

#LeverageYourStory - Book #3
30 Day Challenge (Continued)
mymollydoll.com
By: Leslie Fischman

Link: <http://www.mymollydoll.com/leverageyourstory>

Chapter 1:

MYMOLLYDOLL (Caliber Notebook #4)

06-29-18

By: Leslie Fischman

05-31-18

When you have a job you're not competing for resources among people without jobs. Those whom you get to know personally will not treat you well if you are not confident with who you are. Some are careless, and judgmental toward those they think are responsible toward their social ills in life not as accepting of others as they are themselves. Don't misjudge the intelligence of others. Usually its those more intelligent than ourselves when we are not accepting of us, they think they know more or better, hurt us. If its not a match its not a match and needs no comparison. What works long term? When we are happy with ourselves -things work out in the long term for us. When we are not happy with ourselves things don't work out in the long term for us. Its important when leading self or others we maintain steady footing and keep a good head on our shoulders about ourselves, not let ourselves go. Staying positive is difficult when you are trying to build yourself up then let yourself down. People intelligent will not pay attention to you if you are manipulative with their emotions, always stay grounded and be independent of others if you want to have a life for yourself. That's not how to stay positive by people pleasing your way to illness then blaming others for your failures. In public things always seem worse than they are, get back to reality and have a life for yourself worth living. Do not be intimidated by the happinesses of others in order to achieve happiness for yourself.

06-01-18

Being analytical, not sharing your wellness with anyone who takes advantage of your kindness to make themselves, gear your writing toward their interests. You can't partner with everyone. Eventually you have to do whats in your best interests not be controlled by others. When we hyper focus on the interests of others not our own this can cause illness or not feeling well know your limits and never second guess yourself. When pushed by others we can make poor decisions for ourselves, when led astray from our best interests. -That's not how to help others by who you're connected to as not wanting to be connected to you. That's not how to do well in life by who youre connected to. That doesn't make you a better or stronger person by who youre connected to. -Always maintain a level head about yourself. Who is able to share and who is not able to share depends on how well you are.

06-03-18

Theres no easy clean up when it comes to image overtime you can only cleanup your image by

moving forward irrespective of the opinions of others. -Your influences in life matter. You cannot discriminate others from being influenced by your opinions keep other people out. The more you focus on keeping others out the less happy you'll be focused on their non-attention of you -or too focused on separation from. It's who you are connected to that affects your sense of being. No one can change you.

Don't make fun of your influences in life. -What's apart of you, you don't like should not matter as to your makeup everyone assume is doing their best to stay well not necessarily be apart of. You are you, sometimes that's all that matters. (Developing food for thought, tone).

Focusing on today and why does that matter to disconnect from others not interfere with the connections of others and build esteem why is building esteem important to reinforce what we like about ourselves not connect to bad sources.

06-04-18

When bad advice is given -just ignore don't criticize when criticism is assumed anticipated - ignore. Don't engage [in] conversation with those trying to get inside your head, you can hear them. It's not your responsibility to cure voices of others toward you -leave you voiceless. Just be quiet -to cure voices toward you and write.

It's not your responsibility to reverse the opinions of others toward you change if you are fine just the way you are then you can pay for help and meet in private with professionals to assist you with your dilemmas in life. Don't assume everyone knows you or that they recognize you in public judgmental toward you -you don't have to respond to people get tired. You don't need to help anyone your issues your right to privacy.

Once you become well known you must be comfortable with yourself it's hard to be well known accepted. Until you are comfortable with yourself will you be able to be known [by] others comfortable around you. -You are your primary caregiver, help yourself first.

06-07-18

Stay in positive spirits about yourself don't allow the unhappiness of others [to] weigh you down hurt your heart others should not base decisions off you. That's not proper perspective to see the outside of multiple events connect events to cause harm to people well. Things are best separate not be judgmental toward someone doing well to see what causes [self-harm]. -It's among women empathy and those well only when someones not well.

The opinions of others you cannot control as toward you you cannot control the voice of others only trust. Be respectful of the feelings of others. Don't cause disturbance when emotionally disturbed. Always be calm. Don't be a source of inspiration. Then be looked at as off putting not well. It's not for the humor of others to know you from online, then be interpreted as having self-esteem issues. Related to respect and acceptance. You cannot make others feel sorry for you in life. That's not how to treat the [m] well like they are sick or as though there is something wrong with them that needs to be changed. -Allow people to be quiet -they are not required to light up others. -Allow people to be well on their own, see for themselves. -Don't enable others to think look like you come on too strong or because you appear or look strong hurt your

ability to be strong achieve well for yourself made to look ill, that's not wellness to base confidence off of ego and wellness by strength.

Chapter 2:

MYMOLLYDOLL (Caliber Notebook #4)

Leverage Your Story – Blog Post #2

06-29-18

By: Leslie Fischman

06-08-18

When people make fun of you, to make you feel like them, that's similar to when people don't feel well cause others to not feel well to relate to them, to be heard. Don't hurt caretakers to try to figure out people that's a misuse of gifts in life to appear as something you're not [to] put something together, base decisions, off another for benefit -and hurt their ability to achieve in life, don't try to control the direction of others, or their experiences with you, or make things about you allow people to be themselves. Don't misuse people, then when its too late hurt their ability to achieve devalue them. Its to no ones benefit to devalue the esteems of others, by competition, compete for identities -or to be the example, take people down in life deserving or not of attentions. Its earned, success does not occur by venting your frustrations with others, you cannot make people feel small to see the bigger picture, to place blame based upon your understanding, then back down and create a mess, you cannot force people to come forward, with their information or assume the information of others is bad.

You cannot connect people who don't get along that never works. You cannot connect people who put others down to make themselves well that's does no good moving forward -you cant connect illness to people to make others feel better or different than that's not how to see if someone is doing well or not hurt their esteem.

Its empathy people want who did not want to connect with me then forgiveness from me from failure to connect because thought of as a risk not present when well then made to be not well so not well say I am sick not able to help other that does no good.

You cant imitate someone who is not doing well in life to get well or imitate someone who you put down in life to get well as knowing something you don't life hurt your self-esteem affect your ability to connect well with others make sick -to appear more well than that does no good.

06-16-18

When things are right things go right. There are different systems of communication, allow people to do well on their own not rely on the wellness of others to do well in life -allow people to do well on their own without help from others achieve -not be put in positions of trust among those who do not get along with, accepting of causes for illness. People disassociating from not well labeling people as not well over image to not be blamed for the problems of others, the solution is not to team up on people you deem not well, incapacitated incapable of helping themselves hurt the decision making skills of well to see who is well how people make decisions when not well.

06-17-18

Whats causing mental illness -someone trying to be me going through my things to be led, lead my thoughts in the wrong direction is causing mental illness. When people are educated and trained to be good decision makers, cause illness. Allow people to separate themselves not take things personally the decision making of others cause illness. Allow people to do well in life -you cannot force people to help people they don't want to help -make people look unprofessional -that's causing offense to well that's unwanted intimidation of not well. Don't communicate to not well blame.

When you only care about image that in turn affects who you are don't hurt the esteems of others by image then try to correct the behavior of others with image -its what you think that makes you special. -How others feel about you is how -you will be treated moving forward - That's at best you can do.

Everything can be seen from the inside as positive or you can look at things in the negative -its who you connect to that matters how good you feel on the inside based upon who you're connected to.

06-21-18

What brings up fighting, communications between people, when people are well or not well. How people perceive -perception, whats about you, whats not. How to keep things calm. - Reporting -How things in private conversation get used in other private conversations -to out your sense of privacy to try to scare or intimidate you -see if you can tell -whether you put things together or are put together and by what elements put together -to make everyone feel like they know something you don't -private conversations. Then discussions in private as related to public. -Having a no pressure conversation. -Not have conversations that scare. Something I know only as put together whats known publicly put together creating teams. -By ideas -how you put things together -by how you present yourself -weird or well listen to others -how to stabilize -not live in fear. Acting -How you get discriminated as yourself or if you act like others get judged as well or not. -By what patterns you see -how you put things together. - Who you talk to treated as special or not. -How to make others feel safe not sharing in public your condition on meds get judged as well or not how you help others see well.

Chapter 3:

Leslie Fischman

#leverageyourstory

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As of 10-29-18

When you mean the world to someone that's a good feeling ... for the rest of us single, you're not alone. Never give up, trying to fix yourself and be the best version of yourself. What's waiting for you around the corner, will be much happier with you present and going in life, than a burden to care for or about, the best matches in life are independent of one another not co-dependent.

It's what you don't remember that hurts you. You can't just delete your way through life, to prevent yourself from going backwards. Why I don't drink. Some things in life you can handle and if you can't handle something in life don't drink to it, the only person you're hurting is yourself. You are best up to par when Sober, with a clear head communicate best. Knowing this count your blessings in life, and don't think twice about what's bothering you and be sure to be yourself at all times. Everything changes as you get older you go from being the center of attention to just blending in, aging is a process which alcohol certainly does not help, memory is important.

Learn to move forward in life, nothing positive occurs lamenting over the past, appreciate always where you are now. When you do go back through your life focus on the positives you'll be a happier person as a result and see greater potential thinking more of yourself rather than less than. No opportunities avail themselves to you when you're down, it's usually those positive who attract the most attention not just by looks alone.

Never put too much pressure on others including yourself, to get anything done in life, takes compromise. Don't overburden others with your troubles, they'll thank you later for it. Everyone has a life of their own, space means everything.

You never know ... often times when we're not sure of ourselves our best characteristics come out of us. That's not a defect that's called personality. This is what makes everyone unique - how they communicate and by what they communicate understood. Sometimes we get caught up lost in the mix our senses off, don't let that get the best of you, you are never lost when surrounded in good company, how to make everyone feel new, even the ones who know it all. It's not about being young at heart it's just about knowing your place and helping others to find their places in life too, that's called guidance not friendship, when you look out for the well being of others, that's having compassion for others and not passing judgment. Always let the dust settle, what blends best is not necessarily what's understood or comfortable but what avoids causing feelings of discomfort -that's called trust. Life is a learning process.

Always be mindful of the feelings of others, no one likes to feel left out and everyone wants to feel apart of, but that's not always the case. You have to earn your stripes and stars in life, nothing is handed to you in life. Always do your best to shine ... whether that's with or without people in your life, not everyone will be happy for you, and that's okay. When the right people come along in your life you'll know it, always trust those that care, and don't waste your time and attention on those who don't.

Sometimes it takes awhile to understand your past, without picking apart others, "keep your side of the street clean" that is not taking the inventory of others only your own, can be a time consuming process ruminating over how things should be while comparing where you were to where you are now, it's all a matter of time. I was told "God helps those who help themselves." Realizing this, once you're better everything else seems to process better the past especially. Usually it just so happens that by the time you don't care you reflect on what used to matter and get under your skin and wonder why you cared so much to begin with, you start to heal once what matters now becomes more important than what mattered then. You can't move forward until you get a handle of yourself, you can't help others until you yourself are put together. How easily we get led astray in life, cued by others, follow your own cues in life, they're likely to keep you on point not be misguided by the thoughts of others, hearing your

own voice, at that point ... when nothing bothers you, means you're on track ... the best life lead is by those who adapt easily to their surroundings, never give up, and never lose your sense of self over others.

Know your limits in life with people, everyone eventually loses patience. Just stay positive. Men may come and go from your life but never think less of yourself, you are a product not of where you've been but mostly what you do now at the present moving forward to grow from those experiences. Be less dependent on affirmations from others in order to achieve in life, you'll be waiting less, and as a result be more proactive attracting positive attention not negative attention. Overexposure of self interests and argument out loud rarely does the trick you wind up looking bitter the opposite of where you want to be in life -the bigger person.

Managing your own life may be difficult at time especially if you lead multiple lives: work, school, social, leaves little to no time for romance, that's the 4th life -a bonus in life always but not necessary to achieve happiness or feel content. Does it really matter if someone likes you, no, because at the end of the day you should always like yourself with or without a significant other. What makes you feel whole? If what makes you feel whole is dependent upon acceptance from one person then you run the risk of setting yourself up to get hurt or disappointed in life. Trust your instincts, you know you best, everyone else is busy managing their own lives too, manage yours.

Always do your best even if your best isn't good enough. You'll have less to regret as a result of giving it your all. It's in our darkest hours that brilliance is achieved, usually by working hard ... do we get noticed by others, stand out from the rest. Life's not all about being #1, it's more about health and wellness in addition to being well liked. When you get to a stopping point be sure to thank those who've helped you along your way, without whom you would not be where you are today.

Don't wait until it's too late to put your life back together. It's common to wait until the last minute or until things get worse to start making changes in your life. Always be proactive and never give up. Don't procrastinate. You'll thank yourself later for it, saving much heartache by being a careful decision maker, not ruin things before it's too late to make the necessary changes in your life required to do better in life.

Love is always exciting at the start, that discomfort in not knowing whether you're liked or not, everything in life is a test, the more comfortable you are with yourself the easier these situations tend to be. In order to be loved and feel love you need to be strong -that means not easily affected by others and able to give love, being compassionate to the needs of others while at the same time not sacrificing your own needs to please the other, this requires a careful balance of care. Once you reach a place of comfort with another everything else tends to fall into place. Just be patient.

Learn to stand on your own two feet, without being dependent on support from others every step of the way. Part of life is being independent of others, a self-starter. Be spontaneous, the best moments in life occur under conditions where we are not sure but sure enough ... leading us to moments of happiness a joy, a break from the monotony of the day, adding excitement to our lives. When you find a new found appreciation for others, you suddenly look forward to days that would otherwise bore us, up for anything, opening yourself to more opportunities in

life, you would not have otherwise had, if you limited yourself to fewer options in life, conservative with your viewpoints. Openness is key ... you can't get far fighting inner turmoils the only person you wind up hurting is yourself. Be self assured you are never alone and that there are plenty others who go through ups and downs in life too, you're not the only one.

Not everything in life works out ... you can try to plan ahead but sometimes no advance planning is necessary to set yourself back up to par, just by being good do positive interactions occur around you whether you are privy to that quality of care or skilled interpersonally able to bond with others on a social level. It's not superficial to leave things on a professional note, but it is wise not to cross borders get personal before you have fully adjusted professionally, that lull in between is where errors are made as you are sized up compared and tested for endurance trust and good character which only time spent under observation can be adequately judged as demonstrating quality sufficient for a positive work environment thus you cannot manipulate effort, so long as you always do your best and never let anything affect your work productivity good decisions are made, including whether you have what it takes to perform under a variety of conditions and how quickly you adjust to those conditions and able to stay present and be pleasant to all treat all equally, why it's important not to share personal life struggles out loud and let your work ethic speak for itself not become defensive to the past and avoidant moving forward you create your own circumstances in life that prevent you from having experiences in life that can help you feel apart of whole, that's your choice to disassociate when you are not well not a product of your environment that would be blaming others for conditions occurring that sometimes no one is responsible for correcting it's called acceptance and requires patience to see beyond and resolve underlying insecurities that keep you from speaking well of yourself, life is much too short to discuss problems out loud, it's a draining and arduous process of letting go and starting over if you miss those opportunities in life then that is your own fault not anyone else's. There's always room for forgiveness, growth, and change ... everything in moderation.

Always stay positive, never assume that anyone means harm. What's better than trust is seeing the good in others. The less you harp on the negatives the more positives you'll see and hear. If you want things to change for the better don't push your limits with people, that means be sensitive to the needs of others without sacrificing your own best interests. Everything requires balance.

You can't always rely on others to help you feel better about yourself, especially when you're in the wrong you have to fix yourself. Never allow selfish needs to overpower your best decision making skills, possessiveness is for the weak and insecure does not show care to others to care in that way but causes discomfort and pushes people away as unstable or unfit. Always do your best to be strong the most attractive qualities about us are when we are trying less not too hard at living life, things get better, trust the process, #sober #celibate #clean.

Self-care is about showing that you care for yourself and by the care you show for yourself, if lucky, others will care the same for your well being, it's hard to care for those who don't care for themselves, are usually not people we are drawn to as they demonstrate inability to care well for themselves let alone others. Always be patient, some are able to take on the responsibility of demonstrating care and others are best left to their own devices to prove their self-worth and ability to be cared for or to care for others, everything else is taken care of in

that process. Don't burn out trying for the wrong things in life, your cares are reflected by your work ethic that's at best how to show that you care not by words alone. Focus is everything.

Focus on the positives to think positively about self and about others never assume you know someone based on what is said much is learned by observation don't push peoples limits in life embarrass everyone #stopsuicide

That's purposeful conduct to generate a reaction given someone's schedule known privately to create a response that is not arguable caused by one incident but caused by a series of other interactions relieve selves from blame everyone is responsible for themselves. #stopsuicide

Don't devalue people or take things personally as though a set of circumstances occurred if a similar reaction of responses is projected online to see who one turns on as though that's a character trait no that's a caused condition called being defensive + staying positive.

Don't blow things out of proportion rarely is any emotion amplified a clearer expression of the truth what is said is at best simplified not further eroded to more emotions than necessary to reiterate a few sensed impressions of incorrect ignore don't pass further judgment.

If you feel like your sense of privacy has been violated than that's the intent to sound most knowledgeable. No offense taken. And based upon your own disclosures do you pass judgment upon yourself causes for self harm are likewise self inflicted not resolved unaffected by others

Based upon your disclosures irrespective of surrounding conversation or argument you are judged either in the positive or the negative and based upon those deductions everything thereafter is your priority to disprove live life. #stopsuicide Stay present don't be easily affected.

Usually by your own discomforts do you make others feel uncomfortable around you, just called my Attorney he said I can volunteer for @OFA and @Bradybuzz #selfharm'd yesterday aggravated with myself, always maintain composure after a good day to continue to maintain (+) momentum.

No responses are excused by your own issues, that's blaming others for your disposition, everyone is responsible for themselves, after any instance of #selfharm requires (3 weeks+ to repair harm to self) always seek advice before any important decision is made for you or others.

Don't be problematic. #provethemwrong #beconsistent

Don't let anyone push you out the door ... dont #selfharm, be proactive, and always seek advice when in doubt, that's not support, that's acknowledging that you depend on your well being not be reliant upon support from others for assurances in life, be a good decision-maker.

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Value yourself, the people in your lives, and be thankful for the choices you make in life that bring you to where you are now, life could always be much different had we never tried nor pushed ourselves to do better in life, pace yourself.

Everyone strives for unconditional love and support but we don't always get that, especially when we focus on what we don't have instead of what we do have, becoming the bottomless pits we abhor, easily becoming something we are not -bitter. Have no fear, there are few among us perfect even at their best there will always be pain endured throughout the process of achieving in life nothing comes easy -especially if torn our self interests get the best of us taken off course, set back ... finding ourselves starting over again in life instead of where we left off from.

If the minute you feel good you feel bad, think for what purpose are you having a thought then from there correct your thinking, patience is a virtue.

If looking back everything haunts you then do your best to keep yourself from reliving your past. You are never responsible for the mistakes made by others we are all each responsible for our own social graces. Attraction is based upon commonalities not by looks or by empathy (ie feeling like, looking like, similar to, same as, or in conjunction to) it's by our uniqueness we are liked and loved, don't allow others to change you to replace you or change you to look better than or adjust as manipulated to the insecurities of others, make things out to be something they're not. When things don't work out it's much to do with you or a difference that stands between that cannot be reversed some irreversible error on the part of any party to a communication from which each one rises as understanding, defensive to, or compassionate toward, it's your choice always how you respond, don't take things personally or blame others for your own discomforts in life, if you look bad it's your own abilities and responses that get judged as well or in the wrong or as related to in reference to communications made, illness is an unsound mind, organized thoughts not people as to thought processes bind, it's again by a unique viewpoint not an inside perspective that empowers, always maintain your sense of privacy and learn when to say no, not look like you've brought problems upon yourself and have everything previous and ongoing in your life be used to justify or reinforce a negative viewpoint of you, testing your ability to be genuine and have meaningful interactions with others ... allow room for growth, always be patient, don't read into the words of others, and be your own best advisor in life, sometimes things don't work out, keep going, and never give up.

Everything catches up to you when you're in the wrong it's easy to become defensive to cover your tracks in advance to make others feel like you to then look like the bearer of common sense -it's by intuition and upbringing when left to your own devices not by your history are decisions made but by others passing judgment usually wait upon identified patterns to illustrate whether or not a pattern exists to prove fault previously and currently, that's by assumption of fault negative judgments as to your good character are made, don't allow your dispositions in life to be taken on by others trying to help you, that would be doing a disservice to everyone, once it becomes unclear allow people to be themselves you cannot control people or outlook it's impossible to predict the future by relying on the past, nothing improved can occur if relying on weak character traits to be exhibited to prove right an opinion ... compassion is preferred.

Never let negativity get the best of you ... the more you harp on the negatives worrying to worse off you become moving forward. Life's much about staying on positive tangents in life, listen but don't internalize everything, take it with a grain of salt especially criticisms of you.

Allow time to let the dust settle. It's usually during the lull of not knowing how to respond we assume what the other is thinking or think we know why it's quiet. Enjoy moments of peace as much as you value clarity, sometimes we undervalue space or silence thinking it means something is wrong, instead think about what's going right for you in life, not in the reverse manifest unnecessary failures and hardships in life, by fixating on the past, or what's not being said, sometimes people prefer best to communicate by silence, less is more.

Eventually everything's gets uncomfortable if you allow negativity to sit and don't see the positive. That's taking for granted what you do have in life and choosing to allow that negativity to affect you. Always be in control of your positive outlook in life, don't allow other people's issues to affect your sense of being. Never compare yourself to others, and learn how to be happy for others. We may not always be ready to face challenges head on and feel behind in life but you can only make due with what you do have in life not measure yourself by what you don't have in life. It's not your responsibility to correct others but it is your responsibility not to imitate what's gone wrong and take it too far trying to justify what you think has gone wrong, that hurts everyone moving forward, it's selfish to make yourself look better at the expense of putting someone down you think as deserved, no one deserves to be put down not for their past and certainly not for the inabilities in life to perform to standards under pressure, everyone responds differently to pressure, do what you know best, not enable others to get under your skin or disable you by being experimental with you, that's not karma that's focusing too much on what others think and as a result you end up worse off. You are always responsible for your own misthinking not theirs, there's always room for improvement, never give up, let things go, take care of yourself, be there for others, don't self harm.

Eventually there's too much communication as to core issues and subjects, you have to learn how to let things go, and know how to stop, and when to stop confirming with outside parties as to what's going on within a person, that causes pain. You cannot be close with everyone. It takes time to be yourself especially in any competitive environment. Steer away from psychoanalysis and allow room for growth, sometimes not until it's too late do people realize what they've done wrong.

Chapter 4:

Value yourself, the people in your lives, and be thankful for the choices you make in life that bring you to where you are now, life could always be much different had we never tried nor pushed ourselves to do better in life, pace yourself.

Everyone strives for unconditional love and support but we don't always get that, especially when we focus on what we don't have instead of what we do have, becoming the bottomless pits we abhor, easily becoming something we are not -bitter. Have no fear, there are few among us perfect even at their best there will always be pain endured throughout the process of achieving in life nothing comes easy -especially if torn our self interests get the best of us taken off course, set back ... finding ourselves starting over again in life instead of where we left off from.

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Everything catches up to you when you're in the wrong it's easy to become defensive to cover your tracks in advance to make others feel like you to then look like the bearer of common sense -it's by intuition and upbringing when left to your own devices not by your history are decisions made but by others passing judgment usually wait upon identified patterns to illustrate whether or not a pattern exists to prove fault previously and currently, that's by assumption of fault negative judgments as to your good character are made, don't allow your dispositions in life to be taken on by others trying to help you, that would be doing a disservice to everyone, once it becomes unclear allow people to be themselves you cannot control people or outlook it's impossible to predict the future by relying on the past, nothing improved can occur if relying on weak character traits to be exhibited to prove right an opinion ... compassion is preferred.

Never let negativity get the best of you ... the more you harp on the negatives worrying to worse off you become moving forward. Life's much about staying on positive tangents in life, listen but don't internalize everything, take it with a grain of salt especially criticisms of you.

Allow time to let the dust settle. It's usually during the lull of not knowing how to respond we assume what the other is thinking or think we know why it's quiet. Enjoy moments of peace as much as you value clarity, sometimes we undervalue space or silence thinking it means something is wrong, instead think about what's going right for you in life, not in the reverse manifest unnecessary failures and hardships in life, by fixating on the past, or what's not being said, sometimes people prefer best to communicate by silence, less is more.

Eventually everything's gets uncomfortable if you allow negativity to sit and don't see the positive. That's taking for granted what you do have in life and choosing to allow that negativity to affect you. Always be in control of your positive outlook in life, don't allow other people's issues to affect your sense of being. Never compare yourself to others, and learn how to be happy for others. We may not always be ready to face challenges head on and feel behind in life but you can only make due with what you do have in life not measure yourself by what you don't have in life. It's not your responsibility to correct others but it is your responsibility not to imitate what's gone wrong and take it too far trying to justify what you think has gone wrong, that hurts everyone moving forward, it's selfish to make yourself look better at the expense of putting someone down you think as deserved, no one deserves to be put down not for their past and certainly not for the inabilities in life to perform to standards under pressure, everyone responds differently to pressure, do what you know best, not enable others to get under your skin or disable you by being experimental with you, that's not karma that's focusing too much on what others think and as a result you end up worse off. You are always responsible for your own misthinking not theirs, there's always room for improvement, never give up, let things go, take care of yourself, be there for others, don't self harm.

Eventually there's too much communication as to core issues and subjects, you have to learn how to let things go, and know how to stop, and when to stop confirming with outside parties as to what's going on within a person, that causes pain. You cannot be close with everyone. It takes time to be yourself especially in any competitive environment. Steer away from psychoanalysis and allow room for growth, sometimes not until it's too late do people realize what they've done wrong.

Chapter 5:

Eventually everything gets to be too much and you find yourself running for 5 hours in the dark and in the rain and the next day and a few weeks later, finally give up and lay in the ocean, that's when you wake up and realize it's all in your head, and at that point you have no one to blame but yourself, the rest of the thoughts may cause you to laugh at yourself about, how could you be so serious or how could you be so stupid, or how could you allow someone to affect you so badly that you yourself cave in -never give up. Some people have it all and able to rise to the occasion and some are less than able to arise to any occasion.

Sometimes you think you have it all figured out, but until you are well, makes it difficult to show care for others in a way that suits their needs, you can't please them all. What does being

loyal mean to me? All things aside never passing judgment upon others or doing or saying anything to make them feel bad, we can't make everyone feel good, some decisions and choice words ... well there's no turning back. In order to mix well with others you have to be forgiving and with an open mind think, your heart is your heart you are never required to share what's bothering you if it has nothing to do with what's around you, never vent your frustrations toward those who care for you, and always leave room for growth, that's best how to help others while helping yourself stay fit to care for others. You can't have it all ... be patient, there's no in group to wellness or feeling apart of, just what makes you feel good, is no one's business but your own.

If you keep on blaming other people for your problems they won't go away. That just reinforces the negativity that's keeping you from accomplishing your goals in life. If everything you hear sounds negative, still think the positive. Don't allow negativity to get the best of you!

Know yourself well enough to quit, move on, move forward, and let go. We don't all have it great in life some better off than others. Don't be one of them, too stubborn to change or be accepting of others. We are all important. You may not matter to some people but that doesn't mean you don't matter at all. Everyone has their way with people, with words, and how they choose to be remembered by others, you are always in control of what you say and what you do to make your life better and the lives of others as you exist in time and space. Don't make your problems the problems of others.

If nothing makes you feel better no one will make you feel better including drugs and alcohol are especially not your friend during times of need. Knowing that rely on the good things that life has to offer not sit and waste away wondering what could've should've would've happened for you in life. You are responsible for the life that you lead including your systems of belief and people you believe in and trust.

Chapter 6:

How you communicate in private spaces and in public spaces changes, you are not the same everyday of the week, sometimes we need to be alone sometimes we need to bond and sometimes we can focus, that's not being condescending toward others that's being in need of space not in need of others, a sign of independence not a ramifications of codependency, everyone matures at their own rate it's not by exposure alone to others we grow and mature come to find ourselves find our voice.

It's true that people don't appreciate you until your gone. Don't squeeze people to see what they're made of good or bad that's an unnecessary use of force to empower by prediction the wrongdoer, who's intent whether for good or bad reasons if need proven is called being experimental with you. Don't wait until it's too late when left to your own devices fight with the past, that's always a waste of energy, time, and cause for embarrassment, learn to leave things alone, not rehash the weaknesses of others or expose their vulnerabilities to make people look good or bad, people should represent themselves always and let the best interests of others be represented by good conduct not by exposure to bad traits, highlight the weaknesses of others to see how wrongs occur if they're in the right or not, let the past be the best and move forward. That's digging too deep at issues, when there is nothing left to share, enjoy moments of peace and clarity, not hurt people when they're open, that's not the time to try new things, be

experimental with people as vulnerable or unassuming, that's how people get blindsided uncomfortable, positions taken in life, as the lesser of the two, not good enough.

When you lose all support in life do your best to make a better person of yourself not rely on others dispositions in life to dictate your direction in life. Some have it all and some have nothing whether or not they are included, made to be ill on their own merits, trust that God knows best, not to manipulate people based upon your experiences in life think you know a person better than they know themselves, only help when needed it's unnecessary to help those who cannot help themselves, be patient and give people time to grow, apart. Sometimes distance helps, closeness is not required for acceptance, learn to leave people alone, not embarrass them in public by aggravating them when everyone is watching to make them make themselves look stupid. There's nothing embarrassing about someone who tries hard in life for whatever reasons it's none of anyone's business why people try hard.

When you make your first public appearance after going through hardship do your best to be understanding of others mixed positions toward you not all will be accepting of you, some will expect better from you, for whatever reasons that may be, don't push your limits with people, that sends a bad message to all, makes everyone look bad. Always do your best to consider the best interests of others before your own, whether or not they show care for you, no one deserves to be retaliated upon for leaving relationships, let people go, there's always room for growth the more people get along than not.

Things may not be perfect but that doesn't mean stop trying. Never stop working on yourself, everyday is a chance to better yourself -you can never stop learning. Don't give up at the last minute before allowing much needed change to occur in you life, fall backwards. The more present you are, valuing what you do have, the better off you'll be.

Whenever you get upset take ownership of your feelings and always stay in control of your emotions. Things won't get better before they get worse if you don't let go every once in awhile, change doesn't happen overnight. Always do your best to prove them wrong, meaning be the best version of yourself and things tend to fall into place, if you allow any negativity to sit for too long things rarely work out in your favor.

Chapter 7:

For: Leverage Your Story: (30 Days)

Days 1-27: 07/04/18 - 08/05/18

By: Leslie A. Fischman

Handwritten 30 Day Assignment (Days 1-15)

07-04-18

I was thinking today, I wonder what people think of me, or if that really even matters. You just have to be strong not worry about what other people think. The best part about staying well is getting well and once you get well moving past illness, recognizing what was causing you illness, and staying well in spite of recognizing those thoughts. "We all have demons" but its what you say and how you say it that matters most. "The Journey of 1,000 miles begins with

one step” staying sober is a choice not for a comeback, you have to be well for that.

07-06-18

Living at home has presented a lot of changes for me in life. Im no longer alone all the time, wondering what people think, but get immediate feedback as to how Im doing in life. I never really understood the importance of feedback until it was needed, in order to do well in life. We don't always know what to do, that's the thing, sometimes we are more adept at figuring things out on our own and other times we cant make the right decision even if we get all the help and support we need. Be reminded of where you come from in life, but never forget where you've been.

07-06-18

You cant go backwards in life pre-planning how you want your life to turn out looking back, some days you just have to move forward whether with others or not. Not everyone will be on your side in life and that's okay. Just stay positive.

07-08-18

Not everything makes sense completely -you just have to move forward in life not get wrapped up in the nonsense provoked by others, thoughts or actions. I think this is why they say not to worry about what other people think. You just have to stay positive not everything works out in life. Whether you understand or not whats is wrong, should not gear your actions toward others right or wrong. That does no good moving forward negative deductions.

07-09-18

I don't think anyone ever intentionally tries to hurt your feelings, but sometimes our feelings get hurt, when overexposed we may feel a tendency to relish in fear of our opposing forces in life, afraid to say what is, that [is] a normal feeling, talking helps its quiet that causes emotional disturbance when combined with negative thoughts toward ourselves, in our heads, as coming from another, or anticipated so. -Just stay positive, rome was not built in one day and neither was life as simple as good choices and best decision making skills exhibited. You never know whats in store for you, you cannot predict the future, you can only deal with and handle best whats directly in front of you. Always stay calm some of the best deciions we make are often times a product of not only having a clear conscious but also a matter of being a good person. -We are not always perfect. We may try our best, sometimes get thrown into messes and competitions in life, but always know your limits in life. You cannot be in two places at once. Whereever the grass is green, know your best and stick to that.

07-11-18

I don't think anyone ever plans to get defamed. It just happens. Where you are or are not in the wrong if an opinion in the negative gets drawn as to your [good] character, then its your responsibility to correct that negative judgement of you. Blaming others for negative or poor judgment of you -only leads you astray further from your goals of acceptance of who you are or are not, proven wrong. By proving wrong negative judgment of you, that does not necessarily

bring out positive consequences for you or past negative judgment changed as to your well being, in or in not your favor or in your best interests. -You are responsible for how others see you, well or not is always in your control -reversing the consequences of negative judgment is a matter of having (1) positive insight (2) positive outlook which upon negative insight and outlooks get frowned upon as deserving or not. What energies you feed into -reflects upon your well being -catering to crowds or yourself, well or not is based upon your (1) success(es) (2) determinations (3) energies. No one can read your thoughts, that's only a delusion. From conversation to writing, your fathomed thoughts, translate to well or put together at length. That's how you know whether positive or negative conversations are affecting your intellect, responses, and behavior, about or within you.

07-12-18

When you understand the difference between right and wrong you understand that much more about life, how to behave well, whos watching, whos not. When you get that much clear, you can then develop a better understanding of yourself, absent the expressions of others. -Know your best. Its not required that you receive acceptance from others in order to do well in life, you need only -not behave in a way that undermines your sense of being and your wellness. Always be courteous to the emotions of others, whether toward you or others, you need not always respond -simply being there for others is sometimes better than not being there at all for anyone. Always do your best. Don't succumb to the weakness or words of others in conversation, make right those who have wronged you -learn to let go and forgive. The more you move forward in life, the better off you'll be. -Don't exploit the privacies of others. That's not how to best help others whether or not you are well suited to be there for others -should not guide nor direct treatment of persons. Be kind to all, nothing insulting is ever if ever taken rightly always personally. Before you come up in life if theres lack of respect that's outside of your control what others think of you.

07-12-18

People well do and say things you don't want to hear in life but you cannot let anyone hurt your sense of inner peace. When in trauma and when you cannot express yourself, pause. Don't enable others to hurt your sense of self, stability and self-esteem. That only hurts your image to enable others to make you look bad or cause you to self-harm to make them look or appear well or better than. All associations get disconnected once you lose your sense of cool and wellness. You cannot allow others to destroy your sense of self. [Took meds] if you are not happy with who you are or where you are in life, you cannot take your unhappiness out on others. There is a breaking point. Don't aggravate people who are doing well in life. Past their breaking point in life, fall ill to well. Allow well to do well in life irrespective of what you think.

07-13-18

You can't get a headstart in life piggy backing off the successes of others. All roads lead to one. For reasons not stated, one is or is not trusted by the thoughts of others about. To create defenses is to respond to whats it about. That is for no one to judge the wellness of others -or bring about consequences to them as in defense to learn to let issues go not correlate to prove causation of elements leading to goods or bad choices in life. You cannot blame people for what they think people will always think what they want to, we all respond differently to stimuli,

always do your best to report and speak up, not cause consequences for negatives to occur in peoples lives -hurt their position and ability to speak on their own.

07-15-18

Whenever you feel like youre in disarray focus on the present what you can do now for yourself moving forward to make yourself well again. Everybody has their struggles in life its by what you do at the present moment that matters as to your self esteem, as you see best fit, how to be, during good times and times of turmoil, stay well in spite of others. Don't be ashamed of your past. If you keep reliving the past you'll never move forward. Life is about being able to simplify your needs and wants in life, do well. Know your limits in life don't test them. What is well is well and leave it at that. Don't push your limits in life and especially don't push the limits of others. Always do your best to stay positive. You cannot control people if everyone was under control of the same person, life would be boring. Therefore always do your best to have fun enjoy life.

07-16-18

Staying positive, and moving forward requires more than just letting go. Part of us -feels torn this can make it difficult to make decisions in life. Who to trust and why -and who is best to speak to. Not everything in life goes smoothly, you are a product of your environment that will never change, you can do your best to appreciate and value life, but that will not change your circumstances in life, bring you happiness or effect the way you see things.

07-17-18

I don't think its necessary to do things for the short blurbs about you you just have to move forward regardless of what other people think about you, a success or not. -What and who you are attached to does not matter in the long run its what you're about that matters most. People are driven by different things in life, success, jobs, love -you have to find what it is in your heart that makes you happy. No one can be you. You have to just be yourself, until you are happy no one can make you happy. That is something you have to realize for yourself. The value of hardwork -knowing the difference between right and wrong and when tired, being immune from anything that causes you turmoil or illness. Just be who you are. Until you like yourself its hard to make anything go right for you in life. You cant get worked up over the small things in life, just do your best to stay well and not let anyone affect you. Lifes not a competition for wellness and its certainly not a race to success. You cant be made jealous by the successes of others. You just have to be happy with who you are and are not.

07-18-18

Having a positive effect on others means not engaging in any activities that cause harm to your reputation and by that harm not feel well or achieve well in life. -You cannot go backwards with people once they don't accept you is to prove them wrong. Life is short, memorable, but too short to worry about things in life or the opinions of others. You can either live life - accepted or -rub people in the wrong way in life and turn them off. Not everybody knows you and just because you blog does not mean that everyone will like you. Just be thankful for where you are in life, not compete with others -be hardworking. Not everything in like makes sense -

and you cant T things up for success, much of life requires us to roll with the punches -not make everything about you, stories, or people -you cant just wake up one day connect everything you know and at the same time try to prove yourself, that you're smart and deserve respect. Not everyone will respect you and that's okay, most of the time people are just being provocative to get a reaction from you, ignore those you don't get along with that only causes illness.

For: Leverage Your Story: (30 Days)

Days 1-27: 07/04/18 - 08/05/18

By: Leslie A. Fischman

Chapter 8:

11-06-18 (Update to Now) Introduction

By: Leslie A. Fischman

Living with mental health issues is no easy task, it doesn't take a rocket scientist to handle negativity you just need not respond to it. If I could give out any advice that has helped me move forward it would be not to look back, and focus on putting together your present so that things happen for you in life. I don't agree that misery loves company, usually when we are not doing well in life we avoid people who are not doing well and look toward those who are achieving for guidance on how to do better in life. Unfortunately I am no good example of that, have struggled with weight my whole life, and have never been the prettiest or the most popular, but always well liked, let alone maintain a relationship to marriage, that I cannot relate to, people who have it all. What hurts the most is people trying to relate to you who do not know you, and then try to be a spokesperson for you, or by talking to others you know, make you feel more isolated in life, that's breaking connections, and creating wellness around a person, and leaving them worse off, that's just how I feel. When no one wants you to be happy and when happiness is offensive to others, or they think is weird, for whatever reasons, your happiness is your own, its not your job to make others like you or be happy around you, so long as you are not the cause for their unhappiness, no retaliation upon your own happiness is necessary to make them look better or the caretaker, take care of yourself, and don't rely on others to be there for you when you are not well, if they are too busy networking with the well. This is reminiscent of familial relationships, sometimes we all get along, and sometimes we fight, but for the most part, everyones best interests are at heart, and that is something people in families can agree upon. You have to learn how to let things go, we are not all perfect, and most of us just try to do well in life, and avoid getting in the way of others, that's a natural condition, not to do well and prevent others from doing well in life, that's a waste of energy, being competitive with others, always be yourself, especially when not well my best advice would be to steer away from competition, then you just look possessive and controlling, if you cannot control yourself, don't expect likewise for people to gravitate toward you as well.

Chapter 9:

Feeling good is not all about you ... that's the hard part, feeling good and making people feel good around you, you cannot please them all. Taking into consideration how others feel sometimes sends you back on track to the right thinking -stepping outside of yourself and thinking about others is not all that bad, don't be too selfish, less is more, and there's more to

life than perfection.

Based upon what people say things either happen for you in life or don't happen for you. Don't let pet peeves get the best of you fighting is not the solution to your problems. Do not engage with bullies it's by words you empower the wrong people and by your allowances others are enabled to cause harm to you and your well being. Nothing past can remedy what is not going well now, always do your best to focus on the present what you can do for yourself moving forward to live a better life, not make your problems the problems of others.

We all wish we could be the one with all the bells and whistles but that simply isn't the case some look better than others and on any given day healthier looking or not as healthy looking. Stop comparing yourself to people who are well, that's not something to rub in someone's face your wellness that's not what causes jealousy and if jealousy makes you feel better about yourself then you're going about wellness in the wrong way and it's your own fault if you don't feel well. Get well to do well don't get well in competition with others for wellness that's not the way to be well liked.

You just have to stay positive even if things are not going right for you in life not cause disturbance to those who are emotionally well and sound ... you too can achieve a well state of mind if you so choose to see the good in life not by focusing solely on what's not going well for you in life, fear is contagious much like confidence requires us to be good decision makers so more things go right than wrong.

People either support you in life or don't support you and for whatever reasons seek to justify that disposition whether things are going well or not place blames, we are all human, no one is perfect for what obvious purposes we care those who do care are never to blame for caring it's by our cares we are productive members of society, approval ratings are for political figures and public figures who's job is to influence wellness in others they change to accommodate the times, set examples, and bars for achievement. Not all are good leaders it's not a natural trait.

I think that everyone took the bullying and stealing too far and that's okay for whatever purposes good luck is made stay original, sometimes we are made to look stupid be reminded of our well moments and lowest of low moments and those able to move forward are those who are right and for those of in in correct or in need of correction get reminded every so often to be put back in our place, sometimes we deserve to repent and other times we don't ... if you let them win you only do yourself a disservice in life why they say to prove them wrong but when it's difficult to do right and others feel poorly then do so with balance not be the provider of guilt, every action has a reaction, including self-esteem.

Control your empathy ... that doesn't mean don't care that just means be careful not to take on the emotions of who's bothering you that defeats the purpose of self-care as influenced by something or someone that gets under your skin. Always do your best to stay positive, and when in doubt rely upon strengths of character for advice not focus on the weaknesses of others, which can lead you astray.

Chapter 10

Leverage Your Story #6

If you're not feeling well rest, yes it's true people disappear, their lights on and off, that's normal it's not required we be hyper vigilant all the time it just means there's not enough love coming from within or around, usually in love we make the best decisions and when broken it's love that puts us back together. When people are well do your best to care and when people are not doing well do your best to make practical decisions for yourself and others not overstep your boundaries trying to get people to care for you or think about you that's called being needy to be wanted by someone who has it all they have it all because they're put together.

You can't please them all, stay well, don't get sick trying too hard in life for the wrong things ... especially for attention. The best decisions are made not by imitating others but by being original and by following your intuitions in life, that's what makes people look and feel beautiful to be unique is to be admired those are qualities we seek to have in life not necessarily to be looked up to or admired that's for the well to decide, who to trust and who to ignore. When you have it all don't lose it all over bad decisions and excess, everything in moderation, sometimes discipline hurts, don't try too hard for the wrong things in life, love comes and it goes.

When things are going well don't make things worse by rehashing the past that can do more harm than good. Your thoughts are your own don't allow others to make you look or feel less than you are in charge of what you think about yourself and others. Don't confuse your emotions with the treatment of others toward you everyone has their own issues and problems in life it's not all about you.

Advice to self ... you live and you learn don't stop dreaming and never give up, only time will tell how far you'll get happiness wise. Be in control of your emotions and don't let the day get the best of you, you can't please them all just be happy with yourself and where you are now. The past is the past if you keep thinking about the past you'll keep reliving those experiences over and over again, learn from your mistakes.

Be your own person, you should not rely on others to feel whole. Be a good decision maker, and know when to stop. Neediness is a product of lack of self confidence, if so, don't be too dependent on others for affirmation, that's how you get hurt.

Life isn't fair, not everything works out, you can convince yourself of anything when your defenses are up. Listen well to others sometimes you don't always know what's best. Good timing is everything ... be patient.

Chapter 11: Days 1-24 (30 Day Challenge)

For: Leverage Your Story: (30 Days) Days 1-27: 07/04/18 - 08/05/18 By: Leslie A. Fischman

11-06-18 (Update to Now) Introduction:

Living with mental health issues is no easy task, it doesn't take a rocket scientist to handle negativity you just need not respond to it. If I could give out any advice that has helped me

move forward it would be not to look back, and focus on putting together your present so that things happen for you in life. I don't agree that misery loves company, usually when we are not doing well in life we avoid people who are not doing well and look toward those who are achieving for guidance on how to do better in life. Unfortunately I am no good example of that, have struggled with weight my whole life, and have never been the prettiest or the most popular, but always well liked, let alone maintain a relationship to marriage, that I cannot relate to, people who have it all. What hurts the most is people trying to relate to you who do not know you, and then try to be a spokesperson for you, or by talking to others you know, make you feel more isolated in life, that's breaking connections, and creating wellness around a person, and leaving them worse off, that's just how I feel. When no one wants you to be happy and when happiness is offensive to others, or they think is weird, for whatever reasons, your happiness is your own, its not your job to make others like you or be happy around you, so long as you are not the cause for their unhappiness, no retaliation upon your own happiness is necessary to make them look better or the caretaker, take care of yourself, and don't rely on others to be there for you when you are not well, if they are too busy networking with the well. This is reminiscent of familial relationships, sometimes we all get along, and sometimes we fight, but for the most part, everyones best interests are at heart, and that is something people in families can agree upon. You have to learn how to let things go, we are not all perfect, and most of us just try to do well in life, and avoid getting in the way of others, that's a natural condition, not to do well and prevent others from doing well in life, that's a waste of energy, being competitive with others, always be yourself, especially when not well my best advice would be to steer away from competition, then you just look possessive and controlling, if you cannot control yourself, don't expect likewise for people to gravitate toward you as well.

Handwritten 30 Day Assignment (Days 1-15)

07-04-18

I was thinking today, I wonder what people think of me, or if that really even matters. You just have to be strong not worry about what other people think. The best part about staying well is getting well and once you get well moving past illness, recognizing what was causing you illness, and staying well in spite of recognizing those thoughts. "We all have demons" but its what you say and how you say it that matters most. "The Journey of 1,000 miles begins with one step" staying sober is a choice not for a comeback, you have to be well for that.

07-06-18

Living at home has presented a lot of changes for me in life. Im no longer alone all the time, wondering what people think, but get immediate feedback as to how Im doing in life. I never really understood the importance of feedback until it was needed, in order to do well in life. We don't always know what to do, that's the thing, sometimes we are more adept at figuring things out on our own and other times we cant make the right decision even if we get all the help and support we need. Be reminded of where you come from in life, but never forget where you've been.

07-06-18

You can't go backwards in life pre-planning how you want your life to turn out looking back, some days you just have to move forward whether with others or not. Not everyone will be on your side in life and that's okay. Just stay positive.

07-08-18

Not everything makes sense completely -you just have to move forward in life not get wrapped up in the nonsense provoked by others, thoughts or actions. I think this is why they say not to worry about what other people think. You just have to stay positive not everything works out in life. Whether you understand or not what is wrong, should not gear your actions toward others right or wrong. That does no good moving forward negative deductions.

07-09-18

I don't think anyone ever intentionally tries to hurt your feelings, but sometimes our feelings get hurt, when overexposed we may feel a tendency to relish in fear of our opposing forces in life, afraid to say what is, that [is] a normal feeling, talking helps its quiet that causes emotional disturbance when combined with negative thoughts toward ourselves, in our heads, as coming from another, or anticipated so. -Just stay positive, Rome was not built in one day and neither was life as simple as good choices and best decision making skills exhibited. You never know what is in store for you, you cannot predict the future, you can only deal with and handle best what is directly in front of you. Always stay calm some of the best decisions we make are often times a product of not only having a clear conscious but also a matter of being a good person. - We are not always perfect. We may try our best, sometimes get thrown into messes and competitions in life, but always know your limits in life. You cannot be in two places at once. Wherever the grass is green, know your best and stick to that.

07-11-18

I don't think anyone ever plans to get defamed. It just happens. Where you are or are not in the wrong if an opinion in the negative gets drawn as to your [good] character, then it's your responsibility to correct that negative judgement of you. Blaming others for negative or poor

judgment of you -only leads you astray further from your goals of acceptance of who you are or are not, proven wrong. By proving wrong negative judgment of you, that does not necessarily bring out positive consequences for you or past negative judgment changed as to your well being, in or in not your favor or in your best interests. -You are responsible for how others see you, well or not is always in your control -reversing the consequences of negative judgment is a matter of having (1) positive insight (2) positive outlook which upon negative insight and outlooks get frowned upon as deserving or not. What energies you feed into -reflects upon your well being -catering to crowds or yourself, well or not is based upon your (1) success(es) (2) determinations (3) energies. No one can read your thoughts, that's only a delusion. From conversation to writing, your fathomed thoughts, translate to well or put together at length. That's how you know whether positive or negative conversations are affecting your intellect, responses, and behavior, about or within you.

07-12-18

When you understand the difference between right and wrong you understand that much more about life, how to behave well, whos watching, whos not. When you get that much clear, you can then develop a better understanding of yourself, absent the expressions of others. -Know your best. Its not required that you receive acceptance from others in order to do well in life, you need only -not behave in a way that undermines your sense of being and your wellness. Always be courteous to the emotions of others, whether toward you or others, you need not always respond -simply being there for others is sometimes better than not being there at all for anyone. Always do your best. Don't succumb to the weakness or words of others in conversation, make right those who have wronged you -learn to let go and forgive. The more you move forward in life, the better off you'll be. -Don't exploit the privacies of others. That's not how to best help others whether or not you are well suited to be there for others -should not guide nor direct treatment of persons. Be kind to all, nothing insulting is ever if ever taken rightly always personally. Before you come up in life if theres lack of respect that's outside of your control what others think of you.

07-12-18

People well do and say things you don't want to hear in life but you cannot let anyone hurt your sense of inner peace. When in trauma and when you cannot express yourself, pause. Don't enable others to hurt your sense of self, stability and self-esteem. That only hurts your image to enable others to make you look bad or cause you to self-harm to make them look or appear well or better than. All associations get disconnected once you lose your sense of cool and wellness. You cannot allow others to destroy your sense of self. [Took meds] if you are not happy with who you are or where you are in life, you cannot take your unhappiness out on others. There is a breaking point. Don't aggravate people who are doing well in life. Past their breaking point in life, fall ill to well. Allow well to do well in life irrespective of what you think.

07-13-18

You can't get a headstart in life piggy backing off the successes of others. All roads lead to one. For reasons not stated, one is or is not trusted by the thoughts of others about. To create defenses is to respond to whats it about. That is for no one to judge the wellness of others -or bring about consequences to them as in defense to learn to let issues go not correlate to prove causation of elements leading to goods or bad choices in life. You cannot blame people for what they think people will always think what they want to, we all respond differently to stimuli, always do your best to report and speak up, not cause consequences for negatives to occur in peoples lives -hurt their position and ability to speak on their own.

07-15-18

Whenever you feel like youre in disarray focus on the present what you can do now for yourself moving forward to make yourself well again. Everybody has their struggles in life its by what you do at the present moment that matters as to your self esteem, as you see best fit, how to be, during good times and times of turmoil, stay well in spite of others. Don't be ashamed of your past. If you keep reliving the past you'll never move forward. Life is about being able to simplify your needs and wants in life, do well. Know your limits in life don't test them. What is well is well and leave it at that. Don't push your limits in life and especially don't push the limits of others. Always do your best to stay positive. You cannot control people if everyone

was under control of the same person, life would be boring. Therefore always do your best to have fun enjoy life.

07-16-18

Staying positive, and moving forward requires more than just letting go. Part of us -feels torn this can make it difficult to make decisions in life. Who to trust and why -and who is best to speak to. Not everything in life goes smoothly, you are a product of your environment that will never change, you can do your best to appreciate and value life, but that will not change your circumstances in life, bring you happiness or effect the way you see things.

07-17-18

I don't think its necessary to do things for the short blurbs about you you just have to move forward regardless of what other people think about you, a success or not. -What and who you are attached to does not matter in the long run its what you're about that matters most. People are driven by different things in life, success, jobs, love -you have to find what it is in your heart that makes you happy. No one can be you. You have to just be yourself, until you are happy no one can make you happy. That is something you have to realize for yourself. The value of hardwork -knowing the difference between right and wrong and when tired, being immune from anything that causes you turmoil or illness. Just be who you are. Until you like yourself its hard to make anything go right for you in life. You cant get worked up over the small things in life, just do your best to stay well and not let anyone affect you. Lifes not a competition for wellness and its certainly not a race to success. You cant be made jealous by the successes of others. You just have to be happy with who you are and are not.

07-18-18

Having a positive effect on others means not engaging in any activities that cause harm to your reputation and by that harm not feel well or achieve well in life. -You cannot go backwards with people once they don't accept you is to prove them wrong. Life is short, memorable, but too short to worry about things in life or the opinions of others. You can either live life - accepted or -rub people in the wrong way in life and turn them off. Not everybody knows you and just because you blog does not mean that everyone will like you. Just be thankful for where you are in life, not compete with others -be hardworking. Not everything in like makes sense - and you cant T things up for success, much of life requires us to roll with the punches -not make everything about you, stories, or people -you cant just wake up one day connect everything you know and at the same time try to prove yourself, that you're smart and deserve respect. Not everyone will respect you and that's okay, most of the time people are just being provocative to get a reaction from you, ignore those you don't get along with that only causes illness.

Leverage Your Story

Days 14-20 Handwritten (07/21/18 to 07/29/18)

Book #3 on mymollydoll.com

Typed: 11-17-18

Day 15: 07-21-18

Not everything in life will work out in your favor. -Always be careful while in pursuit of your dreams not be offensive toward anyone -i.e. take your feelings out on others, or have your own unhappiness manifest as unhappy toward happy people. Whenever you see someone doing well in life -that is because they are focused on themselves not others. -Even if burdened by the troubles of others -does not require you to fix them, always be yourself, never take anything personally as directed toward you, or make things about you, that are not about you, to better connect to others. You are your own worst enemy in that way. So long as you enable others to cause harm to you and your psyche, you will in turn empower others, not yourself. ~Not everyone knows you -and when an overall judgment is passed of you -make sure that its positive.

Day 16: 07-22-18

There will always be believers and non believers in your abilities, either supporting you or not -affect your well being, that is their opinions of you. You can rarely when trying [to] please a crowd. -Be careful never to please or do things in response to others disfavorable toward your best interests. That is not how to do well in life. You can never assume that everyone knows the same information as you, your attention, recall, memory, and best judgments usually affect your particular experience with a person as well or not don't assume they know everything you know. Always be positive toward others the world is a big place and it certainly doesn't need to be made smaller by sharing your problems out loud – affecting others, including yourself. We all have problems. What you read you either do or do not see well in others, always have well thoughts about others, whereas grievances can always be explained privately. -If you see your life a certain way allow your life to happen irrespective of whats going on around you. You cant change people, but you should also not make people feel small or less than value people for who they are not necessarily base your care for them amount, based upon a negative perception of them caring less for you than they do -simply because they care for themselves more, be open-minded.

Day 17: 07-23-18

When you decide to get sober (2014) that is a commitment you make to yourself in order to get well and stay well. But you still have to do the work, no one can push you to be a certain way to achieve well in life, that is work you have to do on your own. -When you finally achieve well in life, that's a product of others or communications to you. Negative people tend to be selfish in that way all about themselves achieving well, much like those who are not well trying to achieve well not in competition with others. -You can't judge a book by its cover. Some of us are well and some of us are not well, and some deserve to achieve well and while doing their best to appear well be treated so. -Not everything is about their wellness in life, not necessarily inspired to achieve well based upon your ideas of wellness -interfere with your ability to do well in life. -What people try to assemble on their own without you present, is not your responsibility to help or assist others achieve well at your own expense in life, end up not doing as well as others, and your competitive edge broken by the ideas others have of you, if in the negative, wrongfully interfere with your direction and course in life, by wellness one is always judged, how well do you have to be for acceptance? Not better than. When you know yourself, no excuses are necessary to explain your behavior or the behavior of others toward you, judge or misjudge you as in need of help or declare you as too ill to console until a set of responses

from you benefits their position in life as against you and their discrimination of you as justified. You cannot change people, everyone has their own confidences in life. And when you are not doing well if you share your vulnerabilities with others that may only give them confidence over you ~Think twice before you speak and remember to never blame others for your illnesses in life. -Don't build things up within yourself or get worked up by the troubles of others, that's not how to connect well to others past or present. To sell yourself short in life, as example or interference provoked by the words or actions of others. To create circumstances by your own hard work and effort to benefit others and enable them to cause you pain and suffering unreasonably, because they either have or have not expressed an interest in belittling you or purposefully casting you away to benefit from your struggles your identity -treat you as not good enough. -That is by their own merits trying to prove or disprove conditions as existing by labeling you poorly to prove existence of a poor condition, conditions caused by others is never your responsibility to solve, so does being defensive to the wrongs of others toward you. To me #stopsuicide means not going backwards and moving forward in life - appreciating what is likeable about you and at the same time accept what is not liked about you -and not allowing others to change you. -You cant T up consequences backward to set someone up as not well presently, that does no good moving forward. ~In order to see the future as well, you have to first appreciate and recognize your present condition as well irrespective of the negative opinions of others toward you. Knowing you matter (talking to myself now) is important to let go of your past -and not allow past memories to dictate you recollections now - meaning -we all have positive memories and (some have) negative memories. What you remember or recall in the past moving forward affects how you see now ie presently. Everyone present is different, and based upon my own experiences in life I write. -You can either write by prompts and get paid or you can follow your heart and write from the heart. That means writing based upon present exposures and maintaining wellness in spite of negative exposures. People may present themselves to you for reaction, input, inference, delay, or consequence, but you are always in control of how you think -regardless of the thoughts or opinions others may have of you. Just always do your best to keep yourself separate from the interests of others to see yourself best.

Day 18: 07-25-18

Your hopes and dreams can easily be lost when stuck or misguided by the truths of others, Ive been told in the past that "we all have our own truth" and that's what Im currently working on. What is my truth? Knowing yourself is one thing, responding to your audience is another thing. -What you know best -is figuring out what is your strongest suit in life and sticking to that. We all have our ups and downs in life. Just always do your best, and no matter what, stay true to your good character. To be smart is to be appreciative, life is short -much too short to blame others for your illnesses in life. Taking charge and responsibility for your own happiness in life -means not getting caught up in the delusion of the past.

Day 19: 07-26-18

Its important to think for others not just yourself, some are predispositioned to respond selflessly well taken care of with no problems and some of us have problems in life. Its not required to share your problems -or make worse your outlook in life -people pleasing those who do not like you. I get no advice in life, stayed in school. Some of us are blessed with confidence and some of us need to work hard. -Focus on your own wellness. I have trouble staying well

myself now, alone, away from others. It happens in life that people get mischaracterized when talked about, you can do your best to reverse negative judgments past of you, but for me -only makes my present condition worse to respond to people past who have hurt me either directly or indirectly. Learn to leave people alone. Its best not to trigger me for reactions poor -to prove bullying of me is deserved when its not deserved. Everyone has their own solution in life, and their own set of problems, mine are private.

Day 20: 07-29-18

Not everyone knows the same information as you in life that's next to impossible. For writers we can only do our best to share our thoughts without becoming frustrated by the thoughts of others about us. That's not how to properly take care of someone, by passing negative judgment of them. Allow people to be themselves whether or not you are apart of their life or able to influence them. Acceptance is not always about being understood but by our own actions and thoughts are we judged.

#leverageyourstory

(Days 19-24) (07/26/18 -08/05/18)

Typed: 11-21-18

08-01-18 (Day 21)

When things are not going well for you in life its easy to blame others for our illnesses. -You cant go backwards from errors or mistakes in life you can only move forward. -Accept what help you get in life but don't make worse your problems or the problems of others. Knowing when to stop is knowing to stop self-harming and start valuing yourself and your future endeavors put together or not.

08-04-18 (Day 22)

Being mysterious means not allowing people to control your sense of being in life. You cannot predict the actions of others and you cannot stop the feelings that others have toward you, that does not make better situations in life. You have to be in control of yourself and your emotions, not by embarrassment respond to others. You cant stop people from not liking you in life you have to stay positive.

08-05-18 (Day 23)

It takes awhile to continue to do well after you have hit a low in life or struggled with maintaining your sense of self and self-worth. When you are not strong in life it makes it difficult to connect well with others, old patterns of behavior repeat themselves when you are not doing well in life to any bystander it becomes obvious who is well off or not doing well in life. It doesn't matter how much money you have if people don't like you -they will still try to connect to you to cause you harm. -That's why you let go in life. When things are not going well for you in life always take a step back. You cant relive your life differently if you are not happy with where you are in life. It should not matter what people think -or whether they empathize with you or not misread or try to read or dictate your path in life -to align with their interests as about them. That is why its important to disconnect with others who put you in the

forefront of your mind affects always your sense of self and identity as a writer -sheltered this is something I understand but not most -How me as a writer gets affected by others. -Whether or not that's purposeful knowing who I am -is not my fault. For the purposes of embodiments and honesty its who you put in charge of you that affects your sense of person -and acceptance of you is based upon your behavior and how you feel about yourself. What may be tested for is how others feel about me -not my responsibility.

08-05-18 (Day 23 – continued)

There comes a point when you stop blaming others for your problems in life and start accepting your life as it is now. There is no cure for acceptance of negativity -either toward you or about you. -In these cases best a person can do is lay low not subject themselves to negative judgement or put themselves up as vulnerable in need of acceptance. Learn to walk away from anything that causes you emotional disturbance. What occurs outside your sense of self is not your responsibility to correct. -Just identify your own happiness in life and what works best for you. When you are not doing well in life it becomes next to impossible to make others happy around you or be accepting of you as looking weird, or weak, or with low self-esteem without a strong sense of self-identity. Whenever something negative in your life occurs always do your best to separate yourself from whats hurting you or your sense of identity in life sense of being whole. Until you are happy with your own image will others be understanding and accepting of you. You are always affected by who offends you -don't enable the wrong kinds of people to become apart of your life and hurt your ability to succeed in life, no one deserves that kind of power over you to hurt your ability to exist and function in life hurt your sense of inner peace and ability to adapt to your surroundings and hurt your ability to connect well with others whole now [at your own expense] imperfect [as compared to the wellness that surrounds you].

Chapter 12: #leverageyourstory (#7)

Don't be resistant to help from others, they come a dime a dozen. Be appreciative always of your blessings in life and good fortune, without whom you would not be where you are today. Good luck comes to those who know and value themselves and others.

The less time you spend worrying what other people think the more time you get to spend being you. Forgive yourself often and always set your standards high. You can't cut corners in life just do your best and work with what you've got.

Help yourself first before helping others, nothing gets done right when complacent, everyday is an opportunity to better yourself. That being said, know when to stop, nothing lasts forever. In order to set a good example you yourself must be well, otherwise let those who are well lead.

“Just stay positive” is sometimes easier said than done. You can't always get your way in life if so then we would all be happy right? But life isn't perfect, we all have our flaws, it's to the betterment of all that we find some positive purpose in life, driven by goals, not needs and wants, finding comfort in the fact that you are not alone.

Some people don't change you can't change people. They may adapt themselves to their environments but that still may not be enough. Learn to let things go forgiveness is a virtue not everyone is adept at owning up to their wrongs in life, would never stoop to that level to make someone appear ambivalent when they care or aloof a sign of self-centeredness not righteousness. People can only be themselves. People take their own courses in life that will never stop, what can be stopped are expectations, what can be changed are hearts, know yours and allow others to choose for themselves who to change for, love, trust, admire, or empower that's up to people not places.

It's just a bad day not a bad life. Be careful not to vent your frustrations out to others -that's not the solution to your problems to complain you usually end up worse off. It's hard to keep a good head on your shoulders and avoid getting in trouble in life when carefree. Love often, trust more, and always be thankful for the people in your lives.

You only get one chance at hello people either welcome you into your hearts or speak above you, that's usually a manifestation of their own insecurities reacting and responding as others would more or less understanding given the times ... some rise to the occasion and others sit back and are led by those who are well. Find yourself first and everything else will fall into place. Be patient.

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Don't let your troubles get the best of you. If you stay negative you'll never get to experience the blessings that life has to offer. The only ones we let down when in fear are ourselves, your strengths generally come out during times of turmoil when pushed to our limits, how the best shine. Everyone gets upset and let down in life you are your own best friend in life what's most important is being able to pull yourself out of a mess not allow the voices to fester.

Publish // Rule #1: Don't complain. Sometimes life has it that you learn the hard way to be accepting of all, not everything is about you in life. People are mostly concerned with themselves. If paranoid think first what it is that you could be doing better in life then go out and do that.

Everyone wants to be special but that is not always the case there is a fine line not to be tampered with and that is a good image mistaken for a bad image then treated poorly to confirm the negative about someone that's no way moving forward how to help others, by setting standards so high that once a good standard is shown or achieved put down as deserved this disables a persons ability to achieve well in spite of the circumstances to prove the past moving forward is not a result of rejection or the silent treatment that is deserved when someone is not good enough made to feel like a reject or not able. The well can be playful those who are not well do not partake in experimental behavior play with your own image not the wellness of others that's what's at issue when someone knowingly does something wrong it's that response that is looked for and if in the reverse negative circumstances occur for them prove as justified or deserving as karma, allow people to grow at their own pace in life and do

not be affected by the negative commentary made by others or as misdirected toward you as deserved to see how you respond the same or similar to as provoked to prove treatment of another is likewise deserved by reaction generated to confirm a similarity non-existent prior to causes creating controversy or discomfort is not then the responsibility of the person affected to be looked up for help as to the side that who while trying to identify the wrong illustrated a wrong by affecting the person believed to be a wrongdoer that's not helpful for the provoked to defend themselves as being mischaracterized to justify a non-existing discord toward them to test to see if a discord exists as made fun of, that's not the solution to bring about consequences or reactions to prove certain a given set of conditions occur prior to reaction to make the person reacting look defensive making others look well or better than by comparison.