difference between those who are independent in sight, and those who rely upon the well being of others in order to do well and achieve in life, determine whether one is ill, or not, and based upon those determinations, determine their self-worth, or how written whether well or not enough to show their face, stating that face is not shown, to save face for some purposes of embarrassment are not vocal or not apparent, sometimes people are harmed because they do not speak, you don't know everything in life well enough to makes such determinations about people as ill or knowing the reasons for illness, as related to your understanding of their past or medical history. Not everything is related and certainly not illness, everyone is different, everyone has a right to be themselves, and it is for those reasons people wish to remain separate, not out of judgments for others, but for purposes of staying well. It is upon interaction that we are influenced by others, made to feel smart, good, bad, or better than if we so choose to separate ourselves from the masses. Don't make people assume you know best or are like you in order to justify your behavior towards others, as necessary or a consequence of their actions, when it is by actions toward individuals that reactions occur. You need to have some basic understanding of the human capacity for change if you are to understand their human capacity for wellness, not prove illness upon the well as related to others who become ill and or are violent towards others, that's not the solution moving forward, to not get the desired outcome, is evidence of being in search of a desired outcome that serves ones best interests. We all are capable of playing stupid, but eventually there comes a time when respect is needed in order for people to find their value and self-worth, not re-live the past or past experiences to determine whether they are guilty or not and for what and by what circumstances set up to live or be

broken by the understandings of others, that's not appropriate to judge the reasons or methods by which others come to conclusions about people and their wellness. When so much time has passed there comes a time when you need to move forward, not wrongfully accuse the well of pushing the boundaries for acceptance and then justify your actions as having similarly pushed the boundaries for acceptance and because like-minded, like so, are of equal importance and argue that equality is for making people equally important so that once equality is seen that humanity likewise can be seen, as for their living being, not for what is seen be judged but by for who they are be judged as being so, liked or not. We do not need to relive circumstances to determine if its by what we see we are or by who we are we are, or by what we think we are. All things matter in light of wellness, and for making a long story short its by what we see occurs, and the shutter is when the mind turns off, and goes to blackness, all that is left is our bodies, and from our bodies we speak, that's a foul experiment in human history to cause the reliving of circumstances as one being unintelligible to the consequences of their actions be deemed as such, unintelligible. That's not how to treat people as compared to those who are not well, when communications are not made, that is not justification for turning upon others, as trying to cause harm to people's identities or sense of being. These arguments have been made for and on my behalf for myself, for that matter, as to separate the voices or equality, who sought human purpose, instead of righteousness, and sought illness, instead of wellness, and divide to be apart of the well, and separate one person from the well, as ill, to create circumstances like the past driven by power to create argument that such circumstances exist now and why. That's not the solution moving forward leaning on peers or to others reactions in order to have a reaction ourselves, replace the voice of someone who has a voice, or to say one's voice is not strong enough, therefore not necessary be heard. That is an unwanted part of someone, who creates a voice from within, that turns on itself, which is trying to beat someone to the punch in life, as to appear ahead in life, when all is reported and everyone is heard, then we know who is responsible for the voices unheard, those who do not listen, those who think their voice is more important than others, and those who think that by association they are made clear of their wrongs, that's called an inappropriate use of wellness to determine someones well-being as well or not and who is to blame for their illness. Once someone is gone, theyre gone, and cannot be heard, then from what interests are we best heard, by the sight of others, as trying to influence the behavior of others, as toward or against them, to determine some inner existing fight, they think certain and of minimal importance in light of the circumstances, argue if they are irrelevant than their actions toward an individual are irrelevant, and if their actions are not wrong, than the actions of the person who suffers is responsible for their harm, and the harm suffered by others. When you replace the voice of the victim with someone who many years later, tries to play victim, and hurt the identity of the well, than that cause

unnerving illness, or disinterest to onlookers, who seek to adhere to well principles, or ideas based upon someone who is well, in replace of someone who is not well. That's not how to judge a situation or judge people as not well until proven well, based upon their past as not well, or based upon having some upper hand in life as to them, hurt their identities by, through ongoing discussion about their wellness, among others, without them being present. Likewise, those circumstances reoccur, when a conversation is had about an individual not present, that can be read by others, that is not the same as a conversations about someone who is having a conversation out loud, sought to disprove behind their back as being well enough to represent themselves, hurt them before they've had an opportunity to be heard, that's called silencing someone, who does not need to be silenced, but hurting someone, who is already well, to make sick, just to create circumstances similar to circumstances past to see who is being read and from where what is being read is heard, and by the time heard not well enough to be apart of, placed aside as not strong enough to live or to be apart of. That is a bad experiment on someone who is well, to create like or similar circumstances to justify the triggering of idiocracy or blame upon those now as being responsible for circumstances past, and once seen, purpose is to recall the worst about an individual, to then minimize everything put forward as of value and create a situation that is not of value. Rationalizing that because the world is not well, that people are not well, and because the world could not move forward, people became ill, and that based upon that understanding, people think individuals to solutions are ill, and place themselves at risk of harm for misinterpretation.

We only have one life to live. Its not out of frustrations we respond to others, and not by relationships to others we respond, that's not how to make better or to soothe circumstances that are troubling and of ill resonance with the totality of humankind, as watching upon us, trying to figure out what is going well and what is going wrong, and who is to blame for the illnesses of those to whom solutions were sought. There is no occasion to rise to when things are not going well, be certain about yourself and others so as to be included in interests and upon inclusion silenced, that is not the same as those who are well and based upon their own merits in life do well, those people should not be treated as separate, allow people to be well and to achieve well in life. And when they are not feeling well, allow them to move forward on their own, not push people who are already driven to succeed in life, not push people to change their human condition to match yours as equally not well or weak physically. We all have our own demons in life, and things that make us sick, or not well, that is to each ones, right to privacy to discern for themselves what causes them to feel well and what causes them to feel ill, and not blame the conditions of those around them as causing their illness, neither by words nor by conduct a product of their environment, but by what is

considered approved literature for them to read, as accepted by all and approved by all for revision. You cannot change the approval of people once they do not approve of you, then realize after its too late, who is the one suffering and who is the one who has been harmed, its by attachments in life we get harmed, not by being center stage to interests of the well or sick, its by few attachments we stay well, not by our connections made well, who is in reference to whom and why is that upon enlightening we realize who we truly are, together or not, separate or not, for the masses or not, in quiet or not, harmed, are still required to move on and live life, not by attachments be represented.