

Self-Harm Blog Posts (mymollydoll.com)  
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**I. Self-Harm Posts (Published)**

Social Media: How to Avoid Self-Harm ...  
10-23-20

Although you may be protected by “government censorship,” The First Amendment, and Freedom of Expression on Social Media, does not protect those who engage in: hate, obscenity, misinformation, and harassment. [1] So while it may be fun to be opinionated, and engage in commentaries regarding public figures, or yourself for that matter, mention with precaution.

*Here are some helpful tips, while sharing your opinions out loud:*

- There is a way of speaking about controversy, that doesn't offend the senses, and that occurs when you stay abreast of what the issues are, do the research, and from an educated standpoint, present information in a way that enlightens others, without challenging their own condition, or feelings about the past, or present circumstances, be offended by what you have to say, that's building tolerance on both ends.
- It's important not to say things in the negative, that is with blames, being obnoxious, too confident, insensitive, without detail, in the defensive, without alluding to what's working when discussing our own viewpoint, without telling people how to think allowing people to think for themselves, it's when someone does not agree with you, or does not understand you, or feels threatened by your opinions on matters, whose interests are not served by your expressions in life, that entice the reverse feeling onto yourself, met with backlash, or intense feelings as expressed by others toward you, that's learning how to avoid a fight online, and that's not what Social Media is for.
- There is such a thing called peace, and it starts with being at peace with yourself. Be mindful that although you may feel your story is special, and although you may feel like you've been through a lot, there will be others too who have lived through worse, or who have lived better lives, who may or may not relate to you, or find you interesting, knowing that, it's in your best interests to avoid excitement, or draw too much attention to yourself, not to overpromote yourself, or your interests in life, or who you support, it then becomes a matter of maintaining internal integrity, with regards to presentation of your thoughts, what research you have completed, and share what is bringing you peace in life, and how you have been able to achieve that, without causing mental disturbances to those resistant to change.
- Those resistant to change, may not care to understand you, nor appreciate what you have to say in life, don't try harder for them, try harder for yourself, and be resistant to those who are resistant to change, the less you change to accommodate the interests of those whose best interests are to disfavor you in support of another, the worse you will feel, the

more you will inherit feelings of guilt, shame, and embarrassment, for having shared your life with another, who is only using you or manipulating you, to make themselves appear as victim to your sexuality, your beauty, your demeanor, your presence, and that's not how to build trust, online.

- When the times are tough, be professional, that's not the time to experiment online with your sexuality, or to be too confiding or close to companions online, who may be going through their own issues, under the same times, and probably not in the mood for schmoozing, unless what you have to say is important and helps.
- There is also a such thing as unsolicited advices, or help in life, that's also found to be offensive, why its never appropriate to demand change in others as you see fit, that's a really arbitrary way of examining the behavior or conduct of others, and expecting that change within them, will foster better results, in regards to whats not mentioned or known about you, supported.
- *How to benefit others?* To be beneficial to all, assume that everyone knows your issues, your disabilities, your strengths, and your weaknesses, without needing to declare your characteristics, traits, and gifts out loud, allow people to see things for themselves, and make their own determinations, upon comparing your work to others, figure out for themselves what intelligence is, without being too demanding for attentions, accolade, expect that others have a sense of pride too.

Reference:

[1] Lata Nott, Brian Peters, [Freedom Expression on Social Media](https://www.freedomforuminstitute.org/first-amendment-center/primers/free-expression-on-social-media/), (Retrieved: 10/23/20), <https://www.freedomforuminstitute.org/first-amendment-center/primers/free-expression-on-social-media/>.

### **Self-Harm (Research) by #lesliefischman**

5/23/2018

0 Comments

Self-Harm: Research Paper  
Leslie Fischman  
05-23-18  
mymollydoll.com

### **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 I'm 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 what's causing me to self-harm.

(Start Reading Here: Research)

### 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.

### *Self-Harm Awareness: Tinder*

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?

### References:

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

## **What is Self-Harm Not About ...**

1/11/2021

Self-harm is not about attention, its about unwanted attention, and its not about pain, its about torment, and its not about voices, its about people giving up on you, and its not for show, its not a movie, its not to be shared in public, theres no need for public declarations of embarrassment, as though my pains in life, have anything to do with anyone elses life, if Im not in anyones life, then it therefore does not matter what a person feels when I am not doing well, and that's how you are made to lose people from your life, when someone who does not view you as being well minded or a good person, thinks that you benefit from others, or are strong in a bad way, that is why you get punished, to put your light out, or to break your heart, as though it doesn't matter if your heart breaks or if your body goes into pain, and that's why they punish people who they think are physically strong, or who have the wrong ideas in life, if youre not mixing well means its not the job for you, and if you are made to be close, or to worry about someone at work don't, just do your job, its not your job to help people on a spiritual level, they can talk sense into themselves, you don't need to open up in order for them to figure out whats wrong with you, when they are made to feel better, like all relationships, you will wonder why youre head is gone, and this did not happen until 2018 after work, after the book "Gone Girl," came out, and if you self-harm, that's no about how you feel about yourself, its about how other peple feel about you, no happy with you and as a result you don't feel good and give up on yourself, and that's not your fault, when you do not feel good, or if you get tired, means stay home, that's not a quality about a person that anyone should take personally, if one does not stay well around people. So please make fun of someone else, and when I decide to apply for an award, for another organization one day, I will be sure not to mention anyone or credit anyone, or be any source of embarrassment, or hurt sense of pride, as though they have ever done a bad job, helping me, or talking to me in life, that is the team that everyone sides with, thinking that your personal experiences in life have anything to do with their health if your health is suffering, and that's how you get hurt after interactions, made to be a less strong person, the one who is not okay with you, then becomes the one supported, and when you are not feeling okay, no one supports you, and that's how you get sick, with everyone knowing something about you, and you not knowing what is known about you, that caused others to be turned off when you were doing well, not having met you in life, or known you long enough to know if you were doing well, and di not appreciate that as a rare opportunity for you to move forward in life and to have a new life, I am no ones wife, all my property belongs to me, I am not in a law school right now, I just graduated, all my photos are of my face and my body therefore belong to me, my singing belongs to NBC, and if I write a book, all proceeds will be donated to organizations of my choice, and that's what a book would be for to benefit, not to cause harm, and I have to remember not to select things that may seem influential by my own thinking, and think harder to recognize what is known about me, or what has been seen on my website, which caused others to have ideas and create selections in life, to have people make choices, as though my audience are their customers, or my

audience is their patients, or my audience, is not made to feel well by me, or is someone who reads my work looking for something off or wrong or a typo. So that my whole life gets viewed overall like Im making choices with everyone watching me and I look stupid with everyone watching me, if I wanted to get away with things I would not call the police and call the courts myself, I don't have fun being bad, I don't do anything wrong, I get permissions before I do everything, the courts know I have a website, I am not on probation, and just like everyone else I can get sick, and I can get sued, and that's people wanting something from you and you not being able to earn a living in life, that's hurting you so you cant earn a living in life, so they can earn a living in life, and so you are not apart of those who are able to earn a living in life. So no Im not being dramatic, its whats scary when things are well, running at night is not scary, and building a website is not scary, content is scary, if you don't have the right things to say and if you don't have an even temper feel good and feel capable then nothing works out for you in life, not dating and not work, its by your own happiness in life, you are viewed as someone who can contribute to the happiness of others, does make a "positive difference," is someone who used the identities of others to tell their own story in life as though I haven't lived life long enough to know when things are off feeling to me, and sometimes that is made to happen, when others feel off feeling about you, they just want to feel good, they don't really care about you when you are not doing well in life, and no one wants to be responsible for taking care of you, if they think you have done others wrong, or if you are the identity that is affecting their own sense of purpose or has a big influence over the interpretations of others, or acceptability of content in general. Sharing as you figure out things, is not proper for a website, Im sorry, Im deleting pages, and its clear that everyone else is a detective, investigator in life, looking to prosecute people, blame people, and sue people for money, and make people look bad, and Im clearly not one of those people who looks at people in that way, sees as opportunity or my finish line for that matter, maybe I am my own finish line in life, that you can either choose to be apart of or not keep tabs on. Seems like everyone else enjoyed the hay day and all the good years and made a lot of money, so I am someone who worked hard in order to be social and to have a life, and that will not happen for me, because of modeling, and because of bad photos, and because I got paranoid, and because I did research, and because everyone thinks everythings a cover-up or conspiracy, and that's how you get treated having provided all your information you know, until they can catch you lying, dig deeper, and change you, and see what causes you mental illness, pain, torture, and torment, because they think youre not happy with yourself, when you were, and that's taking things too far. Learn to leave things alone, and to leave people alone, especially victims of crime, and not aggravate the conditions of a woman, who is simply trying to be professional and write or be loving toward another in private, Im afforded that much in life, to at least love someone, and hopefully not a stranger, because no one else wants to talk to me, waiting for me to lose weight to get a job and to be well, and that's how life is, by wellness, looks.

### **is blogging a cause for self-harm? ...**

3/14/2019

Everything in small doses, is what I would say. Whether you do or do not self-harm, too much of anything is not a good idea. Never take a bad photo of yourself, that's the worst way to play

doctor on yourself, always choose to remember your best self, not your worst moments. Don't be defined by the times you felt most embarrassed, or a wreck, your guaranteed once those feelings resurface to go back to those moments in time, its by your better moments you move forward with ease. You only have one identity, and everything you put online, well it lasts there forever, that's your impression upon the world, whether for business or pleasure, how you attract your audience, and build esteem, personally and professionally. There's a lot of stigma surrounding people who self-harm, especially others not wanting to associate to those who do. [1] Therefore, don't go on engaging in behavior knowingly making others feel uncomfortable talking about it to them. Theres one thing, having a bipolar episode, in public, and its another thing to have a bipolar episode in public then share about it, sometimes less is more, and when you figure out the causes for self-harm then do your best to get help, call NAMI. [2] After researching online self-harm and blogging I didn't find much other than self-harmers who blog, and stories from their blogs about self-harming. Does blogging cause self-harm? Is blogging self-harm? Well not for all, apparently blogging is useful to self-harmers to share their stories, but I don't think all would agree that it's a safe subject to talk about, we always do our best to avoid, things from happening again in our lives, if it results in self-harm. The good news is that self-harmers are not suicidal, in fact one article argues the following: "The underlying mindset between someone who is suicidal and someone who self-harms is very different." [3] Self-harm has been defined as "a habitual way of coping with stress." [4] The better your coping mechanisms are, the better off you'll be and avoid situations and/or people that influence or cause you stress, that is the knowing of information that causes you discomfort, that's your right to privacy, therefore the less you share about yourself, the more unnecessary stress you will suffer having others know the same personal and private information about you, less likely to self-harm over it. Do your best always to get help when needed, but don't be too hard on yourself, you don't always know when mental health issues, may arise, during the course of blogging or sharing of your past, that's why its best to always do so, with guidance by a medical professional.

Reference:

[1] <https://www.time-to-change.org.uk/category/blog/self-harm>

[2] <https://www.nami.org/Find-Support/NAMI-HelpLine/NAMI-HelpLine-FAQs>

[3] <https://www.psychologytoday.com/us/blog/teen-angst/201210/understanding-suicide-and-self-harm>

[4] Id.

### **Tips for People Who Self-Harm ...**

4/6/2019

Its has been recommended to do the following in the event you feel like self-harming [1]:

1. Remind Yourself of Your Self-Worth
2. Keep Yourself Busy Find Something Else to Do
3. Keep Track of Your Progress and Relapses – Resist the Urge
4. Forgive Yourself – It Could Be a Symptom of Something More
5. Don't Be Afraid to Talk to People
6. Be Gracious With Your Story and Your Journey, Its Yours
7. Recovery Happens When You Learn to Trust, and Know to Stop
8. Be Strong Enough for Yourself, Don't Shut People Out
9. Relapses Can Happen, Be Kind to Yourself ... [I highly suggest reading the rest].

Do not be enthused by the self-harming of others to themselves, its irking to say the least like spikes on your back uncomfortable to hear Im sure of that and to share is equally as disappointing to the person who is trying to make a good impression upon others. If the subject interests you by all means do the research and get help, if it is too triggering for you to do the research on your own I highly suggest calling the police who can then redirect you to sources of support, or text your local crisis hotline to whatever subject interests you, I have tried NAMI [2] by text, and they were very responsive and helpful for talk therapy if needed. I think its hard to come forward if you are not feeling well, but you will become more accustomed to asking for help the more familiar you are with your limits in life, to be left alone, makes things worse, and even more painful the self-harm, feeling like you'll never return to your old self, not even a 2 hour run, can barely stop the voices from occurring but helped, but you still live with the pain and regret and embarrassment of self-harming, that is by hurting yourself, whether that gets diagnosed as for attentions from others, it usually sets one back to feeling like the point of no return, that surround sound of voices is real, stadium quality discomfort toward you ... when you've done all you can to recover and after everyone has supported you, to go backwards and self-harm is when you get left to your own devices treated as someone who is looking for attentions without legitimate problems of your own, Im not saying that Im more important than you so I would know, as a Law Student, Im just saying that no matter how unimportant you are in the grand scheme of things you are important, and that you matter *[that this is not a problem limited to grunge bloggers, but there are many who suffer from ailments such as self-harm where they don't feel good about themselves, that doesn't necessarily mean that they are bad without drawing stereotypical assumptions about others, as exposed to or by interaction with drawn to these issues in life, sometimes we all get along and sometimes thats based upon likeness and sometimes just via noticeability or admiration for one another's struggles in life, be proud of yourself, whether you feel like marching about it or not 04-07-19]*. I was once told that positive affirmations are helpful to be used to remind oneself, of ones importance, and no matter how low you feel, and no matter how many mistakes you have made, at the end of the day you have to live with yourself ... and if you can't do that much then you need therapy and help guiding you toward more positive thoughts about self and others, its not as bad as it can be, if you don't stay alone, upon talking to others youd be surprised how positive life gets.

References:

[1] <https://themighty.com/2016/02/advice-for-people-who-self-harm/>



[2] <https://www.nami.org/Blogs/NAMI-Blog/September-2016/How-Texting-Can-Help-Save-a-Life>

## **Self-Harm Research: Issues and Attentions ...**

8/29/2020

As someone with a history of self-harming, I wouldn't categorize myself as vain or in need of attention, I have been independent most of my life, and have always excelled at whatever I have put my heart into, succeeded, liked myself for the most part, no issues ever surfacing that interfered with my ability to be social, be well liked, date, or feel loved. Always well taken care of, and no problems with expressing love toward those I loved and admired and called boyfriends. Eventually you reach a point in life, where you will experience unhappiness, either with yourself or displeasure when it comes to loving another, feeling as though they have presented themselves one way, nice to you, and have presented themselves differently among others, while speaking about you, not speak about you in the positive or in an uplifting or empowering way, proud of you equally. This you learn later in life, never to overact to what is heard, and although your feelings may be hurt, by someone you trusted, held up on a pedestal, and treated as special your whole life, it's not the end of the world, if someone repeats something to you said about you, coming from someone you know or felt closer to than they were to them, afterall you have been in their life longer, why is someone new suddenly more in the know about how everyone feels about everyone, than I am. Sometimes it happens that way, when talking about others, whether or not they are of concern, that people get to know someone on a deeper level, or come to think about things differently in observance of someone they know, or have known their whole life, see how they are responding or not responding well to what's going on around them, and wonder whether that has anything to do, with the similar changes noticed previously of concern, that one "has changed" or "spends excessively" or "feels like I don't even know her anymore." This is something you might hear at some point in your life, if you have bipolar, and it has not yet been diagnosed, those maybe tell-tale signs, of what's to come if you yourself don't recognize behaviors about yourself that stand out to others, that cause them to wonder what is wrong with you, like "why are you sleeping so much." [1] #dontdodrugs

*... That's just how friends are, and the less you know about yourself, and the more excuses you come up with to explain your behavior in defiance as normal, means you're not acknowledging that there could be something wrong with you, and to get a professional opinion, no one knows how they used to be, when they are comfortable with how they are now, and no one knows how to be themselves, once they become uncomfortable being the person they have become, someone different, unrecognizable to those who have known them their whole lives, that's change, but not always considered in a good way, its those types of changes that tear friends apart, separate friends, cause friends of friends to feel closer or bonded, the more troubles you encounter, in defiance, that there is nothing wrong with you, thinking there is something wrong with them for judging you, as being different under the pressures of LSATs, and applications, personal statements, rejection letters, and dating your first boyfriend accepted buy your family, who golfs with your Dad, how more perfect could you expect life to be, there's one catch. The boyfriend would rather spend time with his friends than spend downtime with you, that includes him rather having dinner alone with his roommate and watching tv on the couches, than have dinner alone*

with you and do nothing with you. When it gets to the point that you are sleeping through life, that just means that you haven't gone to therapy yet, sometimes what we don't understand or get frustrated with is nothing we can change, such as other people, make them like us more, or fit in better with everyone else, and if your girlfriend napping in his bedroom, while everyone hanging out outside, then that explains, why when you met his boss, you got piss drunk and made fun of her to your not so drunk friend, who later stated "I like to always be in control" when I drink, I guess that was a less than flattering exhibition of "talking \$hit" about someone whose pop up message on my boyfriend's phone said "miss you" with a reply "see you in the trailer candy pants" and you thought that that was too friendly for work, then later worked in entertainment 2018, and realized that's just how it is, close, and basing energies and timing of deadlines being met, based upon whose working hard, who's present, who doesn't complain, gets promoted, that was me, as someone who was older, maybe intimidated by the film students, who seemed much tougher than me, I tried my best, maybe I was dressed to fancy for the internship, but that's just me a paralegal.

Reference FEMA Proposals:

[1] <https://fema.ideascale.com/a/dtd/dontdodrugs/551784-14692>

[2] <https://fema.ideascale.com/a/dtd/Social-Media-and-Mental-Health/551783-14692>

### **You Can't Undo Hate After Self-Harm ...**

6/15/2019

No one will ever see you as a victim, when you have every opportunity made available to you, any confrontations past, get used to prove whether you are confrontational now, they will do anything to provoke you, or to threaten you, your esteems, to prove you are not a victim, and that you are experiencing mental illness as a result of your own faults in life, those are people you cannot prove wrong. You cannot reverse a negative judgment of you, once it gets shared, whether as a joke, or to be funny, or to provoke reaction, that is the purposes for illustrating what hurts you, and what brings out your worst characteristics, whether you now feel inferior to others, and how you respond when your not doing well, not doing your best, and have struggled in life, people will be nice so long as you are around, and once you move on, less controlling of you, its okay to be on your own, and to receive help until you are able to stay well on your own, you cannot resolve your problems on your own, if no advice can make you feel better, than its you that needs to change your behavior in life, and do your best to be perfect here forward, its unfortunate, that you cannot take chances in life, given time to figure out life, past punishments, the gift of choice and being experimental with your time, having time available to you, not being put in a rush, is given to those who take good care of themselves and others, considered a good person, those are people able to move forward in life. You cannot compare those who during the course of their studies complete assignments, to those who in reaction to the times, want to figure out whats going on, or why people are getting sick, that's not a personal vendetta or because one is being defensive, or thinks is related to how others are feeling around them, once you are expected to be a working professional, you have to be yourself, even if you get hurt along the

way, are expected to be independent of others, and whether they keep retaliating on you, to get you to empathize with others they've heard from you discuss why you got suicidal in the past, they will not cease to continue making you feel like those who have been watching you over the years, and will not let you move forward. The more you hurt, or self-harm, the more others let go, they really don't stop until you are broken, its usually the case that they think you are resilient to negativity and expect you to endure the hardship of negative judgments toward you, as though you have not grown as a person, worked hard, or done your best to work on yourself, those are people not on your team in life, as soon as they can illustrate the purpose for teams in life, by your failures in life, the worse off your life becomes, it doesn't matter whos in your life, they leave. Don't make your problems the problem of others to correct, do your best to get help and don't self-harm = loss.

### **Repetition of Harm ...**

12/3/2019

Like a joke you keep passing around, to build upon one thing funny after the other, in regards to whatever you find humorous, until its no longer funny and you move on to something else in life, sometimes the simplest mutual understandings create the best overall output, that is basing things upon concepts that are easy to understand, and by those rules of order, impressions left upon others, judge people by comparisons, to those whove experienced downfalls in life, to those successful in life, to those who could've done a better job at living life, and for those no longer with us, hope that we continue to live life as best we can, whether or not we creatively agree with how concepts are regulated in other public forms online or elsewhere, used by the laymen, or whether by the professionals shed light upon. The point being what you put at the forefront of your mind matters, if its laced with fears about the future or about others, than that will translate into your overall work product you as a source, whether or inspiration, or humor, are read into, hopefully for better understandings about concepts, if not mutual understandings, not everyone can take your shoes in life, and from where your standing in life, respect you, or look up to you, see like you, or feel like you, some live autonomously, not codependent to learn or understand the world from others viewpoints, but constantly trying to test and shape their own viewpoints, and more about boundary setting than embracing any other ideas not their own, and whether learned first hand by a sharing of your experiences in life, let them judge you, but don't let it affect you in the negative. The cycle of harm occurs by thinking about a harm causing incident, feeling the fears and the pains associated with that harm causing incident, then reliving that harm causing incident, that's what happens when you speak about the times you've been harmed or feel like you've been harmed, and so long as a rehashing of incidences occurs when you were not well, chances are those feelings may or may not occur again for you, as time goes on, what you pray for, is that you no longer react to causes or consequences that resulted in harm to your identity, persona, personality, behavior, feelings, or outlook, and don't again become suicidal, just because you don't feel apart of, or the ideologies of those who run contrary to your beliefs in life, run counter to your wellness, dependent upon illness to feel recovered, to see not well, to understand their sense of normal, and to see failure, to feel and understand their own successes in life, those who live by comparisons, will always lend credit to their wellness, to the demise of those who had it all and then lost everything, for them that makes them feel like a success, to see

your life ruined, if you want to have a better life, you cannot similarly see yourself in that way, you have to think positive, its life or death at that point, you either allow negative thoughts to run rampant about yourself, as compared to the wellness of others, not feel good about yourself, and allow that cycle of harm to continue, or you become a living example of someone who has overcome suicide, and never for the false light shed upon you become suicidal, and not give credit to those who have put you down in life as being the cause for your suicide, its that power you give away, that you discredit oneself for what you have accomplished thus far contributing to your wellness. People work on and off like a switch when it comes to wellness, easy to talk to you when youre well approachable, and when suicidal it seems like you cant get a hold of anyone, and no ones around, left to die, you decide how to live your life, with or without people in your life, no one can talk you through feelings of suicide but yourself, its hard to imagine that someone like myself went to two law schools, and still becomes suicidal, sometimes Im not even sure why, and its really no ones fault, Ive never blamed anyone for feeling suicidal, not boyfriends, not friends, no one publicly, it's a manifestation of your physical health and mental health, untreated, why I take meds, run everyday, stayed in school, work part-time, writing books, keep busy, and don't drink, because I understand the science behind it, why even if Im feeling up, I sleep on time, even if Im feeling down, I talk or write it out, and even if Im having a good day, I stay productive I don't drink or use to it to make it an even better day, and even if single, I work on my career, nothing is contingent upon having things in life or people in my life, my health is dependent upon my desire to sleep, and wake up the next day, and continue working on what Ive left the previous day, why blogging is so important to me, gives me something to do everyday. For example, [cycleagainstsucide.com](http://cycleagainstsucide.com), says "Cycle Against Suicide is all about communicating to others that we hear them, that they are not alone, and that "It's OK not to feel OK, and it's absolutely OK to ask for help." [1] How do we raise awareness to issues without retriggering those who are fragile. I would say by focusing on the positives in life. Its important to note the differences between self-harm and suicide, some do fully recover from self-harm, in fact "Self-harm describes any behaviour where someone causes harm to themselves, usually as a way to help cope with difficult or distressing thoughts and feelings [3]." [2] There's no quick fix, to self-harm, it requires cognitive behavioral coaching and therapy to overcome, [mrsmindfulness.com](http://mrsmindfulness.com), states that "Once you understand what causes negative thinking and integrate the skills to work with your mind in new ways, you can transform your life from the inside out." [3] And I believe the same to be true, after having been hospitalized 9 times for not feeling well, put on 5150 holds, for harm to self, one suicide attempt, rehab twice, IOP twice for thought disorders, and now sober, Ive been through a lot of treatment in my 34 years of life, to say that all the therapy and cognitive roadmapping has helped me, ingrained in my understanding of what my bipolar is like, and how to control those thoughts from occurring, by focusing on the positives, and continuing to stay in school and educate myself, not let my mind run rampant online, puzzling together all of lifes mysteries, and live life like a joke. That's would be a worthless existence to live life, in a way, to which you cannot contribute positively to any whole, deemed a burden to those who have cared for you to care, if one cannot be financially independent on their own work, which is the goal of every masters student, to get a higher degree to get hired, that was the point, not anticipating that alcoholism would destroy my life, and limit my opportunities later in life, even with disability, things can still go wrong in life, and poor decisions can be made, so long as you stay sober, maintain contact with your support groups, and go to therapy I assure you everything starts to go right again for you in life, if you stay focused on getting well you will get well, no matter how sick you get no matter what disabilities you

suffer from, and no matter what mental health issues you encounter in life. Never give up and keep going in life.

References:

[1] <http://www.cycleagainstsucide.com/>

[2] <https://www.mentalhealth.org.uk/publications/truth-about-self-harm>

[3] <https://mrsmindfulness.com/the-four-keys-to-overcoming-negative-thinkingfor-good/>

### **Personal Update ...**

2/3/2021

Working toward beginning my new job. Overcoming disability on new meds, working on staying positive, being myself, have not self-harmed since August, last hospitalized for self-harm (2019), so I was able to stay well for two years without self-harming, I think I have been productive for the most part. Writing was helping, taking selfies, sharing on Facebook, going to AA meetings, journaling, therapy, and running/powerwalking. Have not really been into music lately, finally have the time to watch movies and read books, usually reading gets me back up to speed, focus wise, still tired for some reason have not been running everyday. Health wise, no issues.

### **Don't Put Yourself at Risk of Harm ...**

6/15/2019

Until you are well, or appear well, appear in front of others, otherwise work from home, and continue to make progress in life. Sometimes its by what youre doing in life, others feel affected by, as though they have a stake, or as though their lives are the only lives that matter at risk of being harmed, that's not lying to public or concealing information that would otherwise jeopardize ones own freedoms in life, usually when we go backwards that's to correct a problem, either that one has experienced in life as while interacting with others, or even a problem that others have with them, its not trying to read what others are thinking or were thinking past, its moving forward with clarity, or even with fear, no matter how disabled you become left to your own devices, fogged, or disillusioned, no matter how new you are to any profession, or group of people, you should not be afraid of what people think, once you instill negatives into your concept of reality, this affects how you interact with others, as trying to see (for fun) if they have intruded upon the same spaces as they have in life, the more the merrier, that's an ill suited type of comradere, that protects those who violate spaces thinking that its okay to violate the privacy of others, and justify those harms by further declaring others as mentally ill, deserving, or not too a victim, don't judge a person by their past, or previous associations in life, think people think

they are famous before they become well known, judgmental toward others, hold yourself to high standards, its my life too. Everyone has to live through their mistakes in life, no failures in life are easy to overcome, if you know what triggers mental illness in others, to attack, take away, dismantle, misplace, and disorganize their viewpoints in life, by interjecting your fears through them, then what is gained by who gets lost, trying to figure others out in life, and lose track of their own lives, stay goal oriented.

## **II. Self-Harm Related:**

### **Uneven Exchanges ...**

11/8/2020

[0 Comments](#)

Theres a point in everyones life, when we question our own self-worth, and purpose in life, now is one of those times. Its usually after someone has made you feel absolutely worthless, and below your set standard of beliefs, that usually keep you going in life, feeling less than, feeling not good enough, someone who questions you usually does the trick. If you love yourself, then love yourself, but loving yourself doesn't require you to love other people, that's not always required of you. Your health comes first, and while you will meet people in life, who will love you and care about you, its you that comes first. Never go out of your way to meet the demands of anyone, whether for pleasure, or for political purposes to defame you and embarrass you in public, like you deserve to be treated that way, because it makes them feel better about themselves, special or above you at that point. To put you down in order to bring themselves up in life, like their story about you, is more important than your own version of events, when talking about your own life. People will come into your life, that you don't want to be in your life, and it can feel like it has the potential to hurt your image, and make you appear less than, as you come up in life, and get overshadowed by the identity of someone you no longer want to associate to having learned of their real identity. That's called being used. Used for being nice, used for being vulnerable, used for not being married, used for not having a job, and used for knowing someone famous, treated as someone less than, to make themselves feel more powerful than you, have something on you like photos or stories about you as experienced with them, to make themselves feel of value or having something valuable to say or talk about. That's just life, there will be people who only want to know you to leverage themselves as important in life, call them social climbers, catfish, or starf-ckers, who think that just because you know people of importance, that they can bring you down in life, to make you feel less than of importance, as compared to those around you, not treat you with the same respect, as important. That's their way of trying to control you, by putting you down, so that you feel scared, or feel like by abiding by their threats, that things will get better, and they don't, it seems the more control you give to people over your life, the more they think they have a right to hurt you or turn on you, should you no longer abide by their requests for money or photos, that is how a relationship is maintained online, money and photos.

## 1. Count Your Blessings, 10-15-20

Sometimes a moment of silence occurs, when quiet time is needed to decompress from whatever pressures you may face in life, or to overcome whatever perceived obstacles stand in the way between who you are now, and who you were, become a better version of yourself. You are only given so many chances in life, before people give up on you, that's them trying their hardest to care, check on you, and expect you to stay well, and not get hurt in life made to look stupid. That I didn't expect. How my family is looked at, and whether as a joke to toot their own horns about life as they know it, look at my life as small, or unimpactful, worth the time of respect, in leaving someone alone when they are not doing well, and not make the most of a poor condition, make someone look stupid to everyone, and that's the cost, of being loved online, not without repercussions to your own health, and to your relationships with your family. That's embarrassment. Whether you know where I live or not, and see my address as a joke, that's you assuming to make life about a home address, and shed a nastier take on things as you see it, think representative of the human body, and with degradation in mind, trash a human body online, to be seen by all. That's dehumanizing a person, or personality online, especially someone with known Bipolar, and with a record, that is to subject me to odds, and to cause harm to all those who saw my naked body, be affected, see me in a different light, an unintelligent light. In other times, when not putting pen to paper on what others were thinking, or sure about me thought about, while focusing my own changes occurring within me, recognize I needed to take better care of myself. There is only so much responding to losses that can occur, to make things right, and that's maybe why I self-harmed, after Hugh Hefner passed away, because I shared my body on Twitter. If what you did felt right then (flyers), then that's you being sure about supporting a cause, (which later can be viewed as) not for everyone, meaning not all feel the necessity to respond to social illns not presently affecting them to care for in life, let alone understand, and I understand that not all are prepared mentally or physically to withstand, such losses in life, including me. Life is not a sporting event, to be managed and maintained by the people, and that's how power is lost. I do not think that I should be similarly viewed as being under any unwanted pressures in life, to see how I respond, see whether I die, as though I did not value people in my life, or in search of a better life without them, we all get tired eventually of chasing dreams or wasting energy on love, that's not ones heart wandering, that's things not going right in your life, and needing to be hospitalized. Please do not condemn those who have worked hard in life to provide stability for others, and put my life in jeopardy, or the lives of those I love and care for in jeopardy as associated to me, or my problems currently, not with a baby on board, that was an extreme risk to my health taken, without regard for my mental health and stability as exposed, and without regard for how that could potentially make others feel, seeing my condition worsen, lose faith. I think if you share your frustrations in private or in public, they don't care what condition you're in, they will fight you, or cause you mental disturbance, as though you do so to others, known.

## 1. Having a Story, and Why a Story is Told, 10-15-20

At this point in time, my luck has run out, my options have become limited, and all progress lost, this is what losing feels like, and as the jokes pile up, and all your decisions made with regards to whether you have a dirty mind and think with a dirty mind, and have dirty needs, and if you are the type of person who attracts dirty people into your life, that must mean one is dirty, and if one

is dirty, then one does not take good care of themselves, and if one does not take good care of themselves, gets sick without knowing why they feel dirty. There is love, and then there are conversations, sometimes having nothing to talk about is a good sign, its from the moment you don't feel good, or become mentally ill, that you have done something wrong, and that no one wants to take responsibility for, having given love to you, and watch you get worked on the street hustled, that's street life, you cannot make a positive ending out of shady experiences, just be grateful to be alive, and take everything with a grain of salt. Then theres the decision to enroll in Tinder, that was a mistake, and uneventful, I think that that's not the best way to make friends in life, no matter how intriguing it may seem, its better to wait for the same guy for years, until hes ready to come around at peace with you, then to venture off course in life, and be known for having done someone you met on Tinder, who you were afraid to meet in the first place, because you told that fear, you both were scared to meet eachother, and that's how telling another stories, gets re-lived through your own experiences in life. That's not fantasy, that's trying to understand whats going on on this app, and how things are going down on this app, and figure out what the temperature around is like, its thinking how to prevent by addressing a problem, and to illustrate that that's not okay, and its also not okay to think about the trauma of others, as that puts others in fear, to think that way, or seem like someone who pays attentions to stories, and wonder what was it about a story that captured your attention, and whether you continued to support an organization in which something bad happened, if it's a matchmaking system, then they should be able to tell who is trustworthy or not, and those things should not happen, if we as women don't select without a full profile, that change I noticed, professional photos of the Men! Holy cow, the correct response, thank you! -Understand that as others watch you live life, you are the leader to your own story, and that's something someone can't help you with in life, direction, sometimes it's not until someone feels lost, that their true colors shine, or we get to see a side of them, without them knowing it, whether that's mental illness, poor mannerisms, poor hygiene, self-harm, and reactions, pain sets in, and that's allowing yourself to be overcome with illness, and that's how I lost Jay after waiting for him for many years, met January 2013, before the blow job, its been a heartbreaking experience knowing him, the moody techie, to the kiss on the cheek, found. When people are hyper around you and enthusiastic about you, jump out of grumpy mode. Being a soldier is about having fun in life, feeling good around people, not holing up techno style in the zone, that's too intense for comfort, and maybe seemed too dramatic, like I was going places in life, or gearing up for an occasion, to be face animated social, never actually. What was the big deal, is that seeing Jay after the Superbowl Commercial my sister-in-law was in, was made known to me afterward.

#### 1. Learn When to Stop, 10-15-20

When you get sick, that's your body telling you to stop what youre doing, and either think of something else, or choose a new profession, is how things look or appear, you cannot "win" so to speak "in reference to Charlie Sheen" if you are overreacting, or not representing yourself well in public and difficult to connect to in private, learn to believe in the concept of "less is more" that is when the odds are against you in life, everything becomes a gamble, whether not others can agree to anything, about anything, that's not my speciality, addressing a problem, that I have no experience in micromanaging, I only know my odds for reaching those moments of peace, occur, when I am doing everything right, sleeping at night, on a schedule, never in my life have I ever felt compelled to push myself to extremes in life, and maybe its so a permanent condition doesn't



take hold, of those who have been well around me, and have done their best to welcome me back into their lives and trust me, upon being ready to work again, after finishing my law degree, I had to beg to finish, be paid for, that was over a period of many years, either not well to start, then took courses when well, then told to work, then wanted to finish my studies, and then had to work, and then finished my Law Degree, that's being patient, and listening to others in terms of why its important to work and to continue applying for jobs, that is because the longer you wait, the more difficult it becomes to apply and get a job, that's being connected in the wrong ways in life, once you fail in life, and that's not a condition, that is workable in the workforce, or for dating for that matter, there will be glimmers of faith, hi, hellos, and sure lets hang out, and as you lose faith, watch your dreams dimmish, be careful who you are pleasing in life, and always ask yourself why you are where you are, and do your best to make due with how you feel, and where you are health wise, by your choices in life. Whenever I have voices I usually call the police, I used to be good at catching it before things got out of hand self-harming, because I have had one experience swallowing a bottle of kolonopin, not to glamourize that's \$hit, and definitely not in a poignant way, to make anyone feel good about hearing that, or think up \$hit like that in their minds, on a \$hitty day in life. Listen, when people F up, that's to everyones benefit to examine why, keep that confidence to yourself, thou shall not recite put into words or make permanent what feels good to everyone, expecially if everyone is on different \$hit these days (meds) the pharmaceutical industry replies that's to keep you guys f-king separate, so you don't collide, its to let the good shine, and those we do not trust, at a slower altitude in life, that is noticeably stupid looking without thoughts. I have thoughts, I just don't speak my mind, and I used to be animated, when I had friends. Do those entertainment skills matter, not if you cant cheer us up, then get the F away from us. I understand, I don't think that others intend to cause the level of harm they do, that's because everyone else is doing so well, that this one F up stands out too much, she must not be a person of faith, or of solid work ethic, she seems like she makes moves to make things look like, I couldn't f-king orchestrate a political opinion toward me in life in the positive if I tried. Just know when you do lose faith, thats why your life turns to \$hit, your hard to talk to, and everyone notices you, that's not an exit strategy giving up in life, that's being mistaken as a problem or thought of as someone drawn to problems who studies problems, likewise treated.

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took courses when well, then told to work, then wanted to finish my studies, and then had to work, and then finished my Law Degree, that's being patient, and listening to others in terms of why its important to work and to continue applying for jobs, that is because the longer you wait, the more difficult it becomes to apply and get a job, that's being connected in the wrong ways in life, once you fail in life, and that's not a condition, that is workable in the workforce, or for dating for that matter, there will be glimmers of faith, hi, hellos, and sure lets hang out, and as you lose faith, watch your dreams dimmish, be careful who you are pleasing in life, and always ask yourself why you are where you are, and do your best to make due with how you feel, and where you are health wise, by your choices in life. Whenever I have voices I usually call the police, I used to be good at catching it before things got out of hand self-harming, because I have had one experience swallowing a bottle of kolonopin, not to glamourize that's \$hit, and definitely not in a poignant way, to make anyone feel good about hearing that, or think up \$hit like that in their minds, on a \$hitty day in life. Listen, when people F up, that's to everyones benefit to examine why, keep that confidence to yourself, thou shall not recite put into words or make permanent what feels good to everyone, expecially if everyone is on different \$hit these days (meds) the pharmaceutical industry replies that's to keep you guys f-king separate, so you don't collide, its to let the good shine, and those we do not trust, at a slower altitude in life, that is noticeably stupid looking without thoughts. I have thoughts, I just don't speak my mind, and I used to be animated, when I had friends. Do those entertainment skills matter, not if you cant cheer us up, then get the F away from us. I understand, I don't think that others intend to cause the level of harm they do, that's because everyone else is doing so well, that this one F up stands out too much, she must not be a person of faith, or of solid work ethic, she seems like she makes moves to make things look like, I couldn't f-king orchestrate a political opinion toward me in life in the positive if I tried. Just know when you do lose faith, thats why your life turns to \$hit, your hard to talk to, and everyone notices you, that's not an exit strategy giving up in life, that's being mistaken as a problem or thought of as someone drawn to problems who studies problems, likewise treated.

#### 1. Its Never Too Late, 10-15-20

For anyone convinced that you have done wrong in life, why you have not been included in any equations for wellness in life, is intended to keep you separate until you realize your self-worth, and become happy and proud about who you are and the life you have lived. You only get one chance at life, and its certainly not all about: (1) rising to occasions (2) proving others wrong (3) making your mark or (4) addressing the needs of others by instinct. There is a such thing as actually living life, believe it or not, without being a desk reference to other social ills in life, not to be assumed to have occurred as a direct reflection of your life as lived. If my life was not good enough then, then it will not be viewed as better now, and that's a sad fact about life I have come to accept. There is pressure and there is pressure past the point of accumulating guilt in life, or after having been found guilty, for reasons not clearly made to you, but made known to all on public record via the courts and I cried. Ive visited them more than once, and what "probation" meant was described to me "as not breaking any laws, while on probation." To me, lawsuits are a tool, used to inform you that you have done something wrong, and because you have done something wrong, do not make another person feel good. That's absent minded your 4th Step, and anyone from your life, who you have so chosen to be separate from. That's treating you as though you have done wrong, whether knowingly or not, were told you have done something

wrong by another, and that is what the Justice System is for, informing you, not necessarily responsible for explaining to you what you have done wrong and why. All that matters is that what you were doing an action "texting" was "unwanted" and because you texted were believed to be "delusional" and because you were delusion, evidenced by the fact that one was slamming their head into a wall bleeding (hearing voices), means that "one has done something wrong, which has been communicated to another party, who does not wish to be involved." That's is self-harm, self-harm, means that you do not feel good about yourself, and its your responsibility to figure out why you do not feel good about yourself, or why you do not feel like yourself. It doesn't then matter what other people think of you, and don't expect them to be watching you or waiting for you to get well in life, that you have to figure out all for yourself. It should not be until you self-harm, that others are notified of how weak you are, and whether or not you can tolerate being made fun of in life, and no I do not think that a Lawsuit, is to give others the go ahead in life, when it comes to capitalizing on the loss of identity endured, when someone is forced to go to Court, for not attending a Civil Hearing, be given directions or notifications of what is allowed, not allowed, and the consequences for not abiding by that Order. That's if you cannot get a hold of your Attorney, and do not attend by yourself. That's not because I wouldn't know what to say, or because I have too much say, or because of what I have to say would be inappropriate to discuss with a Judge, too much information to indicate Guilt present, or too much information to explain mental health condition, or weight loss. The last time I was called "delusional" was in a UCLA Medical EMR Record, in which it recorded that "patient says shes going to Law School" "patient is delusional." And then went to Law School. Because of drinking, and arguing with a friend, that made things uncomfortable for me to date my then Boyfriend of 4 years, and because I had a drink, when I got to my car, my boyfriend standing outside my door, was punching my head, then drove off, that was the first time I recall punching my head, and the first time I have punched my head in front of someone, and got into a Car Accident on the way home, things did not work out, and upon things not working out, committed suicide 2009. It then doesn't matter what I wrote, who I donated to, or what I was like at work prior to suicide, all that matters is that because I drank, I argued, and because I argued I left and punched my head, and because I punched my head, got into a car accident. Which is information asked for because in 2013, because I drank alone, I was texted, and because I was texted I punched my head, and because I punched my head suicidal, I drove on the 405 freeway, and changed lanes without a blinker, until I got pulled over by the CHP. Sometimes to make things go right for you in life, you have to step down, and that's exactly what I did, stepped down to accusations by my then Boyfriend of three years, we were in the middle of a breakup, writing in my phone, when I was bothered by another Law Student from UCLA, made to give head until I threw up, and that was the incident, occurring, after accusations by text occurred, and after arriving home from DC and visiting the US Supreme Court. And that's how you get treated in the Street, if youre not sharp enough, or quick witted, to understand that someone who comes into your life, then becomes apart of your story. Which explains why I stay home, and don't go out. That's others moving on without you in life. And that's how you get played in life to look like a schmuck, or someone who doesn't know their own worth, or the value of their time spent, around those of worth. In defense of institutions, I feel like I was liked, because it told their version of events, or how they wanted my story to be told, to include, an anecdote, of someone sucking dick who attended a School, that Petrocelli went to, and a Hospital, my Moms ex-boyfriend worked for as a Nurse. And that is why I think my story is being told by others, who know me, then give meaning to their lives, as though I impacted their lives then, or had a

meaningful story to begin with about anyone. And because Boston occurred after I was emailing myself, a Marathon cut short by bombs, that is why I get attacked upon completion of Law School, or at any juncture of well being fought. That is to treat me as a bombing victim, as though I did not do my best, to communicate to everyone my condition then, or in private, give my password to the US ARMY who I applied to via application online, when a song was made, that I did not agree with, deleted my inbox. Don't then treat me, as though I was an open Inbox to intruders, or as though my mental health issues, whether shared by me posted to a closed Twitter account, are my responsibility to discern how powerful of an impact my identity, is on someone who does not know me, or argue that I am responsible for my condition as I am now, as though my condition upsets others, or motivates others to cause harm to others, that's treating me as a shock to know, without me having said anything, and after I shared in a nice way on Twitter, try to line everything up, to say that those acts were in communication to my identity, as though my identity communicates or motivates others to do wrong, and that is how I was treated, not based upon what information I provided, not based upon the quality of writing provided, but treated by how things look, she enters the equation, her identity is known, and then say this this or that happened because her identity is known, then claim that my identity or my position in life, is not with acceptance of others, or once known and made clear with approvals by me, **that's to make things appear as though upon finding out things could've been with reference to me, got upset, and it's the upset that is the feeling wanted to be generated, to say that I got upset when I found out this was about me, to say that he got upset then, like he found out things were about me.** -I can do my best moving forward to stay well, but that cannot fix the fact that I have mental health issues now, and do not feel well, and cannot change the treatment of me, as offender, that is something I will have to live with for the rest of my life, why I stay home and continue to write, if I didn't care, I would let everyone kill me, and put me down in life, but I haven't the heart to give up in life, and let negativity win, or add fuel to the fire of inference, of things being about me, then, and things not going right by whom, and then watch as things are not going right now, and say it was because I wrote, things then became about me. **This is why with all confidence Justice Ginsberg was pictured with two middle fingers in the air, a picture I kept, just like the guy in jail with two middle fingers in the air at the camera in the corner, who bombed a Marathon. I started running to Century City and back, before the Marathon bombing took place, and now I cannot run to Century City and back, because there are Military homeless tents stationed on that running course.** -To me being watched for Guilt, is observing until everything calculates to what is had in mind, and that is how what is thought of you controls how you feel, and what you speak to, its someone with a thought, negative, that you then feel offended by or sick by, and do not know what the causes are for that feeling. Just like sharing a video or a picture shared between two, to everyone on Instagram, I immediate become sick, drained, or feel suicidal, that is something that I have said in private, shared to all, not feel well. I do not think that its justified for people to commit acts and hurt the faith of everyone as a whole, and even if disbelief in one is caused, that still shouldn't matter, whether or not I die, get sick, suicidal, or go to Jail, for whatever offenses are found to have been committed. **Registering as a Corporation, is not a risk to the health of others, and is not fraud, that's called taking accountability for my life, my identity, and for my influence, be factored in legally.** What is a manifestation of my output, private or public, and be exact about the judgements made of me, to pin point, from where insult was derived, from where trust has been lost, and for what reasons now, I am not well, as connected to whom, and figure out whats in my control. This cannot change the condition of Bipolar, which I did not have in college, but got Voices, upon doing

Cocaine, after moving to a new apartment, I grew extremely paranoid in, with steam heaters, windows sealed shut, and could barely move upon awakening. That maybe then was a product of being known to all, and then after having been viewed as a disappointment, and underperformer in life, not all jazzed up about life in my Macbook, or Film Course, write. Ive always been really enthusiastic about my Academics, I am good at School, that's my strength.

And while living on 13th Street, a poster was put in my shed garage, a space was in the Lease.

1. On a Bad Day, 10-12-20
2. On a bad day such as today, everything you say, can easily be read into as insult, no matter who your talking to, the side of who you are speaking to, not feel well about you, or attack you as though you are a source of pain or mental illness treat you in life. This is when talking about the past is not helpful, and only makes you look like you are looking back on life in the negative or trying to use your memory or your life, to defend your condition now as normal when its not. Your past life cant save you from a later condition you get placed in in life, based upon what you talk about online, or talking about in front of others, and that's your loss, if you give up on yourself, and don't stay well in public, that's really heartbreaking to give up on yourself and cause others to give up on your too, that's a very painful disconnect to experience in life, when no one can help you, and when you cannot solve your own problems on your own. Then there is the saying don't wait until its too late, and then that saying gets paired with taking things too far, that's you being an example of someone who has written a lot, then experiences mental illness and self-harm, minding your own business in life at peace, that is to situate you among the sick, to see how you respond sickly or dying, or in illness, if your living conditions made worse, your ability to be social or date hampered, and that's what dying feels like, when you have nothing to live for, and you have worked hard all your life to get a job, or to work, and find something that your good at blogging, and do well, and then get forced to talk about mental illness, that doesn't make me feel good and Im sure that doesn't help anyone else. You can only help by how well you are in life, even if you can only post once a day, I don't think that more is the solution to writing, not if what you have to say is not helpful, maybe important standing up for others reservations toward you, but that is not "winning" in life, or living life in the positive, that's saying things in support of those differences with you thought existing, and then something you thought happening to you in life, in real life, that's saying your fears outloud. It doesn't necessarily prevent bad things from happening to you, and cant stop you from not feeling well or going into mental illness in life. For everything that was going well for you in life, those are the bases for attacking you: (1) to speak as a recovered patient, (2) a top 100 blogger in personal development and self-improvement (3) graduated from law school (4) etc. Its by what is known about you that stands out to others, becomes the basis for experimentation with your health to disprove you are any of those things in life, and cause you mental illness, without taking responsibility for pushing me too hard in life embarrassment wise, and expect me to come out a stronger person, or expect me to live a healthy life, I don't want to die, and I do not think I deserve to be treated as dying or gone, when I worked hard to have a second chance at living life, and was able to stay well after staying home and resting, why am I in a painful condition now, when nothing can be said to make

things better, and if saying things to make things better hurts, then that means what I have to say will not help and cannot help speaking.

If Its Not Until, 10-12-20

3. If its not until something bad happens to you or others, that others feel reassured in life, then that's basing their own wellness or sense of comfort upon your discomforts in life. There is trust, there is knowing people, and then there is viewing people as they live their lives, not trusting someone. Trust is lost, whenever you make someone uncomfortable, or when what you have to say overpowers the general senses of others, as described. That's when your condition threatens the conditions of others as described, that's when your look or appearance looked into, despecializes you in life, makes you unspecial to others, and makes those who appear composed and sure of themselves, you the obvious unhappy one, not centered. Then what you have to say is not taken with a grain of salt, seems abrasive, or counterproductive to the peace reached by others in life, not a party to your life, your life as lived, or what youre going through now, not feel represented by at peace with themselves but not with you. No understanding can be reached, whenever you fail to come across as understanding or with compassion for the feelings of others, commentary devoid of empathy, shows a lack of concern for the well being of others, if you reach a point of wellness, upon illness to your own Country. That took 8 years of writing everyday in public and in private, reporting to LAPD, my Attorney, and the Courts (got a phone call back notified I built a website for permissions) to finally launch a website that took off by summer, that was writing everyday, and as punished waiting 4 years on probation, to take full bloom, and graduate finish my masters. Whether or not you care how long it took for me to get well, or why I was hospitalized 9x, comatose asleep for 14 days at a time off day meds, does not seem to ring a bell, to anyone who does not care about what Ive been through, and also doesn't care if Im a victim of homicide, as though that's excuse for getting in trouble, or presenting poorly in front of others, in my not well years, in and out of the hospital, and later self-harming a new condition as of 2017, and 2019, punching my head as hard as I can repeatedly, putting dents in my head, and lose my neck, and my head shrinks, to a smaller size, that's to meet what negative judgements about me, to have a large body and a small head, why Im losing 50lbs again (that's not a threat that's a challenge for me no longer in running shape strong enough, light on my feet without a head injury, and difficult to run with a head injury), I used to have a big head and a petite body when I lost weight, was a positive person on the inside, whether or not anyone agreed with my lifestyle choices, friend associations few, and no girl friends at the time in LA, I was obviously not in an acceptable condition to do business with at the time, and was not taken seriously as a person with an idea for a company, or what style of company, as presented. It has now later come to my attention, that maybe when I was on Twitter, everything looked like a Charlie Sheen, Luke Skywalker, Gay, Prostitute, MLK, Kim Kardashian joke, someone trying to be known being like someone who is known, not unique of and to themselves worth knowing, understanding, or being heard, and I believe it is those attitudes in life that made someone think that a plane disappearing represented what OJ's case was about "memorabilia" or to serve as a reminder of planes, notably used to carry out terrorist attacks on 9/11, that upon introduction to the world was seen as a member of his defense, or trying to be like Johnny Cochran, or another Attorney whos life was lost while representing OJ, acquired Cancer, much like me and my Dad, who have suffered once in

2009 in tandem, and later 2017 upon getting Syphallis after Carcinoma Cancer, given a Penacillin shot. That's the painful association to a point of controversy its not by treatment of one disfavored by the Court system, and lack of representation in life a product of, but also a condition of illness that occurs upon being misrepresented or associated to people who others dislike. And that's how I was treated as stupid in life, it just so happens that sometimes you are too slow to figure out what everything is all about or what life is all about until life happens to you in life. And that's just how life is, people care about you for as long as you can stay well and be in the lives of others, and once you have done wrong, or have made yourself look stupid, too difficult to talk to, too complicate to understand, and not intelligible enough to hear from, not what others want to hear, and a later showing of intelligence, or actions post terrorist attacks, only serves to empower a thinker who does not think you have done the right thing hurt you in life. That's having had an easier life, not having had to work without pay, or go to two law schools just to finish a masters, or build a website to feel good again, gets treated, like someone who is "lying" or not well, or who "lies about their condition" to not take responsibility for lives lost, who does not pay attention to lives lost, or who is trying to act strong in spite of lives being lost, and seems like an unwanted show of character, or performance that others are not inspired by. That is how I got treated, as though I was someone to make fun of, someone who was not smart, someone who others felt the necessity to make look stupid, or to react in response to others, as though my volunteer job as a hotline counselor was known to everyone, and then served as a motivation to do things in life to cause me to respond, to say that in lieu of hate, death, or gun violence, I came to be, or spoke, or these connections now are a result of them. That is when those who cause harm to others try to be God, or to cause others to react and respond in response to them, that's being controlled by negatives in life, and losing your sense of agency in life. Should I have run a flyer campaign, and flipped a bench after Malaysia, yes. Do I regret flipping a bench and running a flyer campaign with no record no, did the police see me posting flyers in front of the Mann Chinese theater, yes, did they stop me, no, they smiled. So I don't care what problems China has, they are not Malaysia, its not their Airline, therefore not their guilt, therefore not the guilt carried that caused illness within a population as connected, that caused an illness to spread and then spread overseas by airplanes, as though we are never to forget China, its not our problem, if your Country cannot stay well, and be on top rich, that is not our problem if your Country cannot make money, or is not viewed as important to others, I am not the half Asian that is responsible for your problems, I support Japan. And yes flyers "pieces of paper" were thrown on Westwood boulevard during the year I drove in circles and two BMWs died due to mileage, that was time spent thinking, away from everyone. I was maybe the only one who watched CNN everyday my then boyfriend replied "don't you think that's a bit much, theyre making a big deal of things, hes from Chicago." When you react, it looks like offense was taken, and that at the time you reacted understood what was offensive about a plane going missing in Malaysia, I just knew that things were not okay, if someone with lives in their hands, decided to make a plane go missing, and all that was found was a piece of paper by a ship from China, I saw that shared live on TV, watched everyday, and the Olympics, during the time I lost 50lbs, and built a website with my best work on display.

The Gift of Communication, 10-12-20

What is the gift of communication? To me it means making sense. Although I am someone who does not feel good, self-harms, and may not make sense to anyone who does not think highly of me, that is something similarly I cannot change about them, what sounds smart to them, or what makes sense to them, or what feels good to them. I do not know the causes for what causes other people to act on good or bad feelings in life, or what causes a good feeling to be had. Some things are hard to hear. And this is where speaking to negatives matters. It is a condition that is sought, played out loud, or a visual representation created that you speak about, that causes a bad feeling to be had, that's speaking to negatives. It doesn't matter therefore whether something is easy to read or understand, if something wrong is said, that can be felt by the reader, something off, or something that doesn't make sense, or something incomplete sounding. A writer arrives to a well thought, that is if the writing is comprised of good thoughts, a later piece of mind, makes sense that either ties together the writing as a whole, or gives a deeper insight to the piece of writing as stated. And sometimes things don't add up or make sense, its all about what you are thinking, while you are reading, and what is being said, and what is causing you to think thoughts about a writing, that I cannot control, what is thought prior to me writing, and what is thought after me writing. **And this is when writings get judged in timing, what is said, and how the next piece is written, whether that's my condition changed, or whether that's with expectation of what is thought having written what was wrote, stated in a way to create a condition now of slow, of course I would not say things to cause myself to be slow, or to have a headache, or to lose my train of thought, and write with gaps in my writing, or not feel good as written.** That must mean I have said something wrong, or said too much of something, with assumption of what was done or what the thinking was behind what was done to me, as though I deserved to be treated that way in public. And this is where pain sets in, its having addressed a concern, and then speaking to that concern, without solution provided, as though what was already being said was beating around the bush, or purposefully not calling attentions to issues, that mattered to me, and need not be publicly stated, pinned against in life, the mind of someone who causes harms to others. I don't think that punching my head is the solution to my problems, and I understand that my head will hurt whether or not I punch my head, once Ive had enough in life, that is "inner turmoil" also known as "chemical imbalance" which causes me to self-harm, which is neither the product of my surroundings, nor serves as a reflection of who is in my life, watched by me or others, stalking for connection, or change to my surroundings or to the people in my life, lose light. **No one can walk you through the pain of misunderstanding and back, by the time you arrive to a weller state of mind, or to a weller condition of people around you, it will have been too late by then to talk to everyone, that is when you become a source of pain to the lives of others difficult to talk to.** That is a condition that no one understands or comprehends in hurting you, changing you from that moment on, living life, not returning back to the condition you were in, not assuming anyone was hurting you, not anticipating why you were being hurt, and not understanding why you were being hurt and for what reasons embarrassed in public. There is a such thing as unwanted attentions in life, that is for people to be drawn to you based upon a necessity to feel good or to see clear, without you being able to achieve the same for yourself. And that is the condition I was placed in, while others may be feeling good, I don't feel good. **And that's a forced set of circumstances, someone who comes into your life, who just wants to be written about from their perspective through your body and through your mind and words. And that is how an unwanted connection occurs, something changed about you, that causes others to question you or become silent to you, and not be able to look at you, that's something that has changed about you, that makes it uncomfortable for others to be**



around you. That's looking at you, and not knowing you, or being a stranger to people you know. That means that something bad has happened to you, why you are difficult to look at, and everyone acts like a stranger to you. Past the point of acceptance, a changed and noticeable condition may occur, when something is obviously wrong and its possible that you don't know what is wrong. That is when others are more well than you, looking at you, can tell that there is something wrong with you, a noticeable rejection, or ignoring you. When the mind stops, that's when it hurts the head to think about, when something you've done or said does not make sense, when intuitively your words do not process or register with another, if not in tune with what another is thinking or looking for, and if you experience difficulty communicating what you are trying to say, and cannot reach a point of cohesion or make sense yourself while speaking, that's forgetting a good thought, or thinking something and not remembering what was thought upon reflecting on what was written, and that's how thoughts are lost. And that's how later thoughts are stated, that do not make better sense of what has been said, and that's running on a good feeling, once you start talking again, and let go of what was lost in your train of thought, or thought about, and don't return back to thinking about, that's thinking a new thought. New thoughts occur sometimes, such as now, when you depart from what was being said that was difficult to communicate, and then the sense you were able to make by communicating, allows you to achieve a better mindset afterward, that's having read what was written, and to the best of your ability communicated what was said, and no more thoughts come to mind to better articulate what it is you are saying, that doesn't mean that you have done a good job saying what was needed to be said, and that's how the voice of your opposition speaks through you, the clarity they arrived to having harmed you, and with expectation of you arriving to a moment of clarity, and sharing that clarity with them, called peace. Who is the creator of that clarity in your life, is it people? Who is the creator of your feelings of safety and wellness? You. Who affects your ability to think clearly? Others. No, you control your clarity of thoughts, regardless of what is thought about you, and regardless of what comes to mind in another upon looking at you, those are their thoughts about you, and so long as you turn a blind eye to others watching you for reaction to see if they can be heard through you, that is how you empower the voice of another to be heard through you. That is not how a speaker is made, that is not how an interpreter is made, that is not how a listener is made, that is not how a lawyer is made, that is not how an advocate is made, and that is not how a victim is made, and that is not how an offender is made, via the loss of stability in ones life, the loss of positivity in feeling apart of, or due to the loss in respect to a family caused by a loss of respect to me, that has affected everyone, with or without me knowing it or seeing it. And that's when things have been taken too far, that's creating a problem in understanding, that's creating problems in comprehension, and that's creating problems where non existed. And here we are again, at a headache, not feeling good, with no solution, and not making sense. This is both a caused condition of not feeling good, and a negative result of allowing someone into my life who did not love me, and only wanted to be written about. As though I have anything negative to say about anyone, as though I run on negatives, or as though Im supposed to rise to a grander occasion in life, and expected to feel good as pronounced. This is how unwanted impressions are made, that is composites of what you think over my mind as communicated through me, or trying to blow up insights in others upon seeing me, expect me to speak to, as though I am not intelligent, and make me a product of other peoples thoughts or what they have to see, to challenge me as to whether I am able to speak on behalf of my audience, who respectfully does not want to see me nude, and doesn't care to see me nude. And that is challenging the basis for attraction, whether its my face, my mind, my body, or my

identity that causes Men to have liked me present or past, and then hurt my condition, by hurting my image online, then cause me to punch my head, so that no one is attracted to me. This presents a source of discomfort, that is me not feeling good, and he probably feeling uncomfortably better about himself, having done this to me, watching me over the past 8 years suffer, lose 50lbs, then become obese, after having been punished slept on concrete for 14 hours in jail, for text messaging past a court order default judgment I did not attend on meds, because I called my Attorneys Office and no one responded to represent me in a Civil Matter. I was the person who people were just waiting for an excuse to attack, like being served at McDonalds a white envelop thrown in my car window into my lap, like I deserve it. If you don't want to respond to Gun Violence, then don't, and if that is why I was sued, then don't now situate me in a fight, to be a fight about something that happened 2016, no one cared to talk to me about, no one cared to help me with, and no one cared to respond to me, as though Im supposed to figure things out on my own, and this is where there is no shared sense of pride. Like Im working for those who ignored me, or those who rejected me, or those who did not want to help me, and that then presents a source of discomfort to them and to all, presented by someone who treated me aggressively, put me down in life, and said things to me, to watch me then F up in life, or say things to cause me to F up in life, and insult me and my family, like they are expected to fight to these issues that others had with me, not their responsibility. Its not a fight, **Gun Violence advocacy is not a fight**, and fighting me does not cause Gun Violence, and if that what was being tested for, putting lives in jeopardy, then that explains why I am writing so much now, and why Gun Violence stopped, maybe I wasn't saying enough, and wasn't taking it far enough, and wasn't saying exactly what was feared, or needed to be said.

Follow-up: I am not doing well now in a lot of pain, I understand not to fantasize about people, or to have an idealized view of a match, to either match in real life, or to not match at all, stay home. I think talking about the past is not helpful, and only subjects me to harm, that is not proper, or the right thing to do, to talk about the past at this point in time. Im sorry for liking someone, who did not like me, and Im sorry for anything I have written that has caused for others to lose respect for me. I understand that I am not strong enough to combat hate, if I cannot even stay well mental health wise, that must mean that I am not fit to be an influencer, or someone in pain who cannot help others. (10-12-20) I am sorry. I understand now, having been proven sick, that self-harm and suicide is not the correct response to being made fun of in public, I understand that if I choose to live life I can live life, but not if I am self-harming, that will only make things worse. I have done my best, and I am sorry if I do not sound well now, or do not sound smart, and am not doing a good job speaking, called 911. Obviously things are not going well for me mental health wise, and not strong enough for a fight.

#### 4. Personal Update (3), 10-10-20

Taking a break from blogging, need to rest, maxed out in terms of content. Im not feeling well, and if Im not feeling well, what I have to say, will not benefit others to hear from me. I either need to go to the hospital to fix my condition, or stop engaging with others in public if I am not strong enough. I wish everyone well, and glad that others are doing better now, whether or not I am able to do well. Its important that I improve or else my life becomes more difficult than it needs to be. I do support everyones wellness, and Im sorry if my condition now does not support the wellness of others. If I am not well, then I cannot be of positive influence, especially during

COVID, if I am talking about things that cause me pain, or are painful subjects addressed. You will work hard in life, that doesn't mean that you will be smart or feel smart. Once you look stupid, it will be difficult to work, be trusted, respected, or given privileges in life. And that's called suffering on your own merits. Ive never been one to blame others, respond to everyones texts, and never one to judge anyone as the source of my instability past, but understand that because of who I was and based on who I hooked up with, judged as a "weirdo" or not pretty. I was called "tone deaf" "lesbo" "schizoid" online with nude photos of me published, with hate commentary and hashtagged to OJ and his Family, to treat me similarly as responsible for the conditions of others. Im not connected, Im known, and if known, or famous, one should be taught to control what is thought about them, by having a public persona, not just stay home study or date privately, and that's how you get looked at for error, and that makes living difficult. When you get situated in a position of responsibility for the health of others, if you are not able to stay well yourself, self-harm is not therefore an excuse from liability to claim mental illness, it's a condition upon looking well hearing voices, and then hitting my head, punching my head as hard as I can, I used to just hit my head lightly, its gotten worse, not better. I think with mental health issues on meds, based on your education get treated as a normal person in life. A type A personality lawyer, Im not a lawyer, so to be told I was one, if with the degree I was going for in life, make fun of how I got in with  $\frac{3}{4}$  a JD, is hurting me as though I lie for acceptances, or have not met the required number of coursework to get into a law program. I understand my intelligence as not well is unimpressive, and if my condition poor hard to love. I never tried to be loveable or be Americas sweetheart, those positions are reserved for those who are positive and well, not people who talk about private problems out loud mentally ill. You cannot fake wellness, I think I have given it my best online, and need to take a break now. Return to wellness, and when I recover write on a good day, not when I am mentally ill in pain.

##### 5. Personal Update (2), 10-10-20

Chances are if its hurting my head, and if I was self-harming, and if this is what was said, then its coming from a place of discomfort, which was just now reported to 911 LAPD, for examination of my thoughts with regards to the passings of others, and what happened to me. It is also known that if my condition does not improve, that will make living difficult for me, beyond what is necessary, at this point being quiet, only subjects me to voices, and if pushing myself only makes me tired, and does not "resolve" hate towards me, then that is a condition about others I cannot cure, nor need to think about, nor can 66k monthly viewers to my Pinterest control how I am feeling or what I am thinking, that's virtual support, that's not medicine to remedy anything past or currently wrong with me. Now I know why I look weird in my room, it's the painting, and the mirror the size of an exercise mirror, that's to call me out as pervert, as though I exercise in my room, or for the purposes of seeing how I feel being labeled or made fun of esoterically without me knowing it, but visable to others, which brings up an issue of tolerance, if my face and my body changes and I look jolly or obnoxious, that must mean there is an energy on a physical object placed to communicate to others something that is now not making me feel good, to look into. That's being labeled a pervert, based upon the content you view, the bicuriosity you explore, looked at and thought of as a pervert in need of vagina or a womans love, or who looks at womens bodies or vaginas for pleasure, perverted, and that's how I was treated, that's therefore not a source of empowerment to me or others to discuss when that happened, or why that happened, or why when I was not awake presentable and half awake or present, no one

could help me, when not performing in life, that's being treated as a "goner" or someone who is going in life, and that's how you get viewed, for entertainment, how one looks or appears, based upon what is thought of them, and no one helps you in life, gone. That's what makes me becoming gay, not okay, and that's what makes me self pleasuring not okay, which I have since stopped, no matter how empowering it is to others, I don't need to live a life, people pleasing my way to sanity, fitting any molds in life, or build any acceptances for myself moving forward, be given proof of an ability or even worse proof of being gay and how gay I was, and what I look like gay, and how another felt when I was labeled gay, lose beauty. Im sorry if no one understood asexuality, or didn't understand me not hooking up with anyone in High School and then in College dated older, it must be because I was not thin and I was not pretty why no one hooked up with me, and why someone older did me, to turn me into a woman. I know now that in order to be a confident woman, you need intelligence, and I know now, that what people think of you looking at you matters, so always dress the part, and do your best to make a good first impression, and I now know, that is at a later point in time I become sick, then it will be justified by my behavior private to support the opinions of others, having watched me over the years in private, be the judge of who I am or who I am not. Now is the point of inappropriateness, to talk to women, or to a younger population, if I now know that because I do not have friends, was treated as more mature because I talk to my Mom, as though it was okay for me to match up with older Men, as though I was not understood the same or treated the same by Men my age, that's when you understand the male ego, likes to play, likes to keep things light, and if you are too heavy or too serious they lighten you up or ignore you altogether, "you only have one life to live" be happy or complain and be alone talking about things that only matter to you or make others feel uncomfortable hearing about, if its not a problem you were born with, then just stop, and dont explain, next time, free of notifications or help from others, or defenses provided in support of others, now unwanted. Now is a condition of illness, I cant imagine me dating or hooking up now, and can understand now why it seems as though I am someone who gives love but when not well does not make another feel good, I understand that now about myself as mentally ill, with my face and body changing. I can take responsibility for not feeling good, and even if I do not understand what was done to me, I understand it was thought deserved as though I am attracted to younger, or people who are new, as though I feel good among people who feel good, its I do not feel good anywhere. If I cannot stay well, then that makes this blog uncomfortable, not suitable for award as applied to, too uncomfortable, not something publicly discussable, or too immature for comfort, or speaking too far in the past, which is painful if looking back seeing anything in the negative, and that's me not being well, and others doing well, as representation of me being the thoughts or the person overcome, of excelled beyond comprehension of me or my problems in life. I think things are too personal now, and now I see application for award as not in good timing, or not on subjects comfortable for everyone to know, including my own issues, let alone others from memory, who I was not even that close to in life, or who left my life, and don't need me in life. It's the condition I am in now, that causes someone who liked me to hurt me, as leaving or going in life, or not tolerant of others, thinking about the past too much or not happy now. And that is how I get hurt, when my health is failing, when Im in pain, when Im not feeling good, and at the same token do not make others feel good or reassured in life. That's when life is not a game, although others treat your life like a game, as though that's appropriate thinking your condition, story, or sharing contributed to others coming up in life, and then treat you as a source of illness as though you were referenced for insult by song, or by body part responsible for the condition of others or hate, as though one was exposed

with expectation of being seen by all, or by people who do not know me, or capable of hurting others. At what point are you considered famous, and responsible for what other people think, or how they see things? #stophate

Heading: #blogpost: Personal Update ... #stophate #bodyparts #blames #femininity #sexuality #looking #introductions #similarities #beingawoman #thinkinglikeawoman #beingtreatedlikeaman

## 6. My Sense of Peace, 09-22-20

Peace is achieved on ones own. Its not something you are taught, and there is no strategy for overcoming hardship on your own, that needs to be explained to anyone. If another's sense of peace is causing me mental disturbance, its because they expect more from me, while I have provided everything online and in private for review. Thats trying to build information through me, by attacking my sense of character and based upon seeing who Im connected make themselves of importance. Allow me to be at peace without chiming in, or "@" me, if its been clear that I no longer want to communicate with someone who is causing me harm, that is because hearing from this person, upon a moment of rest after hours of writing, makes me want to hit my head, self-harm, that means that an unwanted communication was sent to me, past wanting to hear from someone, who has harmed me. That is his choice to hurt me post a moment, of collecting my thoughts, and looking at things in the positive. I obviously dont care to hear his story, he just shared his face after 8 months of talking to him, and didnt even give me time to adjust to continue speaking to him, after sharing my heart, my life, my face, and photos and videos of my body to someone, I havent even seen. Thats too close for comfort. Someone who reaches a point or speed in life, thats ahead of you, often feels this way, as though they have won, conquered their demons, or wrestled a goliath, that makes them feel empowered to see your work, and then think they are faster than you, or as though their thinking and way of maneuvering around the issues, sheds a better light upon the times, whether or not they are making use of your image and identity, as a "shield" in order to attract attentions or to not be harmed, thats to generate a positive reaction toward them as though they know you better than your audience does, or have seen a side of you that your audience, loved ones, family, or friends have not seen. Typical opportunist, sees someone who they do not see of value, as she becomes of value, suddenly interested, as gone, disinterested and trashed, and then upon trajedy, act like they have a story to be shared about me. Threatening me to send all information to the FBI. Go ahead! Or threaten me by contacting Attorney's I have already contacted. Go ahead! Take it court. This person is someone who doesnt know when to stop. I have been through addiction and back, alcoholism, sex addiction, bullying, defamation, lawsuit, jail, misdemeanor, drug use, and cocaine addiction, never did I ever blame anyone for my hardships, always holding myself accountable for my own mental health issues, never did it ever cross my mind, that I was famous, or known, or that things were being done to me, to harm me, or even think twice that I was being harmed, to generate a reaction from people around me. Now I have an audience. You cannot control men who love you and who are experimental with you, and you cannot control people who do not know you and are experimental with you. And no one is there for you when you are down, struggling, suicidal, or self-harming thats for sure. Whats does this mean? Its means if you are held to high standards, and viewed as intelligent, then no one can tell you what is wrong with

you, but if they hear in your 4th step, that you touched someones butt hole because Cosmopolitan magazine told you to touch a mans perenniel, and if your ex stuck his finger in your butt, then yes you accept the whole dick eventually. Thats love, no one knows what the F they are doing, and then there are those who see what youre doing, and as they are watching you do something well, interfere with that focus, that manner of intelligence, and ability, why? To be apart of that success. Which explains why I left Justice Roberts on his elbow for 8 years. Point of discomfort being, how I have come to know others, is not how all are able to know and treat others, and that is an example of how some people are hurt, by getting to know them, not respect them as they are, and by the more they get to know them, take them less seriously, never have I ever not respected someone I admired, and never have I ever had sexual thoughts about someone I looked up to.

Originally posted 09-20-20

#### 7. For the Most Part, 05-08-20

Those who look upon your life or successes with hate and disgust, are people who do not know you, or who judge you by poor decisions made by you, when you were not well, not strong, or weak minded, with disbelief in yourself, and without a strong outlook for your future, or for the future or your relationships with others, able to withstand either exisiting hardships in your life, or whether those hardships existed only in the lives of others, not experienced by you, it is for those reasons that respect is lost, seeing someone as a "poser" to victims, a "poser" to losses, a "poser" to beauty, a "poser" to intelligence, or a "poser" to sobriety or intelligence, as though someone is not capable of achieving without the help or assistance of having seen someone go through the process of change themselves, and recover from hardships themselves, as though only upon being directed by others, thrive, succeed, see, believe, in themselves and others. That is wrong. Don't allow the disbelief and pain of others, when is comes to their acceptances of you to complicate your life, cause you to lose your mind, or become attached to their issues with you, become less than, self-harm, injure your natural language, tone, and presence, become something youre not, worse off, or a worse version of yourself, to their benefit, chagrin, benefit, or to your own detriment, inspire, more to think similarly less of you, as though you are "not special" or "not important" or not anyone who would know better or best how to respond to difficulties in life, and set a good example to others, of how to behave and think, and not think in the negative about self or others, so hold your heads high, and do what you need to do, that inspires you to think you are better than others, whether thats "talk \$hit" about people who have not lived life, "talk \$hit" about people struggling who you do not think understand what struggling is, make a joke of unpaid workers "as slaves" to any organization, be looked at without "respect" or gratitude for their hardwork, and think that someone who is well is "full of \$hit" or because they sound well only sounding well to make themselves feel better, this is how I respond to hate, not trying to attract attentions, but right back at you. Who are you to judge me, who are you to think less of me, who are you to cast blame on me, who are you to think I am something I am not, who are you think less of me, who are you to hate me, as though your interests, divested or not in your wellness or the wellness of others, is being affected by my output, my life, my likes, my fans, my following, or my company's ability in life, to do well, in spite of your opinion of me, thrive, and by thriving, I live life, not to your disbelief, not to your inputs, not to your interpretations, cast me as an "offender" to the best interests of others or cast me out to be

someone who affects others "sexually" or is "sexually" provocative or non-compliant, until spoken about, thought about, to prove wrong is wrong on its face. That's seeing you not with respect, as someone who is not for sex, or who was never for sex, and that because I have a female body, think that because I don't dress in a way attractive to you, or because you do not want to have sex with me, that that means I'm offended by you, or think less of myself, as though I am looking well, or achieving intelligence so that someone who does not like me will want to have sex with me, or attract that type of man change them to like me. Anyone who wants better, can get better, it's a free country, and if you think this website is about attracting and influencing women you are wrong it's about the DYING and the DECEASED, as someone who has experienced bipolar hospitalized 9 times, I'm extremely sensitive to LOSSES. Which is why I'm alone, which is why I left relationships, which is why I'm sober, which is why I write, not to generate attentions for "sex" for "likes" so that I can get "sex" sex is easy living is hard, and friends are easy, jobs are hard, and reputation cannot be fixed until YOU fix it. [#stopsuicide](#) <3

*Originally Posted 05-07-20*

*1250 Likes*

#### 8. When Its Time to Move On, 04-18-20

If you have to go backwards to explain yourself, or even forced to go backwards by someone else putting you at an imposition to explain yourself, then do so. There's no manual for coping when you are thrust under controversy, made to look stupid, at a loss, and overcoming something difficult in life, such as the emotions you encounter when you are made to look bad, ignoring the fact that with sincerity, you were kind to others, respected their wishes, and provided photos via their direction, who would think that upon explaining your demise, you would once again be hurt in that way, when you were down, and had yet to come up in life, popular, fully launched. Usually it's people, who want to credit themselves, for your progress, in life, or be credited for your abilities in life, and be credited for being apart of your progress, that seek to be mentioned, and by hurting you, get attentions, they feel are deserved, to take away from you, what progress you have made moving forward, to their benefit, get people to turn on you with them, that's called a breakup, when sides are taken, and people are at a loss, it takes awhile to overcome the shame and embarrassment that accompanies, a change of heart, or direction in life, that doesn't keep that once companion in the spotlight, as attached to you and your successes in life. Not only does that hurt ones abilities, but it adds and unsurmounting pressure upon someone to be treated as without someone, tested whether they can succeed on their own, without the support, of someone, who exchanged loving words with in support of someone, who is no longer replied to with an even exchange of love, but seeking to move on, that's moving on, respectfully, backing off, from a previous relationships, or friendship, and switching care to someone else, more willing to provide for someone, beyond just fantasy, or pleasure, be a real life companion, there's a lot at stake for me, if things don't work out, looking like someone who benefited from the support of someone, saw better, and because of that support, was able to put together something online, or be put together for others, it's usually by self-care, and making the right decisions, that one is able to grow, professionally, by their own experiences, and because one is professional, likeable, or desirable, as a candidate for the exchange of love or companionship. You would never think that at your top in life, or having come full circle, and beginning to feel better and ready to finish law school, graduate, and work again, after years of struggling on meds, that

someone would hurt your esteems once you are able to be stable on your own, without them, if its not marriage, one is not obligated to care for someone for an indefinite term, and if someone is more available, to be supportive, and to care for someone, than it's a woman's right to move on, and be with a better match in life, who they have more in common with, who will not subject them to hurt, and would not disrespect them in public, make them look worse to others, and ask for photos, when someone is not thinking they will be exploited to all, to hurt or destroy their image, their likeability, make me look trashy, cause me self-harm, and cause me to feel bad about myself, why I called the police, to request that the photos be taken down, and they were not taken down by Facebook. -I have privately supported this candidate since 2017, and have always done my best to inform him, and console him during times of need, redirect his focus, defend him, and provide for him insights, to help him to love himself, love his family, love his life, and forget his past, be proud.

*Im sorry no more pen pals, however approved by my Attorney and Therapist, only speak to the Courts and to the Police, keep a running dialogue of my progress, maintain a timeline, be professional, thats for the purpose of preserving the public conscious and maintaining the peace.*

Personal Update: Due to the pandemic, just filed for Social Security Disability today.

**Follow-Up (04-18-20): Pictures were taken down ... what a pal, always a diplomat, thats me, have faith.**

#### 9. The Error, 01-21-20

My error was going out, after a pen pals recent purchase, then approached, if out, the that looks like available, even as friends, makes me look bad, and breaks his heart, learning is a process, the best matches are when I stay put, and not a risk, to care about, that's the main lesson, after self-harming today, it took me a long time to figure out where I went wrong, as a risk to health of others as out, and to myself, as leaving a happy place in life, for worse off, looking bad, or looking for more, or looking for love, with love, one should be content home. Tough day today, enough said, something no one can help me with, staying well when things are going well, and keeping the faith sticking to what works. -This happened after the Asia Trip too, big deals, that perfect air. Means stay put, disciplined.

Im sorry.

Leslie Fischman

#### 10. Now's Not the Time, 12-29-19

I was thoughtful enough to have included statements about how I have been affected and what I have done in life to help make a positive difference in spite of what my family has been through and what close friends and family have experienced in life, and have done my best to live the best life that I can given the opportunities that I have been afforded. Without shedding light on who I know, what I know, or say names, that would be doing me a disservice in life its not by who you know that you come to identify as a person in life or achieve in life, that's not how to



self-identify, as attached to others, its important to be independent of others, and to think for oneself, and to not have ones life affect the lives of others in the negative, just as one is expected not to complain about later mistreatment as treated in a condescending way as associated to one is expected not to later in the negative allow ones hardships in the reverse to affect their associations in the past, or people to whom they have been connected to. That would be so tacky, to build a website and then as disassociated from my best friend talk about our friendship now, or about her family, that would be disrespectful and lacking good purpose or solid purpose at all, there really is no foundational support that can be laid by explaining who I grew up knowing and why I think the way I think or why my life is the way it is now, that would be complaining, complaining is not the solution to building a better life for yourself, nor does it improve any conditions around you, its always those least affected by your hardships in life, who are most critical of you, seeing things in their most simple form, oh she grew up best friends with, like I was some kind of a tagalong social climber, I lived on 200 N. Rockingham Ave and was a neighbor introduced through her Mother, that's normal, don't treat me like Im some kind of reject or person of low class with a poor sense of humor, who is mentally ill and of harm to others, its not by my illnesses that others are being harmed its by the illnesses resulting from people dying and by homicides being committed upon individuals in society that is making people sick, and whats making me sick, is that because I had bipolar and heard voices and took cocaine and couldn't sleep hitting my head, living in a beautiful home in Santa Monica, the police were called to my house, I was fine, I had just seen my Ex, I have mental health issues, I will never be well, that is because I cannot function without medications, and because the men in my life do not stay, and have been separated from my friends, if I am put on medications against my will and choose to blog because I am bedridden and you think my sense of humor is tacky or in poor taste as though I am wasting my time on earth, than you don't understand my struggles in life to function and be accepted as normal and do my best and finish law school and be given that opportunity earned for my tuition to be paid, upon being well enough to take the courses to finish the degree which was my purpose for attending law school to finish. #stopsuicide – If you are in disagreement with me do not read my blog you are not authorized to read any of my work purchase any of my writings make use of any of my written ideas or privileged work product produced by me, and use information created by me, to make fun of me, that is wrong. That was my Honors Thesis about our experiences as Hotline Counselors. If you have ever woken up to being sexed, and it hurts, and you were 18 and he was 33, maybe then you were not old enough nor mature enough to handle that type of sex yet if youre new, my first boyfriend, still to this day always responds, ended up marrying someone 100% Filipina and had a child with her, while I was in college in Colorado, wound up dating Julius via Facebook, who left me for someone he met in Denver while out, who introduced herself to me after passing by her in his hallway leaving his apartment, to tell me that shes been in my car before, we lived together at one point, he played ball in Japan and is now studying to be a nurse in NY, still connects with me from time to time, cordial with all my exes. This is something new, men who meet me who dont want to talk to me, and upon liking anyone reject me as obsessed, that doesnt mean Im gay if Im not dating and without friends, it just means Im not right for anyone right now clearly and need to be alone, until Im no longer defective and regain my self-worth, value, a desire to live life without self-harming or becoming suicidal after breakups drinking, the feeling is so devastating, this is why I blog, to fill my time up with other thoughts, new thoughts, be productive, forward thinking, creative, and somewhere people like me, losing 50lbs and being ignored and rejected was the worst feeling in the world, I absolutely wanted to destroy myself, and my cat was dying

of cancer, if you just stop needing something ie "men" theres so much more to life, than I feel small today, I feel big today, Im sad today, I feel alone, whats the point .... How I felt everything looked: Don't treat me like Im some nobody wannabe or an offender or a reject interfere with my earning potential and ability which has already been tarnished delayed with disability in sobriety, and prevent further opportunity to overcome hardship as though Im a lost cause or deserve it. That's wrong. I complained to the State Bar of California. She can take it court. #stopsuicide. But instead of explaining I was an inconsolable suicidal pen pal, who relapsed on cocaine and alcohol while giving exes blow jobs who would ignore me and not follow up, of course I was insecure running everyday, obviously being thin is not the key to my happiness nor theirs, they didnt appreciate all my hard work and effort, and I could only afford Target, and had no friends, there was absolutely no purpose for it, I still ran a half marathon, its a fun skill to have long distance running, stuff to do when youre alone, perfect! 2.5 hour run, thats so me!

#### 11. Just Because, 12-25-19

Just because you grew up well off, does not mean that you're immune from controversies later in life, or immune from suit. Don't expect anyone having known where you grew up or who you grew up with to respect you, or to be treated as any different than the next person. Its wrong to assume that someone who is born into privilege assumes that they are to be respected by others, like everyone else, we face the same pressures, to appear beautiful and intelligent, the standards of wellness are no different person to person, no matter what your socio-economic standing is in life. To be respected one must have a positive outlook in life, I was raised to always "see beyond." That is never to assume what others are doing or thinking, and make the lives of others your business, to always focus on yourself. For example, if you cannot function without meds and taken off all medications, then expect to look, behave, and speak differently, than if you were under your "normal" conditions in life, now add to the mix negative judgment, how then is one supposed to respond in a positive manner, other than to stay home, and sleep all day, that was not the correct response to negativity toward me, to become suicidal. No amount of embarrassment or shame or ridicule should ever force one under pressure to not do what is right, always do what is right, "god helps those who help themselves." It may feel as though you have been backed into a corner in life, sent down, but that's whats an intervention is, when others who are in disagreement with your progress, seek to correct you in life, based upon how you look or appear, and based upon your present abilities in life, if you are not working or in school and not doing anything impressive with your life, youre expected to take a back seat to the better lives of those who are excelling in life, and follow the lead or suits which put you in your place in life, irrespective of whatever hardships you may have endured, it doesn't seem to matter at those points in time, it doesn't matter if you've been raped, it doesn't matter if you've been drugged, it doesn't matter if anyone has drunk you under the table, it doesn't matter if you have failed, it doesn't matter if you are doing your best, it doesn't matter if you have lost 50lbs, and it doesn't matter if you have an idea, that was nominated for a shorty award, if anyone wants nothing to do with you, they are reserved that choice in life, and without explanation are allowed to reject you and treat you as lesser than in life. That I don't agree with. For someone with an understanding of mental health issues, I have always made it a priority to help others, throughout my career, to be treated as someone who contributed to any conditions faced by another, was insulting to say the least, how could someone who I have no direct contact with in person, suddenly not feel well and blame me? They will always see you as the problem, and others as victim, so long as they

can label you as such, and that's not a life, I thought worth living to disprove, that took about 4 years to undo the hardships associated with lawsuit, staying home and writing, not being able to get a job, with a record, and while under suit, on probation. My record gets expunged 2020, in addition I got a suspected dui misdemeanor 2013, after drinking 3 drinks and driving home from Hollywood, leaving HarvardStone Bar. No one sets you up in life for embarrassment, if you don't allow people into your life, then no one can harm you, and that's where I'm at in life right now and where I've been at for the past 5 years, alone, and enjoying my solitude. That's not being anti-social, it takes one person to reject you, to stop you from being social with everyone, and that's exactly what happened. It's not an easy topic to talk about, causes for suicide, but I'm glad I've overcome those feelings, and the shame and embarrassment, associated with being sued. When you have no money, it's a big deal, when you can't afford Attorneys it's a big deal, when you are not able to represent yourself it's a big deal, dying is not the correct response to suit, especially if you have done nothing wrong. Many misunderstandings in life, cause others to shun you away from society, affecting your ability to be social, by bad mouthing your condition behind your back. There is a way of thinking about life, without causing uproar, and it's called writing, the lengthier the better the picture is painted, it's when we short-hand our deductions in life, and what we think, that others think that we are wrong, or have the wrong ideas about life, easily misunderstood, and written off as problematic. If you're a good person, and have always had good intentions at heart spent thousands of dollars feeding SCOTUS, then no I do not think that I should have been sued as someone to keep away from people or specific individuals as though I caused harm to them or threatened harm to their sense of well being, not by cupcakes and valentines day gifts, that's just bipolar delusion, thinking one is in love. When you don't have love in your life, don't go looking for it, and every instant connection will feel special, that's probably because you have had so few interactions, that all new interactions seem meaningful, it could mostly just be in your head, don't get too excited about life ever, or about people, especially new people coming into your life, that's a quick recipe for disaster, the more enthusiastic you are, the quicker they are to think that you are just some opportunist, looking to get better through people who are better, and then further treated as less than in life. It's hard to come up in life, and it's not by connections that you do, it's by your stability, and ability to make good decisions in your life, not so much the matter with who you are surrounded by or who you choose as friends. Learn to let go of the dust in your life, and not make it your business the problems or losses of others, when people are ready to come forward for help they do so on their own, and speak among people who they consider trustworthy, you may not always be included among them. Just because someone doesn't identify you as an advocate or respect you by education or upbringing, does not mean commit suicide if you get sued, that's the bottom line and main lesson of their piece, not to self-harm, don't do drugs, and #stopsuicide. One of my Facebook friends just died of an overdose, a twin, do me a favor and don't make a losing team out of a team that is already suffering, and alienate me or cast me out as someone who has not contributed in positive ways over the years to everyone's well being. You don't know me, you don't value me, and whether I live or die now matters to me, take it to court! cc: #SCOTUS

## 12. When Does It Matter What You Think?, 12-17-19

There's a time and a place for all commentary, when it comes to what you think about life, the times, and where you stand in relationship to what's going on in the world, it's important to care, but not to the extent that you make others around you uncomfortable knowing that you do care,

worry for you, or worry for others, who may or not be casted under you spell to care as well. That's just a system of caring that will never stop, advocating for the best interests of others, call it a spell, to be well spoken and articulate, but its just that, what makes sense to do, to care. You can't make a big deal out of everything, that's not the point of caring, to blow things out of proportion, or to bring things up over and over again, especially when nothing presently is concerning the matter, use your common sense. There's a difference between calling attentions to yourself, and calling attentions to causes, that are not one in the same, one who is advocating for others, should not intend to draw negative attentions to oneself, that would be defeating the purposes for providing a positive source of support to others. For instance if its suicide and self-harm you have overcome, and understand the issues when it comes to attention, rejection, and failure in life, then don't discuss what caused you to feel that way, instead discuss how you overcame those feelings, and what you are doing now to better yourself, no one wants to hear you work yourself into a hole again in life, and belittle yourself in front of others, left feeling embarrassed and less than again in life, like a troubled case, or someone who is worrisome, or uninspiring, as unapologetic of their past, sometimes in talking about our conditions, we may come across as insensitive or short, that's because its painful, and that shortness, is because its painful to talk about, self-harm is a way of "dealing with deep distress and emotional pain." [1] Sometimes we sound insensitive to create a humorous tone to deflect attention away from the self-hate that caused our demise in life, and led us to suicide or self-harming behaviors, none of which is excusable behavior, all of which is punishable, at the ER they put you on a 5150 hold for 2 weeks if you self-harm or feel like self-harming. Never waste time convincing yourself that youre nothing in life, to which road will that lead you to in life, if it serves no positive purpose for you to think poorly of yourself, then think again, how could you build a better perspective of your current situation or better articulate your present circumstances so that you can fully appreciate where you are presently and where you have been, and what years you have to live in life, without causing worry to others, that is not disturbing your own peace by wasting time, in life, self-harming, and not disturbing the peace of others, who may grow to become unhappy with you because you are not successful or are not earning a wage in life, making it difficult to be around you or proud of you. Its okay if you feel like your life forward is difficult, I feel like that, life is challenging! Embrace all the difficulties and challenges that life has to offer, DMV lines, Car purchases, Health Insurance, Rent, Bills, Meds, Laundry, Life is tough! Its meant to be lived, why God gave us so much \$hit to do everyday ... Makes sense. If you've come this far in life, there must be something to live for, its all a matter of figuring out what to live for and finding your self-worth again. Best you can do is wake up live and sleep each day until you can figure out what to do with your life. Im not even sure if its okay to talk about this, being lost in life, it happens, that doesn't mean youre coming to an end in your life, its just marks a new beginning sometimes, theres a slow down, and then you pick up again, as you transition into a new phase in life, a new job, a new school, a new relationship, a new home, a new friendship, a new something, theres always something new to explore in life, life is full of endless possibilities, and places to go, it's all a matter of choosing to live your best life until your options are so limited that you are left to live life as life is given to you to be lived. Live life and have a great day! Never give up, everyone cares!

Reference:

[1] [www.helpguide.org/articles/anxiety/cutting-and-self-harm.htm](http://www.helpguide.org/articles/anxiety/cutting-and-self-harm.htm)

### 13. Notice, 11-22-19

Taking a break from blogging for awhile to focus on my health, after adding modeling to my plate on Instagram.com/fischman.leslie, I just don't think this a good time to share my life, and what I look like, right now, or to share my thoughts when I have other more important things to focus on, such as finishing my dissertation, and graduating from law school. When I am feeling better will take the time to post, but at this time do not think it's a good idea to share. That is my right to privacy for what reasons, I am choosing to take a break from blogging. This isn't a meditation center, for others to hyper focus on my words, or my tweets and to criticize me, based upon their knowledge or understanding of things, then cast me out as though I am fighting with others, or in competition with, or causing unreasonable harm to their livelihoods. I deserve to earn a living just as much as anyone else, deserves to. Its wrong to think that someone is blogging for personal reasons alone, and not to the benefit of the readers and the majority. For someone to cast me out as writing in defenses, that is a huge insult to my writing, as thought conspiracy based, and seeking to disprove conspiracy against me, as being part of. That is causing me to self-harm, to be outted as someone who is not fit to be a role model, or someone who is having difficulty on meds performing in life, and working and finishing law school. I think blogging is important, I do not think, that it is important to do everything at once, and be criticized as an overachiever or someone who is a high performer in life, I work slowly.

### 14. Avoiding Controversy, 11-11-19

Unless youre on meds, there are a lot of issues that may difficult to speak about out loud, and suicide is one of those issues, whether you've experienced feelings of being suicidal, or whether you've been affected by the suicide of another, healing takes time. And just because you are a survivor of suicide, doesn't necessarily mean that talking about the issues, with someone who has no history of suicide *ie Ari Emanuel*, would be best to talk to about the issues, likely has been affected in his own way, throughout this mental health crisis. -Last night I had trouble sleeping. As a writer, this usually occurs, when you have said something, you later regret, or worry if anyone is judging you in the negative, self-harm is not the correct response. Unless you can help to build a better understanding among others, then its best not to speak on subjects you know less about, including associations and whether by associations others have been equally affected by recent events. If you have trouble sleeping, its best not to talk about things right before you go to bed, this I realize now, the morning after making such a shocking disclosure, about whether teams have had an affect in life on the suicides of others, no I don't think so, based upon an assessment of *Ari Emanuel's* connections in life, he's doing just fine. Not all are equally affected by substance abuse, alcoholism, and mental health issues. If Im not writing about it, then it must be because I was not personally affected by it, and sometimes if Im writing about it, its because I feel like my audience is compelling me to write about something that has been bothering them. There is no one way to think about, learn, and accept, the issues others face in life, and become failures to what transpires, or backfires to their own wellness, one thing I can say is that if you can manage to stay sober throughout your mental health crisis, you have a higher likelihood of coming out of whatever depression, or mental health issues, are affecting your thinking, and start feeling like youre on the good side of life again. -We all get down on ourselves, its all a matter of staying well, not being haunted by our past, or the allowing the lives

of others, to haunt our own well being. In today's world the less you shock others, the better they feel, the less shocking your life is, the more accepted you are, when stability is required of us, that's the best way to be accepted by others, is to be stable. Especially now, when thinking about the times, a stable opinion is always best to share, an unstable opinion would be when someone can question your interpretation, and when your interpretation is off, either by assuming, or trying to relate things that do not relate, but by your knowledge, when speaking about everything together looks like everything relates. That would best describe my last post, regarding suicides and my recent hospitalization. There was no connection, but as affected I was treated, why so that my symptoms would not get worse, and result in further suicide by me or by those who in support of me follow my blog. That's taking social responsibility for my health, as a blogger, and not affecting my audience, if I'm not feeling well I get help, and likewise we expect that if others are not well they get help too. Most people have to work everyday, and only get the weekend to rest, in *Ari Emanuel's* case he only has Sundays to play golf, and maybe get to a Laker Game, he's probably at work now, and feeling bothered, that he may have affected anyone in the negative, and was not meaning to communicate at all to me, and probably doesn't even know who I am or what I look like, but by including him in my blog, maybe he knows who I am now. That's being realistic. Others on the outside, think that I know who everyone is, and that everyone knows who I am, that's to help assist them in interpretations, to think that I am being made fun of not to my knowledge, or that things are about me in the abstract to cast blame on my blogging as being a cause for the mental health issues of others, I'm an "A" writer, and have been treated for bipolar on meds, in addition, I have been hospitalized 9x as a law student, and doing my best. As my UCLA Psychiatrist said, "bipolar is not contagious," this is much to do about educating the public on mental health issues, and not passing negative judgment on those who do have mental health issues, especially mental health issues, related to fame and who you know or don't know in life. Leave it up to them to speak on their behalves, my interpretation, really is ineffective when it comes to describing those who are doing well, as I am not doing well in life, however blogging seems to be working well for me in life.

Posted 11-14-19.

#### 15. As Related to You, 08-30-19

You can't really stop people from relating things to you, or combining negatives to negate your innocence, as connected to bad incidences or incidences in which others were harmed. That's the repercussion of getting sued, being put on the losing team in life, and as a result of being put on the defensive or losing team, it becomes a slippery slope, of others playing hardball with you, attacking your character or ability to speak to what cannot be spoken about but what can be felt, and upon viewing you, as assembled from their viewpoint, have the ability to dictate what direction thoughts about you, become, toward the positive or viewed upon under a negative light, that's to bring one to a point of frustration, as sided against, without an ability to communicate yet, or not having understood the communications about yet, as seeing the big picture of what others are trying to represent, by their outward representations of their facades or the changing of their facades, like changes to facades are made by real estate developers following an incident of homicide to a property, this I saw on the news, back when Mitt Romney was running for president, I was living in Santa Monica at the time, and recorded the Tivo'd episode from a local news channel. -Rocks were added to the façade of my meeting, which is now closed to most, you

have to be on time to attend. I'm not sure whether that has anything to do with the fact that I volunteered for Moms Demand or know the President of Brady Campaign LA and have attended a meeting, or whether that change has anything to do with the fact that I was a speaker at that meeting prior to being hospitalized twice, whether my attendance has anything to do with the story of that meeting or whether my identity being present had an adverse affect on the meetings identity, that would be an assumption, so would the fact that I attended CU Boulder, a school that was found responsible for one of the first incidences of gun violence in a movie theater in Aurora, a photo of the defendant was inserted onto my magazine page of my website without me knowing it, Im assuming that it by someone who thinks I got involved in gun violence prevention work, because I was directly affected, yes I was somewhat affected, I flew to DC twice for \$2000, whether that's an obvious assumption on behalf of others, why I attended a US Supreme Court hearing and what was discussed in my notebook, while hearing arguments from them, and their participants, is not intended to be used as a negative toward me, but should be viewed upon in the positive, as exposing myself to others, so from their good vantage point, maybe view a larger picture, not yet with an ability or capacity to understand, why later drawing them, was viewed upon with insult re: Justice Roberts or Filmmakers, possessive over their identity, as not wanting to be held responsible for a poster, I purchased on Pearl Street, on canvas, the Artist later passed away from France, as me buying an image of someone snapping, as trying to be related to the movie Legally Blonde, and as added justification for attending Law School, as a means to defend or attack the positions of others, as to whos influences should be held responsible for subsequent acts, which is of discussion now, but was not then, as an undergrad and at age 20 studying for the LSAT 2006, I took 4 prep courses, and took the LSAT 3 times before attending Law School, just to get a 152 on the LSAT and get into Law School, I had wanted to attend prior to OJ going to jail, and before being hospitalized 8 times for bipolar, which was later diagnosed, February 2009, prior to attending Law School, I had swallowed a bottle of Kolonopin, not a self-harmer at that time, but was alcoholic drinking with my then boyfriend, who I later separated from, after a year of being separated from him, given alone time, to fix myself, declining a game of golf, once I had started Law School, was third in my class to begin, getting As on exams. -If you have an idea or a solution, share it, and especially with the Nobel Prize committee, and if you feel like your experiences have given you knowledge, which you feel gives you the power to understand how when you feel a certain way others may feel the same way, then get help from whatever organizations you deem fit to respond to crises when it arises, that's the shame that accompanies being a patient, and at the same time, once being an advocate to those struggling with mental health issues, following assault, and or feeling suicidal, I was once able to be there for others, but after suffering my own bouts with mental health issues, have decided to become a blogger instead or pursuing a career in the legal field, which is very challenging, but would have given me the opportunity to help one person at a time, which is more beneficial in the long run, than trying to help a group of people as a blogger, its more controversial, in this way, than as under the direction of an Attorney, who can review your work and provide you with feedback, that is a privilege I do not currently have the benefit of benefitting from, only through continued education, am able to better realize how to help others, and what issues, are perplexing others, as to why I am blogging, or went to Law School, it was because I could not get a job, 2008, applied everywhere, it was my dream to work in Century City one day, a dream that later came true, driving a 4 door silver Porsche down Ave of the Stars, past Petrocelli's building, which had my Boss's Company's name atop it. I was his Intern. -I think one has the right to continue their education to get a job, I don't however think its okay for

others to investigate why I did not get the job at the City Attorneys Office, after complaining about a Paralegal who scratched his leg, in front of me, while sitting in a cubicle with me, he was on meds at the time, taking his son to Lego Land, and answering calls from me from the bathroom, he handed me my Supervising Attorney's cell phone number prior to being hospitalized, who moved offices by my cubicle, and used to put his feet crossed on his desk, the office plant stayed, after attending a promotion lunch, the Attorney who was seated in that office, and a painting added above his desk to his back, something simple Japanese art, too small for the wall. He told me "maybe you can run for President one day" after reading my personal statement, he did run for President, Barack Obama, I think I applied to his Law School. Always have an open perspective in life, and never allow your frustrations to boil you down, to fixed points of interests or beliefs about the hows and whys of life, sitting in my room, helicopters above, and people moshing through our neighborhood, and through my driveway, I think a green fence will do, everyone had fancy gates, maybe the gates were a simple solution, to keeping others off the property in the event any more crowds came bursting through the neighborhood. Its not easy coming forward, not to one, and especially not to all, and share your story, but if it does help Im glad, and if not, do not blame those you are pansickenly detailed when trying to get help, it just may have been them that helped others, not get the ball rolling per se, but to help prevent the onset of mental health issues, once suffered as a result of studying the deficits of others, which is evident, when there is social unrest, and a few groups from within are unaffected, such as the children of a case, and when later social unrest occurs, become the influencers, or voices of reason, once they are able to have a voice, share.

16.

Inner Angst, 08-23-19

You'll face a lot of unwanted emotions in life, mostly unhappy feelings toward yourself or others, you feel in competition with, don't get jealous, don't even worry about how you look in comparison to those who are more successful to you, just do your best. Establish yourself. If you want the world to be your oyster, and you want to reach your highest potential, don't start by comparing your best work with the best work of others, youre bound to not feel good enough, and have even more trouble finishing that project you've been putting off for months if not years, and failing to complete the steps necessary to move forward in life. Its hard at times to maintain pace in life, some days questioning yourself whether you can keep going, remind yourself that each day is a new day to begin again, and learn to put the day down, you cant accomplish anything tired, that can be better accomplished with a sound mind. Coffee doesn't always do the trick, and if youre on meds, and coffee doesn't work anymore, and neither do the meds, then youre really in trouble. -I tried stopping day meds for 2 weeks, and the results have really shown, I feel like Ive gotten back to my old self, going on long runs, even sat at the DMV today for 2 hours, without getting any jitters or feeling tired. It seems like time is going by miraculously, without flinching just a bit, or feeling like I need more meds, to stay awake or to keep going in life. Self-harm takes time to overcome, those feelings of worthlessness, or feeling not good enough, you have to stay productive, and value yourself, if you want to get your life back on track. Success does not come easy to most, and well if you find yourself contemplating life too much, you can always call the police, they always seem to know what to do. -Its always an embarrassing feeling when you need help, and cannot solve a problem on your own, as an adult, the more independent you are, the more successful you become, but it comes at its costs, spending less time with friends, and worse yet family, can really do damage to your sense of



normalcy in the long run. Losing friends along the way is not easy, and if you miss them check in, even if you're not at your best, I'm sure they'd be glad to hear from you, even if they don't reply, sometimes it's difficult to talk to someone going through a difficult time, you cannot always rely on friends, to be there for you or to empathize with you, thinking it's just addiction, or that you're suicidal because you've failed in life, and are a lost cause #stopsuicide [1]. Don't be the "dead" friend, don't be the "rehab" friend, and don't be the "weird" friend. Keeping going in life! -I just started an IOP Program at UCLA, for 6 weeks 3x/week, for self-harm, I never thought I'd be one of those bloggers with their wrists cut, but it happens, in my case other things ... fess up to what's not working for you in life, and do your best to live a better life, the sooner you get help the better you will feel, and if you can just rest for 2 weeks, like I have under the care of medical professionals, then you can add that many more days/weeks/years to your life, it's worth asking for help, don't try to doctor yourself, not with meds or substances or alcohol, the only person you are hurting is yourself, don't make your life worse than it already is, and make more time for yourself, appreciating what you do have in life, rather than think about what life you could have lived, had you gotten married, or finished law school etc. There are so many ways to live life, that aren't built by professions, create a life you are proud of, any life. -One reason I started blogging and writing a book. So long as it's coming from a good place, share, overcome your troubles, one step at a time, life's not a race, take your time, recovery is a process! You can do it!

Reference:

[1] [suicidepreventionlifeline.org/](http://suicidepreventionlifeline.org/)

#### 17. Keeping Things Secret, 08-05-19

Some people the best way out of a bind, is to stay motivated by secrets, that's their business savvy, being in tune with others in a way, while making money, that speaks in volumes to others, that is making other people feel safe having known them, and provides clear thinking strategies for wellness, that's in doing business with them. We are not all privileged to get paid for the work that we do, but we would hope not just on good merits alone, that people would report to higher authorities, when in need of help. You are who you are associated to. Not to bring light to individuals, who have historically not been well liked by society, cause unnecessary hardships to those who while raised under those lights experienced no side effects of those lights in life, that's how to not be affected by the arguments ensuing around you, and to hold steady in the face of fears about who is being exposed in the limelight, and as to what secrets about, others feel that they are not benefiting from the successes of others. As though everyone's best interests in money is somehow more important than the overall health and well being of those who are not doing well, keeping people further down in life, to enable success for others, is not how to stop someone who is well from intimidating those who are not well, there will always be hierarchies when it comes to intelligences and wellness, and by the more people they can convince that someone is not well, it's not until someone is not well do people realize when to stop. Life happens daily, that is you wake up and you go to bed each day, motivated to start a project or continue on with a project the next day, this abrasiveness over control over outlooks in life, has got me giving up by 5pm each day, and that's totally inappropriate to hurt someone's image and change their outlook in life or life expectancy for that matter, everyone deserves to run on

whatever energies help keep them living in life, and have a right to live at whatever paces in life they wish to live, that's for no one to judge. Its people who don't know when to stop that are the problem, if this is my job its my job to write, that's not someone who is doing anything that needs stopping, and if anyone needs to stop, its those who think they know me best, Im not trying to be predictable Im trying to be innovative. Im trying to be well liked. Im not trying to stand out, I have broken barriers, and that is in terms of acceptance toward those with mental health issues, and its my right to live life, free from discrimination as to the interests of others not wanting to be associated to someone who they think is blind or stupid, and no Im not responsible for negative commentary about me, have always been appropriate, conservative, well spoken and never snap, until aggravated. Snapping is not the solution to your problems, whenever you fight toward someone, that usually causes a breaking of the heart and then causes you to become tired, you cannot self-harm without harming the health of others watching, and you cannot hurt anyone without being of harm to yourselves for watching. That's the issue, who thought it was okay to see me private then hurt me as mentally ill, how you deal with your problems is your right to privacy not of public interest or of the publics right to know, everything about you in private, learn to leave people alone, and allow them to get well. Its not by keeping someone sick that the sick get sicker, its those who cannot get well because you think they are sick they are affected. And its not until you get well that hopefully they realize its time for them to stop discriminating you.

18.

#### When People Don't Ask You for Help, 07-30-19

When people don't ask you for help, but expect explanations from you, that must mean you are being relied upon (?) Yes, probably as mature and to be respected by others in the community, is this something common to all newcomers to a territory yes, and is it by what people hear they decide what is best for the communities health overall, yes, and if that's to exclude others, than so be it. Behavioral health issues, are much about being attached to things you no longer want to be attached to, why people let things go, I keep everything, see the value in my work, and the things that I have, why I look like my privileges in life are plentiful, however well earned, those moments you live for in life are worth it, and its by being happy for others, and not being lead astray as gone, that you illustrate that you are not hurt, and not connected, and as disconnected, not lost. Those are simple lessons in life, you don't learn as being blind, but as being among others, and while drinking, things are going well, then by all means carry on the conversation no one remembers but those listening, yes we are microphones, and yes our ears can hear you if you pitch to us, your voice, and yes I take all "ews" "pervert" and any additional commentary shouted at my Ford ie "difficult to drive" car, personally. >>> [Your fears happen in stages: (1) Thought About (2) Stated (3) Stepped Into (That is How Fear Happens and Comes to Fruition then whatever else you attract in life ... report if unwanted, we cant all be golden children, great movie, it was Boulder not you, cool developments in life ... but not because of your presence kalediscope, will talk to you when you get off the tram (behavioral health issue cycles of attachments) it snowed (To my waist in Boulder 2006 skiers down the street barely made my flight on Christmas Eve and in DC 2013, wrote in the snow "Go Buffs" which was erased, in a separate incident screamed to the top of my lungs told to keep it down in DC, the police drove by) (Later reactions as F over, and then really F over in life, is about who F up in life -Dont be another example, mini private stories made public to cast further doubt as to the beauty of your life, called in for "death penalty" cases handled by guys I dated today, and got bell replies in

return #ignorefears - I continued my education, that's not a with or known about issues as to "who to be nice to and what the issues are" be however you need to be toward people you think less of who cares, call 911 if people are being mean to you, it's what they do when you're gone anyways and put you further behind in life, until justified by taunts, don't drink, swallow the throat burn take diet pills, pound 3x energy Starbucks which doesn't work, and leave) ... no one cares, okay then, to the escalator, it's closed, okay then date, no not as you are, then stand on a dot, start over, okay, I guess so (#stopsuicide) [Reaction: throat burn, at least it's not my head, thank you those connecting to me now, hatometer is not up to my head, thank God #stopphate)]. <<< That's just as recognized not respected, similarly, when others are seen as stupid, they tend to blame those who they think have misrepresented others, and put you away before even having the opportunity to appreciate you as human (not equal), and if you get harmed as attached to others, and when and if around others, achieve success, then it is by disclosures of what is not going well, and awareness of those fogs, and showing an ability to perform in spite of those fogs. Learn to clock in and clock out (and if your boyfriend shows up unannounced) don't delete his number as having replied to you upon going on a 2nd date (then his friendship will be used by names like the names of people you know to build a website with names like names you know) that's to prove you looked up a number you lost and as directed typed in a location told they were. That's not "stalking" ... don't look people up, and never visit unannounced unless they are your boyfriend, and if you have one companion, disclosing to, it's okay to go back to who you are used to, the LAPD will still punish you if you get suicidal in between as disconnected, that's how they recognize who is well or not well, upon cleanliness, and disconnections misled, that's a hard act to follow ... souls, mental stability, behavioral health, intelligence, things people say, what you remember recall, lesson: do not self-harm to appear worse off than you already are, to match anything Kodak, if you were not beautiful at those moments in time as large, then as thin you will no more less likely be appreciated or valued as having lost 50lbs, impressive. Those photos or achievements in life, are for boyfriends, lesson: not as seen a wrestling photo of my ex on his Facebook, be in competition with as cut out of a photo pose similarly in the buff. As soon as you lose consciousness, and misled by things you see, that means you are looking for direction in life, as to the issues, how to present the issues, have a firm understanding of what's gone wrong as thought about you, before responding, as though living proof, of wellness, or proof of gender, etc (all issues we find grose) dear HRW, the handing of my box stamped by The US Supreme Court and The California Supreme Court, special, was much like calling 911, and ending up at locations as connected thought connected to, have control of your hearts, and don't allow papers flying at your car, and ending up at street names to get the best of you.

07-20-19

[removed]

At 33, I'm tired. I'm tired of people thinking I am something I'm not, and it's disrespectful to say the least, to be made tired, until I feel gone, or look like some kind of Batman installation at an AA meeting, that's not the purposes for attending. If you did not like my flyers, and don't feel the courthouse is responsible for posting depositions online well that's not my fault, to look like some kind of open case, messenger, or otherwise twitter recollections stated out loud online. Upon the telling of any story, pregnant or not, that is not the solution to cast blame, or hit your head upon being served your check outside while leaving a vigil site (then don't drink), for

someone who has passed away. I went on two roadtrips January 2013, after leaving SCOTUS to Palo Alto and Las Vegas. -For some people, arousing disinterest in others, or testing for illness, generates arousal, these miscommunications only add illness not cure, upon "admissions" of addictions or mental health issues, note: the misdirection of those who you thought were to be trusted are simply people trying to make you look stupid (is what you think is happening to your reputation, they could be helping you), thinking they are some kind of family or mafia (what comradeship feels like right now), don't make people disappear in life or by (sending them to hospitals if not suicidal, because they are not home, assume they are up to no good, or abusing their meds, if taking as directed, they deserve to go home, if not in argument with anyone present) (don't re-villainize the past, creating victims or rehashing the mental health issues of others ... #dontdodrugs), just because you think you have better outlook or candor, that's not the solution to resolving any problems, and to add a new condition, don't blame me for rocks, and a church disappearing, if that's what they saw as happening, *[please don't] blame me [that's conspiracy] [Called UCLA Police to report dating] ~ask Vegas (2013) (I drove there I am an advocate, and no I do not bother others, others used to bother me, and no I dont drink, and yes I am going through something very personal its called mental health issues related to ... (#righttoprivacy) (no drinking of me is approved by me, especially during difficult times while sharing) and no I don't feel well today (too many punishments and rejections to cause self-harm ie suicide (which is a generally inexcusable condition, however offenders past have proven it justified by taking their own lives, my suicide attempt was February 2009 unrelated to other people, no one knew me then as to be affected by everyone at all trying to communicate to me, as though on a separate team in life, as is now, on my own, trying to maintain jobs, and not be affected by voices), please stop heckling me (07-21-19)) [Don't cause voices and self-harm], by calling me names,* who is to blame for your outlook then as negative toward me (#stophate) (#stopsuicide = Don't Rehash Past Illnesses of Others Not Present, or Present to their Face) who is leading who and by what suits, those are personal endeavors stymied by personal endeavors, and for those reasons belongings and possessions taken away, who is responsible then for those losses in possession, and then claim that I am responsible for your losses in possession, I've been robbed I have lost possessions, if you want to think about what is intelligence then start by thinking about what you have in life, not have not. I am not to blame for the rehashing of events, sticker put on my car, and Holocausts brought up, next stage is Cancer, *I was diagnosed with Carcinoma Cancer.* That is why I do not hook up, because upon the next exposure not covered by Gardasil, Stage 1. Just because I was once embarrassed in public treated as a reject think its okay to gather or create a side against me not existing and treat me poorly in public as stupid, or as controlled by others. That's a misuse of someone who is good, and made to look stupid, as though they're in a down position, that's not favorable to the best interests of anyone, to hurt someone good, doing their best. **Think about the past, but dont project it forward.**

This is an example of a caused condition, to reply in the negative, a forced reply. I am at ease, I dont have any personal issues with anyone, and do not need help or assistance from anyone. My goal is to work, and write from home, work on books, and keep myself busy, while maintaining sobriety (2003). Its difficult to have positive relationships with people, who you get along with in person, but on the outside, everything looks negative as directed toward you, that's an unwanted pressure.

## *I Finger-Printed with LAPD: 07-08-19 in the Application Process ...*

### *Whats this About:*

- (1) Tumblr (a younger audience) thought justified to castrate me as (created bi).
- (2) Reject me as an intellectual because of doing cocaine one summer 2006.
- (3) Treat me as alcoholic because I drank when 21, was on Deans List.
- (4) Call me a pervert, because I did not date for 7 years, single.
- (5) Disallow me from talking to others, because those who know me do not think well of me, as expressing oneself online, tortured and called names, until I hit my head, injured.
- (6) Hurt my system of communication to others, reporting, as an unwanted connection.
- (7) Treated as an unwanted connection, hurt until the lives of others are bettered.
- (8) Hurt until a side is created to make all better than one, one sick, if not all.
- (9) To injure the character of those responsible for helping others, fail to inform.
- (10) When informing like so, only causes illness, as to know the personal issues of others.
- (11) The basis for self betterment is not via sex or masturbation, thats not how to glow.
- (12) To hurt ones ability to love, receive love, or give love, because one is considered bad luck.
- (13) To hurt someone as reject once one can define the other as having Lesbian traits.
- (14) When one does not get married to the benefit of the health of the other, one is not to blame.
- (15) When one does not get married that does not mean one is in poor health, or conditions poor.
- (16) Once conditions are poor, and one is proven to be in poor condition, then prove not well past.
- (17) Even if one is not well in the past, does not mean they are of harm to others.
- (18) Slamming my head into the wall was to break even with those torturing me, taking from me.
- (19) Once one attempts suicide thats a permanent disability that you cannot go back from.
- (20) All losses of consortium are due to flirting, jealousies, and infidelities -don't self-harm.
- (21) Dont treat people as connected who are not connected, and dont help those who harm you.
- (22) Anyone who benefits from having harmed you, does not deserve to be punished as ill.
- (23) Anyone who is ill because they do not like you, feel well listening to you, means not a match.
- (24) Matches are not few and far between, behaviorally, if you work hard, you find matches in life.
- (25) Matches have nothing to do with beauty, its all about being presentable, well sounding.
- (26) Whether those who are not refined are not by their education or candor brighter knowing less.
- (27) It does not matter how much information you know, what matters is how you deal with life.
- (28) Anyone who is deemed to not be respectable in public at an older age, is put down as not well.
- (29) Anyone who bears any resemblance to past figures is treated as old and likewise ill.
- (30) Anytime who assist the FBI, you are punished as looking through your things thought ill.
- (31) I am not responsible for the illnesses of others, as directed to groups or members of society.
- (32) I am not a product of what I hear, I am a product of what I know, through education.
- (33) I do not work as directed by others, I work via my own insights based on my education.
- (34) I am not affected by what others think or say, I am likeable, make friends without friends.
- (35) Its only by whos standing next to me studies, disempowerment occurs as compared.
- (36) Its only by seeing who is prettier upon comparisons, that one is deemed stronger than the

other.

(37) Its upon ill arguments, such as room assignments, one is made ill by incest arguments.

(38) When one is a victim on incest, ie told stories though, then one becomes an advocate to.

(39) One cannot be a victim of incest who is not close to a person to whom incest is claimed.

(40) Dont trash people because you think they are the source of your disempowerments in life.

19. Motion for World Peace II, 09-07-17, Posted: 07-04-19

See: <https://www.mymollydoll.com/motion-for-world-peace.html>

20. Be Appropriate Toward Others, 04-02-19

I don't think its appropriate for others to be hurtful toward any person who is trying to better themselves, its not appropriate to criticize the past of others, and its certainly not appropriate to be mean to those who self-harm, or trying to better themselves for themselves, that's an unreasonable territory creation as toward someone who they think is not deserving of being apart of and by sharing the voice of a criticism see how someone responds as self-harming that's an unwanted retaliation upon someone, as thinking they as after self-harming and blogging seek the same treatment or better treatment from others, that is not what is sought simply a refrainment from criticism as this causes self-harm to criticize someone who has every right in the privacy of their personal spaces or with others to whom they confide in to discuss their problems, that puts no one at risk of harm to cause illness to someone who is suicidal but it does cause me illness for others to assume I am ill and because I am not well of risk of harm to others, it should not therefore be the cause and trigger for someone to self-harm and then by use of their private spaces justify a harm to that person as of risk of harm to others, had the first harm not occurred and so follow as the suicidal ideation and self-harm would not occur. Its an unwanted discussion among non-professionals as to my psychiatric condition if Im doing well not make worse my condition to please any one person who is against me, as I am not deserving of suicide 2009 and do not think its positive for negative discussions to occur as to my Twitter account 2017 which could not be taken down and is causing me suicide, as not attached to anyone famous, and then to say if I commit suicide that my 10 follower account 2012 is what caused me illness or that my illness now is attributed to my own decision making, no that is not true sometimes we become ill by what is around us and sometimes we isolate and sometimes what is said is used to cause us harm and by that harm of words we choose others cause harm to us, and by their complaints wait until we self-harm to then justify a harm when well 2017.

21. Be Appropriate Toward Others, 04-02-19

I don't think its appropriate for others to be hurtful toward any person who is trying to better themselves, its not appropriate to criticize the past of others, and its certainly not appropriate to be mean to those who self-harm, or trying to better themselves for themselves, that's an unreasonable territory creation as toward someone who they think is not deserving of being apart of and by sharing the voice of a criticism see how someone responds as self-harming that's an unwanted retaliation upon someone, as thinking they as after self-harming and blogging seek the same treatment or better treatment from others, that is not what is sought simply a refrainment from criticism as this causes self-harm to criticize someone who has every right in the privacy of their personal spaces or with others to whom they confide in to discuss their problems, that puts

no one at risk of harm to cause illness to someone who is suicidal but it does cause me illness for others to assume I am ill and because I am not well of risk of harm to others, it should not therefore be the cause and trigger for someone to self-harm and then by use of their private spaces justify a harm to that person as of risk of harm to others, had the first harm not occurred and so follow as the suicidal ideation and self-harm would not occur. Its an unwanted discussion among non-professionals as to my psychiatric condition if Im doing well not make worse my condition to please any one person who is against me, as I am not deserving of suicide 2009 and do not think its positive for negative discussions to occur as to my Twitter account 2017 which could not be taken down and is causing me suicide, as not attached to anyone famous, and then to say if I commit suicide that my 10 follower account 2012 is what caused me illness or that my illness now is attributed to my own decision making, no that is not true sometimes we become ill by what is around us and sometimes we isolate and sometimes what is said is used to cause us harm and by that harm of words we choose others cause harm to us, and by their complaints wait until we self-harm to then justify a harm when well 2017.

## 22. There's No Such Thing, 04-02-19

Theres no such thing as a justifiable use of force upon a persons or group of persons, the reason being you cannot justify any offense toward someone in defensive of an offense taken without committing a offense toward someone you think is deserving without them or anyone around them getting hurt by those defenses to self, why its important not to insult or provoke for the purposes of causing illness in someone else, as toward them thought deserved. There are many sensitive people at this time whom would agree, with a higher degree of sensitivity to the issues, understand not to insult people purposefully as you have no idea what they are experiencing behind the scenes, and no neither they nor anyone else deserves self-harm by fighting or insult. Its often too late and requires too much change to change the opinions or actions past toward groups or individuals, and by the time any words are spoken to those interactions the pain has already occurred whether its my empowering the wrong people as stating what has occurred out loud, disempowering the speaker, or resulting in self-harm to the listener who has not yet spoke, just because someone does not attend meetings does not mean they are using and just because someone has gained weight does not mean they were using, often times its because of medications we gain or lose weights as prescribed be careful not to offend people you do not self-identify with and think justifed as being above someone who self-identifies publicly that its okay to cross-talk and make sick any others persons to an audience, and call that uplifting speech ... to inspire hate toward people, as justified by your telling of a story about self that is falsified to mirror the story of someone else in the audience to whose story on the outside looks like the story youre telling by looking at someone and judging them, making up a story about yourself. Its very rare to be in a group of people who tell stories to see what you self-identify with, and out loud ridicule you until you committ suicide or become ill, because they are testing your waters, to try to fix you, its is never the responsibility of others to fix others, and it is never the responsibility of the speaker to self-identify in others what their problems are that's an unwanted diagnosis and causes illness to me, #stopphate #AA.

## 23. Everything You Say Gets Repeated, 04-01-19

03-28-19

Whats even worse than everything you say getting repeated is when others say things for you to repeat and say, and as the words spoken through you feel a sense of empowerment over you, that's them treating you as below them, and them feeling better than you as though you deserve suffering and or ridicule. I just relapsed had 5 beers on 03-25-19, my sober date was 04-02-17, for no reason in particular, its not instead of self-harm one self-harms but it's in a positive way not allowing others embarrassments as toward you, can embarrass yourself, its no ones responsibility to correct your reputations in life, and drinking is never the solution for anyone who knowingly self-harms, to self-harm, not all those who self-harm who are not close to anyone, understand the consequences of self-harm and not to speak for others, only myself, its not until it is too late, that we realize the consequences of self-harm. Its for no one to judge for what reasons read or misread, and upon who is blamed for whos condition, illness occurs, that not the responsibility of the well to pick others apart, you can either participate in getting well or opt out of receiving care from others, whos care you are not under at the time you self-harm, that's not being fake, that just opting out of receiving care from someone or a group of people you felt harmed by, that is not being permitted to run at night, on Provigil and hospitalized for 28 days for going to a meeting unshowered in a hat, talking about breakups and how breakups were causing me to not feel well. Whenever you get tired whether its from working or unwanted pressures in life either you or others put on you, never assume that it is for retaliation others hold something against you, often times once you provide defenses the side of the other is automatically taken, that's not a fight its whatever makes people feel better is the side taken, I was hospitalized and the ER let me go home, then my Father was hospitalized, that's not the same as 2009 when I attempted suicide and my Father was hospitalized, the times are not the same, the pressures, not the same, I had no reason to be embarrassed always a lady in public and with a positive reputation, and never an alcoholic, it is who you surround yourself with that you become a product of when using drugs or alcohol, for what reason people experience mental illness, if there has been a previous misuse of drugs or alcohol you can always credit their current hardships to their past uses, that's just a fact of life, that peoples unhappiness's are much to do with their poor decision making skills and that what has happened to them in life is a result of their poor decision making skills, understand that it is never the victims fault, and not wait until one becomes mentally ill to them then label them the opposite as deserving of mental illness to free oneself from blame, 2017 was the worst year of my life, and do not plan to discuss or relive that year just like 2009 #stopsuicide.

Understanding Gay ...

03-21-19

For the most part I don't think people try to understand people they abhor or grow a disgust for, and to further that hatred toward, people will do things to hurt the image of someone who is good, or who was good in the past, to make them look like they were gay at the time they were able to help others, it happens later in life, after you date 27 guys and do not get married, you eventually stop dating, at age 27. You have to move on in life, and allow people to move forward, don't now hate on me and treat me as gay, when I was never gay and gave my everything to my boyfriends, and did my best to make things work, if they wanted better, than so be it, allow people to move forward, that doesn't mean turn around and cause hatred toward



someone as “wanting something they don’t have” or treat me as “wanting something others have.” I am not a jealous person, and to be made to say things in response to those who think less of me, is a waste of my time and energy and causes me self-harm. Self-harm is a result of a period of peace of success is reached, and then voices causing one to feel ill, and then see if they take their illness out on others or themselves, that is not a cause for mental illness in general, but a cause for my mental illness, to be treated by straight women as though I’m being gay towards them, and for them to take offense to my straight-dom, not being gay toward them, or not having been gay in the past toward them, not making them a victim, but them making them the offender, for having treated me as gay, and proving them right if suicidal either (1) because they thought I was gay and am not or because (2) they think I was knowingly gay in the past, and knowingly made friends with people to further that feeling, no not true.

24. Im Not Gay, 03-26-19

03-21-19

I’m not Gay, but that doesn’t mean that my feelings are not still hurt when taunted or ridiculed by women at large, that would be negative commentary as heard, upon driving by. Not that that doesn’t make me suicidal, but that is triggering to someone who for the most part gets along with all people, including women, so for a select few to have issue with me, treat me like I’m not successful or doing well in life finishing law school and with a job and offered a part-time job in tech, is really insulting. What are you doing with your life walking around town at 12:03pm, that’s really hurtful and not deserved, especially to someone who experiences chronic psychosis and is suicidal. I am not your experiment, I am not your friend, but I am also not your enemy. If there is anything keeping you from not trusting me, or not liking me, that is a manifestation of your unhappiness with yourself, not a product of me causing you unhappiness. I am on my way to the Doctor now to check my head and neck, I fractured my hand self-harming. I don’t think it’s anyone’s business, but I also do not think it’s appropriate to continue taunting me, they gave you bikes, scooters, bars, and apps to date and make friends, grow up.

25. Don’t Give Your Power Away, 03-19-19

Don’t give your power away, especially not to anyone who provokes or heckles you to see if you become something you’re not because they think just because you are overweight that you are gross or a pervert or a lesbian, or something so horrific, to damage your esteem by criticizing your well being. Whenever I am criticized this causes me suicide, ie harm to self, whenever someone thinks that they know me best and want to control me, I self-harm. It’s usually when you are experiencing difficulties in life, people with nothing better to do, than to help you, no one is asking for help, need not be directly spoken to, as a contributory factor for mental illness or self-harm. That is not my responsibility to explain why my head hurts or why my hand is broken, it’s from hitting my head, and my hand accidentally hit the shower handle. That’s really no one’s business, why I had surgery and fractured my hand. I don’t need anyone, I don’t need friends, I don’t need a boyfriend, I choose to be on my own and because I choose to be on my own, I have friends, I have boyfriends, and I have achieved success in life, given jobs, and will now be finishing my dissertation and going back to law school. Why boil life down to factors to initiate hardship to anyone as criticized, or to hurt anyone minding their own business, to be as

described, make me look like I'm looking at others, or jealous of the health of others based upon my status or by how I look not 140lbs, I have been 140lbs a size 2-6 my whole life. When I lost weight that was for me, to achieve my ideal not to look like anyone as an ideal for all I know I still felt and looked fat, had dysmorphia, at 123lbs, kept running everyday and eating junk food once a day, salads, or a sandwich, that was my diet. If someone cannot be positive toward you that's not my responsibility to correct that's too much work to correct someone thinking toward you who is shouting at you or calling you names, in my mind I'd rather be dead than fight with anyone, and I'd rather not have anything written on my blogs, that caters toward anyone's hatred toward me, not existing at the time, I wrote @mymollydoll on Twitter, I was not feeling well after leaving a 28 day hospital stay, I was not suicidal but with a job when hospitalized, arrested in public, publicly humiliated, why I ran on the beach in purple headphones. That does not mean I was suicidal it just means I can publicly humiliate myself.

## 26. Staying Positive, 03-17-19

Whenever new people come into your life, that's a gift, of not knowing someone, and then not knowing you, you only have opportunity for so many first impressions, until everyone knows you, and by those titles in life, forced to live by, within the confines of negative judgments or poor judgment of you. You can only get so much positive reinforcement in life, there is no cure for mental illness, and addiction but positive thinking and medical treatment, ie meds that reinforce positive behaviors and thinking patterns, but you are mostly left by yourself to live the hours of your life, choose your surroundings wisely if possible, and make the most of your time on earth. You don't need to be on the same page as anyone in life to know and understand the difference between what is well and not well, or who is smart, or who is not smart, and who we can identify as bad, and not intelligent deserving of poor treatment [is not the job of the public to decide but for courts to determine who is well, mental health wise, or fit for life and who is deserving of punishment or installment to hospitals], [any] public discouragement of others' ability to maintain wellness is not appreciated that includes the improper maintenance of public spaces around you, your health, and the hearing space around you, as it affects others, not limited to your cellular devices, that's common sense, who is in your phones is not common sense, as listening or reviewing your work for criticism, hurt to make public what goes on in the privacy of your phone or computer, that's not valuing a website, but hurting a person, to devalue their work, based upon hurting their abilities to work, once you hurt someone's ability to work and/or marry, allow them to live until 8pm each day, and leave them alone ... [these are my] self-identified, causes for illness, as though in connection or as though connections existed that ruined current connections, every person that comes into your life, serves a purpose to remind you to take care of yourself [not trust stranger[s], to the defense of those attacking me, and to always report to the police, in defense of me being careless with my body, as though I was suicidal or careless as well, everyone's good health is deserved, poor health is never deserved, and we are each responsible for living the hours of our lives as best we can], ... I understand that every first impression matters, [it doesn't matter how short or long your life is, once you feel like you matter, then do your best to prove to others that you matter too, otherwise don't call attention to yourself, as conservative negative attention is not deserved, nor to anyone doing their best appearance wise, health wise, weight wise, beauty wise, or fitness wise, "to each their own"]. Always dress to the nines [at public functions, that is when you are expected to be a complete person, upon arriving to an occasion, if you cannot be at your best for every occasion that is for

no one to judge you by, your looks, or wealth], be contentious of your public appearances, especially if you are a writer [presently working] online, is how you will be judged in person [as self-employed, and by what standard you will be judged by, certainly not applying for a Shorty Award if **"chronic[ally] [experiencing] psychosis" on meds as directed, thats not suicidal, thats having difficulty taking meds at 8pm wanting to sleep at 5pm,** a private battle with mental illness thats really no ones business to **mislable me as suicidal** until I become suicidal hurting myself or others who care about me, hurt if I feel like giving up in life, or get suicidal, thats when everyone gives up on you, when you self-harm, thats how you get hurt by others, is upon your first failure, which is hardships you encounter by the use or misuse of alcohol or drugs, its to free others from blame, once you take accountability for your past failures in life, not relive the same mistakes, suicidal]. Everyone is entitled to their own opinions, that is one common quotation, for people to read and then hold an opinion of you, and by what you share, for a greater opinion of you to be held, and understood, to build any alliances as for the public good to hold negative opinions of people, well for some as televised deserved and for some not deserved. Learn to let things go in life, and let people heal themselves and move forward ... "time heals all wounds" quoting my Ex, if you choose career well then focus on career, if its your dream to finish law school well then focus on your dream, and as I was told once you "better yourself," and are put together then you can have and achieve those things in life. Until then you are not expected to have it all in life, that is an assumption that one who does not have it all is not successful or cannot achieve success, and that there is some character default other than drugs or alcohol which explains why they are alone, it's a choice. **#stopsuicide** Some people were not meant to be in relationships some need to work on themselves, until then it is for no one to judge those who chose to be alone, unmarried, unfit.

#### As a General Rule of Thumb ...

In response to *Joaquin Phoenix's* hands over his head, smiling, the world is a big place, and we don't all sit center stage at once, that's just life, either one shines and lights everyone up, or everyone is shining, while few fade, you can never be too certain about what things are about, lifes not always about who is inspired by whom, or who is being a muse to what, that's not how life works, someone being made special, as written about, or referred to, or a set of circumstances as identified, being technically about, so as to include someone within the controversy surrounding the death of an important figure, as though two identities upon being in disagreement with one another, resulted in a loss of identity to someone else's prerogative in life, and that is how a villain is made, seen, and then provoked, to produce a different outcome from them as affected, end up worse off, not liking themselves to the extent, that others begin to believe that the effects of what transpired were a result of any hate to begin with. Never villainize anyone who has not done anything wrong, except for report, whats going on around them, and wonder why, that's perfectly normal to question ones surroundings, never assume that anything is about you, rarely will you be referenced to in life, unless its to set cards up in life, that require you to speak to a set of differences or a hand in life, that would otherwise work unfavorably for you, as you come up, be reminded of, to see what sticks, what affects you, and whether for those reasons you have come to not like yourself, irrespective of poor judgments of you, to each his own, not all personal reasons cause self-harm, sometimes bullying causes one to harm themselves, fighting to me causes illness, not make things better, it actually puts you worse off in life, to respond to criticisms of you, or negative insights about you, and for what reasons

you made choices in life, claim had it not been for losses you experienced in life, you would not have met SCOTUS, and had you not met SCOTUS not been empowered to continue to write until you came up in life, that is true, had Justice Scalia not passed away after meeting him, and talking to him on Twitter, I would not have thought to get as many followers as possible as directed by him, for him. The point being there is no one special inside story or set of beliefs in life, which known makes people feel apart of, there will always be hesitancy in that respect, to ever just believe in one persons interpretations of what the issues how, how they are to be resolved, and what will keep people motivated and going in life, different things matter to different people, and sometimes things are done to us, to cause us hardship, and upon meeting people face hardships in life, not everyone will be on your team in life, that's the bottom line, most will think less of you, as you explore your talents online, and in private, and think you are simply a by-product of other people's successes in life, like you were never a stable source of feedback to anyone growing up, or a rock in anyones life, strong enough mentally and physically to be loved by others, and successful on your own merits. I have no connections in life, except by who I know by upbringing, I get every job on my own, it took 200 applications and 4 interviews to get an internship in Century City and was very proud of myself for doing so, unfortunately that job did not last, a negotiated position paid for \$12/hr housekeeping for AirBnb properties, after receiving a plaque memorializing the completion of the required hours/time period for the internship, which I was told upon completing, would decide whether to honor me with a paid position, in the office, which did not occur. -Its seems to be the basis for your stories will always be attacked, for what reasons you created a name for yourself, for what reasons you worked where, and for what reason you dated whom, and for what reason you were friends with who, and for what reasons your talking to whom. You can't predict what you are going to be drawn to in life, or who will stick out to you in life, we are all different, you wont always see the beauty in everyone you meet nor be attracted to their purpose in life, or think theyre important, important enough to respect their story, respect their privacy or otherwise bust a move title wise, to call someone out in life, as being the cause for their own demise or suicide attempt, as being about someone hooking up with their brother, who also hooked up with Robert Schwartzman "Say Anything" song writer with Hep B, or the fact that they were friends with Matt Bauer who dated "Mara" in Boulder CO who went on to study Politics (Bauer's Father founded UTA), to argue talking to Ari Emanuel was inappropriate, since when were teams designated, as though Endeavor and WME were trying to out build any other powerful agency, like as a whole each ones beliefs differed so far from each other, as to put them against one another professionally in competition with one another, I think its mostly about who you know and who you match up with in life, choose who to represent you, your best interests. So when I was confronted about hooking up with a middle school crush while dating my Ex who I was planning to marry, why was that shocking, that I gave Benjy head on my 21st Birthday, black out drunk, I don't drink was sober, never dating in high school, but its okay to sit on the couch with my crush Ryan Lawrence and flirt with who I was hooking up with Jesse Grisby, everyone hooked up in High School except for me, like its okay to tell my then boyfriend "Leslie only likes Black guys" how demoralizing to cast me out, to only like one type of guy, as though a variety of people have not like me in life, whats that about? - I was relayed a message from OJ in jail, after talking with Sydney, called all my friends, wrote a very nice letter about war overseas, spoke to a Professor at Southwestern about Depositions, and committed suicide, I have always lived a very private life, I am now sober. #stopsuicide. Im a Corporation dont profit success wise in reference to my stage name, highlight any portions of the contents of a private argument not made public, to discount

me as someone to care about or to understand empathize with, or be loved by all, as though I'm an unloveable figure as though for selfish reasons I committed suicide, it's when everyone on the same page except for you, it happens that you fall off center, and that's how things become about you, to attract someone to you, making something special or unique about you, as it references something special or unique about someone who exists, in present day, alive, as though they're gone, or mention in the negative.

### Always End Things on a Positive Note 10-27-20

That's just how people are always alluding to things, to feel better about themselves, to them that's being smart with you, and to offend you is what makes them feel good, to see what you sound like with your defenses up being so resolute about things. What irks you, what bothers you, what you find offensive and why, what you read into and why, whether what you know or see is readily applicable to yourself, your identity, or your personal history for that matter relevant to their understanding of characters past, whether your character or identity was known past, or acted for and on behalf of those who committed crimes against others, and that's how you are judged in life, whether you had knowledge or knowingly presented self, knowing that others knew you, on what basis were you known to others, and whether you presented yourself and became known, to counter any negative inferences made as to your identity, when where and why and for what end result. Is the basis for your success now, relevant to a changed opinion of you, having presented yourself to the world, and were you ever formerly offended by any presentations pasts, thinking any song or movie was about you, were you underground then, at what time did you become underground, and on what bases have others found success, in spite of knowing you, in spite of comparing you, in spite of hearing your story, what is your personal worth in life, and how has your personal worth improved, by being known to all. How does that make you feel, reassured, relevant, and why? What are your standards of living, and how was that made possible, was what you compared your life to, intended to insult who cares about you no, and was it a problem that you were affected by as a Law Student getting your JD, yes, and by whos Father were you affected by my Best Friends father, who relayed a message to me through his daughter while he was in jail 2008, which overwhelmed me and compelled me to do research, after *Google* searching my name, and found a deposition, which I read and was not fond of at the time, and noticed that later paranoia experienced by the Attorney in a hotel room across the street from a Courthouse, as described, who is now a Corporate Defense Attorney. To me registering as a Corporation made sense, not to be imitated, not to be copied, not to be an identity further distributed in an underground way, to me that was not a proper form of influence, not readily identifiable to all, and to me that system, presented a professional issue of me, not to be included, in the artistic representations of reality, as the times were understood by me. I think that's an unnecessary pressure to put oneself under, as though one sense of being is supposed to inspire change in others, or represents accurately what any positive changes need occur as related to the time. When I posted flyers down Sunset and Hollywood Boulevard, the police smiled at me, and no that was not in response to Aurora, and no that was not in response to High School, or with the intent to mimic a scene from the Movie: Mean Girls, and that was not with the intent to draw attentions to a former case: Columbine, and the reasons for which that crime occurred. And that was not in distaste for a Party attended in Las Vegas (August 2008) in which the ex-girlfriend of Marilyn Manson performed in a martini glass, at the Planet Hollywood hotel in Las Vegas, where we stayed, with my Ex, whos great grandfather Dr. Debakey passed away while we were

dating, my Ex crying to me in a casino, as I handed him a wad of cash to gamble with, crying because his great grandfather donated all of his money, and he inherited none. I spent \$1000 on my outfit for the Party in Las Vegas, shoes from Sakes, dress from Neimans. The flyers were made in confidence, not with guilt, with energy, I tapped each one myself, the entire day, posting, parking and posting, parking and posting, until the evening. That was when I was well. There are emotional responses, that are done so in the positive with faith, and there are emotional responses done so, with a loss of faith, that was not one of them, that was with faith. Self-harm is an emotional response with a loss of faith, as aggravated, or bothered, when things hurt, or don't make sense, when what you think people are thinking is in the negative, because of whom and why, and a condition you choose not to think through, and react poorly (i.e hitting my head), which does me a disservice, and does not help others to make better sense of the times, or the past, or come to better understand your relationships with the past. I have no relationship with the past, and its not through story-telling that relationships occur, to the past, and with risk, or a new relationship being made, to a future incident, as related to me, is what was done to me, to hear my history, for another to develop their own theorem of the past, to say that I was never apart of well, that people who were not well knew me, or did things in life, as to me, or my well being, as though my mental health condition threatens the odds, or chances for violence to occur, or with comradere as to my personal history, and that's an unwanted connection drawn to you, to see for how long you understood life, and for how long after looking back did you assemble your life, to understand anything as having occurred in the negative. Its not until you share, that your life gest assimilated to the past, for others to come to know the past differently, and that's how an identity is used, to understand life differently, as through their lens in life, or upon being viewed, come to see happenings in life, whether or not related to them, how they lived their life, what they were like then or now, to determine whether anyone fights for or on behalf of them, and that's why one is being judged in the negative to see whether if apart, how they make others feel smart or not, and to see what they are like not apart of, whether that translates to negative happenings in the lives of others, to determine whether my life is a cause for action, toward others, or whether my life, is a cause for reaction in disfavor of my identity, or done as a result of my identity being known, like a school shooting, or Monica Lewinsky, or Jim Carreys movie career path (Bauer's Dad was his agent), or Clueless, or Mean Girls (book): collaged my Latin textbook with my friend in Middle School with magazine pictures, or the Movie: Green Book, in which "OJ relayed a message to me "he was eating a bucket of fried chicken," before I attempted suicide, after making binders, calling all my friends and leaving voicemails, put my red hot chili pepper lights on the ground of my balcony up to my mini Christmas tree after watching CNN on ceremonial killings, and cut my wrists, and swallowed a bottle of kolonopin and woke up in the hospital at UCLA, in the first wing. No I am not famous, I have never been famous or well known in my entire life, and I just started social climbing on Twitter (2013) one and off until 2020, fully launching my website now for 2 solid years writing everyday or everytime I had something nice to write about. You will never understand what the times were like then before Law School, but the times were quiet. And it doesn't matter how self-assured others are in life, you will not feel good, until you feel the same way confident.

You can only live life through once through, and even if you never make it back, from any bipolar delusions, never lose faith in yourself. So long as you are at peace, you owe nothing to anyone in life, in order for them to have their peace with you, some just don't know how to respond to someone who is giving it their all and doing their best, expects more. Its not proper to

think about things until you become aggravated, and snap, become unsettled, and its also not okay to share things in a way, that makes others feel shorthanded in life, like they weren't in the know, or shouldn't've been privied to what creates success for others in the workforce, what is comprehended and believed by them to be occurring, that is making them on time in life. We cant all be on the same page in life, you are either willing to take risks in life, and carve a new career path for yourself, and create opportunities for yourself, or allow yourself to be limited, by what people think or say to you, as though confirmations from others, are needed to cause a disbelief in yourself, and change the current opinions of you held, which is indifference. There is reliability, there is over-dependence, there is trust, and there is value, there is temperament, and there are causes, there is understanding, and there is misunderstanding and entitlement. The only one entitled to your wellness, and fullness of thought is you. No one on this planet is being shortchanged in life, or kept from the inner workings of the successes of others, this is why I have: (1) personal updates (2) progress photos (3) continue my education (4) apply for jobs (5) maintain friendships (6) close to ex-boyfriends (7) was interested in politics when and why (8) share my medical history timeline online (9) am easy to know, I give plenty of information about myself in advance always, for others to have the power of choice to know me or not know me.

*What creates success?* Sometimes it involves working together, working in public, sharing, being consistent, studying what you know, learning from new knowledge, expanding your understandings of life, experiencing losses, understanding losses and the effect of having suffered a loss in life, to take your life seriously, to care about everyone, and to not waste time in life, with anyone who does not accept you as you are, who thinks your power is in privilege, not in your work ethic, who thinks you are strong, not capable of being broken and suicidal again. That's a condition caused, once recovered from, does not occur again, unless one feels equally lost, powerless, without knowing what to do, thinking they are being watched, or not able to meet expectations in life for love and comradere, that's others on a serious note, without you. And suicide has everything to do with what you are doing in life, why you are doing what you are doing in life, what is causing you to do what you are doing in life, and why you are or are not happy with your life.

I would never give up on my blogging career, Ive worked too hard for it. I have not failed, because of something I have done, I failed emotionally because of what was done to me, weighing all the jokes in a disfavorable way toward me, treated me as imitation, Im not imitation of the successes of others, from the ground up I established myself online, alone. And its not by the stories I tell that builds trust, it's the sacrifices I have made, that made me stable in life, that's not taking chances with my health or the health of others, improving. Whether or not I get hurt, whether or not I inspire, and whether or not I lose focus, potential.

If you dont feel good about yourself, you'll have problems feeling good about yourself. And if your goals in life are not achievable, then set goals for yourself you can manage achieving. My medical history was something about me, not known or shared publicly until 2013, when I sent my medical records to the US Supreme Court, and then started blogging. I dont think that was even a story shared with friends, other than having been hospitalized. You have to be coherent, without bipolar in order to go to Law School and finish Law School, and its unfortunate, the times I was not able to stay well after finishing Law School, and why I stopped performing in Law School. In order read case books front to back, and make outlines, and take exams, its a

very time consuming process to learn the language of the law, to memorize the definitions you have written for yourself, and to work from memory on exam day, that was something I later experienced trouble with, not my fault. Its not necessary to know the personal details of someones life story, rise and fall, or previous suicide attempt, to better understand how and why they are where they are now, those are handicaps to my story, those are not empowering moments of survival to be shared to everyone the causes for my suicide attempt are not known, and it is not my fault, when I get voices, or why I get voices (2017). Obviously, I was having difficult comprehending my life in relationship to the lives of others, and probably took personally, the behaviors of others, as having to do with me, and more to do with them. That later disbelief of you, is not them not seeing your potential, its you not able to undo their lack of faith in you, you are capable of achieving anything you put your mind to, whether or not you are apart of the happiness of others, whether or not you can relate to others, whether or not others do or do not make sense to you, always be yourself, and understand that if you are dramatic, or if you complain, thats is when people attack your credibility in life, and thats how you get harmed sharing your story, it not being good enough to make sense to another, means they arent hearing what they want to hear, means they are not getting the results they wanted, meaning they are not hearing anything that makes them feel understood, and doesnt help them to make sense of things, without generating a negative reaction from you. Its not that someone doesnt care about others when someone doesnt get into details about their life in private or public, its because it cause re-traumatization of issues, and causes others to attack me as though they are entitled to know something about me, a medical condition, I do not completely understand the causes for myself.

Reference:

<https://www.instagram.com/p/CGlye5igYyo/?igshid=15ukddxjfvzwb>

What is Advocacy?, 09-22-20

We don't always live life as planned, and sometimes we are stopped in our tracks, forced to revisit issues, or our own pasts, in order to further define ourselves in life, not others. When someone upon viewing you sees you as defined by the struggles of another or tragedies, a loss of respect occurs, upon recognizing you as not a member or a party to a struggle or series of misunderstandings in life, not empathized with. That's seeing you shedding light upon something past, you are not deemed to have been a party to reasonably affected. Advocacy is not shining light upon issues, just like running on the beach was not symbolic of the Sandy Hook Tragedy. Neither is visiting the US Supreme Court, make me a likely candidate to speak or to cite to who has passed, equally offended upon hearing from me. That's when writing to "hashtags" or "trends" fails as a writer, it only makes you look like you are drawing attentions to self by focusing on something in the news, and trending your work to another subject or another's life. - If you get harmed in life by looking at what "reactions" you have had, that's hurting you so that you feel wronged, using your name to make a similar account "@bradymusicbuzz" or "@mymollydollfan" or seeing someone from your life, and then putting you down or rejecting you or causing you to hit your head, and then appear like the well one, because she won a Pulitzer Prize for her life story, my ex-boss. That's seeing the life as lived by someone who is not me, then treating me as unimportant, as though you are me, someone of importance to everyone,



because you knew me. I did not trash Brady, and I did not trash myself, in representation of myself or others, and if I have shared my life in private, that's not knowing me on another level to bring people together, some stories serve that purpose to bring people together or to feel warmth a shared sense of knowing one another, that does not however happen in a larger group of people, and only makes those who were special in my life, not feel well, upon someone else feeling well knowing people from my life who are well, that's then seeing who is well, and seeing me as separate judging me as not being well, or too much. There is always the benefit of being an onlooker, thinking your on the inside of something, and feeling the power to conquer, offset, or punish someone who you think was punished or rejected for the reasons I chose to support Brady. And if making me look stupid, was for the purpose of seeing whether if I look stupid whether that affects the purposes of Brady, to whom I have been a member of and attended meetings, then that is what happened when a joke a made "Edward 40 Hands" resulted in 40 people being shot and Justice Ginsberg died, while I was being defamed online and on Facebook. That doesn't mean we are connected, but a reaction occurred, in the negative upon knowing me, and seeing me under a false light, as someone who has a job to do, not doing their job if people are getting shot and if anyone dies. For that much I feel responsible for, my own wellness, as being tantamount to fighting anyone who thinks less of me, or thinks that they can use me to kill people, as though my website or my body is a weapon or "destruction" or accuse me of being a scary subject shared out loud suicide or self-harm or beauty. -In my viewpoint, we are all connected in some way, that's upon recognizing our own humanity which just happened, and usually happens in your 30s, upon realizing the necessity for sleep, and when the effects of the aging process take place, learning your limits, when to push yourself, and when to hold steady and focus, usually not have the time nor waste attentions on things that cause you pain, or to people who aggravate your condition, as being 35 feels like life gets shorter the more sick or unwell you become, that's the first time in your life when you recognize not to put up with things or people. That's not strength that's knowing oneself, not to take oneself over edges in life, or others, push beyond the means of reasonable expectation and output from them. And then there is solid mode, looking stupid, reactions, poor timing, taking things too far, responding, victimization, and blame, and its usually in the peace or aftermath of death, that people seek amends, or to speak to you when you have forgotten what they have done wrong to you, and begun to understand why what happened to you happened, and take better control of yourself, without worry about your surroundings, once you become ill, or out of place, out of sorts, or experience bipolar voices, the more you self-harm the worse things become, and as you lose faith, or respect from others, the tougher the climb back to wellness to connect again with others, that's the struggle in life, who you get connected to and where you get jobs, who you become friends with, who you are able to date, and who chooses to love or fan you, its all based upon wellness, that's not the other persons ability to see the good or the beauty in you, its your ability to see the good and the beauty in yourself no matter what others think, no matter where you focus is in life, retain your sense of power and stability in life, to be a source of courage or inspiration to others. -When a loss of respect occurs, the solution fails, and now we know when the solution fails, it gets used to corroborate activities actions or potential acts in life, which then get blamed on who they lost respect for. That's not being a source of light when you are made to look stupid and become ill, that's a loss of faith in you that occurs, and when you lose faith in yourself, and color, then everyone gets upset with you. That's why those who love and expect more, never feel like the ones to be blamed, as they are responding think that by responded to their needs, and their stability will fix your stability moving forward, sometimes we benefit from

our interactions and sometimes we are harmed, BIG lesson to all.

#RIPjusticeginsberg