

Leslie Fischman
Volume 4 (Ch.80-88)
MYMOLLYDOLL BOOK
03-27-18

Chapter 80: Handwritten Notes by Leslie A. Fischman
02-26-18

Journal #4 Handwritten by Leslie A. Fischman
02-24-18

02-22-18

When you separate people it should be for good reason, when theres something off or painful that cant be reversed and two are turned off by the other not a healthy match communications wise. Hurts. Then two people need to be separated apart too much fighting early on is a sign of insecurity a deficiency to the bond not clicking.

02-22-18

Lying is never the solution to any problem it only causes paranoia and self-doubt isolates you weakens your ability to be present set aside your needs for others, into your own emotions. Why care for those who don't care never cared. Only when well are we at peace when tired we may become ill when slow is not good enough.

02-22-18

You cant live your life disappointed with yourself. When conservative, never loosen up to adjust to others or overdo your mood to compensate for another emotion felt. You can't reverse pain once you hurt someones feelings you cant turn around you either fix amend or you yourself change your outlook and accept be accepting of others. –When its too late independent people hurting one another. Theres a social problem, an attention problem.

02-21-18

What you say you will be reminded of –your mind recalls what you say when anything you say is off –anything off will cue you to an off feeling, and all off things recalled if said when on but not realizing off. That's a later recollection looking back with judgment toward self –non-acceptance causes upset.

02-21-18

Anytime you experience slowness –that's your body telling you you need to slow down process not where you should be in life because focus misdirected either by you or another purposefully or by accident to be sharp one must work hard to think clear that's how to achieve a natural calm in chaos.

02-23-18

When you think things are about you –you are less likely to succeed in life, being self-conscious, not sure or embarrassed of yourself, not like yourself.

When things are not going right that's not an opportunity to criticize who is doing well or not bothering anyone in life its by your own merits you succeed mature.

02-23-18

You cant worry about the past so much it only stifles you. Never go to war on yourself, unnecessary hardship due to self-harming behaviors –causes illness, you cannot afford to let down your guard –it injures your character and your ability to behave well. You cannot depend your present unhappinesses –to dictate future consequences –that's you trying to control now to –predict the future –just accept what you know without trying to figure out your future. When well don't hurt yourself.

02-24-18

You cant go through someone's present to figure out their past –That's not how to solve problems –but creates problems or hurdles for others because thought deserved. –You cannot predict the future but you can control how you see the past –always be positive.

You cant reflect well on yourself when you are preoccupied doing something else. Its difficult to speak when what gets communicated back is to spite you cause you pain, anguish, or hardship. That's purposeful conduct to screw you over in life as though you think deserved. Don't allow people to take miscommunications too far. That's how you get hurt by what you focus on. Whos on whos team does not matter. How things look from the outside looking in are never clear to someone new unless studied in depth, an individual to cause harm thought deserved. Most people are concerned with themselves not others.

Chapter 81: Facebook Posts by Leslie A. Fischman

02-26-18

Facebook (Deductions) by Leslie A. Fischman

02-25-18

02-25-18

Don't fight in public or private to figure things out for yourself that's not how to communicate wrongs when you've been done wrong or to correct a problem hurt others that does not stop crime to hurt good people or by attaching negatives to a positive to cause war or blame or hardship upon another thought not deserved of privileges in life or happiness.

War is selfish and does not equal world peace.

It takes awhile to be known for people to get to know you be patient if to be known God will have its way with us, and people get picked to represent us modified some don't make it. Its about how you present yourself whether liked or not whether respected or not a trusted source worthy of time and attention. Worth hire is about when youre ready not about discrimination you have to fit the bill to get the job that's how hiring practices work, whos well.

Its never right to hold down a victim that causes war let things go move on don't hold people down in life. This causes hurt pain not regret pain. Note yourself not others.

[Its never right to attack anyone, and if necessary that bad gets attacked not the good in life, that's how life works, to correct bad behaviors.] Attack bad people not good people, stay right, focus on you.

Polarize yourself to a positive -how your battery/heart works what youre drawn to not told to draw or be drawn to. To stuff that you like.

[Know where the good life is, at heart, its always achievable depending on your sight in life, not about whether or not you are known well-liked, be at peace on your own, without the help of others to achieve peace, you should be whole on your own. Sometimes you have to lay low in order to achieve peace, to get to the good life.]

Don't teach lessons based upon your experiences to get others to see your viewpoint that's manipulative to concern over concern yourself with the happenings in the lives of others or try to dictate their direction.

Be proud of who you are whether or not you are proud of someone else should not matter you should not treat people based on pride. Jealousy and envy [are indicative of] weak souls.

Youre personal life shares cause discomfort in others – causing them to lose confidence, how to behave [is a matter of what manifests itself inside of you.]

[Sometimes too much information is too much information about yourself, shared if it makes you uncomfortable to share something about yourself then don't share it. What you hold on to in life are your personal regrets in life, things about you.] Listen well to those who are well, tip, to be mature.

Don't compete with people compete with solids like books and work ethic.

Stop suicide, [its really stupid to hurt yourself over pain to cause yourself more pain, it only brings about more pain to deal with in the future a future regret, why you should accept yourself as you are, not go backwards on yourself, self-harm, move on in life. Reading helps you move forward, strengthens your sense of self and good character. How you achieve in life, based upon how much you consume, manifests itself inside of you, what you see, see better, know, think, achieve, or practice.]

Don't be defensive over self or people or stuff only the deceased matter in times of need listen to them they won't hurt you. I committed suicide February 2009 because I saw war overseas and joined the #usnavy applied, but because on meds they couldn't take me accept me because of adderall.

Facebook Posts (Saved) (2-2) by Leslie A. Fischman
02-25-18

Do you do as you're told to build trust that's not the best avenue. Be led by your fears? Wrong direction also. Listen only to yourself, too much pressure within, listen to all -too many voices. What you hear should be yourself not others' opinions of you like yourself enough not to read into others too much of you you should not be influenced easily by others repeat mistakes to be like that only hurts you moving forward not a good pathway to change to give in to hate toward you. #mymollydollblog #nevergivein #listenoften but not as directed if it makes you uncomfortable then do as you feel is right not give in to bad feelings how bad happens.

Don't repeat the mistakes of others to build or make a point. #truestoriesoffailures #goodluck < #hurt

Don't backwards punish yourself presently that doesn't help you move forward in life to take past beef and wear it forward live for the moment try to be new not repeat old patterns love yourself enough to let go of the past accept now and be accepting forgiving of others over the little things in life. #nobigdeal #mymollydollblog you get punished don't set yourself up for hurt anguish yourself if another is wrong toward you that makes worse things. Let go #ignorethem.

Support yourself needed support is bad leadership #WEAK skill set. mymollydoll.com no connections = (pure). Good must be plentiful otherwise a rotten egg in distaste causes disgust if imperfect not viable for the future of leadership then deemed not worthy of pay. Expectations are not good indicators of your best work if you're thinking about now you'll appreciate you if you think ahead devalued if insecure feel not able if you set your expectations too high of yourself not meet them. You'll let yourself or others down. #mymollydollblog lead yourself not others.

Don't push away to break up a roll because you fear bad when good. That's not how to self-help. That's how you're in the wrong when you run away from #love or #help. #mymollydoll likeness is wrong.

When you explain something after it's happened that's forced explanation to credit discredit you make you look stupid by issue pulling objectives from your current pleasantries to send you back to Hell.

In other words you've lost your angel wings - knocked down everywhere you go. #thatsokay

Once you become unhappy it sticks to you like a memory shadow glued to your back that hurts just ignore it try to recover think we'll about yourself and there's it takes time to heal.
#mymollydollblog

Basically I made a bad decision caused embarrassment loss of trust that affected viewpoints I'm sorry of me not better but worse I need to realize myself known not keep knocking myself down to let others pass. #PresidentTrump #mymollydollblog #habit You deserve in life but never more than you.

Okay so poor timing for the I'm not gay #Tinder movement. If I barf that means not ready. That was a poor choice I'm sorry. #PresidentTrump that broke his heart ahead of time and as a result did not trust me hurt him. When you back out means #troubleahead. You stop trouble by being ahead.

By the time someone comes up don't punish them for something a long time ago accept them as they are new, improved better. When you keep punishing a #good it hurts others makes not well onlookers to see inflicted pain and hardship on someone good who's eyes everyone's eyes a few eyes that don't like a person are not a majority but a minority of haters should not equate hate. #mymollydollblog

How can you take someone's personal issues personally if I don't even know you. #strangers Dear #PresidentTrump They blame their own thoughts toward me as bad I'm good enough. To each his own. I'm not responsible for the thoughts of others toward me. #whocares not my issue but theirs w/me.

Don't use beef to make new beef and say old beef existed #replies #PresidentTrump don't use beef to make beef and claim beef exists. #dontfight

Our designated problems are the business of #PresidentTrump

Group huddle. So what's next. #TrumpSupporters

Tired ... Resting in bed. Where you're wrong you hurt in the future in the same way you were wrong in the past you punish you revert to that feeling as corrected when wrong. Omissions are not admissions.

That's not how to fix disabled by making dirty or doing them dirty that just causes upheaval of interests non-existent you can't try to hurt someone on purpose that's wrong #bekind #mymollydollblog

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

If you face your fears you detect fears and then fears become you then people are scared of you because you look like fear. That's because you're afraid don't wear fears. Keep moving forward run away from fears. #mymollydollblog

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

otherwise you hear voices. That's how you unfocus attentions. #mymollydollblog (needs work*) #beyourself

You can write as you go in life but you can never predict the future by causing harm to those not deserving of hardship that does not stop pain from occurring present or not #staywell #nevergiveup #representyourselfwell mymollydoll.com

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

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

Facebook Posts (Saved) (3) by Leslie A. Fischman
02-26-18

You are who you identify w/#likeall before you are able to love, love others, not yourself to excel in life you have to be outside of yourself to see well not be misguided it's trusted who hurts the entrusted if you can't see well that means there's something not right around you so you have to change paths keep a log of your activities to notice subtle changes within yourself how to better assess your strengths don't focus on the weaknesses of others that makes you feel negative sends you on a negative tangent toward self hate or hold disgust for others #acceptall by your own positive thoughts is how you move forward. #mymollydollblog mymollydoll.com 😊 #letgo


Follow your every move not the moves of others to see forward how you get lost let down others you have to let go #moveon not to better just to well enough to live life on your own terms set by you how to be get well. 😊 #mymollydollblog 💕 #stopyourself you can't hide your errors. #livewithyourmistakes love yourself anyways blame no one for #selfharm. That's on you to #fixyourself.


Don't over sail over your errors in life that's not how to better self get better to have to regress go backwards to fix yourself. #mymollydollblog that's how to mature again. After you get put down, realize your worth again. You can't keep revisiting your problems. 😊

There's no method to #love you are either liked or not #moveon don't get too close to people who cannot be trusted how you get hurt set up for failure misused abused hurt. #mymollydollblog love yourself enough to quit when love is lost don't replace others allow the dust to settle give people time to heal that's not the recipe for wellness, others. Focus on yourself.

Make life about you to live life not about others don't be about others who are not well that's how you don't feel good trying to be like always be yourself admire others root them on but don't interfere w/abilities it decreases your ability to achieve + succeed in life. #mymollydollblog There's no rush to #success.

Listen to whatever helps you focus don't overstimulate yourselves that how you get tired. Don't burn out, focus on staying well. #mymollydolladvice

Love makes you high use that energy wisely don't give your hyper away it lets you down hold in your light don't trust another w/your light, or else they think you have no light. #CHP Always give light away freely. If you're bad you're light goes out God telling you to stay calm rest your light is dictated by who you are around let's you know how to be #trustothers and listen well to stay safe on time. #mymollydoll 

Here for you guys an unnecessary cause to speak to (sometimes) but best spoken by those who it matters to to be heard from within are to be cared for listened to how to help well stay well and get well from within is all that matters, it's not about trust but about helping others calm down enough to realize who's important what matters ... Things? People? Lives? Future? What about now. Now needs to be okay. #feelbetter #getwellsoon Sincerely, #lesliefischman #mymollydollblog  Let them know but don't care for others when not well you matter most, the not well.

Don't blame Exes for your hardships you are always a product of your own mistakes in life not the responsibility of others to resolve your issues or take blame for your misfortunes misfortune can only occur by your bad decisions in life send you backwards in life that's how one becomes ill by regrets or mistakes in life why ones can't achieve who try to perfect selves when wrong off-beat non-acceptance is always if applicable noticed the barrier to one's successes in life not others approval or disapproval #noticethat #mymollydollblog appreciate who's in your life otherwise they'll leave your life too. #becareful.

To: (A) (Friend) I'm okay a bit of a chaos right now in my mind myself not perfect I try my best but not happy with myself right now not about anything I do feels like it's never enough but just need to be patient with myself and keep doing my best not go backwards in life.

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To: (B) (Boyfriend) Wait but don't drain yourself caring for love it's not important just icing on the cake sex is stupid love you you're more important to me worth the wait I'm sorry I gave in too much to sin. Hope you'll love me anyways.

Otherwise blame gets placed on those around you bear your own shoulders in life in times of need not bear the issues of others.

Insult is a product of dissatisfaction with others stay up to get what you want attract goods in life.

Be good stay calm don't direct anger toward me I'm not the cause of your unhappinesses unless you allow me to hurt you let self be vulnerable to my needs always do you first let go xo

Sorry love you xo not try to fix the past for anyone's future is mental illness to go backwards it hurts me or others to revisit issues draining apathy
#mymollydollblog #mymollydolltext

Once someone doesn't feel good ie me nothing I say makes others feel good or makes sense gets ignored as not important or paramount to the best interests of others to listen to those who are sick or not well. #mymollydollblog

Be more like yourself not as others see or say you are how you become something you're not self-title yourself by positive affirmations to make well self when not well or strong.
#mymollydollblog 🐾

Don't rub your faces in the faces of others to make well be well on your own should not have to prove your well to be happy worry what others think of you well or not always be kind to yourself + others. #mymollydollblog

What you post gets connected to you. Be careful what you assemble relate to what your matters are should not be professional matters your personal matters kept separate. #mymollydollblog guilty looks indifferent toward. Recipe for care is #helpall.

Handwritten Notes (Notebook #2) by Leslie A. Fischman
02-26-18

02-24-18

Post break-ups –how you feel about toward one another.

Issue spotting in the reverse focus on past issues to review [the] present interest how to solve a problem that keeps going in the reverse on yourself.

You cant self-identify problems that are not your own –that you have to be open to the acceptance of others –not just your own opinions in life based upon what you see, think, know is not always known to all, never stop believing in yourself.

What your affected by –criticisms are things you take personally –whether you are offended by the behavior of others or offended period by the disturbances of others dictate your level of maturity how well adjusted you are –represents how you think of yourself it should not matter how others think of you –you should always do well.

What your affected by –criticisms are things you take personally –whether you are offended by the behavior of others or offended period by the disturbances of others [don't let that] dictate

your level of maturity how well adjusted you are –represents how you think of yourself should not matter how others think of you –you should always do well.

Who cares not my issue but theirs with me. When people have an issue with you that's not your problem but their problem with you. You should not be affected, that doesn't mean one doesn't care id not affected by others it just means importance is not placed upon negativity toward why ignored. When you ignore others its not that they don't matter its their interests toward you [meaning] are not the same for you –does not necessarily mean in the wrong toward you but a manifestation of themselves, a dislike toward you should not hurt you unless purposefully inflicted to cause you pain.

02-24-18

You should never fake a depression to see how another responds to you to feel needed in life. Mixed responses to you are based upon interests and opinions –know yourself well enough not to respond to negativity that's how you get hurt in life.

02-26-18

Once you become well known it looks like known all along. Then dirt from your past gets thrown forward to discredit your ability to move forward be well liked. Reminded of the past. – Disabling your future abilities and ability to be present now. Don't be easily misguided by others –its mentally ill to think youre being watched or think others are after you in life that's called paranoia. Be mindful not to mislabel people as offensive what you take personally as applied to you is inference where from what bases and purposes [from] which others write is their own business not the business of others.

02-26-18

You have to come up on your own in life you cannot come up using the likeness of others deserved, undeserved, attributable to the kind in order to be well liked, you have to always be yourself, its not purposeful conduct to out the identities of others you think grose. That's not how you achieve well in life by mimicry, but by conscious study of well to get well in life, you cannot study the ill to figure out well in life or be well, that causes sickness to study people in close quarters, you should always be respectful of the privacies of others especially those around you – never be compared compare self. If what is called occurs, then focus on yourself not others to diffuse any uncomfortable situation.

Chances in life, you only have one opportunity to make a positive self-impression upon others its how you look you get treated as.

02-26-18

What feels good, based upon [a] feeling does not mean is right or the difference between a right or wrong or able to tell what the issue is by looking at someone, how the look or feel to you should not matter, that's not how to be well co-mingling your issues with the issues of others, haunts.

You should not take things personally when things don't go right in your life its by your own misconduct choices you experience hardship in life not because of others doing well should not make you feel not well. If you don't feel good you cant make another feel good it results in unwanted emotions to hurt, threaten or bring up the past –never give up on yourself in life, that's not how you get better or achieve, that's how you fail.

Chapter 83: Journal #5 (Handwritten Notes) by Leslie A. Fischman
02-27-18

02-26-18

Your disposition in life is a manifestation of your willingness to be calm in times of need, selfless in times of need, available in times of need, and not cause then ignore the needy to feel needed that's called manipulating emotions to be above to empower ones self be more important than to lead, be led by your ideas not causes, causes for concern, or power – to empower be selfless to disempower is based upon a selfish need for power to prove above better than put down based upon deserving not deserving of respect or attention, leave yourself out when not up to par to be needed included.

02-26-18

When you start to feel better, think of what you want to accomplish in life. When youre not feeling well think of what you could have done better. –Don't allow negativity to interfere with your happiness in life. –You cannot predict the past. –When you are well you see best as you are now and when you see well you don't feel the past and don't worry about the future. –When you your heart have love for (1) others and (2) yourself. –Then its easy to feel understand now without trying to know the past well or know the future need to know the future to sense know believe in your present abilities. –You should always see best you to be present concerned first with self and others secondly. –You wont know love if you only know love if you feel love –you should recognize love if you feel love –you should recognize love without needing to hear it or get gathered reassurances to know whether or not love exists. Love will not appear in your life so long as you try for it you wont find what youre looking for if for the wrong reasons. –You cant get out of your head what you put in your head that's not how to repair yourself if in wonder, know yourself.

02-27-18

People who are wrong towards you –have (1) issues of their own (2) issues that cannot be fixed by you; why (3) just be accepting of your differences whether by (a) insult (i) direct or (ii) indirect, cannot (iii) be forgiven. When your feelings get hurt (solution) don't hurt the feelings back of those who hurt you that only causes (iv) pain, that pain (v) cannot be reversed by you. – You have to know your limits in life what (A) makes you feel good and what (B) doesn't make you feel good, if B cannot achieve A and if A A is not caused by B. Then surely B cannot solve A Therefore do not be led astray by thoughts provoked that cannot (C) make you better or feel better it will only (D) cause you harm in the long run if you ignore A, B, and C and do not deal with (D) constructively that is doing (E) taking preventative measures not to cause B (what

doesn't make you feel good) by (solution*) acknowledging A also known as your likes to achieve (C) ie better feelings and avoiding (D) ie causing harm to yourself. Happiness is an achieved condition not given in life.

02-17-18

When you feel offended don't give in to feeling bad about yourself and act out in error, or be not becoming of yourself put yourself down when you do not feel well that's not how you get better in life by figuring out others toward you, when you know yourself, what people think of you does not matter, and negativity wont happen in your life unless you allow it to happen –if strong, forgiveness for self (lack of strength) occurs, you should never feel the need to prove others tight or wrong in life –make things about you –or emotions toward you take personally. That causes unwanted feelings toward yourself dislike and self-blame. When you act out of character, never prove those negative [opinions] toward you right = justified rejection toward you ie not good enough to connect or be associate to = lose self esteem.

02-27-18

Who feels insulted cannot be corrected you cannot undo a wrong by giving into insult that only causes more problems. For you moving forward -*Once you don't feel good it then becomes impossible to make others feel good about themselves why those who are wrong or not good enough or bad gte out down in life to connect their behavior, weaknesses, faults, or wrongs. iei Never take insults to extremes and cnage yourself to accommodate hate, dislike, or belittlement by others = shame or not good enough. –If you act poor in public you are not accepted elsewhere for those reasons and future discrimination, thought justified as proving causes –Bakcward if they can make you look in error continuously –to associate faults and blames. Whos good or bad or better gets realized by who is felt or known in person not by what people say cannot reverse wrongs or bad opinions of others toward goals. Fix yourself therefore to be better in life.

Don't do things to solve problems –always solve your problems on your own, you should not need others to better yourself –that occurs through self-blame, or doubt causes a pause in life you should respond to you when not well not others.

Don't hurt someone to displace blame or guilt should anything happen wrong or not toward you that's not how to resolve problems by blaming those who are wrong to establish victims or prove a victim of = retaliation toward, and re-victimization.

02-27-18

What you know in life no one can know better or know better than you, but you your thoughts are what matter should matter to you not the thoughts of others toward you that makes one ill, when one feels insulted –error by feeling, is how another makes you feel good or bad –and whether hardship exists is what you recognize is wrong or right. Always do the right thing (1) be yourself (2) know when to stop; and (3) know your limits in life.

02-27-18

For the times always be appropriate and appreciative of other[s] accept them as naturally nice not nice to achieve well in life, people generally care more about maintaining (act to maintain) their own happinesses in life not be happy for others, is not how to make oneself better or like, but by achieving happiness once achieved can be happy for others –unhappy is never due to (1) shared unhappiness (its usually to do with ones self-abilities) (2) or caused by happy people (ie well, doing well) or by (not by) (3) knowledge of any information whether good or bad information can help one to (A) see better to (B) achieve (goal) of happiness (C) on their own –and note (D) happiness is not achieved by shared happinesses but by (E) achievement forward only can make happiness or (F) make a happy life exist by (G) view by others, seen.

02-27-18

Never take the advice of unhappy people as usually their insights are geared defensively ie selfishly to achieve their own happiness their viewpoint may not always match known issues as related to your life. –You know you best –someone who does not know you cannot help you if and by especially if those who know you do not trust you –or believe in your abilities –then people outside will not believe in you either.

How you come up in life does not equal now. Now matters more than then. Unhappiness when shared cause you pain Then you feel bad about yourself and [therefore/does not equal] (cannot) make [an]other happy if you become ill, they will appear better –by the time you get well no one cares or looks back, only by what you say/or do will they see or know you –help yourself when ill.

02-27-18

Once everyone turns on you its then too late to repair your image or use of likeness will be used to cause you harm –continued hardship is based only on (A) what you allow to happen to you in life (B) not what you allow to be done to you. Don't become something youre not when not well –then you;; never return to whole.

02-27-18

What you see is of your own making need be seen in order for you to feel well about yourself. – Never allow others to hurt or cause harm convince you you are something you are not for some its okay to think poorly of others, for some greater acceptance of others is required to see clear be clear to others whats too late to recall of cause never make happen a fear to make clear or make certain a wrong in the past.

Don't send people in the wrong direction in life to prove a past wrong see if revisited or a problem was/or were by causing [a] present or future recurrence to read the past know the past, trust presently known is preferred.

02-27-18

When you feel now worse than you did before you became ill something made you feel bad

before/on purpose to cause disachievement in the event of an error a known cause built to prove backwards a wrong non-existent if proven forward is to connect to a forward is wrong planned to let down to hurt ones future in life make an error known to worsen a good condition –make undeserving of a future cause self-hatred not harms. Makes someone not good enough to show up a put down, known in life.

02-27-18

When you get hurt by no reason you lose motivation in life to try –by what wrongs should we be judged mistreated or trashed only by our own wrongs do we [do] ourselves a disservice never rehash the past that only causes more harm than good means –Leave an unpleasant situation not make worse self to appease –people pleasers are weak not strong work to make yourself happy not others. Sometimes people don't stop until hate justified.

02-27-18

Don't live up to poor viewpoints of yourself that's not how you better yourself in life. That only makes worse how you feel in life. When you have paranoia –Don't let negativity bring you down in life make you feel bad about yourself just be well to do well in life not associate to anything that causes you harm why you have to let go –disassociate yourself from what hurts you or causes you harm.

02-27-18

When you don't feel well responding to those who hurt you –happy or unhappy –wont help you in life to achieve well –you just have to focus on yourself if not assume the guilt of those defensive to their own wrongs in life toward you cause offense to cause you to become defensive to appear as weak or strong –deserving or not of privileges.

02-28-18

Reminders don't really help people move forward in life, lies included.

That's not how to get better in life –Lead from within not from outside of yourself to get in touch with reality be apart of you have to get well to stay well not feel left out or out of the loop –how you get hurt –everyone has lives of their own that need not affect you or set you back in life, things don't need to be about you in order to be happy.

Chapter 84: Blog Posts Compiled 02/20 to 02/28) by Leslie A. Fischman
02-28-18

Social Influences by Leslie A. Fischman
02-20-18

Social influences in life are determined by (1) your upbringing and (2) your exposure. These things put together determine your likeness and how you identify within any given group –your adaptation skills. Some are better than others at this depending on their level of comfort with

self, and knowledge of their needs and wants know how to navigate these waters we call social classes, setting boundaries, based on esteem, and letting down guards when amongst. There are some of us who are free floaters, that is if they have a job and have money and are nice, then willing to engage in conversation with anyone, that is someone who is considered a free spirit in life, i.e. fearless. When one is fearless they do not hold themselves in high esteem or categorize them in some echelon as above others. This may not always be indicative of comfort with self, nor of trust with others, or resulting from miscommunications and trusts granted, or privileges taken for granted, but a matter of being nice, for simplicities sake, civil with others, nice to others. There is no give and take to every each and every and all relationship, some relationships are conditional, and some are all together unhealthy to begin with, it's a matter of respect, how we treat one another, and for what purposes we engage with one another. This is because we either one love one another, two have respect for one another, admiration for one another, evaluate and accept one another, or putting ourselves out there to be there for others, there are different kinds of people in life, some are more able than others not by given attributes but learned by skill to help others, we call these people members of the helping professions. They are not our friends, they are not our companions, they do us no favors in life, they are simply there for us when we need them, whether as sounding boards or helping us to navigate unclear waters and helping us to redirect our focus toward other sources, these are who we call members of the helping professions. Do not abuse the kindness of others, it never reflects highly upon you, in any case to put another down, that's always in poor taste, usually someone puts you down to get you to say something to put them down, making an issue that was just to do with them about you, taking it to a personal level with you, where they interfere with your focus and ability to cope, making it personal, and thus affecting your abilities, so that in the event of any errors should anything go wrong, blame be placed upon them, with advanced warning as the cause of that hardship they've already pre-insulted you. Should you go public and try to accuse them of misconduct toward you. Planted. (That is made up commentary to make themselves look better).

When Your Intuition Fails You by Leslie A. Fischman
02-20-18

When your intuition fails you –means you've made a bad decision in life you cannot go backwards from –remove from your memory. Usually occurring after suffering some kind of harm. –My boyfriend of two weeks told me today to try to stay out of trouble and to avoid tyranny. I never thought about that. The pitfalls of oversharing, and the thoughts that rule you. It never occurred to me that it was possible for others to turn on me or for me to even turn on myself if unhappy with myself. I've always been an overachiever my whole life, never had problems figuring life out for myself, always known who I am and what I'm about, have had no identity struggles or issues growing up. Only later in life, after suffering while in recovery from substance abuse issues and alcoholism, did it dawn on me that I had a problem which I need help curing, and that I was somehow defective now and have to just live with the fact that I'm not perfect anymore. It was told to me by an ex-boyfriend that I was never perfect. That's not very reassuring from someone who I considered a friend, to say something like that in exchange for positive words, sometimes there's no going back from embarrassment, whether discomfort caused by you or others or they themselves, just because a relationship is tarnished does not mean one's image is tarnished, that's what is defective mentally ill about me.

Some People Their World is Better Small by Leslie A. Fischman

02-21-18

We were not all meant to perform under pressure in life, some of us are best functioning in a calm environment conducive to focus, and when unable to focus unable to achieve, for some this is called a learning disability. Some people have no difficulties focusing in life. –Usually it is people who are wrong who lack focus, or people who do wrong in life who lose focus, those are marks of someone not focusing on the right things, in life, and because they don't focus on the right things in life, don't achieve, or don't get good grades excel in school or in life, or in jobs. – For some people who have difficulty achieving a small world is better for them, and for some in a small world gone wrong, a bigger world is better for them, it depends on where you fit in in life, is where you end up in life, well liked or not, the main issue. When people who do not like you hurt you they are going out of their way to make your life more difficult, not by jealousy, but because of their losses in life think paramount to your losses in life or needs. Those are marks of someone better than you, who puts you down, until you are able to achieve regardless of what they say. Those who are confident well adjusted do not care what people think or compare self to others, happy as they are, unaware of negativity not on their radar.

Even If the Time Change Stay the Same by Leslie A. Fischman

02-21-18

Even if the times change stay the same, nothing requires that you change in order to accommodate the needs of others, your needs come first when you are not doing well, and when you are doing well it is your choice to engage in services to help others, that is your choice, based on an assessment of your employer and you yourself by application argue fit for positions in life, and for employment. When we do not fit the bill, well then, we have problems, finding placement, if choosing the wrong career paths, or avenues for achievement, not fit for our skill set. When you change too much, you run the risk of not improving upon ones good character traits, by focusing too much on ones weaknesses. Its important to focus on one's strengths in spite of hardships, why? Because you need to maintain your good traits in order to improve upon your weaknesses, it is with your strengths that you are able to correct your weaknesses and improve upon self, with that positive foundation, a positive foundation is required for any growth to move forward positively for you, for anyone, or for others or those around you to see you grow ie improve upon oneself, that's what gets noticed, is maintenance + improvements = good merits, on good merits achieved, well-versed well spoken = kind hearted generally. When you are not at your best and do not sound like yourself or sound like less than, people who think they are better than you will punish you assume that you are up to no good or need correcting, that's understandable while improving, you wont always get cheered on along the way, or encouraged, that's for those who are suffering or need cheering up, one changes for them, why to be positive, extra positive, its for lifting people when they are down, not for excitement.

When Things Don't Work Out by Leslie A. Fischman

02-21-18

When your headed somewhere in life, and you don't arrive at you ending point, or destination chosen, you have been misguided in life, either by self or by others. This is a normal occurrence and not unique to growing up wealthy or poor, privileged or under privileged in life, with or without connections, but best to be safe upon your travels in life, always prepared with

confidence, that usually helps you get through just about any situation in life, without feeling like \$hit about yourself when you fail in life, or end up somewhere in life where you don't belong. A sense of belonging is felt when among like kind, this creates a sense of security among, and from that sense of security trust, and from that trust a bond. Bonding is the retention of some kind of interaction or social connection by words or actions that connect you to another person, that persons feelings and emotions. These connections can be chosen or sometimes forced upon us without choice, those are unwanted connections in life, usually things that make you feel uncomfortable or when inappropriate or appropriateness is in question –you call yourself into question. And when you question yourself, that signals to others that you do not know yourself well enough to know how to behave under pressure, therefore lacking the confidence and worth the level of trust required to rise above the situation present. When your life is in limbo, you make quick decisions, sometimes selfish decisions, and from those decisions you are judged as good or bad, or decisions are made for you on behalf of you or to your face, considered a certain way, and before long, or long after, or too late, they realize after the harm has been caused where they have been wrong toward you or others, or not have realized when wrong.

How Overthinking Can Ruin a Relationship by Leslie A. Fischman
02-22-18

Overthinking is a product of lack of confidence, when you question yourself or others. There is really no one to blame when this occurs, not even your surroundings are responsible for your feelings, as you should always be strong enough to adjust to your setting, to others, and to be a good decision maker fair to others, not selfishly lead your life, toward self-destructive behaviors, and self-sabotage, when you think selfishly, not selflessly, and about your needs not the needs of others, when you get turned on its usually because you made a bad decision you cant turn away from, and from that point on you have to constantly correct yourself as you go, to make sure that you continue to make positive progress and make good decisions for yourself. You then become selfish once corrected. The point of getting others to focus on themselves when wrong is to self-correct think about what theyve done wrong to reduce recidivism that is a future wrong by them.

Why Jealously is a Painful Attribute by Leslie A. Fischman
02-22-18

Usually those who are jealous misread others as better than or trying to appear better than feel offended and when they feel offended they feel like the other is trying to make them feel less than, why girls in groups who seek to get the attention of others within a group to focus on an issue, is called uncomfortable, purposeful and unwanted. When you go out of your way to hurt and out someone publicly as inferior to a race or gender, that is considered an inhumane hardship placed wrongfully upon another, who does not deserve such abuse or lack of trust, when you are wrong know you are wrong and when you put another down to be right know you are wrong to do so, that's a trait of a weak character, lack of respect for others, knowing this doesn't instigate what you manipulated dispositions in others to make your life easier so you can better adjust expect others to accommodate your needs, is selfish. To attach causes and consequences based on old beef is considered a plan. Do not wreck the lives of others or their plans because yours is paramount or more right than their, when you injure someone who does no wrong and is not guilty, wrongfully convicted it causes suicide, not wanting to go home is because of pain lack of

acceptance and judgment past, Harvard Amish dew dew dew dew dew dew dew dew dew dew dew dew – So #mountain dew jokes aside he finished law school. I applied to the usnavy 2009, why was I put down and stomped on during finals. Recovering from your losses in life, awards that don't matter, live and move on. Can I see your notes, well Yeshiva said she shared her notes with everyone.

Relationship Woos –How to Keep Busy When In Love by Leslie A. Fischman
02-24-18

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

Journal #4 Handwritten by Leslie A. Fischman
02-24-18

02-22-18

When you separate people it should be for good reason, when theres something off or painful that cant be reversed and two are turned off by the other not a healthy match communications wise. Hurts. Then two people need to be separated apart too much fighting early on is a sign of insecurity a deficiency to the bond not clicking.

02-22-18

Lying is never the solution to any problem it only causes paranoia and self-doubt isolates you weakens your ability to be present set aside your needs for others, into your own emotions. Why care for those who don't care never cared. Only when well are we at peace when tired we may become ill when slow is not good enough.

02-22-18

You cant live your life disappointed with yourself. When conservative, never loosen up to adjust to others or overdo your mood to compensate for another emotion felt. You can't reverse pain once you hurt someones feelings you cant turn around you either fix amend or you yourself change your outlook and accept be accepting of others. –When its too late independent people hurting one another. Theres a social problem, an attention problem.

02-21-18

What you say you will be reminded of –your mind recalls what you say when anything you say

is off –anything off will cue you to an off feeling, and all off things recalled if said when on but not realizing off. That’s a later recollection looking back with judgment toward self –non-acceptance causes upset.

02-21-18

Anytime you experience slowness –that’s your body telling you you need to slow down process not where you should be in life because focus misdirected either by you or another purposefully or by accident to be sharp one must work hard to think clear that’s how to achieve a natural calm in chaos.

02-23-18

When you think things are about you –you are less likely to succeed in life, being self-conscious, not sure or embarrassed of yourself, not like yourself.

When things are not going right that’s not an opportunity to criticize who is doing well or not bothering anyone in life its by your own merits you succeed mature.

02-23-18

You cant worry about the past so much it only stifles you. Never go to war on yourself, unnecessary hardship due to self-harming behaviors –causes illness, you cannot afford to let down your guard –it injures your character and your ability to behave well. You cannot depend your present unhappinesses –to dictate future consequences –that’s you trying to control now to –predict the future –just accept what you know without trying to figure out your future. When well don’t hurt yourself.

02-24-18

You cant go through someone’s present to figure out their past –That’s not how to solve problems –but creates problems or hurdles for others because thought deserved. –You cannot predict the future but you can control how you see the past –always be positive.

You cant reflect well on yourself when you are preoccupied doing something else. Its difficult to speak when what gets communicated back is to spite you cause you pain, anguish, or hardship. That’s purposeful conduct to screw you over in life as though you think deserved. Don’t allow people to take miscommunications too far. That’s how you get hurt by what you focus on. Whos on whos team does not matter. How things look from the outside looking in are never clear to someone new unless studied in depth, an individual to cause harm thought deserved. Most people are concerned with themselves not others.

Facebook (Deductions) by Leslie A. Fischman

02-25-18

02-25-18

Don't fight in public or private to figure things out for yourself that's not how to communicate wrongs when you've been done wrong or to correct a problem hurt others that does not stop crime to hurt good people or by attaching negatives to a positive to cause war or blame or hardship upon another thought not deserved of privileges in life or happiness.

War is selfish and does not equal world peace.

It takes awhile to be known for people to get to know you be patient if to be known God will have its way with us, and people get picked to represent us modified some don't make it. Its about how you present yourself whether liked or not whether respected or not a trusted source worthy of time and attention. Worth hire is about when youre ready not about discrimination you have to fit the bill to get the job that's how hiring practices work, whos well.

Its never right to hold down a victim that causes war let things go move on don't hold people down in life. This causes hurt pain not regret pain. Note yourself not others.

[Its never right to attack anyone, and if necessary that bad gets attacked not the good in life, that's how life works, to correct bad behaviors.] Attack bad people not good people, stay right, focus on you.

Polarize yourself to a positive -how your battery/heart works what youre drawn to not told to draw or be drawn to. To stuff that you like.

[Know where the good life is, at heart, its always achievable depending on your sight in life, not about whether or not you are known well-liked, be at peace on your own, without the help of others to achieve peace, you should be whole on your own. Sometimes you have to lay low in order to achieve peace, to get to the good life.]

Don't teach lessons based upon your experiences to get others to see your viewpoint that's manipulative to concern over concern yourself with the happenings in the lives of others or try to dictate their direction.

Be proud of who you are whether or not you are proud of someone else should not matter you should not treat people based on pride. Jealousy and envy [are indicative of] weak souls.

Youre personal life shares cause discomfort in others – causing them to lose confidence, how to behave [is a matter of what manifests itself inside of you.]

[Sometimes too much information is too much information about yourself, shared if it makes you uncomfortable to share something about yourself then don't share it. What you hold on to in life are your personal regrets in life, things about you.] Listen well to those who are well, tip, to be mature.

Don't compete with people compete with solids like books and work ethic.

Stop suicide, [its really stupid to hurt yourself over pain to cause yourself more pain, it only brings about more pain to deal with in the future a future regret, why you should accept yourself

as you are, not go backwards on yourself, self-harm, move on in life. Reading helps you move forward, strengthens your sense of self and good character. How you achieve in life, based upon how much you consume, manifests itself inside of you, what you see, see better, know, think, achieve, or practice.]

Don't be defensive over self or people or stuff only the deceased matter in times of need listen to them they won't hurt you. I committed suicide February 2009 because I saw war overseas and joined the #usnavy applied, but because on meds they couldn't take me accept me because of adderrall.

Facebook Posts (Saved) (2-2) by Leslie A. Fischman
02-25-18

Do you do as your told to build trust that's not the best avenue. Be led by your fears? Wrong direction also. Listen only to yourself, too much pressure within, listen to all -too many voices. What you hear should be yourself not others opinions of you like yourself enough not to read into others too much of you you should not be influenced easily by others repeat mistakes to be like that only hurts you moving forward not a good pathway to change to give in to hate toward you. #mymollydollblog #nevergivein #listenoften but not as directed if it makes you uncomfortable then do as you feel is right not give in to bad feelings how bad happens.

Don't repeat the mistakes of others to build or make a point. #truestoriesoffailures #goodluck < #hurt

Don't backwards punish yourself presently that doesn't help you move forward in life to take past beef and wear it forward live for the moment try to be new not repeat old patterns love yourself enough to let go of the past accept now and be accepting forgiving of others over the little things in life. #nobigdeal #mymollydollblog you get punished don't set yourself up for hurt anguish yourself if another is wrong toward you that makes worse things. Let go #ignorethem.

Support yourself needed support is bad leadership #WEAK skill set. mymollydoll.com no connections = (pure). Good must be plentiful otherwise a rotten egg in distaste causes disgust if imperfect not viable for the future of leadership then deemed not worthy of pay. Expectations are not good indicators of your best work if you're thinking about now you'll appreciate you if you think ahead devalued if insecure feel not able if you set your expectations too high of yourself not meet them. You'll let yourself or others down. #mymollydollblog lead yourself not others.

Don't push away to break up a roll because you fear bad when good. That's not how to self-help. That's how you're in the wrong when you run away from #love or #help. #mymollydoll likeness is wrong.

When you explain something after its happened that's forced explanation to credit discredit you make you look stupid by issue pulling objectives from your current pleasantries to send you back to Hell.

In other words you've lost your angel wings - knocked down everywhere you go. #thatsokay

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

#mymollydollblog

Basically I made a bad decision caused embarrassment loss of trust that affected viewpoints I'm sorry of me not better but worse I need to realize myself known not keep knocking myself down to let others pass. #PresidentTrump #mymollydollblog #habit You deserve in life but never more than you.

Okay so poor timing for the I'm not gay #Tinder movement. If I barf that means not ready. That was a poor choice I'm sorry. #PresidentTrump that broke his heart ahead of time and as a result did not trust me hurt him. When you back out means #troubleahead. You stop trouble by being ahead.

By the time someone comes up don't punish them for something a long time ago accept them as they are new, improved better. 🌸 When you keep punishing a #good it hurts others makes not well onlookers to see inflicted pain and hardship on someone good who's eyes everyone's eyes a few eyes that don't like a person are not a majority but a minority of haters should not equate hate. #mymollydollblog

How can you take someone's personal issues personally if I don't even know you. #strangers Dear #PresidentTrump They blame their own thoughts toward me as bad I'm good enough. To each his own. I'm not responsible for the thoughts of others toward me. #whocares not my issue but theirs w/me.

Don't use beef to make new beef and say old beef existed #replies #PresidentTrump don't use beef to make beef and claim beef exists. #dontfight

Our designated problems are the business of #PresidentTrump

Group huddle. So what's next. #TrumpSupporters

Tired ... Resting in bed. Where you're wrong you hurt in the future in the same way you were wrong in the past you punish you revert to that feeling as corrected when wrong. Omissions are not admissions.

That's not how to fix disabled by making dirty or doing them dirty that just causes upheaval of interests non-existent you can't try to hurt someone on purpose that's wrong #bekind #mymollydollblog

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

If you face your fears you detect fears and then fears become you then people are scared of you because you look like fear. That's because you're afraid don't wear fears. Keep moving forward run away from fears. #mymollydollblog

If you focus on you where others are focused on you if others focus on you when you're focused you become de-focused focused on what's being focused on you or others - always focus on you otherwise you hear voices. That's how you unfocus attentions. #mymollydollblog (needs work*) #beyourself

You can write as you go in life but you can never predict the future by causing harm to those not deserving of hardship that does not stop pain from occurring present or not #staywell #nevergiveup #representyourselfwell mymollydoll.com

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

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

Facebook Posts (Saved) (3) by Leslie A. Fischman
02-26-18

You are who you identify w/#likeall before you are able to love, love others, not yourself to excel in life you have to be outside of yourself to see well not be misguided it's trusted who hurts the entrusted if you can't see well that means there's something not right around you so you have to change paths keep a log of your activities to notice subtle changes within yourself how to better assess your strengths don't focus on the weaknesses of others that makes you feel negative sends you on a negative tangent toward self hate or hold disgust for others #acceptall by your own positive thoughts is how you move forward. #mymollydollblog mymollydoll.com 😊 #letgo

Follow your every move not the moves of others to see forward how you get lost let down others you have to let go #moveon not to better just to well enough to live life on your own terms set by you how to be get well. 😊 #mymollydollblog 💕 #stopyourself you can't hide your errors. #livewithyourmistakes love yourself anyways blame no one for #selfharm. That's on you to #fixyourself.

Don't over sail over your errors in life that's not how to better self get better to have to regress go

backwards to fix yourself. #mymollydollblog that's how to mature again. After you get put down, realize your worth again. You can't keep revisiting your problems. 😊

There's no method to #love you are either liked or not #moveon don't get too close to people who cannot be trusted how you get hurt set up for failure misused abused hurt. #mymollydollblog love yourself enough to quit when love is lost don't replace others allow the dust to settle give people time to heal that's not the recipe for wellness, others. Focus on yourself.

Make life about you to live life not about others don't be about others who are not well that's how you don't feel good trying to be like always be yourself admire others root them on but don't interfere w/abilities it decreases your ability to achieve + succeed in life. #mymollydollblog There's no rush to #success.

Listen to whatever helps you focus don't overstimulate yourselves that how you get tired. Don't burn out, focus on staying well. #mymollydolladvice

Love makes you high use that energy wisely don't give your hyper away it lets you down hold in your light don't trust another w/your light, or else they think you have no light. #CHP Always give light away freely. If you're bad you're light goes out God telling you to stay calm rest your light is dictated by who you are around let's you know how to be #trustothers and listen well to stay safe on time. #mymollydoll 🚓

Here for you guys an unnecessary cause to speak to (sometimes) but best spoken by those who it matters to to be heard from within are to be cared for listened to how to help well stay well and get well from within is all that matters, it's not about trust but about helping others calm down enough to realize who's important what matters ... Things? People? Lives? Future? What about now. Now needs to be okay. #feelbetter #getwellsoon Sincerely, #lesliefischman

#mymollydollblog 🚓 Let them know but don't care for others when not well you matter most, the not well.

Don't blame Exes for your hardships you are always a product of your own mistakes in life not the responsibility of others to resolve your issues or take blame for your misfortunes misfortune can only occur by your bad decisions in life send you backwards in life that's how one becomes ill by regrets or mistakes in life why ones can't achieve who try to perfect selves when wrong off-beat non-acceptance is always if applicable noticed the barrier to one's successes in life not others approval or disapproval #noticethat #mymollydollblog appreciate who's in your life otherwise they'll leave your life too. #becareful.

To: (A) (Friend) I'm okay a bit of a chaos right now in my mind myself not perfect I try my best but not happy with myself right now not about anything I do feels like it's never enough but just need to be patient with myself and keep doing my best not go backwards in life.

-

To: (B) (Boyfriend) Wait but don't drain yourself caring for love it's not important just icing on the cake sex is stupid love you you're more important to me worth the wait I'm sorry I gave in too much to sin. Hope you'll love me anyways.

Otherwise blame gets placed on those around you bear your own shoulders in life in times of need not bear the issues of others.

Insult is a product of dissatisfaction with others stay up to get what you want attract goods in life.

Be good stay calm don't direct anger toward me I'm not the cause of your unhappinesses unless you allow me to hurt you let self be vulnerable to my needs always do you first let go xo

Sorry love you xo not try to fix the past for anyone's future is mental illness to go backwards it hurts me or others to revisit issues draining apathy

#mymollydollblog #mymollydolltext

Once someone doesn't feel good ie me nothing I say makes others feel good or makes sense gets ignored as not important or paramount to the best interests of others to listen to those who are sick or not well. #mymollydollblog

Be more like yourself not as others see or say you are how you become something you're not self-title yourself by positive affirmations to make well self when not well or strong.

#mymollydollblog 🐾

Don't rub your faces in the faces of others to make well be well on your own should not have to prove your well to be happy worry what others think of you well or not always be kind to yourself + others. #mymollydollblog

What you post gets connected to you. Be careful what you assemble relate to what your matters are should not be professional matters your personal matters kept separate. #mymollydollblog guilty looks indifferent toward. Recipe for care is #helpall.

Chapter 85: Facebook Posts (Saved) by Leslie A. Fischman

03-01-18

You cannot use the identities of others to better yourself. Dont make your issues the issues of others or acquire identities or share an identity to better yourself, let people be themselves dont be controlling over people to make better yourself. #mymollydollblog

If you can't feel well on your own means you're co-dependent those who are independent succeed in life not those who are in need what determines success rates in life - by good decision making skills not bad decisions or choices - how people will see you is based on what's disclosed whether good enough to calculate your deserving of success or not based upon how well you're doing now determines how you are treated in life as a bad seed or good seed good or bad how you feel should never affect others. #mymollydollblog

Perform for yourself not others no one is ever to blame for your ill feelings toward them that's called treating someone as not good enough then don't engage in conversation with anyone who you think is bad or a bad seed to begin with not good enough for interaction then interact with no one if not to help but make worse off others how you get hurt in life caring for the careless or selfish. #mymollydollblog

*Something that inspires you should be well in life to understand yourself your viewpoint should be that of the well not those you feel overpowered by that causes outting to be known what's wrong is not for people to decide in life but for professionals to decide. #mymollydollblog who deserves to #moveon in life and who gets put behind in life there are people who make decisions for us #thetrusted

You can't talk people down in life or talk them down bring them down in life because you think it's deserved that's called causing harm and that's wrong being ill toward someone good is wrong that's not how to make better anything or anyone who's not good enough. #mymollydollblog lead by example not by your rights wrongs or accolades in life can cause hardship to you when you are not well enough to represent yourself well how you get hurt. #begood

Perform for yourself not others no one is ever to blame for your ill feelings toward them that's called treating someone as not good enough then don't engage in conversation with anyone who you think is bad or a bad seed to begin with not good enough for interaction then interact with no one if not to help but make worse off others how you get hurt in life caring for the careless or selfish. #mymollydollblog

If you can't feel well on your own means you're co-dependent those who are independent succeed in life not those who are in need what determines success rates in life - by good decision making skills not bad decisions or choices - how people will see you is based on what's disclosed whether good enough to calculate your deserving of success or not based upon how well you're doing now determines how you are treated in life as a bad seed or good seed good or bad how you feel should never affect others. #mymollydollblog

When offended don't people please how you let them win always rise above stress don't give in to people who are wrong towards you how you get hurt when you let hate win. #mymollydollblog always present yourself as best you can and learn how to say no when you don't feel good not down don't worry about how they feel worry about yourself how you make good choices in life find your match. Don't give in.

Know yourself not be in the know. 🙌 Don't look like or look at what looks like #beyou in order to see well don't take cheap ____ at people because you think they deserve it. Before people come up in life #thinkforyourself don't think for others is what causes you to not feel well when they steal your thoughts from you how you get hurt convincing others your bad when bad happened to you in life is never your fault when someone hurts you purposefully it's by their wrongs toward you you have to set yourself straight in life not trash yourself at the top of any mountain to climb how you never make it in life taken off course in life. That's how you know who's hurting who's not. Don't hurt the hurt let them recover in life.

Don't gamble your heart away that means when you're not confident don't fake it try to make it when you're not doing well how you fail in life when you're not clear you don't make good decisions act on emotions you need to be clear not act out emotions to be heard that's retarded to be emotional makes you look immature I have #learningdisability got a 990 on my SATs and

zeros on ERBs by #mymollydollblog I always do my best. Always think for yourself. Kind hearted is how you feel good look good if you feel bad you look bad. And when you look bad you don't feel good. And when you don't feel good you make bad choices. When you make bad choices you don't feel smart and when you don't feel smart you don't look good, why you feel bad. You can't go backwards in life. When you go backwards you see bad forwards Bc the past hurts when you realize you made bad decisions. Bad decisions are what make you look bad and when you look upset others on highs put you down Bc they think you're bad or deserve it deserve to be put down don't allow those on highs in life to steal your heat. Your heat is what motivates you in life to do well always from a good place do well NEVER fight that only makes you look combative immature or not of value decreases your self-worth when you look bad you feel bad. That's why because either (1) you look bad or others (2) think you look bad to them. Don't think bad thoughts of yourself how you feel bad.

Once you get out down you have two choice: (1) live or (2) move on. Don't prove anything including yourself in life to do well that's called attracting unwanted attention how you get justifiably F'd over in life like you deserve it. #mymollydollblog - Always see for yourself to see clear not by the sights of others see you. Only you know what you know.

You have to abstain to attract #keyto happiness is working on yourself how you sound well no matter what gets thrown at you you have to be hard headed to write well. #mymollydollblog listen to those who love you. Don't be defiant #listenwell #trustoften.

Best you can do if well is be present - how best to help others - when you yourself are not well - you will not read others well - by your own misconduct are you treated poorly by others or hurt back to undo bad behavior correct a wrong to set straight or right ones abilities in life to achieve #downgraded or #setback how life works bad gets out down in life - why #BarackObama gave money to the poor so that they would achieve a better life for themselves not hurt rich people so rich people and poor people don't fight that means if so not well why we have #obamacare. #mymollydollblog Don't turn on people who help you or admire you how you lose fans in life when you become a traitor to anyone who's supported you let them down. Be good enough for you not others.

#DontDoDrugs #Sober #Clean #Celibate (2014) Once you are broken you cannot repair yourself to bond or thru bonding you hurt if you hurt when others are well means you're having difficulty feeling well with or without others means you need help thinking are thinking not well thoughts misguiding yourself through hardship in error decision-wise when you say the wrong things creates unwanted attention or dislike towards back not in agreement not agreeable means no bond or match in life why non-matches get out down so that they don't bond with well affect well. #mymollydollblog how one achieves illness is when well makes a bad decision trashes themselves while helping others = distrust. Distrust means not trusted.

Once you commit suicide (2009) no one forgives you treats you like your invisible or hurts you to test your ability to live on your own thinking you're not deserving of moving forward in life or having a new life #aaronbrown someone who does not value or appreciate you does you then rejects you. mymollydoll.com for #SCOTUS's Fan Club. 🙄 Don't hurt yourself to cause blame

that's retarded to hurt yourself to accept self you have to achieve in life not hurt self or others. Life is not about acceptance but achievement that's how you gain acceptance #achieve #beyourself. If you're not you others won't want to talk to you because you not you is not well that's a basic understanding of knowing when you're not feeling well need medical #help. Don't act out.

Someone who works hard to fit in and not accepted means they're doing themselves wrong in life not others looking for acceptance you will never be accepted when you ask for anything in life it will not come to you you have to do your best to yourself to attract good into your life do well on your own merits not by connections feel whole that does not reverse hate toward you only better hate toward you do not live up to expectations good or bad just accept as you are now do your best to repair what's broken or doesn't feel good about you DO NOT make you're problems the problems of others bring anyone down at your own expense you fail seeking for love love comes to you in life + by that empowerment is deserved the secret to love is reversing self-hate accepting self achieving to attract good into your life that's called overcoming hardship. #mymollydollblog

Over time rejection by someone you love and trust = loss of self-esteem inability to give love physically an aversion to human contact then you cannot appreciate life once averted you don't feel good no matter where you are in life means purposefully isolated not by choice isolated made to be that way on purpose because thought to be bad - trusted is connected to life not trusted is disconnected to life + being something you're not is called overcompensating > #Tinder because felt like you're not good enough = Bi how gay happens when you get (1) hurt or (2) rejected AND causes are known causes means someone is being disrespectful toward you making you look like something you're not to your face or behind your back for credits. Is called mental illness to need credit to feel good or better than others > is wrong being wrong toward others for credit for rights wrongs or failures are caused conditions thought deserving of punishment is called wrongful accusations to cause wrongs are called rejections to cause harm ie suicide is how one F's up in life ends up short handing you cannot blame others for your own mistakes in life or cause consequences to make better your life for yourself once you get labeled bad you will not be well-liked and socially there is nothing you can do about it until you become well not respond #bequiet. How to fix yourself under pressure not direct blames but accept when you + wrong and report to those superior to you to fix others not you is called being selfless not the problem those who help do not make problems of themselves only problems caused to them for those trying to better themselves at your own expense when wrong you are wrong need to fix yourself don't damage yourself on top of being down in life then you'll never get up achieve in life. #mymollydollblog

Give thanks to those you know you by direct interaction help you see yourself better it's through their acceptance of you you see best fit yourself for whatever reasons you feel down its because you're connecting with someone or someone who makes you feel down or who is or is not bringing you down who you love, don't then let yourself down. #mymollydollblog please yourself not others.

Love who pays attention to you to receive love otherwise if you ignore love it leaves you if you mistreat it it resents you if you betray it it never forgives you - love always one at a time not give

love received to others drain the giver of love because you think stronger than they are, you have to be supportive back love too. #mymollydollblog by mymollydoll.com 🙏 It's not about competition never be better than in love. Love is about giving. #love

When someone doesn't forgive you for something in the past either you or they were wrong and have not moved forward on the issue with you or you toward yourself - it's lack of forgiveness that causes bad luck moving forward when you do not love someone who loves you who you blame for your problems currently is when you think better than them or your problems trying to move forward or away from the point at issue which is always you you need to focus on what matters to you not what matters to others otherwise your disbelief in others affects your belief in you always forgive in order to move forward see clear without bearing the guilt of others that's combining bad energies or forces toward you you've experienced -once you turn on those who were good to you then you know you don't appreciate or value those trying to help you or who've tried to help you how you end up alone.

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Perform for yourself not others no one is ever to blame for your ill feelings toward them that's called treating someone as not good enough then don't engage in conversation with anyone who you think is bad or a bad seed to begin with not good enough for interaction then interact with no one if not to help but make worse off others how you get hurt in life caring for the careless or selfish. #mymollydollblog

You can't talk people down in life or talk them down bring them down in life because you think it's deserved that's called causing harm and that's wrong being ill toward someone good is wrong

that's not how to make better anything or anyone who's not good enough. #mymollydollblog lead by example not by your rights wrongs or accolades in life can cause hardship to you when you are not well enough to represent yourself well how you get hurt. #begood

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Love who pays attention to you to receive love otherwise if you ignore love it leaves you if you mistreat it it resents you if you betray it it never forgives you - love always one at a time not give love received to others drain the giver of love because you think stronger than they are, you have to be supportive back love too. #mymollydollblog by mymollydoll.com 🙏 It's not about competition never be better than in love. Love is about giving. #love


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How you feel is based upon who you effect is your trying to effect people you need effects to feel good is wrong.

When it's good and you complain you don't move forwards in life the minute you complain you break among not rise above but fall below.

#Realization: Modeling and faces are not my thing trending 2018 time to be serious not self-hate myself by seeing myself when not well when well then I don't feel well when I feel like I'm being judged or misread how one feels sick. To think others are communicating back publicly but not directly to you is thinking you have an influence or ability to affect people or their thoughts is called #powertripping when you think you're in control of yourself lose control of yourself when you blame others for your losses in life is called backwards tripping it's like future tripping power tripping except it's your lack of acceptance for now that makes you not value yourself hurt yourself moving forward you are able as you think if you think not able it's hard to try be anything if you feel disabled then you shouldn't take risks in life that will only make you worse off unable to go forwards once you get sent too far backwards that's holding you down in life being not able or worse off is never deserved does not help correct behavior moving forwards to put down others set people behind in life you leave things behind let go is the proper way to move forward.

*Too much doubt on well causes sickness when trust is broken hate ensues toward those not to be trusted they get dropped set aside thru the cracks they fall those are those who cannot be forgiven but deserve to be forgotten once forgotten you are not the same cannot help a let down is also known as someone once important who is deemed no longer important lacking a powerful influence over others, weak or ignored or not as special, devalued is moved on in life when they value the future not the past so much or those w/dark pasts not liked never now nor in the future liked out down repeatedly until failure is achieved. Thought deserved Bc responsible for causes not of their own making but done to them. #mymollydollblog

Don't worry about people only yourselves don't project your issues onto people your senses are not always right what you see fit and just is not always appropriate speak to loved ones not all unless a writer professional it's in poor taste to speak directly to your audience causes a connection discomfort putting always leave your audience alone to think for themselves not direct them on how tos if you yourself are not well they'll hurt you when well to make you not well or able know your strengths and who provides for you appreciate them they protect you from harm. #mymollydollblog by mymollydoll.com 

Don't cause conditions. Or make worse accept the blame of actions by others toward you as your self produced feeling if caused by another who needed you.

You are a product of your choices to engage or disengage yourself from what's hurting you.
#mymollydollblog don't make bad about something more or less bad to ignore a bad. Just walk away.


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away.

Don't react to people only yourself behave well to be accepted it's simple it's caused when not liked by self or others #keepgoing #mymollydollblog #whocares

You activity log you keep to yourself or else you're future won't happen you'll set too many I reachable deadlines are not necessary to future plan your day just know what you've got done is what you keep a list of why as you go what you can get done is how you get things don't in life as you go keep track not set goals to achieve but lists of your cans in life is how you keep achieving by what's known not by what's not known or the future can't accurately predict your present nor can the past be used to predict the future that's not how you understand now best. #mymollydollblog

You should not insult someone well even overheard name calling hurts breaks hearts. I don't believe in fighting. #ihatefighting not nor been a product of fighting always from a positive place I write unless taunted by headphones they took it wayyyy to far trying to prove at risk of harm caused harm to me if to me NOT thru me. #FBIDC mymollydoll.com #love

People are not purposefully in poor taste or not good enough sometimes you have to accept people as they are NEVER purposefully cause harm to someone over stuff they caused in the past it's their wrongs not by the wrongs of those harmed who suffer. It's the victims #stopbullying.  mymollydoll.co

When you look for errors errors are made to show you error so you stop causing errors through someone when is enough enough hurt over and over again to free who from blame sometimes you can't pick on people it's really hurtful cannot be undone resented why people get resented and no one talks to them those who hurt others have difficulty talking to those they hurt made not comfortable who's the victim who's not who's honest who's not don't cross over issues if it's unwanted don't retaliate leave me alone. #mymollydollblog focus on yourselves someone who is doing well doesn't need to be fixed that's unwanted intervention when not needed for what causes present or past matter so much to hurt someone forward. Don't disturb the peace. Focus on yourself.

If it takes too long to accomplish a goal and you're not motivated in life you'll never accomplish the first step if you think negatively or self or others stay in the reverse not see the good side of life but only see errors or make worse well to feel better than. #mymollydollblog

Once you look bad no one forgives you then you go nuts give in to voices and become something your not don't offend people to build an offender that causes self-hate to create a reject to make like is wrong. #mymollydollblog people who feel bad are not well harmed by others or they themselves those are people to let go in life those who harm self (thought to be of harm are misinterpreted flipped to cause harm to self until it looks the other way around to free from blame) = an abuse of power to switch shoes in life deserved or not drop dump let down to see what happens is selfish wrong. #thetruth #recidivism

Don't speak to get thrown back to you what you say to others to write defenses to those ill toward you to make look like known all along in cahoots or deserving of defamation that's wrong to hurt subtle or not the chances of others in life - equal opportunity to be heard accepted as is whether apart of or not well or not or good enough just be accepted as is whether or not one sees the same - if hurt in advance a scheduled behavior to cause retaliation upon another = purposeful conduct to cause hate toward or for is wrong to think poorly of those who do their best not trigger ANY emotions in others to see how the respond under different circumstances say things to see what's said or thought provoked to see what's said in response is wrong to injure or steal from someone good is wrong do not escalate the errors of people who in the past have been trashed if better to see what happens never see what happens then respond always w/confidence take action never take action to injure or stop someone good or in the right from achieving that's wrong taking a privilege way too far re: #trust #mymollydollblog

#mymollydollblog 🚚 mymollydoll.com Don't fight problems not your own it causes hardship by looks at you out of place or sorts in life handle your life first not interfere over involve yourself in the lives of others you fix you best as you see fit not fix others as you see fit, never question others lack of trust causes a defensive disposition loss of esteem or hardship difficulty overcoming loss or lack of trust is a turn off when fear is present causes nausea or vomiting means disengage. Poor timing is your timing #beyou.


When you're not strong your influences nor ability to influence don't matter as much get you anywhere important in life until you re-realize your self worth can you appreciate things people in your lives that does not always make self better best you can do sometimes is to fix yourself not feel bad about yourself that's how you get sick #mymollydollblog you have to stay centered.

Don't blame backwards focus on now to move forward #lifestips by #mymollydollblog motivate yourself in life don't be motivated by others. 🧠 #thinkforyourself

People will believe you have a bad disposition if you share stories about causes for your disposition are always insults cause angst why it's best to just fit in not assimilate or accommodate the interests of those who insult you give them time, separate yourself from them, some will never appreciate you. Don't insult people who are normal don't share stories of when insulted causes #suicide. #mymollydollblog mymollydoll.com Insults don't cause action good will does only. When well you have energy for causes.

Causes for action are never from personal takes always w/the best interests of others at heart how to stop bad things from happening in your life first then assist others w/choices. mymollydoll.com #lifestips by #mymollydollblog #mymollydoll #sociology #BA

If you don't feel good means could mean you're not doing what you need to do to get happy or not doing what you're supposed to do need help with direction in life always trust authority figures and people in trusted positions to help set you straight when you fall and listen to those with power ie money #lifestips how to be successful #mymollydoll #mymollydollblog only those achieved can achieve otherwise when you fall others leave you behind until you catch up in life to them by them for them or for them but never make life about others that's insulting to be about

others always be about yourself your needs come first in order to heal wounds or the wounded. How you stay strong self-reliant.  Don't rely on others to help you #helpyourself. That's how you get better in life.

By the time you figure out the past it's always too late looking back we could feel better but if you think backwards feel ill make yourself better to better self among others how to be well. #mymollydollblog

Your own mistakes are always clear to you your duty to fix yourself to best be your best self among others otherwise you face hardships in life when not good enough or believe in yourself how you get hurt others hurt caring for you if you're not good enough to be accepted among others worth their time or effort wasted energy trying to be accepted you should focus on more important things than acceptance and love received from those you like should like you love you regardless who has hurt you in life see the best in you. #mymollydollblog

Don't make something grow out of something or anyone beautiful a #good person should not be bothered by the personal issues of others toward themselves to be corrected or perfected or bettered should be achieved on ones own not w/need or risk of misrepresentation represent themselves best as they can without hardship retaliated on them by those who did not respect their beauty or gifts in life to begin with an insult at the get go means not a match later on how to know if interest match your interests in life cared about or if not good enough to hold interest yet in one or a person be a person of interest or value respected #mymollydollblog how you get people to accept you in private but turn on you in public make you feel not good enough in reverse accept love but decline your love to weaken your disposition so they can give love but you don't feel love in return that's because rejected then achieved rejects to achieve and keep achieving feeling of being good not give up a good feeling be drained once achieved why they let go once you love them back because they need love to be achieve feel good -don't love when in a fog or not ready for love how you get mad at yourself your timing in life off or behind then you never feel as good as able to achieve.

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When you communicate don't interpret everything as it relates to you as communications intended to relate to you words not spoken or cast out words not said that's you invoking negativity toward self within self about others toward you.

Chapter 86: About Bonding (Journal #6) by Leslie A. Fischman
03-01-18

02-28-18

When you bond with too many people on a personal level it makes it difficult for your loved ones to communicate to you have power or influence over you when you are not connected to them connected to others. –You are your words/future chosen. What you say is what occurs for you moving forward what gets thrown back at you. Once you forget move on, that's called a team on you teaming up against you to be/look better.

02-28-18

Once you lose happiness you become an unhappy person face difficulty achieving.

Never take matters into your own hands that's too much responsibility for any one person –never do anything out of unhappiness that never helps one move forward in life by going backwards to move forward.

When you recover and another feels or shows disappointment toward you you crumble –your energy is based on goods when you are not good you look bad don't do well in life. Always be kind to yourself No amount of harassment should cause you to commit suicide. Always rise above not subject yourself to more harm that's how unwanted karma occurs when others take then put you down.

When people make you out to be something you're not, you look trashy when you appear or look stupid, not good enough or not worth it, treated as less than. When everyone is in on hate nothing goes right in life –you just have to not connect what's gone wrong to move on think right in life not take things personally.

02-28-18

Your current disposition created gets judged as your current disposition past. When you don't do as you're told not happy an unhappy person don't expect to be trusted, listened to, respected, or valued. You need to trust to recover trust otherwise you have to earn trust back.

When you do not achieve in life –you will not achieve respect in life. You only deserve to be and achieve. Respect is not a deserved quality its selfish to require respect to achieve respect is earned not given not pointed out to be like, but well is how you earn and achieve respect be well liked accepted –how you grow up and mature in life see well not code.

03-01-18

Someone who needs help –because they don't know how to help themselves –will take help without giving back help leave you worse off to avoid a position in life, by default cause you to suffer harms by their judgment. Any additional harm there after results from that default judgment placed upon you. If anything goes wrong its by in adherence to default judgments passed. Any additional adherence to cannot make better. What in compliance with still cannot repair or make better any situations present Don't give in to blame appear worse off that only makes others feel better when you don't win in life lose, to justify putting you down as bad.

03-01-18

Don't do drugs it affects your judgment so does drinking alcohol affects your decision making – always treat yourself as important to lose yourself and love others not offend the opinions of others be careful no to. Always be kind to others to get back to you.

You cannot think well focused on others and once you fail in life you cannot achieve well in life, you cannot cover your wrongs in life that's not how to make well yourself by putting yourself down when you do not feel well those looking for trouble will create trouble in your life if they think you don't deserve success in life or to do, be well. don't see by comparisons that's the wrong use of likeness to cause harm to or from, backwards or forwards.

03-01-18

People who do things to you create a story are taking advantage of your goodness to do you a displeasure in life Cause you to complain for whom yourself or others –when you have it good in life you should not take risks in life to make yourself better that's how you get hurt – putting well down.

When doing well and you get put down you should be able to handle well your thoughts or emotions to the extent you see best fit yourself among others. –What you see is how should be (1) how well you can be for (A) self and (B) others. –Something (i) stolen or (ii) taken cannot be (iii) given back or (iv) taken back –to undo what's (v) wrong with (A) you or (B) others toward you, you must (vi) rise above for (vii) your own sake.

Journal Notes #5 (Ch87) Handwritten by Leslie A. Fischman

03-05-18

03-01-18

In order to do well in life you need not be right but be good when you cant turn back time those attracted to you need make good decisions for self and others always protect your loved ones don't make them feel safe when things are not well let them know when you need love.

What is said in private once shared makes others feel special not you, everyone deserves to feel special in life be loved.

Everyone is focused on themselves in life you cannot care for those who would care less for you and/or others that's how you get hurt -> when others threaten to (1) unfold (2) unearth (3) shame (4) shed light (5) prosecute (6) bring down (7) bear witness to (8) put down (9) expose (10) condescend that causes hardship don't (11) experiment with people that's how you hurt when you hurt others you only hurt yourself, I've said this before.

03-02-18

When someone hurts you –then ends up better off, it looks like you hurt them then they hurt you like you deserve it that's how you get hurt when writing for others to love you, just move forward if it cant be repaired –hardship exists.

03-02-18

You cant change the past –you cant focus attention on wrongs in life how you get sick, mislead, interpret errors, see bad in life –then you cannot read well your present or future when living in fear, always maintain a positive outlook in order to do well in life, those who feel harmed by you or rejected –hurt you back. Why never represent others only by your conduct do you can you represent yourself well.

03-02-18

You cannot concentrate well when you don't feel good enough or able that's how you get misinterpreted when you act out of fear subject yourself to harm do your fears become a reality its by your conduct you fail in life not by the conduct of others.

03-06-18

When you don't feel well, you are responsible for your own emotions no one can make you feel better especially yourself whether youre up or down in life make happen for you in life, what needs to get done in order for you to feel well, be good, listen often, and be best in tune with yourself.

03-03-18

Don't over promote ideas in life that cause you or others hardship when you feel torn those are

your own emotions centered on you affecting your sight which you cannot blame others for – what is known to you is your right to privacy your confidences in life –is of your own making don't make public your private life at you own expense –you are responsible for your errors in life and missteps.

Let people come to you in life don't go looking for attention or trouble in life, what it is about you, your troubles are what make you special know that you are always loved when well, and when not well get well.

When not well its hard to help others and get involved its hard to help others when you need to better yourself what leave you feeling torn when youre not good enough its hard to be there for others when youre not feeling well –its impossible to help others when you yourself feel sick, don't take things personally.

03-06-18

People drop friends when theyre a problem or exhibit problematic behavior that's how one gets let go in life, when disruptive to the best interests of themselves or others, that's how one gets hurt. Once a bridge is crossed, and let down, theres no going backwards, once you hurt or another gets hurt or offended, theres no going backwards for acceptance only blame gets placed upon you. When blame is placed upon you, when others go backwards on you, means you are wrong and they are right, when they are right, you lose, and they win in life. You are therefore responsible for your own wins and losses in life, the key is staying well, when you are well. That's basic to doing well in life, otherwise if sick or not well up to par, you get blamed for the sicknesses incurred by others due to your failure to meet the expectations of those who expect more from you than given.

03-06-18

Once you get drained they try to prove that because you allowed yourself to get drained is why you are the way you are now –always be clear about who you are and what your about that's how you get hurt in life not well when others are not sure where youre at or what its about you that's not well.

03-08-18

If youre not doing well in life you cannot make your life you cannot make your life better bys haring your troubles out loud that's how you get hurt if in public or in private when vulnerable share or explain yourself –get hurt or teamed up against. Know your best and don't get too involved with others on your way up in life that's how you get hurt. –Your business is your business is no one's business but your own how you function in life live life don't let others hurt you when your guard is down. That's how you get hurt an open book.

03-08-18

You cannot make better yourself connecting to others, those who's opinions you value once changed about you, cannot be reversed this occurs when either you hurt or another is hurt,

distance is the only solution. –Why some people just need space in life to figure themselves out, regroup, or fix what is wrong with them, that's sometimes how best one can move forward in life. When people are not sure of your direction in life or where you're going or headed in life that can cause them to be curious as to your progress knowing that do not hurt yourself nor offend the expectations of others –Those who believe in you are your friends.

Journal #7 (Handwritten Notes) by Leslie A. Fischman
03-08-18

Once you mess up in life you cannot repair yourself your error[s] only repeat themselves once misguided you cannot achieve well because you then become a poor decision maker in life and what cannot be undone, deemed unforgiveable when you mess up in life you cannot be forgiven you have to forgive yourself. –You cannot seek acceptance in life to do well don't people please to make your life better –Think well of yourself.

When you are wrong its always something else that bothers you about yourself you have to realize your mistakes in life to do well get better in life otherwise never forgiven for bad decisions, hated.

03-04-18

You cannot make your life better when you do not like yourself. Sometimes you have to let go of old ideas not yourself. There are no justifications for mental illness, you can only repair yourself at best when you do not feel well. There is nothing you can do once feelings are hurt forgiveness becomes impossible to achieve. The more you let yourself down in life the more difficult it becomes to rise to the occasion of well. Just accept yourself as is you will never get well being hard-headed. You have tot listen well to get well.

Don't put yourself in a situation where everybody knows you or knows something about you how you become sick when you get judged or misjudged, everything is not about you you cannot fix you problems relating to others, you have to know yourself in order to get help, feel better, achieve.

03-04-18

You have to stay well to do well in life that's how you get well. Know who you are talking to, once you feel unsafe there is nothing you can do to feel safe. Don't overexpose yourself over and over again. –That's what theylll focus on, only on your erros in life, missteps and poor judgments. –How to repair yourself to listen. That's the only way you'll feel better. You should not feel the need to prove yourself to anyone. –That's not how to make yourself safe by attachments or detachments. –That's how you become ill. What bases you use to promote self or ideas you are responsible for correcting yourself. –And best hold steady and true to your values in life. –You cannot set standards for yourself too high. That's how you fail. You cannot go backwards in life, liked or not liked you have to move forward.

When its too painful you have to move on. When you experience loss you have to ,pve on, its not your responsibility to correct behavior of others only yourself that's how you better yourself,

self-identify what it is that's bothering you how you get better in life, you cannot go backwards in life that's not how to respond well under pressure that only makes things worse. –Always think to yourself. –Whats important what matters. Fighting is never the answer to your problems.

03-05-18

How you behave is how you will be treated you cannot feel well is you don't feel good about yourself that's how you don't feel well feel ill when you don't feel well feel ill when you feel worse than you are that means you are hurt and something outside of you is hurting you making you not feel well. To feel better be good.

You cant imitate people that's how you get sick trying to be like –you should love yourself enough to be happy where you are in life. –You should not feel the need to rise above unless you get put down in life. Don't reply, don't give in to hate walk away.

03-05-18

When well gets offended the sick get sicker trying to be well. When the sick gets offended by well they need help –focus on themselves getting well. For every strength you have gets taken away from you by the sick who know what makes you well, will bring up the past to see if your well or not, lying or not. By the time you realize whether youre well or not, you feel ill if something in the past you've done wrong, how they know whos bad or good, if looking back makes you feel ill, that's your job to figure out how to get well on your own.

It doesn't matter how well you do in life. What you think matters and affects how you see yourself. How others see you. And theres nothing you can do to change the way people think once they do not like you, you have to move forward in life and understand where you are right and when you are wrong. You cannot blame others for your misfortunes in life. –When you are not well don't expect others to connect to you, let well stay well.

You have to know yourself well enough to know your hopes and dreams in life. You cannot live life when you set your expectations of yourself too high and when you don't live up to them disappoint yourself. –Then you let yourself down in life –no one will care about you –if you don't think well of yourself –what comes to conscious awareness will be when you are wrong when you were not well. Why –whats at issue – your wellness.

03-05-18

If you cant stay well you'll never have a good life. Why its important to keep conversations private. If you're not well –Those you care about should know if youre well or not so they know whether to stay, stick around or let you go. –So that they stay well –[start here]

03-05-18

Someone trying to be loved has low self-esteem –either way, bad or good one should never have to be good to try too hard to be loved if one is confident. –Confident is always well. [Not finished typing this entry] [Need to finish typing 03/05/18 to 03/23/18 - to do list].

