

Chapter 22

When Something Bad Happens

Whenever something bad happens, you understandably become worried. However, sometimes it is what you think that causes you to become worried. In that case, it is best to listen to others who are doing well rather than overthinking. Nothing negative that you create in your mind can turn things around for you and transform them into something positive. It is ultimately what you do that matters. What you do for yourself and others, especially those you care for and provide assistance to during trying times. At the end of the day, it is best to take care of yourself before making amends with others. Nothing positive can become of negative reactions – do not expect anything.

Never underestimate the power and importance of focusing on now, because it can be a very rewarding experience. What is right in front of you is what is relevant, not what is behind you. The only way to move forward in life is through disciplined actions. All other things follow suit when you yourself are doing well. Always do your best to respond with tact and simple take what you need. It is really sad when loss equals equality of purpose in life. When loss gives meaning to life and when losses are required to help people see better, that is always a sad and difficult situation to be in. However, know that it is never the end result. It is yet another obstacle that we must overcome.

Never give up hope. Sometimes, we have to look forward to the times we remember best, instead of recalling the times we regret, in order to move forward in life. What we represent now is all it takes in order to do what is required of us at the moment to move forward in life and succeed with purpose and be on time in life. Being on time in life, means doing what is required of us. When we do what is required of us and follow laws, we are always prepared in advance to whatever comes our way. Never lose faith in tomorrow and the next day after it.

“Tomorrow and the next day,” meaning... when we plan too far ahead, we lose sight of what is important to us right now, what is in front of us moving forward, as our indecisiveness for our future is based upon the decisions we make for ourselves and others presently as we see fit. That reflects upon how much we care for ourselves and for others. Always do what is in your best interests and in the best interests of others in order for things to turn out well overall.

Whenever one person hurts, we all hurt. That is the meaning of #worldpeace. Never let the weather bring you down. Stay strong, and do not let fear take over. According to my mom, we should always be in control. The weather does not control us. We are always in control of ourselves. You never know the true value of anything until you lose everything, or until the threat of loss of everything you own puts reality back in perspective.

Every failure in life has its own framework of excuses for hardship. They either blame their upbringing or those who advise them against taking responsibility for their own misconduct or hardships in life. To those, I cannot relate. There is a wildfire blazing within me today. So in the spirit of discovery, I will write to them everything that I have to say. The concerns they have about my mental health and well being are understandable, and they are not the causes for my mental illness nor the causes for the actions of others.

If anyone is to be blamed on anyone's behalf, it would be because of the threats to our personal safety. Today, we pray for the homes we have lost, the new friends we have made, and the new peace we have managed to achieve. Our errors, wrongs, disbeliefs, shortcomings, failures, upsets, angers, and pointing fingers, they all have to be corrected. Even with houses under fire, we are still blaming natural causes instead of the root causes. War is never the answer to resolve illness or hardships caused by natural causes. That is not how you resolve illnesses. That is not how you resolve hardship. That is not how you resolve war. That is not how you resolve weaknesses. That is not how you strengthen one's character. That is not how you live life. Hurting others or oneself is not normal, nor is putting others up or down. Take care of yourself. #WorldPeace #CaliforniaWildfires

As a blogger with mental health issues, those who face hardships should also be mindful of me, keeping my progress in mind. You should know what to think and focus on, as should I, because best advice given is usually the best advice taken during difficult times.

(A) How to Repent

Repent for your sins. Repent for your lost sense of hope and your wasted days. Repent for following the wrong ideas and holding false beliefs about others you held certain. Forget about your past and forgive those you have resented. Learn to forgive those who have expressed hate toward you or others, for some actions, no forgiveness can be granted, and further suffering only justifies your mental disability, while improving their personal condition and wellness, which is based upon a proving of you wrong in life, and justifying their feelings of being victimized by your

mental illness or mentally ill behaviors in life, that's not understanding the kinds of pressure you are under and misunderstanding mental illness as defiance, anyone who has been punished is already suffering physically and mentally, and by that suffering overcompensating socially and emotionally to keep their chin up, and do their best with the cards they have been dealt in life, you create your own hand at life, don't allow others to alter the perception that new people coming into your life have of you, convinced you are a goner, dying, overcome with addictions, or deserved to be heckled, poisoned, stolen from, misused, used, put down, dumped, or the instigator of onset of your mental health issues by use of drugs or alcohol, that is so if ever childhood trauma is ever addressed, ones own life presently is thought to be justified by having a bad past or experiencing hardships earlier in life, that caused them to drink or do drugs at a later point, or blame others for their use of drugs or alcohol at a later point, there will always be excuses, whenever someone becomes mentally ill, and its usually society who is never to blame, but the directions we take in life toward resolving our own problems in life, without interfering with the problems that others have with us, suffer, and repair oneself on ones own, without help or assistance from others, resume your sense of independence not consistently be treated as burden to be around. Think about those who are alive.

Always trust the law and your family first, your friends second, and strangers last. It is never the victims fault. There is no one to blame for your troubles – not you, not anyone. Best you can do is move forward and look ahead. During times of concern, blaming others only sets you and others back in time. When you fall behind, the only one you hurt is yourself. Do not make the mistake of selling yourself short in life.

Given that, what you relate to; (1) yourself (2) the times (3) your understanding (4) is your responsibility. It is NEVER; (a) the responsibility of others, and (b) never the fault of others for your hardships. Sometimes, they are genuinely trying to understand the; (i) causes and (ii) consequences.

Everyone is responsible for their own choices in life. My choices are to; (1) marry (2) blog (3) write (4) campaign (5) volunteer (6) date (7) maintain sobriety (8) stay close to family and friends (9) maintain loyalty to my country (10) write iMovies (11) tell jokes (12) be supportive (13) keep a website (14) socialize when I feel like it and (15) stay home. Your faith goes through a lot of changes in life. It twists and it turns. Meaning sometimes you think you are on path on a positive thought's route but then sometimes, the opposite occurs when you are reading the minds

of others – not your own thoughts, but the thoughts of others. This all too often occurs to people pleasers. People who will say negative things to please negative people will then correct negativity with positivity.

That is not a solution in any way, shape, or form. Always be thankful for what you have in life. Life is short. Gifts are seldom given to those who give into sin. Remember that always. Remember to always be thankful for those who were there for you when you were down. Your support systems matter in life. The other side is really just 30 year olds who experienced terrorism. The 20 year olds experienced school shootings. Be there for one another, to help each other cope. It is a truly unfortunate set of circumstances, so long as you don't isolate, nothing is impossible, everything will work itself out, your health comes first above all else, don't walk into any situation unprepared or broken hearted, you cannot justify the wrong of others by making light of the experiences of those who have sought to help others, or paved ways for acceptances in life. Having faith is important for positive outcomes to arrive. It is what we derive our causes from as our self-esteems need be based on solid principles and good sound bases of judgment moving forward.

Then, you should also know that there is nothing you can do to turn back time. There is nothing you can do to undo the past. There is nothing you can do to take back words once they have been spoken. There is nothing you can do when actions have not been taken. There is nothing you can do when preventative measures are not taken. And above of all, there is nothing you can do when you feel helpless. Just accept the times as they are, wherever you are. Deal with what you have got, who you are with, what you have, and where you are going for in life. All you have got left to live for is here and now. It is time for everyone to move forward. The past is the past unless it is reused for creative purposes and as such, it should only be left in the past, if not put to good use forward, it is presented with class, gratitude, and perseverance, as well as a supportive attitude.

Have self-respect, and respect for others, everyone recovers at different paces in life. Always be respectful of the time given to address your needs in life, without whom you would not have received support from others, helped, or guided in life, found yourself again. You never know to whom may take offense at what you say or do. Be mindful of the opinions that others hold of you. The less you worry what others think, the less able they are at manipulating and molding you to their standards of wellness, sometimes for better or worse. It may be difficult for you to comprehend that you are not well liked by all, but you are surely well liked by some if not by few, and if not by a few, then by just enough to get you by in life. Never lose faith, and never stop

working on yourself. Do your best. When you are at your best, others will want to be around you, too. Never assume anything in life. Not even the thoughts of others. Always be open to changes in opinions. Just as your opinions change so do the opinions of others about you.

Not everything is about you in life. Remind yourself of that. People have lost homes, pets, family members, and valuables – life is precious, but so are things. Be thankful for everything that you have in life. Some people have even less. Not everything is given to you in life, have purpose in life and know your goals, be able to adapt to changes around you, and within you, sometimes things do not always turn out the way you had planned, and you end up in places you do not belong in life. Bad decisions lead to word locations in life, mental health wise. Life is full of lessons to be learned. Some are learned the hard way. Easy does it. When you are feeling down and the odds are against you, keep going as that is when you are on the brink of self-discovery. No one ever improved resting on their laurels or by getting down on themselves. It is when we overcome hurdles in life that we learn the most about ourselves.

There will be better days. Remind yourself of that. When you feel lost, when you feel down, when you feel like no one is listening, there is always a way out back to sanity. No path is permanent in life. We are all capable of change. Respect is sometimes about love. If you do not love someone, chances are you will not respect them. Respect can also be about liking certain qualities about someone. Therefore, if you do not like some qualities about them, you will not respect them. Respect can also be about money. If they do not have something that you want, then you will not respect them.

It is everyone's choice to pick and choose who they respect, or admire, not limited to one's own upbringing, but mostly occurring during your adult years, when you decide to become a working professional, in the immediate learning phases of taking on the role of being a professional you will meet certain challenges in life, mostly with yourself, finding the confidence to be a good decision maker, be aware of the general health and well being of those around you, and able to perform under the pressure of the hours to the day, and no matter how you are feeling, not easily affected by others. There is no specific definition of being a good other than knowing the difference between right and wrong. Sometimes in good humor you are misunderstood to be inappropriate and the less mature you seem, the less adept you appear to be of the issues, and more you are questioned as to your strategies in life for coping, and whether your words or services provided to others, were for your own self-interests or for the betterment of society as a whole. Respect all

people, that goes without saying, unless you are convicted of a crime, no news story about anyone famous, can be reasonably compared to ones own experiences in life, to cause others to believe that you were famous then, and so famous then, that someone famous had to take your place in appearance represent you, in a case to which they were publicly convicted for. To later clarify to others, that you are not famous, is not a defense to a prior understanding of that possibility, its just seeing how people could see things, given a telling of your experiences in life, judge you as the same, and by your confidences in life, prosecute you without the courts present, and put you down using the police, or by other means of damaging your self-esteem hurt your future potentials in life to succeed even affecting you mental stability without an understanding of the extent to which others around them may feel bad, assuming others care for them in their defense, damage your image completely so that no one feels bad for you. It is not appropriate at a later point in time, to then use their mechanisms for coping to suit their own interests in further damaging your reputation, and self-esteem, based upon your confidences in life or social standings, utilize your tools for recovery or coping, and further question your abilities, then claim that your tools for coping and recovery negatively influence their abilities, once your abilities are already damaged. Always be pleased by the progress of others as only your own disappointments with others can bring you down, and not other who are disappointing. Inner circles are not small worlds. Small worlds are not based on inner circles, inner circles are not in control of small worlds, small worlds do not create inner circles, inner circles are not comprised of small worlds, and so small worlds do not make inner circles. However, when a natural disaster strikes, usually everyone is affected. That is because the causes are unknown, and when the causes are unknown, it leads to trauma and thoughts being provoked, such as torment and cases of traumatized thinking patterns, that have the possibility to lead to the spread of mental illness.

This is why it is important to understand the effects of trauma in order to know how to help. Natural disasters are hard to accept because from what point does a state of paranoia begin, and to whom and why does that have an effect on the general interpretations of others or does it have an effect at all, that is the question and only the professionals understand these concepts. We often blame people for events that do not make sense or we cannot comprehend them. We look above to agencies, groups, organizations, and eventually God, and then ask why? It is normal to feel anger and sadness following disaster, as well as to cry.

You should not care if people do not like you because negative thoughts self-guided by others can cause mental illness or hatred for oneself, as well as a false set of beliefs as to what

others think and say about you behind your back – aka, the delusions self-fulfilling prophecies. These are the things you think but do not say because it means you have to make people look or feel stupid generally. I see now that the best way forward is to participate always.

When somebody treats you as inferior just because of who you are, and because you are treated as less than it interferes with your ability to achieve in life, it is called sexism. There is no excuse for it. All women are smart. All people should be treated equally in the workforce, regardless of their level of social and emotional intelligence. They ought to be treated professionally for the skills they have to offer, and not based on attraction or ability to promote a business based upon looks. It is ones professional demeanor that shines. We all have moments of inspirations when we feel like we have a better understanding of how the world works by our exposures than do others, whether by profession, personal travels, education, or work experience. When everything feels impossible, question first what it is that you are doing with your life, and how best to better yourself, once you figure out what is wrong with you, it becomes easier to decipher the ways in which others sought to provoke, fix, dismantle, hurt, or injure your abilities in life to be received well, its by the judgments of other presently, and after sharing stories about previous interactions, that evidence of your misconduct in the past illustrates a problem past, that is occurring presently, which is why you are experiencing mental health issues. One day at a time. Life is all about setting goals for yourself – short-term and long-term goals. The more you accomplish each day, the better you will feel tomorrow, day in and day out.

