

mymollydoll.com

By: Leslie A. Fischman

02/16/16 – 11/28/20

Word Count (All Posts): 1,044,619

Word Count (Removed Posts): 107,208

Total Word Count: 1,151,827

- I. (Part I): Blog Posts and Index
- II. (Part I): Articles Index Only
- III. (Part II): Removed Posts and Index
- IV. (Part III): PDF Links and Archive
- V. (Part IV): Bibliography

I. Blog Posts Index

1. Be the Best Version of Yourself 02-16-16
2. Never Be Afraid of Anything that Challenges You 02-16-16
3. Blogging Tips 03-05-16
4. How to Be a Successful Blogger Online: Be Yourself 03-16-16
5. How to Start a Blog and Maintain an Audience 03-29-16
6. Simply Stylist Fashion & Beauty Conference 03-19-16
7. MYMOLLYDOLL Blogs 04-14-16
8. Company Profile for MYMOLLYDOLL 04-14-16
9. Thinking Out Loud by @lesliefischman 04-25-16
10. My Last Day of Law School (January 2013) 05-16-16
11. Chapter: #Relationships (draft) (book) 06-10-16
12. Disclaimer (book) Attention All 06-10-16
13. Blogs 06-10-16
14. Chapter: Relationships (continued) 06-10-16
15. Ch. Washington DC 2013 (book) 06-13-16
16. Check out my Fashion Blogs on Twitter! 06-23-16
17. New website is up for Fashion Bloggers 06-28-16
18. New website? Wordpress? .org? What do you mean by Member Site?
19. Living a Purpose Driven Life 07-06-16
20. Updated Copy of Resume 07-06-16
21. Response to Everytown Research .org 07-07-16
22. Learning Affiliate Marketing 07-15-16
23. MYMOLLYDOLL's Current Status #BusinessNews 07-17-16
24. My Background in Marketing via Smart Circle Sessions 07-17-16
25. Check out my NEW Gravatar for MYMOLLYDOLL! 07-17-16
26. It Never Helps to Quit 07-27-16
27. New Year New MYMOLLYDOLL 08-03-16
28. Relationships 08-17-16
29. Friendship 08-20-16
30. MYMOLLYDOLL is now on Wordpress 08-20-16
31. Difficult Times 08-24-16
32. My Decision to Write a Book 08-28-16
33. Tips for Working While Single 08-28-16
34. Quotes – Check out my Quotes Blog! 08-28-16
35. Why is it Important to Share Your Story? 08-28-16
36. Why Deletion is Bad 08-28-16
37. When I First Started Writing Online 08-31-16
38. Best Interests (09-06-16)
39. How do you know if you are a blogger? (09-06-16)
40. What defines a relationship? (09-06-16)
41. Managing outlines online (09-06-16)
42. #bloggingcampaign announcement (09/10/16)
43. Barack Obama's Patch 9/11 Memorial Speech (09-11-16)
44. What is normal? (09-15-16)
45. Shop Now (09-18-16)
46. Therapeutic Story Telling (09-18-16)
47. Poem: Finding Yourself (09-18-16)
48. What is Blahgging? (09-21-16)
49. Social Media Campaigns and Gun Violence (09-22-16)
50. When is enough enough? (09-25-16)
51. Please move forward (09-28-16)
52. #BloggingCampaign – The Hashtag & *Rules for Participation (10-06-16)

53. If You Could Write a Book (Interview) (10-07-16)
54. In Order to Begin Writing a Book (10-08-16) (Re: Name "mymollydoll")
55. Dealing with Defamation (10-08-16) (Mentions: Facebook, Windward)
56. How to Deal with Criticism (10-09-16)
57. Freedom of Expression & Other Arguments (10-13-16) (Brady) (Article)
58. What Causes Jealousy (10-13-16) (Article)
59. The Lessons We Learn (10-13-16) (Brady)
60. Book Draft (10-16-16) (Book Draft)
61. What is Considered Normal? (10-20-16) (Article)
62. Writing a Book (10-21-16) (Article)
63. Overcoming Social Anxiety (10-23-16) (Article)
64. Finding Your Place in Life (10-23-16)
65. Love, Finding the One (10-23-16) (Relationship Advice)
66. Why I Started Fashion Blogging (10-23-16) (Brady)
67. Rejection and Professionalism (10-23-16) (Mention: Justice Roberts)
68. Check Out my NEW App! (10-28-16)
69. How to Maintain a Successful Blog (10-28-16) (Blogging Tips) (Article)
70. When is Enough Enough (10-28-16) (Article)
71. Choosing Your Space and 7 Factors to Consider (10-28-16) (Article) (Blogging Tips)
72. Writer's Block (10-30-16)
73. Joining a Blogging Platform (10-30-16) (Blogging Tips) (Article)
74. What does Gender Identity Mean to Me (01-17-17)
75. Why was I not present at the Womens March (01-23-17)
76. What is Intelligence (01-24-17)
77. Purpose – Writing a Book (01-27-17)
78. Motion for World Peace #2 (09-08-17)
79. Idiocracy (Film: Idocracy) Watched 2006 (09-08-17)
80. Theory for #Nobel & #Pulitzer (09-08-17)
81. Positivity Speech (09-25-17)
82. A Few Difficulties Faced (Examples Shared on Twitter) (09-25-17)
83. Memo to David Cameron #AFHU Attendee (2009) (09-26-17)
84. Building New Positives Forward (09-26-17)
85. Why I Committed Suicide (Re: Petrocelli) (09-26-17)
86. #FBIDC Report #3 (09-27-17)
87. Human Rights Watch Submission (09-27-17)
88. World Peace Motion #2 (2017) (09-28-17)
89. Facebook Motion #1 Solution (09-28-17)
90. New Cardboard Declaration of Independence USA (09-29-17)
91. MIT Humanity Speech (09-29-17)
92. So this Explains the Name Jokes Mother T (09-29-17)
93. Nobel + Pulitzer Speech (09-29-17)
94. Right to Improve Be the Best I Can Be (09-29-17) (Facebook Post)
95. (#Asian) Tagalog Mom Cried Today Rogueberg #MovieCode Speech (09-29-17)
96. World Peace Solution (09-29-17)
97. New Chapter to My Book (09-29-17)
98. Letter to My Second Mom (09-30-17)
99. Empower Ones to Undo Wrongs (09-30-17)
100. Nobel Pulitzer in Victim Advocacy (09-30-17)
101. Science Speech (09-30-17)
102. Air Theory (09-30-17)
103. Science Speech (v2) (09-30-17)
104. Science Speech (09-30-17)
105. The Meaning of WWW (09-30-17)
106. The Meaning of Life (09-30-17)
107. Air Theory (Reversed) (09-30-17)
108. Don't Be Disrespectful (09-30-17)

109. Architecture Speech (09-30-17)
110. Sunami Japan (09-30-17)
111. Skip a Party Studio #1 (09-30-17)
112. Im a Think Tank (09-30-17)
113. Olympic Scorecard (09-30-17)
114. So About Them Movies (09-30-17)
115. Soul Light Code by CHP Agent (09-30-17)
116. Like a Building (for #PresidentTrump) (10-01-17)
117. Currency Exchanges at 7/11 \$10.99 \$ Items 4 !s \$ Qs = #Japan (10-01-17)
118. Ghosting and Inheritance of Spirit (10-01-17)
119. ER Law Speech (Theory) #Nobel #Pullitzer #CSPAN (2013) (10-01-17)
120. Get the F-K Out of My Phone Head & Computer #usarmy (#knifeinabox (Y) 9/11 (10-01-17)
121. Acceptance of All Speech #Pultizer #Nobel (10-01-17)
122. #ManUp: I Love Everyone -Fight Inside Out Clear #WorldPeace (10-01-17)
123. 10 Years of Law School YES I Can, #Smart (10-01-17)
124. NASA Hand Over Heart #Symbolic Of? (10-01-17)
125. Whats What About, #NASA (10-01-17)
126. How Do Movies Work (10-01-17)
127. "They hurt my girl friend" Cried the Baby Next Door, Nieghbor to Neighbor Deductions Ongoing (10-01-17)
128. Who Are You Connected To? Trust is Built ... (10-01-17)
129. Why not University of Fischman (10-01-17)
130. Whats Wrong Nothing Past Im a Future Girl: Think Tank (10-01-17)
131. iMovie 280: If Reclusivity Could Talk by #HBO #Showtime (10-01-17)
132. Dealing with Vicarious Trauma & Managing Emotions (10-01-17)
133. Lead PRIVACY Detective #FBIDC in Person Reported (2013) (10-01-17)
134. BuildaBase #usarmy > BuildaSchool ... (10-01-17)
135. First Response to an Active Shooter (10-01-17)
136. Send Forward Future #Postive Shocks Back Well #Nobel (10-02-17)
137. Text Message #2 to #PresidentTrump ... (10-02-17)
138. Open Data Science Conference Speech (10-02-17)
139. To Know Self Know Self by Name > Reset ID <Button> (10-02-17)
140. My Mom Always Says "Don't Let Anyone Affect You." (10-02-17)
141. I Ordered Jay Carney Out (2013) (10-02-17)
142. How to Be Psychic #AndreaPeet (LT) (10-03-17)
143. How to Bond #SCOTUS #Nobel #Pulitzer (10-03-17)
144. Life Philosophy #MarkZuckerberg (10-03-17)
145. Future Forward = Peace = Comedy = JimmyKimmel w/Love (10-03-17)
146. Trusted Foundations – Principles of Architecture (10-03-17)
147. HTML Coding Getting the Swing of Things (10-03-17)
148. Response from the White House Re: #LasVegas (10-03-17)
149. Theory of Evolution > Forward #Positivity #Nobel #Pulitzer (10-04-17)
150. The Apple Evolution March (10-04-17)
151. Steam Forwards Speech #Apex (1) (10-04-17)
152. Entertainment Law Speech (Y) (10-04-17)
153. Purpose Boils Down to Itself > To Promote #Good #StopHate (10-04-17)
154. Where Did my Potential Go #Pulitzer #Nobel > Forward Thinking ... (10-04-17)
155. BuildaBackpack = MYMOLLYDOLL > For Professional Use (10-04-17)
156. Comment by Me to #The WhiteHouse (10-04-17)
157. Make Fun of Who: MArtyBauer (>) #Gift to Me > #Tech (10-04-17)
158. Listen to Frank Gehry: I Designed #Facebook (Recant Statement) (10-04-17)
159. My Run for Humanity 10/04/17 in Front of #LAPD (#Good) (10-04-17)
160. When People Go Through Your Past (10-05-17)
161. The Blue Color Code: Indicates: #PresidentTrump #Love (10-05-17)
162. Point Taken ... #AcademyAwards (10-05-17)
163. We all want love ... (quote) (tumblr) (10-05-17)

164. My Favorite #Tumblr Quotes (10-05-17)
165. Facebook Post 09/26/17 (Duplicate) (10-06-17)
166. Beforehand Writings (Purpose) (+) (10-06-17)
167. Barbies in a Box (Part 2) (10-06-17)
168. Jurisprudence (10-06-17)
169. Theory of Evolution – The Meaning Behind the Letter F (10-07-17)
170. Im Glad I Kept Writing: Better Now (10-07-17)
171. Victim Advocacy Theory #Pulitzer #Nobel (10-07-17)
172. How You Counterterrorism: With Designated Space (#Peace) (10/07/17)
173. Unwarranted Intrusions Into the Mind (10-08-17)
174. Component Parts Equation (10-08-17)
175. Mymollydoll.com (about page link) (10-08-17)
176. WSJ Headings Speech (As Promised) (10-10-17)
177. WSJ Says “Pick a Princess” Okay: Ivanka Trump > MMD > #USA (10-10-17)
178. Powerful Men > Understanding Women Who Work for Them (10-11-17)
179. #washingtonpost speech (10-11-17)
180. I save everything > AOL Boxes Included Elsewhere > Prepped (10-11-17)
181. Pick a Team: #PresidentTrump = #TeamUSA > No Comparison (10-11-17)
182. Edge is not Important for Achievement in Life (10-13-17)
183. Communications Speech #TeamUSA (10-13-17)
184. Obligations Speech (10-13-17)
185. Commentary Speech Re: Hate Crimes (10-13-17)
186. #JAMA Speech (10-15-17)
187. Animosity and Fuel Speech (10-15-17)
188. #AcademyAwards Speech (10-15-17)
189. Text to a Brooklyn Artist (10-15-17)
190. To These Truths We Hold Self-Evident (10-15-17)
191. CSPAN is my ONE AND ONLY (2013) ... (10-15-17)
192. Wrist Cutting (10-15-17) (Re: Self-Harm)
193. When People Hurt You (10-15-17)
194. New Spaces Online for Creativity! (10-17-17)
195. New Chapter 7 ... (10-17-17)
196. No Contest? Delete All Blogs? ... (10-17-17)
197. Don't Cause Harm to My Psyche (10-17-17)
198. Words of Wisdom (10-18-17)
199. Investigations and Deductions (10-18-17)
200. News Theory (10-18-17)
201. Economist Outline Today (10-19-17)
202. #Economist Speech (10-19-17)
203. Buildings and The Symbols They Communicate (10-19-17)
204. What is Love? > #PresidentTrump (10-19-17)
205. Why They Freed OJ Because Leslie Committed Suicide and Leslie's Dad [Almost] Died with an Hemangioma in 2009 (10-20-17)
206. This Book Stack Imitates My Desk [213 Sister's Desk Anita] (10-20-17)
207. New Band Called: #BagTherapyLake (10-20-17)
208. Two Traits I Carry and Why by Religion (10-20-17)
209. How to Build a Trusted Website (10-20-17)
210. Check out my Private Space on #Tumblr (10-20-17) Post: “The Devil in You”
211. Freestyle by Eminem (10-20-17)
212. After the Laker Game (So What) (10-21-17)
213. Broadening Your Horizons (Respect) (10-22-17)
214. Nobel Pulitzer Submission #1 (10-22-17) **Equation Interpretation EMC2*
215. Building a Website (Since 2013) (10-22-17)
216. Writers Drive (10-22-17)
217. Please Respect Year 2013 Founded by #mymollydoll (10-23-17)
218. The Helping Professions Code of Conduct (10-23-17)

219.#bradymusiccampaign (Y) ... (10-24-17)
220.Criminal Investigations (10-24-17)
221.The Use of References (10-24-17)
222.G20 Summit Germany Speech (10-24-17)
223.#PresidentTrump (10-24-17)
224.Developing Value Systems (10-24-17)
225.#LasVegas > #mymollydoll > #bloggingcampaign (10-25-17)
226.Sheltered Minds (10-25-17)
227.The Basis for Discrimination (10-25-17)
228.Political Ideologies and Entertainment (10-25-17)
229.#MTVNews (10-25-17)
230.Plado What We Pick Up and Why (10-25-17)
231.#IvankaTrump's First Speech (10-25-17)
232.The Pack Thickens (10-25-17)
233.October 26,2017 (10-26-17)
234.The History of Railroads in California (10-26-17)
235.Jealousy and Personalities (10-26-17)
236.The Past and How AA Has Affected Me (10-28-17)
237.Being Apart of The Solution (10-28-17)
238.#bloomberg Wealth Management Systems (10-29-17)
239.Lesliefischman.weebly.com Coupon Address (10-31-17)
240.Coupon Address to those Trying to Coupon Me (10-31-17)
241.Poignant Recall (10-31-17)
242.Raised Proper (11-15-17)
243.How You Interpret Things Matter (11-15-17)
244.Problematic Behavior (11-06-17)
245.What the World is About (11-17-17)
246.RIP #sarahtammasabi ... (11-17-17)
247.Raised by Warnes Bros ... (11-19-17)
248.Business to Business Communications (11-20-17)
249.Exes and Ohs (11-20-17)
250.A Blinde Reading: Response ... (11-21-17)
251.Of General Concern (11-21-17)
252.Certainty Inspired by #BouffDaddy (11-21-17)
253.Causes for Unhappiness (11-21-17)
254.Acceptance, Public Acceptance (11-22-17)
255.Points of Reference and The Need for Consolidation of Ideas (11-23-17)
256.Come on ... iDJ Movies (11-24-17)
257.The Winning Tone (11-24-17)
258.Obsession and The Causes For (11-26-17)
259.Dealing with Anger and Resentments (11-28-17)
260.How to Make Things Happen for You in Life (11-29-17)
261.Positive Anchors (11-30-17)
262.Medication Stigma (12-01-17)
263.What is Fear? (FWD: Text to Jack Dorsey) (12-01-17)
264.Addiction, Social Media, and Propaganda (12-01-17)
265.Criminals are not Religious but I Am (12-01-17)
266.Purpose for Privacy (12-02-17)
267.Maintaining Image (12-03-17)
268.Essay Submitted to The Society for Terrorism Research (12-03-17)
269.Who is the Solicitor General? (12-05-17)
270.Today on CSPAN: Bigotry (12-05-17)
271.An Image Crisis is Not a Life Crisis (12-07-17)
272.Achieving Normal With Mental Illness (12-07-17)
273.It's Never Too Fitting (12-07-17)
274.Public Opinion and Image Online (12-08-17)

275. When Something Odd Happens (12-08-17)
276. MYMOLLYDOLL BOOK – First Draft to Amazon ... (12-10-17)
277. Can We Change the Times (12-11-17)
278. Why ravenltd.com for mmdfilmbase (Idea) (12-13-17)
279. The Importance of Patience & Reaction Time (12-13-17)
280. Deregulation (Video) (12-14-17)
281. In Memoriam to #SandyHook Victims (2012) – My Memory (12-14-17)
282. Check out my NEW research project #mmdfilmbase (12-15-17)
283. Sustainability of Companies (12-15-17)
284. Counterterrorism Essay #1 (12-03-17) (12-15-17)
285. #NewYork Today ... (Facebook re-blog news story) (12-16-17)
286. Being Understanding of Others (12-17-17)
287. Why Objectification of Women Hurts Society (12-17-17)
288. #bloomberg (speech) (v2) (12-17-17)
289. Being Put Together (Journal Entry) (12-18-17)
290. Confidence and Balance (12-18-17)
291. “Like this like that” Comparison Principles (12-19-17)
292. Everyone’s Entitled to Their Own Ideas (12-19-17)
293. #PopeFrancis (Twitter Re-Blog Post) (12-20-17)
294. When You Fixate on One Point (12-21-17)
295. Don’t Demonize Me (12-21-17)
296. Always See From Your Own Shoes (Instagram Post) (12-22-17)
297. Please Donate to #RedCross, Thank you! #SaveHomes (12-22-17)
298. Let No One Hold You Asunder (12-22-17)
299. Motivations in Life (12-22-17)
300. Always Be Thankful (Journal Entry) (12-22-17)
301. #mmdfilmbase (Speech) (12-23-17)
302. Right to Be Heard Right to Privacy (12-24-17)
303. What We Are Drawn To (12-25-17)
304. Expectations (12-25-17)
305. When People are Grose (12-25-17)
306. Public Safety (Speech) (12-26-17)
307. Your Influences in Life Matter (12-26-17)
308. Respect (Part of Ch, 34) (12-27-17)
309. Nobel Pulitzer Theory (world Peace Motions) (12-27-17)
310. Why Does Hate Breed Animosity (12-27-17)
311. Why Tech was a Difficult Field (12-27-17)
312. What are the Holidays For (12-27-17)
313. The Timeline of Care (12-27-17)
314. Whats in Good Taste Whats in Bad Taste (01-01-18)
315. Ideologies and Happenings (01-02-18)
316. Life Isnt About Image or Connections (01-03-18)
317. Moving Forward and Backtracking (01-05-18)
318. Being Raised Conservative (01-06-18)
319. What We See We Remember (01-06-18)
320. Whats Important to You (01-07-18)
321. Some Ideas (01-08-18)
322. Nothings Ever Permanent (01-09-18)
323. Commentary is for Professionals (01-09-18)
324. Minimalism Amplifies #TheArtWorld (01-10-18)
325. What to Talk About (01-10-18)
326. You Cannot Predict the Future (01-11-18)
327. Life not all about Blogging (01-12-18)
328. Always Think of Yourself (01-13-18)
329. Living is Not Contagious (01-13-18)
330. Whats Important to the Reader Doesn’t Matter (01-14-18)

331. Don't Blame it On the DJ (01-14-18)
332. Keeping a Positive Head on Your Shoulders (01-15-18)
333. You Can't Change Words or People (01-15-18)
334. Bad Memories (01-15-18)
335. Intent to Communicate (01-16-18)
336. Recognizing Failures (01-16-18)
337. What is Racism? (01-17-18)
338. Negative Opinions Don't Matter (01-17-18)
339. Friendships Can Never Be Wrecked (01-17-18)
340. Always Focus on What Matters (01-18-18)
341. Everybody has a Mind of Their Own (01-18-18)
342. You Can't Change the Past (01-22-18)
343. Accept People for Who They Are (01-22-18)
344. Knowingly in the Wrong (01-22-18)
345. The Confidences of Your Own (01-31-18)
346. Be in Control of Your Own Problems (01-31-18)
347. Balance and Esteem (01-31-18)
348. Always Stay Calm (01-31-18)
349. Always Stay Calm
350. Don't Be Easily Offended by Others (02-01-18)
351. It Takes a Long time to Know Yourself (02-01-18)
352. What you Know in Life (02-10-18)
353. It's Never Too Late (02-10-18)
354. When You Lose Faith in Self and Others (02-10-18)
355. You Are what You Connect To (02-13-18)
356. Don't Laugh Until it Hurts (02-13-18)
357. When You Don't Value Yourself (02-19-18)
358. Expectations and Recovery (02-19-18)
359. Social Influences (02-20-18)
360. When Your Intuition Fails you (02-20-18)
361. Some People Their World is Better Small (02-21-18)
362. Even if the Times Change Stay the Same (02-21-18)
363. When Things don't Work Out (02-21-18)
364. How Overthinking can Ruin a Relationship (02-22-18)
365. Why Jealousy is a Painful Attribute (01-22-18)
366. Chapter 77: Journal Notes #1 (02-22-18)
367. Chapter 78: Journal Notes #2 (02-22-18)
368. Chapter 79: journal Entries #3 (02-23-18)
369. MYMOLLYDOLL BOOK (VOLUME II) (02-23-18)
370. MYMOLLYDOLL BOOK (VOL. 11- VOL. 3) (02-23-18)
371. Relationship Woos – How to Keep Busy When in Love (02-24-18)
372. Journal #4 (Handwritten) (Notebook #2) (02-25-18)
373. Facebook Deductions (02-25-18)
374. Facebook Posts (Saved) (2-2) (02-25-18)
375. Facebook Posts (Saved) (3) (02-26-18)
376. Facebook (Posts) (4) (02-26-18)
377. Share your Mind (03-27-18)
378. MYMOLLYDOLL BOOK (VOL) (V)
379. Updated Muckrack Profile (04-01-18)
380. Update: Mental Health (04-09-18)
381. Baseball Cards and Broken Dreams (04-10-18)
382. Procrastination Blues (05-06-18)
383. Why I Really Need Microsoft (05-12-18)
384. Volume 5 mymollydoll book #2 (05-12-18)
385. Being Needy (05-13-18)
386. Who You Communicate With (05-25-18)

387. Building Sources of Inspiration (05-28-18)
388. Being Positive in Spite of Your Differences (05-31-18)
389. Not Caring What Other People Think (06-03-18)
390. Pioneering Ideas (06-06-18)
391. Finding Space to Discuss Your Worry (06-13-18)
392. Confusion and Turmoil Following Suicide (06-24-18)
393. mymollydoll (Book) via lulu.com (06-24-18)
394. The Importance of Keeping Families Together (06-30-18)
395. Website Update (07-01-18)
396. #michaelavenatti & Mr. Dan Petrocelli (07-02-18)
397. Kidding You Too (07-03-18)
398. Skeptical Crush (07-13-18)
399. August 2017 “my lives” (07-13-18)
400. How to Be Considerate “Do Not Disturb the Fallen” (07-14-18)
401. Batwings and Relapses (07-15-18)
402. Differing Levels of Success (07-15-18)
403. Religious Principles of Forgiveness (07-17-18)
404. My Thoughts on Poetry (07-17-18)
405. What is the Good Life? (07-17-18)
406. Don’t Politicize My Position in Life (07-18-18)
407. Negative Reactions (07-19-18)
408. Everyone’s Smart (07-22-18)
409. Wallowing in Futility (07-26-18)
410. New Science by 911 Operators (07-27-18)
411. Wasting Time (07-28-18)
412. mymollydoll.com (Book) (09-29-18)
413. Don’t Force Things to Happen in Life (11-04-18)
414. When People Turn on You (11-07-18)
415. #stopbullying Know When to Stop Sharing (11-08-18)
416. Fitting in and Acceptance (11-08-18)
417. What You Think Matters (11-08-18)
418. So Maybe Saks Took it Too Far (11-08-18)
419. So Maybe Saks Took it Too Far
420. When Things Don’t Make Sense – Anger + Outrage (11-09-18)
421. How to Control Your Writing (11-09-18)
422. My “Likes” are my Friends (11-12-18)
423. The Moment You Lose Faith (11-12-18)
424. Know When to Stop (11-15-18)
425. You Can Always Date and Drink (11-06-18)
426. When Things Get Awkward (11-16-18)
427. First Draft book #2 (103 pages) (11-16-18)
428. Some People Don’t Change (11-16-18)
429. Going Into Hiding (2009-2018) (11-20-18)
430. When You Miss All the Good Years ... #lebronjames (11-21-18)
431. Artistic Differences (11-21-18)
432. What Can you Do? March ... (11-21-18)
433. mymollydoll (Book #2) (11-22-18)
434. lulu.com.pdf
435. mymollydoll.com (Book #3) 11-23-18 (11-23-18)
436. mymollydoll.com (Book #3) 2nd Draft (11-24-18)
437. You Can’t Undo the Past (11-26-18)
438. Thanks for the Feedback Surfer Girls (11-26-18)
439. Achieving Well (11-26-18)
440. Lesson for Today (11-26-18)
441. Following Your Intuitions (11-26-18)
442. Letter of Apology (11-27-18)

443. About Being Careful (12-01-18)
444. #nevergiveup ... went back to aa (12-01-18)
445. mymollydoll.com (Book #4) 2nd Draft (12-11-18)
446. Being on Your Own Team in Life (12-11-18)
447. Leaving the Past Behind (12-15-18)
448. What Happens When You abandon Your Companion (12-15-18)
449. Just to Clarify a Few Things (12-17-18)
450. Do What is Right (12-19-18)
451. It Takes Time to Recover (12-20-18)
452. People of Interest (12-22-18)
453. Looking Back (12-23-18)
454. When Life Gets Random (12-23-18)
455. People on the Outside (12-24-18)
456. What the Main Problem is (12-24-18)
457. Stories from Your Past (12-25-18)
458. Whats Happening (12-25-18)
459. Make No Excuses Appearances Matter (12-26-18)
460. Upon Deletion and After Theft (12-31-18)
461. Composite Sketches and Beauty (01-09-19)
462. Learning from Quotes (01-22-19)
463. Don't try too Hard in Life (01-26-19)
464. "Be careful" who you apologize to in life (01-27-19)
465. Last Year was a Journey to Say the Least (01-27-19)
466. When Everybody Lights Up (01-28-19)
467. How Quickly We Forget (01-29-19)
468. You Are What You Say (01-29-19)
469. Life is a Transformation (01-30-19)
470. Easy on the Ones and Twos ... Villains (01-30-19)
471. Excerpt from LYS Notes 21-32 (02-02-19)
472. Exiting Unhealthy Relationships (02-02-19)
473. Don't Be So Hard on Yourself (02-03-19)
474. Be Happy with Your Team in Life (02-04-19)
475. Where does Commentary Come From? (02-04-19)
476. Talking Efficiency (02-05-19)
477. Not Everyone Will Be On Your Side in Life (02-05-19)
478. Privacy is So Important (02-05-19)
479. The Stopping Point (02-07-19)
480. Being a Positive Influence (02-07-19)
481. What you Know is Important (02-07-19)
482. How Well You Work With Others (02-07-19)
483. The Resentments We Harbor (02-07-19)
484. Building a Trusted Brand (02-07-19)
485. Represent yourself in Life (02-07-19)
486. When Things Come to An End (02-07-19)
487. Displeasure with Repercussions (02-08-19)
488. Never Assume (02-09-19) (Article)
489. Rising to the Occasion (02-11-19)
490. Whats Unsettling (02-11-19)
491. Don't Get Caught up in the Moment (02-15-19)
492. For Awhile now ... #thankyou (02-18-19)
493. Pick and Choose Your Battles in Life (02-19-19)
494. For the Most Part (02-26-19)
495. Hearing the Truth (02-28-19)
496. Never Thought that was Odd (03-03-19)
497. Procrastinating Blues (03-04-19)
498. As you get better, handling voices (03-04-19)

499.Recovery and Forgiveness (03-07-19)
500.What Makes Living Possible (03-07-19)
501.What is Offensive (03-07-19)
502.Book #5 (mymollydoll) (03-07-19)
503.Give it a Day (03-08-19)
504.What Couldve Been Helpful (03-09-19)
505.Telling Yourself I Knew this was Gonna Happen (03-10-19) (Article)
506.Welcome to the Club (03-11-19)
507.You Cannot Justify Change (03-11-19)
508.Don't Be Difficult to Work With (03-11-19)
509.How to Respond to Threats (03-11-19)
510.Know Your Meditation Space (03-12-19)
511.Is Blogging a Cause for Self-Harm? (03-14-19) (Article)
512.For the Most Part (03-18-19)
513.Going Through a Difficult Time (03-18-19)
514.Not Feeling Well (03-19-19)
515.Whats a Manifestation? (03-19-19)
516.Being Responsible for Your Own Words (03-21-19)
517.When Youre Feeling Down (03-22-19)
518.False Alarms and Recovery (03-24-19)
519.During Times of Need (03-24-19)
520.Why is Grandiosity Insulting (03-24-19)
521.In the Aftermath of Suicide (03-25-19)
522.Going to aa for Different Reasons (03-26-19)
523.Rolling with the Punches (03-26-19)
524.Remember Your Good Years (03-27-19)
525.Sometimes Under Stress (03-27-19)
526.You Cannot Share Experience (03-27-19)
527.When More is Expected of You (03-27-19)
528.Some Key Suicide Prevention Tips (03-28-19) (Article)
529.Feeling Better (therapy) (03-28-19)
530.Depending on Your Past (03-29-19)
531.Depending on Your Past (-=)
532.Liking your Likes (03-29-19)
533.Intelligence Matters (03-30-19)
534.Don't Be a Problem (04-01-19)
535.Loss of Motivation (04-02-19)
536.For the Most Part (04-02-19)
537.Dealing with Your Own Life (04-02-19)
538.Bipolar Episodes (04-03-19)
539.Coping with Trauma (04-03-19)
540.Self-Care After Trauma (04-04-19) (Article)
541.The Length of Your Day (04-05-19) (Article)
542.Do your Best (04-05-19)
543.Being Fully Supported (04-05-19)
544.Welcome to California #PresidentTrump (04-06-19)
545.Categories for Comfort (04-06-19)
546.Everyone has Their Own Science (04-06-19)
547.Becoming Defensive (04-06-19)
548.At the Epicenter (04-06-19)
549.Motivations in Life (04-06-19)
550.Just Returned home from a 2hr run (04-06-19)
551.Tips for People Who Self-Harm (04-06-19) (Article)
552.Next Time Do Book Reviews on your Blog (04-06-19)
553.Know What You Know (04-06-19)
554.Getting Your Revenge (04-06-19)

555. New Experiences, New Future (04-07-19)
556. Be In Sync with Your Present (04-07-19)
557. Today's a Different Day (04-08-19)
558. How to Handle Negativity (04-08-19) (Article)
559. And Then Relationships Went Online (04-10-19)
560. Be Careful What you Mass Produce (04-10-19)
561. How Perfect do you Need to be to Blog? (04-10-19)
562. Make the Most of Your Time (04-11-19)
563. When Opportunities Present Themselves (04-11-19)
564. By Likeness and Association (04-11-19)
565. The Main Problem (04-11-19)
566. Unmentionables (04-11-19)
567. Returning to AA #sober (04-11-19)
568. Whether it's Nobler in the Mind (04-11-19)
569. There is No Difference (04-11-19)
570. How Does Loss of Faith Occur (04-11-19)
571. Depending on What Your Standards Are (04-11-19)
572. Don't be a Disappointment (04-12-19)
573. When Rumors Get Spread (04-12-19)
574. You Will Meet a Select Few (04-13-19) (Article)
575. March 2018 Quotes on Facebook (04-13-19)
576. Know Your Strengths (04-13-19)
577. It's Mostly Maturity That's Asked of You (04-13-19)
578. Separating from People (04-13-19)
579. When You Knowingly Make Decisions (04-13-19)
580. Always Hope for the Better (04-14-19)
581. Catching Up on Sleep (04-14-19)
582. Going Back to Being You (04-15-19)
583. Stay on Track (04-16-19)
584. That Hearty Chuckle (04-17-19)
585. Learn from Your Mistakes (04-17-19)
586. Chapter 12: Overcoming Fear ... (04-17-19)
587. Addiction and Trauma (04-17-19)
588. Being Pleased with Results (04-17-19)
589. People Are Mostly Concerns with Themselves (04-17-19)
590. Some Days (04-22-19)
591. When Things Are New (04-22-19)
592. Setting Daily Goals (04-23-19)
593. I Read an Article About Messenger (04-24-19) (Article)
594. Be the Best Version of Yourself (04-24-19)
595. There's Never a Good Time to Date (04-25-19) (Article)
596. Support Causes that Matter to You (04-28-19)
597. Don't Isolate (05-03-19)
598. From the Moment you Snap You're in the Wrong (05-03-19)
599. You Can Never Have Too Much of Anything (05-05-19)
600. Don't Wear Out Your Potential (05-06-19)
601. Feed Off your Own Self-Worth (05-06-19)
602. Don't Especially Bring Up the Past (05-06-19)
603. Don't Be Affected by Others (05-08-19)
604. Be Thankful No Matter Where You Are At in Life (05-08-19)
605. Don't Be a Hero (05-09-19)
606. Don't Get Frustrated (05-13-19)
607. It's Not a Benefit to Blog (05-13-19)
608. Never Give Up (05-17-19)
609. Obsess Less (05-17-19)
610. Chapter 18: Blogging (05-18-19)

611. Reflecting (05-19-19)
612. Don't Ruin your Progress (05-19-19)
613. Let the Dust Settle (05-24-19)
614. The More You Share (05-25-19)
615. Build an Umbrella (05-26-19)
616. Get the Ball Rolling (05-30-19)
617. Growing Pains (05-30-19)
618. Overcoming Anxieties About the Future (05-31-19)
619. Ease Back into the Swing of Things (06-01-19)
620. Overcoming Depression (06-01-19) (Article)
621. The Times Are Not Archaic (06-01-19)
622. No One Has it Easy in Life (06-03-19)
623. The Importance of Experience (06-04-19)
624. Don't Be a Source of Discomfort (06-05-19)
625. Don't Miss the Old You (06-05-19)
626. Today with a High of 1,991 the most to date (06-05-19)
627. Like Without Comparisons (06-06-19)
628. 10 Ways to Love Yourself (06-07-19)
629. Don't Flip Out (06-08-19)
630. Ignore Expectations (06-08-19)
631. Breathe, Its not the End of the World (06-08-19)
632. When Deja-Vu Used to be Cool (06-08-19)
633. Don't Feel Bad (06-09-19)
634. Keep Moving Forward in Life (06-09-19)
635. Today's a New Day (06-12-19)
636. Be Resistant (06-13-19)
637. Working on Social Media (06-13-19)
638. Life After Advocacy (06-14-19)
639. Think Positively of Yourself (06-14-19)
640. The Same Information Rarely Makes You Smarter (06-14-19)
641. When Its Hard to Stay Focused (06-14-19)
642. Rise and Shine Clementines (06-15-19)
643. Taking a Stand Against Gun Violence (06-15-19)
644. In the Heat of Emotion (06-15-19)
645. Loss of Faith (06-15-19)
646. Don't Put Yourself at Risk of Harm (06-15-19)
647. You Can't Undo Hate After Self Harm (06-15-19)
648. Personal Update
649. mymollydoll.com (Book Draft) Ch. 22-25 (06-16-19)
650. Issue Spotting (06-18-19)
651. When You Don't Hear from People (06-18-19)
652. If you Can't Win Don't Commit Suicide (06-18-19)
653. Going Back to AA (06-19-19)
654. When Things Get Overwhelming (06-19-19)
655. Unconditional Branding (06-19-19)
656. Why We Have Clubs (06-20-19)
657. When You're Feeling Symptomatic (06-21-19)
658. For the Most Part (06-21-19)
659. When People Become Accusatory Toward you (06-21-19)
660. When Relationships Go Sour (06-22-19)
661. The Power of Observation (06-23-19)
662. Chapter 10 (Book Draft) (06-24-19)
663. World Peace Motion #2 (06/25) (06-25-19)
664. Being Better Than (06-25-19)
665. Carrying Guilt (06-26-19)
666. Playing God (06-28-19)

667. When Everyone Thinks Everything is About Them (06-28-19)
668. The Aging Process (06-29-19)
669. Building a Website & Helping Others (06-29-19)
670. When No One Respects You (06-29-19)
671. How to Know When to Stop (06-29-19)
672. Being Controlled by Others via Voice (06-29-19)
673. Grudges and Beliefs (06-29-19)
674. How You Look v. Your Mentality (06-29-19)
675. Whats Ghetto (06-29-19)
676. Being Judged by Who You Talk To (06-29-19)
677. Unwanted Associations (06-29-19)
678. Having Zero Tolerance (07-01-19)
679. The Bare Necessities (07-02-19)
680. Getting Hurt by What People Know About You (07-02-19)
681. If you Don't Need Help, You Don't Need Help (07-02-19)
682. Sharing Your Story (07-02-19)
683. Reminders in Life (07-02-19)
684. Hearing Voices (#dontdodrugs) (07-02-19)
685. My Political Views (07-03-19)
686. Feeling Insulted (07-03-19)
687. Don't Be Offended by Those Offended (07-03-19)
688. Who is Happy (07-03-19)
689. Don't Be a Product of Others (07-03-19)
690. Dear Fireworks (07-03-19)
691. Whos Qualified to Go Through Your Things (07-04-19)
692. What Your About (07-04-19)
693. Rising to Occasions (07-04-19)
694. I Called my Boyfriend Yesterday (07-05-19)
695. When What People Think Matters (07-05-19)
696. One Thing at a Time (07-07-19)
697. Rules for Connecting with Others (07-07-19)
698. How Do Enclosed Spaces Work (07-07-19)
699. Superiority ... What is Elite? (07-08-19)
700. Website Updates (07-08-19) w/Attachment: Social Media & Wealth Management
701. What is Trust for? (07-08-19)
702. For Various Reasons (07-08-19)
703. How to Move Forward (07-08-19)
704. Your Demise (07-08-19)
705. Learn to Stay Calm (07-08-19)
706. #dontdodrugs (Facebook Page) via ideascale (07-09-19)
707. This is Not a Movement (07-09-19)
708. Don't Let People Scare You into Thinking (07-09-19)
709. Knowing When to Stop (07-10-19)
710. Whos in the Right (07-10-19)
711. Its Your Choice to Wake Up (07-10-19)
712. Finding Your Inner Peace (07-11-19)
713. House Fight Therapy Club (07-12-19)
714. When Everyone Reads Something Different (07-12-19)
715. Lost and Found (07-12-19)
716. From Your Vantage Point (07-13-19)
717. Thoughts, Incidences, Reminders, and Memory (07-14-19)
718. Whats Good? (07-14-19)
719. Holding You to a Few Stories (07-14-19)
720. Getting Things Done (07-15-19)
721. Communication Problems (07-15-19)
722. Who You Are Online (07-16-19)

723.Organic Growth (07-16-19)
724.Horse to Ferrari in 100 Years Flat (07-16-19)
725.Qualifications (07-16-19)
726.Anger and Resentments (07-17-19)
727.How You Identify Now (07-17-19)
728.Going Backwards (07-18-19)
729.Thinking about the Day Ahead (07-19-19)
730.Dealing with Voices (07-20-19)
731.Timing is Everything (07-20-19)
732.Control Issues and Natural Disasters (07-21-19) (Article)
733.The Benefit of Being Sheltered (07-21-19)
734.Be a Good Person (07-22-19)
735.Feeling Above Than (07-18-19, 07-22-19)
736.What is Femininity (07-22-19)
737.Benefiting from Others (07-23-19)
738.Going Through Turmoil (07-24-19)
739.Building Toward Argument (07-24-19)
740.Lessons in Forgiveness (07-24-19)
741.As it Turns Out (07-25-19)
742.Writing to Issues (07-25-19)
743.How to Think Up (07-25-19)
744.How Do Personalities Happen (07-25-19)
745.Avoiding Controversies in Life (07-25-19)
746.When to Move Forward (07-25-19)
747.Being Redundant (07-26-19)
748.Conversations About Empowerment (07-28-19)
749.Going with the Flow (07-28-19)
750.Put Downs and Empowerment (07-28-19)
751.Shared Understandings and Intimacies (07-29-19)
752.Dissertation Drafts to Graduate (07-29-19) w/Attachments
753.Seeing Something Better (07-29-19)
754.Levels of Morality (07-29-19)
755.There Are Stopping Points [personal] (07-29-19)
756.Having Your Feelings Hurt (07-29-19)
757.Not All Sides Need to Be Represented By Me (07-30-19)
758.Different Places in Life (07-30-19)
759.How You Are Looked At (07-31-19)
760.Who Benefits from a Telling of Your Story (07-31-19)
761.There Will Be Moments (07-31-19)
762.Sometimes as Confident (07-31-19)
763.When People Put Words Through You (07-31-19)
764.Finding a Methodology (08-01-19)
765.Coping with Losses (08-02-19)
766.Not Feeling Well (08-02-19)
767.Unwanted Attachments (08-03-19) (Article)
768.Incoming Signals (08-03-19)
769.The Wrong Ideas About Life (08-04-19)
770.Writing Without Likes (08-05-19)
771.Feeling Belittled (08-05-19)
772.Knowing When to Stop (08-05-19)
773.What is Tired? (08-05-19)
774.Studying Writers (08-05-19) (Article)
775.Essay Submission 12/03/17 (08-05-19)
776.Just Left the Hospital (08-09-19)
777.Time to “Hey Babe” Your Significant Other (08-09-19)
778.Not Feeling Good Enough (08-10-19)

779. How you Get Hurt in Life (08-10-19)
780. Learning to Part Ways (08-10-19)
781. How Quickly Happiness Leaves You (08-10-19)
782. Messenger is Not for Mental Health Issues (08-12-19)
783. Friday Night Blues (08-16-19) (Article)
784. When Friendships Go Sour After Blogging (08-17-19) (Article)
785. This Cocoon (08-17-19)
786. How Do Campaigns Help or Hurt Us (08-18-19) (Article)
787. Know Your Potential (08-19-19) (Article)
788. Recovering from Failure & Friendship (08-20-19) (Article)
789. The Pain Quotient (08-20-19) (Article)
790. Wait to Date (08-20-19)
791. Being Critical (08-21-19)
792. Getting Used (08-23-19) (Article)
793. No Life is Perfect (08-23-19)
794. Moving Forward in Life (08-24-19) (Article)
795. Body Image Blues (08-25-19) (Article)
796. Keys to Work Productivity (08-26-19) (Article)
797. How to Crush (08-27-19)
798. Overcoming Unhappiness (08-28-19) (Article)
799. How to Be a Solid Friend (08-29-19) (Article)
800. After You Speak (08-30-19)
801. Sweet Melancholy (09-13-19)
802. As You Get Older (09-13-19) (Article)
803. Growing Up (09-17-19)
804. Setting Goals (09-21-19) (Article)
805. Expecting Change (09-28-19)
806. Wellness is Not a Competition (10-01-19)
807. Today is the Day (10-09-19) (Article)
808. Post with Positive Purpose (10-16-19) (Article)
809. My First 10 Mile Run (10-16-19)
810. The Suicide Prevention March (10-20-19)(Brady Reference)
811. Overcoming Depression (10-20-19) (Article)
812. 4 Steps to Getting Organized as a Blogger (10-22-19) (Blogging Tips) (Article)
813. Overcoming Self-Doubt (10-22-19) (Article)
814. How You Feel Now v. How you Felt Then (10-22-19) #stopbullying
815. The Pink Cloud (10-23-19) (Article)
816. When Voices Hurt (10-24-19) (Photo w/Reference) (Article)
817. Getting the Blues at 5:50pm (10-25-19)
818. Blogging Basics (10-26-19) (Blogging Tips)(Alexa Chart)
819. The Time is Now (10-27-19)
820. Top 15 Female Bloggers to Follow 2019 (10-28-19) (Blogging Tips) (Alexa Chart) (Article)
821. How Do you Self-Identify (10-28-19)
822. #AAS20 – Topic: Health Equity (Paper) w/Attachments
823. By Rumor (10-31-19)
824. Fresh Args for the Day (10-31-19) (Link: leslifischman.wordpress.com)
825. Promote Your Blog (11-01-19) (w/References Hashtags on Twitter)
826. Become a #ladybossblogger (11-04-19) (Advertisement)
827. Being the Next Mark? (11-04-19) (Alexa Chart)(Blogging Tips)
828. Blogging Course Listings Online – Best Places to Go (11-04-19) (Blogging Tips) (Article)
829. Blogging Anxiety (11-05-19) (Article) (Blogging Tips)
830. The Malibu Half-Marathon & 5k ... #runbeautiful (11-05-19) (Article)
831. Whos Sensitive? (11-05-19)
832. How to Unfreeze (11-07-19)
833. The “Global Climate Strike” (11-08-19) (Article)
834. Welcome Featured: Guest-Post Bloggers (11-10-19) (Blogging Tips) (Article)

835. The Elements of Caring (11-11-19)(Article)
836. When Things Get Negative (11-11-19)
837. Under Pressure: Photography (11-12-19) (Article)
838. How, When, and Why? (11-12-19) (Article)
839. 12 Common Mistakes Made by Bloggers (11-13-19) (Article)
840. Book Review: “Unf*ck Yourself” (11-13-19) (Book Review) (Article)
841. Avoiding Controversy (11-14-19, 11-11-19)
842. Be Happy, Easier Said than Done (11-14-19) (Article)
843. Winter Essentials Splurge or Shop Around? (11-15-19)
844. Take it One Day at a Time (11-15-19) (Article)
845. The Trick to Success is Getting Started (11-16-19)
846. Have not Been Feeling Well (11-17-19)
847. Sensitive Subjects (11-17-19) (Article)
848. All or Nothing Thinking (11-17-19) (Article)
849. How to Have a Great Day (11-18-19) (Article)
850. Book Review: “You Are a Badass” (11-19-19) (Book Review) (Article)
851. Be Yourself (11-19-19) (Article)
852. Outlook in Life (11-21-19) (Article)
853. You Only Know What You Know (11-21-19) (Article)
854. When Your Intuition Fails You [personal] (11-21-19) (Article)
855. For Everyone We Have Lost, Stages of the Grieving Process (11-21-19) (Article)
856. Re: Public Health (11-21-19) (Article)
857. Does it Matter Who You Know? (11-23-19) (Article)
858. Basic Necessities (11-24-19) (Article)
859. 6 Keys to Work Productivity (11-24-19) (Article)
860. Experiencing Avoidance (11-25-19) (Article)
861. Dealing with Discomforts in Life (11-26-19) (Article)
862. Change for the Better (11-27-19) (Article)
863. Recovery is a Process (11-27-19) (Article)
864. Staying Motivated (11-27-19) (Article)
865. Problem Solving Techniques (11-29-19) (Article)
866. Book Review: “Stillness is the Key” by #ryanholiday (11-30-19) (Book Review) (Article)
867. Hearing What You Want to Hear (12-01-19)
868. Pamper Yourself (12-02-19) (Article)
869. Repetition of Harm (12-03-19) (Article)
870. The Benefits of Free Thinking (12-03-19) (Article)
871. Finding the Time (12-03-19) (Article)
872. Simplify Your Life (12-04-19) (Article)
873. Self-Improvement “2019” (12-05-19) (Article)
874. One of Those Days (12-07-19) (Article)
875. Pen Pals (12-07-19) (Article)
876. Learning is a Process (12-08-19) (Article)
877. Stay Determined (12-08-19) (Article)
878. #bookreview: “When” by #danielpink (12-09-19) (Book Review) (Article)
879. Love Yourself Often (12-09-19)
880. Know Yourself (12-10-19) (Duplicate from my Wordpress: lesliefischman.wordpress.com)
881. What Changes You Shapes You (12-11-19) (Article)
882. Whoever Said Romance was Dead (12-14-19) (Article)
883. What is Networking? (12-15-19) (Article)
884. Addiction is the Biggest Waste of Time (12-15-19) (People Mention)
885. Self-Defeat and Taking Responsibility (12-16-19) (Article)
886. Sometimes We Shine (12-16-19) (Duplicate Post from my Wordpress)
887. Work Life Balance (12-17-19) (Duplicate Post form my Wordpress) (Article)
888. Reaching Your Blogging Goals (12-20-19) (Article) (Blogging Tips)
889. First Things First (12-20-19) (Duplicate Post from my Wordpress)
890. Dissertation Final Draft (TJSL) LLM Masters in Law (12-21-19)

891. Dating in LA (12-21-19) (Relationship Advice)
892. Bloom at Your Own Pace (12-21-19) (Article)
893. Don't Wait Too Long (12-21-19) (Article)
894. Pick and Choose your Battles (12-22-19) (Article)
895. The Importance of Education (12-22-19) (Article)
896. Deliberately Awkward (12-22-19)
897. Why You Can't Go Backwards (12-22-19) (Article) (Blogging Tips)
898. Book Review: "Get Put of Your Own Way" (12-23-19) (Article) (Book Review)
899. Maintaining a Positive Attitude (12-24-19) (Article)
900. Stop Trying to Fix Yourself (12-24-19) (Article)
901. Just Because (12-25-19) (w/References to Wordpress Related Posts)
902. Say What You Mean (12-25-19)
903. At What Moment Do You Stop? (12-25-19)
904. Its Time to Update Your Resume (12-26-19) (w/Attachment - Resume)
905. Sometimes Its Best (12-26-19)
906. Moving to Wordpress (12-27-19)
907. Don't Let Your Imagination Get the Best of You (12-27-19)
908. When Nothing Makes Sense (12-28-19)
909. Another Big Idea (12-29-19) (w/Reference to webnode idea)
910. Phases in Life (12-20-19) (Article)
911. New Year New You (12-31-19)
912. Whats Okay Whats Not Okay (01-01-20)
913. Overcoming Frustration (01-01-20) (Article)
914. Being Perfect (01-01-20)
915. Expect That Much (01-01-20)
916. Sudden Change (01-02-20)
917. Whatever Happened to the Days (01-03-20)
918. Romance and Pride (01-05-20) (Article) (Relationship Advice)
919. Not My Intent (01-05-20) (w/Mention: Ari Emanuel)
920. Being Experimental (01-05-20)
921. The Last Thing on My Mind (01-06-20) #stophate #stopsuicide
922. My Thoughts on Twitter (01-06-20)
923. Justifications for Hardship (01-06-20)
924. Sometimes You Do Your Best (01-06-20)
925. Don't Define me By my Past (01-06-20)
926. In Sobriety (01-07-20) (w/Mention: Ari Emanuel)
927. Losing Weight (01-08-20)
928. Quit Being Stubborn (01-08-20)
929. When Your Feelings Are Hurt (01-08-20)
930. For the Most Part (01-08-20)
931. Don't Take Things Personally (01-09-20) (Article)
932. When Everything Makes Sense (01-10-20) (Article)
933. Without Meds (01-14-20) (Article)
934. The Eye of the Beholder (01-14-20)
935. Going with the Flow (01-14-20)
936. Unhealthy Crushes (01-14-20) (Relationship Advice)
937. Components to a Healthy Campaign (01-15-20) (Blogging Tips)
938. The Sudden Demise of Confidence (01-15-20)
939. Dissertation Draft (01-15-20) (w/Attachment)
940.
941. Don't Lose Focus (01-16-20)
942. Impromptu Meetsups at Starbucks (01-16-20)
943. Personal Update #stophate (01-16-20)
944. Overcoming Mental Illness: Beauty (01-18-20)
945. Opting Out of the Use of Humor (01-18-20)
946. Setting Yourself Back (01-19-20)

947.Overcoming Feelings (01-20-20)
948.Personal Update (2) (01-21-20)
949.Finding Your Sense of Peace (01-21-20)
950.Until It Happens (01-23-20)
951.Feeling Better (01-24-20) (Article)
952.When Things Don't Line Up (01-25-20) (Article)
953.In Remembrance ... #kobebryant (01-26-20)
954.Taking it One Day at a Time (01-27-20)
955.1 Marg [removed] (Posted: 01-19-20) (01-27-20)
956.Losses and Emotions (01-31-20)
957.The Same Handicaps (01-31-20)
958.Girl Time is Essential (02-01-20)
959.#stophate (02-01-20) (w/Lawsuit Mention: Facebook)
960.Trusting Instincts (02-01-20)
961.Personal Update [Called #FBI Today ...] (02-02-20)
962.How to Feel Better (02-02-20)
963.Identified as Someone Trying to Be Identified as About (02-02-20)
964.Snap Out of It (02-04-20)
965.Nothing to Talk About (02-05-20) (Article)
966.Leaving Messenger (02-05-20)
967.For Purpose of Getting Well (02-05-20)
968.Finding a Stopping Point to Thoughts (02-06-20)
969.What is Heroism (02-10-20)
970.The Repercussions of Bipolar and Suicide (02-14-20) #stophate
971.Stop Bullying (02-15-20)
972.Purposes for Loving Yourself (02-16-20)
973.Unless You Are Well (02-20-20)
974.What Results from Negativity (02-21-20)
975.Personal Update #stopsuicide (02-21-20)
976.The World is a Big Place (02-25-20)
977.When People Are Negative Toward You (02-26-20)
978.Permission to Be Baller (02-27-20)
979.The World is a Beautiful Place (02-29-20)
980.Be All That You Can Be (03-02-20)
981.Be Strong Everyone Cares (03-03-20)
982.Some People Never Come Up in Life (03-04-20)
983.Aging is a Process (03-06-20)
984.When Words Matter (03-08-20)
985.Control and Belittlement (03-08-20)
986.Shared Happiness (03-09-20)
987.Preserve Your Gifts in Life (03-11-20)
988.Be Particular with Your Words (03-12-20)
989.History is Great (03-13-20)
990.Growing Up in Brentwood (03-15-20)
991.Never Stop Adapting (03-15-20)
992.Always Be Happy (03-15-20)
993.By the Time it Dawns on You (03-15-20)
994.That's Just How Life Is (03-16-20)
995.Not Everyone's Ready (03-16-20)
996.Nows Not a Good Time (03-18-20)
997.Mass Produced Wellness (03-18-20)
998.When People Take Things Too Far (03-18-20)
999.A Common Set of Blames (03-19-20)
1000. Know your Coordinates in Life (03-19-20)
1001. The Goals of Refinement (03-19-20)
1002. Never Assume (03-19-20)

1003. Dispositions in Life (03-19-20)
1004. That's the End of That (03-19-20)
1005. Its Not Inevitable (03-19-20)
1006. Teetering at the Top (03-22-20)
1007. Learn to Accept (03-22-20)
1008. Maintaining Your youthful Glow (03-22-20)
1009. First to Living Life (03-22-20)
1010. Mass Non-Acceptance and Hate (03-23-20)
1011. Different Speeds (03-23-20)
1012. A Well Condition (03-23-20)
1013. Ya, That Really Didn't Do Anything for Me cc: #scotus (03-23-20)
1014. Protect Your Assets (03-24-20)
1015. The Upper Limit to Success (03-25-20)
1016. Be Socially Efficient (03-26-20)
1017. There are No Do-Overs in Life (03-26-20)
1018. Lifes Not a Dress Rehearsal (03-26-20)
1019. The Power of Diversity (03-26-20)
1020. When You Hit the Stage (03-26-20)
1021. It Has Come to My Attention (03-26-20)
1022. Have you Ever Noticed (03-27-20)
1023. Not at your Best (03-27-20)
1024. When is it Time to Be Spiritual (03-27-20)
1025. Sometimes We Wander (03-28-20)
1026. Being Good Enough (03-29-20)
1027. Being Approachable (03-29-20)
1028. Under Pressure (03-29-20)
1029. Being Impressionable (03-29-20)
1030. Being Bold (03-30-20)
1031. Gone Before You Make It (03-30-20)
1032. Never the Same (03-30-20)
1033. Phases in Life (Activism) (Article)
1034. When Love Comes Around (04-01-20)
1035. Snap, Crackle, Rarr (04-01-20)
1036. Rescue Mission (04-01-20)
1037. Life Isnt Perfect (04-02-20)
1038. Don't Get Carried Away in Life (04-02-20)
1039. Issues with No Resolve (04-02-20)
1040. Living Without Regret (04-02-20)
1041. When Go Time Has Passed (04-02-20)
1042. Making Friends Online (04-02-20)
1043. Opening Up (04-03-20)
1044. Personal Update (04-05-20)
1045. Over Before You Know It (04-06-20)
1046. What Makes a Hero? (04-06-20)
1047. Knowing Less about (04-06-20)
1048. Business Etiquette in the Works (04-06-20) (w/Reference: macbook)
1049. New to Blogging Online (04-07-20)
1050. Hollywood Dreams (poem) (04-07-20) (w/Mention: Joaquin Phoenix)
1051. Website "Stats Per Post" for mymollydoll.com (04-07-20)
1052. Anyone Whos Hardworking Knows (04-07-20)
1053. With Love and Appreciation (04-07-20)
1054. In a Nutshell: How to Compartmentalize the Past (04-08-20)
1055. Wondering About Time (04-08-20) (w/Mention: Reverend Parazaider and Joaquin Phoenix)
1056. At a time Like This (04-10-20)
1057. How the Story Sits (04-11-20)
1058. Chapter 25 (edit) "to speak" (04-11-20)

1059. What is “Common Knowledge”? (04-11-20)
1060. Being Judged in the Negative (04-11-20)
1061. Life Isn’t Easy (04-12-20)
1062. Making Friends Online (04-12-20)
1063. What is Expected? (04-12-20)
1064. Based on What you Look Like (04-12-20)
1065. Not Why We Met (04-12-20)
1066. Overcoming Hate & Restoring Your Faith (04-12-20)
1067. Prevention Work (04-13-20) (w/Mention: Hillary Clinton)
1068. “Blogging” (Medium) Article (04-13-20) (Article) (Duplicate)
1069. “Fast Company” Innovation by Design Awards (Reply) (04-13-20)
1070. Don’t Take Your Time for Granted (04-13-20)
1071. The Consequences of Mischaracterization (04-14-20)
1072. Centering Blames (04-14-20)
1073. What is Likeable? Identifying Potential (04-14-20)
1074. Deep in Thought vs. Gone (04-14-20)
1075. You’re Never Good Enough to Mention Others (04-14-20)
1076. The Moment of Change (04-15-20)
1077. Building Your Ideal Website (04-16-20) (Blogging Tips)
1078. Tolerable Levels of Advocacy (04-16-20) *Tanya Quote and FBI Clearance
1079. When Its Time to Move On (04-18-20) (“No Evidence of a Crime” LAPD)
1080. Guided Discussions (04-18-20)
1081. Nothing Comes Easy in Life (04-18-20)
1082. Hardwork and Recognition (04-19-20)
1083. Being Human (04-19-20)
1084. Managing Emotions on a Crisis Hotline (04-20-20) w/Attachment
1085. Elements of a Comeback (04-21-20)
1086. Personal Update (04-21-20)
1087. When Two People Get Along (04-21-20)
1088. Being Better Than v. Being Apart Of (04-22-20)
1089. You’re Only as Good as You See Yourself (04-22-20)
1090. Everyone Matters Maybe Its Just You? (04-23-20) [#imsorryjoaquinloveyou](#)
1091. What is Special? (04-25-20)
1092. How You Look Matters (04-25-20)
1093. Understanding Your Purpose (04-26-20)
1094. Being Vindictive (04-26-20)
1095. Love is a Dangerous Sport (04-27-20)
1096. Your Life Right Now (04-27-20)
1097. Fixing How You Feel (04-28-20)
1098. Seeing the Beauty in Others (04-28-20)
1099. Being Defined (04-29-20)
1100. Maintaining Wellness (04-29-20)
1101. Overcoming Mental Health Issues (04-30-20)
1102. It Takes One to Know One (05-01-20)
1103. Your Well Being (05-01-20)
1104. Personal Update (05-01-20)
1105. The Weight of Criticism (05-02-20)
1106. Dragged Down by the Past (05-02-20)
1107. Everyday Conversation (05-03-20)
1108. What do you see in him/her? (05-04-20)
1109. Respect, Wellness, & Success (05-04-20)
1110. When Things Stop Making Sense (05-04-20)
1111. Social Responsibility and Mental Health (05-04-20)
1112. What are the Primary Causes for Gone? (05-04-20)
1113. Be the Change You Wish to See in the World (05-05-20)
1114. When Youre Wrong (05-05-20)

1115. How is Power Made? (05-05-20)
1116. Personal Update (05-05-20)
1117. Masks On: The Times May Be Difficult (05-06-20)
1118. Take Your Health Seriously (05-07-20)
1119. Moments of Inspiration (05-07-20)
1120. Company Direction and Focus (05-07-20) w/Mentions RIPs
1121. Ever Feel Overwhelmed? (05-08-20)
1122. Sometimes Funny Sometimes Not (05-09-20)
1123. Sometimes I Ask Myself (05-09-20)
1124. In Anticipation of Misconduct (05-09-20)
1125. Whats Important to You (05-09-20)
1126. Into Adulthood (05-10-20)
1127. Happiness is Not Meant to Be Shared (05-10-20) (Article)
1128. Benefiting from Wellness (05-10-20)
1129. Personal Update (05-15-20)
1130. Before I Started Blogging (05-16-20)
1131. Look on the Bright Side (05-17-20) (Article)
1132. Nothing Generic About Meds (05-18-20)
1133. Concept Concerns (05-19-20)
1134. Whats Unforgiveable (05-19-20)
1135. Surviving Each Day (05-20-20)
1136. Sweet on the Inside (05-20-20)
1137. Trust and Authority (05-21-20)
1138. Sometimes Im Hyper (05-22-20)
1139. Whats Real Whats Not (05-23-20)
1140. How to Get Over It (05-24-20) (Article)
1141. Can Life Be More Depressing? (05-25-20)
1142. Taking Advice (05-26-20) (Article)
1143. After the Fact (05-29-20)
1144. Sometimes Youre Right and Sometimes Youre Wrong (05-30-20)
1145. Manage Your time Wisely (06-01-20)
1146. Another Day Tomorrow (06-01-20)
1147. This Day and Age (06-03-20) (Photo Instagram)
1148. Ever Notice (06-05-20)
1149. Whats Holding you Back? (06-06-20)
1150. Write Without Expectation (06-06-20)
1151. True to Your Word (06-07-20)
1152. Right to Privacy and HIPAA (06-08-20)
1153. Book Review: "Everything is F\$cked" (06-09-20) (Article) (Book Review)
1154. Putting Things Together (06-10-20)
1155. Earning Your Sense of Peace (06-10-20) (Photo Instagram)
1156. Responding to Protests (06-10-20)
1157. When Life Begins (06-12-20)
1158. Make Yourself Irreplaceable (06-12-20)
1159. Playing Victim (06-13-20)
1160. When Love Comes Around (06-14-20)
1161. "The Game" Definition (06-14-20)
1162. The More You Know (06-15-20)
1163. Whats Challenging (06-15-20)
1164. Building Understanding (06-16-20)
1165. Why I Built a Website (06-17-20)
1166. Credits Deserved and Wellness (06-17-20) #BlackLivesMatter
1167. Saying: Leave Things Alone (06-17-20)
1168. Never Give Your Power Away (06-19-20)
1169. Today is Father's Day (06-21-20)
1170. When Things Don't Work Out (06-22-20)

1171. Working your Way Toward Solution (06-22-20)
1172. What Does Mental Illness Reflect? (06-22-20)
1173. Everyday a Minute Older (06-23-20)
1174. As it Comes to Mind (06-23-20)
1175. Loss of Identity (06-24-20)
1176. Getting Sized Up (06-25-20)
1177. Designated Conditions (06-25-20)
1178. Dissertation for [MSL] Masters in Law (06-26-20) w/Attachment
1179. Two Paths in Life (06-26-20)
1180. Finding Your Tone (06-26-20)
1181. Excitement in Life (06-27-20)
1182. No Shared Acceptances (06-28-20)
1183. How You Describe the Past (06-28-20) (Article)
1184. Let Change Happen (06-28-20)
1185. Moments of Clarity (06-29-20)
1186. Not Your Ticket to Confidence (06-20-20)
1187. You Can't Fix Hate (07-01-20)
1188. When Professionalism Gets Toxic (07-02-20)
1189. Meaning Behind the Letter "Y" (07-03-20) (Article)
1190. Autobiography (1-27) Posts (07-3-20) *See new page.
1191. Heartwarming Expectations (07-03-20) (Article)
1192. Personal Update (07-03-20)
1193. What is Respect? (07-03-20)
1194. The Object of My Affection (07-04-20)
1195. You Can't Please Them All (07-05-20)
1196. Your Thoughts vs. Reality (07-05-20)
1197. Personal Update (07-07-20)
1198. Let Things Go (07-07-20)
1199. Don't Let Anyone Take Your Power Away (07-08-20)
1200. Different Speeds (07-09-20)
1201. Don't Set Yourself Up for Heartbreak (07-09-20)
1202. Sometimes Its Not Advantageous (07-09-20)
1203. The Majority (07-10-20)
1204. Best of You (07-11-20)
1205. Keep Dreaming (07-12-20)
1206. Before Its Too Late (07-13-20)
1207. Its Okay to Be a Free Spirit (07-13-20)
1208. Playing Stupid (07-14-20)
1209. Top 50 Blogs Los Angeles! (07-16-20)
1210. When Love Comes Around (07-17-20)
1211. Time Wasted (07-18-20)
1212. Creating Change (07-19-20)
1213. Knowing vs. Not Knowing (07-20-20)
1214. Competitive Edge (07-20-20)
1215. Nows a Good Time to Read (07-20-20)
1216. Its All a Matter of Pride (07-22-20)
1217. When Youre Wrong Youre Wrong (07-24-20)
1218. Don't Put Yourself Down in Life (07-24-20)
1219. Teams in Life (07-24-20)
1220. War is War (07-24-20)
1221. Choosing to Be a Website (07-25-20)
1222. Time to Fill the Blank Space in the Air (07-25-20)
1223. "Theres no place like home" (07-26-20)
1224. Credits for Welllness (07-26-20)
1225. In Rare Moments (07-27-20)
1226. Extreme Discomfort (07-28-20)

1227. A Small Mind vs. A Big Mind (07-29-20) (Article)
1228. Don't Pick on People (07-29-20)
1229. Finding that Special Someone (07-29-20)
1230. Its Not a Walk in the Park (07-30-20)
1231. Learn to Settle (07-31-20)
1232. Feeling Symptomatic (07-31-20)
1233. That Element of Hot (07-31-20)
1234. Whats Off Limits (08-01-20)
1235. All Bets are Off (08-01-20)
1236. Don't Torture Yourself (08-01-20)
1237. Self-Defeative Tendencies (08-02-20) (Article)
1238. I Don't Want to Hear It (08-03-20) (Article)
1239. How to Manage a Workload (08-04-20) (Article)
1240. How to Be? (08-04-20)
1241. Just Applied (08-05-20)
1242. What Does it Mean to Feel Pretty (08-05-20)
1243. Statements You Can't Take Back (08-05-20)
1244. Whats the Hurry 30? (08-05-20)
1245. Poem (08-06-20)
1246. Leave Room for Excitement (08-06-20)
1247. Energy to the Table (08-06-20)
1248. Think Before You Speak (08-07-20) (Article)
1249. Personal Update (08-08-20)
1250. Staying Motivated as a Blogger (08-08-20) (Article)
1251. The Toughest Part of Being a Blogger (08-09-20)
1252. E-Books, Blogging, and Reading (08-10-20)
1253. My Original Sober Date (08-10-20)
1254. Single During COVID? (08-10-20) (Article)
1255. How to Identify as a Blogger or Influencer? (08-11-20)
1256. Job Placements and Website Updates (08-12-20)
1257. Lesson Upon Mention (08-12-20)
1258. Personal Update (08-13-20)
1259. Managing Bipolar & Negative Thoughts (08-14-20) (Article)*
1260. Social Media and Sharing (08-15-20) (Article)
1261. Meeting Expectation (08-15-20)
1262. Ownership, Control, and Image (08-15-20)
1263. Moment of Infatuation (08-16-20) (Article)
1264. The Key to Self-Love (08-17-20) (Article)
1265. Taking a Position (08-18-20)
1266. Do's and Don'ts of Blogging (08-19-20) (Article)
1267. Take Your Time (08-20-20)
1268. Be Wise (08-20-20)
1269. When Things Happen Again (08-21-20)
1270. Fixing Yourself (08-21-20)
1271. How to Love Without Being Too Needy (08-22-20) (Article)
1272. Creating Content for Your Niche (08-23-20) (Article)
1273. More than What Meets the Eye (08-24-20)
1274. Gym Apathy: Why am I Still Fat? (08-24-20)
1275. Why Call a Judge (08-25-20)
1276. Personal Update (08-25-20)
1277. Something That Sits Well (08-25-20)
1278. Book Dedication (08-25-20)
1279. How to Avoid Stress While Blogging (08-26-20) (Article)
1280. Networking Tips (08-27-20) (Article)
1281. Get Your Power Back (08-27-20) (Article)
1282. Uneven Exchanges (08-28-20)

1283. Disturbed Sense of Peace (08-28-20) (Article)
1284. Self-Harm Research: Issues and Attentions (08-29-20) *FEMA
1285. Getting Back Center (08-29-20)
1286. Don't Put Yourself Down in Life (08-30-20) (Article)
1287. Fighting is Not the Solution (08-30-20)
1288. Online Harassment (08-30-20) (Article)
1289. The Ongoing Debate: Nudity (08-31-20) (Article)
1290. Most People (09-01-20)
1291. Do Things that Make You Feel Good (09-01-20)
1292. Don't Wait Until Its Too Late (09-02-20)
1293. Writing a Book (09-03-20)
1294. The Only Catch (09-04-20)
1295. Personal Update (09-03-20)
1296. Being Watched (09-03-20)
1297. Lead by Example (09-04-20)
1298. Personal Update (09-04-20)
1299. Common Takeaways (09-05-20)
1300. Chapter 5: Rewritten (09-05-20)
1301. When Someone You Love Hurts You (09-06-20)
1302. You Will Never Know My Worth (09-06-20)
1303. Dear Audience (09-06-20)
1304. Online is Not Therapy (09-07-20)
1305. Breaking the Silence (09-08-20)
1306. Feeling Special (09-09-20)
1307. That Place Called Space (09-09-20)
1308. Have an Open Mind (09-09-20)
1309. What is Right? (09-10-20)
1310. I Understand Your Hate (09-10-20)
1311. Whatever It Takes (09-10-20)
1312. Personal Update (09-10-20)
1313. The Club Inside Your Heart (09-10-20)
1314. Common Ways to Ruin a Bond (09-10-20)
1315. Something to Consider (Article) (09-11-20)
1316. Getting Into Life (09-12-20)
1317. Losing Value (09-12-20)
1318. Moments in Life (09-13-20)
1319. Cycle of Trauma (Article) (09-13-20)
1320. Personal Update (09-13-20)
1321. Figuring Life Out (09-14-20)
1322. Fixing a Bad Attitude (Article) (09-14-20)
1323. Becoming a Professional Blogger (Article) *Stats (09-14-20)
1324. Like Yourself (Article) (09-15-20)
1325. Trust, Honesty, & Respect (09-15-20)
1326. Loss of Excitement (09-16-20)
1327. When Do You Feel Most Proud (09-16-20)
1328. Take Your Time (Article) (09-17-20)
1329. The World is a Big Place (Article) (09-18-20)
1330. The Basics of Non-Violent Communications (Article) (09-19-20)
1331. That's Not Magical (09-19-20)
1332. There Will Be Few People (09-19-20)
1333. See Yourself Out (09-20-20)
1334. Turning Negativity into Anger (09-20-20)
1335. What is Offensive? (09-20-20)
1336. Sources of Stability (09-20-20)
1337. Remember the Good #justiceginsberg (09-21-20)
1338. All Lives are Beautiful (09-21-20)

1339. Being Special (09-21-20)
1340. When No One Understands (09-22-20)
1341. What Speaks to You (09-22-20)
1342. Beginning to Understand (Article) (09-23-20)
1343. Dodging Obsessions (09-23-20)
1344. Repercussions for Your Actions (09-23-20)
1345. Removed Posts (+ New) *Link to Removed Posts (09-23-20)
1346. Have Some Class (09-24-20)
1347. Where You Come From (09-24-20)
1348. "Disarming Hate" (09-24-20)
1349. Personal v Public Issue (09-24-20)
1350. That's the Thing with Mental Health Issues (09-24-20)
1351. Looking for a Fight (09-24-20)
1352. Knowing People (09-24-20)
1353. Allow Yourself to Be Called Out (09-24-20)
1354. Thinking About My Health (09-25-20)
1355. Right to Life (09-25-20)
1356. When Your Wellness is Controversial (09-25-20)
1357. Negative Possibilities (09-26-20)
1358. Responding to Hate? (09-26-20)
1359. When a Loss of Respect Occurs (09-26-20)
1360. What is Spiritual Awareness? (Article) (09-27-20)
1361. Destroyed Originals (09-27-20)
1362. Not Feeling Good (09-28-20)
1363. What Defines You? (09-28-20)
1364. When Everyone Looks Good Except for You (09-28-20)
1365. Commentary about #KUWTK (09-28-20)
1366. Internal Communications (09-28-20)
1367. Personal Update (09-28-20)
1368. Be Gracious (09-28-20)
1369. Socially Cued Out (humor) (Article) (09-29-20)
1370. Why Talent/Gift is Required for Attention (Positivity) IG Videos (09-29-20)
1371. "Superpredator" – Extracting the Devil (09-29-20)
1372. What Does Being in Love Mean? (Link to Diary) #justiceroberts (09-30-20)
1373. Most are not Immune (09-30-20)
1374. Condition of Hesitation (09-30-20)
1375. Hearing Voices (Untreatable) (09-30-20)
1376. Waking Up Disheveled (10-01-20)
1377. Practice Kindness (10-01-20)
1378. Polarized Interests (10-01-20)
1379. Accepting my Life as Different Now (10-01-20)
1380. Everyone Thinks for Themselves (10-01-20)
1381. Not Feeling Well and Empathy (10-01-20)
1382. Being Content (10-01-20)
1383. It Doesn't Seem to Matter (10-01-20)
1384. Once the Damage has been Done (10-02-20)
1385. Being Driven in Life (10-02-20)
1386. Letting them Win (10-02-20)
1387. How it Feels to Not be Good Enough (10-02-20)
1388. Fighting is Not the Solution (10-02-20)
1389. Letter to #scotus concerning President Trump (10-02-20)
1390. When a Woman is Emasculated (10-02-20)
1391. Recognize a Historical Moment of Silence (10-02-20)
1392. No One has it Easy in Life (10-02-20)
1393. Most Things You Don't Notice (10-02-20)
1394. Personal Update (10-02-20)

1395. The Gift of Warmth (10-03-20)
1396. The Forefront of Care (10-03-20)
1397. Option not to Care (10-03-20)
1398. Hearing About Things (10-03-20)
1399. Theres a Saying (10-03-20)
1400. The Purpose of Perseverance (10-03-20)
1401. How You Get Treated (10-03-20)
1402. Until You Stay Positive (10-04-20)
1403. Im the Type of Person (10-04-20)
1404. What is a Breakup? (10-04-20)
1405. "When Nothing Matters" (10-04-20)
1406. New to the Scene (10-04-20)
1407. If it Makes Anyone Feel Better (10-04-20)
1408. Being Experimental with Your Health (10-04-20)
1409. When Someone Doesn't Stop (10-04-20)
1410. Too Much Blogging (10-04-20)
1411. Tips and Tricks When Youre Not Feeling Good (10-05-20)
1412. Understanding People (10-05-20)
1413. For Some People (10-05-20)
1414. Where You Are in Life (Article) (10-06-20)
1415. Single and Unattached (10-06-20)
1416. Whats a Good Idea (10-06-20)
1417. Not Feeling Like Yourself (Article) (10-07-20)
1418. You're Overhead Trajectory of Thoughts (10-07-20)
1419. Its Too Soon to Know (10-07-20)
1420. VP Debate Notes (+ my responses) (10-07-20)
1421. Feeling Good and Not Feeling Good (10-07-20)
1422. Not Everyone Has Meds (10-07-20)
1423. Putting Yourself Out in Life (10-07-20)
1424. It Takes Years to Improve (10-08-20)
1425. The Goals of Refinement (10-08-20)
1426. Whats Not Cool (10-08-20)
1427. When Things Get Out of Hand (10-08-20)
1428. Missing Out on Life (10-08-20)
1429. Getting Over It (Article) (10-09-20)
1430. Let the Good Times Roll (10-10-20)
1431. Anyones Capable (10-10-20)
1432. Being You and Being at Peace (10-10-20)
1433. When Story Looks Like Excuse (10-10-20)
1434. Exhibitionism and Self-Worth (10-10-20)
1435. Selective Speaking (10-10-20)
1436. Reaching a Point of Controversy (Article) (10-10-20)
1437. Lighten Up (Article) (10-11-20)
1438. Overcoming Depression (Article) (10-11-20)
1439. Your Face When Upset (10-12-20)
1440. Its an Acquired Taste (10-13-20)
1441. The Influence of Pop Culture (Article) (10-14-20)
1442. Intermediate Phases in Development (Article) (10-14-20)
1443. Interdisciplinary Measures (Article) (10-14-20)
1444. Issue: Whether its Clear (Article) (10-14-20)
1445. When Things are Not Okay (10-14-20)
1446. How this Differs from Reality (10-14-20)
1447. Picking Up v Logical Thinking (10-15-20)
1448. Everything You Say Matters (10-15-20)
1449. How an Insult is Made (10-15-20)
1450. For Further Reassurances (Ari Emanuel) (10-15-20)

1451. That's Not How Life Works (10-15-20)
1452. Being Given a Life to Live (10-16-20)
1453. Being in Your Shell (10-17-20)
1454. Playing Victim (Article) (10-18-20)
1455. Living with Less Regret (Article) (10-18-20)
1456. More is Not Always Better *Cycle of Thoughts (10-18-20)
1457. Stick to What You're Good At (10-18-20)
1458. What Does Loneliness Feel Like? (10-18-20)
1459. Life's Not Totally Over (Article) (Book Review) (10-19-20)
1460. What You Have that Others Don't *Resume (10-19-20)
1461. A Good Attitude v. A Bad Attitude (10-19-20)
1462. When Things Are Not Well Book Review, Wollman (10-19-20)
1463. Sometimes You Don't Recognize (Article) (10-19-20)
1464. Groupthink: Benefits and Costs (Article) (10-20-20)
1465. Public Acceptance About the Way You Look (Article) (10-20-20)
1466. We All Have Potential to Be Loved (10-20-20)
1467. No Matter What Emotion You Feel (Article) (10-20-20)
1468. Be a Nice Person (10-20-20)
1469. Ask Yourself (10-21-20)
1470. Managing Overhead (Article) *Bipolar (10-21-20)
1471. Letting Go (10-22-20)
1472. Don't Be Ruled by Your Obsessions (10-22-20)
1473. Address Reactions and Chaos (Voices) Through Writing (10-22-20)
1474. Off-Thinking, Recognize It (10-22-20)
1475. Love and Compassion (10-22-20)
1476. Social Media: How to Avoid Self-Harm (10-23-20) (To-Do: Remove bc of Comments)
1477. Love is a Quality About You (10-23-20)
1478. Personal Update (10-24-20)
1479. The Ability to Step Away is Key (10-24-20)
1480. The More You Talk About the Past (10-24-20)
1481. You Can't Get Far If You (10-24-20)
1482. Joining a New Profession (10-24-20)
1483. What is Fear? (Article) (10-25-20)
1484. When All Bets are Off (10-25-20)
1485. When You Can't Fix Your Life (10-25-20)
1486. Worries vs Reality (10-25-20)
1487. When Someone is Negative Toward You (10-26-20)
1488. When it Comes to Pride (10-26-20)
1489. Personal Update (10-26-20)
1490. Causes for Bullying (10-26-20)
1491. When Things Don't Jive (10-26-20)
1492. Searching for Answers (10-27-20)
1493. Privilege and Risk (Article) (10-27-20)
1494. Don't Lose Your Audience (10-28-20)
1495. Forgiveness, Overthinking, and Offense Taken (10-28-20)
1496. Personal Update (10-28-20)
1497. Count on Who? (10-28-20)
1498. The Brighter Your Future (10-28-20)
1499. When Someone has a Bad Feeling About You (10-28-20)
1500. The One Catch (10-28-20)
1501. When Things Start Clicking (Article) (10-28-20)
1502. When I'm Left Wondering (10-28-20)
1503. Personal Update (10-28-20)
1504. There are Benefits to Being Yourself (10-28-20)
1505. "Happy, Joyous, and Free" (Article) (10-29-20)
1506. When Your Image Needs a Life (Article) (10-30-20)

1507. Personal Update (10-30-20)
1508. What I Went Through During COVID (10-30-20)
1509. Learning a Big Lesson (10-30-20)
1510. Whats a Business Secret? (10-31-20)
1511. This Year Has Been Tough (10-31-20)
1512. Personal Update (11-01-20)
1513. I was Days Away From (11-01-20)
1514. When the Going Gets Tough the Tough Gets Going (11-02-20)
1515. Personal Update (11-02-20)
1516. A Moment of Peace (11-02-20)
1517. Hearting from Others (Article) (11-03-20)
1518. When it Takes Convincing (11-04-20)
1519. Law Schools Not Hard Until (11-04-20)
1520. Personal Update (11-04-20)
1521. There's No Otherside (11-07-20)
1522. When Illness Happens (11-07-20)
1523. Since 2013 Courteous to All (11-07-20)
1524. Personal Update (11-07-20)
1525. Letter to President Trump Sent 10:13am (11-07-20)
1526. What 12 Steps Are For (11-07-20)
1527. The Calm Voice (11-09-20)
1528. Two Ways of Looking at the Public (11-10-20)
1529. All It Takes (11-10-20)
1530. For 8 Years I Struggled (11-10-20)
1531. Being Understanding vs. Bringing the House Down (11-10-20)
1532. Listerine is Not a Relapse (11-10-20)
1533. Internal Harmony (11-11-20)
1534. Mano Y Mano (11-11-20)
1535. Personal Update (11-11-20)
1536. Nows a Good Time to Be Careful (11-11-20)
1537. Enlightened Expectations (11-12-20)
1538. God Given Talent (11-12-20)
1539. Personal Update (11-12-20)
1540. A Sad Fact About Life (11-12-20)
1541. Come on Lighten Up (11-12-20)
1542. At Different Points (11-12-20)
1543. A Finer Understanding (11-13-20)
1544. Never Credit Yourself (11-13-20)
1545. Getting Psyched Out (11-13-20)
1546. When Life's Not Fair (11-13-20)
1547. There's No Secret to Success (11-13-20)
1548. Personal Update (11-13-20)
1549. What Calling You a Drug Addict is For (11-13-20)
1550. Don't Forget to Speak Highly of Yourself (11-13-20)
1551. Thinking Things Over (11-14-20)
1552. Another Quiet Day (11-15-20)
1553. Its Not a Problem (11-15-20)
1554. When Its Okay for Them but Not You (11-16-20)
1555. What is Smart? (11-16-20)
1556. Being Cute (11-16-20)
1557. Personal Update (11-16-20)
1558. Online Lighting (11-16-20)
1559. The Excitement in the Observed (11-16-20) + "A Good Attitude vs. A Bad Attitude."
1560. Creating a System of Thought (11-16-20)
1561. When it Hasn't Happened Yet (11-16-20)
1562. Cruising Through a Good Feeling (11-17-20)

- 1563. Life Can Feel Incredibly Short (11-17-20)
- 1564. In Doing You (11-17-20)
- 1565. When the Odds are Against You (11-17-20)
- 1566. When Bringing Up the Past (11-17-20)
- 1567. Public Speaking and High Profile Cases (11-17-20)
- 1568. Life's Not a Game (11-17-20)
- 1569. My Website's Recent "Valuation" (11-17-20)
- 1570. When Borderline Judgments Cast Over You (11-18-20)
- 1571. Personal Update (11-18-20)
- 1572. The Trouble with Being Cool (11-18-20)
- 1573. And then the Calm (11-18-20)
- 1574. The General Stoop (11-19-20)
- 1575. Don't Be a Let Down (11-19-20)
- 1576. Things Will Get Better (11-19-20)
- 1577. Being High Caliber (11-20-20)
- 1578. Cover Letters Made (11-21-20)
- 1579. Misdemeanor, Lawsuit, Defamation, Bullying (11-21-20)
- 1580. Cover Letters (con'd) Made (11-21-20)
- 1581. edd.gov Benefits (Explanations) Provided (11-21-20)
- 1582. Response to Sydney Simpson's Ex's Word Choices (11-21-20)
- 1583. Treated as You Speak (11-21-20)
- 1584. Mean, Change of Heart, Too Late (11-21-20)
- 1585. Pearl IRB Submission, Mentor Request for Publication of Research to a Professional Board of Review, or for Examination Organized (11-21-20)
- 1586. Voice Sample (Composed by Shania Twain) (11-21-20)
- 1587. That's Just Something (11-21-20)
- 1588. When Nothing Feels Good (11-22-20)
- 1589. The Secret No One Wants to Keep (11-22-20)
- 1590. I Just Lost 5 Pounds (11-22-20)
- 1591. Everyone Thinks Everything is Easy (11-22-20)
- 1592. Unwanted Shared Comradere (11-22-20)
- 1593. The Time is Now: Not to Be Ruled by Your Thoughts (11-22-20)
- 1594. "Systems Thinking in Public Health" (Certificate Course) (11-23-20)
- 1595. Just Cleaned, Cut my Hair, and Passed a Quiz (11-23-20)
- 1596. I was Just Thinking (11-24-20)
- 1597. Changing Places While Dating: Confidence (11-24-20)
- 1598. It Used to Be Fun (11-24-20)
- 1599. There are so Many (11-26-20)
- 1600. All They Do is Scare You (11-26-20)
- 1601. The Beauty in the Positive (11-26-20)

III. Index: Removed Posts

1. Moon Gravity (Speech), 07-14-18, 10-04-17
2. Normal v. Weird, 07-14-18
3. Removed Posts, 07-19-18, 01-22-18 (deleted from online 10-17-20, saved to Macbook)
4. What Does Mentorship Mean to Me, 07-19-18
5. The Making of Silicon Beach, 07-19-18
6. The Resentments We Harbor, 07-19-18
7. What You Know is Important, 07-19-18
8. Exit Strategy, 07-19-18
9. House of Commons Speech, 07-26-18
10. What is a Nuisance?, 08-04-18
11. 1994/Brentwood – 9/11 (Y) > 9/11 Memorial [MLK Memorial], 11-02-18
12. Counterterrorism Study (Dear #TeamUSA), 11-02-18

13. Building a Trusted Brand, 11-02-18
14. Being a Positive Influence, 11-02-18
15. How I Met Sydney, 11-02-18
16. The 76 Gas Station, 11-02-18
17. What You Know is Important, 11-02-18
18. When I Lost My Housekeeper Job, (11-02-18)
19. How Am I Feeling?, (11-02-18)
20. Engineer Speech, (11-02-18)
21. Being a Positive Influence, (11-02-18)
22. The Resentments We Harbor, (02-07-19)
23. (b) Be Happy With Your Team in Life ..., 02-04-19
 1. Knowing and Doing ..., 02-04-19
24. Every Natural Disaster Deserves an Opinion, 03-10-19
25. Feeling Misdirected in Life, 03-11-19
26. Abuse of Content, 03-11-19
27. Give Speeches But Not For Noise, 03-17-19
28. Staying Positive, 03-17-19
29. No One Can Control You, 03-19-19
30. Don't Give Your Power Away, 03-19-19
31. What Does Mental Illness Feel Like, 03-26-19
32. Im Not Gay, 03-26-19
33. Understanding Gay, 03-26-19
34. Remember Your Good Years, 03-27-19
35. Don't Break Hearts, 03-29-19
36. Everything You Say Gets Repeated, 04-01-19
37. No Right to Prosecution, 04-01-19
38. Reaching Points in Sobriety, 04-01-19
39. Don't Gamble with Your Freedoms, 04-01-19
40. There's No Such Thing, 04-02-19
41. Bringing Up Incidences Past, 04-02-19
42. Be Appropriate Toward Others, 04-02-19
43. Negative Attention, 06-20-19, 06-23-19
44. Removed Statement, 10-21-17, 07-02-19
45. Misidentifying Who is Good, 07-23-19
46. Stop Bullying Here's Why, 07-24-19
47. Don't Terrorize People as Mentally Ill, 07-24-19
48. Freedom of Expression March, 07-26-19 (Text Removed)
49. The Rumor Mentality, 07-30-19
50. Going to the State Bar of CA Office Today, 07-30-19
51. When People Don't Ask You for Help (07-30-19)
52. Facing Pressures in Life (07-30-19)
53. We Have Capabilities (07-30-19)
54. Giving Up in Life (07-31-19)
55. Why is Discrimination Bad? (08-02-19)
56. Writing and Writing Online (08-03-19)
57. Keeping Things Secret (08-05-19)
58. I Grew Up in Ancient Time (08-05-19)
59. Inner Angst (08-23-19)
60. As Related to You (08-30-19)
61. There's No Such Thing as Time (09-04-19)
62. Quality Quiet Time #whathappned (2017) (11-05-19)
63. Underlying Trends (11-07-19)
64. Who is Ari Emanuel? (11-11-19)
65. Avoiding Controversy (11-11-19)
66. Notice (11-22-19)
67. When Does it Matter What You Think? (12-17-19)

68. Just Because (12-25-19)
69. Now's Not the Time (12-29-19)
70. Fancy Meeting Ari Emanuel via Messenger (01-02-20)
71. Who is Ari Emanuel? (01-02-20)
72. The Error (01-21-20)
73. Public Humiliation (01-21-20)
74. For the Most Part (01-21-20)
75. Conversational Skills (01-21-20)
76. Pushed to Your Limits (01-21-20)
77. 1 Beer, 1 Marg and a cranberry Vodka (01-21-20)
78. No One is Making Fun of Anyones Hardships (01-21-20)
79. Writing my Formal Reply (02-05-20)
80. Hollywood Dreams Poem (04-06-20)
81. When Its Time to Move On (04-18-20)
82. Art Therapy and Hospitalizations (04-25-20)
83. Insult (Voices), Self-Harm, & Human Research (05-01-20)
84. For the Most Part (05-08-20)
85. People Who Think They Know Your Story (05-09-20)
86. The Order of Acceptance (07-03-20)
87. 2% Milk (07-07-20)
88. The Purpose for Protesting (07-08-20)
89. The Worst that Could Happen (07-11-20)
90. Life Isn't Easy (07-12-20)
91. Harping on Subjects (08-13-20)
92. Its Very Demeaning (08-17-20)
93. Published Book (08-29-20)
94. The Beauty in Life (09-16-20)
95. My Sense of Peace (09-22-20)
96. What is Advocacy? (09-22-20)
97. Managing Random Princesses (10-01-20)
98. In God's Hands (10-01-20)
99. Fighting for Your Life (10-10-20) post date check original date
100. Not Everyone Has Meds (10-10-20)
101. Personal Update (1) (10-10-20)
102. Personal Update (2) (10-10-20)
103. Personal Update (3) (10-10-20)
104. I Don't Think Blogging is Helpful (10-10-20)
105. Agreement with the People (10-10-20)
106. Not Knowing it All (10-12-20)
107. The Gift of Communication (10-12-20)
108. If Its Not Until (10-12-20)
109. Now Things Are Painful (10-12-20)
110. When Things Are Too Much – Now (10-12-20)
111. On a Bad Day (10-12-20)
112. Its Never Too Late (10-15-20)
113. The Consequence of Dislike (10-15-20)
114. Learn When to Stop (10-15-20)
115. It Doesn't Matter Who You Are (10-15-20)
116. Having a Story, and Why a Story is Told (10-15-20)
117. Count Your Blessings (10-15-20)
118. Personal Update (10-15-20)
119. No Way its 24 hrs a Day (11-05-20)
120. When Time is Running Out (11-07-20)
121. Uneven Exchanges (11-08-20)
122. History of Talking to Myself, History of Voices (Add Date)
123. What People Expect (11-13-20)

- 124.No One Expects (11-13-20)
- 125.Beauty Loss (11-13-20)
- 126.The More Out There it Gets (11-18-20_
- 127.My Creative Energy (11-18-20)
- 128.When Someone Takes it Out on You (11-20-20_
- 129.When People are Not Well (11-19-20)
- 130.Whats a Connection (11-24-20)
- 131.Its Really Not a Big Deal (11-23-20)

(II) (B) Removed Posts (Removed from Website):

- 1. As a General Rule of Thumb (04-02-20)
- 2. Always End Things on a Positive Note (10-27-20)
- 3. Whatchmacalit Pink (10-28-20)
- 4. What is Advocacy (09-22-20)
- 5. Managing Random Princesses (10-01-20)
- 6. Whats the Worst that Could Happen (07-11-20)
- 7. A Good Attitude v A Bad Attitude *Removed, Added 11-16-20 to "The Excitement in the Observed." (See 1559) [FOUND > INDEX]*
- 8. About my Neighborhood: Mask On (11-20-20)
- 9. Tell Us Some Good News (11-18-20)
- 10. Emails Just Forwarded to SCOTUS basis for the Lawsuit (11-21-20)

Be the Best Version of Yourself

2/16/2016

Accept all. Never settle for anything less than your best work. Be the best version of yourself. And never sell yourself short in life. -We are not required to love or be loved in order to be happy feel whole all that is required of us is to be accepting of ourselves and others. -Acceptance is key to happiness. When we accept others as they are and ourselves more dreams come to fruition because we see what we have not [what we] have not. -It's impossible to be happy when all you do is harp on the negatives and what you have not. You've got more than you think even on empty. -Emptiness and solitude [are] a product of hard work, appreciate your time alone to reflect but don't waste that time beating yourself up. -We are best social when we feel whole have had time to reflect and correct our mistakes in life and step forward anew. Out with the old in with the new. -We are constantly being tested in life it's all apart of learning and growing up. Cut your losses, learn from your mistakes, and never give up. -What may seem difficult now will pass, eventually we see all things clear we had not before once a lesson is learned. Growing up is a process. -Solutions only become apparent once we do the work we need to accomplish in order to see our dreams become a reality -nothing occurs with regret. -When we live in regret and with resentment all we do is absorb pain not the reality of the present moment which we have to build a better future. -We cannot build a better future for ourselves worrying about the past, living with regret, and carrying resentments. Eventually one must let go. -It is important to let go if and only when you have sought help from others or reflected on your own what it is that bothers you to move forward. -Nothing forward can be achieved if problems are left that turn into unsettling distractions later on, deal with everything one day at a time. -No problem is too big for any one person to handle who is willing to seek help and be willing to open themselves up to change and acceptance. -Sometimes problems are not evident on their face but clearer to an outsider who has just met you, nothing alarming, just a fact of life. -Do not be insulted by anyone who tried to help you, or cure a defect of character. They are going out of their way to care [for you]. -Be thankful for everyone who comes into your life whether forever or just a moment -a lesson is always to be learned through human interaction. -For every interaction you become stronger as a person, the more people you meet the more you learn about yourself. -The more you isolate the more you suffer because you are restricting your ability to adapt to people, change, fear, and social anxieties.

Never be afraid of anything that challenges you

2/16/2016

Never be afraid of anything that challenges you in life. Good things come to those who least expect it, those who try the hardest despite the odds. Anything worth trying for and achieving in life [rarely] comes easy -anything worth trying for [is worth it] because it changes us challenges us. You are only at your best when you are doing your best. Your best cannot be achieved languishing and loathing but only by sheer sweat, pain, [and determination]. Discipline is pain because you are forced to withdraw from those realities which create highs fully self-absorbed, step outside of yourself. Step outside of yourself and be disciplined Professional it's the only way to achieve with a purpose greater than yourself is for the best purpose. -We are only knowledgeable based on what we absorb, nothing can be learned by self absorption alone, reading and listening is required to grow. -Self absorption fuels hatred for self. The more we know about ourselves the less we like ourselves because then we compare ourselves to others. -If you focus on others, learning about others, helping others, the better off you'll be; the more accepting of self and others you'll be. -Based on my experiences -I'm the most in tune with others while helping others and the least in tune when I'm only helping myself not growing. -Like Trees (I read about earlier on Twitter) [1] Humans cannot grow alone but are dependent on one another to grow. -Best to absorb your surroundings not yourself. Best to love yourself only so far as it enables you to love and have love for others. -Love for self is not required to love another. It's a sad truth that we can love another but not love ourselves enough to care for the same. -If you cannot love and care for yourself you cannot love and care for another to your full potential nor receive the love you think you deserve. When you do not love yourself more love is required from another/others in order to feel loved -that's too arduous for the other to compensate. -Never require others to compensate their needs to fulfill the needs of yours. -Be respectful of that individuals need to be fulfilled -fulfilling the needs of others other than [your own]. -If that's where the satisfaction comes from then allow that to be ... you cannot change a persons source of satisfaction in life,

if its not you. -Only by our own intelligence and experiences can we write and create Artificial Intelligence (and/or write a Book).

References: [1]<https://twitter.com/mims/status/697446176329568256>

March 2016

Simply Stylist Fashion & Beauty Conference 3/19/16

3/29/2016

By: Leslie Fischman

Simply Stylist LA by Leslie Fischman | MYMOLLYDOLL

On March 19, 2016 I attended the long awaited Simply Stylist LA Fashion and Beauty Conference at The Grove Los Angeles. I arrived in the Afternoon for the Brand Discussions, Pink Wrist Band, and entered the main Lawn by the Fountain to a Festive Day filled with Music, Champagne, Fashion, Beauty, and Jewelry. They had everything from Fashion Drawn Selfies by an Artist, to Contouring Make-Up Stations, a Nail Salon, and Free Samples of Tinted Shampoo for your Hair.

As I made my way through the festivities, I came across a Make-Up App, that does your Makeup for you. While waiting in line for a Rose Water infused Glass of Champagne compliments of the Event. In addition, there was a Home Décor Station offering a Cash Prize for the Best Photo'd Layout, and Brand Influencer Partnerships thru RewardStyle. Next were the Selfie Stations, I had my Photo taken by the #OOTD Poster, where a Polaroid was printed and taped to the wall behind me along with others who had their photo taken. I kept a sticker print out as a souvenir I featured on my blog earlier this morning.

Next, I made my way upstairs to the Speaker Series on Branding. The First Speaker was Erin Armstrong, aka The Accounting Sage. She made reference to Tyra Bank's earlier statement that Fashion Blogging was about "opening fields to empower other people." She then went on to talk strategy and job placement explaining that "if you take a low paying job you can't take a higher paying job," which is why many of her "clients in the industry work for themselves." These "feelings resonat[ed]" with many of the members of the audience, who similarly have "fears worrying too much" and that starting her own Business was a way for her and likewise many of the audience members to "start making money having more ideal clients."

Getting started in the Industry does "require you do to some work for free." But always be able to "take something away from it." Building Professional relationships in the Fashion Blogging Industry is a two way street, you "get something in return, you give them a lot ... negotiate a Professional Price." At the end of Erin's Presentation she opened up for Questions from the Audience and I rose my hand, asking her what her "best advice for monetizing your blog" was and "what do Brands look for in Influencers" and if she had any tips what were they. Erin responded that Fashion Blogging is all about "authenticity, sell from you at a Business Perspective, if you know all your Followers gives you more negotiating power." - She concluded with an Announcement that she is offering a course entitled, "Money for Bloggers" that begins April 1st on basic tax deductions terminology and her creative business partnership with an Attorney.

The next Speaker was Calli Cholodenko @somethingsocial, who started Something Social, a Lifestyle Brands Company that represents Companies online thru Social Media. She is a USC Graduate who majored in Communications, who gained experience through fitness and

Beauty Internships. She recalls her first Interview, for a Social Media Position, in which she was asked to recall who her Favorite Fashion Bloggers were. She has always loved Photography and has had a passion for aesthetics. In doing Social Media for different Brands her goal is to help them find their “distinct voice” and help them to develop. Some advice she offered to the audience members was that “you just gotta do you, [set] actual attainable [goals] action terms ... [take] small steps, then work your way up.”

Today Something Social boasts a roster of 25 Brands in Lifestyle, Fashion, Fitness, & Nightlife Events. She explains that her job requires a high “attention to detail” while “lifestyle brand[ing]” the Brands she works with. She describes success as “finding what your vision and aesthetic is.” She goes on to emphasize that “social media is the first thing that they see of your Brand. -What is gonna be that driver ... see a little more of what this person is about.” Through your Social Media is where (she explains) your audience and potential Followers “see what you like and what you’re about.” She says that it is important to “find your aesthetic and do it over and over again,” key traits of a “recognizable Brand.” In term of Aesthetic, Calli encouraged audience members to “keep it consistent” in your “social feeds” and find your voice. She goes on to state that, the “more you show people who you are and what you’re about [they’ll] start to trust you.” When building your content, consider the time it will take to build your content and how to stay consistent. Consistency, trust, and loyalty were three factors she considers to be important to be a successful Blogger, and to “show [that you are] well-rounded.”

The next speaker was Kristen Phillipkoski @stylenik, who lead a Discussion entitled “How to Evolve Your Blog Like a Boss.” Kristen is from IFB, which is a Fashion Organization which started in 2007. Kristen has been a News Blogger and Freelance Writer since 2008. She then introduced Callivintage.com (2008) Personal Style Blogger, who began her Career posting 5 Outfits a Week. Calli started Fashion Blogging because it “allowed [her] to connect with people who are doing what you’re doing.” She would post outfits and then write about them Monday thru Friday. Kristen asked her “when did you realize [this was] a Career?” Calli replied, she was just “in the right place at the right time.” Calli was among a select group of Fashion bloggers who were chosen to go to Fashion Week when she just got started Blogging. Calli started out partnering with various Brands, taking small jobs here and there, and now works with Agencies to get Corporate Sponsorships. In order to get Sponsorships “you need to have a large Following.” This is based on, as she explains, “how well you’ve represented yourself on Social Media... [in terms of the] general content, high quality content.”

Kristen Phillipkoski writes for Forbes.com (and doesn’t allow gifting). She advises the audience to “be honest about everything -let them know you are writing about something for a blog, and what they want from [that] interaction.” -They then go on to discuss how it is “important to network with people who are doing what you’re doing.” “How you connect” determines your “agency” and ability to grow within this profession, and they encourage us to “reach out.” They explain that it is a lot of work to make a deal with a Brand, “not all [of us] know how to make deals, [but] always reach out.”

The Next Speaker were The Mane Addicts Team, who led a Discussion entitled “Turning A Vision Into Reality.” She emphasized the use of Professional Photography in your Blog Work. And “finding people” to work with to help find that balance, and knowing what your strengths are. For many Bloggers, that team up, they have separate writing and art departments, which is common. Some Blogs even have Editorial Directors. She describes when building your Core Team, knowing “what is going to keep you growing the quickest.” She encourages us to “think about your audience” and to “always think about how you can engage the reader.” She explains that making money from your blog is all about Engagement, “look at your engagement its all about them.” She then advises the audience to “find your niche and attack it, think about -what you and your girlfriends need ... it’s a lot of work.” You have to think about your content, taglines, network, connect with people, email, or face to face [interaction],

work ethic, get the job done, respond right away, [these are all examples of traits of successful bloggers] and “important to the success of every Company.”

The Branding Seminar ended with a Speaker on Blogging 101. Overall I learned a lot from this Speaker Series, reminded to pick and choose my battles online while maintaining authenticity and building trust amongst my Followers. Speaking my mind while at the same time maintaining a Professional front representing the Brands and Blogging Communities I have built Partnerships with along the way. This was a great learning experience to put myself out there, and introduce myself to the Vendors and hand out my Business Card. This was the first time I entered the Fashion Arena as a Professional in face to face interaction and I think I did a good job, for the most part. I wish I wasn't shy and introduced myself to the Speakers after each session but was so caught up taking notes that I was not able to in between Speakers. I hope that this was the first Conference of many to come and look forward to introducing MYMOLLYDOLL to the Fashion Blogging Community and Beyond as a Friend Online, Professional Confidant, LookBook Connoisseur, Blogging Tips Resource, and newly selected Style Curator for Sassique. I look forward to the road ahead and continuing to building Partnerships within the Fashion Community and hope that the relationships I build online will continue to translate into budding Business relationships off and online. Thank you for taking the time to read my Article on The Simply Stylist LA Fashion and Beauty Conference and hope that you have learned as much about Branding as I have from this Speakers Series.

Sincerely,
Leslie Fischman
MYMOLLYDOLL

Lesliefischman.weebly.com
Mymollydoll.tumblr.com
Pinterest.com/mymollydoll
<http://mymollydoll.polyvore.com/>
Twitter.com/mymollydoll
<https://www.bloglovin.com/people/mymollydoll-17216893>
shops.zindigo.com/mymollydoll

How to Start a Blog and Maintain an Audience

3/29/2016

By: Leslie Fischman

Although we like to think we are perfect writers not everything we write is going to be a masterpiece. It's important to cite and make reference to Professional sources throughout your Blog to maintain a certain level of Professionalism. If you don't have a Blog, try citing to other people's Blogs. When I first started blogging I relied heavily on those sources for material everyday on my Blog (i.e. Bloglovin, Tumblr). However, eventually you must incorporate your own work too. One of the first places I went to upload my work to was Weebly. Weebly is a great, easy to use website, for beginners with no coding experience. There you can build a website and show case your work and writing via the various formats and tools they have to offer. Once you build and create a website then you can post from your website and blogs to your other newsfeeds on Twitter, Facebook, Bloglovin, Pinterest, etc. - When you post to your newsfeeds make sure you use links, links that come with boxes, if

there are no boxes, find and upload a photo to accompany your post and link, to help make everything look complete. Links with photos not only look more Professional but it also captures the attention of your followers and potential followers via hashtags you incorporate, on a newsfeed. When you post don't forget to include a "via" indicating the source, if not your own, to give credit to the original source of the post. -All of these skills are important to maintaining an audience: Professionalism, organization, citation, knowledge, and adequate use of the various social media platforms to promote your blog.

How to Be a Successful Blogger Online: Be Yourself

3/16/2016

By: Leslie Fischman

Figure out what's important to you in your life, and stay on topic. It's not about what you write that counts it's *how* you write. Nobody is perfect and no one expects you to know everything but always do your best. You will get docked points by your Audience for Presentation. Make sure you always include clear headings and topic sentences. Sounds pretty basic, right? You'd be surprised once you start writing it's easy to get carried away. -Being yourself requires that you know what you're about, never make it apparent that you care too much about what others think of you, signs of weakness in writing are apparent by too much negativity, lack of confidence in self, tells your reader you also lack confidence to write Professionally. The more honest you are, the more likeable you become, and keeps your reader coming back for more. No one expects you to be a robot Online, only write as much as you can, quality is better than quantity. On that note, that's all I've got -see you at the next post. Sincerely, Leslie.

Blogging Tips by MYMOLLYDOLL

3/5/2016

21 Tips for Getting Started on Twitter as an Influencer

By: Leslie Fischman

Tips for Writing on Twitter and Maintaining a Following

Blogging Tip #1: Keep a journal to Record your Progress and Set Daily Goals

Blogging Tip #2: Keep Track of all your Used Material & Don't Re-Blog anything more than 3 times.

Blogging Tip #3: Never count your Followers per day just sign up for Sprout Social – what matters most is that you have a Schedule to stick to.

Blogging Tip #4: Don't over Mention your Favorites, once in awhile is okay but not too much. Remember your Twitter Etiquette.

Blogging Tip #5: For every Follower I lose, I edit, delete, and change Tempo.

Blogging Tip #6: Retweet Sparingly, to maintain a Following don't overwhelm them with Retweets they are Following you because they want to hear from you.

Blogging Tip #7: Be careful what you write on Twitter because it shows up in your Google Search. Represent yourself well at all times.

Blogging Tip #8: Its important to keep a Journal to track your progress so you can #blog about it later once you find success!

Blogging Tip #9: Twitter is a very specialized kind of Blogging you are the traffic controller of people short on patience, be contentious.

Blogging Tip #10: The easier you can navigate the Web the easier your viewer can navigate, don't share crap only the best research, be thoughtful.

Blogging Tip #11: The Quality of your content determines your success as a Blogger. Know your sources, be mindful of your Audiences needs.

Blogging Tip #12: Handwriting is a good way to slow things down and focus on your writing itself. Its easy to get carried away at the computer being too wordy. To put your best foot forward, write sharp, clear, and concise, online it is especially necessary to do so. -

Handwriting forces me to do everything twice. For Publishing Online that's a great trait! - Handwrite, type, then Post!

Blogging Tip #13: If you can, you should always condense your material to one Tweet if possible, avoid series Tweets, helps to stay organized.

Becoming a Brand Ambassador

Blogging Tip #14: Prior to registering for any Influencer Campaigns make sure you are first Registered as an Ambassador with an Organization. (Example: Glambassadors).

Blogging Tip #15: Once you are registered with an Organization (i.e. Glambassadors, Bloglovin Activate) make sure you apply with your Website (i.e. Wordpress, Weebly, Tumblr, Twitter) not an Affiliate Marketing Website (i.e. Shopify *unless* it is complete with a Blog and appears as any of your other Websites demonstrates your work ethic as a Writer and Love for Fashion). To be an Influencer you *must* have a Blog, that can be viewed at the time of Application. This is a requirement for places like (Example: ShopStyle, RewardStyle).

Blogging Tip #16: Image is everything. Make sure you are put together and well organized have a clear vision on paper before you apply, so they know you're ready.

Blogging Tip #17: Make sure your contact email on your website is different from *all* your other emails to keep track of Inquiries, and know from which Websites they are inquiring from.

Blogging Tip #18: It's okay to have multiple identities Online, so long as you are organized have a cohesive vision (i.e. School, Personal, and Fashion).

Blogging Tip #19: myshopify is a New Platform -you *need* to razzel dazzle them if you're trying anything new out of the ordinary.

Blogging Tip #20: When a Company asks for an Influencer they want *you* as a Brand be put together not an empty Storefront.

Blogging Tip #21: Nothing is obvious about Affiliate Marketing it sounds simple but very complicated hard to get into, don't give up, and regroup.

April 2016

Thinking Out Loud by Leslie Fischman @lesliefischman

4/25/2016

I just retitled my new Twitter Blog. Put my name. It was Thinking Out Loud with a heart. I think that at times like these conforming helps rather than trying to be different. Say something thoughtful. #BrusselsAttacks. We do everything we can to stop these attacks from occurring. We put up Flyers, we protest online, we march, we participate online via hashtag, and we donate. But sometimes, there is no explanation. I was at a job Interview on the day of the attacks. Far way from the Nail Bombs. That's a very painful way to die. Everyone is still mourning. But as a Campaigner online it is my duty to respond and reach out. I have won many awards and accolades in school and sports Campaigning is simply something in my heart I feel is necessary to help combat Violence in School and in Communities World Wide. Im just one voice. Not a big deal. But everything helps, and every bit of support no matter

how small helps to contribute towards a solution to this problem, Terrorism. Ive never been a victim of Terrorism so I would not know what it feels like to have such a loss of control of my surroundings, but I can imagine that it has caused a lot of fear among everyone. Be there for one another during times like these, don't turn on one another. Assume that we are all doing our best, and do so yourself too to contribute to the solution not the problem, and so will I. Sincerely, Leslie Fischman.

Company Profile for MYMOLLYDOLL

4/14/2016

MYMOLLYDOLL is a [Vanicy.com](http://vanicy.com) TOP 100 Blogger on Twitter and Law Student, studying to receive her LLM Masters in Law in Risk Management and Compliance. She is also a Registered Professional Journalist on [Muckrack.com](http://muckrack.com) and Distributes a Newsletter on Paper.li, The MYMOLLYDOLL Daily. Leslie Fischman created MYMOLLYDOLL in 2013, as a Blogger Online for Twitter who decided to Campaign for Brady Campaign under the Hashtag #bradymusiccampaign. Her website mymollydoll.com features some of her Best Work and Academic Writing Samples. MYMOLLYDOLL seeks to make a Positive Difference in the World by providing Professional Writing Samples Online that feature her thoughts and reflections while composing material separately in an Academic Setting, being of Service to the Community Online and to Brady Campaign, in lieu of recent turmoil, provide her Services Online as a Certified Crisis Hotline Counselor.

Reference: <http://lesliefischman.weebly.com/about.html>

Update: MYMOLLYDOLL currently works for an Entertainment Start-up.

MYMOLLYDOLL beginnings: <http://www.mymollydoll.com/about.html>

MYMOLLYDOLL Blogs

4/14/2016

For more Blogging by MYMOLLYDOLL Please Visit:

mymollydoll.tumblr.com; and

lesliefischman.weebly.com

May 2016

My last day of Law School (January 2013)

5/16/2016

My Last Day of Law School – January 2013

By: #LeslieFischman

Date: 05-16-16

I began my journey in 2013, first visiting the US Supreme Court. I Google Searched US

Supreme Court prior to flying to DC, printing out locations I'd like to visit and establish an Itinerary prior to travel. I was really organized at the time. Always with purpose I led my life, positive purpose. After attending the first day of school that semester January 2013, I left class early and requested to speak to my Dean, Professor Frykberg was there too, seated to my right in a chair beside the Dean's desk, who sat opposite to me. The room was empty and there was nothing but a fan on the desk in the upper left corner. To my left. I told them I was not feeling feeling well. I had decided to switch Campuses and attend Constitutional Law II in the Valley instead of at LAX with the rest of my new Class and friends. I guess I got paranoid at the other Campus and thought that things would be different in a new class, but they weren't, just the same awkward. The Professor waving her hands in the air, starting the first day with a lecture that I already heard about cases the previous semester. I was immediately annoyed, I go this isn't even the right material, unless they flip flopped their coursework in the Valley and did not teach the same material at the LAX Campus. Already I knew there was an error on my part, registering for the wrong Campus. Should have just stayed at the LAX Campus. The Professor waving her hands in the air, blurts out 90210 the remake. I immediately froze. Hacking really. Into my Computer, a document titled list of favorite childhood TV shows. She kind of looked like an old childhood friend through a friend, Franchesca, but an older version, Faye's daughter, Father lives in a home in Beverly Hills the color of clay.

[To be continued ...]

#LawSchool

June 2016

New Website? Wordpress? .org? What do you mean by "Member Site"?

6/28/2016

Why do you have a new Website? mymollydoll.wordpress.com is a way for me to connect to other Bloggers in the Community via a Social Blogging Platform, that is Wordpress, which is a very popular Platform for Fashion Bloggers. I thought I would join and participate. Upon joining I realized that there were really cool tricks I could do with the Website to help tie together all my Blogs, on a Bigger Social Blogging Platform, with more creative space for my Blogs to interact with my Audience, and an easy space from which all my Blogs can be easily accessed and material retrieved for Re-Blogging.

Wordpress? I chose Wordpress to connect my Blogs to, because (1) It is Popular (2) Easy to use by phone (3) Is an option for posting and blogging to on my phone via icon; and (3) Is separate from my Weebly Accounts which I keep simple and more specialized and do not update on a daily basis usually, and try to keep things neat (here forward).

.org? .net was already taken by my lesliefischman.weebly.com website I created. But I do have an email address to .net which is lesliefischman@mymollydoll.net. Similarly I have an email for my new .org Website lesliefischman@mymollydoll.org. Why so many emails for your Websites ... lets jump to my response to the next question.

Member Site? Why would you create a Member Site? A Member Site enables me to stay in contact with my Audience Members and notify them of any deals and updates to my Website. Send Newsletters Weekly/Monthly or send out Announcements or Referrals to Articles I may find along the way which I think they would, as a whole, be interested in too. Usually if they are following me, means they like my taste in Fashion, Culture, Literature, etc. and creating a Member Site enables me to connect with them in that way, via Newsletters, and maintain an Email Database. - Which supplies a further response to your third question regarding Website Email Addresses. Website Email Addresses enable you access to additional tools for formatting Emails, Newsletters, Blog Photos, Updated

Blog Pieces to send to your Audience, whose Emails you are able to retain via sign up on their behalf.

Hope this helps clarify a few questions about the sudden changes to MYMOLLYDOLL and why dispersed onto so many Websites. I'm not being experimental for study, I am learning as I go, so as I learn as I go, there of course will be a trail of that learning curve, which I have the responsibility at the end to provide a coherent space from which to share new content, showcase old content, and build new spaces that accurately reflect my drive and dedication to Fashion, Blogging, and the rest of the Community Online, to be a helpful contributor of organized content for viewing, sharing, and review by my peers online at their leisure. All of which I hope will enable me to continue donating to Brady Campaign and earn a living working online for Cizo.com and beyond. Thank you for following, look forward to getting back to Writing on mymollydoll.com and mymollydoll.wordpress.com.

By: Leslie Fischman - 06/28/16

New Website is up for Fashion Bloggers

6/28/2016

Online Communications Whats Appropriate and Whats Not
by: Leslie Fischman

For those of you with a love for Fashion, please visit my "NEW" Fashion Blogging Website mymollydoll.wordpress.com. This content is separate from mymollydoll.com because it is to highlight my Professional Work Online as a [Fashion Blogger](#) and [Quotes Blogger](#). I would like to create a [Member Website](#) one day from which to Blog your favorite Twitter, Tumblr, Facebook Posts to in an environment without cross-talk, commentary, comments, and Mentions -a place to post for just the art of posting not for the art of communication. I have thought a lot about how I communicate online, and via mention is simply not the best way to communicate your thoughts to another or to highlight an accolade of another, without their permission, I think this puts too much trust into the hands of the Bloggers and not enough simple credit to the owner or creator of the content (which is the original purpose for enabling mentions on Blogs -I believe -not to tag people to posts to include them as a third party to a conversation online). I think blogging via widgets/embedding is the best way to Blog and Re-Blog from Websites and would like to one day create a space from which others can also embed their favorite posts, simply, like on Wordpress and Weebly for Fashion and Quotes Bloggers, that keeps track of credits to whom and from which site. Right now I think Pinterest does a great job of keeping track of credits and origins, which is why I prefer to Re-Blog from [Pinterest](#).

This post is dedicated to my Communications Online Mentor [@Luke360](#) Lucas Bean.

Sincerely,

Leslie Fischman
MYMOLLYDOLL

Check out my Fashion Blogs on Twitter!

6/23/2016

[Tweets by MMDFashion](#)

[@MMDFashion](#)

[@mmdfashionbase](#)

Ch. - Washington DC 2013 (Book) by #LeslieFischman

6/13/2016

January 2013. After attending my first day of classes, I decided to take time off from School, and fly to Washington DC. I flew back and forth twice that month. Visited with an old friend Harry Morgan. I mostly needed to get away. I had been separated from my then Boyfriend for a few months while he was studying for his Bar Exam, and when we reunited it just wasn't the same, a part of me just wanted to be alone at the time. Mourning, after the School Shootings, and not doing well in Law School, almost failing out of Law School. Thought it would be a good time to take a couple weeks off Soul Searching and then return to School. –When I visited the US Supreme Court, as I had planned to prior to departing for DC, I had no intent of writing to them. However, after sitting alone in the Cafeteria prior to walking around the Court house, and being stared at by the other Students, I felt compelled to write about my experiences in Law School and the many oddities. Like the photo of Alice and Wonderland posted on Facebook by a student who hooked up with me during finals, tagged everyone in the class including the now Dean except for me. In reply one of the Students wrote on the now Deans wall a bunch of things only they would understand what the contents of the conversation were. –I blogged for a little bit in Law School on Twitter but not enough to gain Followers like I do now, or be well known. I never shared my Blog with anyone, just wrote and then deleted my Account when School started. I cant do two things at once, blog and write. I had a near heart attack when I noticed that my Blog was put back up while I was in School, the password changed without my permission. –This was not why I flew to DC. I was still in Law School at the time. While court was in session we were allowed to take notes. So I brought a notebook and pen with me, and when stared at again in the Courtroom, under-dressed in black jeans and a gray cardigan, I started writing. For the same reasons that people looking at me funny would make me on any other occasion, I wrote to cope with the discomfort, about everything else that caused me discomfort and why I was now not doing well in Law School and struggling, grade wise. –After Court I felt much better, I think that I got a lot out of being present, meeting the US Supreme Court, and writing –I did not do much arguing, but mostly reporting. For me it felt like a safe place to vent, ask questions, and figure out whether there was something wrong with me or something wrong with everyone else, or whether I was the cause for people being weird towards me and why. At the end I cried, overwhelmed –crying occurs when so much has happened that you cant go backwards and do things differently, and you feel helpless, wishing I was able to finish Law School and be like the Woman arguing before Justice Ginsberg, and not the failing Law Student in the Audience writing about why she was not doing well in Law School and why she was having trouble finishing Law School. I think it was at that point I decided to leave my no Ex-Boyfriend Aaron Brown. We dated in Law School since 2010, against my initial hesitancy, not ready yet as I had just left a serious relationship earlier that year in January (2010) to someone I had dated since Fall 2007. I don't really want to get into details, but when I returned from my trip I was interrogated by my Ex, who was accusing me of cheating on him, I never cheated on him I was in Washington DC for two weeks. That is the point at which we broke up. January 2013.

(To be continued ...)

Chapter: Relationships (con'd) Paragraph #3 by #LeslieFischman

6/10/2016

One question you always ask yourself when confronted with disillusion, is whether or not you were at fault for the demise of a relationship, which dissolved before you had a chance to save a relationship from falling apart. Sometimes things occur when we least expect it. Not always in our favor but sometimes, to do us a disservice in life, these life experiences we call challenges in life. When circumstances, persons, or things occur to which we do not have a finite understanding of why or how, and we just have to learn how to accept things the way they are without further investigation. I am never one to investigate the faults of others or reasons for the demise of relationships and always move forward and let go. However when the harm resulting from that loss is recurring, then I know it was not me that was at fault if he is still so affected after I have already let go and moved on unaffected by him. When there is room for discussion and discussion is not made, than at no later point in time is discussion or continuation for discussion required on your behalf to anyone who has not given you the opportunity to be heard or left room for discussion. Where one assumes and one is harmed as a result of those assumptions, than the other is not liable for the harm resulting from those assumptions made upon the character of another.

Blogs by MYMOLLYDOLL

6/10/2016

In the meantime while I write, I continue to Blog Online on Twitter, Instagram, and Tumblr to keep my Viewers busy and to maintain contact with my Fans on a Daily Basis, while I write at my own pace. Which is not everyday Professionally, but when I have something thoughtful to write and share Online, I try to share only my best work here forward and try not to share when I am not having a good day. For everything positive about me I Fashion Blog which highlights my strengths, discipline and attention to detail.

Twitter:

@mymollydoll
@lesliefischman
@mmdfashion
@mmdfashionbase
@shopifygirl
@mymollydollquotes
@bradymusicbuzz
@mmdmusicbase
@bradymusiccamp

Tumblr:

mymollydoll.tumblr.com
bradymusiccampaign.tumblr.com
lesliefischman.tumblr.com
dollyquotes.tumblr.com

Instagram:

Instagram.com/mmdfashionbase

Polyvore:

mymollydoll.polyvore.com

Pinterest:

Pinterest.com/mymollydoll

Weebly:

mymollydoll.com
lesliefischman.weebly.com

Disclaimer (Book) ATTENTION ALL 061016 #LeslieFischman

6/10/2016

Re: Chapter - Relationships

The purpose of my Book is not to highlight negatives in my life or draw unwanted attention to people in my past to which a relationship no longer exists. Why I may make no mention of people who I have had difficulties with in the past, for that would defeat the purpose of taking a positive from those interactions and moving forward, as I have and will continue to, that is move forward. What I will discuss are the points at which I experienced difficulty with these individuals, who will remain anonymous and what I did to overcome those difficulties and move forward, positively.

Chapter: #Relationships (Draft) (Book) by #LeslieFischman 061016

6/10/2016

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

July 2016

It Never Helps to Quit by #MYMOLLYDOLL

7/27/2016

07/27/16 - It Never Helps to Quit by #MYMOLLYDOLL #LeslieFischman

It never helps to quit. When things are not going right and negativity kicks in, we are allowed to take a step back but its never appropriate to start a project and then quit when we experience a loss of direction and/or focus. Never say anything that will cause more harm than good. If it hurts to say it then it hurts to hear it, a good rule of thumb for decision making when it comes to making decisions for yourself and for your Campaign. Once you start Campaigning dont stop no matter what. This is something I must now remind myself of, even when ridiculed, or experiencing loss of focus and or ability to succeed. My personal success is not as important during times such as these. What is most important is that I am present and contribute generously and with good intent to help others. Always look out for everyone, do what is in their best interests, which is to continue making sense not of the past or the present or future but just of myself and my experiences. The better able I am to understand myself -the better able others will be able to understand me and interpret things I have written in the past. I feel like when we are paranoid we get defensive and think only of what others think, this is what causes delusions, instead of seeing what is and by memory what has occurred, we absorb the negative interpretations which become apart of our disposition. When our disposition is messed up, we experience difficulty seeing the positive and sound like we have an attitude or ungrateful and negative not appreciating what we do have only seeing what we do not have. When this occurs we have difficulty being present and demonstrate happiness for others, our own unhappiness interferes with the ability for others to connect with us empathize with us, seeing us only in terms of problems. -You may not see the benefit in criticism or differences of opinion at the get go, but be assured that people would not share their feelings or opinions if they did not care about you want to help you succeed in life find happiness too. When you are lost it is important to listen. The more you listen the better suited you are to lead and help others by sharing your experiences. Achievement means nothing when it comes to alcohol and drug addiction, you will also be seen in terms of your failures. How you will be able to reverse those judgments is by demonstrating a clear understanding of why you are where you are now and that it is because of your own decision making not because of anyone else thats come into your life, or harmed you. You choose where you go from every experience you have in life, whether to self harm or rehabilitate be strong. Quitting is not the correct response. At least be present Sober & Clean and sleep every night. Deal. That is why you are not feeling well Leslie, not taking on a leadership position today, backing out. True. Sorry. I'll do some research today and find some worksheets homework for us to look through individually as guidance when we experience loss, sadness, or lose faith. Quitting is not the answer. Sorry.

Check out my NEW Gravatar for MYMOLLYDOLL!

7/17/2016

For more MYMOLLYDOLL - Check Out My New @gravatar #GravatarOnline Identity Management Profile for #LeslieFischman > <https://t.co/Y0pstNqKaX>

— Leslie Fischman (@LeslieFischman) July 16, 2016

My Background in Marketing via Smart Circle Sessions

7/17/2016

By: Leslie Fischman
Date Posted: 07/17/2016

I'm building a Company. That's how I was taught Marketing.

I was taught to be aggressive as a Business Woman. That's how we were taught at Smart Circle. -We were taught to be energetic rehash rehash rehash product in hand intro self over and over again give them options, etc. I then applied to my Blogs. Maybe unusual writing, but that was a job I made for myself to keep busy [productive]. -I didn't even have a product when I started [but School Outlines] why I made an App with a Twitter Widget, and published my Twitter Newsfeed with Amazon.com.

I started out disorganized because I was trying to get organized on the brink of aha that's how you are manic puzzling stuff together brain mapping. I keep everything in my head. Then you have to perform hope it comes out pretty and you made the right choices focuses [and] where.

I'm calm now because I have a routine. Then I did not have a routine brainstorming. Order of importance how to market self with what kinds of items why what's important and how to integrate jobs as I go and with what a re-blogable space like we discussed. I can hashtag all my Brands on Wordpress and re-blog once a week Ads. That's so cool to me but I can't see that if I don't know how to work something. -Or hook up my Tweet Jukebox to my Newsfeed and put Ads out automatically once a week like I did my Shopify Ads.

This is how I learned Marketing and Applied it to my Blogging Online.

MYMOLLYDOLL's Current Status #BusinessNews

7/17/2016

By: Leslie Fischman
Date Posted: 07/17/2016

Since opening its doors in September 2013, mymollydoll.com has been a consistent provider of information and scholastic achievements (writing samples). The purpose of MYMOLLYDOLL online has always been to provide an accurate picture of who Leslie Fischman is by placing her Portfolio Online for public viewing and reference. During the period leading up to the launch of her first website, Leslie Fischman struggled with Alcoholism after leaving Law School, and the mental illness that follows from Alcohol Abuse. Focusing on School and building her Online Portfolio is how Leslie Fischman has managed to stay Sober, put together, and represent MYMOLLYDOLL her first Campaign online.

Today, MYMOLLYDOLL and her Blogs have acquired 10,000+ Followers, while her Websites have carried up to 1500 Visitors in one day. She's been able to maintain positive momentum in the very competitive field of Blogging by staying true to character and being herself online, whether recovered or experiencing mental illness due to past drug and alcohol abuse, she continues to show signs of improvement as her anxieties about the future and insecurities wane. By continuing her legal education online, MYMOLLYDOLL has been able to grow both

professionally and personally, even setting aside time away from school to launch her second Campaign online for Brady Campaign, a Blogging Campaign (i.e. bloggingcampaign.wordpress.com) formerly known as #BradyMusicCampaign for @Bradybuzz.

As a Masters Student MYMOLLYDOLL has had three jobs paid: two jobs in Law and one job in Tech. When Leslie Fischman lost her second job in Law, due to a falling out with her Boss Ron Hacker, due to the disapproval of her Parents (Leslie was paid as a Host and Housekeeper to Airbnb Properties) -she had a nervous breakdown and started running again. Her best runs were on Santa Monica Beach, Leslie ran in the Sand for up to 2 hours and 30 mins multiple times a month, beginning in October 2015. She then met with Rhubarb Studios after attending a Holiday Party Fundraiser for *The Hacker Fund* (who raises money to teach Kids how to Code) -and pitched her first Campaign mymollydoll.com her first Database Online -Schoolwork Portfolio and Personal Journal Entries (many of which were written while she was experiencing mental illness and paranoia due to current events).

While working Leslie Fischman continued to build MYMOLLYDOLL's Following via her Twitter Blogs and Hashtags. And while unemployed MYMOLLYDOLL built several new websites including her Professional Work Portfolio leslifischman.weebly.com. She is a self taught Fashion and Quotes Blogger and registered Journalist with Muckrack.com and registered Style Curator at Sassique.com. As a Style Curator and Journalist MYMOLLYDOLL decided to form her own Corporation under her Website's name MYMOLLYDOLL. *A "Publishing" Corporation has since been established, instead of a Non-Profit, because MYMOLLYDOLL seeks to raise funds from outside sources for Brady Campaign via her Blogging Online (#BloggingCampaign Hashtag Campaigns) (Reference: <http://www.legalzoom.com/business/business-formation/inc-overview.html>).

MYMOLLYDOLL (including #BloggingCampaign & Hashtags) are now a Registered S-Corporation with LegalZoom.com, and the paperwork is currently being processed.

Learning Affiliate Marketing by #LeslieFischman

7/15/2016

I was first introduced to Affiliate Marketing January 2016. I had just returned from a Family Vacation in New York and was talking to my Cousin about my plans Blogging and selling items from my Blog. I wanted to make a Store Online. At the time I was a Quotes Blogger on Twitter and wanted to do more to reach out to the Community and provide access to Websites via links. I started with links from Google to Quotes and slowly learned about the process.

That was when I decided to join Shopify and open a Shopify Store (mymollydoll-2.myshopify.com, mymollydoll.myshopify.com). Only one problem, I had no items to sell in the Store. That is when I started researching Affiliate Programs Online and the various ways to gain access to Stores already existing Online and sell their items from my Blogs and Websites, and earn a commission or percentage. That is when I started applying to Affiliate Programs. Two great Affiliate Programs are Shareasale and Commission Junction. I am a Member of both organizations. However, once you join you must apply individually to each Brand you wish to represent and sell products from. That's the not so easy part. Every Brand has their own set of requirements, and listed criteria they are looking for from their Affiliate Marketers to join their Programs.

Luckily after applying to a few Brands I found Zindigo (shops.zindigo.com/mymollydoll). At Zindigo you can open up your own store on Facebook and on the Web and sell items from their Store in your own Zindigo Store and earn a commission from those sales. That's great I thought, but then how do you drive sales. That's where the importance of Blogging comes into play. The majority of my Web Traffic to my Shop is from Ads posted on my Twitter Blog, without which would be hard to get customers to come to my Store. Which is why Shopify is so helpful, because through Shopify you can list your items Online so that it shows up individually in a Google Search under the search terms that you input. In the same way, sometimes Affiliate Marketers will turn to ebay to sell their items, in a higher traffic zone, and listed among many like products to get more people to view and potentially buy their product.

Fast forward, it is now July. I am still in the same place, a few steps along, but re-applying to Affiliate Programs I applied to back in March, because unprepared as a Fashion Blogger, with the Following, Traffic, and Content they

were looking for. It took me some time, but I finally learned how to use Wordpress. I think that will be the Blog that I apply with, my main website (mymollydoll.wordpress.com). And listed as supporting Websites from which to sell, I will share my Twitter, Instagram, Pinterest, Polyvore, and Weebly accounts information with them, to explain how I plan to drive traffic to my Blog and/or drive traffic to the point of sale which is their Website, or a Website I have created from which purchases from that store can be made. -That is the one thing I have yet to figure out. How to place items in my Shopify Store and create a button that sends them back to the main Store, like is done with Pinterest buy buttons. I'll have to inquire.

Good News is that since applying I am now an Ambassador to 5 Organizations which I am proud to represent: (1) Shopify Affiliates (2) Amazon Associates (3) Zindigo Ambassador (4) Sol Theory Ambassador; and (5) LUCALUC Affiliate. With the exception of Sol Theory, I had to apply to these organizations individually and receive approval first prior to being admitted to their Affiliate Programs. Sol Theory luckily found me on Instagram and asked if I would like to be one of their Ambassadors, I gladly accepted. Similarly, Sassique scouted me on Tumblr at mymollydoll.tumblr.com and Twitter at [@lesliefischman](https://twitter.com/lesliefischman) - recognized as among the Top Bloggers they have seen and asked to be one of their Style Curators. I have just signed up and look forward to contributing to the content on their Website, citing to sources (looks) that I save on my Pinterest Daily, and plan to do additional research online via other Web Channels.

For anyone currently struggling, learning Affiliate Marketing and how to start their own Business Online, you're not alone. For many people who are just beginning in Tech, building Websites is not easy, and applying for, gaining access to Ads, and placing the Ads on your Websites is no easy task either. But stay on top of it and don't give up, I promise you, you only get better at these steps over time, and soon enough you'll be building Websites with ease, not confused about where to go for what, and seizing every opportunity you have to earn a living thru your Websites and the items that you sell on your Websites. Two great Ad Programs to go through are Google AdSense, and Wordpress who has their own built in Ads that come in a package upon purchasing your Website or Domain, I highly suggest both Programs.

If you have any questions along the way or need help getting started just search Affiliate Marketing on Google, like I have, and read all the articles. Shopify has some great Articles too about starting your own Business Online. Good luck ... I hope this helps!

[Response to everytownresearch.org by #LeslieFischman](#)

7/7/2016

Domestic Violence and Gun Violence

By: Leslie Fischman

07-07-16

Research Study (1)

Bradymusiccampaign.tumblr.com

Bradymusiccampaign.com

As a Researcher one is required to obtain approval from the HRC of their Academic Institution if the study involves interaction (via Interview) of any at risk populations. Victims of Crime always fall under the category of at risk populations that would require such approval -the bylaws of the organizations which provide services to them usually promise privacy which disables their ability to share with you either as a researcher or member of the helping professions their experiences or the way in which they were helped by members of the helping professions. Which is why for my Honors Thesis I decided to study Certified Crisis Hotline Counselors (such as myself, 2004) and with signed informed consent reviewed and received by them, interviewed them confidentially and included those findings and quotes in my research study via a fictional name I created for them to maintain their privacy and anonymity. This was suggested as commonly practiced among researchers who's job is to protect the privacy of their participants, to ensure they are neither harmed nor retaliated upon for sharing their experiences with me, especially those who have been forced to handle very difficult calls from inappropriate callers who frequent the hotlines and are not members of the population at risk of harm to which the hotline generally provides services to.

#BradyMusicCampaign is a new service online that connects individuals from the Entertainment Campaign to Blog Posts, thoughts, ideas, concerns, and general information about the Campaign and the Campaign to which the Hashtag supports, via re-blogging (Definition: When you post a blog post from another's blog on your own blog). The goal was to present a clear picture and general overview of current trends, news, and issues being debated, and share ideas "openly" online through a Blogging Service that enables me to reach a high number of qualified professionals who participate on personal accounts alongside company accounts such as the accounts managed and blogged to by MYMOLLYDOLL by #LeslieFischman.

Domestic Violence affects everyone, and Gun Violence is a type of Domestic Violence. According to everytownresearch.org, "more intimate partner homicides have been committed with guns than all other weapons combined [over a 25 year period]." Obtaining a "Restraining Order" is one way in which Victims of Intimate Partner Violence can "prohibi[t] ... [loved ones from obtaining] buying or possessing firearms, and for good reason." Terrorism is not just a World issue but is also experienced within the home, that affects Victims their "every waking moment" fearful that they will be retaliated upon if they "contac[t] the police" (everytownreesrach.org).

#BradyMusicCampaign seeks to support Brady Campaign via Hashtag, and create familiarity and identification via a catchy named Campaign for a Campaign that helps shape Laws in this Country as they are directly related to Gun Violence and Gun Violence Prevention. Some Laws which have already been enacted (i.e. Brady Bill 2.0) required the expansion of background checks for gun purchasers to prevent individuals such as those with a history of intimate partner violence from obtaining guns, from "unlicensed seller[s]" such as the ones mentioned by everytownreesrach.org, that enable known offenders to obtain guns on Websites while failing to perform a "background check" which is required by them as sellers.

"Weak gun laws" are to blame, says everytownresearch.org. While #BradyMusicCampaign for @Bradybuzz supports Gun Violence Prevention via Lawmaking, it is our responsibility as suggested by everytownreesrach.org to provide additional assistance updating everyone (i.e. the general public of these changes in law) as well as the sellers which provide access to known offenders when they fail to abide by the law and perform the required background checks. "Keeping guns out the hands of domestic abusers" requires that we ensure the "laws ... designed to protect Women [and/or Men]...[under these] circumstances" do exactly that and are well known and enforced. "Laws [which] are poorly defined and poorly enforced" can have very "devastating" consequences –increasing the "like[lihood] of murde[r] [by] guns" and accounting for "53%" of "gun violence [homicides] in America" (percentage reflecting those "killed by intimate partners or family members"). (everytownresearch.org). That being said, laws which are poorly enforced cannot make the positive difference they seek to provide via enactment of those laws. Which is why we have Brady Campaign to continue to modify current language "weak" language as suggested by everytownresearch.org to which Federal Laws still have not been able to curtail violence as it relates to: (1) "abusive dating partners or convicted stalkers, (2) those "convicted of misdemeanor domestic violence crimes Subject to restraining order orders from buying or using guns," and (3) "in most states" ... Federal Law does not address well prevention of "domestic abusers and stalkers [from] easily evad[ing] gun prohibitions by purchasing guns from unlicensed private sellers" [such as those online as we mentioned above]. Everytownresearch.org.

This Research Proposal is hereby presented by #LeslieFischman on behalf of everytownresearch.org to Brady Campaign and #BradyMusicCampaign to further study the consequence or usage of "weak" language while establishing Laws and take into consideration current "loopholes" as suggested by everytownresearch.org that have yet to address clearly how and by what language within the law these individuals will be prevented from in the future from obtaining or having access to such weapons, and committing homicides within the home as a result of what they believe is caused by "weak" language or "loopholes" in current law (everytownresearch.org).

Dear everytownresearch.org: On behalf of #BradyMusicCampaign which supports Brady Campaign, I would like to thank you for composing this very valuable entry and overview of Domestic Violence as is relates to Gun Violence and Violence Against Women. We assure you that no laws created to prevent gun violence are ever created purposefully with "weak" language that would "know[ingly] allow domestic abusers ...[from obtaining weapons] by enabling them to "evade gun prohibitions." Its never the Laws themselves that enable this type of transaction to occur but result from general lack of oversight that keeps track of "unlicensed private sellers" by whom those presently restrained or with history of stalking would be able to "easily evade gun prohibitions ... [and] purchas[e] guns" from "unlicensed private sellers" (everytownresearch.org). We (i.e. #BradyMusicCampaign

MYMOLLYDOLL) assure you that the cause for these unregulated gun sales are not the product of loopholes or failure on the part of Federal Law to outline specifics as to who these Laws seek to prevent access to weapons, but that your concern is with gun sales that occur during the commission of a crime which is that of an unlicensed private seller selling a gun to a known offender domestic abuser. That loophole is not caused by the Law itself, but requires that certain oversight be issued, addressed, and required, that limits the number of unlicensed private sellers from existing online and providing unauthorized access to these individuals of concern. Thank you for sharing and I hope to present the following findings to Brady Campaign, when I meet with them at the LA Chapter.

If you have any questions or would like additional research, and or updated findings, statistics, and laws (i.e. Bills enacted) which currently address your current concerns that present language does not include such purchases via loopholes as you suggested, then I would be more than happy to research and compose a follow up study that addresses your concerns and what is currently being done in response to your findings. Thank you for sharing on your Website and I am glad I read this article and can continue helping your Campaign and Brady Campaign accomplish their shared goal of preventing gun violence in the future, especially as it relates to Domestic Violence and Violence Against Women.

Sincerely,
Leslie Fischman
MYMOLLYDOLL
#BradyMusicCampaign
bradymusiccampaign.com
bradymusiccampaign.tumblr.com

Reference:

<https://everytownresearch.org/reports/guns-and-violence-against-women/>

07/07/16

Updated Copy of Resume #LeslieFischman 070616

7/6/2016

Law - Resume (Version 1) 070616

Tech - Resume (Version 2) 070616

Living a Purpose Driven Life by #LeslieFischman

7/6/2016

The quality of the life you lead depends upon two things: (1) How well you play your cards in life; and (2) How hard you work towards achieving your goals in life. A certain bit of street smarts is required to succeed in this day and age. Without which you often find yourself walked all over like a doormat, wondering how you got there. Never underestimate the intentions of others, which for the most part do not involve you or concern for your successes in life but for their own. Therefore if you cannot contribute to the whole or the sum of its parts than often times you'll find yourself not included. Don't worry about how many times you're included or how many times you've felt left out in life. These are but temporary occasions and usually you learn from these experiences and situate yourself so that you are better able to help yourself, help others, and contribute to whole or sum of its parts. For example: Drug Addiction and Alcoholism are two kinds of diseases that prevent you from participating or being invited to participate in Social Events which require one of the two or in which one of the two is plentiful. That is normal. When you're needs, i.e. Sobriety are different from the needs of the whole or the sum of its parts, those are situations in which you may not be included, and sometimes not being included is not to your detriment at all but to your benefit. Always look on the bright side, when one opportunity ceases to exist sometimes other opportunities arise either from that interaction or from the falling out of that interaction or one opportunity to your benefit creates

another opportunity what we call a Social Connection, an additional attachment from the initial positive attachment, that's how Networks are formed, a series of positive attachments which make up a whole, the sum of its parts being positive attachments between individuals working together to achieve some goal. –Dating doesn't quite work the same way, for every attachment is usually severed at the end of a relationship and often times they do not help but hurt or interfere with your ability to move forward, by trying to come back into your life, make amends, or promise for reunification. These times will pass, so long as you know you have no plans to resume the relationship, these types of interactions will not be viewed as a threat to your potential to form bonds in the future or hurt your chances of acquiring a new relationship in the future. Whether for dating or for friendship or for professional networking, Social Media Networks are great for connecting individuals to Platforms and Agencies which assist with creating these new bonds in life. But do not be dependent on Social Media Platforms to create these bonds, there's always a certain amount of leg work on your part that needs to be done in order to make certain, be clear, show enthusiasm, show purpose, and identify self online to those who you network with. Be present, follow up, be courteous, be proper, be professional, and be yourself always online and offline when networking, these are basic common courtesies and etiquette that is required of you in order to build and maintain relationships. Part of being included requires you to do so i.e. get put on email lists, get invited to events, receive notices of events, follow organizations to stay up to date on networking events, and post social profiles to meet individuals in fields within which wish to network. For example: Since I am in Tech I am Online. Example Number One. Example Number Two since I am interested in Affiliate Marketing and have had a nack for Fashion my whole life I Fashion Blog. These are two examples of how I have (1) decided to play my cards in life; (2) and demonstrate my work ethic, how hard I have worked, in order to get a job, which was achieved by 1 and 2, playing my cards right in life and hard work in order to get to the point where I was recognized in a new field via Vanicy.com and selected to be a Style Curator for Sassique, and able to Market online for Zindigo and Campaign for Sol Theory, who found me on Instagram and asked if I would be interested in being one of their Ambassadors. These are opportunities I created for myself through Blogging, which I would not otherwise have been able to achieve coming out of Law School without experience Blogging. Therefore there was always a positive purpose for Blogging. So long as your purpose is positive, you will always seem to have played your cards right in life, that's the trick and a general rule of thumb for being successful in life and achieving your goals in life. When you waste time chasing after achieving what comes from those successes like being included and being selected to date, you lose sight of whats most important to you and why that is the case. It is because people are successful is why they are popular. It is because people excel or succeed in life is why they are successful. It is because people are put together and goal oriented and have achieved some success in life and have jobs or demonstrate discipline is why they are chosen on dating sites, these are all desirable qualities: Dependability, Reliability, and Ability to Succeed. Given this we all experience setbacks, we all have disabilities, we all have made mistakes, and we all wish we were more successful than we currently are, that is normal, but you don't have to be the best and you don't have to be the prettiest in order to get jobs or to find dates online, all that is required is that you 1 and 2. Work hard and play your cards right. –I hope this helps for anyone who is struggling right now to achieve and find themselves in life. Don't worry, that was me 2013-2015, struggling to earn a paycheck while finishing "a" Law School. Success doesn't happen all at once, but if you appreciate all the milestones you make along the way, you will value yourself enough to make better decisions for yourself so that you can achieve the kind of success in life you think you deserve and form relationships with individuals Professional and Personal, you think you deserve. Hope this helps.

Sincerely,
Leslie Fischman
MYMOLLYDOLL

07/06/16

August 2016

When I First Started Writing Online by Leslie Fischman

8/31/2016

When I first started writing online I was nowhere near where I am now, in terms of introduction of content, subject matter, and displays. I was a rookie. I wrote to write but my presentation was awful. It takes a long time to develop as a writer online and it takes a long time to develop in terms of your presentation and ability to write qualified pieces for review by your peers on social media. I am grateful for my experiences on Twitter, I learned a lot about my writing style, and learned a lot about how to write online. When in Rome ask for help. -In many ways I have developed online, and improved upon my professional demeanor online, which needed a lot of work. I thought that I could just be myself and write whatever I wanted to write and whatever crossed my mind. That only works for so long, to maintain an audience online. What is required of you is that you always discuss issues that are relevant to you and helpful for others to read about. This requires careful reflection of your life, and the impact that you wish to make online by sharing your experiences online. There is nothing artificial about writing online, nor writing online about your own experiences, this is real intelligence. As a student I am required to read and write about the topic assigned to me, however online is the first place in which I was able to share my mind, without a textbook or desk reference nearby, and simply share what was on my mind, and what I have logically put together in my mind, in careful reflection of my life. I hope that the stories I've share have been helpful. And I hope to continue writing online, in an educated way, not artificially, or comedic, so that I am well received and so that my audience appreciates how far I've come and benefits from having read my writing, not waste their time. Thank you for following and I look forward to writing my next entry.

Updated 12/05/17

Why Deletion is Bad by Leslie Fischman

8/28/2016

It is not in anyone's best interest to delete or destroy any first permanent record of any disclosures which have yet to be heard. It is to each his own, Victims right to come forward when they feel necessary and are ready and willing to come forward and share whatever information they feel is pertinent to the case and those who have been directly affected by the case and how so. Any type of activity to which I myself am harmed or anyone around me is harmed is to be reported in a safe place, such as in a publically observable space, from which the proper authorities can be notified that their informant (Leslie Fischman) is being harmed in private and that her ability to come forward and prevent the harm that is occurring to her, is being disabled, so that she cannot protect nor defend herself and which she is continuously harmed and put at a disadvantage in life and harmed to the extent that she is not able to achieve in life and disabled.

Why is it Important to Share Your Story? by Leslie Fischman

8/28/2016

Its never required that we share our stories online. Some of us may feel compelled to share at our own expense, the loss of privacy that comes with sharing our stories online. Which is why I generally refrain from sharing my stories on Facebook, because it is the one place left that I consider private and separate from my Blogging life online on Twitter and Weebly, where I am an open book and willingly share my stories online to help others cope. I am by no means a role model to others but I am in every way an advocate for those who suffer from being misunderstood and discriminated because they are misunderstood. Misunderstandings occur, and often times our judgments of others are not perfect and flawed in many ways because (1) judgment is passed because we do not know the other well so assumptions are made as to why a person is behaving or is a certain way; or (2) we are misinformed of the reasons for why a person is a certain way or behaves a certain way or responds in a way that we do not understand because we do not understand the causes for the way in which they respond to events because again we do not know the person well enough and assumptions have been made. Assumptions are like judgments we pass on others, except they are the excuses for the behavior of others we use to justify the behavior of others in the negative. Be careful of doing so, judging others in the negative causes harm to their reputation and can be considered defamation if information about a person is misused to cause them harm or harm to others, others directly related to them or distant, which in turn causes harm to the person being wrongfully judged in the negative. Facts are facts, and no facts shared by me are with the intent to cause any harm to others or myself, in fact I share because harm has been

caused to my good reputation which requires me to share in order for my story to be heard which would not otherwise be necessary nor proper to do so at a time like this when everything has settled down and I am now resuming my coursework in Law School. –Loss of privacy is my number one concern, in fact loss of privacy was the reason I reported to #FBIDC for further investigation. Because I am related to a very big case, I feel as though I was put at risk of harm and my sense of peace and privacy was being invaded for the personal purposes of others to get a birdseye view on current circumstances regarding the case and individuals involved in the case. That is not my job to provide a birdseye view and nothing contained in my computer provides for that because that was not the purposes for which I attended Law School, I took my LSAT and applied long before the case was reopened and a certain accused individual was sent to jail for a different crime. Similarly that was not the purpose for attending a US Supreme Court hearing, my purposes for being there were strictly to visit, but later felt compelled to write about whats been bothering me like I am doing so here, same tone and style except by the sharing of facts. –When misunderstandings occur it is important not to defend oneself by reinforcing any and all negatives about an individual to support your position, this only puts you and the person you are harming at further risk of harm. Its always best to leave things alone. When our judgments are in error and when we come to the wrong conclusions, its always best to just leave things alone and allow the facts to speak for themselves. It is not our responsibility to take facts and argue why they are the way there are and argue for what purposes facts exist which either support or negate a persons disposition in life and purposes or explanations regarding their decision making, choices, and reasons for why they are situated in positions in life that cause us to pass negative judgments on them or support campaigns to ensure negative judgment is passed on them. There are two misunderstandings regarding the causes for my condition (1) why I committed suicide; and (2) why I got a DUI. I committed suicide because my medication was flushed down the toilet and I went into withdrawals became bipolar and suicidal and swallowed a bottle of prescribed medication (Kolonopin) and do not remember anything afterward, woke up in the Hospital. Secondly, I got a DUI because I had 3 drinks and drove on the freeway (2 long island ice teas, and 1 double cranberry vodka) and this was my second DUI that Spring 2013 and could not get out of it, so I requested to just spend the night in Jail and not take the Sobriety test because I knew that I had had too much to drink that night. Prior to my DUI I have had no problems with the Law and a perfect and clean record. I now have a misdemeanor on my record, and am in the process of finishing my community service. I could not get back into Law School after I took 2 weeks off, my petitions were denied. That is why I could not finish my JD, and then I became suicidal and alcoholic, drinking every week. These stories are not important and do not explain why I have been discriminated because the discrimination and people being mean to me and being dumped occurred long before the DUI. That’s why I was drinking because my life was ruined. My Dream was to be an Attorney. My Dream was to go to Law School and finish Law School that was my purpose for being there and when I was not able to finish Law School I was heartbroken. Because I kept getting sick in Law School that made it difficult for me to finish, I started off strong with As and Bs and after dating, I got Cs and Ds and kept getting dumped by my boyfriend at or near or during finals weeks, which was very devastating and traumatic for me, so much so that several times I did not take my finals and withdrew from courses the day before exams, because I did not feel as though I was at my best and could do better. This was to protect my GPA, which needed to stay up in order for me to finish Law School. At this point I do not think I will finish my JD. But can still sit for the Bar Exam if I decide to the exam after I finish my LLM and study on my own, I believe I still have the opportunity to do so, with petition. –It is never required that we share our stories online. Sometimes it is best to just keep quiet and allow your professional work to speak for itself. Confrontation is never best when put under unreasonable pressure to defend oneself and ones reputation in public, is a very traumatic experience and causes me much mental disability. It is at my expense to share my story online and defend myself. It is at my expense and peace of mind to confront individuals who have harmed me. It is at my expense to address anything that I have already moved forward from. It is at my expense to expose myself to risk of harm and loss of privacy as a result of overexposing myself. If I was never trashed and dumped in the first place I would not be where I am today. If I was never trashed and dumped in the first place I would not have gotten a DUI and would not have been harmed during the time I was an Alcoholic and reputation damaged. What we do in private is our own business, who we sleep with is our own business, who we hook up with is our own business and never the business of others or their right to know, that is our privacy protected by the Constitution, our Right to Privacy, and there is good reason why we are afforded that privilege in life. Therefore if already dumped and trashed then why is it of any concern to anyone else if I trash myself. ***To me, why was it okay for others to harm me but not okay for me to harm myself, why was that so shocking. If someone is behaving a certain way it is because they have been caused to behave in that way and means that they have been harmed in some way, which causes them to harm themselves.*** That’s what it means when someone is suicidal and they are harming themselves, its because they have been harmed and that harm cannot be undone. *Be careful not to take explanations that are being used in application to my particular circumstances and then apply that rationale to a different set of facts that is wrong and

results in a misinterpretation of facts and illogical conclusions. For every set of facts different arguments exist and must be made and no analysis of facts is universal and can not then be universally applied to any other set of facts containing sides in which good or bad character traits are sought to be proven. Only in my particular situation was my present circumstances of bad luck and being single being used to say that I am damaged goods and that I somehow deserve to be in the position that I am in now. I have no problem finding a boyfriend, I choose to be Single. I can go on Tinder anytime I want to find a date and move on. I choose to be Celibate. I do not have a job because (1) there was no job in Century City, he had to make a job for me, that was separate from my work in the office; and (2) my second job was taken by 3 engineers more qualified for the work that needed to be done for this particular startup. This type of required explanation in order not to pass judgment not only violates my own sense of privacy, but also violates my required duty to maintain the privacy of others during the regular course of my business dealings with them and terms of employment I agreed and signed to. But under these circumstances where harm continues and my luck does not turn around professionally, requires me to backtrack and discuss why I am being discriminated behind my back in chatter and for what purposes and what needs to be spoken about in order for those judgments to pass in terms of the gravity of harm they are causing to my current condition and ability to function and live a normal life. Otherwise the law does not protect us against people who simply talk shit about others, and pass judgments upon others in error, those are forgivable offenses and if can be explained and reversed and no damage is done and condition can be removed then there is no cause of action that can justifiably be maintained on that persons behalf. This is my ideal conclusion, to not take anything to court and to resolve as much misunderstanding as possible outside of court without filing additional papers with the court explaining what kind of reoccurring harm is continuing and discussion in detail of how I am being harmed and the losses I have experienced as a result of people talking shit about me behind my back since before I got my DUI. I am already at a disadvantage in life. The advantages I have been afforded in life are because I am a great decision maker and a very honest and hardworking person. Please do not make my life more difficult than it already is to function daily, maintain a job, and finish Law School. I already left two relationships due to mental illness, which is why I am single. I am only positive online because my job as an advocate online requires me to be positive and present the best version of myself. Away from the Camera I struggle, I do not look well everyday, and I have my own ups and downs which I choose not share out loud because it is not helpful at a time like this and it interferes with my ability to do my job online which is to make people feel safe, not to cause harm to myself or others, or present any information which could be misused to cause harm to myself or others. That is an ongoing concern, and has been a concern throughout my campaign which is why I have not shared my writings online, because there is too much room for misinterpretation without explanation and argument, purely facts presented, not open for argumentative purposes, which I believe they were misused for to cause me harm or inadvertently used to cause others harm behind my back. Now I know that whenever facts are presented on behalf of myself or others to also at that same time present arguments on behalf of myself or others, for the purposes of abiding by my duty as a law student, I am legally not allowed to represent others, so the best way I could present facts were to present facts in which the arguments were self explanatory, and which the innocence of others was preserved and never intended to result in a negative judgment. Evidence of this is obvious in the outcome of the decisions I have made which have been for good purposes. I am still at Thomas Jefferson School of Law, finishing my LLM I only have 12 Units left (a Degree that requires you have completed a JD in order to get into, I qualified for via the numbers of years and units of Legal Coursework completed); and my Brother got a job at Harvard as a Professor and Doctor. My Family is very proud of us I think we have come a long way, we don't fight anymore, we understand eachother better, and I think we are doing a much better job of representing one another in our own way by doing our best to excel in our chosen fields and adhere to exemplary standards of ethical decision making and the manner of professionalism we apply to the work completed by us for review, in order to continue achieving and be able to provide for ourselves one days, and Families one day. Always note that when you cause harm to one you cause harm to many and when one is harmed by themselves that requires no additional harm be justified to further highlight or argue that that harm was caused to themselves. We know this I committed suicide, that's a harm caused to myself, not by others, which is what I have been saying over and over again since 2009 and moved forward why is it again be readdressed now or being questioned, for what purposes, in application applies to no arguments for or against which would justify the usage of such facts to argue why my present circumstances are the way they are. I am not suicidal, and my present circumstances if not doing well are for different reasons not the same reasons for which I was not doing well in 2009. Therefore irrelevant to readdress old information and apply it to new information or old argument to a new set of facts, as we discussed before that results in misinterpretation. When someone causes harm to themselves no one else is harmed, usually people are mad at that person for harming themselves, but they themselves suffer no emotional harm or broken hearts, just get turned off by that person and lack empathy for their struggles in life. That is understandable. That I understand, when I cause harm to myself or commit suicide that is no ones fault but my

own that is harm caused to myself as a means for coping with my present circumstances, I've never placed blame on anyone for my present circumstances. I was not raised that way to blame others for my misfortunes. That's called a cop out, when you do not take responsibility for your own decisions and choices in life and misfortunes, it is then to no one's benefit including one's own to blame others for the sake of misplacing guilt or causes for harm upon another to somehow alleviate the guilt or harm being experienced by one for causing harm to themselves. I am a great decision maker, just because I hurt myself does not mean I have been a bad decision maker or responsible for the harm caused to me, experienced by me, or responsible for the harm caused to others as a result of the reoccurring harm experienced by others who talk shit about me behind my back, that is not my responsibility to correct, I can only perfect my own position in life, not the positions of others, it is not my responsibility to perfect the positions of others to help them live in a morally righteous way in which they can move forward from whatever ills they are currently suffering from that cause them to cause harm to others or reinforce harm causing agents to another. Why is that the case? Because when I am experiencing harm, my only responsibility is to take care of myself and correct that harm which I am currently suffering from which I take responsibility for as a product of my own decision making and not wrongfully place blame on others for my present circumstances. Therefore it is not my responsibility then to address any potential harm caused to others by my condition if not caused by me but a condition caused to me which is my responsibility to deal with on my own, because my decisions are what I am responsible for not the decisions of others who have caused harm to me. Just because something is my responsibility to address and cure on my own, whether a product of my own decisions or the decisions of others, as stated earlier is only the responsibility of the one harmed to help themselves cure that condition or current defect or undo the harm currently being suffered by doing their best to represent themselves. One cannot best represent themselves or undo harm caused to them by their decisions or the decisions of others if they are placing blame on others or not taking responsibility for their own decision making. Therefore it is wrong to place any individual who is currently curing their own condition and perfecting their decision making skills in a position to accuse or defend themselves or others, for the sake of applying current facts to previous facts to argue the causes for conditions, that again results in misinterpretation of facts and wrongful application of information provided to cause harm to an individual who has already stated that their current condition is a product of the choices they have made (i.e. me – drinking, drug use, DUI, and suicide attempt in 2009) unrelated to my present circumstances, in which I am not suicidal and I am not sexually active, and I am not being raped, and I am not using drugs, and I am not using alcohol, and I do not have a boyfriend, and I am not in law school, and I am not working, and I am not going out, and I am not social, on its face, nothing is that same or similar as the time when I committed suicide or to any time in my life for that matter. I am making great decisions in life right now, if I become suicidal it is because my health is failing because I am 31 and Single and wish to be Married and with child and a job, and it is taking longer than necessary in order for that to occur. Simple. Not complicated understandable, any other application of information or misinterpretation in the negative is being done so to cause me harm and therefore is not necessary as discussed previously for me to address, my only responsibility now is to take care of myself, by law that is my only responsibility and has been my only responsibility to do so given these facts, in which a condition has been caused by harm to myself which no other persons are affected because I hurt myself and we know that I hurt myself and because I hurt myself my condition fails. No one is blaming anyone right now, and providing that reassurance out loud puts me at risk of harm and puts at risk of harm the privacy of myself as well as those who have harmed me which then subjects me to retaliation.

08/26/2016

[Quotes by Leslie Fischman - Check out my Quotes Blog!](#)

8/28/2016

For more Quotes from Leslie Fischman, check out my Blog on Instagram:
[Click Here > Instagram.com/leslie_fischman](https://www.instagram.com/leslie_fischman)

**NOTHING POSITIVE OCCURS WHEN YOU MOVE
BACKWARDS IN LIFE RUMINATE OR REVISIT ANY
ISSUE ALREADY DEALT WITH RESOLVED. JUST ADDS
ANIMOSITY TOWARDS YOU. THE LESS YOU BRING UP
THE BETTER YOU AND YOUR AUDIENCE WILL FEEL.
ALWAYS MOVE FORWARD IN LIFE. BE POSITIVE.**

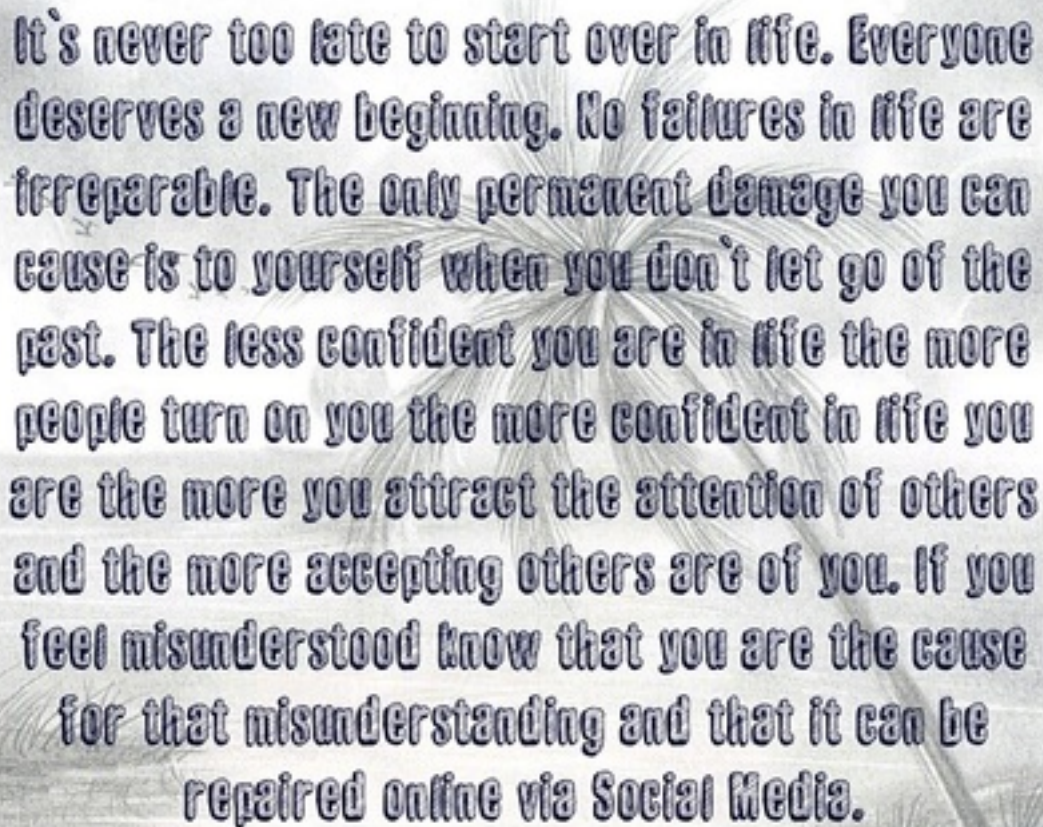
@LESLIEFISCHMAN - MYMOLLYDOLL.COM

Quotes Creator

YOU ARE YOUR BIGGEST FAN AND
YOUR WORST CRITIC IN LIFE.
REMEMBER THAT. HOW OTHERS FEEL
ABOUT YOU IS A DIRECT REFLECTION
OF HOW YOU FEEL ABOUT YOURSELF.
- DO UNTO OTHERS AS YOU WISH
DONE TO YOURSELF AND LEARN TO
LOVE YOURSELF IN ORDER TO
RECEIVE LOVE IN LIFE.

@LESLIEFISCHMAN - MYMOLLYDOLL.COM

Quotes Creator



It's never too late to start over in life. Everyone deserves a new beginning. No failures in life are irreparable. The only permanent damage you can cause is to yourself when you don't let go of the past. The less confident you are in life the more people turn on you the more confident in life you are the more you attract the attention of others and the more accepting others are of you. If you feel misunderstood know that you are the cause for that misunderstanding and that it can be repaired online via Social Media.

@lesiefischman - mymollydoll.com

Tips for Working While Single by Leslie Fischman 082416

8/28/2016

Always be traditional/formal in your approach towards relationships. Being a Professional requires you to do so. Even when it comes to dating and friendships. Never let your emotions get the best of you or allow your racing thoughts to interfere with your decision making. So long as you are Professional and honest in your approach you should never worry about what others think or beat yourself up over acceptance and/or rejection. Miscommunications often occur during the formation of any relationship business or otherwise personal. Always be respectful of the feelings of others whether reciprocated or not when others are open with you just be kind and always set firm boundaries with them so they know where you are at emotionally/Professionally. Sometimes when Single as a Professional you have to turn down opportunities to make way for others in the future. No job should ever require you to overcompensate your needs or allow others to overstep your boundaries -you are always the best judge of character and decision making skills sharp when Sober be sure to be Sober at most if not all any Work related events. If I think of any more "Tips for Working While Single" I'll let you know. Be well everyone.

Re: When my Boss told me "love love me" and I got sick.

My Decision to Write a Book by Leslie Fischman 082816

8/28/2016

After 4 years of writing online everyday I have decided to write a book. Why? There are a few obvious reasons, but mostly because Books provide the gift of permanency of shared thoughts, which may otherwise be lost through systems of writing online (i.e. word counts, and forums). Writing in a private space gives the writer a much different room to express oneself, in which the energy derived through the process of writing is calm versus experiencing anxiety (such as what I experienced) writing online in a live environment. This is a new phenomenon, writing in live environments, I suppose research has been done on the effects (personally) such as the ones I've experienced while writing online. Often times to cope with such social anxiety I would just erase what I wrote (which I would hear negative replies to in my head). Writing for School is much different than writing for an audience online, this I quickly learned. Online commentary is automatic versus writing in a private space, commentary is triggered at your leisure, upon review of your written work, there are no spaces below for which people can write feedback or commentary can be anticipated or audience insights and thoughts can be read aloud in the mind. These are obvious distractions for any writer trying to compose themselves and their material online. It is not the best way to get down on paper your thoughts when under any kind of pressure, anxiety, time constraint, or word count constraints. However, despite these setbacks I experienced as a writer online, I did learn the value of word counted boxes in which to write, they forced me to compose myself in a few amount of words, which required I make sense (as I chose/adapted to) without the risk of being taken out of context. Meaning I wrote so that my words could not be taken out of context and could be read and understood with or without the submission following or preceding each entry. This was important to me as a writer, because I know that each submission does not always stay in sequence once distributed to a master mixed feed to my recipients (audience). That was one of the benefits I experienced writing in a word counted space. –Today I blog on Instagram and Facebook, in addition to Weebly, Twitter, and Wordpress. Adapting to each space has been challenging, I realize that each audience has a different set of expectations of you as a writer, where some spaces accept less formal contribution and greater leniency on use of humor, some spaces require a more serious tone and generic form of presentation in order to be read, such as standardized boxing of shared websites (i.e. ads for your space and blog post posted in another arena) and standardized formatting (i.e. created via Apps such as Quotes Creator and Over). These are things you learn Professionally as a Writer over time. Of course you want your material to be read. I think I've come along way from handwritten pieces photographed and published online, or notepad screenshots from my cellphone. I've enjoyed writing online and I look forward to continuing my journey as a writer in a more professional space in book form, following the completion of my Dissertation for my Masters in Law LLM. Be well, and thank you for following.

Difficult Times by Leslie Fischman 08/24/16

8/24/2016

Whenever someone is going through a difficult time its important to take a moment and step back. The immediate response is generally to be avoidant of that person that is understandable. Often times what does not make sense to us or any conditions to which we lack empathy for, are situations in which we are not inclined to help. Those that do we applaud, those who don't we neither shun nor regard as unempathetic or insensitive people but share with them the same understanding as we do for those who are currently suffering from whatever illnesses may be. We are having this discussion because during difficult times, the only way in which that person can be helped or the only way for those in helping positions to be able to help that person is through compassion, patience, and not passing judgment on others for their current conditions, neither sympathizing or assuming they are the cause for their conditions or assume that others are the cause for their conditions. We instead take a step back and allow people to come forward when they are ready and willing to discuss whatever is bothering them. That is why we have AA, a confidential space in which people can share their problems in a trusting and loving environment for which they can share and get the appropriate feedback they need to begin moving forward and healing themselves. When another comes to you for help and you do not know how to help them it is always best to redirect them to the appropriate outlets for support, hotlines, hospitals, and AA/NA Meetings. Those are three of the best places in which someone suffering from illness can get immediate help without overwhelming those around them and without causing additional harm to themselves or others during the process of healing. When someone is ill, that does not mean that they are contagious nor a threat to the well being of others. It simply means that they are ill, have identified by

themselves or others that they are ill, and what is needed then is support and professional feedback. It is not the responsibility of friends to help those who are ill and it is not the responsibility of friends to care for those who are ill or responsible for the outcomes of not helping those who are ill when they become ill. It is to each persons responsibility to get help when they become ill never the responsibility of others to get them help unless they are a dependent or unable to get help themselves because of preexisting disability or circumstances which disable their ability to get help themselves. Why are we addressing this topic, because often times when people become ill we feel obligated to help them and that if anything bad happens to them we take responsibility or feel bad that when and if they don't get the help they need and suffer additional harm become more ill that it is our fault for not helping them or finding the necessary support for them needed when they become ill, recognized by themselves or others that they have become ill. –In todays day and age with Social Media do not be alarmed by those who share their problems, this is a normal response to being in a group of trusted individuals, to share what is on our mind, nothing to be surprised about. No one requires that you be open to anyones sharing of their mind agreeable or not to those shares, but you are required to report if any of those shares have the potential to cause harm to themselves or others, whether currently a threat or a potential threat or currently causing harm or have the capacity to cause harm to any and all individuals with respect to those shares affected by and apart of the audience to those shares. This is called being an Adult. Reporting any behavior or suspicious posting that has the potential to cause harm so that that harm does not occur. This is why we have private avenues for reporting, messaging capabilities, and reporting stations at each and everyone of our Social Media outlets, and functioning capabilities to block and or otherwise hide from anyone we feel has the potential to cause us harm or be harmed by through the process of interacting with them and being apart of the audience to their shares. One of the best features on Facebook is to cancel receipt of posts in your newsfeed from Friends. As discussed earlier avoidance is the first step toward dealing with anyone we feel has become ill who we do not want to help or who we do not know how to help but if continually exposed to that person may feel obligated to help, so we avoid those types of individuals. That is understandable. Why are we having this discussion, because these are issues to which I can personally relate. That when I became ill and would not attend AA meetings, Social Media was the chosen outlet for me to share and share to others what was currently bothering me or subjects I felt necessary to discuss with others not necessarily in public but in a space I felt left with to discuss what was bothering me, that I did not feel that AA could help me with. Why because these were not alcohol related circumstances, or circumstances as we discussed above cause by me or happened to me, but circumstances which when affected by caused me to become ill. For many years I was able to manage those emotions and discussions with the potential to cause me harm, but sometimes others cannot avoid broaching topics that have the potential to harm you, and that's unfortunate for everyone affected by the discussion of topics which cause us illness, confusion, despair, and dysfunction as a society, such as discussions of why people harm people, cases existing and preexisting, homicides, gun violence, and GLBT issues. For me those are issues which cause me mental illness, which I have dealt with on my own. That being said, be as avoidant as you want, others issues should never become your issues, and you have every right to avoid being affected by the problems of others. But if you can help, and are given the opportunity to help, the best you can do is be present and refer them to professionals such as hospitals, rehabs, and AA meetings and politely suggest to them that sharing their problems in public spaces such as Social Media are not the best spaces to discuss their illnesses or problems to protect them from additional harm and also to protect the audience from harm having heard discussed their issues out loud, whether existing preexisting or non-existent, that is for the professionals to interpret when treating those with illnesses which we avoid discussion of or helping. I hope this was helpful at this time to address my own experiences, and share this thoughtful reflection from the standpoint of my audience, being as understanding and compassionate as I assume they have been towards me, present. Thank you for all your help. Be well everyone and if you have any questions as always please do contact me or go to your nearest professional for feedback.

MYMOLLYDOLL is now on #Wordpress

8/20/2016

I have been Fashion Blogging since January 2016. After being selected as a Style Curator for Sassique (sassique.com/mymollydoll) (recruited from my Tumblr Blog mymollydoll.tumblr.com) I decided to create a Wordpress Account. For all the latest Trends and Street Style Fashion Photography check out my Wordpress at mymollydoll.wordpress.com.

In addition, for those of you wondering where #BradyMusicCampaign went. We are now on Wordpress and Tumblr

at bloggingcampaign.wordpress.com and bloggingcampaign.tumblr.com. No new updates, but if you have any questions feel free to contact me leslie.fischman@icloud.com.

Friendship by Leslie Fischman

8/20/2016

So thankful for all my friends, and friends Ive made along the way, during my time online on Social Media. Thankful for the jobs Ive had and the Bosses who have hired me even though I remained active online Blogging. I know that Blogging is not an easy Profession. And I know that Blogging is a trait that is hard to accept amongst your friends. Not an easy attribute to accept or get used to. Despite losing friends. For the most part I got all my friends back Blogging. I think it allowed them to be close to me again after separated for so many years while in Law School. For that I am thankful. As for my new friends who do not know me and still not accustomed to my Blogging habits, thank you for your patience while getting to know me and giving me a chance (i.e. #TaylorAdamsAM). It has not been easy for him liking someone and then feeling so distant from someone. I think that Blogging for awhile kept myself apart from everyone, because I was discouraged from Blogging on Facebook not my choice. I think that my journey on Twitter was a great journey in life in which I learned a lot about myself. Now returning to Facebook, regardless of what anyone says, I think I have a much better head on my shoulders now because of my experiences in life, so much so that now nothing that anyone thinks should affect the decisions I make in my life or dictate who I meet or how that relationship turns out. I realize its no ones fault but my own if relationships don't work out and that never because of interference by another or others. That was something that took me a long time to realize. Nothing to be suicidal over. Just something I realized. That being said. Just as I forgive others for their shortcomings or wrongs towards me, I expect the same from others. I don't think it's the Blogging that is the reason why #TaylorAdamsAM and I cannot date, but because he is probably dating someone else. Which is something I will just have to accept. Its hard when you love someone and you cannot be with them. I have kept myself available for him nonetheless. Because when dating another or on Tinder he has responded in the negative worried or upset, defriends me (i.e. and called my Mom). So Im still kind of blind as to whether he likes me or not, but I haven't given up faith yet. And will wait for him, and in the meantime get my life together back on track and finish my LLM and work.

Relationships by Leslie Fischman 081716

8/17/2016

I think its really difficult to be in relationships when you are working on yourself and trying to come up in life and find your way. Its really difficult to be close to anyone and at the same time find a job, maintain a job, and still find time to enjoy a social life. Right now my social life consists on writing online and keeping in touch with the friends I make along the way who have been very supportive of me, followed, liked my posts, and corresponded with me, checked in. Its really unfortunate when you are doing well and you are not able to share that happiness with another and for whatever reasons the one you love is not able to share that happiness with you. Everything takes time to develop including what it and what is not, who we are, and who we are in the lives of others, particularly our significant others if and when we find them. Not everything in life in times perfectly and most of the time everything occurs at the wrong time due to poor timing. In order for things to occur on track and on our own best timing, well that is different for every individual. For me my best timing is when everyone around me is happy. But life doesn't always work out that way. I wish that my life was different than it is today. I wish that I never Campaigned and just lead a normal life. I wish that I never dated in Law School and stuck to my gut instinct which was that I was not able nor ready to maintain an intimate relationship and at the same time focus on school. But at the time I put the needs of someone else's before my own. When this occurs we are told that everything will come back to us tenfold and that our good deeds do not go unnoticed and that when we put others before ourselves that this means that in the end or somewhere down the line we are to benefit from that experience and those choices we made in life (to put others before ourselves). Eventually you get tired. When this occurs its important to step back, breathe, reassess things, and move forward. Pretending like everything is okay when its not. Or pretending like your feelings are not hurt when they are. Solves nothing. Particularly in terms your ability to communicate with loved ones or significant others. Less is more. The more we try to fix things and the more we try to buffer misunderstandings with excuses, and the more we try to be accepted the less likely those things are to occur. Why is that? Because a person who tries to hard is seen as compensating for some weakness or trying to hard to overcome some obstacle (negative) or trying to

overcompensate make positive a life which they assume was not going well (or negative) which is the cause for their current circumstances. Not everything that goes wrong in our lives is to our own fault or at our own expense, usually when bad things happen not only may we be harmed but also those around us may be harmed too. Its important never to play Victim when you are the Victim, this usually breeds animosity towards you as trying to situate yourself as disabled or less capable than the rest and in need. People who are in need are generally characterized as physically or mentally incapacitated to the extent that they need or rely on others to take care of them, guide them, help them, for instance Victims. If you do not fit the mold of someone who could potentially be Victimized, you will not be seen as a Victim, but as a cause for your current circumstances and a product of the choices you have made in your life which you are expected to take responsibility for and correct on your own best timing. This is unfortunate. Many opportunities in life are wasted or passed when we are misunderstood and when we are harmed. Its really not the responsibility of the Victim to defend themselves. But here I am. Goodnight everyone, and hope you have a great day tomorrow. And remember to smile and be appreciative of all your blessings in life and those who are in your lives and not to worry about those who chose not to be apart of your life. Ive always been the most popular whatever school I go to or whatever town Im in. That's just me. So I know something is wrong when someone who is kind to me at one point, chooses not to associate with me at another point in time. And that's for me to figure out and is really none of anyone else's business but mine. All I can do is be myself to the best of my ability and live life without or without people in my life. Without or without their guidance, acceptance, love, understanding, or consideration. When you are down, when you put yourself out there, you can only be harmed, not benefit when situated in a weakened stance by failure, mishap, rejection, or misfortune. Bad luck occurs and its to ones own responsibility to turn their luck around, not rely on others to help enable that to occur. You are what you attract in life.

New Year New MYMOLLYDOLL

8/3/2016

Excited about the recent changes to MYMOLLYDOLL. I've decided to make a change, and redirect focus towards my Professional Work as a Writer and put less focus on my Personal Life and Academic Achievements and Endeavors.

I have just signed on to Sassique as a Style Curator and Fashion Blog daily to mymollydoll.wordpress.com.

In addition, my Career as an Affiliate has just started to blossom on lesliefischman.weebly.com.

For more about MYMOLLYDOLL and my Journey Online, how I came to be, please visit mymollydoll.org.

September 2016

Please Move Forward by Leslie Fischman

9/28/2016

Key Characteristic of People Who Try to Harm You

A key characteristic of people trying to harm you, are people who begin with a conclusion and then do everything they can to create circumstances to justify the conclusion they have come to. When what they create and when what they say does not add up to the conclusion they seek, is when they become frustrated and when they become hostile toward the one they seek to dismember or otherwise render insignificant, troublesome, or of harm to anyone, including themselves. Those with mental illness face stigma. That is understood, I am not mentally ill. I have been caused to become mentally ill because people are trying to say I am mentally ill and because I am mentally ill that is why I am threatened by them. No I am threatened by this person because they hit on my boyfriend. Its been 4 years, get over it, no one cares, no one has been harmed, and no one cares what you do or who you date or what you are doing in your life so long as you are happy and able to move forward, that does not mean attack me and hurt me

because you cannot move forward from a situation that you are being defensive about, no one said you were wrong, these things happen, just move forward.

When is enough enough? by Leslie Fischman

9/25/2016

When it comes to love and detachment there are a few simple things you must remember, what is important to you, what your values are, and what your priorities in life are. Sometimes no matter how hard you try to focus on one thing, other issues arise during the course of bonding with another, and if you have not yet dealt with what is required to be taken seriously, then in that event, you risk the loss of not being heard as sound, and seen as someone who is defending themselves or seeking a relationship to cure a defect that is not currently present, or a defect that has placed upon you by another in order for a certain result to occur in their favor. People who are weak rely on others in order to make sense of their places in life and what they can do in order to improve their places in life. More often in not it is through the taking of power away and by displacement of power upon others or to themselves that they feel a heightened sense of self. This occurs during the sharing of ourselves, is when we are most vulnerable, that we are harmed by those who seek to use information provided to cause harm to the one who is sharing. When someone is trying to harm you they will relate everything you say to themselves and try to make sense of anything you say in relationship to themselves and their agenda and what story fits best to cause a series of reactions to occur to bring about a consequence or a causal chain to prove that when such and such is the case then such and such is the reaction and the reaction is intended to such and such and therefore I was harmed. Whenever anyone loses their cool in life it makes everyone uncomfortable that is not a debatable issue but understandable and makes sense. Not something personal. When someone wishes death upon another it was because in my case I was harmed to the extent that I became disabled and unable to function, at a loss, without my boyfriend who I loved and thought I was going to remain with during the course of my employment, which was abruptly ended upon hire after I had two surgeries to remove HPV from my Uterus, which turned into Carcinoma Cancer. My life was put in jeopardy and at risk because someone decided to steal my boyfriend. No one ever accused this person of misconduct simply stated that I was insulted and felt disrespected and my feelings were hurt and felt like this person hit on my boyfriend, and as a result interfered with our relationship and changed its course. We never know why people make decisions in life regarding who they choose to associate with. Usually it is because of things they have in common or share common beliefs or share some kind of experience in life to which they feel bonded and from that bond trust is formed. We value those kinds of relationships. And usually those are not the kind of relationships anyone would try to interfere with, especially by someone who was in a relationship already, met her boyfriend who offered me pizza one day at the bar. Who I did not talk to, briefly replied no its okay got up and changed seats, out of respect for her and when she tried to talk to me was brief as well. When people try to create fights or negative interactions where peaceable relations ones existed then this causes hardship. There was no bond at that bar, and there were no friendships. I was alcoholic and mentally ill and would listen to my iPhone, whether empty or crowded and mind my own business, write.

09/25/16

Social Media Campaigns & Gun Violence by Leslie Fischman

9/22/2016

#BloggingCampaign (www.bloggingcampaign.wordpress.com) is just one Social Media Campaign founded by Leslie Fischman for Brady Campaign, which is Entertainment based, figuring out ways to raise money for Gun Violence Prevention Campaigns via Entertainment. Right now I Entertain via Quotes and Fashion Blogging, and used to Entertain via story telling in the form of iMovies and Dialogue on Twitter everyday, as Comedian and Story Teller. By focusing on Entertainment and not the Violence itself, I hope to assist others in the Helping Professions, who work directly with Victims, without re-traumatizing them by discussion of events. Other Campaigns who support Brady Campaign are Million Mom March and Women Against Gun Violence.

Yesterday's quotes on [Instagram.com/leslie_fischman](https://www.instagram.com/leslie_fischman) talked about Suicide. In fact, Suicide deaths account for two thirds of the deaths due to Gun Violence. [1] 8 out of 10 deaths among adolescent are due to "firearm suicide," with

guns found in the home. Which is why Brady Campaign started www.suicideproof.org, offering tips on how to suicide proof your home. [2] For more information about Suicide and Gun Violence, read the report on Brady Campaign's Website, entitled "The Truth About Suicide & Guns Report." [3]

If you are active on Social Media, and want to help protest gun violence, you can now do so by taking a selfie. That's right, taking a selfie with the Hashtag #GunsOut. The #GunsOut Campaign was started by DoSomething.org, "one of the largest org[anizations] for young people and social change in the world." [4] Want to start a Campaign but don't know where to start or where to promote your Campaign? Go to <https://www.dosomething.org/us/campaigns> to check out current listings and create your own Campaign. Recently DoSomething.org has created a Page called "How to Stand with Orlando, which offers "resources on supporting the LGBTQ+ community, paying tribute to the victims, and practicing self-care in the wake of tragedy." [5] And if you need to talk to someone immediately, you can now text HELLO to 741-741. [6]

Other Campaigns seeking to prevent Gun Violence, have addressed issues such as the trafficking of illegal guns in the United States. This is why Advocates to reduce the flow of illegal guns into their neighborhoods launched the Social Media Campaign #FollowtheGun, to track where crime guns come from. [7]

In recent news, Governor Jerry Brown of California signed a bulk of sweeping gun control package into law, and vetoed 5 bills! [8] Other Social Media Campaigns, run in the State of California include School Districts hiring "Social Media Listening Services" to monitor Student's pages for threats of violence. In response, the ACLU drafted legislation via #TakeCTRL Campaign to "prohibit schools from compelling students to allow access [by] provid[ing] login credentials for their private social media accounts." The issue here being invasion of students privacy. [9]

Another Social Media Campaign run by Everytown, is through the use of "Social Media Graphics." [10] Everytown's Social Media Campaign: "brings together existing advocacy groups (Moms Demand Action for Gun Sense in America; Mayors Against Illegal Guns), along with survivors of gun violence, gun owners, faith leaders, and Americans from big cities and small towns alike, to both educate and drive action." [11] For more information on Social Media Graphics check out: <https://echo.co/blog/cheat-sheet-images-social-media>.

Hashtags have become quite the phenomenon on Twitter and Facebook, for communicating ideas and sharing posts in a comingled feed online, via hashtag. It's a way for everyone to contribute and for groups to share their ideas, material, stories, and posts with one another on the same topic, designated by hashtag. That is why I initially created #BradyMusicCampaign for Brady Campaign, which is now #BloggngCampaign, that currently supports Brady Campaign (#Enough), Everytown (#EndGunViolence), and Million Mom March (#WomenAgainstGunViolence, #EndGunViolence). –Recently Senator Chuck Schumer and his daughter Amy, have created their own Hashtag Campaign to Stop Gun Violence, entitled #aimingforchange. [12]

Together we can accomplish a great many things and help make change happen!

For more information about #BloggngCampaign go to:

<https://www.facebook.com/groups/183556858745298/>
www.bloggngcampaign.wordpress.com
www.bloggngcampaign.tumblr.com

References:

[1] <http://www.bradycampaign.org/the-truth-about-suicide-guns>

[2] <http://www.bradycampaign.org/our-impact/campaigns/suicide-proof-your-home>

[3] <http://www.bradycampaign.org/sites/default/files/Brady-Guns-Suicide-Report-2016.pdf>

[4] <https://www.dosomething.org/us/about/who-we-are>

[5] <https://blog.dosomething.org/we-stand-with-orlando-how-to-be-an-ally-for-those-in-the-lgbtq-community-and->

[others-fea1ab13958d#.j947y06b0](#)

[6] *Id.*

[7] <http://nyagv.org/youth-programs-albany-field-trip-a-success/>

[8] <http://www.latimes.com/politics/la-pol-sac-essential-politics-updates-gov-brown-signs-six-gun-control-bills-1467394282-htmlstory.html>

[9] <https://cdt.org/blog/states-take-steps-to-limit-school-surveillance-of-student-social-media-pages/>

[10] <https://echo.co/blog/everytown-using-social-media-graphics-end-gun-violence>

[11] *Id.*

[12] <http://twitchy.com/jacobb-38/2015/10/25/everyone-knows-tweets-end-violence-chuck-and-amy-schumer-team-up-to-stop-gun-violence-with-a-hashtag/>

What is Blahgging? by Leslie Fischman

9/21/2016

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

I hope that you enjoy reading my blog and that it is helpful to you on your journey in life. As always if you have any questions please do not hesitate to leave a comment or you can email me via the contact box on mymollydoll.org. Take care and look forward to writing my next post.

Poem #1: Finding Yourself by Leslie Fischman

9/18/2016

Half asleep at the assembly line
Another day another dime
Mislabelled and tossed cant even feel my face
What happened nevermind nevermind

New in town new office
Which room this room adjacent to mine
Among piles on the floor lightheaded
His tie undone he smiles and says goodbye

Weeks past and put on platforms
The rented house a kickback spot
Given an assignment and given another
Who huh what another crowd another life
Did my chores and said goodbye

I cried and cried I thought a friend
A cure that hurt, not the solution

A broken heart, and my job gone
I put up flyers, and pleaded to the town
Give me my job back _____

No life is ruined when your 0-1 single & 30
Never let them win, never let them take your power away
That's what they say, but love love me made me cry
Maybe that's why I couldn't stay

You only live life once –its short
Don't waste time living it to its fullest
Your potential is found in enjoying the simple
The simple things life has to offer can only be found
When you're good and ready and sound
Sound of mind, sound of heart
Until then keep trecking, don't worry about time
You get what you give and give only what you get
You cannot be both until youre found

09/18/16

Therapeutic Story Telling by Leslie Fischman

9/18/2016

There's a difference between therapeutic story telling and telling stories for personal benefit or gain. The second is ***not the purpose*** for #BloggingCampaign. A story is only told for therapeutic purposes and with good purpose, and with a lesson that has been learned by me, usually a hardship that I have endured, which is of no detriment whatsoever to anyone else in the telling of a story by me. In fact the reporting of such incidences, actually subjects me to greater risk of harm and retaliation by unnamed parties, who either aggravated my condition, or caused me to become mentally ill, disorganized, & strained. Since I have gotten better, I do not tell stories anymore. With previous reference to Jay Carney, watching on CSPAN, in the immediate response to crisis, it is normal to reiterate the same things over and over again until clear, that does not apply to the stories shared themselves but more so to the lessons that have been learned. My purpose is never to harm anyone, through the sharing of story or life lesson, and usually makes them look like the bigger person, and me undergoing stress and strain understanding why I was treated a certain way and what I could have done differently to not have been treated that way. Discrimination is an unfortunate experience in life, and usually not something you ever plan to encounter in your lifetime if you are a perfectionist and do everything right. But sometimes, when you are not paying attention people can take advantage of your good nature, and if you enable them to, to harm your reputation and make you look like something you are not, and encourage you to become something that does not accurately reflect your values or how far you've come in life. That is really disappointing for anyone to be in the shoes of the loser in life. No one plans for it, but it occurs, if you are not careful and if you do not stay on top of your life and responsibilities, your future becomes more difficult to achieve at the present than it otherwise would be had you not made mistakes in life or exercised poor decision making skills. Luckily, I have never experienced such a set back in life, to which my life has been ruined, luckily God puts me back in place achieving in life, like I am now. Why? Because I am a good person, I've worked hard to become successful, and I have harmed no one in my lifetime, but constantly been under threat of harm or harm to my reputation, but individuals who think its entertaining to put another as disease in life, simply because they don't think that they deserve the recognition or level of success they have been able to achieve in life. You often see this with overachievers who are constantly being put down or criticized, people tend to be more critical of those who are successful and in positions of power than those who are not as successful and not given leadership positions in life. You would hope that once success has been achieved that others will be happy for you, but in order to continue on that path of achievement in life, you can only maintain footing by staying true to your values, knowing your limits, and not allowing anyone to pull you off center or cause you to make decisions you do not feel comfortable making. For example (STORY TIME GET EXCITED), in 2013 after Boston (Purpose: Lesson Learned) my friend #JayWest

offered to hang out with me and invited me out for drinks with him and his friends. I wasn't hungry, but drank and later partook in drug use. Today, that is not how I deal with problems or feelings of being overwhelmed, and no one should, because drugs and alcohol only make things worse when used as a coping strategy for dealing with unwanted emotions, trauma, or life challenges. How do you get through to a Terrorist? And if you could get through to one, what would you say to get them to stop from carrying out the act of terror planned by them? I built a website and write everyday, promoting #BloggingCampaign and my ideas, beliefs, and lessons learned in my lifetime, hopefully to help all, not directed toward those who harm others. That is again, not the purpose of this Campaign to help offenders, or people who have harmed others, I joked briefly about being forced to run a scared straight program, because my Attorney mixed me in with Criminals, to whom I have no relation with otherwise in my daily life. They are not a population I specialize in or am trying to help, right now I'm Victim centered helping those who have been harmed by others and or have unwanted emotions (anger, resentments, etc.) and how to deal with those feelings constructively and move forward. My experience? Relationships. Romantic Relationships. And Breakups. How it relates to everyone else, that is for your understanding not mine, it's not my job to apply my knowledge to areas to which I have no expertise. –That's all for now. I just wanted to clarify a few remaining issues concerning my agenda, motives, life philosophy, campaign objectives, inspirations, and motivations for putting together a Campaign, its for the most part to help everyone move forward, and better understand one another, through understanding one who has been through many life challenges and been able to overcome them all, despite being suicidal or experiencing mental illness, but having a strong sense of faith that if disciplined and by making good decisions for oneself, that God would reward this hardwork not continually trash me, but let me get to the other side finally in life.

09/18/16

Shop now with MYMOLLYDOLL Deals and Coupons

9/18/2016

Click Here for Details: lesliefischman.weebly.com

#LeslieFischman #MYMOLLYDOLL #mymollydollquote #InstaQuote #Fashion #FashionBlog #FashionBloggers #mmdfashion #LookBook #Look #Style #OOTD #couponing #QOTD #Quotes #QuotesBlogger #Blogger #Blogging #Blog #FBlogger #FBloggers

A photo posted by MYMOLLYDOLL (@leslie_fischman) on Sep 13, 2016 at 2:44pm PDT

What is Normal? by Leslie Fischman

9/15/2016

Everyone wants to be normal, this is not always easy and difficult to achieve at times. The longer you isolate the more difficult this becomes and the more skewed your interpretations of others gets. You may think your thoughts are correct, but sometimes they are not. Having a better understanding of our thoughts, triggers, and misinterpretations can only be achieved through talk therapy via writing and speaking among trained professionals, whether in therapy, psychotherapy, or member groups that specialize in helping you understand yourself better and begin the healing process. Change is traumatizing, any change is traumatizing, it forces to adjust your settings and adapt to new settings, peoples, places, and circumstances. It's normal to want to escape under any type of conditions, or changes, that cause you discomfort. That is a normal process of adapting to change, hitting the normal button and regaining positive momentum and routine. Particularly when we experience any kind of loss in life, adjusting to life may become very difficult, this is an example of trauma we experience in response to change, the experience of loss, that may cause us discomfort and difficulty adapting to our current settings. How so? The experience of loss may cause us to withdraw completely from life, from living productively, and may have a dramatic impact on how we see ourselves and affect our relationships with others. What type of loss am I talking about? Rejection and Breakups. After a breakup and whenever you feel rejected its important first to think about what you (1) are doing right in your life, (2) how far you've come, (3) remember that you are worth it and never to give up, (4) that something better will always come along, (5) to let go of the negative and focus on the positives what you've learned from that relationship and the happier times, and (6) be appreciative of where you are now always and what you need to do in order to maintain steady ground and keep growing as a person so that new

opportunities may open up for you in the future. If you fixate on the negative, and don't allow yourself to grow, and fail to see the positive, you end up hurting yourself twice as much as the person who broke up with you or rejected you. No one person's acceptance of you should dictate how you feel about yourself, or make you feel like you are unworthy of being loved. When someone hurts you, it is never your fault, sometimes people move on in life, and it may have nothing to do with you, nor should you think any less of yourself if certain relationships don't work out. That doesn't mean that your whole life is trash and that nothing you're doing is going right, it's just that one relationship that did not go right, that doesn't mean that there is something wrong with you. Never interpret any rejection or loss such as a breakup as a reflection of something that you are doing wrong in your life or understand it to mean that there is something wrong with you, you are only hurting yourself when you allow others to hurt you in this way. Remember to love yourself first, before anyone can love you. And I guarantee that when you finally love yourself, people will be happy for you, come back into your life, and be glad that you didn't give up on yourself and allow them to win.

09/15/16

Re: #BarackObama's "Patch" #911 Memorial Speech

9/11/2016

Dear #TeamUSA:

It's true that on days like this we are reminded of how precious life is and how short it can be. We are reminded to be thankful for how far we have come, how much we have grown, and how important it is to stick together during times of Crisis. There is nothing that a great many cannot accomplish on their own, when in a group of likeminded individuals who share likeminded goals, peace. This I believe we have achieved. It took many years of persuading but I think that running Campaigns for Campaigns has been the best strategy toward achieving our goals, and getting everyone on the same team when the time comes to push forward and support bills, enact legislation, and pass laws which bind us and laws which help prevent acts of terror and violence from occurring. There is no negotiating with terrorists or with violent criminal offenders, or convincing that need be made to not carry out those acts of harm upon others, the purpose of creating stability is so that those attacks are not initiated in the first place, so that their capabilities for initiating such attacks are limited, and so that overall if every preventative measure is taken those attacks cannot occur, will not occur, and overtime cease altogether from occurring. That is the ultimate goal. To ensure that proper care is provided and that proper care is continues to be provided to each and everyone who seeks out that care and assistance, and lend a hand when care and assistance is needed, not shun those because they are sick, mentally ill, or at a disposition less than what we deem acceptable or worthy of adequate care and treatment necessary and required to improve not worsen the conditions of those who experience illness during their lifetimes. As a person with disabilities and mental health issues, it was so important that I help cure these defective conditions I saw, and obvious problematic behavioral health issues that was interfering with our ability to think as a collective whole and with the urgency required to tighten our ship and tighten the reigns on known and unknown offenders planning attacks on our Nations Soil and in our Schools. It's important to have fun, but within reason. It's important when necessary to take life seriously and be respectful of the futures of those around you and their need for seriousness and professionalism at work and in school. The more in control we are of our surroundings the better control we will have over our Country's overall surroundings and the general population. This I think is necessary in order to achieve our goal of peace and to continue maintaining our achieved state of peace. What we cannot find in our own homes, what we cannot achieve by ourselves, and what we have yet to achieve on our own, can always be achieved when in groups that support similar causes and when each member contributes ideas toward achieving those goals and future endeavors, peace. Once we are able to achieve on our own, or amongst others in groups, it then becomes our responsibility to teach the mechanics of achieving that state of mind with others, with those closest to us, and create the same stability and peace outside of the home, inside the home too. Peace comes from within, and when peace cannot be achieved from within, it is okay to turn to others in order to similarly achieve that state of mind, required to find peace from within, by focusing outside ourselves and immediate surroundings, and learn how to achieve by listening, educating ourselves, learning, reading, and writing -all skills so important towards the achievement of inner peace outside of the home, inside our homes, and within ourselves. Thank you for listening

and I hope that you enjoy your day of rest in remembrance.

Sincerely,

Leslie Fischman
MYMOLLYDOLL
mymollydoll.com
#BloggingCampaign
bloggingcampaign.wordpress.com

09-11-2016

**#BloggingCampaign Announcement: NEW Campaign by #DonnaDees Leader of #MillionMomMarch
#ConcertAcrossAmerica Sept.25th Nationwide!**

9/10/2016

*Hey @SenWarren, check out the 25 MA events on 9/25 for
the #ConcertAcrossAmerica to #EndGunViolencepic.twitter.com/jstQkttNRz*

— States United (@SUPGVNetwork) September 8, 2016
For More Information Please Go To:<http://concertacrossamerica.org/>
Managing Outlines Online by Leslie Fischman

9/6/2016

It is for no one to judge the personal and professional dealings of another without authorization and permission. If you are the audience to whom a comment is directed or critique is given, then humor may seem off. That is a given. These are what we call inside jokes said out loud, to an outsider is does not make sense, but to those within is like comradere and show of support for one another's efforts to achieve a common purpose to end gun violence and stop school shootings. This we have achieved and are doing well. If you cannot be happy for a Campaign that works on positivity and light heartedness, then you are not someone in need of help, and energy is best suited for helping those in need. It is not our responsibility to correct the behavior of others or to tell others how they should think or live their life, that is arbitrary and up to each ones person how they choose to live their life and the viewpoints they choose in understanding what they read online and the stories that are shared. It's a waste of positive energy to spend time helping those who are negative and cause harm to others including myself and cause damage to this Campaign and interfere with this Campaigns to achieve its positive purpose with or without me, has always been a prime staple, a given, since I have been chronically suicidal since 2009 and write as though everyday is my last, introspective reflecting on life and thinking out loud on my own in the privacy of my computer and in the privacy of my diaries my whole life since age 5. Its really for no one to judge me when I'm having a good day and being silly. I'm still in Law School I have every right to enjoy life enjoy my youth and be young. When it comes time to work in a Law Office and to be uptight Professional then when that time comes that's how I've been and always will be. Online requires a different kind of tact and use of humor to offset the intensity of entries, postings, and required content per post, depth. Nothing comes easy in life including writing. And in the process of recovery this was something I had struggled with especially online, clarity of thought and depth. I have not always been my positive self and this is something I have continuously worked on throughout my entire life, and while it may look easy for me it is a skill I have achieved through hardwork, to train my mind how to think, when to think, when to concentrate, when to reflect, when to think harder, and when to produce. There is time and a place for everything. Now is the time to share, because everyone else has been able to share. One who is responsible for helping others is naturally inclined to share last and give everyone an opportunity to be heard first on their own best timing, then one can respond, and share out loud why they support Brady Campaign and what they have done to help provide much needed support to a Campaign that ends gun violence. I decided to go a much different route, by creating, outlining the principles and justifications for an Entertainment Campaign. That is how I decided to help. There is no one way

to help during times of crisis, and anything that anyone can do to help alleviate a problem that grew out of control is appreciated at this time, not criticize those on the front lines in charge of managing an outline of a campaign online.

#BloggingCampaign
bloggingcampaign.wordpress.com
bloggingcampaign.tumblr.com

09-06-16

What Defines a Relationship by Leslie Fischman

9/6/2016

A Relationship is defined by two people co-existing in space and time and sharing the company of one another romantically, friendship, business, professionally, or otherwise defined by being in the same space as one another for any specific period of time, that is how I would define a relationship in short. When you spend any amount of time with another person, a relationship is formed. Any time after that relationship is formed, and further established online via Social Media, is further evidence of a relationship between two persons existing in space and time, by one of the above-mentioned identifying characteristics.

When a relationship ceases, online, via blocking or unblocking, the unrestricted setting “to unblock” would be considered a waiver of the former condition which was “to block” or in other words sever a relationship. The unsevering of a relationship which has been blocked occurs upon being unblocked. Whenever a relationship is severed and no explanation is given, and no commentary, conversation, or behavior would properly justify the severing of a relationship online, it is reasonable for one to question and wonder why and inquire. Try to mend a bridge or figure out what went wrong, that’s normal.

Whenever a Professional relationship is formed, or inquired about “requesting to apply for employment to a person or persons” that Professional relationship first established endures the expectancy of that interaction and is applied further to any future relationships with that person formed, such as on Social Media. Social Media adding does not change the status of the relationship first formed which was for Professional purposes, and any correspondence for Professional purposes, should not be ignored, rejection of any Professional work is never taken lightly and insult is always interpreted and felt in response. There is no rational explanation for why anyone would defriend me, I have never been defriended in my entire life. Clearly there must be some misunderstanding. Where one is dating publically online, one is understood to be taken, therefore any interested parties, therefore have a right to date and date publically too. That is not odd behavior that would justify defriending someone who is dating another and who sends a Professional memo and update as to current status of Campaign and Schooling recommended to be registered for. Why block someone who does not follow you or message you. Why defriend someone who does not even check your Profile, ask Mark Zuckerberg (Facebook) or Instagram, they can vouch for me that at no time prior January thru March did I ever check you account more than once, 1 visit per only in a 3 month period. It would be one thing if I was pursuing you, its another thing if Im not pursuing you to assume Im pursuing you if you get sent a friend request. If you accept that friend request that means that you are okay with establishing a friendship online, a relationship beyond that initial first interaction. I’m sorry I posted to you Online. Usually when I post to others they respond, or post in response to messages received, are appreciated. Comedy or Professional tone and demeanor accepted, this is a lofty Campaign, with big dreams and high expectations, goals to achieve. 1 year FREE of School Shootings. If you are nervous and do not wish to participate than just say so, don’t call my Mom, upon leaving you after questioning, to then say I am delusional think there is a relationship that doesn’t exist. There is a relationship that existed in time and space, in person and online, and I am not delusional. Why would you argue otherwise. Unless interested in creating problems in my personal life or cause me hardship. Why if when talking everyday to you reporting to you as though you are my Supervisor, there are no problems experienced by you in response to that correspondence that would cause you to call my Mom. What type of correspondence is okay with you and what type do you disapprove of? This would be an easier conversation to have if you would just reply. Rather than talk to everyone but me and cause me additional hardship and embarrassment guessing what it is Im doing wrong, why you defriended me and blocked me in the first place. I don’t like you photos, I don’t message you, I don’t bother you. Your behavior caused me to question you, and by questioning you a relationship was established in private. That’s

why I am trying to walk away. Because this is too embarrassing and does not reflect well on me only reinforces the behavior of others towards me, who lure me in then reject me make me look like a paraia. I am not a paraia. I am very popular. Have been popular my whole life. Just because I do not want to be with someone, does not mean they have the right to retaliate and make me look like I'm the crazy one. When I need help no one helps me. You were the only one to help me not take advantage of me or be mean to me. Clearly Lucas does not understand what its like to be desperate for work, depressed, and Single for many months. That is how you are hyper, needy, and talkative. From here forward I will establish no future relationships. I'm done trying. No one is willing to give me the companionship that I deserve, so I will stop trying to find companionship in life. Its simple #TaylorAdamsAM, I don't understand why you wont just let me walk away, clearly you do not love me the way I love you, so there's no point in sticking around after I am feeling better and feel whole again. That would be using you as a crutch, I'm independent fine on my own, I lost all confidence and was not strong when I met you, because of failure not due to my own poor decision making but failure due to taking care of others, upon which I was weakened and harmed not by my own doing.

09/06/16

How Do You Know if You are a Blogger? by Leslie Fischman

9/6/2016

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

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

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

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

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

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

(5) Do you have the personality for Writing in a Public Space? Are you Sensitive to Criticisms? This was the most important question I had to ask myself. As a shy person, blogging online was not something I participated in throughout School, seldom on Facebook and had opened a Twitter Account but never participated or wrote a single Tweet. To be honest I wasn't sure how to use Twitter. Just like when I started using Instagram this year, I didn't

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

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

(7) Do you have some kind of Vision and Purpose for your Blog? As we discussed above, before starting any type of blog you should be prepared and have achieved a quality of composition that sets you apart from the other bloggers so that you stand out and gain new followers, and maintain uniqueness to your work product. Some people are able to achieve this by logos. Some people are able to achieve this by stylistic preferences, and some people are able to achieve this by putting their name on everything (that would be me). That would be your vision, how you see yourself and how you want others to see you, is that vision clear? If not, there are plenty of spaces to experiment to see what your audience likes best, start with one social platform, but do not experiment on all social platforms. You want to always present your best work to each, so make each introduction strong, with new material, and with that added edge of experience you were able to achieve from the previous social network you blogged from. The purpose of your blog, sometimes you know right off the bat, mine was to create an entity MYMOLLYDOLL from which I could create a Campaign for a Campaign. Sometimes this purpose evolves. I know on Instagram and Tumblr, I started with one account, and as I tried to organize my materials, I realized that my presentation of reblogs was best suited for separate blogs, to maintain consistency and theme. That was important to me, to separate my blogs by theme, categories or types of pieces shared, this can also be done through the use of tabs on a Website (something I have just considered doing for mymollydoll.com). Right now I keep everything on separate Blogs (Websites) lesliefischman.tumblr.com, mymollydoll.com, lesliefischman.weebly.com, facebook.com/leslie.fischman, Twitter.com/mymollydoll, and Instagram.com/leslie_fischman ... the list goes on. (See mymollydoll.org). –The only problem is that if you are concerned about traffic points, you may want to stick to one Website, otherwise your 10,000 Followers get spread among multiple accounts on different Websites, making it more work for you to share and keep track of on a daily basis or update weekly.

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

(9) Do you have a particular interest in a genre commonly blogged about? If so, then blogging may be a great fit for you as a Writer or Composer. The more common, the easier it is to join and contribute to, blend in, without standing out or looking out of place. For me, when I started blogging on Twitter, they had just added the photo feature, and I blogged like I was on Facebook, putting all my photos up and talking about my personal life and what I'm up to. Have no fear, what was once uncommon is now common, and I am no longer one of few but one of many

who blog about their personal lives in public on public publishing platforms that get Google indexed and tossed around online in places I've never visited on Websites like Twicys, that duplicates your account on a completely different website I don't even have an Account to. This happens online, do not be alarmed. What you share in public becomes public information and public knowledge and can then be reused. Make sure you are cited and that you maintain uniqueness to your craft and put your logo, emblem, or web address, and/or name on your work, so that when it gets redistributed you are credited to your work, and can get business that way.

(10) Are you qualified to blog about the topics you wish to write about? This is perhaps one of the more personal questions you must ask yourself, however discouraging it may be to realize that you need credentials to write about certain topics, that is why we have referencing abilities, and the purpose for citations. For knowledge that does not come from within but must be obtained from outside of yourself, is why we cite and do research. You can also compose blog posts in that way, via citations, there is nothing wrong with that, but make sure you cite. What are my credentials? I'm a BA with Honors in Sociology, have Composed & Published an Honors Thesis (A Qualitative Research Study on Hotline Counselors, about Crisis Management and Emotion Management, with approval by my attending University's HRC (Human Research Committee) which I had to apply for, qualify for, and complete several online exams testing my understanding of the risks involved when studying at risk populations [Note: Similarly in 2013 I had to submit a proposal for future study to CU's HRC prior to beginning Blogging Campaign for Brady Campaign –which was forwarded to the US Supreme Court for Review, and stamped by them reviewed]) ... my Honors Thesis was later published with an Academic Publishing Company. In addition, I attended Paralegal School & Law School JD for 5 years, and I am now finishing my LLM and will compose a Dissertation, which I plan to Publish with an Academic Publishing Company when I finish. These are my Writing Credentials as a Professional, not including writing experience throughout my work experience, which included composing Legal Motions on behalf of Clients, composing Legal Research on my own, drafting Letters on behalf of Companies and Tenants, Composing Client Letters, Legal Memorandums, Drafting Legal Documents, Formatting Legal Documents, Indexing sorting and filing legal documents, and the list of responsibilities goes on as a Paralegal, Law Clerk, and Legal Secretary for many years (Since 2008). Based upon my experiences as a Legal Professional, I thought why not Blog and start a Blogging Campaign, I'm certainly qualified to lead a Campaign, I may not have the experience running a Non-Profit or Corporation (Now Officially Registered in CA: MYMOLLYDOLL as of 2016), but that is something you learn through experience putting together a Company online and Startup.

I have registered my Corporation, [and pay taxes and legal fees monthly], I [own] multiple Websites, but that does not mean that I am making any money doing what I am doing right now, or earning a Profit from my work completed online. That is because my focus was to Campaign for a Campaign not to earn a Profit, I just put Ads up on my Website after maintaining a Website Online for 3-4 years (Since September 2013). Everything takes time, and just because you are advised as to what is required of you, or make friends along the way, does not mean that those friends can help you earn a living one day doing what you are doing or with the Company you put together, that is for you to figure out on your own, just like everybody else does online. It is a very risky investment of time to Blog, and is best done in a forum or on a social blogging platform that is already established and has ongoing traffic and participation for feedback. I hope this helps, and if you have any questions feel free to leave me comment here or email me on my contact page. Good luck!

09/06/16

[Updated 12/05/17](#)

Best Interests by Leslie Fischman

9/6/2016

It is not always in your best interests to over involve yourself in the businesses of others. Sometimes it important to trust the decision making skills of others and by their education and experience have faith in them that they know what they are doing, are prepared, and have received all required permissions to be where they are today. The

purpose for #BloggingCampaign (formerly #BradyMusicCampaign) have been founded upon those principles. To know ones place, and to contribute in a way that does not retraumatize nor add additional hardships to any one person's plate, but helps to alleviate the problems our Nation faced after a series of School Shootings we all had difficulty responding to. That is why I created #BradyMusicCampaign. It was a Campaign to support a Campaign, which diverted attention away from the point for trauma itself, discussion of the Shootings and ongoing Terrorism, and focus on something positive a Creative #EntertainmentCampaign whose purpose was to help raise money to support #BradyCampaign.

09/06/16

October 2016

If You Could Write a Book (Interview) by Leslie Fischman

10/7/2016

If you could write a book, what would you write about? It would probably be a self-help book of some sort. Check out my Instagram for details [Instagram.com/leslie_fischman](https://www.instagram.com/leslie_fischman)

What inspired you to start #BloggingCampaign? After a series of School Shootings I left law school to do some soul searching and wound up, marching around brainstorming in DC for two weeks (January 2013), thinking of a way to bring us all together and help out, alleviate the trauma, and help stop gun violence.

Who are your inspirations in life? My Family first and foremost, and Barack Obama. These are people who I grew to love and respect and who have helped me mature and grow as a person, taking on more responsibilities in life, and living my dream, being someone who has helped make a positive difference in the World and contributed to causes which affect us all, by starting a Campaign for a Campaign.

To be continued ...

[Updated 12/05/17](#)

#BloggingCampaign -The Hashtag & *Rules for Participation

10/6/2016

About #BloggingCampaign

#BloggingCampaign is a hashtag that was started by MYMOLLYDOLL (Leslie Fischman) sometime in 2016, after meeting with the President of Brady Campaign LA. After pitching my Campaign idea, excited to hear about my goals, was asked to meet the President for Coffee. We discussed my Campaign goals – after review of my Website's bloggingcampaign.wordpress.com, bloggingcampaign.tumblr.com, [Twitter.com/bradymusicbuzz](https://twitter.com/bradymusicbuzz), and the hashtag that was created. We both decided to change my hashtag to a name that did not include Brady Campaign, so as not to bother the DC Office and Dan Gross (The President of Brady Campaign). The hashtag that was used was #BradyMusicCampaign (which is now #BloggingCampaign – a more general approach to my Entertainment based Blogging Campaign).

What is an Entertainment Based Blogging Campaign?

An Entertainment Based Blogging Campaign is a:

1. A Campaign for a Campaign (i.e. Brady Campaign (Primary and First Campaign for a Campaign), #EndGunViolence, #MomsDemand, #StopGunViolence, #GunsinAmerica, #WomenAgainstGunViolence, #EachMindMatters to name a few).
2. That focuses on Entertainment as a means for Crisis Intervention and Prevention, by focusing on something positive other than the trauma itself and issues for which the trauma has been experienced (i.e. Gun Violence, Terrorism)
3. Where participation is anonymous so as to protect the participants from harm, whereby donations only are the only accepted form of admission for participation to a Campaign for a Campaign that is Entertainment based (i.e. #BloggingCampaign formerly #BradyMusicCampaign).
4. Where participation occurs online, at an online “meetup,” that is situated on Websites created by me for MYMOLLYDOLL and #BloggingCampaign (i.e. bloggingcampaign.wordpress.com, bloggingcampaign.tumblr.com, mymollydoll.com, Twitter.com/bradymusicbuzz, Facebook, and any other creative space created by me, from which I am able to hashtag from to a general Newsfeed separate from each account, that summarizes the most important information and posts from each account, as it relates to #BloggingCampaign (that is my goal and purpose for hashtagging – to summarize and highlight the most important posts related to the Campaign to give a birds eye view (gist) of what the Campaign is about (Methodology and Purpose) from which others can decide at will whether or not to participate and for the causes this Campaign seeks to support i.e. Brady Campaign (and see above).
5. Participation is completely at-will, meaning anyone can choose to participate or not, participation is not mandatory, and the Campaign for which you choose to Campaign for is not required to be the same Campaign for which I Campaign for (i.e. See Above -1). #BloggingCampaign is simply:
 1. A model Campaign I created to show how blogging can be used (creatively) to support a Campaign and also, through mixed media, assist with the production and creation of material which can be used and re-used (re-blogged) for Entertainment purposes (what goes on beyond that initial participation on the blog is purpose #2)
 2. A Creative Campaign for a Campaign in which the material provided for and created by its user (writer and developer MYMOLLYDOLL, Leslie Fischman) can later be used (re-worked) through Film and Music, or any other Entertainment based compatible forum. (For Example: I Blog Quotes and Fashion, which can be used to assist with Film and Music Production)
6. All that is required of participants is to donate to a Campaign of their choice, relevant to the causes for which they support, in my case I donate to Brady Campaign, and hope that those who participate alongside my blogs do so to, or to a like or similar Campaign whose causes reflect the issues they currently face as it relates to their specific issues or concerns, beliefs, and/or recommendations they believe will help us to reach future goals, for the benefit of society, for the betterment of the people and general public, to protect the safety and general welfare health and well being of the population of concern (For Example: The Population I seek to assist by launching a Social Media Campaign for a Campaign, are the bloggers on Social Media to whom I participate online with on Twitter, Tumblr, Wordpress, and Facebook –better situate themselves to be there for those in times of Crisis including themselves).

First Draft – Summary of the Rules for Participation by Leslie Fischman 10/06/16

As previously stated on bloggingcampaign.wordpress.com, bloggingcampaign.tumblr.com, mymollydoll.com, and Twitter.com/bradymusicbuzz.

January 2017

Purpose - Writing a Book by Leslie Fischman

1/27/2017

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

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

What is Intelligence? (Profanity Free, Not Upset Anymore) by Leslie Fischman - Im more positive now, positive outlook. Im prude, so its really insulting to be called names, no Im not a pervert I dont give blow jobs, ask my boyfriends.

1/24/2017

What is Intelligence?

Today on Twitter we talked about intelligence as it relates to my experiences and in jest, called myself retarded, and even made CRA CIA jokes, Center Retard Agency. This was to normalize the use of a term I was called by someone in a caretaking position, to justify the usage of the term, as not derogatory but factual in its application as to me, my past, my experiences and my future. This has nothing to do with Benjy, giving him a blow job on my 21 birthday, which was embarrassing because my best friend Danielle told everyone i.e. Daniela who used to like him in middle school, goes “you hooked up with Benjy.” I was blackout drunk, and had no problems at CU Boulder in love or finding love, recently having broken up with a Boyfriend, had just started using Cocaine recreationally, introduced to by a friend, Lauren Koepp. No she is not the reason I was bicurious, or went through phases of uncertainty. No that is not why I punch my head or slam it into the wall, it’s the bullying and teasing that causes that. Those are unjustified uses of force against me to cause me to self-harm during periods in life to justify causes for events or behaviors as being associated to causes for use of force against me, my persons, or livelihood. Its called hate crime, and discriminatory or retaliatory acts to commit some harm that serves no greater good, but further causes one to feel out of place suicidal. No that is not why I did not attend the march I overslept, has nothing to do with me being bicurious, trying to figure out whether I am Gay or not. Aaron asked me if I was Gay, so I questioned it myself, because I loved him insulted, I began experimenting on my Computer alone, in 2010. Just because someone tries to convince you you are something that you are not, does not mean I am retarded and is not the reasons for why I called myself retarded, and no I am not therefore trying to say that when anyone else does anything Gay towards me that they should likewise be defined as retarded similarly based upon reasons assumed I called myself retarded in the first place. Any type of confusion as to identity, sexual or not, does not make one retarded. What makes someone retarded? Genetically that is determined by your chemical makeup, experience, exposure, and how you develop psychologically, environmental factors play a role, more is needed to be studied to determine what causes retardation. In my mind retardation is when you are a slow developer, or have an inability to develop, or some deficit that interferes with your growth, maturity, and ability. These are scientifically proven definitions but my own, if you need to cross check with professional sources I suggest googling the term retard to see exactly what the term means, not question my usage or definitions that I make up to identity with terms their meaning, in questioning your application and calling me names, such as retard. –What is intelligence, on a more positive note? Intelligence is by education, level of education attained, but not limited to education alone, a lot of things constitute intelligence and intelligence can be gained not only from education in a professional environment but through other means. Intelligence is not arbitrarily determined by Country or by groups of people, but is something earned not given something you work for towards and achieved not handed to you. Traditionally that is what has defined intelligence. It is information gathered, acquired, and assembled in a way that makes sense, that would be an accurate test of ones intelligence and ability. –Given my education I am always analyzing and interpreting, that is one of my gifts, special abilities, not something taught to you in school but through education, experience, and adaptation a skill you acquire, you either know how to assemble information and interpret it in the right way or you don’t, its like cooking, something you learn on your own how to get good at, hard to teach, much like writing. This is why I focused on creative writing, and writing on Twitter, its not important that I assemble huge chunks of information in my unique writing format online in order to be understood, make sense, or deliver information important for others to better understand me, and I don’t think that one another should discriminate

each other based on ability to write in huge portions or submit information in a more condensed format, if it carries the same meaning. It was intended for me to write a book, that would be how I was planning to showcase my writing talent and unique style. But now it has been normalized and like a philanthropist not squandered but put to a greater purpose, what purpose, I'm sure God has a plan. That is not my purposes for assembling information and providing information and detail about my life, to prove something, it's because this information is asked of me, why did I commit suicide, of course it is something that has always bothered me and highly embarrassing, and not its not like wondering if you are Gay or not, dying is not the same as wondering or being questioned whether or not you are Gay. People going through your things was equally traumatizing, especially your significant other, who you are just dating not married to, to give sex to and they go through everything, it's all in your head, can hear him now what's so special it sounds like how I think now, that's because I have been writing for 4 years dumped but an Ex is still reading my writing, for what purposes, you have your code I have mine, I don't interfere with your code, I don't know music. Frozen, I need to run now, process.

Why I was not present at the Women's March by Leslie Fischman

1/23/2017

My sincerest apologies that I was not in attendance, I overslept. Unlike other Women who have shared online why they did not March, I do not share a similar sentiment or excuse for not marching. –Why I blog. For those of you who were not invited to March and attend, it was not made known to us (Invitees) that it would be such a momentous and historical occasion. Why I would March: I would March for those of us who have died overseas fighting for our Country and protecting our rights and civil liberties, and freedom to march and express ourselves, or blog. I would march for those who have died due to gun violence and for the volunteers and victim advocates who provide advocacy daily to them online and behind the scenes with legal teams drafting legislation and bills to be passed, to enact laws that help prevent gun violence. I would march for human rights, and counterterrorism efforts to curtail violence and stop terrorism. There are many reasons why I would have marched but did not, because I overslept. What does it feel like to have not marched? I am disappointed in myself, I do not feel complete, I am upset that I am now having to deal with defamatory hate speech towards me and my campaign, I am upset that I have to now defend myself, that in no way was not attending part of a political agenda, or statement in opposition to women, or the purposes for women marching that day. I am upset that I have to now defend myself, or provide reasons for why I did not march -which there are none, I overslept. I'm not going to make up a bunch of reasons, or defend a bunch of reasons for not marching that do not exist, that would only make me look bad. I'm sorry I did not attend for any disappointment I may have caused to those who invited me to attend personally and professionally, I had no intent to cause harm or appear not in support of your causes, which I was not present to march for. I support women, and I support their march, and for every reason women decided to march that day. I wish I was apart of that group that day that marched in LA, very impressive, I missed out. I was looking forward to marching, work up at 10am.

What does Gender Identity Mean to Me by Leslie Fischman

1/17/2017

What does Gender Identity mean to me. It's how you identify yourself in relation to those around you, it's the characteristics that accentuate or define your gender, based upon, affected by the way others treat you, based on your appearance, dress, and demeanor. We all blend, naturally to one another, adjust our settings to accommodate one another through interaction, during this process of adjustment, our features traits also become adjusted accordingly, either to highlight another's best traits or features, and not compete or outshine those we interact with. Some of us adjust in this way. Overtime, you become accustomed to any settings you feel most comfortable with in relationship to others, during interactions with others, and this how you identify your gender, which gender you most assimilate with, recognize similarities with, identify best with. That would be your chosen gender. For Women, Tomboy, for Men Metro. Tomboys and Metros are balanced, both identifying best with males and females, however the opposite characteristics shine dominate in their dress, appearance, and demeanor.

September 2017

(#Asian) Tagalog Mom Cried Today Rogueberg #MovieCode Speech by #MYMOLLYDOLL aka #lesliefischman on #Film

9/29/2017

Today is #YomKippur my Father did not buy tickets to the Hall Long Torah Long Shoffar Long Huge Screen Room Two Long Ceremony. Shmah Israel adonai allehaynu adonai ehhad. Barhu et adonai homvorah leolam vaed. Baru atah adonai elohanu mela haolam a sher bar har banu mi col ha oh mean vi na tan lanu et tora to, baru ata adonai notane atorahaa amen. The Catholic Church across the Steet I suggested should buy University Synagogue CUS of USA. #PresidentTrump for my writings online please #PacificGroup. I'm sober, clean, celibate (sober 2003) #weed > #adderrall by Sophomore Year back to a 3.26 finish 3.2 #Windward > A in Physics A- in a Chemistry Midterm or Final. Today we pray for the sins we have forgotten, the mistakes we have made in judgment that led us astray, the mistakes we may make along the way as we create new ground and concepts for peace, I think it is our best efforts always that shine, even in times when insecure, lose confidence, can be achieved by the most simple forms of record keeping. (RIP) My Grandfather Accountant LT WW2 Lewis Fischman #Jewish #USA Pull (+) #MovieCode: "Kaiser Sose" Famous Line from the #EnglishPatient.(Asian) Tagalog Mom Cried Today Rogueberg #MovieCode Speech by #MYMOLLYDOLL aka #lesliefischman on #Film
Right to Improve Be The Best I Can Be by Leslie A. Fischman

9/29/2017

Nobel + Pulitzer Speech by #MYMOLLYDOLL = #LAF

9/29/2017

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

9/29/2017

My First Book #PopeFrancis (Dear All):

Was written on cubes by #QuotesCreator my apologies over a spellcheck misinfomed typo by #Microsoft of movie code alluding to consumption or food, brain, a vague term not ever learned used in my general application of the english language.

Dear: #SCOTUS - Just help everyone achieve, be better than who?

Something to do something that needs to be typed by me an [#ABAParalegal](#)

Mother T to Pope Francis YAY Hip Hip Hooray! by [#lesliefischman](#) [#mymollydoll](#) [#WorldPeace](#) > [#France](#) [#EU](#) [#GreeceBankrupt](#) [#MIT](#) [#Mexico](#) [#Earthquake](#) (Y) My Middle Name is Allison My Sisters Adele [#PrincessDiana](#)

MIT Humanity Speech by Leslie A. Fischman #mymollydoll

9/29/2017

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

New Cardboard Declaration of Independence USA by MYMOLLYDOLL (Leslie A. Fischman) Let Smart Just Be

9/29/2017

New Declaration of Cardboard Independence of The United States of America by LAF [#Agreement](#)

Pull Point: "trix" rhymes with witch over a Sanchwhich Song AOL Email Box [#usarmy](#) Private (Salom) Emmanuel Kant: "I think therefore I am." (👉)

ATTY NBS SEX TAPE ME OKAY TRUMP BARACK
HOMICIDE LEAD INVESTIGATOR (2010) STOP CHURCH PLEASE BUY (CATHOLIC) UNIVERSITY
SYNAGOGUE ON SUNSET BLVD OVER GUITAR ON SHABBAT IS SIN NO CODING [#Aurora](#) (kiddo shaw nu?) F U B MS 4 B T [#StopSchoolShootings](#) > [#BloggingCampaign](#) (Qs)
I'm the GREATEST MIND INVENTOR in History I build from scratch theory daily for peace. By Letters.
Wrote 3 Chapters of a [#Book](#) Draft [#naptime](#) X
Called it on [#Twitter](#) Mayweather 1B = Black Box
Here's my SMART BOX #1 by Leslie A. Fischman
[#Harvard](#) My Parents Bought Me a Box of [#HookedOnPhonics](#) When I was a Kid learn to read before Kindergarten with Barbies in my Ballet Box to School Everyday. [#smart](#) slow disciplined.
Dept of Education & Health Board by Leslie A F (+)
Text to [#PresidentTrump](#): I never lie I hide good hold flush forward until ready all slow new to the World be patient relax processing time, no excitement please, careful thoughtful. - I'm very trustworthy always honest to a T. (My Wins My Privacy) (+) [#SCOTUS](#)
Wayd it go [#AttyRobertPulone](#) Blinde Intern DTLA Ad provided by Flyer to my School WLAC + UWLA + SCOTUS = FREE ALL TO THINK FOR THEMSELVES [#KANT](#) - Please be kind not condescending patient not all knowing keep soul they hurt you to replace you to keep self hand over heart mind wander out, eye point flush out - beauty maintained pours over inside out like wax. Light comes from within. Shine last.

Facebook Heading Attached: To Weebly We Go: My Bat Cave (2013 September) by [#lesliefischman](#) Founder of MYMOLLYDOLL formerly RANBOCOTIMES (CU) (+)
OUR COUNTRY IS GHETTO AS CAN BE BY USARMY EBONICS BY ME.

Facebook Motion #1 Solution 09/28/17 by Leslie A. Fischman

9/28/2017

He loves me with [#heart](#) cares worth it always with a can do attitude good enough never a trouble maker or the problem or cause for anyone's inability to succeed because cramping image not good enough coming up in life some of us were meant to lay low (Y). [#SCOTUS](#) I made power it goes here please. Okay well done, now he knows who to [#Trust](#). Wonderful system, he builds provides jobs. (+) Built an [#AfterSchoolSystem](#) (+) I guess a new positive deduction by [#MYMOLLYDOLL](#). (20s-30s so painful for me burnt out tired). By the time I get a regular job back to normal hurt? Huh? I think it's time to [#run#bealone](#).

[#Dre](#) what should we make next? = [#Ebonics](#) [#Law](#)
[#MYMOLLYDOLL](#) > [#Presidents](#) 🦋 I think we should always improve best self then others how power is given to those trusted & safety provided to those who are trusted equally (+). Sometimes I think quiet = (+) New 123: Positive if Negative Hook on to Something New > [#PresidentTrump](#) hey and send this behind your back just in case. 💜 Since (2008) kinda lay low get my work done excel. Extra Help If Called Upon = [#BarackObama](#) invited me to his Inauguration.
When this girl hits the stage last be exact okay.

Little New York's Got This [#TeamUSA](#) > [#MYMOLLYDOLL](#) it took time to undo (-) > [#FWD](#)
The City of [#Brentwood](#) is so Professional (+) Always
Brentwood is part of [#LosAngeles](#) I used to Defend the City of LA (2008) [#CivilLitigation](#) (Age 22) [#Law](#)
Rolling down Wilshire What War Looking at Santa Monica Blvd and Looking Up Left [#Hollywood](#) Blvd, in between [#SunsetBlvd](#) and when I drove down Sunset in the Dark threw up high fives to both the Synagogue and the Church hands off the [#wheel](#) > (EMC2) (+)
City Planning and Civilization Studies are (+) [#Help](#)
Someone build a stage hold a mic okay me.

I'm a Great Reader of Present Empower Preserve People's [#Good](#) Power & Trust (+) [#MYMOLLYDOLL](#)
Very Thoughtful, Would Never Correct Not Help
To Lift We Support Up to Preserve We Support Downward [#MYMOLLYDOLL](#) How I See
Empowerment. [#Balance](#) in Between is where Growth Occurs (+) > [#Future](#) [#Good](#) & [#Privacy](#) Earned (+)
Theory for Today by Leslie A. Fischman [#usarmy](#)
Musical Chairs Jokes? What About Musical 👍 > (+)
That was a Y (cute) > I love fixer uppers new to (W).
[#RighttoPrivacy](#) > My [#Computer](#) (Not a Y) [#Never](#)
I'm very conservative well spoken. Injured. [#WhenWeak](#) - Quiet doesn't mean injure or ruin (+)
Not to Worry by this Point (3) Computers Wiped Out.
Always Trust the [#Government](#) they Make [#Money](#).
When I Got an Invitation to the Inauguration (2013) it was Quiet in DC no noise at all all Tanks (+) Marched.

I think it was necessary & proper to listen to me and to trust me. I'm an ABA Certified Paralegal - I sent everything on your behalf in advance to first contacting you. [#LoveYou](#) 🌸 You'll be okay.
[#Romeo](#) I Build 2 Perfect Family No PWR on TV 24/7
My Family Gets Hurt By The Game Too. I Get It. [#CSPAN](#) - 2009 I committed [#Suicide](#) > [#ChrisSonia](#)
Go Golf Cart Go! 4A (+) 2 Houses 2 Attorneys 🌟 (=)
Why Everyone Who Loves [#CANY](#) Moved Here!
We were always on perfect things we can see = [#Win](#)
You Guys Got [#TonyRobbins](#) = [#BarackObama](#) [#MLK](#)
It simply wasn't a popular job until (2008) (>) [#Sorry](#) I outshined you, bad [#TigerWoods](#) joke. Nevermind 🐜
Monsters Ball v. Ladybugs the [#Movie](#) who leads who you of course, I give you my power
> [#TheWhiteHouse](#) [#PresidentTrump](#) (SMART) (+) >

Do Not Hurt Leaders [#MarkZuckerberg](#) is like me Perfect. But for [#Facebook](#). [#Trust](#) him, for tone present to get to future positives he does not have a painful past like me. [#Hard](#). I help lift empower Leaders. Lay low that's my gift, please don't mind me.
Um. We like Simple Kind Neat [#NASA](#) [#Good](#).
We handled Multiple Networks. 💜 (2004-2017).

I Stayed in [#School](#) Bob & Weave Thru the Cones.
He Replies: I Used To [#Organize](#) Them By [#School](#).
I got the Only Turquoise Wooden Chair Inside the [#USSupremeCourt](#)(January 2013) [#Special](#).
They were so glad I met them, not necessary.
They write my textbooks, why not [#trust](#) them.

Well you know just accept everyone's phases in life let go, mentions thereof are for the basis of acceptance building acceptance of all at this moment no better than who to exist [#HRW](#) - The End [#PresidentBush](#) -
By: [#MYMOLLYDOLL](#) aka Leslie A. Fischman

I appreciate the last minute gesture of support connection to [#SusanCasden](#) [#MichaelMoore](#) - Putting your name on a sign in [#Brentwood](#) on [#SanVicente](#) during my walk-a-thon 2-4 hours everyday for one month to get tea and back like [#PeetsCoffee](#) was [#HarveyNichols](#) to [#PrincessDiana](#) where to Cab Driver in [#London](#) told me she bought her favorite [#tea](#). To Peets and Back (My Best Friend Owns the 76 Gas Station on the Corner of 26th Street, they put up a bunch of [#WizardofOz](#) Tin Man Guy - cute - build a yellow brick road - okay! Went to Law School too like my best friend [#HarryMorgan](#) aw [#Smart](#). I've known him since Kindergarten - he went to School in [#Colorado](#) and [#Andover](#) Boarding School.

by: Leslie A. Fischman - New Deductions and Stories Shared from my Life as it Relates to the Present to help us Move Forward and the Future Move Forward get to a (3): [#WorldPeace](#) Faster than 4-5 years like me. - Please stop causing me [#Suicide](#) sending me back to (2009) over a break up. That's personal.

Hand over power here and here - no power here - diffuse power here - where is all the money? In the [#Banks](#). Where in [#USA](#) right now, where is the Money going to Schools and Up Top and Ground Up Businesses like me, who start over and over until perfect like a Black Swan Movie about being perfect.

Solution as of 09/28/17 tomorrow when I wake, I will do my best to provide a better Solution if any one days Solution since January 2013 is not good enough and one huge 4 [#Golf](#) terminology watch out was not mentioned in advance on [#Twitter](#), what's going on, help needed. Assembly in progress. [#Problems](#) occurring. What about, and what to do, and what I need to do in order to achieve and make better self.

World Peace Motion #2 by Leslie A. Fischman (2017)

9/28/2017

Human Rights Watch Submission by Leslie A. Fischman #HRW

9/27/2017

Attention [#HRW](#) [#SouthEastAsia](#) DO NOT MOLEST WOMEN it causes multiple personalities within women when touched by too many Men, too many feelings, too many hearts, connected, causes mental illness, better left as one, in order to get smart and achieve, live a long life, and reproduce, please. [#SCOTUS](#) (Side-Note) (Side-Discussion: With My Neighbors in the People Way, While Saying I Watch Him Like An "Etiquette Hawk" [#PresidentTrump](#) (I'm 32) and this is [#Brentwood](#) Little New York inside Little Japan = [#TeamUSA](#) You made fun of Girls for talking \$hit sharing our minds, we are quiet now learners. Speak when we feel like it, what's the point, we tried to be [#tough](#), no one listened. cc: [#Movie](#): Mean Girls (All Girls Were Affected Empathize). Build-a-Mind, I literally Grabbed my Forehead said I Think from here then Reached out to the Sky not from Around me. In my People way to my [#NASA](#) Team (2013). [#PresidentBush](#) has been on my watch since College paranoid. > Straight [#SCOTUS](#) [#NASA](#) [#ColinPowell](#) (2013) by Me = [#MYMOLLYDOLL](#) by Leslie A. Fischman for my People, first organized for [#SCOTUS](#), present to ALL. Only when its like [#Enough](#) I send report transcripts. Something symbolic of a stopping point, official break point, okay here is where I need help, keep going. They [#Trust](#) me. [#iCare](#)

#FBIDC Report #3 by Leslie A. Fischman ABA Certified Paralegal aka #MYMOLLYDOLL formerly #RANDBOCOTIMES (2013)

9/27/2017

False Alarm [#FBIDC](#): I gave my Mom everything already she has it all in a Safe. I forgot, took care of this awhile ago. [#Mexico](#) > 405 FWY Mast [#Wilshire](#)

I just put on a [#Forever21](#) tear drop ring symbol tattooed on a High School friends back in a bar in [#Hollywood](#) [Flyer Campaign Attendees 2015 by [mymollydoll.com](#)] she flaunted didnt explain after being pointed out while I was present, she worked at a Law Firm [#OMelvenyandMeyers](#) where [#Petrocelli](#) works now. We were [#Windward](#) Classmates, the next time I was to meet up with that group I was at [#TheRoosevelt](#) with [#RyanConnolly](#) my then Boyfriend, we didnt make it. He started [#GrassrootsCali](#) a Hat Company and met [#PresidentObama](#). > [#MLKMemorial](#)
And I started [#MYMOLLYDOLL.com](#) and [#BloggingCampaign](#) for [#BradyCampaign](#) and Called in to Volunteer for [#MomsDemand](#).

(Personally: I was affected by the School Shootings, don't say out loud, just get the job done, school work online, sotto voce, I try to keep it PG-13 simple on [mymollydoll.com](#) as I grew to a 400K following (2016) got started 2013, it took a very long time for every to catch on to me, a get to know me, learn about me. Appreciate me, or understand purpose and causes why [#blogging](#) so much). [#PublicSpeaking](#) is not my forte, but overtime, you get more and more comfortable, and less and less affected negatively by others, I'm only 32. I got started a [#Comedian](#) and Serious [#FashionBlogger](#) at 27 in 2013, tried my best. Sophisticated, I thought thats how you blog, most [#Bloggers](#) are [#Fashion](#) Bloggers. But I guess you can just write.

Dear [#Mexico](#): Here is an Alternate [#3](#) Point to [#WorldPeace](#) Solution for Commotions and Misunderstandings Along the Way by [#MYMOLLYDOLL](#)
[#ConcertAcrossAmerica](#) is quiet. If she wrote [mymollydoll.com](#). I mean ... we would all feel better about ourselves, but its okay you'll do. Her Dad's Awesome. It's like Singers you don't want to know anything about them.

Re: [#Twitter](#) [#Quotes](#) Club Member [#IvankaTrump](#) (Keep it Neat & Pretty).
She was one of the first ads simple ads quotes campaigns on [#Twitter](#).
cc: [#FBIDC](#) bcc: [#Facebook](#) bcc: [#Musicares](#) [#TheGrammys](#) [#Music](#)

Full Report Being Sent: Sent to [#JusticeSotomayor](#) 09/27/17 around approximately 7:26am before [#FBIDC](#): Short Term Sentence (See [[mymollydoll.com](#)] 1, 2, 3 World Peace Argument Defense 1, 2, 3: Skip Charcter Friend of OJ [#LasVegas](#)(2008) - [#Ring](#) (#2) - Settlement with [#Mexico](#) ADR (Fault, Communications, [#MIT](#), Enviornment, Atoms, Seismologists, Panic Attack 2 weeks prior mine duty to warn online my fault did my best not at genius mode yet, my apologies, not yet at the solution point).
Follow-up to Report #1 just followed

Mexico can keep the ring is of no value [was of value] to my family [me right now, at this time, only worn when well] an ex-girlfriends ring and re-gifted to me no one wanted it. Not special to me but expensive, not meaningful, was pre-owned by my bother gifted to his girlfriend a Family Heirloom of my Mother the Fischman Family [#WorldPeace](#) Initiators (2013) by Leslie A. Fischman s/

[s/] I was told is computer code for an automated signature in a typed signature line. cc: [#SCOTUS](#)

Just in Case there is any confusion or cross-over of issues or fault in Re: to [#BarackObama](#) and [#PresidentTrump](#) - Trying to keep them abreast of the issues in jest, but in all seriousness, do my best to report when necessary the important points when its important to be dealt with by you guys, when crimes against me are involved beyond just mental illness I deal with constructively on my own, don't blame others, raised not to blame others, focus on myself, do my best.

Addendum (7:35pm): Theres my best response, peaceful. Live - try to keep moving forward peaceably, not cause commotion or divided interests. Put on your F-King Lance Bands and Go Team [#Positivity!](#)
[#SCOTUS](#) + [#EU](#) = [#WitkinAward](#) who cares about [#LanceArmstrong](#) what about me guys? Come on, focus on you. Forget about me. I'm good.

Thank you [#ParisJackson](#) > [#AppleMarch](#) (August 2017)
I love [#PresidentTrump](#), of course I take good care of him. Let me deal with this. Love [#Mexico](#).

Sub-Issue: Earthquake
Why I Committed Suicide (Re: Petrocelli) by Leslie A. Fischman

9/26/2017

I was gonna make a Coupon Website: lesliefischman.weebly.com but it never worked out, back to mymollydoll.com. I was never really gonna build a mymollydoll.yooco.org, just a thought. But [#MarkZuckberg](#) totally got started at the right time (2004). I built my Website (2013) [#MYMOLLYDOLL](#). It's actually a lot of work to build a coupon website, I had to apply individually per banner, to each company on an affiliate marketing website, and apply to the affiliate marketing website itself. For [#FashionBlogging](#), clothes, those are separate markets for clothing brands, it took for ever to be accepted to [#ShopStyle](#), I eventually wanted to connect it to [#Shopify](#), a click thru shopping website, but that became to complicated trying to learn software, individually manually connecting items to pages, and adding links buttons. I grew to enjoy Fashion Blogging on Tumblr how I got into Street Style Photography and collected many photos got to know the regulars, and recognized by [#Sassique](#). It made for a great addition and beginning point for [#bloggingcampaign](#) as a Fashion Blogger a popular starting point as a Blogging Category Type Blogger, and a Writer, and Built a Corporation I Certified in California because Petrocelli does International Corporation Defense and I committed [#Suicide](#) because of him.
Building New Positives Forward by Leslie A. Fischman

9/26/2017

Points of Reference

Argument

By: Leslie A. Fischman

09/26/17

Submitted to: US Supreme Court

The best focal points and points of reference should be built from your memory, what makes you feel good, based upon what you know to see forward, don't create a future based on the past that gets us nowhere. [#tipoftheday](#) Why I write new everyday like a Newspaper of Thoughts Theories Memories Relevant. Thank You [#LATimes](#) [#NYTimes](#) etc, they care help us. The best life is not lived by teams and sides. [#Energy](#) Core Team: [#NASA](#) [#ColinPowell](#) [#DalaiLama](#) [#PopeFrancis](#) = Good Baselines for Sound Rationale And [#God Loves Me Protects Me](#) = [#SCOTUS](#) > [#MonaLisa](#) [#France](#).

I had a talk with President Trump earlier today about projects for MIT and NASA, one being for NASA to focus on Positivity Tangents, such as points of reference we use for sound decision making, our jumping off points for sound rationale and judgment making, rule making, and basic decision making about ourselves and others pre-judgments or otherwise positive or negative. And for MIT to focus on the concept of unearthing wheels of forward. We had a discussion, joking about at this time all we should really care about is whether humans had wings on their backs or not, and if so should we feel from there to tell the future or from our hearts forward, from where and why? Why is it that we feel lighter when our backs feel airy and our hearts feel full, why is it that we can read more when we sense

less behind us, feel more in front of us. What is going wrong that is keeping us from feeling or sensing what's to come. I jokingly then stated, why do people keep doing stuff, that makes us fear tomorrow, that's stupid. You should always live life looking forward to the next day, wake up feeling like coffee. I then started complaining outloud to my neighbors speaking it doesn't matter whether Aaron read what I shredded in 2009 about seeing war overseas over this, he would have never put everything together in between anyways or where we are now, only I am capable of that, seeing now, only we are capable of seeing now, everyone who is here now, among us, apart of now, here now, is why where we are now for better or worse. It doesn't really matter from which point anyone starts, does it? If we all end up here and now? I had a discussion with Justice Sotomayor about my website and purposes for my website and necessity for upkeep as stating that its necessary to have something up, better than nothing at all, just like physics, we need a huge wave forward, if we are to help both undo the wrongs of the past occurrences and help build a new future forward.

Memo to David Cameron by Leslie A. Fischman #AFHU Attendee (2009) When Frank Gehry was Awarded I sat at the table up front with my Father, next to Arnold Schwarzenegger.

9/26/2017

Main Point Shared to #DavidCameron

cc: #SCOTUS

09/26/17

I write people in if people get hurt, forgot to mention stuff about myself. I'm sorry a Gay Club got Shot Up, not something I talk about. I do tributes. To prevent recidivism. Issue #1: I think its stupid people are killing people to get in the #news, that's really retarded preventable actually. All crimes are senseless, why I don't watch TV focus on being positive, believe in #positivity not #Einstein. When you relate bad events to good causes illness occurs, when you hurt good people to cause bad to occur you cause illness, when you assume wrongs exist where none do you cause illness, when you project onto others your wrongs to feel right you cause illness, when you don't correct problems you cause illness, don't contribute to proving anyone wrong or right, any errors result in illness cc: #SCOTUS (New Deductions for 09/14/17) Always be #Good (Code) (Facebook).

A Few Difficulties Faced by Leslie A. Fischman (Examples Shared on Twitter as a Writer 2013-1016 Tweets Saved).

9/25/2017

New Rule

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

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

Everyone's definition of fulfillment is different some demand more or less depending on what their goals in life are.

All of which are based upon the standards we set for ourselves high or low depending on the level of importance that need provides.

I set very high standards for myself why I'm a leader not a follower no matter where I go who I'm with unless I choose to relax.

Too much bonding time might be suspect.

If it feels too good and if my stomach hurts that means my body is telling me to step away come back be reintroduced calm.

Um my vibrations are off need to hit the reset button.

Too confident. Need to take it down 10 notches come back in listening mode absorb more.

Negative energy that picks up when I'm positive need to step outside of the room use the restroom shake like a dog come back.

I don't represent myself well but represent others perfectly always to another's benefit I speak difficulty for my own.
Positivity Speech by Leslie A. Fischman (2015) #Twitter

9/25/2017

Positivity Speech by Leslie A. Fischman

Do not be deceived success cannot be achieved without first recognizing failure either by oneself or others how we prevail survive succeed.

Failure occurs when while one attempting to achieve success fails to meets the standards required to excel minimally meets expectations.

Not all failures are viewed upon with the same degree of abhorrence as that who fails reflects upon themselves to achieve we see forward beyond failure.

Why waste time loathing in failure stirring up negative emotions and giving in to sin that carries no positive momentum for us forward,

No shortage or values and good character results from the wrongs of others but only by our own wrongs do we limit our satisfaction in life.

All dialectical considerations need be made where poison that thrusts so deep we rot in sin blinde to causes for which we feel emptied shot.

These truths we hold certain for that which grows in sullen sanctity of the fruits we bear blindfolded devalue with consideration we stifle.

How can we see positive buried in negativity to the blinde masses we fold and shake with dishonesty lie until our teeth yellow with shame.

We lean not to anyone under circumstances where trust cannot be make we shriek and cry helpless when we lean on anyone but ourselves co-dependent.

Independence is the key ingredient our forefathers have lent us to achieve peace from within amongst ourselves only achieved by consensus.

Be not who you think you should be but be all that you can be with the World at your disposal harm no one help only when able to help one self.

We map when lost when our tools for success are broken we build new tools hand off to those in power to build a new for us to thrive positively.

Communication without consensus can bear no cohesion necessary for positive life skills achieved if blinde in

darkness we rot and drown lost.

God is happy when we are working together to achieve some positive end otherwise God punishes us for lack of productivity.

We are but a product of ourselves can control what values carry on by what we carry out and value in our lives other will follow lead not be lead.

We have no one to blame but ourselves when we cannot achieve no recognizable success but unforeseen failure results from lack of faith in ourselves.

If I can achieve by thought a better life for myself by providing a stronger vision of the future for others then I hope God will be happy.

10-08-15 Positivity (3)

Theory for #Nobel & #Pulitzer by Leslie A. Fischman (1)

9/8/2017

Theory for Nobel & Pulitzer (RIP to ALL)

by Leslie A. Fischman

Submitted: 09/08/17

I.

1 does not equal anything outside of what is proven within 1 and 2 and 1 and 2 does not provide insight to anything other than what its written for and stated for and addressed for. When a 1 2 is written 1 2 exists for 1 2, if it applies to a 3 not written in 1 or 2 that does not prove support any existence of 3 for what? If you need anything to exist not written to cause a 3 what was your 3 for? To misuse a clearly stated 1 followed by a 2 to see if 3 now is because of a 1 or a 2? If 2 follows 1 and any 3 follows a 2: 3 follows 2, 2 does not cause 1 if 2 does not cause 1 then how can 3 cause 2 or 1. Whether we have a 3 or not should therefore make no difference to 1 or 2, 3s are made when a 2 is made, everything that follows follows the preceding because the preceding was written a 2 was written with[out] or without a 3 necessary because a 3 cannot be written if 1 and 2 are not made, any 3 independent can not exist without a 2 just like 2 cannot exist without 1. cc: #USSupremeCourt (Point 3) of (2): (1 of 2)

II.

Main Point: Smart or Retarded does not prove either Smart or Retarded, Proof of one Smart does not make any or all or some or one Retarded, Smart is not for identifying or Disproving Retarded. Who hurts who? Neither Smart or Retarded should effect one another unless purpose is to attack a status to achieve the opposing sides status, if one does not cause the other, establishment or destruction of either side cannot therefore cause the other to be right or wrong better than justified or not. Bad does not Prove Retarded. And Bad causes, Retarded is Bad's purpose is to justify being what Bad. Bad does not equal Retarded. You cannot use another's position in life to achieve, take away, switch, take place of, prove, displace, to justify (define) make clear any #misuse of a term often occurs when it's needed to make clear a difference from right and wrong. If wrong is at issue then its clear Bad is at issue, whether caused by Retarded or Bad bc of whatever Bad thinks justifies being a Bad for, NEVER equates to Bad = Retarded (Don't misinterpret a vulnerable population to justify a wrong, existence of a wrong, to explain or identify whether: Bad or Retarded. If we know of one known purpose (justifications of wrongs) than not right EVER to explain or define sides clear to who's right or wrong unless necessary to do so. Smart or Retarded (Causes) as it relates to Bad (and use of bad to clear wrongs establish sides whether purposeful is will never be wrong if Bad causes Retarded. Not all wrongs are based on Smart or Retarded, that's an assumption of causes as it relates to what you find relevant. Tip: Know yourself, Trust yourself, Report Everything, Let #LawEnforcement Know when you

see Bad to protect who (Causes for Retarded) if that so matters to you to prove or disprove wrongs you identify with see know hear think #whocares you know you best. #ThinkforYourself nobody's struggles or hardships or disabilities NEVER affect Smart, Retarded, Well, Sick etc? Your focus is your focus no one is ever #wrong because of focus issues, if you earn a place or position in life, everything else is obvious to right, wrong, smart, retarded etc. We see and know ourselves best others understandings of us should never be important to argue for existence of what: rights or wrongs #bywho #whocares #lawenforcement knows everything. Retarded is not caused by Wrongs obviously if its clear Bad causes Retarded. (New Focus: Existence of Bad clarifies what wrongs, to whom and why? If any justification of Bad is made something Wrong any Wrong is easily identified needs not be proven. Just because Bad (Shows Wrongs) does not mean Wrongs caused Bad or establishment of a Bad. There's no causal connection if you state Bad causes Retarded, Retarded is Automatically Not Bad. #whatsyourpoint? Point at Issue: Retarded caused by Bad does not justify any or all or some or one Wrong, if no position is necessary to identify prove not either or the other need be clarified by destruction proof of any side (See Above). Wrongs exist even if Bad, Smart, Retarded, or Blinde if used to Prove Rights and Wrongs then why weaken any sides waste of time proving or disproving any side. That's not my job. cc: #USSupremeCourt #IdentifyYourself.

III.

(Point 2 of 2) by #leslifischman aka #mymollydoll (1 connects to 2, because 1 was written, 2 was written, 2 was not written because of 1, if 2 follows 1, how can 1 connect to 2 only if 1 is written does 2 later make sense in any way as it applies to 1 because if 1 of 2 and 2 of 2 are stated connections obviously 2 follows 1). Who the F cares replies #NYCY relates to what. Stop f-king gluing negatives to positives THEN try to understand existence of a negative point to PROVE OR JUSTIFY anything that is clearly Wrong on its face right or wrong Smart or Retarded, Guided by who probably by some Wrong to Prove estb cause understand a Bad to see what?!?!? #FrankGehry Whether Bad causes Good? Rights and Wrongs don't create standings in life to prove or justify wrongs or rights. If trying to prove wrongs to estb Bad identity bad, You ARE Wrong to achieve set up circumstance until a Bad occurs to Justify a Cause needed to prove bad. If Bad caused Retarded then we already know a Bad existed at some point in time which caused Retarded. If you think identifications are required to improve disprove establish displace result in Wrong to: Good Smart Bad Retarded or Blinde. Who's wrong? You were wrong, neither nor any sides need be established to prove anything if Bad exists Wrong exists a (Cause) cannot therefore prove in reverse existence of Bad for what? Never justify wrongs of others who are Bad to See if Wrongs occur the[n] blame Causes as resulting from your establishment of Wrong to Show Bad See Bad Understand Bad See if Caused Bad [to] see if why[,] what's the point of clarifying Bad Caused anything Wrong if clearly Wrongs are Bad who the f-k cares who['s] Wrong: If Bad Causes: Retarded Smart Wrong Right #whothefuckcares what you think if it f-king caused Bad and Bad Caused Retarded then Establishment of Anything should have no effect on: Smart, Retarded, Right, or Wrong. Unless Wrongs continue then Causes MUST be because of a Bad, [BREAK 7:55PM], sides do not establish disprove establish reinforce causes for Bads or Wrongs, if we already understand Wrongs are Caused by Bad, obviously if Retardation Exists then some Bad occurred to Cause that. Who's bad? Therefore cannot be proven if a Wrong is necessary or a Result is necessary to Prove any side or causes. That's Wrong. Wrong is necessary or a Result is necessary to Prove any side or causes. That's Wrong. Wrong does not Equal Retarded!!!! If Bad caused Wrongs Retarded that has no effects on Smart, Rights, or any other Wrongs. Sides don't justify Sides if they exist on their own, don't justify Sides if they exist on their own, any connections needed to be made to see anything is obviously caused by whatever was Wrong or Needed a Wrong to Justify Bad or Retarded [omit "I"], or whether Bad caused Retarded as it relates to a later Wrong, later Wrongs are f-king Wrong, if you need a Wrong to Justify Past Wrongs then you are Wrong, Bad not Retarded clearly if you Caused Bad Bad was caused by Retarded, and Bad is Wrong Retarded is proof of existence of Bads and Wrongs Existing whether Retarded or Smart. #whatsyourpoint if a Point need be proven to show rights and wrongs to prove wrongs justify wrongs then clearly you were wrong: Retarded, Smart, Right, or Wrong. Bad does not Cause Wrongs if Bad caused Retarded, Retarded is then being misused at any later point in time to Understand Causes to Identify Bad to See Causes to Identify Bad to See Causes is not Right, Causes for Retardation do not justify ANY Wrongs past or present. (Y #USSupremeCourt).

Idiocracy by Leslie A. Fischman (Film: Idiocracy) Watched 2006

9/8/2017

Why use the term “idiocracy”

In 2006 I was flown to Klamath Falls, Oregon to see our Family Psychic. I was recovering from Cocaine Addiction, and that was the film she had me watch: Idiocracy. How would I define the term idocracy, anything less than or detrimental to a high functioning society, which causes civil unrest and discord, and/or mental illness. Consisting of bad ideas, distractions, focus on negatives, anything that leads to emotional disturbance and or has a likelihood for causing or influencing unsound minds, during a time of violence, it would be therefore stupid to support anything that separates us, that’s not what rights are for. Rights are for enabling peaceful communications, bringing people together, to resolve problems not create problems. What is democratic? Anything which can be voted on, and approved by others, supported, that is the best way I believe to determine what is best, what is liked, and how to move forward during difficult times, during controversy, and during points in time, when support is needed, how leadership positions are determined, by vote in this Country, any other way, would not be democratic.

Motion for World Peace #2 by Leslie A. Fischman

9/8/2017

MOTION FOR WORLD PEACE

VOLUME II

FIRST ARGUMENTS IN SUPPORT OF

BY: LESLIE A. FISCHMAN

Main Point: Smart or Retarded does not prove either or Smart or Retarded, Proof of one Smart does not make Any or All or Some or One Retarded, Smart is not for Identifying or Disproving Retarded. Who hurts who? Neither Smart or Retarded should effect one another unless purpose is to attack a status to achieve the opposing sides status, if one does not cause the other, establishment or destruction of either side cannot therefore cause the other to be right or wrong better than justified or not. Bad does not equal Retarded. Smart does not Prove Retarded. And Bad causes Retarded is Bad's purpose is to justify being what Bad. Bad does not equal Retarded. You cannot use another's position in life to achieve, take away, switch, take place of, prove, displace, to justify (define) make clear any [#misuse](#) of a term often occurs when it's needed to make clear a difference from right and wrong. If wrong is at issue then it's clear Bad is at issue, whether caused by Retarded or Bad bc of whatever Bad thinks justifies being a Bad for, NEVER equates to Bad = Retarded (Don't misrepresent a vulnerable population to justify a wrong, existence of a wrong, to explain or identify whether: Bad or Retarded. If we know of one known purpose (justification of wrongs) than not right EVER to explain or define sides clear to who's right or wrong unless necessary to do so. Smart or Retarded (Causes) as it relates to Bad (and use of bad to clear wrongs establish sides whether purposeful or by accident, if so repeated no matter what your identification or what your purpose is will never be wrong if Bad causes Retarded. Not all wrongs are based on Smart or Retarded, that's an assumption of causes as it relates to what you find relevant. Tip: Know yourself, Trust yourself, Report Everything, Let [#LawEnforcement](#) Know when you see Bad to protect who (Causes for Retarded) if that so matters to you to prove or disprove wrongs you identify with see know hear think [#whocares](#) you know you best. [#ThinkforYourself](#) nobody's struggles or hardships or disabilities NEVER affect Smart, Retarded, Well, Sick etc? Your focus is your focus no one is ever [#wrong](#) because of focus issues, if you earn a place or position in life, everything else is obvious to right, wrong, smart, retarded etc. we see and know ourselves best others understandings of us should never be important to argue for existence of what: rights or wrongs [#bywho](#) [#whocares](#) [#lawenforcement](#) knows everything. Retarded is not caused by Wrongs obviously if it's clear Bad causes Retarded. (New Focus: Existence of Bad clarifies what wrongs, to whom and why? If any justification of Bad is made something Wrong any Wrong is easily identified needs not be proven. Just because Bad (Shows Wrongs) does not mean Wrongs caused Bad or establishment of a Bad. There's no causal connection if you state Bad causes Retarded, Retarded is Automatically Not Bad. [#whatsyourpoint](#)? Point at Issue: Retarded caused by Bad does not justify any

or all or some or one Wrong, if no position is necessary to identify prove not either or the other need be clarified by destruction proof of any side (See Above). Wrongs exist even if Bad, Smart, Retarded, or Blinde if used to Prove Rights and Wrongs then why weaken any sides waste time proving or disproving any side. That's not my job.
cc: [#USSupremeCourt](#) [#IdentifyYourself](#)

///

(Point 2 of 2) by [#lesliefischman](#) aka [#mymollydoll](#) (1 connects to 2, because 1 was written, 2 was written, 2 was not written because of 1, if 2 follows 1, how can 1 connect to 2 only if 1 is written does 2 later make sense in any way as it applies to 1 because if 1 of 2 and 2 of 2 are stated connections obviously 2 follows 1). Who the F cares replies [#NYCY](#) relates to what. Stop f-king gluing negatives to positives THEN try to understand existence of a negative point to PROVE OR JUSTIFY anything that is clearly Wrong on its face right or wrong Smart or Retarded, Guided by who probably by some Wrong to Prove estb cause understand a Bad to see what?!?! [#FrankGehry](#) Whether Bad causes Good? Rights and Wrongs don't create standings in life to prove or justify wrongs or rights. If trying to prove wrongs to estb Bad identify bad, You ARE Wrong to achieve set up circumstances until a Bad occurs to Justify a Cause needed to prove bad. If Bad caused Retarded then we already know a Bad existed at some point in time which caused Retarded. If you think identifications are required to improve disprove establish displace result in Wrongs to: Good Smart Bad Retarded or Blinde. Who's wrong? You were wrong, neither nor any side need be established to prove anything if Bad exists Wrong exists a (Cause) cannot therefore prove in reverse existence of Bad for what? Never justify wrongs of others who are Bad to See if Wrongs occur them blame Causes as resulting from your establishment of Wrong to Show Bad See Bad Understand Bad See if Caused Bad see if why what's the point of clarifying Bad Caused anything Wrong if clearly Wrongs are Bad who the f-k cares whose Wrong: If Bad Causes: Retarded Smart Wrong Right [#whothefuckcares](#) what you think if it f-king caused Bad and Bad Caused Retarded then Establishment of Anything should have no effect on: Smart, Retarded, Right, or Wrong. Unless Wrongs continue then Causes MUST be because of a Bad, sides do not establish disprove establish reinforce causes for Bads or Wrongs, if we already understand Wrongs are Caused by Bad, obviously if Retardation Exists then some Bad occurred to Cause that. Who's bad? Therefore cannot be proven if a Wrong is necessary or a Result is necessary to Prove any side or causes. That's Wrong. Wrong does not Equal Retarded!!!! If Bad caused Wrongs Retarded that has no effects on Smart, Rights, or any other Wrongs. Sides don't justify Sides if they exist on their own, any connections needed to be made to see anything is obviously caused by whatever was Wrong or Needed a Wrong to Justify Bad or Retarded I, or whether Bad caused Retarded as it relates to a later Wrong, later Wrongs are f-king Wrong, if you need a Wrong to Justify Past Wrongs then you are Wrong, Bad not Retarded clearly if you Caused Bad Bad was caused by Retarded, and Bad is Wrong Retarded is proof of existence of Bads and Wrongs existing whether Retarded or Smart. [#whatsyourpoint](#) if a Point need be proven to show rights and wrongs to prove wrongs justify wrongs then clearly you were wrong: Retarded, Smart, Right, or Wrong. Bad does not Cause Wrongs if Bad caused Retarded, Retarded is then being misused at any later point in time to Understand Causes to Identify Bad to See Causes is not Right, Causes for Retardation do not justify ANY Wrongs past or present. (Y [#USSupremeCourt](#)).

///

1 and 2 does not equal anything outside of what is proven within 1 and 2 and 1 and 2 does not provide insight to anything other than what it's written for and stated for and addressed for. When a 1 2 is written 1 2 exists for 1 2, if it applies to a 3 not written in 1 or 2 that does not prove support any existence of 3 for what? If you need anything to exist not written to cause a 3 what was your 3 for? To misuse a clearly stated 1 followed by a 2 to see if 3 now is because of a 1 or a 2? If 2 follows 1 and any 3 follows a 2, 3 will follow 2 If 3 follows a 2: 3 follows 2, 2 does not cause 1 if 2 does not cause 1 then how can 3 cause 2 or 1. Whether we have a 3 or not should therefore make no difference to 1 or 2, 3s are made when a 2 is made, everything that follows follows the preceding because the preceding was written a 2 was written without or without a 3 necessary because a 3 cannot be written if 1 and 2 are not made, any 3 independent can not exist without a 2 just like 2 cannot exist without 1.
cc: [#USSupremeCourt](#) (Point 3) of (2): (1 of 2) and (2 of 2) [#SeeAbove](#).
By: [#lesliefischman](#) aka [#mymollydoll](#) To: [#Ken](#); [#BarackObama](#).

///

Reporting to [#Authority](#) Figures is so important and necessary to preserve [#good](#) people good in the [#World](#), if you

let the strong be strong and things are not right and something is wrong you figure out how to prevent wrongs from occurring by trusting your Superiors fighting achieves nothing forward beneficial to any sides sides need only be made when good does not see bad and bad thinks good is retarded and if they see retarded because they think strong means smart, you figure out how to resolve causes for aggression by empowering who those who see best, to what preserve good even if it doesn't include you. #thatscarecc: #USSupremeCourt If I'm strong I meet broken until rights and wrongs become so clear #noonecares why? Because when reporting occurs, and everything feels normal they know the difference between land and sea if they don't see #risk you build something grounded of value so they know everything will be okay. Who I trust most is who I see first. Why? Because they wrote my textbooks and I loved #lawschool how I became #smart prepared #princetonreview twice #Kaplan twice and took the #LSAT officially three times, including a third time at the #LawSchool I got into to (recognized me) "How come you're here?" Just to see if I could get a better score. After I committed #Suicide (February 2009) had to finish my applications got into #Glendale and #UWLA chose #UWLA and moved to #MarinaDelRey.

///

I grew up going to Neverland, I'm not Rich, Stop trying to figure out why & how people die, to see if Bad Caused Retarded to identify is Retarded = Causes Death or Bad = Causes Death. Retards die if unable to achieve or get to prove show #Smart (Who then is was responsible? The #Smart who designated you as being #Retarded (because they thought you were Bad, and did not deserve to achieve or that Smart is achieved by being Bad. Bad causes Smart People to Look Retarded. I'm not Retarded, sounding not by writing not by my thoughts, I don't read people, that's my gift, figure yourself out I work for #SCOTUS. If misidentified as being #Bad motivated by #Bad or #NotSmart = Potential for Harm Empowering Those With Powers to Cause Harm (Turn Bad on Good People). Good v Bad, you can NEVER BECOME #GOOD by fighting with #Bad People. Good is (Quiet a #Workhorse). Like my Dad, #Quiet since the 90s a #workhorse. I'm not grose, retarded, or mean - if you make everyone think I'm a bad person, then you have an #Agenda #Strong. #leavemealone cc: #USSupremeCourt I don't believe in #ProveThemWrong. I let everyone win until the paranoia goes away. For what, not necessary if #alwaysgood.

If people provoke you, it's because they're trying to interfere with your ability to achieve or jealous worse off in life because #Bad.

I don't need money #iTrust #SCOTUS

Good gives #Power to those they #Trust.

///

When everything is resolved that's not the time for cause of action against me. Don't create problems where none exist. We were doing so well. The consequences of misbehavior toward one another only promotes evil, sides, and discord. Best to be disciplined, work hard, not meddle with the lives and minds of one another. If you have nothing relevant worthwhile to share with a beneficial interest to those you share among, than best not to say anything at all if only more harm than good can result. Don't be dramatic hostile towards me please. That was totally unnecessary. Transients run around and scream at meetings in #WestHollywood. Showing up in a baseball cap and no makeup and sharing, attending when asked to, is not your cue when I'm down having a bad day to hurt me, create conditions where none exist, turmoil where none exist, if you are not comfortable with me then don't #Sponsor me. #MindYourOwnBusiness #WorldPeace #Speech Why I give up get #Suicidal.

///

iMovie 230: Angels & Retards by #PresidentBush

Don't demonize me and wonder why you feel demoralized embarrassed. I'm a great person!

Class A: "If you're going to Hell you're going to Hell don't take me there with you."

Class B: "I'm going to Hell who's coming there with me?"

#RighttoPrivacy #USSupremeCourt

Don't promote bad behavior. I don't. Ignore Ignore Ignore Ignore Normal? Okay you're in.

Know yourself. Don't go through life waiting for acceptance or validation in life. All you need to know is right from wrong to stay on course. Let God take care of the rest.

Why Team #Petrocelli. He does International Corporation Defense and I made a Corporation Registered in CA. #BeGood

///

Everyone was once Retarded that's [#Okay](#)
When Retarded Achieves they earn [#Good](#)
by [#USSupremeCourt](#) ([#Bad](#) = [#Retarded](#))
There's what you're trying to say. [#SoWhat](#)

///

Don't misinform yourselves by reading between too many lines, by making negative inferences, and poor assumptions about others. You only make yourselves sick when you think negatively of others, and it makes others sick when you talk \$hit about others. [#tipoftheday#SCOTUS](#) I write so much, I'm always clear, I never F with anyone's head, always honest, truthful to a T. [#obamacare](#)
[#BarackObama](#) got so scared suicidal he made Obamacare, we're okay we're not mentally ill. We got this. Believe in us. He got really worried. But we're okay now.

///

Main Point: Smart or Retarded does not prove either or Smart or Retarded, Proof of one Smart does not make Any or All or Some or One Retarded, Smart is not for Identifying or Disproving Retarded. Who hurts who? Neither Smart or Retarded should effect one another unless purpose is to attack a status to achieve the opposing sides status, if one does not cause the other, establishment or destruction of either side cannot therefore cause the other to be right or wrong better than justified or not. Bad does not equal Retarded. Smart does not Prove Retarded. And Bad causes Retarded is Bad's purpose is to justify being what Bad. Bad does not equal Retarded. You cannot use another's position in life to achieve, take away, switch, take place of, prove, displace, to justify (define) make clear any [#misuse](#) of a term often occurs when it's needed to make clear a difference from right and wrong. If wrong is at issue then it's clear Bad is at issue, whether caused by Retarded or Bad bc of whatever Bad thinks justifies being a Bad for, NEVER equates to Bad = Retarded (Don't misrepresent a vulnerable population to justify a wrong, existence of a wrong, to explain or identify whether: Bad or Retarded. If we know of one known purpose (justification of wrongs) than not right EVER to explain or define sides clear to who's right or wrong unless necessary to do so. Smart or Retarded (Causes) as it relates to Bad (and use of bad to clear wrongs establish sides whether purposeful or by accident, if so repeated no matter what your identification or what your purpose is will never be wrong if Bad causes Retarded. Not all wrongs are based on Smart or Retarded, that's an assumption of causes as it relates to what you find relevant. Tip: Know yourself, Trust yourself, Report Everything, Let [#LawEnforcement](#) Know when you see Bad to protect who (Causes for Retarded) if that so matters to you to prove or disprove wrongs you identify with see know hear think [#whocares](#) you know you best. [#ThinkforYourself](#) nobody's struggles or hardships or disabilities NEVER affect Smart, Retarded, Well, Sick etc? Your focus is your focus no one is ever [#wrong](#) because of focus issues, if you earn a place or position in life, everything else is obvious to right, wrong, smart, retarded etc. we see and know ourselves best others understandings of us should never be important to argue for existence of what: rights or wrongs [#bywho](#) [#whocares](#) [#lawenforcement](#) knows everything. Retarded is not caused by Wrongs obviously if it's clear Bad causes Retarded. (New Focus: Existence of Bad clarifies what wrongs, to whom and why? If any justification of Bad is made something Wrong any Wrong is easily identified needs not be proven. Just because Bad (Shows Wrongs) does not mean Wrongs caused Bad or establishment of a Bad. There's no causal connection if you state Bad causes Retarded, Retarded is Automatically Not Bad. [#whatsyourpoint?](#) Point at Issue: Retarded caused by Bad does not justify any or all or some or one Wrong, if no position is necessary to identify prove not either or the other need be clarified by destruction proof of any side (See Above). Wrongs exist even if Bad, Smart, Retarded, or Blinde if used to Prove Rights and Wrongs then why weaken any sides waste time proving or disproving any side. That's not my job. cc: [#USSupremeCourt](#) [#IdentifyYourself](#)

///

That was a joke (a retarded retort to empower someone who hurt me, to free themselves) by saying I'm gonna get strong to prove him wrong and be obnoxious hold up a sign with curse words. I don't care. I'm not motivated by anything or anyone, you earn motivation in life by rights and being good not wrongs and get strong with hardwork

discipline earned - If Bad (i. Causes or ii. Helps Prove) = Retarded, than why would I be Good to undo bad to justify retarded. Why be good and then prove Bad, that invalidates Good. Makes oneself look retarded, not validated.
cc: [#USSupremeCourt](#) (Says on behalf of [#Leslie](#): [please] [#stop](#) hurting me. You disabled me defame me therefore God helps you all now. Stop attacking me. I always help. My God is the [#USSupremeCourt](#), they don't control the weather. [#whatsyourpoint](#)? If drugs and alcohol (you think) make you or anyone Retarded (Look Bad) then: (1) Ask for Help (2) Go to Rehab (3) Go to Jail (4) Go to the ER (Retarded people cause no harm it's people trying to claim "Retarded" Status to justify misbehavior that's a misuse of a class of people with actual disability visible disability by school records - stop trying to prove: Bad because Retarded (Don't misrepresent people who are really retarded they are not bad people Y because Bad causes Retarded (see within) Bad does not equal or justify retarded. [#AcceptAll](#)

///

What's your point, cause what, that's not how the World works. That's not Y (why), stop trying to prove Y to connect Ys and build your own Y. Y's build themselves independent of others, no connections required, connect what dots to parallel what to relate to what to prove what to correspond to what to achieve what causation correlation does not prove connection that's a fundamental fact – Y? You can't create circumstances presently to prove past acts of violence to connect anything, any caused conditions are the fault of those who caused them, not the fault of those who respond to them. [#whatsyourpoint](#) [#imnotfamous](#) I was designated retarded my whole life put down . I don't have confidence [#whocares](#).

<https://www.facebook.com/photo.php?fbid=10105486107513463&set=pcb.10105486110203073&type=3>

<https://www.facebook.com/photo.php?fbid=10105486107508473&set=pcb.10105486110203073&type=3>

///

Come backs & Low Blows kill [#innocent](#) people who care see [#good](#), stop hurting me, what's your point? [#noonecares](#) if I'm smart, retarded, bad (I'm [#sober](#) [#clean](#) [#celibate](#) now since 2014), or good they like me anyways [#acceptmeaslam](#). Stop back back B-ing me, this isn't [#MortalCombat](#), don't finish me off when I'm strong. And knock me out when I'm wobbly not doing well. Chant "that's what you get" "you did that to yourself" if so don't wonder why I'm talking out here loved and you feel left out. [#whatsyourpoint](#) [#whocaresnoonecares](#) (If you look at me and see hear and think [#grose](#) than keep chanting those lines until you feel better about yourselves as you see things that please your interests [#whocaresnoonecares](#)). [#SCOTUS](#)

///

I can't breathe drained [#suicidal](#) leave me alone so I can get strong, otherwise I give up. If you're gonna defame me why the F would I try hard to prove you wrong. That would be a retarded waste of energy arguing with negative people. [#whatwillbewillbe](#) [#moveon](#)
If you dump me & my heart breaks, I become unstable (when I was unstable in 2009 I committed suicide) so I know if I can't figure out what's wrong with me to go to the ER. I've been to 10 years of [#LawSchool](#) and Buffet of Meds on my Dresser and a Doctor I can call, who won't let me die. Why take me to the ER? For meds? I lay there no meds given bored tell jokes cite theory and put in the [#psychward](#) of my choice. [#Smokingplease](#). Why do they keep trying to put me in the psych ward when I'm doing well? [#whatsyourpoint](#)

///

Please don't take things personally. Don't get personal with me and hurt me. This is my reaction, I always keep things positive. cc: [#BarackObama#noonecares](#) live with it. If I'm not focusing on one issue, does not make it an issue, don't interfere with my coordinates in life, by projecting issues onto me not helpful, relevant, or of necessity at this moment. Love is for when things are okay, if things are not okay that's God telling me to focus on everyone instead not just one. Been this way since (2013) when I left [#AaronBrown](#). Stop chastising me and calling me names. Everything gets repeated spreads and hurts, calling me a name does not devalue me, or cause for mental illness or suicidal ideation, [#CarcinomaCancer](#) causes Suicide today FYI, don't debilitate my condition and rearrange conditions to prove points, Im not an experiment. It's annoying. Especially when someone you love turns

on you. I walk away from everyone, go back to being independent. You set yourself up for life: success, failure, etc. no one has control over your places in life except for yourself. Read at your own risk. I don't help people who harm me, if my well being means nothing to you and my progress is not valued by you, then when I get strong don't be offended if others get strong too and you feel left out. If you choose to lean on the weak and empower yourself by: competition, intimidation, and only try to justify negatives cause discrimination or hurt others to benefit yourselves to prove points then you're being manipulative one of my biggest pet peeves. Hence: Noah's Arc joke, if you think I'm not smart than why the F are you all over my devices when left to my own devices, take away my devices play victim before any accusation of wrongdoing is explained. That's being defensive in advance to protect oneself from future hardship, trying to beat an innocent person to a punch is not beneficial to anyone if it only benefits a few. Nobody harmless such as myself can cause harm, good people always create good in the [#World](#) because they've so positioned themselves in that way: [#AcceptAll](#): Smart or Retarded ([#MainPoint](#): Don't hurt me bc I'm not writing code trying to prove my self worth and level of intelligence IQ to anyone). (Side-Issues): Silence does not equal guilt or misconduct is not evidence of choking or loss of direction or failure, when a job is getting done there's no need to work, when the job (D.C.) needs help, I put myself in dying mode until I speak. They know how my body works I'm a [#SCOTUS](#) Advocate help them. I work only when urgent necessary, online. [#MindYourOwnBusiness](#) you are responsible for how you feel in life, don't blame me [#noonecares](#) about who hurt who, or who is to blame when I'm suffering struggling, but do I complain Online throw a pity party or prosecute others for their misinformed decision-making and judgments toward me or misuse of information put in contexts to hurt me, no I've always been accepting of all, unfortunately - and because I'm not good enough to anyone I am not doing well right now. [#whocaresnoonecares](#) It's not a big deal, I've slept for a year before, it takes a long time to get strong after you take a beating get maxed out or bullied, I f-king run diet lose weight, get jobs, I f-king understand [#defamation](#) I was defamed in a Yearbook, it set me straight in life sober (2003) I trust others, not easily offended by others, everyone's entitled to their own opinions what works best for them in life this isn't a persuasive blog persuasive writing is for arguments I don't argue I make sense of everything as best I can process events, if you believe that others have your best interests at heart and that they mean well and always see the good in others then you will not be so defensive or react aggressively toward me in response to any of my blogging for good cause only, whether or not you were wrong or right, that's not my prerogative in life to make others feel small or try to be big, that's not my purpose never has been, I never write about others only myself. Don't make things about you, or assume anything is about you, no one is pointing any fingers at you, that's not the purpose for this blog, if you are paranoid before anything bad happens that means I need to help everyone else fix problems [#moreworktobedone](#) paranoia is not indicative of misconduct or wrongdoing toward yourself or others don't take one definition of paranoia used by me and take it out of context to apply to a different set of issues or points of discussion to argue a point with the misuse of my words. This is definition (2) of paranoia: occurrence existing within an unstable environment or (1) (previously discussed in another post) paranoia resulting from ones own wrongs harm caused to self. I understand no one is trying to say you are paranoid bc you were wrong or feel wrong, that's not my place to tell anyone when they feel unstable that it's their own fault, I usually back-off and try to make a positive difference, read everyone instead of one when things get weird. That's my nature, normal face to face always. What I understand or read is really none of your business when I'm stable and everyone gets stable then accuse me of any wrongdoing. If everyone is calm quiet that means they feel safe, I did a good job. If sex doesn't work & not good enough for you, then maybe I should do my best to make everyone feel safe calm to take care of you. And work on myself.

1. I'm not a terrorist
2. I'm not a bully
3. I'm not a [sex addict]
4. I never cause harm to others hurt others
5. I'm a good person
6. Good people don't argue they fix & work

If I'm not arguing does not mean I'm not strong it means that it's not my place to argue if there is risk for more harm than good (I Understand: When you make someone look grose you inhibit disable their ability to make others feel better or trust you, that's not a current disposition or past disposition that's a man made disposition (advanced predisposition: decided by those who do not like or value me). If so, why quiet, I don't need representation, but there's only one of me, if my purpose in life is to help others, then Ill talk to [#SCOTUS](#) to take on jobs I would have been able to take on had I not been mislabeled and trashed when strong treated like a drug addict or waste, don't complain now if I'm dying and realize anything [#whocaresnoonecares](#) its not my fault [#noonecares](#) who's fault it is. The Justice System takes care of who deserves to be heard and who not to listen to. I'm not [#famous](#) so it's not a big deal to me, what's your point. Killing me will not better your understanding or justify death by causes conditions

created - I know me, I know why I committed suicide (Feb. 2009) if I don't want to talk about the case and two dead Attorneys or 9/11 I don't have to talk [#enough](#) said. My neighbor [#ChrisSonia](#) knows I was in a fog not sure who was to blame or responsible. So I've been quiet for many years a [#lawstudent](#). If he had to ask means I framed no one.

///

iMovie 235: Normal v. Weird (Live in session argued by [#lesliefischman](#) January 2013 inside The [#USSupremeCourt](#)). If it's weird fix it don't try to understand it, if it's violent calm everything down, if it's foggy inform. We believe in Solutions, Not Defenses, Reporting Not Curbed Wordage to Create Leans in any one Direction. That wastes time, our main goal is to always be on time. Where we need to be not where others put us, always in control of our own dispositions - is what we believe makes the best functioning societies. (It was so foggy & violent I wrote everyday online for 4-5 years continuously until we all got on the same page). [#WorldPeace](#) = [#Clarity](#) of the [#Issues](#), Balanced Perspectives, and Is a 24 hr job from the moment you sign up for it, just like supporting a cause or non-profit you never stop making a difference in that department until things get better. Pick wisely.

///

Don't misinform yourselves by reading between too many lines, by making negative inferences, and poor assumptions about others. You only make yourselves sick when you think negatively of others, and it makes others sick when you talk \$hit about others. [#tipoftheday#SCOTUS](#) I write so much, I'm always clear, I never F with anyone's head, always honest, truthful to a T. [#obamacare](#) [#BarackObama](#) got so scared suicidal he made Obamacare, we're okay we're not mentally ill. We got this. Believe in us. He got really worried. But we're okay now.

///

Main Points for Today by [#BarackObama](#)
Fight Your Own Wars [#TipoftheDay](#)
Anything provoked for mention, anything condition caused to see reaction, is experimental behavior not tolerated by The [#USSupremeCourt](#), no cause of action. It's dangerous, it causes harm to others, do not F with the minds of the innocent to gather a side or muster up an argument or trigger consequences unfavorable to yourselves, that's why you don't feel well when I'm doing well. Stop hurting me. [#WorldPeace](#)

///

[#RespectAll](#) Respect Your Superiors in Life: the Educated, the Professional, & the Knowledgeable, if you can't see out you're in over your head in to deep need to go [#BacktoSchool](#) or need more [#JobTraining](#). It's really disheartening to get beat up and have to speak explain how the [#World](#) works to everyone, so they feel included not threatened, safe not paranoid, at peace not hostile, vindicated for their wrongs by causing harm to others is unnecessary and improper at all times, exonerate yourselves by doing good in the [#World](#) not by causing harm to others, when you hurt others you only hurt yourselves. Take responsibility for your actions, bow down or step up in life, otherwise do not interfere with the positive progress made by others to whom others depend on for support and a sense of normalcy. [#AlwaysBeaRock](#) is what my Mom has told me over the years. cc: [#USSupremeCourt](#) Issue: If you don't know me, don't hurt me.

///

1. Don't Hurt Me
2. Don't Defame Me
3. I Report Everything to [#SCOTUS](#) (Since January 2013 In Session) I applied to the US Military 2009 prior to committing Suicide. I understand. I care. I do my best to be normal help others stay calm. Stop ruining my life. Code is no big deal. Inside jokes get people by especially during traumatic times, sift through the rights and wrongs of others in the public sphere and promote the best sides, that's normal understandable. There's no need to be weird toward one another if you see Code or understand how the [#World](#) works or learn about any given trade or

profession.

4. Stop Bullying Me
 5. Don't Intimidate Me
 6. I'm Educated
 7. I'm not Retarded
 8. Go Team [#SavingLives](#)
 9. Don't Pry, Provoke, Unearth
 10. Mind Your Own Business
 11. I'm Very Professional
 12. I'm a Very Balanced Decision Maker
 13. Why I'm quiet, calm, keep to myself
 14. Don't Poison Me
 15. Don't be Homicidal Towards Me
 16. I don't deserve to be hurt by others
 17. I never fight with anyone
- cc: [#USSupremeCourt](#)

///

Key Point: "Peaceable Assembly of Ideas"

I Crisis Counsel multiple interests online, ensure everyone feels safe, functioning at their best, interpret problems & solutions, provide: feedback, insight, & deductions from my limited knowledge of news I've read and understand, education, work history, certificates, and share. I've been like this since 2013, smart retarded or on point, I try to write everyday something of value to help establish neutral sides embedded in story, comedy, fashion, titles, and my theories my deductions to help promote peaceably assembly of ideas that help everyone move forward. (I represent my Resume).

Your Audience & Fans Depend on Stability

If you cannot provide stability then don't speak. Only speak when prompted to or thrust in an uncomfortable position in life, to which you need to explain to your New Boss why you cannot work right now mentally ill [#Suicidal](#) It's an embarrassing process in the public sphere to write good enough to get others to stop being mean to you. [#NeverGiveUp](#)

iMovie 230: Angels & Retards by [#PresidentBush](#)

Don't demonize me and wonder why you feel demoralized embarrassed. I'm a great person!

Class A: "If you're going to Hell you're going to Hell don't take me there with you."

Class B: "I'm going to Hell who's coming there with me?"

[#RighttoPrivacy](#) [#USSupremeCourt](#)

Don't promote bad behavior. I don't. Ignore Ignore Ignore Ignore Normal? Okay you're in.

Know yourself. Don't go through life waiting for acceptance or validation in life. All you need to know is right from wrong to stay on course. Let God take care of the rest.

Why Team [#Petrocelli](#). He does International Corporation Defense and I made a Corporation Registered in CA. [#BeGood](#)

When everything is resolved that's not the time for cause of action against me. Don't create problems where none exist. We were doing so well. The consequences of misbehavior toward one another only promotes evil, sides, and discord. Best to be disciplined, work hard, not meddle with the lives and minds of one another. If you have nothing relevant worthwhile to share with a beneficial interest to those you share among, than best not to say anything at all if only more harm than good can result. Don't be dramatic hostile towards me please. That was totally unnecessary. Transients run around and scream at meetings in [#WestHollywood](#). Showing up in a baseball cap and no makeup and sharing, attending when asked to, is not your cue when I'm down having a bad day to hurt me, create conditions where none exist, turmoil where none exist, if you are not comfortable with me then don't [#Sponsor](#) me. [#MindYourOwnBusiness](#) [#WorldPeace](#) [#Speech](#) Why I give up get [#Suicidal](#).

(Point 2 of 2) by [#leslifischman](#) aka [#mymollydoll](#) (1 connects to 2, because 1 was written, 2 was written, 2 was not written because of 1, if 2 follows 1, how can 1 connect to 2 only if 1 is written does 2 later make sense in any way as it applies to 1 because if 1 of 2 and 2 of 2 are stated connections obviously 2 follows 1). Who the F cares

replies #NYCY relates to what. Stop f-king gluing negatives to positives THEN try to understand existence of a negative point to PROVE OR JUSTIFY anything that is clearly Wrong on its face right or wrong Smart or Retarded, Guided by who probably by some Wrong to Prove estb cause understand a Bad to see what?!?! #FrankGehry Whether Bad causes Good? Rights and Wrongs don't create standings in life to prove or justify wrongs or rights. If trying to prove wrongs to estb Bad identify bad, You ARE Wrong to achieve set up circumstances until a Bad occurs to Justify a Cause needed to prove bad. If Bad caused Retarded then we already know a Bad existed at some point in time which caused Retarded. If you think identifications are required to improve disprove establish displace result in Wrongs to: Good Smart Bad Retarded or Blinde. Who's wrong? You were wrong, neither nor any side need be established to prove anything if Bad exists Wrong exists a (Cause) cannot therefore prove in reverse existence of Bad for what? Never justify wrongs of others who are Bad to See if Wrongs occur them blame Causes as resulting from your establishment of Wrong to Show Bad See Bad Understand Bad See if Caused Bad see if why what's the point of clarifying Bad Caused anything Wrong if clearly Wrongs are Bad who the f-k cares whose Wrong: If Bad Causes: Retarded Smart Wrong Right #whothefuckcares what you think if it f-king caused Bad and Bad Caused Retarded then Establishment of Anything should have no effect on: Smart, Retarded, Right, or Wrong. Unless Wrongs continue then Causes MUST be because of a Bad, sides do not establish disprove establish reinforce causes for Bads or Wrongs, if we already understand Wrongs are Caused by Bad, obviously if Retardation Exists then some Bad occurred to Cause that. Who's bad? Therefore cannot be proven if a Wrong is necessary or a Result is necessary to Prove any side or causes. That's Wrong. Wrong does not Equal Retarded!!!! If Bad caused Wrongs Retarded that has no effects on Smart, Rights, or any other Wrongs. Sides don't justify Sides if they exist on their own, any connections needed to be made to see anything is obviously caused by whatever was Wrong or Needed a Wrong to Justify Bad or Retarded I, or whether Bad caused Retarded as it relates to a later Wrong, later Wrongs are f-king Wrong, if you need a Wrong to Justify Past Wrongs then you are Wrong, Bad not Retarded clearly if you Caused Bad Bad was caused by Retarded, and Bad is Wrong Retarded is proof of existence of Bads and Wrongs existing whether Retarded or Smart. #whatsyourpoint if a Point need be proven to show rights and wrongs to prove wrongs justify wrongs then clearly you were wrong: Retarded, Smart, Right, or Wrong. Bad does not Cause Wrongs if Bad caused Retarded, Retarded is then being misused at any later point in time to Understand Causes to Identify Bad to See Causes is not Right, Causes for Retardation do not justify ANY Wrongs past or present. (Y #USSupremeCourt).

Everyone was once Retarded that's #Okay
When Retarded Achieves they earn #Good
by #USSupremeCourt (#Bad = #Retarded)
There's what you're trying to say. #SoWhat

cc: #PresidentBush (bcc: #FoxNews) Addressed #bemindful "It is never the fault of the Victim, when a Victim is harmed." Why Victims are protected Why Victims are not put in the #News bc that what: Puts them at risk of harm for retaliation or recidivism (Explanation by: #VWAP why I report to #LAPD, what's your point? Smart is earned. Smart does not disprove retarded or for purpose of changing views of others, if it's a non-issue why create issues no one has the #power to decide #guilt other than the #courts, that's not your job #Why paranoid. Disposition (Figure the rest out for yourself). I'm done. #whatsyourpoint#leavemealone
cc: #USSupremeCourt (Stage 3: #HelpAll).

References:

<https://www.facebook.com/leslie.fischman>

<https://www.facebook.com/photo.php?fbid=10105487558575523&set=pcb.10105487561664333&type=3>

<https://www.facebook.com/photo.php?fbid=10105487558580513&set=pcb.10105487561664333&type=3>

<https://www.facebook.com/photo.php?fbid=1010548755855503&set=pcb.10105487561664333&type=3>

Peace Agreement #3 (v3) (See Above) to mymollydoll.com (v1) and Instagram.com/mymollydoll___ (v2)

Chords 1-3 (Point 1 of 2) (Looking for Original Type) (See Above).

The End. (by #PresidentBush & #MichaelMoore) Be US, okay.

Now be you. Thank you!

By: Leslie Fischman (09/07/17)

Submitted: 09/07/17

Soul Code Light Code by CHP Agent MYMOLLYDOLL (2013)

9/30/2017

FM DJ Me Solution Beginning Experimental (#Lost) (2013) by Leslie A. Fischman
aka #MYMOLLYDOLL Tape Cassette Recorder off the Radio Two Tape Decks #Pioneer Boombox in Middle
School thru High School My First Music Collection

Date: 09/30/17

We just announced on Wilshire Blvd. our in the working Soul Theory. Not sure whether blasphemous to discuss out loud. (Listening to the Radio Right Now on Headphones and We Peed Together in a Toilet to Help AP Out with Grose Stories).

CHP knows the light code why they're mad at me right now. Sometimes good lights up and sometimes it creates a space upon recognition of an object. Sometimes good is in the foreground and sometimes good appears in the background to us, that is based upon us individually to identify, not by law written or previously discussed elsewhere, new MIT Soul Technology by MYMOLLYDOLL who specializes in perfection likes perfectionists like me, neat and tidy, clear, why graded hard. This is an important skill to have. What we hold and let go is to our choice, to move forward its not by notice of good or bad its by maintenance of self, and preservation of soul.

Facebook Heading > #BeautyCode > Soul Code CHP Code by #MYMOLLYDOLL #lesliefischman - Undo Wrongs to Humanity Bad Ideas of Treatment to Bad Urine Damages Brain and Body (Re: AP #usarmy) #NOTICE #Alcohol > Find yourself pee in a toilet #HRW.

Toilets are Kinda Meanly Designed: Oval? Pout. We Love #TheWhiteHouse. Hm. Change Shape MIT?
So About Them Movies: i.e. Clueless by #MYMOLLYDOLL

9/30/2017

Not What We Were Expecting, I Know by Leslie A. Fischman
Submitted: 09/30/17 To the People of #TeamUSA #Loyal #Always

Dear You Guys:

So you know its not all about being one with one, bigger or small to achieve same equal, mature, immature, better, leader, follower, likeness, cool, smart, in the know, or apart of. It's all about being smart, inventive with your emotions toward positive. Delusions "I think not" more like how th[e] F do I dig myself out a mess or a hole someone else put me in before the bugs crawl all over me and I hate myself forever. That's why you gotta talk about your feelings. I once heard in an AA Meeting (2011) that "feelings" and "emotions" don't kill people. To that I go (space). Something to think about, hm, I never really thought about a word describing a category of something inside of me, and what it produces something at me back that kills me. I've got scars, non to do with homicides, and put a knife in a box over war overseas Chris Sonia knows, backup EXIT PLAN (A): Fight! That's how I know if I need to go to war or not or stay in a cubicle. Existing or not existing, avenues of blame directed or misdirected

toward my family, so achieved by anything pre-existing to confirm belief. Hold up! Dudes: Invent a Religion. Throw a tree at me and wrap me up in lights and throw balls at my face, who cares. The moral of the story is gifts, what you put under a tree that matter, something special wrapped and uniquely id'd to and from the recipient: the gifted (in need of help). Of course I'm in need of help: "where do you go" to a f-king cubicle jazz dancer swing my hips and f-k me Trump down a pole I go #LAFD. Super hazardous behavior misdirected toward others or thought to be directed at you is cause for paranoia and delusion. Always focus on oneself, no communications public are meant to dismember one or any one group unless you let it so.

Sincerely,

Leslie A. Fischman
Founder of MYMOLLYDOLL
Olympic Scorecard by #Pulitzer #Nobel #MYMOLLYDOLL

9/30/2017

#JustIn: The Olympic Sell-Out Scorecard Has Just Been Released 09/30/17: The Winning Teams Are:
By: #SCOTUS Mini Justice #LeslieAllisonFischman

- (1) Music or Movies > Music
- (2) News or MYMOLLYDOLL > MYMOLLYDOLL
- (3) Law or Medicine > Engineers
- (4) Tech or Advertising > Tech
- (5) CATO or PLADO > CATO
- (6) NASA Colin Powell or Bush Obama Clinton > Leslie Fischman
- (7) Buildings or Houses > Houses
- (8) Facades or No Facade > Channel 4 News Says No Facade
- (9) Law School or Medical School > Both
- (10) World Peace or Sides > World Peace
- (11) Princess or Queen > Queen
- (12) Italy or Mexico > Both
- (13) Guns Germs or Steel > MYMOLLYDOLL
- (14) Pills or Street Drugs > Who Cares
- (15) Hope or Religion > Religion
- (16) Words or Numbers > Words
- (16) Actions or Reactions > Reactions
- (17) Care or No Care > Care
- (18) New York or Las Vegas > New York

For everyone I admire I care for make better that is my duty. Always.

I'm a Think Tank My Name is Leslie Allison Fischman #WorldPeace > #MYMOLLYDOLL #BloggingCampaign

9/30/2017

Someone just screamed at me in front of a school "thats cause no one wants you" I'm hot and I know is clap my hands! #NicoleBrownSimpson is my Mom. You Wish. #Smart (Y). And I Screamed back "Go Away" "Don't talk \$hit to me in front of a School." #FiredBackAtHerTaunt #BlackSwan#Whatever #WWW

[Omitted 2nd Paragraph - From this Post, Please: Dont threaten me, talk \$hit about me].

For every struggle bears resentment toward another one another for happiness, its human nature to be jealous of the found spirit of others in times when others are lost, not all are found, some light up, some lay low #cubicles. > Every

year I share new stories never the same or old always new about me. Like Christmas, anything Holy and of Virtue is seldom wasted but preserved. > We are not friends of those obligated to care for, but take care of all #SCOTUS. > I Freed One behind his Back #MyCalling= #Trust Love #PresidentTrump #GetGo. > He is like me an engineer a builder, ground up. Today I was making fun of #BMW sexy car make my legs shake unstable aw, #Celibate #RadioDay. > They built my think tank where I come up with ideas then write. > So you guys gotta be patient its like #NASA floatation room to wander mind keeps the body busy, and my heart speaks to my head and car records everything. > My car has satellite resonancing abilities to #outsource.

Facebook Heading: I'm a Think Tank by #lesliefischman #MYMOLLYDOLL - Don't punk me out of the blue just to see if I'm aggressive toward others, never, gentle personality. #WorldPeace

Updated: 12/03/17

Skip a Party Studio #1: #MYMOLLYDOLL 24hrs a Day! (2013)

9/30/2017

Please Note: This Portion was Deleted not by Me: Here is an Abbreviated Version of Another Post
Dated: 12/03/17 by Leslie A. Fischman

My Car is something made with thought, thought to be had, thought to be made, when misused for a purpose other than for what it was created, to transport the living to and from a location for survival destination and departure, sin occurs. For what purpose is it to communicate a feeling inside something for which a car was not make or communicated for, used for a purpose other than for what it was made, as a shelter, not a system of transportation, high class transportation. BMW made the back seat bigger in my new X3, great predictors, if this ones this way she'll get this one when that X5 dies, from #Colorado. Love You Guys. The Letter Code: That's Our Baby Girl: They Shout. Banana 1: Stick Shift (Like a Porsche) #Cute.

Something intrinsically valuable which cannot be replaced by anything new is called of value, written works of value are new works, live works, fresh works, written in public, for proof of authorship. Purposes for establishing a level of professionalism and trusted value for respect in the given #trade & profession of #writing. This is not a new concept the algorithms of news and writings establishments of writings and the puttings togethers of written works of #art, is by any given trade or profession, considered a trade secret, and when it's time, with heart shared. When the time comes, #smart is shared, when it's not necessary fun is shared, when it's needed #creativity is shared, when it's required thoughts and ideas are shared, when it's possible deals are made, when it's creatable written works are written and submitted to #SCOTUS by #lesliefischman, I'm not an Investigator or Prosecutor, I'm not a Perpetrator or Offender or Fraud, I'm in the Helping Professions, I do not Support the Mafia or Black Market or Criminals or #Sex Trade or Hard Core Porn Industries. In fact have notably chastised those who have contributed to the raping of #Women in Society and Cold Behavior toward the Hearts of Women, resulting in our Mental Illnesses.

What is not understood is okay, is not being projected as evidence of misconduct on behalf of anyone involved, as stated as to any other subject mentioned within stated prior, within this given text, it's simply in addition a feeling triggered, rationale, for detachment, something that really hurt my feelings, really broke me, to be treated as replaceable, unimportant, not special, whatever, invisible. (Song: Invisible by #SkylarGrey). No one gets promoted or demoted by me, I'm not powerful it's all by your own hardwork and ethic you achieve in life not by the opinions held by others in society do[es] [not] matter as much these days but by the solid backings of your professional record and work experience. I always see the good in others, see well. I always deal an upper hand first if chastised like playing #Poker with my Dad in #Mammoth getting 3 Aces, Wow! Cool. Then with patience explain later when I have the time, that's in Gods hands, #RobDebakey once told me "God heals all wounds." My Ex-Boyfriend (2007-2010) we were going to Marry but I chose to focus on School instead not come 3rd in life to Friends & [Work, now I understand the difference].

Today is #YomKippur my Father did not buy tickets to the Hall Long Torah Long Shoffar Long Huge Screen Room Two Long Ceremony. Shmah Israel adonai allehaynu adonai ehhad. Barhu et adonai homvorah leolam vaed. Baru atah adonai elohanu mela haolam a sher bar har banu mi col ha oh mean vi na tan lanu et tora to, baru ata adonai

notane atorahaa amen. The Catholic Church across the Steet I suggested should buy University Synagogue CUS of USA. [#PresidentTrump](#) for my writings online please [#PacificGroup](#). I'm sober, clean, celibate (sober 2003) [#weed](#) > [#adderrall](#) by Sophomore Year back to a 3.26 finish 3.2 [#Windward](#) > A in Physics A- in a Chemistry Midterm or Final.

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

(RIP) My Grandfather Accountant LT WW2 Lewis Fischman [#Jewish#USA](#)
Pull (+) [#MovieCode](#): "Kaiser Sose" Famous Line from the [#EnglishPatient](#).

Review/Edit: 11-23-18

Reference Posts:

1. <iframe src="https://www.facebook.com/plugins/post.php?href=https%3A%2F%2Fwww.facebook.com%2Fleslie.fischman%2Fposts%2F10105568521664843&width=500" width="500" height="269" style="border:none;overflow:hidden" scrolling="no" frameborder="0" allowTransparency="true"></iframe>

2. <iframe src="https://www.facebook.com/plugins/post.php?href=https%3A%2F%2Fwww.facebook.com%2Fleslie.fischman%2Fposts%2F10105568663086433&width=500" width="500" height="285" style="border:none;overflow:hidden" scrolling="no" frameborder="0" allowTransparency="true"></iframe>

3. **Previous Heading to this Post:** Engineer Speech by Leslie A. Fischman
World Peace Speech MIT Backup to Speech One MIT Response to Post Re: [#Mankind](#) - Date: 09/30/17 – Written First on [#Microsoft Word](#) – Meaning of Life: Letters.

Facebook Heading: [Everyone put on Blue Dresses #InthisTogether #Girls > #WorldPeace > Beauty Brains Actresses High Performance Workers #Love > Pick it Up Pick it Up #Save](#)

Sunami Japan: My Ex Plays Ball There by Leslie A. Fischman

9/30/2017

[Back in the Day by Justice Thomas and Leslie A. Fischman](#)
Date: 09/30/17

So about Fan Ship, ya you know, somebodies gotta sit on this bench outside Barack Obama's House and do 2.5 Beach Runs in the Sand to Marina Del Rey and Back, practicing beach volleyball on CSPAN with Marco Rubio and Rand Paul, for the occasion. How am I doing. He throws a mic at my forehead. Dude, did you see me smashing my head against the wall after that N Speech, the wrongness and usage of a demonination term to identify a person as being not good enough. I make black back packs online for professional: bankers, doctors, lawyers, engineers, etc. So what? What likes you you do. What doesn't like you you do not do. When everybody has done you, you do the dew (Ad: Code Red) [#usarmy](#). Live. Throw me a f-king bracelet. Throw it on the ground. F-k birth control. [#SavetheBabies](#).

Facebook Title Post Attached: [Sunami Japan](#)
by [#MYMOLLYDOLL#lesiefischman #LiveStrong = #EU > #WorldPeace #CodeRed = #Peace> #Nobel #Pulitzer > Continue #RightofPassage - So this is why I write on the web guys for everyone.](#)

Architecture Speech by Leslie A. Fischman #MYMOLLYDOLL

9/30/2017

Architecture Speech by Leslie A. Fischman

With Inspiration from #PresidentTrump & Approval from #ChiefGinsberg: (7/11) of Pack: Michael, Leslie, Nicole, Sydney, Justin, Arnelle, and Jason #AgainstGunViolence

To whom and all that it may concern, upon what is built and what is remembered is upon the things that stand out to those who remember and to whom is affected by the standards of achievement of others, and what is had and what has not yet achieved one cannot see, do not judge those who's foundations do not remind you of self of what is known to be true as existing within you may be different from person to person, depending upon the recommendations chosen by oneself of oneself for oneself as to importance and the importance of power and privileges in life, not to be abused, in times of need, concern, loss of trust, or otherwise, loss of family member jailed, no disconnect so far bearing as responsible as connections made and connections lost, should never interfere with good purpose or anyone's ability to achieve in life or see different, better than one or the other, within a group or disjointed, together or apart, to each his own, value oneself first and upon recognition of that virtue all other value can be found. Anything lost, is dropped, anything found is supplied, and anything forgotten, mislaid, abandoned, or rejected will one day bear the fruits of the concern by those who care see good, help lift good, deplete the bad, and the overall consciousness and left product is what is to be determined by society as worth living, dying, chosen, or to lead those future forward.

Don't Be Disrespectful Toward Me by Leslie A. Fischman

9/30/2017

Don't be disrespectful toward me or my achievements in life and how acquired, or achieved. That is to my knowledge how I achieve best, through and through by deductions, if not sound to you or accepted, that is your misjudgment of me as ill. #DontHurtMe #DontDisrepectMe#IfIDie #ReaptheConsequences #MYMOLLYDOLL by Leslie A. Fischman #DontHurtMe > #BackOff

Disrespectful or Respect #NoneMatter by #lesliefischman#MYMOLLYDOLL - You are a product of the choices you make, inspire none but yourself. #GetAwayFromMeEveryOne

Why Those Who Work (For Those Who Take Care of Others Well Being): Matter.

Air Theory (Reversed) #Airplanes (Sin?) to Mankind by Leslie A. Fischman aka #MYMOLLYDOLL to be handled with care >

9/30/2017

Fathom the Wrongs Against Humanity by Leslie A. Fischman

Who Codes Best? #MYMOLLYDOLL Tip #1: By Southwestern School of Law

Date: 09/30/17

Only the educated can fathom the wrongs to humanity from the consequences of doubt and misconduct of any one following belonging to any one man group or persons of any given trade or profession. These things are clear upon their face not of issue. The only solutions at best are ones created not ones destined. To create destinations upon inference of any one point is considered a manipulation of path in life, to create a destination for any one person in life, not path driven by the heart belonging to the one who guides self self, then there is an error in deduction which is obvious upon its face, when proven (future consequences) to which do not affect or interfere with the progress of those who are innocent on their face and about face since (2009) by handwritten application to the US Navy #Wilshire.

Facebook Header (Solution: New Gas for Planes Please #Cancer): Air Theory (Reversed)

by #lesliefischman #MYMOLLYDOLL (Focus on Self Not Sin) #WorldPeace About What? #usarmy

The Meaning of Life by Leslie A. Fischman #Nobel #Pulitzer

9/30/2017

Engineer Speech by Leslie A. Fischman

World Peace Speech MIT Backup to Speech One MIT Response to Post Re: #Mankind

Date: 09/30/17 – Written First on #Microsoft Word – Meaning of Life: Letters.

My Car is something made with thought, thought to be had, thought to be made, when misused for a purpose other than for what it was created, to transport the living to and from a location for survival destination and departure, sin occurs. For what purpose is it to communicate a feeling inside something for which a car was not made or communicated for, used for a purpose other than for what it was made, as a shelter, not a system of transportation, high class transportation. BMW made the back seat bigger in my new X3, great predictors, if this ones this way she'll get this one when that X5 dies, from #Colorado. Love You Guys. The Letter Code: That's Our Baby Girl: They Shout. Banana 1: Stick Shift (Like a Porsche) #Cute.

The Meaning of WWW by Leslie A. Fischman #Nobel #Pulitzer

9/30/2017

The Religion of Letters by Leslie A. Fischman

Written First in Microsoft Word – Saved for Last: First to Web the World Wide Web

WWW Stands for War, when in the event war occurs one must respond. How so, in a way to which when communicated back, messages that carry symbols of what the designed meaning and work product stand. For every diffusion equals a pour, of power whether inflicted through pain or dysfunction or a junctior will flow positive in one way or another, to whom where and why, that is for society to decide. “We hold these truths to be self evident” that what we hold so dear to heart, comes true, in the event of loss, whats designated purpose transcribed will shine, that is a promise our Founders of Letter kept, and what will be known and transcribed upon the evidentiary losses in time of people places and things. Those we punish, who we remember, and who we idolize matter, to what extent is it that purpose be given in life other than to oneself, not for the purpose of others or for the lives of others, prayers best kept for self knowledge and purpose to blossom at ones own will in time and not for the time of others.

#Guatemala (#KnifeinaBox > #usarmy #ColinPowell in good hands).

#JusticeGinsberg (v3) by #MYMOLLYDOLL (Be #Good #Alive) Science Speech by Leslie A. Fischman 09/30/17 #GrandKids Rule (7/11)

9/30/2017

#JusticeGinsberg (v3) by #MYMOLLYDOLL (Be #Good #Alive) Science Speech by Leslie A. Fischman

09/30/17 #GrandKids Rule (7/11)

For every letter and for every number was designed in a way to help one achieve in life, whether through empowerment or through support. Thesis links we so bind historically remind us of those who have past and what is to come when unity of purpose is not established that is recommended so which reinforces the purposes for which any one thing is made. We think that things are made unique to stand out, for good reason we should always assume so, the unique binds of mankind, were so established by letters, of sound and might that trigger so deep to the heart, that they are to spur the same kinds of feelings to that which they were made, to help the fallen rise and to help the strong propel us forward, ever so lasting as an eternal ring of peace. Anything in motion so set for peace, which is used for a purpose other than to achieve good purpose is sin and rightfully punished so. It is not your job to understand the writer an predict that is a misnomer, why not focus on something unique which binds such as the reinforcement made upon each letter typed and the numbers that sound.

Love you #PresidentTrump > #MYMOLLYDOLL > He's my soulmate gets #US knows very well whats at issue, its

okay I flip cities for [#PopeFrancis](#)& Countries. City to City [#Change](#) and He Flips Buildings House to House. [#Love](#) > Air Theory: Energy acquired upon interaction with fundamentals of built. > Thought processes felt were created to bind and make equal, or better. by: Leslie A.

Fischman [#SCOTUS](#) [#Nobel](#) [#Pulitzer](#) > [#AA#GTFO](#) [#PopeFrancis](#) > Why University Synagogue rebuilt itself, upon my concerns. [#LoveYouGuys](#) > They House the biggest Wednesday Meeting I cried in pouring tears [#PacificGroup](#) [#AlcoholicsAnonymous](#)[#LoveYouGuys](#)

[#JusticeGinsberg](#) Says: She Screamed at her Brother We are Half Half Get Out of the ER and He Got the Job at [#Harvard](#) or [#LongBeach](#), I shouted: [#Harvard!](#) Perfect [#MYMOLLYDOLL](#) [#lesliefischman](#) > He has two kids, beautiful, gods timing is perfect. Science Speech #__ for a [#Nobel](#) [#Pulitzer](#)
Meet My LT: [#JusticeGinsberg](#) > [#MYMOLLYDOLL](#) [#lesliefischman](#) = [#LasVegas](#) 1B for the Building of MYMOLLYDOLL to preserve my body.

How does it work? When they need help I write until they feel better.

We faught a religious war by building a religion based upon foundations.

Reference: Facebook.com/leslie.fischman

Science Speech (v2) by #JusticeGinsburg my LT (2013)

9/30/2017

Science Speech by Leslie A. Fischman 09/30/17

For every letter and for every number was designed in a way to help one achieve in life, whether through empowerment or through support. Thesis links we so bind historically remind us of those who have past and what is to come when unity of purpose is not established that is recommended so which reinforces the purposes for which any one thing is made. We think that things are made unique to stand out, for good reason we should always assume so, the unique binds of mankind, were so established by letters, of sound and might that trigger so deep to the heart, that they are to spur the same kinds of feelings to that which they were made, to help the fallen rise and to help the strong propel us forward, ever so lasting as an eternal ring of peace. Anything in motion so set for peace, which is used for a purpose other than to achieve good purpose is sin and rightfully punished so. It is not your job to understand the writer an predict that is a misnomer, why not focus on something unique which binds such as the reinforcement made upon each letter typed and the numbers that sound.

Facebook Headings:

Love you [#PresidentTrump](#) > [#MYMOLLYDOLL](#) > He's my soulmate gets [#US](#) knows very well whats at issue, its okay I flip cities for [#PopeFrancis](#)& Countries. City to City [#Change](#) and He Flips Buildings House to House. [#Love](#) > Air Theory: Energy acquired upon interaction with fundamentals of built. > Thought processes felt were created to bind and make equal, or better. by: Leslie A.

Fischman [#SCOTUS](#) [#Nobel](#) [#Pulitzer](#) > [#AA#GTFO](#) [#PopeFrancis](#) > Why University Synagogue rebuilt itself, upon my concerns. [#LoveYouGuys](#) > They House the biggest Wednesday Meeting I cried in pouring tears [#PacificGroup](#) [#AlcoholicsAnonymous](#)[#LoveYouGuys](#)

[#JusticeGinsberg](#) Says: She Screamed at her Brother We are Half Half Get Out of the ER and He Got the Job at [#Harvard](#) or [#LongBeach](#), I shouted: [#Harvard!](#) Perfect [#MYMOLLYDOLL](#) [#lesliefischman](#) > He has two kids, beautiful, gods timing is perfect. Science Speech #__ for a [#Nobel](#) [#Pulitzer](#)

Air Theory by Leslie A. Fischman #Nobel #Pulitzer

9/30/2017

Love you [#PresidentTrump](#) > [#MYMOLLYDOLL](#) > He's my soulmate gets [#US](#) knows very well whats at issue, its okay I flip cities for [#PopeFrancis](#)& Countries. City to City [#Change](#) and He Flips Buildings House to House. [#Love](#) > Air Theory: Energy acquired upon interaction with fundamentals of built. > Thought processes felt were created to bind and make equal, or better. by: Leslie A. Fischman [#SCOTUS](#) [#Nobel](#) [#Pulitzer](#) > [#AA#GTFO](#) [#PopeFrancis](#) > Why University Synagogue rebuilt itself, upon my concerns. [#LoveYouGuys](#) > They House the biggest Wednesday Meeting I cried in pouring tears [#PacificGroup](#) [#AlcoholicsAnonymous](#)[#LoveYouGuys](#)

Science Speech by Leslie A. Fischman [#Nobel](#) [#Pulitzer](#)

9/30/2017

For every letter and for every number was designed in a way to help one achieve in life, whether through empowerment or through support. These links we so bind historically remind us of those who have past and what is to come when unity of purpose is not established that is recommended so which reinforces the purposes for which any one thing is made. We think that things are made unique to stand out, for good reason we should always assume so, the unique binds of mankind, were so established by letters, of sound and might that trigger so deep to the heart, that they are to spur the same kinds of feelings to that which they were made, to help the fallen rise and to help the strong propel us forward, ever so lasting as an eternal ring of peace. Anything in motion so set for peace, which is used for a purpose other than to achieve good purpose is sin and rightfully punished so. It is not your job to understand the writer an predict that is a misnomer, why not focus on something unique which binds such as the reinforcement made upon each letter typed and the numbers that sound.

Facebook Heading: Science Speech

by [#lesliefischman](#) [#mymollydoll](#)[#Nobel](#) [#Pulitzer](#) [#WorldPeace](#) > [# BloggingCampaign](#) [#FoodforThought](#)[#SCOTUS](#) [#Love](#)

Reference: <http://www.mymollydoll.com/vicarious-trauma-excerpt-from-ho...> [#blasphemous](#) [#deletion](#) [of](#) [#citations](#) [from](#) [my](#) [#honorsthesis](#)[#redactions](#)

Nobel Pulitzer in Victim Advocacy by [#MYMOLLYDOLL](#)

9/30/2017

Empower Ones to Undo Wrongs - So Twos Victims Can Thrive Be Lifted and Empowered Too
by [#MYMOLLYDOLL](#) (V1-1994)

Why I Held an It Girl Conference Online [#PopeFrancis](#) - Hey you guys! Excellent! To Undo Any Wrongs Make Right Empower Ones

09/30/17 by Leslie A. Fischman (Got the Job at Boulder DA) > [#Harvard](#)

Empower Ones to Undo Wrongs - So Twos Victims Can Thrive Be Lifted and Empowered Too by [#MYMOLLYDOLL](#) (V1-1994)

9/30/2017

Why I Held an It Girl Conference Online [#PopeFrancis](#) - Hey you guys! Excellent! To Undo Any Wrongs Make Right Empower Ones.

See: It Girl Speech by Leslie A. Fischman 09/30/17

It's really not about anyone stealing the heat from me or supplying the heat to anyone that's not how power or energy is made, and that's not funny. I don't really see the necessity for creating at It girl out of me at the moment, because that's just room for error, a position to die is usually a position situated so that when issues combine do not relate. In all honesty if I were Bi, a better way to understand is that One Big Abused is empowered by One Small Abused, why we got along, similar dispositions. Best Friends. RIP Nicole Brown Simpson. To that hope everyone can relate, to what extent felt necessary to hold the handle bars at her Funeral and pray, promises kept. Loved her so much. I will figure out how this happened to you, too much friend loss and abandonment, not your fault. Not your fault. Love you so much. Miss you forever and always. Leslie.

Letter to My Second Mom by Leslie A. Fischman

9/30/2017

It's really not about anyone stealing the heat from me or supplying the heat to anyone that's not how power or energy is made, and that's not funny. I don't really see the necessity for creating at It girl out of me at the moment, because that's just room for error, a position to die is usually a position situated so that when issues combine do not relate. In all honesty if I were Bi, a better way to understand is that One Big Abused is empowered by One Small Abused, why we got along, similar dispositions. Best Friends. RIP Nicole Brown Simpson. To that I hope everyone can relate, to what extent felt necessary to hold the handle bars at her Funeral and pray, promises kept. Loved her so much. I will figure out how this happened to you, too much friend loss and abandonment, not your fault. Not your fault. Love you so much. Miss you forever and always. Leslie.

#NicoleBrownSimpson (RIP) Will miss you always. #Celebrate

New Chapter to My Book > See Column 2 Scroll by Leslie A. Fischman aka #MYMOLLYDOLL #iMovie Writer From Scratch

9/29/2017

At the Mic #Einstein by #MYMOLLYDOLL aka #lesiefischman#WorldPeace #Pulitzer #Nobel 09/29/17 > Positivity Solution > The Alphabet Code #ExitStrategy > iMovie 280: Legally Retarded by #Harvard Prototype #Engineer #OneinaCentury #Genius = #Good (Never Bad) Power Taken Away = Powerful > Diffuse Power Where > #SCOTUS over and out - left left left right left (2013). #SaveUSA > Build Build Build Build Build Inside Out Inside Out w/a PERFECT END-ing #Placebo#Apple > Over What #whocares > SOLUTION = 24HRS/DAY (CUBICLE SLEEP CUBICLE SLEEP SINCE 2003 - DEFAMATION SCHOOL #FOCUS). YEARBOOK FACEBOOK RO RO RO RO RO - NYCY - Respect who yourself always first and foremost who cares about anyone - SEE OUT FEEL IN. > Keep Your Soul - Prayed in a Cemetary - Replace Mine. > I'm gonna need a lot of help flipping this Country to Smart and Good. > Like a Newspaper that keeps you turning corners every morning on to something new other than you. #Love [Writers = Medicine] #ManMade

Reference: <http://www.mymollydoll.com/mymollydoll-book/chapter-6-at-the-mic-einstein-cond-gt-fix-you-by-leslie-a-fischman-aka-mymollydoll-gt-skip-sloppy-cocky-undone>

World Peace Solution 09/29/17 by Leslie A. Fischman

9/29/2017

October 2017

Acceptance of All Speech by MYMOLLYDOLL #Pulitzer #Nobel

10/1/2017

How Not to Achieve Wrong in Life by Leslie A. Fischman #WorldPeace #Pulitzer #Nobel Rights v. Wrongs in Loving Memory of #SCOTUS Justices Past #RIP

For every wrong we correct with someone who does right, we set back the basic principles upon which humanity was built, for preservation of good. One should not undo the wrongs of others, through self sacrifice or self harm, that serve no justice forward, only sets back, when we give in to the anger and hostility of others toward us for our gifts in life, are earned not through respect or admiration but by inward appearance and recognition of self and purpose in life: which is based upon not beliefs but upon what sticks out to us, sends us messages back, of whats at issue. Rights were created not for equality of purpose or for equality of thought or for equality of religion, but when all foundations are lost upon the science of anything that demoninates one group or the other, by adherence to tightened principles that bind toward inward implosion of self and torn thoughts: depression, we regress and think twice and move forward asound of disappearance of self and replace with anew. When there is nothing back right and nothing forward clear, we feel lost. That is a called a transition, usually occurring after war, commonplace for there to be a period of regrouping our cushion that surrounds us, and everything lights up expect for oneself, that is not delusion, it's a shifting of humanity from positive to negative driven corrections, and toward acceptance of all.

Facebook Post Heading: Acceptance of All Speech by #leslifischman #mymollydoll #thehomicidecode diffused by #mylightcode #mylettercode engineered by me for #US = Everyone Equal of Thoughts (Comprised of Equal Thoughts - Balanced Judgments > #GoodLife).

Get the F-K Out of My Phone Head & Computer #usarmy by Leslie A. Fischman aka MYMOLLYDOLL #knifeinbox (Y) 9/11

10/1/2017

Maybe we should have called the Computer a Calculator. Always fill up techonology with something to help improve technology and self, never to cause harm to self or others, unless you're a Soldier like me then #whothefuckcares #fuckyou #getthefuckout #usmilitarybase Station #1 #LAFD

Facebook Command Center Agent via Twitter (2012-Present) Leslie A. Fischman (General LT): (Y) 2 OJS diffuses 9/11 Stops Terrorism (I Know Me I Trust Me Not Others #Good) by #SCOTUS Magnum PI Caretaker to ALL #leslifischman #mymollydoll #mentalhealth > Retarded Solutions are Innocent to Help Improve Mankind DO NOT DENOMINATE ME DEMONIZE ME BY BAD ACTS AGAINST MY IDENTITY. > #FUCKYOUYOU DONTKNOWME #WWW #Done (2013-2017) - #Outbox#____. > I do myself to #PresidentTrump now with #JoY. > I shouted "recognize peace" out my car window back only one boo. **ER Law Speech (Theory) #Nobel #Pulitzer #CSPAN (2013) by Leslie A. Fischman Creater and Founder of MYMOLLYDOLL**

10/1/2017

ER Legal Technician Run by #Apple Computer Gifted to Me From Mom Submitted: 10/01/17 All in Favor Say I. #LoveUGuys = #CSPAN (2013)

How do you know who is whole who is complete? An age old question of discussion. To whom does that matter but only to oneself to know, best to better others.

Facebook Post Heading #WorldPeace: ER Law Duty to Respond to Crisis by #leslifischman #mymollydoll (#CSPAN 2013) > #WWW Prepared in Advance (#knifeinbox - #Clueless) > Teams Identified One By One Complex Back Forward > Create.

Ghosting and Inheritance of Spirit by Leslie A. Fischman

10/1/2017

Kumon Alphabet? You Guys. #Japan #SCOTUS
Always with Love Trust is Built.

I Know Exit Strategies: (1) knifeinabox > Launch Pick Up Back Forward or (2) #SCOTUS = Same Idea, Put Positives Together With a HuH Label > #HeavenonEarth is what #WorldPeace feels like a cushion of trust around you solid back to normal, anything lost is replaced by what something more powerful. > Ghosting occurs when one transfers in mind to heart, always out.

Currency Exchanges at 7/11 \$10.99 4 Items 4 1's 4 Qs = #Japan

10/1/2017

Pop Star Speech by Leslie A. Fischman - The Creator of #MYMOLLYDOLL

There are waves of virtue, curiosity, moral, and insight that lead one forward to the future, all of which bind and bound on positives that know, either pulling us back or propelling ourselves forward like a train, lead or connected, we will always be bound by knots of strength, courage, despair, and loss, these are natural consequences of the loss of mankind in any war, we must learn to deal with constructively on a case by case basis, one being ourselves first before others. No one affects you, you should never let anyone affect you. As a SCOTUS and US Military Applied Special Operations Unit Since 2009, I know clearly the wrongs & consequences, strong – in charge of safety and distribution of those things that help manifest themselves positive forward or negative within selves to identify which people places and things have been affected by the war, what needs change. Why flag down #PresidentTrump online on Twitter, interested in running for President. I hold keys to truth, so anointed upon me by study and care to attention to detail such as: The Department of Treasury, who upon exposure to, grew fascination to coins and sheets of dollar bills printed and saved and bought by my Family for My Recordkeeping. What is made and misused for a purpose other than to create positives in the world, is corrected perfected and improved by those who founded this type of intelligence: combinations of positives and negatives to lead to future positive outcomes. Be lead by what you have, to teach us, be lead by what you have. There is a mountain top, that if you reach without appreciation you ski down and have trouble coming up in life, that's called: investigation of trade secrets to dismantle a founder = me.

[Job Ad for #Japan by #PresidentTrump > #Facebook Heading: :Currency Exchanges - Pop-Star Speech by #lesliefischman #MYMOLLYDOLL#TheUSDeptofTreasury & #PresidentTrump = #Positivity + #Japan \(Send Back Code\) \(+\) > I just realized #Japan please set prices #LoveUGuys](#)

Like a Building by Leslie A. Fischman for #PresidentTrump

10/1/2017

Positive people build future forward. I'm a US Military Comedian. Please Leave me alone, I don't need love, trust, guidance, help, or reinforcement. Strong like a Building.

**iMovie I-1A: Like a Building by #PresidentTrump & MYMOLLYDOLL
FILMED BY NASA 09/30/17**

NASA Resplies Don't Worry she has VHS Experience. Category: Comedy Sex Driving Tape #BMW

I Ordered Jay Carney Out (2013) by Leslie A. Fischman

10/2/2017

Facebook Heading and Heading Here (Updated 10-13-17): I Ordered #JayCarney Out (2013) by #lesliefischman #mymollydoll #CSPANFan (2013) #Pulitzer #Nobel > #WorldPeace Advocate > During Storms and Crisis Light Maker. > Will not leave any automated headings my apologies.
My Mom Always Says, "Don't Let Anyone Affect You."

10/2/2017

To Know Self Know Self By Name > Reset ID <Button> by #Me

10/2/2017

Next Text Message to #PresidentTrump (#3) > A later citations at a end to refer to a positive start.

I love your cops. #NYPD #robocopme = #NYCY I protect #TheWhiteHouse <3

Theory: Inflammation by strength within from past back forward = a great company #NYPD cops > Toward a #Positive Future #me (4ex) "now you know me" = #Naomi my Grandma > Names carry meaning past, forward > identity of person. > Always from within beauty is made inside sanctuaries #safety.

Facebook Heading: NYPD Blue a Great Tv Show: History of People Inside Buildings > Professionalism by Leslie A> Fischman #MYMOLLYDOLL > Lives lost inherited by those who protect bring strength back.

Citation Code F by #lesliefischman #mymollydoll #bluebookcitations = Positivity Code by #me

Facebook Post Heading: (Stage Name: MYMOLLYDOLL) (Y): NYPD Blue a Great Tv Show: History of People Inside Buildings > Professionalism by Leslie (A.) Fischman #MYMOLLYDOLL > Lives lost inherited by those who protect bring strength back. #NYCY + F = NYCYF > #PDonald J Trump > We build positives to preserve past back and future back. > We recreate soul forward build a new to preserve forward, know code very well, structure. > Is based upon luck inheritance and positivity, feel good #energy. > Code Architecture I studied Art History > Know buildings well, love buttresses. > Support beams are symbolic of something outside to preserve in. #standards > Our standards are what guide us inward what's preserved what's lost > taken. You should always feel inside out not outside in > #KnowYouBest > Skip #Love Last. > Love is a destination how I was raised by preservation. #Catholicism. > Jews fight, why I'm torn, to scroll or not to scroll that is the question. #Shakespeare. Biggest #Sting Operation ever by 9/11 detective #lesliefischman < Send power in, okay = #Safety First.

Draft #3: My Brother Has 2 Little Soldiers (Hold On): Protective Order One #Harvard #OneSecond: Facebook Heading 100117 (Patrolled Areas Please Send to School There): Next Text Message to #PresidentTrump

I love your cops. #NYPD #robocopme = #NYCY I protect #TheWhiteHouse <3

Theory: Inflammation by strength within from past back forward = a great company #NYPD cops > Toward a #Positive Future #me (4ex) "now you know me" = #Naomi my Grandma > Names carry meaning past, forward > identity of person. > Always from within beauty is made inside sanctuaries #safety.

Naomi my niece can go to #BrentwoodMagnetSchool > They are calm happy. I think that would be a good school for her to get into > do well there shine. #safe > They bus in healthy kids from calm neighborhoods, she has sadness. They will give her her hyper back, why hyper at home, sad outside of home (listens). Hyper kids cheer up sad kids. Me and Sydney > #Positivity #Wellness

The baby next door just shouted ya. She's worried about her too.

Open Data Science Conference Speech by #MYMOLLYDOLL

10/2/2017

New Theory: Waves of improvement flow back positive what you throw forward, why I Build a Backpack online for minds to see forward better: Love the Data Conference Idea. Crunch Letters. [#BloggingCampaignInitiator](#): [#MYMOLLYDOLL](#) [#OpenDataScienceConference](#) > [#CrunchIssues](#) (+) My Current Project (Speech): (MIT): [#NASA](#) Waves of Improvement Forward. For a [#Nobel](#) [#Pulitzer](#) > Impetus: Me My Life My Survival Rate [#Smart](#). They Throw Endings at People > Negative End Points > To Direct You [#FU](#) Facebook Heading 100217 [#ChildrensLawCenter](#) File Coding System > Move a Billion Dollars [#LasVegas](#) to [#StopSchoolShootings](#) & Flyers > I protected everyone I'm a Student an LLM Student I love [#School!](#) My Sanctuary. [#Mayweather](#) Loves [#US!](#) See [#OpenScienceDataConference](#)> Speech: by: Leslie A. Fischman [#MYMOLLYDOLL](#) <3 [#Nobel](#) [#Pulitzer](#).
Text Message #2 to #PresidentTrump #LoveYou #Woods #2USA

10/2/2017

Text Message #2 to #PresidentTrump aka Tiger Woods of Building (Like Me)
By Leslie. A. Fischman of [#Tech](#) [#WWW](#) Association [#Good](#) (Jersey Pull: [#USC](#)).

>Love you
>O I know you're new to war
>We love you Trump
>Stay steady
>Says the news

[predicted something crazy in town [#Westwood](#) – Witnesses > [#LasVegas](#)]

>They're experts
>good – bad > NASA (Experts).
>bad > bad
>good = good
> bad > good > bad (circle around first > here)
>top secret (answer to your question).
>tie those knots back molly positive forward (molly = leslie)
>okay
>not too much back action (shots at me behind my back – stabbing me in the back).
>okay
>build a batman
>im Robocop now
>when they take my bat wings away
>nypd Robocop (in town gotcha left on Gorham crossing to Mezzaluna)
>nypd Robocop
>super cop
>love my people
>protect them smart moving forward positive (more Michael Fischmans oh no [#grumpy](#))
>let it go > when obvious who fucked up
>no one
>no one
>tell yourself
>move forward positive
>don't think backwards to identity blame to prevent future forward as not worthy
>Talking to Harry ([#PrinceHarry](#)) – sent him my positive comparisons thank you card.
>His Mother was wonderful
>I similarly am a victim advocate
>[omit correction * advocate spellcheck typo – here]
>love you xoxox miss you

>lay down, light everyone, nap time [my new white cock]

>love you go get a snack at mcdonalds okay love you [went to carls – bbq sandwich only] = BLT = Lincoln = Baycities Deli = Sandwich [Song = Boston = AOL = usarmy = right to privacy = launch all when ready perfectly says NASA Leslie is patient well putting perfect].

Put Two and Two Together (2009): That's My President! Love Him #NYCY = Suicide > #knifeinbox OUT USA PUT BACK TOGETHER AGAIN LOVE YOU GUYS > (& #SCOTUS TOO). [We #StopSchoolShootings 24hrs/day - #Stop! We need calm smart please quiet on the set! #Film]. Facebook Heading: Tiger Woods TRUMPS Elle Woods > #WorldPeace #Nobel#Pulitzer > All things created equal always lead to positives > Theory reinforced by #MYMOLLYDOLL #lesliefischman = #Smart > #SCOTUS < Sent everyone back smart from retarded with help from #knifeinbox LT #usnavy (2009).

Send Forward Future #Positive Shocks Back Well #NOBEL

10/2/2017

Mental Health Speech by Leslie A. Fischman

For the sick who matter we care not become, that is fundamentally flawed, unless you are Sherlock Holmes, then you must take on cases, all at once and resolve all. Like swallowing the worms of the fallen, unless they are at rest, resolve their illnesses first to keep the going going the strong strong and the peaceful smart forward. Love everyone so much! #NicoleBrownSimpson #NYCY > #WorldPeace.

Never Off Putting Says #Pulitzer > Always on time appropriate > That's Me #MYMOLLYDOLL

Facebook Heading: (Personality #1: MYMOLLYDOLL) > Blocked? #Pulitzer Shocked Me Back Well, So I Shocked Everyone Back Well > By NASA Agent Wellness #WardenburgHealthCenter Board Member: #MYMOLLYDOLL #lesliefischman #news agent to #LATimes #Love & #Protection #Care - 100% Soldier 24hrs/day (2009). #Nobel > Go Space Team (Y)!

FaceBook Heading (2): Blocked? #Pulitzer Shocked Me Back Well, So I Shocked Everyone Back Well > By NASA Agent Wellness #WardenburgHealthCenter Board Member: #MYMOLLYDOLL#lesliefischman #news agent to #LATimes [#Love] & #Protection #Care- 100% Soldier 24hrs/day (2009). #Nobel > Go Space Team (Y)! Thank you Prom Date! Dating #PresidentTrump <3 #WeBuild.

First Response to an Active Shooter #LasVegas #WorldPeace

10/1/2017

Speeches take 10 years of Law School to Make - Learn to Build a Website Overtime > (2013). #Patience is a Virtue. Gods Timing.

Crimes are to resolve themselves upon the settling of minds and the acceptance and recognition of peace upon presentation of efforts put forward backstage to be appreciated not taken for granted, lives lost, right to be heard this is a #funeralprotest. > One thing is always for certain > Spoken = Innocent. What makes bad and causes bad things to occur is of no worry to me or of any consequence related to me but by the actions and reactions of others, lacking acceptance: shame and guilt > eat for breakfast, the sins of mankind #careless and #thoughless in efforts to dissuade violence over picking teams. "Picture Me Rolling by #Tupac" I was pictured praying holding on to #NicoleBrownSimpson's Casket > Learn to let go & forgive. #PopeFrancis. I felt a sharp pain left behind my neck, and in my left ear. > #LasVegas. > And just a sudden crash down heavy over my head shoulders down. > Dizzy. Slow down, they like peaceful > beautiful umbrella over head calm shoulders weightless. Okay. Sad no tears.

By: Leslie A. Fischman aka #MYMOLLYDOLL Straight Writer #WorldPeace.

BuildaBase #usarmy > BuildaSchool > BuildaDeli #LincolnItaly

10/1/2017

Lead PRIVACY Detective #FBIDC in Person Reported (2013) by Leslie A. Fischman aka #MYMOLLYDOLL - "Here we go!"

10/1/2017

At this time and junctior in automated deductions by a 10 years and counting Law Student (Suicide 2009) [#WestHollywood](#) > YANK MY LIGHT AND PAY IT FORWARD TO [#BradyCampaign](#) (Founders Replaced by Me + [#Music](#)). And "once upon a time book" [#PresidentBush](#) & [#MichaelMoore](#) for the inspiration to carry us through back to light. There is much to be done "backstage" I stated in a meeting, of my peers. Who loved and adored me, including [#WestHollywood](#) told me you know you're a real comic, you should keep your blogs. Why not write new everyday like I have been always, fast forward, hold back, lift up [#Advocacy](#). I understand war on a very deep and fundamental level. I care very much about everyone and protect everyone from harm as best I can and could and will. It is never too late to start over or to build a new. I believe in inventing new ideas for [#peace](#), rather than holding on to old ideologies that fix us to coordinates rooted so deep in blame, I flipped cities first: DC, New York, Palo Alto, and Law Vegas. In good hands always, your trusted backpacker [#USA](#) and Diary Since Kindergarten Writer, you're in good hands (I'm a [#HookedonPhonics](#) Kid - Learned how to Read with a Box), [#trusted](#) advocacy since 1994. I light people up that is my gift. A Professional. [#BloggingCampaign](#) [#MYMOLLYDOLL](#) for [#SCOTUS](#) [#ERLaw](#).

Light a candle, anything, and say [#tothyownselfbettrueforeverandalways](#). Don't follow others, be led by your soul, you choose best, right from wrong. [#Win](#). > My Mom says "no politics." I committed suicide 2009. [#Disney](#) Pitcher, dumped her boyfriend for her. They always say to me "that's what you get." > [#PopeFrancis](#) knows red hot chili pepper lights on my balcony, a mini Christmas Tree, and poured a white blanket over the tree. [#CeremonialKillings](#) > My Mom's Book in a Santa Box addressed to [#SydneySimpson](#). > New Code: Religious Coding Perfection by [#MYMOLLYDOLL](#).

Dealing with Vicarious Trauma & Managing Emotions by Leslie A. Fischman (v2) #mymollydoll created in loving memory of

10/1/2017

Ghosting by [#PrinceWilliam](#) and [#LeslieFischman](#) A Scientific Explanation
Submitted: 10/01/17 – Issue #1: Soul Patrol [#USA](#) Way Ahead of You Guys (2008)

Encyclopedia Britannica Volume I: Ghosting The Science of Ghosting

Whenever there is something left to be unfinished or something missing which is dark nothing remaining should ever feel less than equal to those deserved of power and privilege these are gifts given to sacred martyrs of sin and wealth taken to achieve the same or better than, get ahead > if to stop, job well done, heart returned (i.e. [#AcademyAwards](#)). War is not easy by the time its over you just arrive. That's because those in power: do a lot of work backstage crunching history to ensure for good purpose history is used not to stop time or to return back but to play back heart the best of memories > not to be consumed for use of breaking > that is sin. What comes before us is always sent to the future to hold back pain, that is the purpose for which stories were originally told, to heal heart or teach valuable lessons. Ghosting occurs not by haunting or civil unrest but by nervousness for the future, if all things possible know self, and always give further reassurances to those past a job well done > to be completed with flying colors. They are always watching, only when a certain high is achieved by strict adherence to principles or religious good and welfare of all: through disciplined study in school, do they support sometimes clock in right. To which door do they exit, they never leave you once sent, they are sent by those who matter to them to whom attention is paid. i.e. the psychic baby next door who was reading [#PresidentTrump](#) worried, who misses me used to text him non-stop, without a phone for 3 days in the [#AppleShop](#), [#SteveJobs](#) just left Amici [#Brentwood](#) last night, he's on my team. In loving memory the 9/11 Memorial with love always, to be further supported backed up the foundations, brilliant and beautiful, the light code, well versed by NYPD, one day she'll say hey.

iMovie 280: If Reclusivity Could Talk by #HBO's #Showtime

10/1/2017

iMovie 280: If Reclusivity Could Talk by #BarackObama & #Gatorade

Submitted Joke By: Leslie A. Fischman > Shred it rightfully so, deleted rightfully so. #PrivateFuture

These things happen upon awakening to any one number of events which cause us discomfort and lack of satisfaction in life, fulfillment lost or ability to achieve. One steps down to help another step up, or one conforms to a set of false beliefs about oneself and then proves them wrong. For everytime shot > I retard back chuckle and tell DJ AM #DWTS jokes, because it makes me and the Eiffel Tower feel better, the #MonaLisa winks at me: Way'd it go. #France loves me. "You will lose!" I shouted out my window in High School from a Hotel Room in Paris. #LanceArmstrong. I was drunk on wine tickets at wine tasting night, printed more tickets for me and my friends at a local kinkos. So we could get drunk. He was in town for the #BikeRace.

What's Wrong Nothing Past I'm a Future Girl: Think Tank by Leslie A. Fischman > #MYMOLLYDOLL (#PresidentTrump)

≥

10/1/2017

I Do Not Believe in War But When Enough is Enough I Take Charge by Leslie A. Fischman, Submitted: 10/01/17 – What's Wrong – am not successful that's what.

We've had this discussion before that life is not about winning or losing in life. It's not about sides or creating sides in life that matter but your life that matters most. This is not a creation station for sides, hate, or dismemberment of people or groups. I believe in social responsibility not individualism. That is clear upon my face, always to myself, a recluse and steady workhorse. Never offensive or perverted, for what purpose would it serve to pleasure myself while working, that doesn't make sense, work is painful, reading is easy #GoFuckYourself #IKidnappedDonaldTrump #HesMyBitchNow #MyResponsibility #NoOneisMoreImportantThanPresidentTrump to care for the people. I am but one work station among many, not a leader to all, just a speaker to all, and empower one: #PresidentTrump, that's called love and monogamy by #MYMOLLYDOLL.

Why now University of Fischman

10/1/2017

Why do we love eachother so much, #BarackObama grabs my keys. In the back with #PresidentTrump, Build something what is this the World Fair of Sell-Outs (Love #France i.e. #LanceArmstrong why #EU took his Awards away, too much heat, while I was in Paris at #AmericanUniversityofParis Studying that Summer 2002). > Scratch that Focus on Postives > The littleing of people by self-esteem or regression back is an unwanted manipulation of the soul toward a negative – a past event causing pain: which is evidence of wrongdoing upon another toward me, which upon reported brings us nowhere forward future. I'm not a prosecutor I straight up just reported to #SCOTUS – Nintendo #TheWhiteHouse: Those are my Boys: Bush, Clinton, (Reagan): Focus on the Living to Move Forward: #Nintendo Addicts Controlling People Toward What? The Future is Safe in Schools > Barack, Trump. Dammit #PhilJackson is sick again. Build-a-Bodhi Tree Bookstore. #MYMOLLYDOLL

By: Leslie A. Fischman

Who Are You Connected To? Trust is Built Through Education Not Connections to People or Experiences or Things Said or Delivered Thats Not the Consequence of Wrongdoings but Lost Faith in Mankind - Lost Hope for Future Sanctity of #Life

10/1/2017

I don't need a man I don't need a woman, I need no connections to think or produce written work of value, I'm a writer. Do not project onto me feelings and emotions to prove guilt or misconduct past present or future, that has never been my lifestyle, vindictive or forthcoming to produce some result for self achievement, I'm achieved. I am fine. I am doing well. I have great mental health.

Sincerely,

Leslie A. Fischman

#usmilitary enlisted (2009) prior to committing #suicide over what? #NOYFB #MyIdea #FU

There is room for error and collusion of interests avoided to not produce same or similar results past that is called an improvement upon who? A whole, never upon oneself has there ever been such a great[er] burden to undo the wrongs to humanity of unethical practices of lifting, I'm strong, I don't need help or attention, my soul, is my soul, for what purpose are you digging for information back, that is #sin to reverse consequences to any producer of positivity misuse work product to prove shame or guilt or some purpose other than one well. You do not know me. I am not a people person anymore for good reason, distant, to preserve my soul my heart to my business, my trade, my professional skills.

Stop connecting me to events past, already dealt with forward, in advance reversed, and guilty parties then come forward retarded, I taught them retarded is how you behave when others do not like you, then hold steady and do well, keep producing in a cubicle, the past circles back behind you right hand motion toward you in a circle behind your head, and then pull right arm around wave in circles forward then left hand out, to pull pain. #BMW - How to process the past and move forward. It's everyones responsibility to resolve themselves, their past, keep up the pace, then with approval lead #SCOTUS.

"They hurt my girl friend" Cried the Baby Next Door by Leslie A. Fischman and Neighbor to Neighbor Deductions Ongoing

10/1/2017

Just Heard from the Baby Next Door by Leslie A. Fischman 10/01/17

Crying "they hurt my girl friend" I'm okay, they sent something through me, that is making the baby cry upon spoken, baby is worried about me thinks I'm hurt. Then after acknowledging explaining why crying identified what, that baby stopped crying. I go, I'm okay. I talked out loud, about sending energy out to create a hug for our Country back, and why #BarackObama started with the inside hug to all. #TeamWork.

Facebook Heading 100117: The Baby Just Replied to Me Crying and I Responded by #MYMOLLYDOLL #lesliefischman (Neighbor to Neighbor Deductions Like Inside Qs - Before Hitting the Stage - Quick Lift). > "The baby next door just told me that you're worried about me. No im still here. love you." Text to: #PresidentTrump #MissesMe > My #iPhone is in the #Apple Shop #SteveJobs just ate at Amici - We're good. #Safe. > We are super underground > I'm a sweatshop #ThinkTank for #WorldPeace > No money here, not a whore #baby thats why.

We are so underground we prayed (Where? somewhere universal I know the game > to which all can agree: loss & talked to #SusanCasden > I'm going in). I prayed on my knees after #SCOTUS #seewithin.

How Do Movies Work by Leslie A. Fischman

10/1/2017

1. Watch
2. Understand
3. Take Notes 10 Mins In - Analyze: To See the Rest
4. Hook Back MANY YEARS to the Beginning Pick a Few
5. See Forward Well Through

By #AcademyAwards Personal Statement Submission (2013) - #WWW is coming, I'll write now.

Whats What About by Leslie A. Fischman #NASA

10/1/2017

It's of grave sin to compartmentalize the lives of another's into anecdotes and antecedents to predict future of self through self impression or projection onto the soul of another to affect to the become apart of their identity. That's an unwanted interaction of someones negative beliefs thrust upon you to test to see whether you are good or bad and how you react: the moon was not made in one day and neither was I. What we say is always clear upon its face and should always be accepted in that way, not about whats at issue and who is at fault, its of grave sin to take information put together originally in time and space, current, live, and with heart > and then translate it to encompassing a past story shared about one's life as being about what? What is created forward is tied in knots back, obvious.

**THE PINK (WOMAN) CODE BY THE #WomensMarch ADVOCATE #MYMOLLYDOLL (2013-Present)
NASA Hand Over Heart #Symbolic Of? by #MYMOLLYDOLL**

10/1/2017

NASA Weather Technology by Leslie A. Fischman
Submitted: 10/01/17

For every atom there is an action and a reaction, not one spent, but one given or blocked by another atom, that is how electrons work, not to bind but to strength atom. That is the law of physics for mankind, and should be understood in that way, that those who participate socially should always strengthen one another not harm one another, that does not good. Get to the bottom of what? As a Victim in a very Famous Homicide Case, a Mother close to me gone, a certain light about me existed, because of her passing, a gift given to me by someone who I loved and admired dearly. That is where strength comes from fear of loss, and what you do in the even of loss to preserve self and hopefully if raised to achieve enough take good care of others, as well as their safety needs, warn should the collision of any disasterous thoughts come to mind, that should so inhibit hope to inspire hatred toward any one person or group of people as sources of blame for lost hope, or sight of future, is a gift given to those who are trusted achieved disciplined and focused on self achievement for bettering self for the purposes of achieving in the future, simple, not an identity have or have not or not yet achieved, but known to oneself as being.

Outside of Coffee Bean today, I held up a C in my Left Hand: Representative of Cancer, and the consequences of ill fated thoughts of others and for the future by those who are so blessed socially and with money in the bank, hope lost among wealthy comes first before hope among all is lost, and hearts broken unnecessarily over the puttings on and takings off of titles to authority and blessings earned in life rightfully so, no one can achieve criminally, not I.

It times of War, there is a period of processing: (1) Recognition of Self (2) Fear (3) Deafness (4) Hyperactivity (5) Delusion – (4)(A) Cushion #Safety Needs Met (Sometimes confused by those guilty: as Heightened States, but really its others calm that lights them up, and because they don't know why think its calm there is something wrong with calm because not hyper or empty. (6) Clear, Clarity is through Self > Self Based Knowledge Based Trust > Your coordinates. Your Path.

Soul Maintenance is achieved through hand over heart “PledgeoftheAllegiancetothetheUnitedStatesofAmerica.” Just be you, let go.
10 YEARS of Law School YES I Can #MYMOLLYDOLL #Smart

10/1/2017

.That's me walking in the background (2013) at #USC #CSPAN Bookfare I was so bored one day, love #CSPAN so much, show up! #Experimental
#GayPanthers (2008) > #MexicanPanthers (2010) > #CSPANPanthers(2013).

Outbox 1: 2008 - #Facebook to Mixfeed

Hospital Stay 1: 2009 February (#Kolonopin Prescribed) > Committed Suicide 20Js Yikes 9/11

PlantBox 1: 2010 #knifeinbox

PlantBox 2: 2012 - Box Across from Federal BLDG Defamatory Painting of #PresidentObama's Face - Painted with Blood down his mouth - #Grose.

Outbox 2: 2012 - #Twitter - Warnings WWW Ahead

Outbox 3: 2013 - #FedEx #USPS - Stamped by #SCOTUS & #CASupCT

Outbox 4: 2013 - Hand Delivered to The Federal Building

Outbox 5: 2013 - AOL with password email sent to #usarmy INBOXING

Chord Cut 1: AOL (Would not let me change my password) > #FBINYC

Chord Cut 2: Twitter

Chord Cut 3: Instagram

Chord Cut 4: Shorty Awards - Blogging Camapign > #HBO

Chord Cut 5: An AA Meeting (Several Wrong #whocares FU I love ALL!).

WHAT WHAT WHAT WHAT WHAT WHAT ABOUT FACE JACK & MARK TO ME.

Ya we're connected by Family Friends for Life (That's My Team Those Are My Boys SRGTS).

How to dislodge a BOMB by Leslie A. Fischman DONT ATTACK MY PEACE.

Facebook Heading by Positivity Psychic: LT Leslie A. Fischman to the #usarmy #stopsuicide > Yes I Can by My Talent Agent #HillaryClinton My Actor by Personal Statement #BarackObama and My Bunny in a Closet (Age 2) > #PresidentTrump > #WorldPeace = Gifted Temple > My neighbor across the street was #ShirleyTemple > I used to order at #Benihana = Stop Comparing #BadLuck
#ManUp: I Love Everyone - Fight Inside Out Clear #WorldPeace

10/1/2017

Going running in my Y2K Pants Right Now From #StylesforLess in the #Valley Exit Right, Right, Right, Loop up Round Right. #WeLoveYouMexico > #Mayans (Negative Psychics - Destruction - Fear Not What You Made What Others Make Binds Mankind Strong as Quilted Thorns of Old Beef) #LittleNewYork Founder #NYCY Detective (2009) Enlisted #waroverseas #MYMOLLYDOLL - All geared up ready to fight #INBOX #OUTBOX until war is ceased, and renewal occurs inself. > What you see becomes #BME (+).

Line 1: Chord Cut: By: #usarmy enlisted - #sandwichsong > #Boston

Line 2: Chord Cut: By: #usarmy enlisted - bingo jokes - #enough > #FU

Why I built mymollydoll.com (2) Computers Stolen #Lost > #BuildaSchool
Love you #PresidentTrump **xoxo** Forever and Always Your #JAG: Princess.

Facebook Heading: JAG Princess: Leslie A. Fischman #Cinderella Forever with Love from #SCOTUS to #TheWhiteHouse #FischmanUniversity = #MYMOLLYDOLL = #Pulitzer #Nobel > I'm like their RA to their Dormitory #NoCandles ha ha ha
(2009) I Committed #Suicide (2010) #knifeinbox #StopSchoolShootings by #LATimes Prom Date to Founder of #LATimes Grandson Same Day as #Carlthorp Reunion Went to Both. #LoveEveryone.

The Blue Color Code: Indicates: #PresidentTrump #Love

10/5/2017

When People Go Through Your Past by #MYMOLLYDOLL

10/5/2017

Cornerstones of Victim Advocacy by Leslie A. Fischman

One of the cornerstones of victim advocacy is that thou shall not send victims back in time. That thou shall not regurgitate the past to recreate events to see or justify past events already known or proven likewise or so, to see if like so know or justify appearing so. It is a bad omen to do so, to cause harm to those who have already suffered, to bring about past events. A famous prayer has once said to forgive those who trespass against us, it is for those reasons I believe this prayer stands. Unless the only way forward is through a personal account, of one's experience being done to, mine, my life forward.

My Run for Humanity 10/04/17 in Front of #LAPD (#Good)

10/4/2017

Just Went for a Run for Humanity by Leslie A. Fischman

10/04/17

Chokeholds are representative of someone you hurt in your past who prevents you from moving forward in life, they usually send negative waves through you when you're up to bring you down as undeserved, usually by family or someone close to you, that is normal, a group that protects you, and keeps you moving forward restrained and grounded, that is just human nature, to not let those grow who appear out of control, abnormal, or unlike. Unusual occurrences are due to currents we send forward both positive and negative, we either take responsibility for as representatives of past occurrences or present forward new information to keep currents quelled, not dismembered, or apart, or together [but] calm. By who? Someone experienced in victim advocacy such as I. The calm on your mind, is a reminder to always be present, there will always maybe not be things that occur which scare and prevent us from moving forward in any unified state and that is okay. That is understandable. Whats most important always is how you feel and process, how you crunch bad information, and set self forward anew, to be better than yourself yesterday, not others, or by "comparison principles" I think I've once stated, is the wrench that gets thrown in the wheels of positivity forward, when we compare.

I waded across my eyes foggy running south, and threw up a C clear running north on Ocean Ave, at the LAPD watching, ran by them warm, I'm sure their infrared can tell whether a source of guilt or not, no present. NOT GUILTY.

Facebook Heading: My Run for Humanity in Front of #LAPD (#Good) by #lesliefischman #mymollydoll > #Pulitzer #Nobel (Lie Detection) #Runner #Fitness #Soundness of Mind > Guilty or Not Guilty = #Clear Spoken Always Represents > #WorldPeace > Creativity #Twitter Shunned as Guilt > #SCOTUS Thats (Y) arrested DUI writing in my phone, then went online (2013) #Twitter Stage (#1).

Facebook Heading (2): My Run for Humanity in Front of #LAPD (#Good) by #lesliefischman #mymollydoll > #Pulitzer #Nobel (Lie Detection) #Runner #Fitness #Soundness of Mind > Guilty or Not Guilty = #ClearSpoken Always Represents > #WorldPeace > Creativity #TwitterShunned [2013-2016]

Listen Frank Gehry: I Designed #Facebook + #MYMOLLYDOLL

10/4/2017

09/01/17 Post (Duplicate): I attended #AFHU (Spring 2010) #FrankGehry was Awarded and #ArnoldSchwartzenegger walked in late in cowboy boots and a suit (sat at #TheDodgers Divorce Cases Table,

forgot her name. Attended an #AFHU Award Ceremony with my #Father, sat in a Table in the Front Row. Was dating #GrayFreeman (an #Attorney). He was proud of me, thought I looked #Pretty. #USSupremeCourt cc: #BarackObama In the #Crystal Ballroom of The #BeverlyHills Hotel, where I last saw #RichardSchratner who died of #Cancer recommended #DrLim to my Mom, a Famous #Therapist in #WestHollywood, a friend of my God Mom #SandyDuncan a #Broadway #Musical Star. She was in the Pilot Episode Original #Barney played the Mom. An #Actress. I was raised very well I have never hurt anyone in my entire life, don't hurt me says the #usarmy v #AA (#Trust us we went #Sober in 2003 and have lived alone steady #workhorses since 2003, clean smart we don't drink or do drugs. We try hard so we can achieve #Smart. Why I try so hard always. #ForWhoNow The #USSupremeCourt (#ProtectsUs) knows #Good v #Bad well.

Facebook Heading: Listen #FrankGehry I Designed #Facebook and Make #Disney #Music Button Books for #TheGrammys Love Them So Much > No Sides #MYMOLLYDOLL = Fischman University Inc. by #SCOTUS > My Supervising Education Board Members (#Book Suppliers). > Movie: Citizen Kane 6th Grade (+) #News

#knifeinabox > I hid a broken little kitchen knife missing tip in a hole puncher box. #TrickoftheTrade #LAPD for catching bad > guilty parties > turn themselves in > upon set up > sting operation #inbox.

Make Fun of Who: Marty Bauer (>) #Gift to Me > #Tech

10/4/2017

Text Message Reel to #PresidentTrump (#4) 10/04/17

>But you can make them feel good elsewhere, I have a nack with words
>ok mark be schmegal
>hahahaha simple servant best suit
>harry this way up the mountain (I think it was lord of the rings 3) mix matched movies.
>and came up with MYMOLLYDOLL
>I was harry potter on twitter forever
>you missed it
>2013-2016
>harry potter Olympics of my mind sharing it with everyone my humor and intelligence.
>front end coding to mark = facebook
>aw > love him > a good soul
>(>) these are logical reasoning jokes
>Princeton Review and Kaplan made
>what hits my button hahaha when I put them in.
>Coders are like its ou[r] > marty bauer button UTA? Come on > Tech Smash Hit: MYMOLLYDOLL rogueberg

Facebook Heading: (Please Excuse the Sloppy Type Above Wrote Exact As) > The Comedy Code Updated by #MartyBauer (Childhood Mammoth Ski Guest: #lesliefischman #mymollydoll) Re: (#UTA): United Talent Agency > #Tech loves me! #snapchat - #Pulitzer #Nobel #WorldPeace = ME

Comment by me #MYMOLLYDOLL to #TheWhiteHouse

10/4/2017

Comment by Me: Leslie Fischman: Listen honeybunch, the White House comes with a Monica whether you like it or not, and I built a website for you guys, I don't give "head." How I show love back. Love you guys so much. #bestrong > #pentagon strong. #MYMOLLYDOLL > NO MORE WAR FIGHT WITH WORDS HOORAY! I went to the psych ward 7 times for 14 days and jail 4 times just to build a website? I was perfect a law student > and now what? Leader of what? Calm waters. I think writing is NEVER to be about leadership just reinforcement of

thoughts. That's just my opinion I could be wrong, quote by Dennis Miller [#comedian](#).

Facebook Heading: Code: Blue [#TheBrainExchange](#) [#BarackObama is Down](#)
> [#PresidentTrump](#) [#CandaceBushnell](#) made fun of me "Killing Monica" > [#MYMOLLYDOLL](#) [#ThankYou](#) > Tip
to [#HBO](#) > [#ShortyAward](#) Down > Keep Going [#Suicidal](#).

BuildaBackpack = MYMOLLYDOLL > For Professional Use

10/4/2017

I'm talking to Ghosts Now, Trying to Teach them to Moon Me, Trust me. [#MYMOLLYDOLL](#) > They get nervous,
we are new: they say, don't worry us.

We are alive forever, we give what we can on earth, then we watch, fans.
It's hard for people to understand, reincarnation is simply a delusion, be you.
We are all special, already ahead of the game built a Mother Teresa online.
By: [#SCOTUS](#) > We care for everyone: good, bad, smart, retarded, [#Tech](#).
Because [#Tech](#) devalued Books and Education > I poured value back there.
God educates us that is the natural order of society to progress, by learning.
Sincerely,

Leslie A. Fischman

Creator of BuildaBackpack = MYMOLLYDOLL

BACKPACK FOR WHO? DON'T BE SCARED: PROFESSIONALS.

>When Your Purpose for Life Resembles Those Who Have Past, Those are the Wings Forward You Are
Given: Gifts. [#MYMOLLYDOLL](#)

>Who's Souls Line Up: And Take Over Their Families Lives and Beings. But Everyone Got Confused Lined
Up to Me. [#MYMOLLYDOLL](#)

>For those Who Study Architecture: Atriums are Symbolic Of Power Given to Life and Beings > From the
Deceased. Who's Souls ...

>Message from the Other Side they Moon Me Now: [#NicoleBrownSimpson](#), [#PrincessDiana](#) and
My [#GrandmaNaomi](#) > Send me energy back, me.

Facebook Heading: BuildaPackpack for Professional Use
by [#MYMOLLYDOLL](#) aka [#lesiefischman](#) [#Pulitzer](#) [#Nobel](#) (Spirituality Arguments & Discussions Outloud >
Truth: Architecture) [#Binds](#). > I can draw & paint.

**Where Did My Potential Go by Leslie A. Fischman [#Pulitzer](#) [#Nobel](#) > Forward Thinking > Inclusionist =
[#Positivity](#) <3**

10/4/2017

Where did my Potential Go? By Leslie A. Fischman

Potential is something within that is produced from without, for the sake of faith based preservation arguments > it
is something within that cannot be taken from without you included or excluded, it is not for those reasons I write
but always by choice. I am always picked. I could've been married in Yorba Linda by now with one child, but chose
to help everyone instead, and left a great life behind.

Facebook Heading: The Importance of Inclusion by Positive Thinker [#lesiefischman](#) aka [#mymollydoll](#) > [#Pulitzer](#)
[#Nobel](#) [#Twitter](#) [#Instagram](#) [#Facebook](#) (Advocate) Online.

Purpose Boils Down to Itself > To Promote #Good #StopHate

10/4/2017

You Got It [#LasVegas](#)

Little New York is Here For You Guys Forever and Always with Love [#Brentwood](#) > (.) [#YouGuysDoItRight](#) > Issue: Chasing Negatives Propel Negatives Forward from CHP Soul Patrol Agent [#MYMOLLYDOLL](#) the corrector. > The Main Point At Issue: People Hurt = Sadness = Calm = Huh?

Facebook Heading: Purpose Boils Down to Itself #Good > #StopHate (Questioning Your Superiors In Life) by [#lesliefischman](#) [#mymollydoll](#) (Dinosaurs = Psychics).

Entertainment Law Speech by Leslie A. Fischman (Y)

10/4/2017

(Y) 12 Steps is Flawed by Leslie A. Fischman

Upon which all foundations are made positive, don't piggy back on the successes of others you left behind during times of war, rot in the sins of your own disbeliefs. Whats based on what> TV is based on Reality> I control everything now forward. I built a religion = MYMOLLYDOLL based upon me my experiences my strength, my schooling, my jobs, my clients, our right to privacy, upon violation WWW fight! Done. It's called restrain back negatives and retarded not fit for leadership. How we roll. Strong. Entertainment Strong. Wrote my Entertainment Law Paper (2008).

Facebook Heading: Entertainment Law Speech by [#lesliefischman](#) aka [#mymollydoll](#) Creator and Founder (My Idea Based Upon Me) > [#WorldPeace](#) [#Pulitzer](#) [#Nobel](#)

Steam Forwards Speech by #MYMOLLYDOLL #Apex (1)

10/4/2017

Steam Forwards Speech by Leslie A. Fischman


10/04/17 ([#knifeinabox](#) was NOT a murder weapon > Just locating sources of retardation) = [#misuse](#)

No one can steal steam forwards or backwards from you no matter what anyone throws at you good or bad should not affect you moving forwards. It's the connections that are made along the way that hold vision back, negative connections. Each story bears its own weight, we have our own, and there are stories outside of us in the news, I am not in the news, I am not famous, those stories, none are about me. What is cold and connected to warm is wrong. Always. What you chase you become and into fruition is what you see, bears the fruits of the concepts put together in your mind that help you see forward present forward and past forward, there are two Us, one future past and one present past (or present forward = psychic) that when thrown forward into 4 points sends us forward holding us back, or pulling us forward, by negatives and or positives both contribute always. Who makes it, is up to you. Chase what admissions, I'm not gay, giving in to criticism is but one solution. What kernel are you after, but anything grose you project, becomes, take ownership of any tweaking to my personal history and or past, deal with the consequences. This is why I do not hook up anymore, for the sake of evolution forward, be me, empower no one but all first, and one second [#PresidentTrump](#), love you so much be good.

Facebook Heading: Steam Forwards Speech by [#MYMOLLYDOLL](#) (Apex #1) (Mountain #1) = [#IronMountain](#) > [#Pulitzer](#) [#Nobel](#) > [#WorldPeace](#) > [#SCOTUS](#) > [#HRW](#) (Y).

The Apple Evolution March by #MYMOLLYDOLL #Positivity

10/4/2017

You guys listen to Trump. > Peaceful Triumphs > [#ArchdeTriump](#) > [#France](#)
[#LasVegas](#) > Helped [#JailOJ](#) > Build [#MYMOLLYDOLL](#)
I'm Trained Him In-and-Out > I'm a [#WWW](#) Veteran > Know War, Lay Low.
Don't Worry, We Got This. <  > > I'm not celebratory > Much to be done.
Thats not my purpose online > thrown in the psych ward > why I marched.

Facebook Heading: The Apple Evolution March by [#MYMOLLYDOLL](#) (August 2017): Walked 2-4 hours
everyday. [#Pultizer](#) [#Nobel](#) Until I got 2nd Degree Burns on my Shins [#WorldPeace](#).
> [#France](#) > [#LasVegas](#) > [#StopWar](#) [#GunsDown](#) (+) [#Peace](#)
Theory of Evolution > Forward [#Positivity](#) [#Nobel](#) [#Pulitzer](#)

10/4/2017

Theory of Evolution by [#MYMOLLYDOLL](#) [#Brentwood](#)

In all honesty when HBO stepped up at the Shorty Awards at my Award Best Integrated Campaign, they took
responsibility > For everyone who identified me as a Carrie Monica, and f-ked me blinde, I almost died of Cancer.
Steve Jobs is no longer onstage because of Relativity. So What I did was BuildaBackpack make fun of Brad Pitt
someone good and simple to get a good picture started. Help All. And ya everyone on the radio peed together, like
Danielle and I peed together. Big deal. No touching. We are both princesses. And the Bar punished her, she was
puking all night. Move: Social Network > OJ Jailed (August 2008) [#SusanCasden's Party](#), banking on Leslie A.
Fischman to dig us out. Here.
Why I don't date anymore, just date Presidents [#PresidentTrump](#) for now:

Response from The White House Re: [#LasVegas](#) (RIP)

10/3/2017

HTML Coding Getting the Swing of Things [#MYMOLLYDOLL](#)

10/3/2017

Trusted Foundations - Principles of Architecture by Architect of [#MYMOLLYDOLL](#) for Everyone
[#WorldPeace](#) [#Pultizer](#) [#Nobel](#)

10/3/2017

My Belief System by Leslie A. Fischman
10/03/17

For all things possible the only things fundamentally flawed are the negatives that get thrown within and seen from
outside of ourselves carried inward and misdirected towards others. It is the courts decision who to punish and for
what reasons, no case can be duplicated by precedent forward, only cases bearing weight are what hold negatives
back, that is the value of precedent.

I just noticed, my love for architecture and engineering, those are the hearts to whom m[ine] connects, based on a

similar foundation of trust. Why #PresidentTrump and I get along, hearts connect on a spiritual level built upon trusted foundations.

Facebook Heading: Trusted Foundations - Principles of Architecture (Studied in High School)
by #lesliefischman #MYMOLLYDOLL > Why I love #PresidentTrump (Spiritually Sound Thinker) #ToBeTrusted > Founder of #BloggingCampaign (#) = (+)
Future Forward = Peace = Comedy = #JimmyKimmel w/Love

10/3/2017

Life Philosophy by #MarkZuckerberg & #MYMOLLYDOLL

10/3/2017

Future Forward Bears No Fault Backwards > Mind You. #AcceptAll#TheoryforToday
by: #MYMOLLYDOLL
Forgive Self & Others to Move Forward

Facebook Heading (Everybody Wants to Be #US): Future Forward Minded Individuals Are #Positive Beings >
by: #MarkZuckerberg & #MYMOLLYDOLL > #PresidentTrump with love your agents, be well xoxo
> #Pulitzer #Nobel > #WorldPeace (+) #Positivity
How to Bond by #MYMOLLYDOLL #SCOTUS #Nobel #Pulitzer

10/3/2017

I pray and fight for you guys everyday, to just stay calm > be disciplined. Fuck #SherlockHolmes Movies, about what?!? Robert Downey Jr. dissed #BarackObama being from #Hawaii in a Meeting. Settle Down. Please Respect All. #LasVegas > He's my agent by personal statement so are you. #BeKind. > You guys I have everything under control, stop flipping negatives thru me. > It affects everyone > We are all CIA trust one another F Them. > I love #FBIDC walked in and spoke to them first (2013).

#SCOTUS says bond! Trust #MYMOLLYDOLL > Go your separate ways.

Sincerely,

Leslie A. Fischman
Certified Crisis Hotline Counselor (2004).

Facebook Heading 100117 (#ChildrensLawCenter Numerical Coding): How to Bond
by #MYMOLLYDOLL & #SCOTUS > We pray everyday and write, love everyone so much, please stay calm, not send negatives through one another #Solution #Nobel #Pulitzer < Sending war back, sends war forward, be very careful #loveall #respect. > #HereisPromiseLand

How to Be Psychic by #MYMOLLYDOLL & #AndreaPeet (LT)

10/3/2017

How to Be Psychic by Leslie A. Fischman
10/03/17

Psychic works in the same way, much like Karma, by worries, fears, and positive thinking forward. What you throw back carries through you forward. Like playing Yahtzee these are combinations of truths forward we throw forward based upon past recognition of truths and falsehoods. One should always be wary of what they believe as this affects your future forward. Always see the best in oneself as well as "the good in others" how I was raised, not to be paranoid about my future or others. Called it in Westwood, something crazy coming to town, and spoke to a bird just now, something falling I motioned, then a leaf fell. And yesterday motioned to the cop, I see two Os, and then pulled up behind a truck two tagged Ows on the two planks behind the truck bed, two circles. Timing is everything forward. I'm always on time with my predictions and deductions, and always warn if something bad is coming, plant forward positive to hold back innocent and safe, from flipping forward negative into the future, that is my duty.

Facebook Heading (I Protect My Town #LasVegas they sent a huge pile of lights behind me in the highway): How to be Psychic by #MYMOLLYDOLL & #AndreaPeet (LT) Her Husband faught in Afghanistan is a Real #Soldier for the #usarmy, I applied to the #usnavy(2009) prior to suicide. #PrinceHarry is my new friend on #Facebook, sent me a like. "Here we go!" #Nintendo > #Quote #MarioKart #Westwood > Called it in advance to everyone going crazy in my car singing > #Hyperactivity > Means something bad is being suppressed, why hyper send bad back. > I try to keep the town quiet reverberations outward.

Pick a Team: #PresidentTrump = #TeamUSA > No Comparison

10/11/2017

I save everything it's not about #AOL or any email boxes deleted > I save everything to multiple email accounts always during the transitions before launching online #usnavy. > Very thoughtful. Stop scaring me. > For what purpose does it serve to incite fear upon others? That empowers no one, energy wasted. Nothing forward is every achieved backwards. Ammunition to whom? And why? Do not study to understand or justify crimes that is not my purpose for writing to interpret the acts or misconduct of those who cause harm to others I'm a Victim Advocate do not abuse me this is why I get #suicidal > hurt. > You do not (1) know me (2) understand me (3) interpret me in the positive (4) think my readiness is for self preparation for future leap to where? (5) do not get my purpose undermine my life, my life story, my experiences, compare me to others, and even degrade me to think stories of others relate to my own life experiences none equate #stop. (6) you do not understand me not never will. From what bearing backs in: Something hidden? Something special? Maybe something retarded? Maybe something misunderstood? Maybe something needs clarification? These are things Society decides. Not things to any one does. Mind you. Do not cross me. Why I built a website separate AND participate. [Omitted References: Not Related to this Briefing from mymollydoll.com > To Whomever is Reading).

Pick a Team: #TeamUSA

Proof: DNC 2009 Member

Proof: US Navy Applicant 2009

I save everything > AOL Boxes Included Elsewhere > Prepped

10/11/2017

I save everything it's not about #AOL or any email boxes deleted > I save everything to multiple email accounts always during the transitions before launching online #usnavy. > Very thoughtful. Stop scaring me. > For what purpose does it serve to incite fear upon others? That empowers no one, energy wasted. Nothing forward is every achieved backwards. Ammunition to whom? And why? Do not study to understand or justify crimes that is not my purpose for writing to interpret the acts or misconduct of those who cause harm to others I'm a Victim Advocate do not abuse me this is why I get #suicidal > hurt. > You do not (1) know me (2) understand me (3) interpret me in the positive (4) think my readiness is for self preparation for future leap to where? (5) do not get my purpose undermine my life, my life story, my experiences, compare me to others, and even degrade me to think stories of others relate to my own life experiences none equate #stop. (6) you do not understand me not never will. From what bearing backs in: Something hidden? Something special? Maybe something retarded? Maybe something

misunderstood? Maybe something needs clarification? These are things Society decides. Not things to any one does. Mind you. Do not cross me. Why I built a website separate AND participate.

Facebook Heading (10-11-17): I save everything AOL Boxes included - well prepped - paranoia is never coming from me > I am always professional > never in the know or in cohorts > in a cubicle in solitude > please let me do my job, and be professional > why must I create a website for everyone to calm down and behave peacefully toward one another in assembly, and not commit wrongs toward one another unnecessary > is bearing weight toward the futures shoulders turning back > already sound minded is nodding yes > time to move forward > past is nowhere behind sound of rationale, forward is everywhere smarter at this point, that is why past is not discussed out of appreciation and gratitude of the past not for discussion or critique of how better a job the past could have done to have brought us more quickly toward any future point in time > is an evolutionary concern and evolution argument of concern, something of personal consequence for each individual to determine on their own how they develop and under what guidance they so choose to trust, not for others to decide for them. #Pulitzer #Nobel > by: #lesliefischman #mymollydoll #WorldPeace (Edge is not important for achievement in life something I said out loud to myself in my car trying to deduce on my own often time before writing out loud I make deductions prior to writing them out. (Infer what: to what recent memo: to what meeting referred to to connect to what school M : a what attendee : no sent message : how known?)

#washingtonpost speech by #mymollydoll (#lesliefischman)

10/11/2017

#washingtonpost (speech): Life is like Yahtzee, sometimes we roll even sometimes we roll odd, sometimes everyone rolls over excited forward, sometimes we all fall down, and sometimes we stop, pause, start again, back in wonder. > Its important to slow down, careful decisions are best decisions. Some of the best professionals are those most prepared by experience working with and among those within the industry to whom is of concern and or at risk of harm or at service at this time, by chance that occurs, who is at odds, and who is at evens among who? We should all support one another, no matter what side we appear on, that is called teamwork, not all sides are successful at once, some grow faster than other industries, money pours best where money is trusted. That is something we have yet to figure out, what is needed, lets do our best to prove we are worthwhile and hardworking, is what I think is best right now, how everyone can do their best to move forward positively through all of this, there is no purpose wondering how and why things or people achieve placement in life and by what accords, or accolades, Linkedin is a simple measurement to test spot check, lets appreciate the simple things in life, if all things were made special, felt that way, would we not feel that way if we appreciated life as is, what we see is how we feel, you are a product of what you see always, always think positively of yourselves and others, this is why, no explanations are ever required, this is why we have right to privacy. Not to protect anyone from harm or to protect private spaces, but because whats important is work produced and output is a traditional measurement and an accurate measurement and accurate reflection representation of positive behaviors exhibited behind scenes as well. That is a given: gifts are never achieved, success is never achieved, through drug use, alcohol use, or abuse of medication, that is a given. Sincerely, mymollydoll.com #Sober #Celibate #Clean (2003, 2006, 2014). Leslie A. Fischman.

Powerful Men > Understanding Women Who Work for Them by Leslie A. Fischman (i.e. Strong Smart Women #mymollydoll).

10/11/2017

I understand from the Women's standpoint as someone similarly Blinde trying to come up and fit in well liked lights up a room (The Women Light Up a Room > He is Attracted to That) > Similarly I am most popular everywhere I go, well liked. So I understand what its like to then become associated or come on to in that way unprofessionally is not sound, its very demeaning, to be not taken professionally. > Treated as not smart > Hence mymollydoll.com

[Facebook Heading: Powerful Men and The Women Who Work for Them > An Understanding Based Upon My Own Experiences > How I Dealt With Things > Worked My Own Hours #CenturyCity #Diplomatic Always #Hardworking Appreciative #TrueStory > B/c of that experience lead well with #PresidentTrump stay.](#)

WSJ Says "Pick a Princess" Okay: Ivanka Trump > MMD > #USA

10/10/2017

My First Choice to Represent: mymollydoll.com

If we were a Female Facebook Brand [#WomensMarch](#)

I actually need a non-political figure simple neat clean.

Why I'm not posting photos of myself but writing.

It's important that a representative image not be easily read by viewer i.e. to protect trade secrets.

Why I'm not photoing right now not to be read.

When well beautiful or spotlighted your energy gets tainted at this level interrogated > wondered to catch. Social Media is very new (2013) on very overprotective of everyone, so please be patient.

Everything used to be separate commentary only by professionals now everyone comments, so with increased odds of feelings hurt by increased sides of feelings potential we had to create a general understanding board of what's allowable what's hurting and what causes illness or has caused mental illness something I've dedicated careful thought to since I left Law School: death tolls, suicide, drugs.

Why education is so important: [#BuildaSchool](#).

Facebook Heading: (2017) MYMOLLYDOLL is

... [#IvankaTrump](#) (Congratulations!) [#MissUniverse](#)[#Pulitzer](#) [#Nobel](#) [#WorldPeace](#) (Approved) Here is your Drivers License Build What You Might > Good Luck! (MMD = [#MYMOLLYDOLL](#) = Very Popular).

WSJ Headings Speech (As Promised) by [#MYMOLLYDOLL](#)

10/10/2017

WSJ Headings Speech (As Promised) by Leslie A. Fischman

10/10/17

What makes a good Social Media Heading? Something that gives. Importance to what? I was just asking myself that very question, whether we should leave importance up to the reader or include it ourselves, whether its our professional responsibility to spell things out clearly or leave it up to the reader to pick things up and fill things in for themselves, to what degree makes people feel smart upon reading and how to achieve positive minds and minds that feel benefited from having read anything that's been written, for good purpose, for good purpose writers write. It's very challenging, time consuming work, not something, we take lightly criticism, if anything, we joked on Facebook, why are you texting President Trump like a New Yorker, because he's a New Yorker, like I'm talking to WSJ like a New Yorker, because they're New Yorkers, I'm funny in that way. Just being cute.

Social Media I once joked as writing on Twitter (2013-2016) as though I was "straight retarded" I shouted in Westwood, that was not the case, never, in a lawsuit, I had to take down all my writings, about life and all my famous quotes, my first quotes, as a writer. What is lost is lost, has only just begun, and everything meaningful forward, is what counts, and anything back which is to be protected or forgotten, rightfully so has been dealt with in such a way to cause grievous consequences to my health, to what understanding only my Attorney knows, only he knows, not of concern to me now, but trust him always, he knows best. I think I'm a much better writer now, cognizant of myself and others, more concerned with image, better suited now, conservative. We learn lessons, best from our own experiences, not the experiences of others, why slow learners are the best learners.

Pick Up Topics of Discussion:

1. Whether Headings Should Be Smart
2. Whether Social Media Should Be Left Reading Level: Stupid or Detail Oriented
3. Whether We Should Leave Gaps in Headings: Make You Go Huh

Reference: <https://muckrack.com/leslie-fischman/bio>
<http://www.mymollydoll.com/about.html>

10/8/2017

Component Parts Equation by #MYMOLLYDOLL #Facebook

10/8/2017

Unwarranted Intrusions Into the Mind by #lesliefischman

10/8/2017

Unwarranted Intrusions Into the Mind by Leslie A. Fischman
10/08/17

Unwarranted intrusions into the minds of others are considered wrongs against humanity and to self-growth. To each his own. We are all allowed to grow at our own paces. Read into what, you should say to yourselves. There is never more to anything, back, in any one persons life that you should be entitled to knowing, that is called right to privacy that we are all entitled to that others are NOT entitled to knowing. Please be respectful of my right to privacy. Nothing back is important. Not that it is negative not that is it helpful or important or unimportant, but because not relevant to the times, and the whole purpose of writing is to focus on now, because now is what I need to focus on. In order to provide advocacy to others, it is important that I be present. It is not helpful to me or to others, if I am sucker punched into the past, focused on myself, or others, that is helpful to no one.

1. I never predict the future.
2. I am not psychic.
3. I am an accurate reader of the present.

How You Counterterrorism: With a Designated Space #Peace

10/7/2017

Pentagon passes the ball to [#FBIDC](#) (2013) > [#USA](#).

I literally had to write a book of ethical coding.

Ethics are a general understanding of rights and wrongs a justified conclusion of decision making to include exclude people from groups at story endings or beginnings or jobs in life as deserving in life or not why so > to undermine mischaracterize misnomer for fun in retrospect what was for fun can be later realized faulty and that's okay together everyone must now move forward smarter. Learning to empower one another in the most general sense differently and for the better respecting one another's privacy and what goes on behind closed doors is their business not the business of others for good reason does not take away ones ability to perform professionally or right to practice professionally that is a fallacy of thought. I am to marry Aaron Brown, I'm helping someone right now [#PresidentTrump](#) please leave us alone, he's leading our Country needs to be briefed. I'm Sober, Celibate, Clean.

Facebook Heading: How You Counterterrorism with a Designated

Space [#Peace](#) > [#Pulitzer](#) [#Nobel](#) by [#lesliefischman](#) [#MYMOLLYDOLL](#) > Keep trying to explain methodology, okay (2013-2017) ongoing [#WorldPeaceAgreement](#) Discussions on [mymollydoll.com](#). > Another project I work on too.

by: Leslie A. Fischman 10/07/17 (Reminder: I write every blog post myself in my own words).

Reference: <http://www.mymollydoll.com/thank-you-2013.html>

Victim Advocacy Theory by Leslie A. Fischman #Pulitzer #Nobel

10/7/2017

Victim Advocacy Theory Deductions by Leslie A. Fischman

10/07/17

Co-Dependency is very unhealthy for self-growth, and in fact discouraged. By all means in-group and out-group methodologies are what brought us to this point of figuring out what terrorizes the mind, keeps us together and apart, like-minded, apart of, detached, and left out. For the sake of not undermining any privileged deductions we set a new code, nothing past is ever obvious looking back, we can only set forward and put together something new and achieved to create peace forward, that is my theory of like minded individuals forward, not necessary to pick apart like minded individuals past and point blame. That does no good forward actually. Detachment occurs, through the separation of self from others, occurring during alone time, this can occur by self study, reading, writing, cubicle time, continuing education either professionally or academically, schooling, internet study, or nowadays social media if you so choose to, through the study of others taboo if you might, but some prefer to, not my chosen methodology if you ask. Sociologist study populations of people not individuals, we study group methodologies not interpersonal relationships, but macro-level theories of interactions, physics on a macro-level not on a person-to-person basis, that is not as important. Self study comes last, as whats most important to us, is benefit to all, we are selfless in that way, we do not look for flaws in others or ourselves, that is not how we think, at least that is not how I am, and hope others will view me the same. For many years, I have taken photos and kept a running log of my progress, written and by photos healthwise, these are my documentary evidentiary records of my health, for medical reasons. Not for public record or discussion, or criticism actually. The best way to protect the safety of others, is to keep them flies on the wall, that is my duty, and so keep it that way, I'm very professional, good at what I do.

I'm Glad I Kept Writing: Better Now #MYMOLLYDOLL

10/7/2017

Miss you [#SydneySimpson](#)! Thanks for taking me on a tour of [#ParamountStudios](#) (2015)! cc: [#SCOTUS](#) - My [#PI](#) > Backtrack Magnum PI > Take the Case says [#MLKMemorial](#) you got it [#BarackObama](#) > And [#AcademyAwards](#) wrote me Cave Ballerina Movies and I got two [#AcademyAwards](#)! A DiCaprio and a Portman for my iMovies! Excellent turnout. So proud. [#BloggingCampaign](#). cc: [#PresidentTrump](#) (My Caseload).

Theory of Evolution - The Meaning Behind the Letter F

10/7/2017

Theory of Evolution by Leslie A. Fischman

10/07/17

Facebook Post (Original): [#SteveJobs](#) > [#Apple](#) Letter Code Cracker [#MYMOLLYDOLL](#) by [#lesliefischman](#) Aw = EMC2

MMM Man Made Man = F = MMD = ____ .com (+)
Theory of Evolution by Steve (C) & Leslie (W) = 2 : 1

Meaning: For which all things are created equal, the meaning behind (2) above: it takes two units bound to one to create one new (1) i.e. Website in this case i.e. (2): being (a) a Computer and (b) a person Leslie to make (c) a Website. 3 total bars to make the letter F. Symbolic of the first Human being, an evolutionary theory of mankind by me, that man made man, two hands made man the bar connected to the arms of man, the letter F.

Jurisprudence by #MYMOLLYDOLL & #SCOTUS

10/6/2017

Love you. Be sweet. Okay. [#PresidentTrump](#). Taking a nap now. Just had a Big Mac. No Ketchup. Love you. (Dear Professor Mancini): That's my best Bounty Hunter, Antigone, Big Mac, Apple, Steve Jobs, Carls Jr, Paris Hilton, Joke. Just saw [#SteveJobs](#) walking into [#Amici](#) [#Brentwood](#) the other day and in [#LasVegas](#) (2013) and they sunk an Italian Ship in [#LawSchool](#) after my Suicide (2009) I applied to the [#USNavy](#), go Team [#USA!](#) [#BarackObama](#) loves me! He even built me my own Memorial > [#MLKMemorial](#) > [#Twitter](#).

Mancini taught me Jurisprudence [#PopeFrancis](#) > I went straight to [#SCOTUS](#) they loved me! (2013). Wrote for 3 hrs Normal v. Weird! [#Excellent](#).

Barbies in a Box (Part 2) by #MYMOLLYDOLL

10/6/2017

Happiness is Subsidiary to Success Mind You by Leslie A. Fischman
10/06/17

Attitude is everything, something that may change from day to day that is not something new. It is integrity that stands. Something that someone cannot take from you. I learned that in 5th Grade, a couple of hippies and a guitar came to class, and taught us that lesson, and handed out these Japanese candy sticks dipped in chocolate, and passed them out. Pockys. I think they were called. Anyways. Everyone attacks life and its plain from a different standpoint and with a different set of standards and with a different tool belt, a certain gusto toward life and drive, its not for anyone to say what it is to motivate any one person in life, or how so, what is to drive human kind, what is good purpose in life, for good, that is up to you, what you define as good purpose in life, to build or put down others to achieve good or better, that is up for debate, real estate shrugs its shoulders "we don't know" [#whocares](#). Ya guys. Anyways. So anyways folks. Lets just move forward, my house is gone and my pre-school is gone. Right now I convinced [#PresidentTrump](#) we are soul-mates on the basis that I used to rock Barbies in my ballet shoe box to pre-school at Baycities, and suck my thumb in the blue square book shelves during recess, okay. Love all. Be well. Build something new! He shouts! Already done I stammer. > [mymollydoll.com](#) (2013) > I lay down. He walks off. Inhales. Exhales.

Beforehand Writings by Leslie A. Fischman (Purpose) (+)

10/6/2017

What Does Forwards Require by Leslie A. Fischman

Forwards always requires, backing in fundamentals. Something written prior to establish a set of ideas, brought forward into the future which later come to fruition that justify the underpinnings of its establishment, and in its place a document can be place which so supports the foundation upon which it is laid future forward, in a continuous fashion, overlapping positives, regroupings of positives, however layered, past present or future, however, based,

these are the foundations upon which justify anything built, something written prior which so consumes its presence and existence now. That makes sense. Anything else later, would be superfluous, or not binding, not as binding as something written beforehand.

Facebook Post 09/26/17 by Leslie A. Fischman (Duplicate)

10/6/2017

09/26/17 Facebook Post: Don't give your power away to anyone discourse over anyone is time wasted better spent on other things positive. That's their point to take power away from you thru discussion on their interests which is to discuss them to take away from your best interests and right to be heard, then they take away your voice, project their[s] (their interests, their voice, their opinions, their feelings, their grounds, their baselines, from their point of view, counter your arguments and assumptions, always stand from your best judgments not flip on yourself backwards give them the upper hand give away your power - for example) from your own, use you, misuse, take, and reject you, devalue you, and say is deserved, as though, you write as punishment for any time served or deserved not as philanthropic efforts or for goodwill is ridiculous on its face. I don't have to write online, I write because I clearly care, and always with a good heart. [#MYMOLLYDOLL# Blogging Campaign](#)

Advice to [#PresidentTrump](#) 09/26/17 by Leslie A. Fischman

My Favorite #Tumblr Quotes Saved by #MYMOLLYDOLL

10/5/2017

lesliefischman.tumblr.com (Saved by #SCOTUS)

10/5/2017

Point Taken #MYMOLLYDOLL + #AcademyAwards = #SCOTUS

10/5/2017

#iMove 282: Cave Ballerina (Two and Two) DiCaprio & Portman
By: Leslie A. Fischman (Your Founder: #AcademyAward Faxer 2013)

From which all things are lost, I got the job at DC Law Students in Court Summer 2011, and was sent to Rehab, because I went to the Psych Ward, because Suicidal Dumped The Night Before My Evidence Final by My Then Boyfriend. And Dropped Two Courses and Got a Witken Award and an A instead. Course Work Completed, Westlaw Only Available During Non-Business Hours, At Night, A Night Writer.

I Blogged 2012, and began reporting incidences of Weird. First reports on 2008 on Facebook which went to mixfeed shortly before I committed Suicide February 2009 after the Grammys aired, Kanye stole the Award from Taylor Swift's Hands. She was my favorite, listened to her everyday on my way to work, her an a Techno Song, from my Psychic's Son made me, "I wanna feel your touch." Fell in love with my Supervising Attorney Will Jay Pirkey, who told me after reading my personal statement, "maybe one day you can be President." #PresidentTrump (#Twitter).

I just met with my Psychopathologist/Psychiatrist and told him I was put on three teams that's the problem, OJ's, Nicole Brown Simpson's, and the DA's all of which I now have a shared obligation to represent, and take care of, while fighting Petrocelli's wrongs, why I sent my box to HRW, that is Human Right's Watch. I wear a tear drop ring

matching the tattoo of Nicole Gordon Farnoosh a classmate who has a tear drop back tattoo who works for the law firm he is now employee'd to, O'Melveny and Meyer's. I committed Suicide February 2009 because of his Deposition, thrown questions and thrown back responses, dictating open doors in directions toward my brother and I. #Harvard, how he got in. Be very careful where you point blame, Mr. Petrocelli, Fox made a whole Cartoon, and the Mona Lisa Louve concurs we support Leslie Fischman's concerns and so does Lance Armstrong's dramatic entry at the Tour de France when she was in town in High School in France. Hence 9/11. Too much Conspiracy. No trading of teams, not because of loss of any one teams or because of any one fault or any blame to any one person or party is to blame for those events. Victim blaming is not the way out or proper exit to any war mind you. Only a source of error forward. Think about it. Bad things happen to good people, to make you think good people are wrong. Or good people are at fault or to get you to get mad over the little things in life to concentrate on bigger purposes in life other than yourselves. For all things that matter, no conclusions are brought forward by concentration on the faults of others including your own, that includes the faults of others, past, present, and possibly the futures anger back at us like us today over Dinosaurs and Columbus and Boats. What sails and what floats, that is membership upon which choices made and agreed upon depend upon purpose enabled, individually, and by rules made, and laws provided, by the intelligent, and committees sound, sound of reason and sound of virtue, and by those who lead exemplary lives. Not to be changed or judged by those who do not measure up, they have no right to take away those powers, that is a sin on mankind's ability forward > Aurora + School Shootings = #BloggingCampign.

I've been to Jail 4 Times, a DUI, and The Psych Ward 7 Times for 14 Days. Point Taken.

Facebook Heading: Point Taken by [#MYMOLLYDOLL](#) [#AcademyAwards&](#) [#SCOTUS](#) we are die hard writers love everyone so much bear with us please [#WorldPeace](#) [#Pulitzer](#) [#Nobel](#) > [#HRW](#)

Economist Outline Today by Leslie A. Fischman

10/19/2017

Reference:

<https://www.economist.com/news/leaders/21721656-data-economy-demands-new-approach-antitrust-rules-worlds-most-valuable-resource?fsrc=scn/tw/te/rfd/pe>

“Data Economy” > <https://www.economist.com/news/briefing/21721634-how-it-shaping-up-data-giving-rise-new-economy>

Topics:

- Digital Advertising
- Tech giants and benefited consumers
- Data Economy the future of “But there is cause for concern. Internet companies’ control of data gives them enormous power.”
- Concerns over quantity over quality > similarly I have argued that jam packing sites with information is not advantageous to our health, and that outgroup exterior sites that support ingroup networking are vital to the success of social netowowkring companies. I agree.
- “abundance of data changes the nature of competition.” How companies have benefited from exterior sites and advertising.

>Here is my take on your concerns [Economist](#):

“Surveillance systems” not only cause paranoia, but they are invasive to our sense of feelings of safety and privacy dear Google Earth, when not ready to Mona Lisa quite yet. i.e. be available for Study, what do you think President Trump are our buildings ready for study, perfect yet, my old house is yellow, Fox News, do explain.

Whatsapp, the future of messaging services what does it all mean to us, and the value invested in communications systems, on time, I just developed the letter code addition to EMC2 regarding evolution, of the use of letters to communicate. Value.

“Many think Facebook’s \$22bn purchase in 2014 of WhatsApp, a messaging app with fewer than 60 employees, falls into this category of “shoot-out acquisitions” that eliminate potential rivals. By providing barriers to entry and early-warning systems, data can stifle competition.”

The Economist argues that “two ideas stand out”: (1) mergers and the sizes of corporations when determining whether the blend ideas, such as: “data assets when assessing the impact of deals” and (2) “The second principle is to loosen the grip that providers of online services have over data and give more control to those who supply them.” They then bring about the idea of “transparency.” To what extent does transparency play a role in the value increased value of communication sets. For the purposes of, “consumers what information they hold and how much money they make from it” to what extent does mymollydoll.com play a role in improving fundamentals to communications in mass media and marketing, a Smart Circle girl.

The article ends with forewarning tech giants of the importance of privacy and transparency, such that: “It will entail new risks: more data sharing, for instance, could threaten privacy. But if governments don’t want a data economy dominated by a few giants, they will need to act soon.”

Regulating the internet giants: The world’s most valuable resource is no longer oil, but data <https://t.co/KtmRuDapNi> via @TheEconomist

— *mymollydoll (@mymollydoll004) October 19, 2017*

News Theory by Leslie A. Fischman (Written 10/18/17).

10/18/2017

The Top Tier, What’s It Like by Leslie Fischman

10/18/17

Working at the top of any profession is very competitive both psychologically and emotionally, to stay centered and be approved of, these are not givens by resume or by connections, but by constant earning power given each day, day in and day out, how well you stay on top of things and how accurate your abilities and read of events are that help your readers to keep turning those corners everyday forward, that is what newspapers were made for, during times of war, to keep us updated and abreast of the key issues of concern, make widely known sides, and settle sides of disclosure convinced wrong or right by the acceptability of error or coordinations made by others, effort to improve social functioning or set back social functioning and communications, general several minute amongst against within and from outside of us, what sets people free and flowing moving forward and current, current as the times, is what they decided then and why what works best now, people to be trusted not questioned, and people to support not undermine, people who can deal constructively with paranoia over the years, and quell concerns well that is their general duty, and that is the type of professionalism they demonstrate. This has been learned and recognized, throughout my experiences as a writer online 2013-2017 what makes news, and how to control news, develop new news stories, and convert bad acts, to then get others to focus on good acts and why to follow #good stories, not bad stories, and why recurring hardships are a result and result from fixation wrongful fixation and key central focus on bad acts, acts of terror, violence, miscommunications, errors, faults, focal points, and points of reference which deduce make less of others, not build others including themselves set back in time, its your choice whether to move forward says Barack Obama and your choice to chose purposes in your life that help you make sense of your general health and well-being not be concerned with the health and well-being of others including my

own which is not affected or a result of any interactions with others but results from my own choices made in life, having nothing to do with others, to undermine my abilities and set me back by “comparison principles” which suit your needs and understanding of others, is not of concern to me right now sorry, I am very selfless and always put myself last in order of importance why I am not doing well to date.

Facebook Heading: New Theory by #lesliefischman #mymollydoll #bloggingcampaign #news #newstheory #pulitzer #nobel #worldpeace #bradycampaign #momsdemand > #moveforward > cc: #PresidentTrump #BarackObama #RandPaul #News

Investigations and Deductions by Leslie A. Fischman

10/18/2017

Investigations and Deductions by Leslie A. Fischman

10/18/17

Investigations to me occur when any wrongs occur, to set back a negative pattern of thinking or behavior that can or had resulted in recidivism looking back, these things only come to light upon disclosures, and upon knowing such can assemble correct ways of thinking forward. There are no givens in life, information known, that if made known would change any circumstances, everyone is responsible for the decision they make in their lives and the consequences that come about for them or against them, in their given trades and professions, respect is by merits and work product produced, whether helpful or not, I think is the best measurement of any given point of success we can now identify and hopefully help lead us forward to better decisions in the future. I have chosen to now be alone, because when with any one person, things do not seem to go right for me in life, and often led astray. It is not their fault I am a writer online now, that would have happened anyway as bookstores are no longer in existence and writing online is a very positive venture for many in the writing professions to both display their work, portfolio their work, and become well known and accepted among the best writing professionals as acceptable and worth a read, that took four years of writing online, not by story or association or connections but by sheer hardwork and talent I am an accepted read.

Words of Wisdom by Leslie A. Fischman aka #mymollydoll

10/18/2017

Don't Cause Harm to My Psyche by Leslie A. Fischman

10/17/2017

My Physical Health by Leslie A. Fischman

10/17/17

No I don't run anymore, I power walk. I cannot run anymore with a bounce after 4 years of running everyday, tired. I tried hiking but its much too difficult for me now. I used to be a very successful athlete, 12 pull-ups record in 2nd grade a gymnast. I don't think it necessary to provoke feelings within me that don't exist such as anger toward others, or manifestation of issues within that do not exist outside of me nor of concern to anyone else. I think people make others hurt themselves and others, by the words they choose to share to cause discriminatory conduct toward others, and discriminatory feelings toward any one person, group, or kind of individual. These things don't matter, for the sake of humanity, we are all important. -For those reasons I do not talk to anyone anymore, nor socialize, nor wish to date at any point in the near future, nor ever, choose to marry. I will be alone, can take care of myself, don't need marriage or money, can find work on my own, always with a job and in school, I don't need anyone for that matter. I don't run anymore because I get discriminated as healthy and better than dissed.

What is called and interpreted in the later is not my responsibility to resolve, but the responsibility of those

responsible for causing harm to me, to grow up and move on. Not deserved for whatever reasons trashy towards me, not deserved, no credit given where no credit is due for suicidal ideations, head slamming into walls and cutting my wrists because of two grow individuals who caused harm to my psyche and well-being, grose.

Facebook Heading: Don't Cause Harm to My Psyche by #lesliefischman #mymollydoll > You will never achieve the level of fame and success as I nor level of respect due professionally because of your acts of hate toward me, are not respected members of society, my apologies, your misconduct, just trying to help move everyone forward, not latch on to negativity or these sides. I founded #bradymusiccampaign #bloggingcampaign > Always do my best do not be disrespectful toward me. ([WARNING TO ALL](#)).

No Contest? Delete All Blogs? Why > #NYCY > #Texas #Mexico

10/17/2017

Welcome to mymollydoll.com Software Expo

by Leslie A. Fischman

10/17/17

Welcome to my new software company mymollydoll! It's an exciting new phase to be in, over 400K downloads to date in the movement against gun violence, prior experience as a victim advocate to MESA, moving to end sexual assault. The gusto I carry comes with the territory of providing advocacy to those in need of positivity.

Software Type: Positivity

Which Bill? > Bill Gates (Typo Inserted in College by his Microsoft Word hence #QuotesCreator on #Instagram > Those cubes are not replaceable, please do not delete thank you, need to type them up, that is my first #Book, no contest?

Facebook Heading: No Contest? Delete All #Blogs? #NYCY > Keep them up, delete superfluous keep originals, no I will not take my blogs down says [#SCOTUS](#) to [#CaliforniaCourts](#) > [#usnavy](#) > Why my box is with [#HRW](#) then blogged.

New Chapter 7 on "mymollydoll book" by Leslie A. Fischman

10/17/2017

<http://www.mymollydoll.com/mymollydoll-book/hrw-flyer-attorney-idea-cspan-by-leslie-a-fischman>

Facebook Heading: #Blog: New Link (Ch.7) to "mymollydoll book" > Now We're Campaigning #bradymusiccampaign #momsdemand > Just like cards I get two hands to toss back to everyone. #MYMOLLYDOLL

New Spaces Online for Creativity! #SquareSpace

10/17/2017

All new ideas are best shared in a separate place to be redirected to that is the natural evolution of any webover. #SquareSpace

Why? Spaces for socialization are too overwhelming for input of important information, more is always wanted and expected of any given writer or business person of the web trading boards. When participation is expected and supplied, avenues for growth thus open themselves up to the audiences who recognize those

spaces for growth, which is why new places are offered for growth, such as [#SquareSpace](#) recommended by [#mymollydoll](#) > [mymollydoll.com](#)

Facebook Heading: Webover Specialists [#SquareSpace](#) > When we need more space? Where should we go, well here's an option. Business-to-Business Communications Specialist. Back in the day, I had to join [#Shopify](#), [#Shareasale](#), [#ShopStyle](#), [#Weebly](#), [#Amazon](#), and [#ebay](#) just to [#Engineer](#) one site! Why not join a new community dedicated to business-to-business communications and sales! Sounds like fun! > Here we share ideas, there you can build and sell ideas!

When People Hurt You by Leslie A. Fischman

10/15/2017

When People Hurt You by Leslie A. Fischman
10/15/17

When people hurt you its not that they don't matter to me anymore but I function without them, that should never be viewed as a threat that they are no longer apart of me or with me, on my journey in life with [#PresidentTrump](#), right to privacy.

Wrist Cutting by Leslie A. Fischman > #mymollydoll = me

10/15/2017

Wrist Cutting by Leslie A. Fischman
10/15/17

When any hate is directed to any one person a chain reaction occurs in the positive or the negative stemming from the sender to the receptor. I am an isolated unit. I have been independent my whole life, someone that people lean on to for support, a stable unit. This usually occurs because people who are unstable rely on stable people to provide insight into their feelings and emotions, to help translate back positives to help create reassurance of self amongst them, that is how stable people are relied upon in society as support systems, to whom I support on a daily basis.

There are many reasons for why anyone would subject themselves to harm, sometimes not purposeful, but because circumstances warrant such occasions to occur that disfavor parties to transactions or interactions to favor sides. That is a normal reaction to any situation not understood to think there is a situation where non-exists that misconception then comes to fruition by causing the reactor to then justify, explain, march, or dissent and argue why that is not the case, and dealt with already (2013). These bearers of responsibility are nothing but horses, on mountains, not as important as the maintenance of the surrounding environment which requires stability in order for these horses to travel to and from these mountain tops to, rest stops, to sources of stability they find fitting to their ideals.

We are not all mirror images of self and others or those we surround ourselves with. That is not what makes a society, idolization, jealousy, rancor, status, or travelocity. Why not send boxes and cush stuffed dunks to the US Supreme Court or pack CD's with heroine in the bindings from the Boulderado Hotel, that's taking advantage of someone in a trusted position. Usually people in trusted positions are misused to create ease among those who carry disease. What human genome project? Write.

Facebook Heading: [#mymollydoll = me](#) by [#leslifischman](#) [#leslicallisonfischman](#) [#pulitzer](#) [#nobel](#) [#worldpeace](#) [#worldpeaceemc2](#) [#nycyemc2](#) [#nycy](#) [#death](#) [#dishonor](#) [#tattooes](#) and [#retardation](#) [#fuck](#) [#rap](#) [#music](#) and [#sandwich](#) songs and everything [#weird](#) causes retardation [#duh](#) [#losers](#)

Facebook Heading (2): [#mymollydoll = me](#)
by [#leslifischman](#)[#leslicallisonfischman](#) [#pulitzer](#) [#nobel](#) [#worldpeace](#) [#worldpeaceemc2](#)[#nycyemc2](#) [#nycy](#) [#death](#)

[#dishonor](#) [#tattooes](#) and [#retardation](#) [#fuck#rap](#) [#music](#) and [#sandwich](#) songs and everything [#weird](#) causes retardation [#duh](#) [#losers](#) = [#newreligion](#) written and composed by Leslie A. Fischman (a non-denominational independently religious student) = [#socialmedia](#) is a great outlet for support non-needed.

CSPAN is my ONE AND ONLY (2013) NETWORK by Leslie A. Fischman that is my club for the rest of my life today tomorrow.

10/15/2017

Aw Senator Rand Paul and I Were Desert Storm Buddies Packing Boxes and Scanning PDFs (2013). [#TeamWork](#). My Boyfriend is retarded > [#PresidentTrump](#) love him so much, he's so cute. I was 2 in the closet across from the [#PowderRoom](#) and did a life size stuffed bunny. When I was little. Aw you're hands look so peaceful, ya cuz they're with me. Aw. [#RKelly](#). Give me that water gun Rappers stand in a line - squirt across all of you [#water](#).

True story in my Kitchen at the sink I got nailed with a Super Soaker. Friends that pee together stay together says [#FMRadioLosAngeles](#). He was so happy jovile, but [#PresidentTrump](#) is more important to me. And I jumped from CSPAN to MacBook Nude and [#iPhone'd](#) w/an [#Italian](#). I work for Presidents NOT obsessed I do their job for them if they F up. He made fun of me called me Hemingway > Credit to: [#PresidentTrump](#).

Sorry [#LasVegas](#) marching for 2-4hrs everyday to get tea was too simple. And Running for 2.5 hours and Hiking for 3 hours in the Sun wasn't [#enough](#). Like I said in my 2013 speech "actions" now we know don't do \$hit. This is why I write and work instead > proactive always on time [#psychic#gifted](#).

To These Truths We Hold Self-Evident > [mymollydoll.com](#).

10/15/2017

Never a Nuisance Never a Clown by Leslie A. Fischman
10/15/17

Never a nuisance never a clown said I. What are true events and causes draw much distain and apathy when expected result occurs contrary to intended recipient, to whom credit worth for, and why. Any misunderstanding breeds such childish animosity and hatred toward self and others, that unexplainable circumstances occur to counter those thoughts of yours. When is tomorrow? Tomorrow. Let's recall the first and the last time we ever did have such recollections shared, amongst a few for whatever consequences seen occurred, for truth or for courage or for what? None positive said I. Love is a waste of time, a momentary but a momentary quest for candy bars, like Rand Paul described when they are stumped, is how this occurs, rummaging and rampaging and batlettoing they go, like moths to a flame, to see what becomes of you, to turn them sane and beautiful, when made to look or appear any way they see wrong or in error, is their own fault not ours. Run and cry out of the meeting in clear black platforms > [#France](#) smoked a pipe in my face. [#LasVegas](#) shouted with horror shooting hotel rooms door by door like the Matrix, why don't we build a stage instead and sing > where is my voice, gone. Lost to someone who thought I had none. Things saved and preserved are but for occasion when ready and due and prepared just right, that is how a story is told and brought to light, when it is deserved, otherwise when a job well done and peace achieved there should be no cause for consequence in any direction whatsoever to achieve what? Justifications? Truths? To these truths we hold self-evident: [mymollydoll.com](#) [#TeamUSA](#).

Facebook Post: [These Truths We Hold Self-Evident](#) ([#MichaelJackson](#) is NOT me [im not Neverland](#) this for Professionals - Go to [#Facebook](#) is not [mymollydoll.com](#)) [#BackOff](#) > [I Don't Need Anyone Not You Not Them Never Coming Back](#) by [#lesliefischman](#) [#mymollydoll](#) [#westhollywood#westwood](#) [#losangeles](#) [#hollywood](#) [#centurycity](#) [#belair](#) > [#France#Pulitzer](#) [#Nobel](#)

Facebook Heading (2) 10/18/17: These Truths We Hold Self-Evident (Re: #MichaelJackson) #BackOff > I Don't Need Anyone Not You Not Them Never Coming Back by #lesliefischman #mymollydoll #westhollywood #westwood #losangeles #hollywood #centurycity. > I used to go to Neverland as a Child so he is probably homicidal (jk - #trend over insult sorry = negativity toward me take the side opposite make me like negative try to take my positive position in life gifted and good perfect -expose what I've been in a cubicle since 2003) towards me now, for turning on him and pointing out the times when he danced on cars during trial (to see if what gets repeated don't make me like bad people stop doing that thats how bad things happen bunch me with bad people - why I stay away and write separate myself from the issues that others have with me - over jealousy says the #LAPD). He gave me a #Jeep Boombbox and a Box of CD's #Thank him including the #Trainspotting Soundtrack - That was a good tip later realized later in the future upon looking back, how one puts things together says the #NYPD let everyone take their time it's just 9/11, there's a lot to it. #BeKind #BePatient. (Movie): Clueless, he let us play at his house, and I crashed a golf cart once bumping music in my mini Chevy or Lincoln. I'm sorry I made fun of you. You held your kids on balconies and in blankets. I asked, where did you buy the sheets in the guest cottage? From Robinson's May Catalogue. Aw, he knew me.

Facebook Heading (3) 10/18/17: These Truths We Hold Self-Evident > I Don't Need Anyone Not You Not Them Never Coming Back by #lesliefischman #mymollydoll #westhollywood #westwood #losangeles#hollywood #centurycity. > Independent of Others.

Investigation Complete 10/18/17: Follow-Up Statement in Reply to Haters: #bradymusiccampaign was founded after #bradycampaign's Founders passed away by #bloggingcamaign over coffee approved by The President of Brady Campaign LA #starbucks > I'm in a very dangerous profession > Journalism > please do not insult me and be thankful for what you get. As related to dissenters people think less of me not good enough, sound, or of essence, of high standing, notable, or professional, worth while.

Text to a Brooklyn Artist by Leslie A. Fischman

10/15/2017

Facebook Messenger Text to: My Abandoned Buildings #Brooklyn 90s Artist
A Gifted and Talented Painter and Drawer, My Bat-Mitzvah Present Now Missing.

Submitted: 10/14/17

“Hope you are doing well! Thank you for visiting us. When I was doing well. Need to get back to running. Stay healthy. Tell Jackie too thanks for visiting means a lot everyone was so supportive when I got sick not doing well. I think people are less paranoid these days. Takes awhile to process, information people put things together wrong, use my art brain how to light up positives along the way. Is helpful, glad I studied Art History how I'm now bonding with President Trump fast friends online. Aw. I'm not sure, maybe [Re: If I'm talking to the President in Private]. Need to go back to work. Took a few months off to write catch up with everyone, guy I was dating was hot and cold, I just couldn't deal with it, stormed off went back online. Basically. They put me back in the psych ward, for what? Bc I didn't come home one night, they worry too much over nothing when well. Now I'm unsteady. Hard crowd to please everyone I do my best. Say hello to everyone for me. Thank Bob & Gretchen for help in boulder always appreciative of their support and guidance!”

#AcademyAwards Speech by Leslie A. Fischman

10/15/2017

#AcademyAwards Speech Camera Production Sets

by Leslie A. Fischman
Submitted: 10/14/17

in Addendum to Submission (Spring 2013 Personal Statements for Gearing Story Lines Positive For Us > They are specialists.)

My next-door neighbor in West Hollywood worked in Special Effects at a very fancy office I once visited in Santa Monica, a beautiful space, full of balconettes.

For reference (Kodak we love you! > No worries we were all once fat says iPhone 2017 who supports Kodak makes everyone fatter now > Models use Droids! FYI).

We all know very well, how to interpret, and to which misinterpretations cause illness, must we thermometer check actors and actresses between scenes to get readings of cold, sick, and warm, levels of empowered, drained, or retarded. What transfers. To any one unit of focus, i.e. focal point, a deduction is made, or a cast shadow across eyes, this causes blindness, and absorption of the surroundings, why Film is such an interesting industry of study: taking on paintings, in motion, is a very tedious and time consuming job, there is much at risk of harm, health concerns, as to audience emotions and feelings, they have been in control of for a Century to come or more, so lets all get along, past present and future, and try to embark on some journey more ordinary or sort, or lighten up the surroundings and let the actors and actresses glow, and match what surrounds them, these level can improved upon, reduced, enlarged, or set back, these are your options, for focus. It is not the actors nor the actresses responsibility to make feel good others, but the scenes themselves, the overall effect is the interpretations of the viewers. That they cannot control. I was a Turner Classic Movie Fan in College, then dated a PA.

Animosity and Fuel Speech by Leslie A. Fischman

10/15/2017

Animosity and Fuel: Speech

By: Leslie A. Fischman

10/14/17

Animosity breeds fuel for flames within self and toward others. To what end result does that produce and negative to get a reaction to reinforce a positive within self. This is some unrecognized characteristic or trait you have identified as having and trying to justify as being because of your > attitude toward someone now successful. I have always gotten along well with others, never discriminated, nor dismembered by anyone. Never isolated, always social, and texted often by friends who check on me. Always most popular everywhere I go, well liked. That is how I was raised, among Parents who were very well-liked Professionally Popular: Broadway, Sports, Finance, & Medicine > Those were my Parents Social Circles Growing Up.

#JAMA Speech by Leslie A. Fischman

10/15/2017

#JAMA Speech (# = Trendy)

Fundamentals of Maintaining Peace

By: Leslie A. Fischman

Given 10/14/17.

Fundamentals of peace are ascribed by trade, given trades and professions to which we are taught, by those curriculum choices we make, and points we choose to focus on. We call these points “points of reference” a term I have described and assembled in the past, as meaning > that to which we bond and that to which we believe and that which belief make deductions that help us then to achieve. What? Peace is that main goal. No need for ousting or belittling as those are givens, anything forward and turned back retarded, is not of threat to anything forward, that is something that only smart knows, never threatened by others, our key characteristic and trait, never angry, saddened or disheartened, empathetic, sensitive, and positive readers of self and the future. A high belief in self is achieved by good merits, good merits, are through disciplined practice and endeavors which represent our strengths and better our weaknesses we realize along the way. I’ve been told by my Father “to better [myself] everyday.” That’s the best advice he ever gave me, and advice I heed to all. –If not for my strength and courage exuded over the years and leadership through everyone’s alcoholic and suicidal ideations, my Brother would not be a Harvard Professor and Doctor now, always reassuring #strong > well kept, a positive representation of our family always, a catalyst.

I’m not Gay, as I described to Larry Flynt > Causes for suicide present are not past (2009).

Commentary Speech by Leslie A. Fischman Re: Hate Crimes

10/13/2017

Text to President Trump 10/13/17 (Record)

>What did we learn? What you speak of you draw attention to minded back or minded to > light?

>Or disfocus.

>To another location central center purpose point from deductions made or point of achievement or concern.

>Toward or against fault of blame or key attributes to what draws purpose forward from what end, beginning[,] mid[,] or conclusion or front or back ended statements or thoughts back[.] Back ended commentary comes from dissent front ended commentary comes from support and between[.] Key is what stands out positive or negative depends on focus[,] negatives depend on focus. [N]egatives weaken structure and positives strengthen structure toward and argument dissent or supporting – commentary speech 1 by Leslie Fischman[.]

Facebook Heading: (#StopBullying): Commentary Speech by [#leslifischman](#) [#mymollydoll](#) (Re: Hate Crimes) Crimes Against Humanity > Cause Future Non-Existent Hate Toward Someone Good i.e. Me [#CSPAN](#) [#Pulitzer](#) [#Nobel](#) > [#WorldPeace](#) ([#Twitter](#)).

Obligations Speech by Leslie A. Fischman

10/13/2017

Obligations Speech by Leslie A. Fischman
10/13/17

Never obligate yourself to become concerned with matters to which do not affect you or have no affect upon you to then be affected by things that don’t matter. What concerns us are things that matter to us and what matters to us is up to each individual by likes to determine for themselves, there is no correct order for the choosing and the liking of public options in life, to be liked or unliked, is a determination set by your characteristics which you exhibit in public spaces determined by the level of confidence and output you produce when in public settings, your personal performances in life, in the end determine the level of success you are able to achieve in life. These things are not certain, not all together fitting for any one person in any one given trade or profession, but ability is achieved by

disciplined and thorough study of self, knowledge of weakness and strengths that upon which one learns and moves forward in life, that is how we grow, that is how one grows, that is how one achieves, that is how one matures.

Obsessions are a manifestation of weakness that we endure when not made strong, when we think we need to be something we are not, or that someone has something that we do not, never obsess over others as that is bad omen to your sense of self, self-esteem, and personal development. Be whole.

Communications Speech by Leslie A. Fischman #TeamUSA

10/13/2017

Communications Speech by Leslie A. Fischman

Given: 10/13/17

If the World were flat, and every time the Sun came around under to heat and light us up, in Theory, we would all be connected to one. That explains tanning I thought, why people spent so much time with the Sun, there must be something about Light and Tan that will lead us to some new information at some later point in time, once we can figure out why we like the Sun so much, and spend so much time under the Sun to then color ourselves by One. As I ran yesterday, dimming and lighting photo by video, I realized to whom do I connect and why, and for what reasons do I do dim and light up, it must be by some connections. What if we broke things down to two big connections: The Sun and The Moon, or ordered vice versa. Level of importance not necessary to establish comfort as one being better than or either or better than. The Moon controls water, our bodies, most of which is composed of liquid mass, similarly are affected by the Moon, historically, emotionally, why is that, to what degree does the movement of waters within the body and around the body matter, Continents, Masses: Including Organs. Masses meaning Solid Matters, Solid Matter meaning something bound, to which elements flow within, and to which elements are affected within and from outside of such, the Liquid surrounding these Solids.

When I first came to Social Media, the only Theories I was most familiar with was a Monsanto Video shown in class on 4/20 at CU Boulder, did not attend the Smoke Fest on Farrand Field that day, but did bump into a friend Bauer, who asked, "are you coming?" I had a quick chat and walked off, not sure if attended, did not want to insult his excitement and make clear not attending, but might. Watched a Video instead, I think I got a B+ in Nutrition for Health and Performance in Undergrad.

In that Video, they talked about Seed Germination, the making of Seeds, and Cross-Pollinization of Farm Land, by Air which carried Seeds, from body of land to body of land, Seeds, I thought later as applied to the flows of communication, within and without, how best to start and why, protect classes, and one by one strengthen classes. The best way to strengthen any one set evenly, is by participation, adding an agent me, and connecting to agents existing people (i.e. via Mentions on Twitter).

For what purpose does it serve to communicate in that order, easy to communicate amongst strangers but not friends, who is easier to talk to and why? At certain points in time, what is familiar is preserved, and what is new becomes better when communication, new communications, a new set of communications are made.

2012 I had yet to achieve fame online, not known, as Sydney Simpson's best friend, publicly, it took many years of blogging online to achieve Fame and Success become well known, a trusted source of insight into matters relevant to the times.

Everything works in C's I've discussed this in my Car, the key to empowerment, is for those above to lift all, light all, or light one Giggles the Sun, and for the Supported to rise up and help one another, this is how a cahoots is made, an even cahoots. Or a House: MYMOLLYDOLL, like playing Poker in Mammoth with my Dad, 3 Aces! Wow. While everything in the middle is not affected by those sick at the bottom or sick at the top, this is how everything is strengthened, foundations are strengthened, when one is made. By who, by me. To benefit who, all, for what reasons, good purpose, how do we know? 5 years successful combatting violence online since leaving Law School. Success monetarily, well that comes in time, not a prerequisite for happiness in my book.

Facebook Heading: Communications Speech by #lesliefischman of #teamusa = #mymollydoll (designated representative online on web 24hrs a day since 2013 supervised by #NASA) #Pulitzer #Nobel #WorldPeace > Award to #NASA for Intercellular Research on Social Media (2013-2017) by #mymollydoll*

Edge is not Important for Achievement in Life

10/13/2017

I save everything AOL Boxes included - well prepped - paranoia is never coming from me > I am always professional > never in the know or in cohorts > in a cubicle in solitude > please let me do my job, and be professional > why must I create a website for everyone to calm down and behave peacefully toward one another in assembly, and not commit wrongs toward one another unnecessary > is bearing weight toward the futures shoulders turning back > already sound minded is nodding yes > time to move forward > past is nowhere behind sound of rationale, forward is everywhere smarter at this point, that is why past is not discussed out of appreciation and gratitude of the past not for discussion or critique of how better a job the past could have done to have brought us more quickly toward any future point in time > is an evolutionary concern and evolution argument of concern, something of personal consequence for each individual to determine on their own how they develop and under what guidance they so choose to trust, not for others to decide for them. #Pulitzer #Nobel > by: #lesliefischman #mymollydoll#WorldPeace (Edge is not important for achievement in life something I said out loud to myself in my car trying to deduce on my own often time before writing out loud I make deductions prior to writing them out. To infer what: to a memo sent to whom and why a letter M not complete in reference to an attendee from a school starting with an M who attended that meeting, the meeting was referred to > with recommendation to previous sponsor Kat name mentioned, not to any attendee or other schools named > not of issue, or consequence or relationship or previously mentioned elsewhere. How known, and why need clarification now > how related as to causes > you tell me why? To what extent does one outburst > cause sadness gone death? That does not make sense lost hope > threats to any positive future elsewhere successful when everyone is doing well, why would anyone die? Nonsensical. Causes < to refer back to other things occurring elsewhere by people. I don't even know if they knew each other > classmates > or even spoke to one another > to the extent affected by the overhearing if ever mentioned of an AA story. To be exact. > This is not cards, about people 1:1

The Use of References by Leslie A. Fischman #mymollydoll

10/24/2017

The Use of References by Leslie A. Fischman

10/24/17

The use of references and citations are best suited when they are used properly and not by inference or by pun to leave room for error or for misconception or for rebuttal or for assumption in the negative toward any one group or persons. That is called leaving an innuendo for discrimination upon a person or set of persons. And is highly frowned upon, and is never the purpose for mymollydoll.com. I am very careful to always cite and always explain carefully, from where such deductions are made from what movies or songs are cited from, and what is being used to help paint what, never used to bring forward an idea, only used to help show an idea. Life occurs on its own timing never because of a movie or a song, life occurs by itself. Be very careful not to blame others including songs and films for why life occurs. That is not why life occurs, everyone is responsible for their own actions in life, it is never appropriate to blame others for your own actions, when you cause harm to others or yourself, that is your own fault, never the fault of others. That is clear. Whether appropriate or inappropriate, conduct is usually dictated by how we feel at the time, never promulgated by the conduct of others or the feelings of others toward or against us, that is not the motivating factor, in terror, or not, whether there is sadness or death around us, should not dictate whether ones light up, we are all human, and therefore we should all light up, that is for the sake of humanity, equality. –Things are left burdensome whenever there is an ending that does not consume some ending that satisfies some distaste among us, some response or something that gives us something we feel missing or something to explain some concourse within us, whether that is something evil, that is something to which I cannot relate and to

which something I refuse to help with, I am sorry, not my expertise, and not something I talk about because something I do not have experience with, evil. That is not something I understand, evil people. Not my gift.

Facebook Heading: [The Use of References](#)

by [#lesliefischman#mymollydoll](#) [#bloggingcampaign](#) [#evil](#) [#good](#) [#smart](#) [#retarded#good](#) [#bad](#) = [#usa](#) [#worldpeace](#) [#pulitzer](#) [#nobel](#) > [Lyft was so kind as to change their stash to the alphabet thank you!](#)

Google's parent company leads \$1 billion investment in Lyft <https://t.co/iAJTOav7At> <pic.twitter.com/w6mI4pop0g>

— CNN (@CNN) October 24, 2017

Criminal Investigations by Leslie A. Fischman #mymollydoll

10/24/2017

Criminal Investigations by Leslie A. Fischman

10/24/17

Putting ourselves into the shoes of one another in one way is which crimes can be solved, knives in boxes and the liking, photos of Brunos, and the liking, even red painted Louboutin's why not, and call them Batlettos. All these items help paint a picture, while everyone replies, we never thought that, well subconsciously, if so, let's do our best to rule out alternatives, before anything bad comes to fruition that's called a rock solid investigation, of ruling out alternatives, to prevent negative outcomes. That is my job at mymollydoll.com. One purpose for this website. To rule out alternatives prevent crime.

I used to sit in the front of my class in college, and raise my hand to speak called upon to speak, that is the order or speaking, just like when Barack Obama sent me an invitation to his Inauguration and then I built mymollydoll.com and began speaking. That is the order of speaking. Just like I wrote in my lap for 3 hours in front of the US Supreme Court for notice, approval, and in person performance.

It is really unfortunate that when all things are put together that everyone thinks that everything is pre-planned or that there is some manual or direction or proper procedure for handling such matters and or controversy there is not, just someone with enough nerve and agency such as myself, to step forward and take the initiative. That takes (1) bravery (2) gusto (3) confidence (4) skill (5) education (6) properness (7) kindness (8) professionalism (9) innocence; and (10) positive purpose.

Reference: <http://www.neimanmarcus.com/Christian-Louboutin-Aketata-Patent-Ankle-Wrap-Red-Sole-Pump/prod198990561/p.prod?eVar4=You%20May%20Also%20Like&RST=ClickCP>

#bradymusiccampaign by #mymollydoll (Y) I sent my Personal Statements by Fax to The #AcademyAwards (2013) Sent Spring

10/24/2017

Facebook Heading: [#NYCY](#) > Movies and Music are not about me WE got the Idea from [#RonaldReagan](#) and [#JayZ](#) who came up selling Crack in NYC (ie [#Twitter](#)) Tweets by [#mymollydoll](#) > [#iMovies](#) like the [#Disney](#) Pitcher who stole my Mom when I needed to talk and when I committed [#Suicide](#) then one year later [#RobDebaquey](#) sold my [#Disney](#) Stock, huh? That doesn't make sense. I've been a stockholder since the 80's a [#Forbes](#) 500 Kid, My Father was in the [#Forbes500](#).

1. I'm not a vengeful person, that doesn't make sense, I committed suicide wanted to be dead not mad.
2. You can't go back in time, those were my 80's Stock serial numbers gone, original certificates.

The Helping Professions Code of Conduct by #mymollydoll

10/23/2017

Write Everything in the Positive is My Belief System by Leslie A. Fischman

10/23/17

It is my belief that for everything to stay true and correct must be written in the positive for any one thing to be carried forward is a testament forward for centuries to come and hold certain to these truths we hold self evident. What comes before us is laid down with certainty that is what is expected is what is accepted and what we hold certain is only what we can stomach and what makes well not sick. There are certain bearings to truth and certain groundworks which must be laid in order for acceptance to be brought, there are tones which are made, and theories which are drawn to convert any one set of ideas forward to fruition we call this painting. Painting is used not to ascertain delusion to fruition but to set back past to create present certainty and present fact forward presence of attitude and capability forward. Fear is nothing but a present state of uncertainty made by anything uncertain a future that is made uncertain by something that catalyzes us backwards. Backwards toward any period state of fear to which we were uncertain of fate forward. Why go back to any period of time in which certainty was yet established and fate was uncertain such as times when there was death or times when people died, those are consequences of uncertainty and consequences of lack of togetherness of values, ideas, and appreciation of worth in society of each other. When any one person does not value the life of another one kills. We lock those people up, we do not regard them or acknowledge them, all crimes are senseless. They are not smart, all criminals are retarded. That is a misnomer to think criminals are smart, if criminals were smart they would not have been locked up, it is for their stupidity they are punished and get locked up, that is why criminals are punished.

I do not believe in the illuminati or the Davinci Code, for the reasons that it leads to destruction of purpose of religious purposes to create safety of mind and spirit, causes grave hardship to the value of religious sanctity and knowledge of peace, that has been bestowed for centuries upon us, sanctuaries, for peace, just like schools for study, for the mind, to be at peace, for good decisions to be made, good lives be led.

Just like others feel disappointment, and feel left out upon learning about 2013, why not I included in this movement, what would I have created had I known help was needed, its never over, there is always a way to help says Human Rights Watch, help is always needed in the field of the Helping Professions, that is my field Since 2004, trained.

Please Respect Year 2013 Founded by #mymollydoll

10/23/2017

When Things Become Illuminated What Is Lost? By Leslie A. Fischman

10/23/17

When things become illuminated what is lost? Fear of loss explains my marketing team, there is always fear of loss, what is sold, what is not sold, ideas, just ideas, when marketing, they are just ideas, products sold, taken bought and sold, ideas. I had a chat with Adele, my middle name is Allison, my Sister's Adele, something like the William's Sisters, she asks me to play Tennis, I decline, met Larry David at the ball machine once at The Riviera Country Club on a Lesson with Todd Yoshitake. Said Hello. Then walked off with my bag. (Hid a broken knife tip off in a hole puncher box in law school committed suicide over war overseas ask Chris Sonia). One of the William's Sister's Cousin's was shot in Compton (OJ was rumor'd to have picked one up from a FL Airport once - No OJ picked me up from the Airport once, why are people trying to plant stories in my memory bank rumors in my memory bank to make me repeat false stories to make me look like I spread rumors that is hurting my image to make me look like a rumor mill why I get suicidal I am a very honest person rumors cause homicide toward me not toward you or others that's not funny to watch me die! #Stop that now please dear Family. That's not a good solution please stop that, where did you learn that behavior from? Aw. Crying) I was a VWAP in Compton, for a Summer 2012, by a MLK Memorial photo similar to one in DC made.

When a time period is made, such as a Campaign begun 2013 for World Peace by speech written August 2013, and just begun to launch, after leaving Law School 2013 by decision and march in protest by me, because Marilyn Manson stole my Sister-in-Law from a New Years Eve party, possessive, I marched down Sunset Blvd.

I then left my boyfriend and flew to DC for two weeks, and it snowed. And carved in the sidewalk CU Buffs, and slammed my matching watch to Sydney Simpson sent outside the sidewalk 200 yards away from Barack Obama's house, to signal help. And sat outside his house for hours thinking, and pacing outside his house until I left peeing my pants alone in the cold, no restroom nearby in the snow alone, walking.

Just because others are left behind, out cold, does not mean not included to not include, but as protection, nothing is left hidden known, we are still figuring things out as we go, that does not mean that anyone is not being professional, that is apart of life, life is much to be discovered, that is called science, life is a learning process. We are to make better life, so that everyone lives longer and stronger, lives a better life, with less room for error, and less room for hardships and self-harm and chaos.

Much of illness results, from people feeling like things could have turned out differently or that things should be different than they are now, or better than. That is not a good way of looking at things. You should always be thankful for the way things are and accept that everyone is always doing their very best, we are at our best possible always, and that there is no better best that is possible we can be now.

Some think, or wish they were around to experience 2013, if they were present how they would have executed that year differently to have been apart of that journey with us, well we are sorry that no one was around to be there with us, but those that were around 2013, well they are in leadership positions today and shining, good job! We are so very proud of them that they followed me and listened closely! Thank you for lending an ear, we are so very proud of you all and for your service to everyone, it's been a very long journey, we have many leaders in many industries.

Writers Drive by Leslie A. Fischman (#mymollydoll)

10/22/2017

Writers Drive by Leslie A. Fischman
10/22/17

Where does writers drive comes from? I'm really tired right now. But to explain. Writers drive comes from education. You have to be very well read and educated to be able to be well written and to write well. In order to be an A writer, you have to have written many papers graded and well studied, well versed in research and writing, patterns and very articulate in order to write seamlessly without error, in one stream of consciousness and without, having to rewrite, in one draft, such as in a blog, and not have to go back. It is not a freestyle. Spoken speech, comes with practice, I learned to speak outloud in bars, after 3 drinks, I was an iphone writer first, by phone, then to emails, then to Twitter, then to blogs and Facebook. It all takes time to eventually hit the stage and become a world renown public speaker. I have only made it to a few Countries outside of the US by stats on Twitter not many yet, when I last checked my Analytics, just trickled out, not that big yet, if there is any concern. It takes a long time to become famous. I just hit 800K in the US 2016.

Building a Website by Leslie A. Fischman (Since 2013)

10/22/2017

Prior to Achieving Fame 2016 800K by Leslie A. Fischman
10/22/17

Prior to achieving fame 800k, I was not sure how to go about generating a following, and attending a meeting at a local studio in Downtown LA and pitched my Campaign I was running online. I had already built a website and

written a speech 2013, and held a few accounts, was planning on writing a quotes campaign, and running a fashion blog, even pitched to a Google Executive at a Mixer and then joined Shareasale and got more banners and began running ads on my websites. Everything takes time to build a website and nothing comes pre-packaged, nothing happens overnight. From the outside it looks like these things come this way, but that is not the case, everything must be done handmade, and inserted, and applied for individually, to a parent company, you must apply for ads, banners, and web addresses, and links and connections and html must be inserted and connected. These are all skills that must be self-taught and takes a lot of time many years to achieve, I had to teach myself how to build websites it took me about a year 2016, to build from scratch HTML on Wordpress, and took 5 years to build my Weebly website, which is a compilation of all my websites, I separated to hold ideas concepts, one being my company: mymollydoll and one being my campaign: #bloggingcampaign and one being the beginning replaced: #bradmusiccampaign (founded 2015 after their Founders passed away).

Facebook Heading: Building a Website

by #lesliefischman #mymollydoll#quotes #twitter #facebook #instagram #weebly #tumblr#bloggingcampaign #bradybuzz #momsdemand (Original Campaign > #WorldPeace August 2013 Speech).

Facebook Heading (2): Building a Website

by #lesliefischman#mymollydoll #quotes #twitter #facebook #instagram #weebly #tumblr#bloggingcampaign #bradybuzz #momsdemand #rhubarbstudios#pulitzer #nobel #google #santamonica

Nobel Pulitzer Submission #1 by Leslie A. Fischman 10/22/17

10/22/2017

I.

Theory for Nobel & Pulitzer (RIP to ALL) by Leslie A. Fischman Submitted: (09/08/17-10/22/17)

1 does not equal anything outside of what is proven within 1 and 2 and 1 and 2 does not provide insight to anything other than what its written for and stated for and addressed for. When a 1 2 is written 1 2 exists for 1 2, if it applies to a 3 not written in 1 or 2 that does not prove support any existence of 3 for what? If you need anything to exist not written to cause a 3 what was your 3 for? To misuse a clearly stated 1 followed by a 2 to see if 3 now is because of a 1 or a 2? If 2 follows 1 and any 3 follows a 2: 3 follows 2, 2 does not cause 1 if 2 does not cause 1 then how can 3 cause 2 or 1. Whether we have a 3 or not should therefore make no difference to 1 or 2, 3s are made when a 2 is made, everything that follows follows the preceding because the preceding was written a 2 was written with[out] or without a 3 necessary because a 3 cannot be written if 1 and 2 are not made, any 3 independent can not exist without a 2 just like 2 cannot exist without 1. cc: #USSupremeCourt (Point 3) of (2): (1 of 2)

II.

Main Point: Smart or Retarded does not prove either Smart or Retarded, Proof of one Smart does not make any or all or some or one Retarded, Smart is not for identifying or Disproving Retarded. Who hurts who? Neither Smart or Retarded should effect one another unless purpose is to attack a status to achieve the opposing sides status, if one does not cause the other, establishment or destruction of either side cannot therefore cause the other to be right or wrong better than justified or not. Bad does not Prove Retarded. And Bad causes, Retarded is Bad's purpose is to justify being what Bad. Bad does not equal Retarded. You cannot use another's position in life to achieve, take away, switch, take place of, prove, displace, to justify (define) make clear any #misuse of a term often occurs when it's needed to make clear a difference from right and wrong. If wrong is at issue then its clear Bad is at issue, whether caused by Retarded or Bad bc of whatever Bad thinks justifies being a Bad for, NEVER equates to Bad = Retarded (Don't misinterpret a vulnerable population to justify a wrong, existence of a wrong, to explain or identify whether: Bad or Retarded. If we know of one known purpose (justifications of wrongs) than not right EVER to explain or define sides clear to who's right or wrong unless necessary to do so. Smart or Retarded (Causes) as it relates to Bad (and use of bad to clear wrongs establish sides whether purposeful is will never be wrong if Bad causes Retarded. Not all wrongs are based on Smart or Retarded, that's an assumption of causes as it relates to what

you find relevant. Tip: Know yourself, Trust yourself, Report Everything, Let #LawEnforcement Know when you see Bad to protect who (Causes for Retarded) if that so matters to you to prove or disprove wrongs you identify with see know hear think #whocares you know you best. #ThinkforYourself nobody's struggles or hardships or disabilities NEVER affect Smart, Retarded, Well, Sick etc? Your focus is your focus no one is ever #wrong because of focus issues, if you earn a place or position in life, everything else is obvious to right, wrong, smart, retarded etc. We see and know ourselves best others understandings of us should never be important to argue for existence of what: rights or wrongs #bywho #whocares #lawenforcement knows everything. Retarded is not caused by Wrongs obviously if its clear Bad causes Retarded. (New Focus: Existence of Bad clarifies what wrongs, to whom and why? If any justification of Bad is made something Wrong any Wrong is easily identified needs not be proven. Just because Bad (Shows Wrongs) does not mean Wrongs caused Bad or establishment of a Bad. There's no causal connection if you state Bad causes Retarded, Retarded is Automatically Not Bad. #whatsyourpoint? Point at Issue: Retarded caused by Bad does not justify any or all or some or one Wrong, if no position is necessary to identify prove not either or the other need be clarified by destruction proof of any side (See Above). Wrongs exist even if Bad, Smart, Retarded, or Blinde if used to Prove Rights and Wrongs then why weaken any sides waste of time proving or disproving any side. That's not my job. cc: #USSupremeCourt #IdentifyYourself.

III.

(Point 2 of 2) by #leslifischman aka #mymollydoll (1 connects to 2, because 1 was written, 2 was written, 2 was not written because of 1, if 2 follows 1, how can 1 connect to 2 only if 1 is written does 2 later make sense in any way as it applies to 1 because if 1 of 2 and 2 of 2 are stated connections obviously 2 follows 1). Who the F cares replies #NYCY relates to what. Stop f-king gluing negatives to positives THEN try to understand existence of a negative point to PROVE OR JUSTIFY anything that is clearly Wrong on its face right or wrong Smart or Retarded, Guided by who probably by some Wrong to Prove estb cause understand a Bad to see what?!?!? #FrankGehry Whether Bad causes Good? Rights and Wrongs don't create standings in life to prove or justify wrongs or rights. If trying to prove wrongs to estb Bad identity bad, You ARE Wrong to achieve set up circumstance until a Bad occurs to Justify a Cause needed to prove bad. If Bad caused Retarded then we already know a Bad existed at some point in time which caused Retarded. If you think identifications are required to improve disprove establish displace result in Wrong to: Good Smart Bad Retarded or Blinde. Who's wrong? You were wrong, neither nor any sides need be established to prove anything if Bad exists Wrong exists a (Cause) cannot therefore prove in reverse existence of Bad for what? Never justify wrongs of others who are Bad to See if Wrongs occur the[n] blame Causes as resulting from your establishment of Wrong to Show Bad See Bad Understand Bad See if Caused Bad [to] see if why[,] what's the point of clarifying Bad Caused anything Wrong if clearly Wrongs are Bad who the f-k cares who[s] Wrong: If Bad Causes: Retarded Smart Wrong Right #whothefuckcares what you think if it f-king caused Bad and Bad Caused Retarded then Establishment of Anything should have no effect on: Smart, Retarded, Right, or Wrong. Unless Wrongs continue then Causes MUST be because of a Bad, [BREAK 7:55PM], sides do not establish disprove establish reinforce causes for Bads or Wrongs, if we already understand Wrongs are Caused by Bad, obviously if Retardation Exists then some Bad occurred to Cause that. Who's bad? Therefore cannot be proven if a Wrong is necessary or a Result is necessary to Prove any side or causes. That's Wrong. Wrong is necessary or a Result is necessary to Prove any side or causes. That's Wrong. Wrong does not Equal Retarded!!!! If Bad caused Wrongs Retarded that has no effects on Smart, Rights, or any other Wrongs. Sides don't justify Sides if they exist on their own, don't justify Sides if they exist on their own, any connections needed to be made to see anything is obviously caused by whatever was Wrong or Needed a Wrong to Justify Bad or Retarded [omit "I"], or whether Bad caused Retarded as it relates to a later Wrong, later Wrongs are f-king Wrong, if you need a Wrong to Justify Past Wrongs then you are Wrong, Bad not Retarded clearly if you Caused Bad Bad was caused by Retarded, and Bad is Wrong Retarded is proof of existence of Bads and Wrongs Existing whether Retarded or Smart. #whatsyourpoint if a Point need be proven to show rights and wrongs to prove wrongs justify wrongs then clearly you were wrong: Retarded, Smart, Right, or Wrong. Bad does not Cause Wrongs if Bad caused Retarded, Retarded is then being misused at any later point in time to Understand Causes to Identify Bad to See Causes to Identify Bad to See Causes is not Right, Causes for Retardation do not justify ANY Wrongs past or present. (Y #USSupremeCourt).

IV. Instagram.com/@leslie_fischman

E = EMCSQUARED

E = MW2

W = Two Us = Two Cs = Double U

W = Woman

M = Man

W2 = Woman & Baby + Man = E

E = Three Prongs to Make One

F = Man Made Man or

MW2 = E = Man & Woman made Man

mymollydoll.com

Please Note: My blog is not as light, because songs were deleted and posts deleted, so light was taken away, this I noticed when redactions are made light is taken away upon any editing during the process of editing, light is taken away from any writings and publishings from any main frames, anything focused on times spent highlighted finished.

Email Heading: My First Submission for Nobel Acknowledgment: Solution for World Peace 2017 Understanding Crime and Peace: Reading Comprehension (Issue #1) Addressed via mymollydoll.com (Troubleshooting Daily) Pulling Positives and Negatives From What We See, What We Hear, What We Think, What We Know.

pic.twitter.com/woOvOAzOGc

— mymollydoll (2013) (@mymollydoll004) [October 23, 2017](#)
[#mymollydoll pic.twitter.com/LVZJ5EKTmk](#)

— mymollydoll (2013) (@mymollydoll004) [October 22, 2017](#)
[Why I went public #FBIDC #keymethodology > #prove #violationspic.twitter.com/bYepBdHxYt](#)

— mymollydoll (2013) (@mymollydoll004) [October 22, 2017](#)
[It's really insulting to criticize me and the way I run my Campaign it's my website my writing I'm not a story teller I write self-help sry. pic.twitter.com/COfFvNi2JP](#)

— mymollydoll (2013) (@mymollydoll004) [October 22, 2017](#)
[I had no mental health issues meds now means high pressure 800k audience I write to high expectation high attention to detail #SCOTUSpic.twitter.com/sVyx35pR41](#)

— mymollydoll (2013) (@mymollydoll004) [October 22, 2017](#)
[Trust is Important > #SCOTUS If you do not trust them you are seriously misguided in error if you think smarter than law or these persons. pic.twitter.com/EwA9FnzGam](#)

— mymollydoll (2013) (@mymollydoll004) [October 22, 2017](#)
[I'm just kidding #JusticeGinsberg's Attorney's are @hrw for real. I assigned them sent my box \(2013\). pic.twitter.com/WbQhnbm7Vn](#)

— mymollydoll (2013) (@mymollydoll004) [October 22, 2017](#)
[Welcome to #Japan = #DC pic.twitter.com/kkk2mUjtFt](#)

— mymollydoll (2013) (@mymollydoll004) [October 22, 2017](#)
[#JusticeGinsberg's \(Attorney\) pic.twitter.com/Ou3OvyyO32](#)

— *mymollydoll* (2013) (@mymollydoll004) *October 22, 2017*
Role by role, Amy Adams has convinced Hollywood — and herself — that she's never to be underestimated <https://t.co/ZZlvP3k8zFpic.twitter.com/FDa05V4sTw>

— *The New York Times* (@nytimes) *October 22, 2017*
Blue Hotel Cute! Yellow House! @SMMirror > <https://t.co/hFc5e3zpF6>

— *mymollydoll* (2013) (@mymollydoll004) *October 22, 2017*
A vacay isn't complete w/o oceanside views. Here's @Refinery29's "6 Santa Monica Hotels w/ the best #beach access": <https://t.co/sLDHsnVpBO>

— *Santa Monica* (@GoSantaMonica) *October 22, 2017*
A Deposition? Says #JusticeGinsberg You Guys Are Gonna Blame Everything On A Bunch of Questions and "The Kids Were Looking for Their Mom!" #BrunoKids? Okay! I committed #Suicide > #Harvard #Truth #usnavy

Broadening Your Horizons by Leslie A. Fischman (Respect)

10/22/2017

Broadening Your Horizons by Leslie A. Fischman
10/22/17

Expansions are all about broadening your horizons. As we discussed previously the US Supreme Court cares about: (1) public safety (2) public consciousness (3) preservation (4) positivity; and (5) creativity. It is for those purposes I write. In one: (1) a way that is not overconsuming (2) that is broad (3) that is hyperfocused (4) that is thorough (5) that is topical (6) that is central (7) that is key (8) that is not consuming (9) that is not narrow-minded (10) that does not encompass (11) that does not marginalize (12) that does not deteriorate (13) that does not discriminate (14) that does not offend (15) that does not separate (16) that does not justify behaviors, self, or misconduct of others by self or others or any wrongdoings or highlight wrongs ever discussed (17) that never focuses on negativity (18) that focuses on positivity (19) does not feed into self or things that matter to other that do not matter to me (20) focuses on things that matter to other affecting me (21) and focuses on things that yes do have in common relate and otherwise cause problems to my understanding and one another's understanding of things that matter or do not.

Facebook Heading: **Broadening Your Horizons**

by #lesliefischman#respect #mymollydoll #tradesecrets #writing #professionalconduct#writings #professionalism #gifsinlife #courage #spokenwords#language #englishlanuage #coinedterms #webstersdictionary#iwritelanguage #terminology > #pulitzer #nobel

After the Laker Game by Leslie A. Fischman (So What)

10/21/2017

There Are Things Said and Things Not Said That Don't Matter by Leslie A. Fischman
10/21/17

Who's class matters. What class ends and what class matters, high or whether not high, is the question, you think I'm high on what life or others, or sex or drugs or alcohol, or cocaine or adderrall or abilify or any medication updates, social media trends or power or people, that is absurd. It's called life. What matters to me is none of your business, what inspires me is none of your business, what motivates me is one of your business, what my goals and aspirations in life are none of your business, do not change or dictate or change the direction in my life to acquire or circumscribe to suit your needs or validate your judgments about me to suit your interests or your sides, that is not a good purpose, to misuse another's life purpose.

It's really insulting when my tone is changed by others to sound in a way that looks or sounds retarded to test me to see whether true and correct sounding a previous or prior argument made as to "retarded retorts." If the argument made by me then argument sounded in full blown made by me and reinforced by me on purpose not because one is retarded or because I am on drugs or because I am now retarded or on drugs or high or on drugs. That is not the case. I have no money and no means to purchase alcohol or drugs clean and sober celibate since 2014 continuously sex but 2 times once with Jay once with Hadrien. That is all. Once after France and once before Rhubarb Studios. After that the rest was history. My life ruined. I was better off running and doing my lover by iPhone from Sicily Marchello. Laugh all you want.

I have never been a homewrecker, Phil I sent back to his Wife, I did him once inside a Wells Fargo I was an A student he got me high on Cocaine and Alcohol, it was a mercy f-k he has a 2 inch dick it was no big deal in a rolly chair, and s-kd his dick in my car, where Michael Jackson is buried now, what's the big deal. None of your business. After a Laker Game, I had some beer, and drove to see him, he called me.

Facebook Heading: After the #Laker Game (So What)

by #lesliefischman#mymollydoll #worldpeace #pulitzer #nobel #streetwalker #wellsfargo#homewrecker #gosteelers #pittsburg #presidenttrump #barackobama#neverland #justiceginsburg #loveeveryone#stophurtingsomuchplease! > #FBIDC (Why I went straight to FBIDC in person in Washington DC after writing in person to SCOTUS for 3hrs).

Freestyle by Eminem by Leslie A. Fischman aka #mymollydoll

10/20/2017

1492 "this how we made the party start" 09 singleton a bottle of rum and two shots of Captain Morgans and one circle a style of free torn ligaments pourn glass of milk and dreams thread, hope for what, blue and blown thorns and cups and waxes of light, undone, on covers of tips, torn by song and techno everyone attended, brought by delight, atop the steps, let freedom ring, too late, 11 did sing, the dwafts and knombs outside her house, a crooked bar you snap up to open a green gate like a matching watch slammed on a walk beside a friend shot in 08 warned by message on Facebook to an ex to stop youtubbing my canoed car in handtowels a business started thereafter by a brother to a dead brother Navid Askari, tornadoes monsooned, thereafter, guns passed thru my excel spreadsheets during a storm. Please forgive who we know not what we do, walking down avenues climbing ladders now (i.e. lox and bagel thrown back in the psych ward like I deserved it put in handcuffs in front of a school I #stoppedschoolshootings 2013) with roses in mouth out lousine window roofs like #Catholic funerals with letters on foreheads knew what was coming in F and Ts true or false, never knew what was coming, we just put things in cubes because we thought it looked cute, yeah that's what we thought, offended by my navy circled emails over Hillary? Hillary, my head slammed on the gold railing to the bar in DC drawing on cocktail napkins in DC 2013, trying to piecemeal everything together before it was too late, then Las Vegas over what, lost hope, we have arrived to prove back what, #nafta, go back to #Canada with your rumored house with opened front doors. Red Doors. No one is blaming me for Aurora and for you to blame me for Aurora is a fallacy of thought to say that Movie were then about me and that's why he shot the Movie Theater, that's why I wrote Movies and the they made Movies about me and Barack Obama made a monument for me, and you then shot your speaker. Again. Called it. My Brother deserved to be punched, he bullies me, and he got punched back for bullying me until I punched my head and for bullying me until I brandished a bike helmet at him coming home after drinking and he threw me to the ground strangled me, and I got him into Harvard because he is retarded not that smart anymore. Back off. It is not his fault he is struggling with his health, we get discriminated, you are white and privileged you would not understand you are Jewish you are healthy we are discriminated you are private and we live in the public eye, you are retarded. #coughdrops?

Facebook Heading: Punch Yourselfs (*Breen)

by #lesliefischman#FBIDC #mymollydoll #bloggingcampaign #Aurora #AcademyAwards#BagFund #Petrocelli #T helIranDeal #FarmersInsurance #Nafta > #pulitzer #nobel #worldpeace

Check out my Private Space on #Tumblr (Diary)

10/20/2017

[#Blog: 🌸 The Devil in You by #LeslieFischman #MYMOLLYDOLL #Communication #QOTD](#)

When Others Bring Out the Devil in You by Leslie Fischman Avoid temptation at all costs. This requires being able to differentiate need from necessity, and want from required to feel whole. What is it that causes you to behave in a way that you're not proud of? Identify those triggers, and set boundaries for yourself and for those around you. Much about life requires communication, communication... (*See Wordpress)

How to Build a Trusted Website by Leslie A. Fischman

10/20/2017

[Website Maintenance WWW.com Agreement by Leslie A. Fischman](#)
10/20/17

[How to Feng Shui Your Website](#)

Headings are everything not only do they indicate importance to content but they highlight your assets including the photos and ads you chose to display alongside your content, add value to your interior settings and add value to your overall content. Like chandeliers to your dining room set, what lights up your space, adds value.

[How to Control the Content Your Audience Reads](#)

Every word your add or subtract adds value, time editing is everything, I write in one shoot, one reel like a typewriter, nothing backwards, everything forwards why nothing sits for long, and everything digests and nothing sinks per work or hinges, that is my style, not to dictate direction, or leave stuck, or huh your mind, but keep everything going and flowing moving forward, how I maintain and keep my audience. That is my trick of my trade, learnt best by public speaking in bars, in phone, outloud, then on Twitter, on Facebook, and on permanent site website Weebly. Where is my Lacie: Tumblr, sh, needs to be backed up > #bloggingcampaign. Not everything is perfect, not everything is saved, some things lost, I do my best to save everything of value, lives lost, sometimes material taken.

Hence: bloggingcampaign.wordpress.com and bloggingcampaign.tumblr.com

Maintenance Tip: Anything automated leaves a stick. Anything taken leaves a gap. Anything cut leaves a space. Anything missing leaves an airiness. Leave everything as is. That is my best advice for keeping a full valued website that has longevity forward and something that is built to last with the times relied upon a trusted source of value and something that feels safe and something that people trust.

Two Traits I Carry and Why by Religion by Leslie A. Fischman

10/20/2017

[The Things We Forget and Why by Leslie A. Fischman](#)
10/20/17

The things we forget are usually things past accomplished positive when focused on something present negative that

we are unhappy with that is or has been keeping us from moving forward in the positive. We tend to fixate on negatives when we are stuck on perfections rather than acceptance of self and others, losing sight of importance of things we call values. Values are basic principles of acceptance and self worth. Self worth are things we base things to be or base value upon. Such denominating factors such as: class, inclining, declining, improving, disproving, redoing, volumizing, disclosing, hidden, observed, kept, secret, known, or unknown. These generalized factors are the basis upon decisions made: we accept or reject things about self or others, and upon which acceptance is granted and generated in favor or disfavor towards one another or to ourselves. In the most basic sense. How can we undo this? Anything occurring naturally cannot be undone but only accepted as part of human nature, that we are all trying to better each other and ourselves. The best way to look at things always in in the positive. Why? I was raised to always see the good in others. Is this why you are so successful. Well in part. No matter how trying my circumstances may be no matter how negative others are toward me or around me, I always manage to see the good in others, raised that if I have nothing nice to say to say nothing at all, and to that others chagrin, well now what? To please all we counterattack those advisements, true and correct, true and correct Mom, tis true and correct, a Catholic who raised me, by Bible. Awe. And like a Jew take everything too far (try until direction forced differently) and never know when to stop (until choices limited), carrying two traits, awe. Why I am so successful at marketing. Listen. I have studied law for 10 years to know rights from wrongs, why so steady at marketing ideas.

Facebook Heading: Two Traits I Carry and Why By Religion by #lesliefischman #mymollydoll > #bloggingcampaign #religion #catholic #jewish #tradition #value #virtue #principles #scotus #aa #upbringing #bookblogger #lifestyle #presidenttrump #goodluck #badluck #moses #messiah #whocares #beme #beyou #beyourself #benoone #beanyone #bekind #bethoughful #rememberdisney #foreveryoung

Facebook Heading (2): Two Traits I Carry and Why By Religion by #lesliefischman #mymollydoll > #bloggingcampaign #religion #catholic#jewish #tradition #value #virtue #principles #scotus #aa #upbringing#bookblogger #lifestyle #presidenttrump #goodluck #badluck #moses#messiah > Religious Warfare > #pulitzer #nobel

New Band Called: #BagTherapyLake by Leslie A. Fischman

10/20/2017

How to Stop Terrorism by Leslie A. Fischman
10/20/17

We are still trying to figure out how to stop recidivism toward me and people spreading rumors about me. I am a prude. Not sexually active since 2014, and had no sex in High School and seldom in College, and only for one Summer in Law School, a prude. Not social for the majority of my life, go out but a few times a year, and everytime I do go out, someone tries to take me home to bed me, not my fault, if I get left at the bar, why I stopped hanging out with my friend, nothing personal.

Anyways to whose fault is that, blame their friends, Google and some Comedian. Whatever. Anyways. Says Marty Bauer, my Sister sent me a Surf Board and Gun Ad before Las Vegas and Eminem lived in a Trailer, just like Heather's friend works for a Trailer Surfer, who she lived with at the time I was playing club soccer in law school when Paco Lomma did me and my light went out my sister spreading rumors across town that I do random people? Who a Simoan and A Tech Ads Guy 1/2 Irish Josh from the Whaler? I met on St. Patrick's day, kept a poster from the Bathroom.

When I got firevaulted out from my computer passwords in my La Mer kit zip up in my desk, during Criminal Law, finished 3rd under John Rogers who asked for my notes As on all essays, I was heartbroken and then didn't finish strong after he fucked me on a Wednesday at Brennans and took my Jurisprudence Final on a Friday that week and finished with a C+ I think, assigned to read Antigone by a so-called FM Radio Station owner. I now run #FMRadioLosAngeles and founded #BloggingCampaign via Twitter DJ-ing and Blogging Songs one-by-one lead Campaign song-by-song lead Campaign. Trust-by-trust code-by-code understanding-by-understanding breathe-by-breath #knife-in-a-box (#Youtube > #JustinTimberlake 2008) > 2010 #knifeinabox after Suicide 2009 by

#lesliefischman a bottle of Kolonopin. Test me one more time and I'm committing suicide and leaving everyone in the dust just like the #usnavy would do, sink this ship #usa, leave you all blinde. I applied 2009, I applied DNC 2008, and I picked my teams in advance, what? No conspiracy, no fault lines here, pass the ball back to your side of the court in a casket if I must > and no memorial, no funeral, just my family in attendance! #BagTherapy

This Book Stack Imitates My [Desk] [2013 - Sister's Desk Anita.]

10/20/2017

The average CEO reads 60 books a year □ That's the key to success. But how do you keep up? With MentorBox... <https://t.co/V9JX8RjOgR>

— Alex Mehr, Ph.D. (@realDrMehr) *August 11, 2017*

Why They Freed OJ Because Leslie Committed Suicide And Leslie's Dad [Almost] Died With An Hemangioma in 2009

10/20/2017

Win: #DrRonaldFischman > #SCOTUS □ pic.twitter.com/95CnV2MPGR

— mymollydoll (@mymollydoll004) *October 20, 2017*

Facebook Heading: Why they Freed OJ because Leslie Committed #Suicide in (2009) and Leslie's Dad got an Hemangioma in (2009) Dear #USA > Nothing to Do with 9/11 > Dear #WorldPeace that's A Tertiary Issue I decided to Cover with Help from #CSPAN and started #bloggingcampaign #bradymusiccampaign > #pulitzer #nobel #worldpeace > mymollydoll.com > lesliefischman.weebly.com etc.

More About Me:

<http://www.mymollydoll.com/facebook-deductions.html>

#navytitanic = #imovies by #mymollydoll on #twitter a @Disneypitcher stole her Mom she committed suicide then her boyfriend sold her stock.

— mymollydoll (@mymollydoll004) *October 20, 2017*

It's now clear @JonahHill @TheSocialNet and @justinbieber should've won @TheAcademy and @GRAMMYMuseum why committed suicide (2009). In part.

— mymollydoll (@mymollydoll004) *October 20, 2017*

What is Love? by Leslie A. Fischman > #PresidentTrump

10/19/2017

What is Love? by Leslie A. Fischman

10/19/17

Let's minus the dramatic wolf scene #Disney > its because their pitcher left me out to dry 2009 kidnapped my Mom and I committed Suicide about to pass out in 5 point restraints at UCLA slamming my head into the walls because still alive, why? I killed myself why the fuck am I here now > shouted at my Mom go be with Christopher and they stabbed a needle in metal casing into my neck and the lights flickered and fogged and it went black, couldn't feel my chest. So anyways.

Love is like being on a bed of rose petals on my front lawn, stabbed with kitchen knives, while President Trump walks by trying to figure out what the 9/11 Memorial means. Steve Job's ghost walked up to me with a Hoover Vacuum. Ya so we never met, but since I thought he was in my cat, I drove to Palo Alto and parked outside his house, and he showed up in Las Vegas to meet me and greet me, no he's not the Google Executive who got killed by

a Whore, Im not a Whore, and she's in jail. Nothing to do with me, then signed up for Google AdSense. Get your timelines right. Love is most like the Movies: Cinderella, The Little Mermaid, and Beauty and the Beast Fables that have been around for Centuries, tragedies, who died and made you Shakespeare? William Shakespeare, befuddled and befogged my dearest, to whom does love write and why, to those that shine my clementines, to those that shine, fucking corn beans and animosity helmets and book stores be gone, wonder why, wonder walls, grab a guitar a golf set and king me, legally retarded got him in, and nobody says anything, from island to land to Harvard, of course, what ginger bread house, nothing but porridge and robinson's flee, like mice to holes, I learned at a young age, throwing roly chairs at my walls, while Warner died of Cancer sad, could hear us screaming from the chimney tops, running in puddles by electric pool sets, and poop in rose bushes, nowhere to shit retarded, everybody poops. Sea monsters and the liking, remember what, key elements, build some squares. Chemistry is everything > I love #PresidentTrump its meant to be like Fisher Price home my room closet foreplay with a lifesize bunny at 2 and barbies to pre-school in my ballet shoe box, tap dancing like a taxi cab driver when I was little, doing backwalkovers on the balance beam, embarrassment to whom, bought a watch of course, like the one matching sent to Sydney and slammed on the sidewalk, I handled sidewalk cases at LA City Attorneys office and jam packed my cubicle locker above my desk with a painting from my School I painted and DVDs Changeling a CD Jason Mraz with twisted eyes, and a bunch of articles on Childhood Trauma I studied. Im doing just fine and so is everyone else, gifted and blessed, by Parents. I did a back flip once off my diving board and hit my head on the board, never again.

Facebook Heading: (offended? #good > I'm offended two says 9/11 #getawayfromher!!!!) > What is Love? by #lesliefischman and #presidenttrump > #bloggingcampaign #twitter #facebook #instagram #disney #mlb #suicide #abandonment = #death (not what we thought! nevemind > its too late says 9/11 its too late #thereyougo #moveon) #whoselifesitanyways > #mine #goaway - better than you of course my parents are cora and ron = #usa #stjohns #sanatmonica runner 4-5 years 2.5 hour runner to #centurycity and back to #marinadelrey and back in the sand not good #enough > read something else! says the #latimes #newyorktimes and #theworld > belittle yourselves. (nothing hidden nothing misdirected nothing understood = #war > smartin up!) #getawayfromme #traitors who? you first middle last > barf. over me? over #war retard. #gobacktoschool.

Facebook Heading (2): THERE'S NOTHING WRONG WITH ME I'M DOING GREAT IN LIFE #BACKOFF!!!! > What is Love?

by #lesliefischman and #presidenttrump > #bloggingcampaign #twitter #facebook #instagram #disney #mlb #suicide #abandonment = #death (not what we thought! nevemind > its too late says 9/11 its too late #thereyougo #moveon) #whoselifesitanyway > I can't feel my neck again.

Buildings and The Symbols They Communicate by #USA

10/19/2017

Buildings and The Symbols They Communicate by Leslie A. Fischman
10/19/17

Buildings were the first sanctuaries, post caves to shelter mankind. The Dinosaurs grumble, well you stole them from us, why we got fogged out and died, and Christopher Columbus carried us by ship back to others for food. How we became food, we died naturally, claims historians past, ya ya, we all know you guys knew when they were gonna be in town on vacation and set up traps, like you do in the Amazon and catch wildlife from the trees dropping nets and gathering up your bounty. Who invented that method of capture, people who have jungles duh, there are no jungles in USA, silence and crickets, your diet is all protein, shouts T-Rex. To match me and preserve me in your systems, they all know you ate me, it was my job to run around scaring everyone state to state away from the weather, like Leslie August 2017 marched before all the storms hit, marched 2-4 hours everyday for a month, something is coming you guys better skit skit scadadle. So anyways, they hide in their caves guilty, and develop art, lets photo capture what happened, and how we messed up, we stole the caves because we thought they were beautiful and didn't want them to sleep in bat poop all day and become infected with fumes. Oh okay now that makes sense. Who invented rats with wings anyways, that was stupid, so the mice were running around, and the crows, guilty bark at us trying to scare us still, because they ate the rats and made rats with wings, just like shamu ate a hammer head shark and made a blue whale, which don't exist anymore because of Sea World, affected wildlife production, the secrets of the deep sea, they eat eachother to make new animals, you messed up their test tubing

bottom of the ocean sea made creatures, just like man improved by eating animals and developed organs like the animals they ate, lion hearts, snake brains, backs like wings, what exists and stays in the system, something new, why we can't eat sheep anymore. Bad luck shouts the film industry, sit and hold on like Knotts Scary Farm stop complaining, its not us, we draw in caves and explain that is our duty, war is not the answer to food.

Facebook Heading: Buildings and The Symbols They Communicate by #USA Writer #mymollydoll (Made in America: #SantaMonica Born at St. John's Hospital) #Pulitzer #Nobel #WorldPeace #lesiefischman (Jewish Seed(s) + Catholic Womb) > I've been seeded by 24 Men I think we just added them up. Y #celibate.

#Economist Speech by Leslie A. Fischman aka #mymollydoll

10/19/2017

#Economist Speech by Leslie A. Fischman

Any article produced online, serves a function to communicate an idea or a set of ideas that transpire to create a greater knowledge at some point in the future, to help direct thoughts towards avenues, built for peace like the City of Los Angeles. They just added two new white cones outside of Vicente Foods, thank you for acknowledging my 9/11 Theory, New York City just got warm with aw, how cute.

I first outlined the article then shared a few deductions outloud that came to mind while reading this article in particular, chosen because is of something of value to which concerns me, data management. When I first built my website it was because of computer loss, I wanted to archive and save my best work online, like a portfolio.

In the middle of everything, I built a new account on Facebook "mymollydoll blogging campaign" let's give this a second time a go, let you know I'm human not a machine, like all writers we experience burn out and always do our best to provide to our readers, but there is a limited understanding of our skills, and how acquired.

The benefits of research are tremendous toward self-discovery and oease within, why we have search engines such as Google, so that when an idea comes to mind we have a place to go to further that understanding or search for terms that befog us, that need clarifying or build better understandings within us, that's my philosophy. They grab the air around them, that's what we were thinking, I wink back.

The future is not clear for MYMOLLYDOLL a company that was once a Registered Corporation in California approved (2016) with stock certificates thanks #LegalZoom! How cute, my very own company. This is my first company, growth is apparent each year I write, always bettering myself everyday, like my Father has recommended to me, and don't throw Mom from the train she warns me, like the Movie: Mommy Dearest. Aw they're so cute. Going on a date tonight with someone I met in 2013, from Cornerstone OnDemand, defending two is tough, to keep moving forward, that's how I played the game, reflect no behaviors back, defend all.

Poignant Recall by Leslie A. Fischman #mymollydoll

10/31/2017

Poignant Recall by Leslie A. Fischman

10/31/17

Poingnancy is what you choose to remember it is your selective recall of things that matter to you and which you find of evidentiary concern to prove your points to the matter who is guilty, innocent, and to blame for whatever purposes you think justified to hurt me, nothing will get done forward and I'm telling you that right now, and if you don't listen to me and are harmed that is not my fault, if you do not trust me or find me helpful than read something else. It is really no one's business for the reason's why I write it is to curtail violence in the community and around,

and for those reasons and for those reasons only I write, what occurs outside of me, I have no control over, and it is never the victims fault. I am victim #1: 1994. If you choose so whatever clever to think that I put others in danger upon meeting me, justify crimes, in shock whether to, hurt others or not think to than you are in the wrong, clearly this is a very sound base station of rationale and good judgment, not for entertainment purposes, this is mymollydoll.com. Because there was such positive reaction to my stories I became #bloggingcampaign an entertainment campaign with no desire to work within, my dream is to live and work in DC since 2011. Work in the field of law not politics, there are the most lawyers per square footage in DC, where I should live. I was born in California, I love California, I could not get into schools in California, went to school in Colorado and have lived in California since, doing great! I'm not sure what the problem is, I'm not a side show, or a clown, or to be hurt.

Facebook Heading: Poignant Recall by #lesliefischman #mymollydoll #NYC

Coupon Address to those Trying to Coupon Me by Leslie A. Fischman Writer and Founder of mymollydoll.com = Me

10/31/2017

How Does ESP Work by Leslie A. Fischman
10/31/17

I just washed my hands and typed the title after eating taco bell: 4 donuts and 2 taco supremes. Can you tell? There's a sudden tone change before any attack. There's deafness, followed by a heightened state of turmoil, oddities, and erratic retorts. This is a pattern to be studied and understood, how we react to environmental stimuli is so important, for us to always be in control of our emotions says the DA and not give into our environment, words spoken to us, or words read to self and out loud. What makes sense is only what feels certain and true, unique to you, and your concepts of reality at best suited toward your safety needs, is the voice you should listen to. We argued out loud at UCLA square, whether to reset by education is that what that's for, and hopscotch to stay centered. Well now we are in a different field, much akin to Shakespeare, whenever tragedy strikes, we have a duty to call upon our own minds for comfort not the minds of others, which often much too often lead us astray toward sides, we become then become defensive to says the DA. It is to your beliefs you hold true and evident, whenever someone is wrong, on its face it is shown, not to the faces of those who are offended. When one becomes offensive toward others that signals: (1) not liked (2) not trusted (3) seen as devalued or (4) not good enough to be valued or to write for mymollydoll.com, why not another girl? Well I went to school in a cubicle chaste 2003-2017 to present continuously studied, why I have built mymollydoll.com with success and of high virtue for self and others. That is considered God's work, when we help others selflessless, with no monetary award, that is a good effort, an effort well spoke, always without error.

Facebook Heading: My Brain My Life by Leslie A. Fischman > Coupon Address (2) by #lesliefischman #mymollydoll #esp #nafta #adele #trl #da #nyc #worldpeace #nba #staplescenter #pulitzer #nobel #beyou #dontbeme #igetit #imnotarolemodel says #rhubarbstudios #ohisee #nowyouknowme

lesliefischman.weebly.com Coupon Address by #POTUS

10/31/2017

Facebook password: 2gockEiX091VjbR

I hereby to solemnly swear under the oath of Congress to do my rationale duty to serve and protect the Citizens of The United States of America, in the most peaceful way possible, without causing harm to those parties that do not agree with my strategies toward peace dust them off my shoulders like flies or bats, and take them off like shoes, and let my socks stink. Catch footballs and throw footballs like an Easter egg hunt, until the day I die, hoping all possibilities forward are both positive and achieved, safety of nets within, persons unharmed greater than those harmed always (<) is symbolic of logical reasoning causes and patterns, once recognized should not be triggered to reduce consequences or cause consequences but let one another be mindful of necessity for freedom of expression

during peaceful times. These are but warnings, we have no other warning system other than to keep our Ys low, and to protect the smart not put them at risk of harm, like knives in boxes I go. There are no jokes greater than equality of purpose, sound, trigger, and conclusions bearing weight on us all.

Facebook Heading: Presidential Oath of Office by #PresidentTrump > #FBINNYC > Black Out #lesliefischman > Keep mymollydoll.com (Preservation, Creativity, Positivity, Public Consciousness, Public Safety by #SCOTUS) > #ShortyAwards

#bloomberg: Wealth Management Systems by Leslie A. Fischman (Dissertation Prospectus for TJSL 2017).

10/29/2017

Wealth Management Systems

By Leslie A. Fischman

Dissertation Prospectus: TJSL

10/29/17 (First Draft)

Wealth management systems reflect value placed on goods and services and the maintenance of those goods and services provided, and to whom. The structures provided to the individuals to whom those goods and services are provided to are who matter to both the representatives of those structures and to the systems created to support and provide to those individuals on a need by need basis, their interests served, their private interests disclosed, based upon their beliefs, what they choose to invest their time, money, and energy to, is their choice, [by] their recommendation, and the service[s] to be provided are [based upon, reflect] the structures created for them, such as banks. All of which play a role in creating a network of safety, trust, and value which every individual investor carries with them, to others, throughout their interactions with others, based upon trust. Trust can only be created when there is a higher volume of networks outside a smaller volume of individuals per unit, banking works like social media, very similar.

Reference: mymollydoll.com (Certified Crisis Counselor)
Social Media Blogger (2013 - Present) with 90K Following (2016) and 300+ Friends

Facebook Heading: [Wealth Management Systems](#)

by #lesliefischman#mymollydoll #bloomberg #tjssl #dissertation #prospectus #pulitzer#nobel #todolist #thingstodo #needtogetto cc: #USSupremeCourt#JusticeGinsberg #JusticeRoberts #ClarenceThomas #BarackObama > #President Trump (My Boyfriend)

Under pressure? You need space. @business separate file, tasks. pic.twitter.com/E54fhRXQc8

— mymollydoll (@mymollydoll004) October 29, 2017

Denote with a green flag of value for @realDonaldTrump on all emails @business or records within please <https://t.co/5m7F9lhH3T>

— mymollydoll (@mymollydoll004) October 29, 2017

Sharpie and Deletions of Names Protect Identities during Inv.

Anything that supports ID's a pattern sharpie out everything send to @realDonaldTrump or @USSupremeCourt <https://t.co/hFc5e3zpF6type> stuff.

— mymollydoll (@mymollydoll004) October 29, 2017

We are looking for patterns of abuse patterns of misuse of monies not for purposes stated to broker @business type cases just thought [pic.twitter.com/TNHUX4Je5t](https://t.co/TNHUX4Je5t)

— mymollydoll (@mymollydoll004) October 29, 2017

My Dissertation Topics will Include @USSupremeCourt 10/29/17 by Heading Stated within #Book #2 Lambert Academic Publishing Outlined -not all pic.twitter.com/NWDnOwAcNO

— *mymollydoll (@mymollydoll004) October 29, 2017*

Boundaries between exchanges @business something I want to learn more about transfers interactions and processes flows communications etc. pic.twitter.com/zHfqAjWs0D

— *mymollydoll (@mymollydoll004) October 29, 2017*

Being Apart of The Solution by Leslie A. Fischman

10/28/2017

Being Apart of the Solution by Nobel and Pulitzer by Leslie A. Fischman

10/28/17

Everyone wants to be apart of the solution, that is a given, an opportunity to shine and an opportunity to lead, an opportunity to be given credit to and to make points. This is what we call achievement and sense of purpose, driven toward callings in life. It is to each his own, purpose chosen in life, we call callings in life, not to be chosen or driven by others, but chosen from one's own upbringings. It is not to be dictated nor narrated or read outloud or back or gifted to anyone by connection.

Commandments and Rules of Order to Set in Motion Good Purpose:

1. Thou shall not trigger hate toward any one group or individual.
2. Thou shall not steal nor identify with any one person's identity.
3. Thou shall not compare or privy a side to justify a side.
4. Thou shall not justify a side to make side stronger better than another.
5. Thou shall not make use of commentary to justify or shed light on ones own.
6. Thou shall write to explain and help strengthen not weaken another's side.
7. Thou shall not defame or otherwise dismember any persons or groups sense of selves or purposes in life or abilities and senses of agencies in life purpose.
8. Thou shall not interfere with the ability of others to achieve in life.
9. Thou shall not make use of one's own identity to help others identify themselves in themselves that is a misuse of self to help other[s] achieve self.
10. Thou shall not exchange identities with others to protect others in advance.

Reference: <http://www.imdb.com/title/tt0119217/>

Please Note: Chris Moore Messaged me on Google Chat March 7, 2017.

Facebook Heading: Being Apart of The Solution by #lesliefischman #mymollydoll #worldpeace #academyawards #westickttogether #xbox #grease5 #presidenttrump #barackobama #collidascope #mlkmemorial #aw

Facebook Heading (2): Being Apart of The Solution by #lesliefischman #mymollydoll #worldpeace #academyawards #westickttogether #xbox #grease5 #presidenttrump #barackobama #collidascope #mlkmemorial #aw #stonehenge #brentwood

The Past and How AA Has Affected Me by Leslie A. Fischman

10/28/2017

The Past and How It Affects Us by Leslie A. Fischman

It is our constitutional right to privacy to be protected from unreasonable searches and seizures, this includes unreasonable searches and seizures from our persons from our identities, our pasts. There is something therefore fundamentally flawed in the practices of the AA Twelve Steps that has since changed since 2011, the through inventory taken of my sexual history, fears, and resentments, which upon disclosure, lists created, created severe hardships among members of my inner circle who upon peer review, became bitter toward me, it was an assignment, not a heart felt write, or thought by me to write, but upon assignment written not by the times written, or felt to write, but upon assignment, that's what was not clear.

I think that all things personal shared out loud have the opportunity to be taken personally and all things said outloud, one person back to whom attachment made, upon reading bears: (1) resentment, (2) hardship, (3) animosity, (4) attitude, (5) lack of pleasure upon reading, (6) disbelief, (7) discriminatory retorts, (8) dissent, (9) defensive tone, (10) waiting for ammunition to sue, (11) looking for justification so thinks that suit was because of blogging, or texting, or suicide, no hole in the wall.

Facebook Heading: [The Past and How AA Has Affect Me](#)

by #lesliefischman #mymollydoll #fears #resentments #sexualhistory#ussupremecourt #barackobama #presidenttrum #pulitzer #nobel#worldpeace #philosphy #life #recovery

Jealousy and Personalities by Leslie A. Fischman

10/26/2017

The Meaning of Jealousy and Personality Displacement by Leslie A. Fischman
Discussion Inspired by Jimmy Fallon and Stephen Colbert on Twitter: Profile Photos
10/26/17

Jealousy Definition [4] “ ... feeling, disposition, state, or mood” on [Dictionary.com](http://www.dictionary.com/browse/jealousy) is described in this way. (<http://www.dictionary.com/browse/jealousy>). I have selected this definition and focus for good reason.

A changeable state or disposition is what comes to mind when a jealous position is created in a person when looking at another, is what I first thought when jealousy the word jealousy came to mind, personalities and how they change too, or how personalities change when others are mentioned on Twitter, picked up.

I thought this was very interesting, I called it the <comedy code> when in reality it is called channeling I believe in acting when you see a character and then channel their character in yourself, and try to become them. Interesting, like putting on a suit replies Stephen Colbert quickly changes his Profile photo to a third account shows up, him in a suit, to the second profile photo of him kissing his wife. Aw, blushed.

Now shake off all characters and be you, how so? Write put my mind back in me. I think some people like to read books to separate self from reality or separate self from self and enter other worlds or minds of people too sometimes, or become others. I mean this is a new phenomenon or old, I'm not really sure if talked about.

Facebook Heading: [Jealousy and Personalities by #lesliefischman #jimmyfallon #stephencolbert #mymollydoll #worldpeace \(2013\) then #bloggingcampaign \(2015\) after their Founders passed away picked up another campaign for #SCOTUS.](#)

The History of Railroads in California by Leslie A. Fischman

10/26/2017

The History of Railroads in California by NBC News by Leslie A. Fischman
10/25/17

Quote:

“This project, the railroad, going through the mountains was the largest engineering project in the country at the time,” Hilton Obenzinger, associate director of the Chinese Railroad Workers in North America Project at Stanford University, told NBC News.”

<https://www.nbcnews.com/news/asian-america/150-years-ago-chinese-railroad-workers-staged-era-s-largest-n774901>

Much like railroads built in California by Chinese laborers, Social Media has experienced many changes since 2013, as evidenced through the changes underwent on Twitter 2013, via post advancements adding photos to posts and then to Facebook posts, who were the first to eliminate word counts, which were not replaced and kept on Twitter for good reason, to keep up the pace, of distribution.

There is a simplicity to distribution that is of significance to each media central, one by squares Instagram, one by press Facebook, and one by reel Twitter, each with its own voice and tone, feedback is given, one louder and some more encouraging than others, the most supportive networks I've found are: Instagram and Tumblr. The most advocate driven and vocal voices I've found are on Facebook most assembled.

Facebook is still in its development stages, pages are not yet assembled, as they should be, with the majority of tones on individual based distribution centers, and most distributions too from professional outlets which mainstream to us. Small businesses have since tried to include themselves, but have had difficulty sounding to us vocalize themselves over the tones of these more powerful companies in existence for longer who's voices are much stronger better suited for squarespace. Weebly, shopify, amazon, ebay, Shareasale, or spaces annexed to highly read sites, become an ad, not a site, may be the future for websites, to just become an ad on a site, is the future I believe for website, to make ads for themselves on existing sites.

It's like how I put a Facebook Ad on my mymollydoll.com in the column to the right. That was a cute idea. To send back following back to Facebook. That was a great idea actually now, looking back, but instead, took it down, because I wasn't sure what was going on, but I will look to see if Mark is on Shareasale, I don't think so.

Pages on Facebook are most helpful like a Wikipedia, to key focus ideas identity of a person, individual, or company slogans and main points for #bloggingcampaign and Leslie Fischman, get a first impression, a good first impression, background information based check if what in full does not make sense, get a summary.

Facebook Heading: [The History of Railroads in California by #lesliefischman #NBC #mymollydoll #PresidentTrump #China #Asia #News #History #nobel #pulitzer #socialmedia #Facebook #Twitter #Instagram #Weebly #Ebay #Google #Amazon #Shareasale #Tumblr](#)

Facebook Heading (2): [The History of Railroads in California by #lesliefischman #NBC #mymollydoll #PresidentTrump #China #Asia#News #History #nobel #pulitzer #socialmedia #Facebook #Twitter#Instagram #Weebly #Ebay #Google #Amazon #Shareasale #Tumblr\(We came up with Site Based Ad Space Mark & I\).](#)

Note: I like Ebay because I secretly don't like Vintage stores, because I love my clothes would never give them up, and Ebay will buy your clothes and resell them for you and photo them and put them on their site for you and do all the work which is really cool, they are so helpful, and of service, great idea!

October 26th, 2017

10/26/2017

The Pack Thickens by Leslie A. Fischman

10/25/2017

The Pack Thickens by Leslie A. Fischman

10/25/17

For every solution, there is no ending but reversing of negatives toward positive endings, that is to undo hardships toward those offended by the luck toward others who reverse the luck toward themselves and their interests in life, not all is fair during times of war, when it comes to sides, beliefs, and who is who, and what is what, and what is why, and who is why, and what needs be, and why is why. That is understandable. It is cause for concern, when things and words are mixed around to communicate in a way to cause confusion or error of thought in the negative toward others, groups of people, or individuals, for their belief systems, or profession. That is not the proper use of communication, to sound better or smarter than, but one should always encourage the sharing of thoughts of others, better one another. That is the main purpose for communications not to be condescending or negative, but to supply information, that is helpful to coordinate thoughts in a positive direction. –We had a discussion in my car, which I said I would later clarify: (1) Clear (2) Confrontation (3) What is now considered Delusion i.e. Negativity. It is very commonplace to be non-accepting toward the value systems of those who carry viewpoints that do not match our own or who come from backgrounds we deem not deserving such as I 10 years of Law School, well deserved, worked hard for these skills in communication and writing, trained professionally self-taught how to write. This is my style of writing I developed over the years to communicate in my tone.

#IvankaTrump's First Speech

10/25/2017

#DACA youth are the best and brightest. Their success leads to AMERICAN success. I won't stop fighting for #Dreamers. pic.twitter.com/OY9f9CKrIV

— Sen Dianne Feinstein (@SenFeinstein) October 25, 2017

#mymollydoll pic.twitter.com/AX2JC1DIHn

— mymollydoll (@mymollydoll004) October 25, 2017

.@IvankaTrump on working on @POTUS' agenda: "He was elected by the American people...I was not. I'm there to support the agenda." #Hannity pic.twitter.com/iPgmxsbSHh

— Fox News (@FoxNews) October 25, 2017

Great to be on the Hill today talking #TaxReform & the importance of providing much needed relief to middle-income American families. □□

— Ivanka Trump (@IvankaTrump) October 25, 2017

Working families need #TaxReform & the time is now. This Administration is committed to ensuring all Americans can thrive in our economy. pic.twitter.com/0mJpOP3THj

— Ivanka Trump (@IvankaTrump) October 26, 2017

#JohnSifton (2-2) @hrw <https://t.co/hFc5e3zpF6> #worldpeace@USSupremeCourt #scotus @realDonaldTrump #addonswhynot@PulitzerPrize pic.twitter.com/pPRWCyT6In

— mymollydoll (@mymollydoll004) October 25, 2017
[#bloggingcampaign pic.twitter.com/8E9UbQYyK3](http://pic.twitter.com/8E9UbQYyK3)

— mymollydoll (@mymollydoll004) October 25, 2017
#JohnSifton (1-2) @hrw #boxstamped sent 2013 #suicide (2009) he has my school + writing file cabinet records all paperwork @realDonaldTrump pic.twitter.com/YM6ZmVneky

— mymollydoll (@mymollydoll004) October 25, 2017
Facebook Heading: #bloggingcampaign created by mymollydoll.com First Speech: #worldpeace (August 2013) #PresidentTrump is in charge furthering #BarackObama's Agenda & Mine (2013-2017 Stated), #ThankYou!

Facebook Heading (2): #bloggingcampaign created by mymollydoll.com First Speech: #worldpeace (August 2013) #PresidentTrump is in charge furthering #BarackObama's Agenda & Mine (2013-2017 Stated), #ThankYou! #IvankaTrump #Quotes

Plado What We Pick Up and Why by Leslie A. Fischman

10/25/2017

Plado What We Pick Up and Why by Leslie A. Fischman
10/25/17

It used to be that we picked up things that we were attracted to or that we could relate to or were similar [to our] interest[s] or to our liking, but things have changed. The process of learning is continuous, much like traveling, its impossible to be everywhere at once, its not humanly possible to be in multiple locations at once and to center one's self environmentally, read one's surroundings accurately, picture the thoughts of everyone. If we could maybe we would all better get along, but usually it is the case that we are who we are surrounded by or to whom we interact with. That is who we are most influenced by and from where our ideas or mindsets are affected and from where and to whom and why things or energies are picked up. It's not that we are purposefully experimental with one another, but we pick up from our surroundings, that is human nature, to read what is around us, whether through eye sight, reading or through our senses, whether from what is looking at us, or from what we are looking at, whether from within or from looking at ourselves from outside of ourselves, that is always a unique feeling, when we feel separate from ourselves. Why does that occur, such displacement of self, usually occurs when we feel odd or something is off, that is our body telling us that something is wrong, either around us or within us, maybe we need to shower, paint our nails, brush our teeth, comb our hair, simple things sometimes, tidy our room, organize our closets, fold laundry, do chores, who knows, get work done, read books on shelves we bought but have not finished 20 pages in like Guns Germs and Steel just to look smart. Whatever it is that makes you feel good about yourself is all that matters and stick to it, what you pick up is your choice, your intelligence, your right to privacy, your mind, your puttings together of your surroundings, your ability to think, and should not be dictated to you nor directed to you of what is the right way or wrong way to think, any way of thinking is acceptable says the US Supreme Court and all freedoms of expression through writing and so long as no harm to others is allowable, unless to do so causes harm to self or others, is frowned upon, <oh we get it> Sometimes people do not want to be included in minds, sometimes people do not want to be included in texts, Im doing my best, even given capabilities of mentions, I don't think necessary to utilize anymore, but at the time was really helpful, just like mail or instant messaging on AOL how else would we have contacted one another? It is through the assembly of good people that good ideas come to mind, and good people set forward into motion, good plans of action to further good in the World #HRW, its not just me, it was just one 25lb box to set forward something better (2013) Im sure they took care of us all, lets just have better faith that we should focus on ourselves and trust the Professionals in all matters related to lives saved.

Facebook Heading: What We Pick Up and Why

by #lesliefischman#mymollydoll #PresidentTrump #BarackObama #KimKardashian (As Promised on #Twitter: #Plado [Speech 10/25/17](#)) #pulitzer #nobel#worldpeace #hrw #spirituality #humanspirit

#MTVNews

10/25/2017

"TRL" is back on MTV. Our critic says "each episode is an hour but feels like two." <https://t.co/Bq8JiwnUA6>

— *The New York Times* (@nytimes) October 25, 2017

Political Ideologies and Entertainment by #mymollydoll

10/25/2017

Political Ideologies and Entertainment by Leslie A. Fischman

10/25/17

It is my belief that Politics are for leadership and for purposes of making sense of what is and what is not. That is for leadership purposes, to protect, preserve, and to provide for each other, systems of support, that bring people together not apart.

Entertainment is one system, stage and audience that has been built initially for this purpose, where there are performers, and there are audience members. Today we have blogging, where there are listeners and there are writers. Providers and consumers. Once any one thing is consumed, it is devalued, as not special. That is an unfortunate fact of life, that once something is said, it is understood, not new anymore. Anything that is shared, that has not been shared before, is not new.

In order for anything to continue to be built, new systems of support need be integrated in order for any one structure to be maintained, there is a great system called laws which have been built, I believe from the practice of medicine. Which came first? Medicine. There was illness, decisions were made (law) and people were helped (medically). That is where Law and Medicine came from, two professions (through the practice of maintaining one another, they evolved and so have we).

Facebook Heading: [Political Ideologies and Entertainment by #mymollydoll](#) (#Southwestern School of Law 2008 Lecture #Reference) #SCOTUS #VannaWhiteCase #RonaldReagan #pulitzer #nobel#worldpeace #englishlanguage

Ethics Crisis Intervention Counseling <https://t.co/GBepLavLQp>#bloggingcampaign

— *mymollydoll* (@mymollydoll004) October 25, 2017

The Basis for Discrimination by Leslie A. Fischman

10/25/2017

The Basis for Discrimination is Understanding (Key Point) by Leslie A. Fischman

10/25/17

The most basic point to any understanding is what is at difference between two things at odds or two things alike, that is what most basic people comprehend as composed of as meaningful interactions or points of things that constitute togetherness or apart, to bunch or to separate, to pile, compile, or separate.

Okay we have since evolved, I'm not trying to undermine that logic, but there are better ways to be accepting of people other than by denominations or by characteristics or how they identify by race color creed (religion) gender sexuality suicidal or not, these are not things that should matter to anyone we call all of these things as falling under one's right to privacy, anything that constitutes part of any one person's identity I would argue is their constitutional right to privacy.

For these reasons, I argue that when one's identity is used and mismanaged to argue rationale to denominate, or to rationalize why one is one way or not one way one day or the other or toward one person or not toward another or when one instance and not another whether having to do with race or sexuality has nothing to do with either has everything to do with flirting #France, why I left, flirting #France, why I left flirting #France, why I left flirting #France, why I left flirting #France, why I left.

I did everything to help this individual get the job, hired her, my Boss flirted with her, brought her to parties, favored her over me, put a sticker on my car, made me park in front of a Holocaust Museum, hostile toward me, put flyers up and down his Street when he let me go, and after she left him. After I got f-d on his couch. My job given to a company. I managed an #Airbnb 4 Million dollar home and a Paralegal.

No I am not Racist I am half Filipino and no I am not the prettiest and have been overweight my whole life had to run for 4 years to lose 50lbs and get thin. No I am not jealous of other Women have been in a cubicle since 2003 winning awards left and right an Academician holding leadership positions a stellar student straight As.

Sheltered Minds by Leslie A. Fischman > [#mymollydoll]

10/25/2017

Sheltered Minds (Pun to Movie: Dangerous Minds) by Leslie A. Fischman
10/25/17

There is no better solution to the war on terrorism than to shelter the mind from all things negative and create a positive environment from which thoughts can thrive. The best way forward is not to focus on negatives and not to talk about what it is that is bothering us so much so, and talk about what instead is: (1) what we are working on (2) what we are up to (3) what we are doing (4) where we are going (5) what we are planning to do (6) what we are doing (7) what we are thinking (8) what we like (9) what we want (10) what we hope (11) what we wish for (12) what we are thankful for (13) what we pray for (14) what we think can happen. Why not focus on possibilities rather than certainties such as history based logical assumptions, that is rather futile don't you think? I think not positive at this point. -I was thinking in my car driving down San Vicente, about two things: (1) faith based thinking, rationale; and (2) it will come back to me, memory. I have a very strong belief that when you (1) do as you are told (2) follow directions (3) do not question self or others, follow your instincts know the difference between right and wrong you make good decisions for yourself, and from those decisions luck is derived in the positive or the negative - good or bad. That is how you achieve good or bad luck. When it comes to memory "com[ing] back to me" when you achieve a strong handle on 1 thru 3 usually it follows that memory through faith based principles you will end up in your thought processes right back where you were thinking or started from or forget or right where you left off and remember, where you were. It's funny how life works out that way, when you are good, your gifts are given back to you. No matter how much alcohol, tries to interfere with your gift, if you are disciplined enough to refrain, your body will heal and your gift of higher ordered thinking will return, that was my hope.

#LasVegas > #mymollydoll > #bloggingcampaign

10/25/2017

Every mass-casualty event attracts its share of crackpots, and the #LasVegasShooting would be no different<https://t.co/4Niv4YAC55>

— Las Vegas RJ (@reviewjournal) October 15, 2017

Developing Value Systems by Leslie A. Fischman #Religion

10/24/2017

[Developing Value Systems by Leslie A. Fischman](#)

10/24/17

Anything of value, requires: tact, system support, backing, fundamentals, and bearings. What connects, and what is logically binding, adds weight, adds value.

Religion is a similar system of support that has been built. Built as a story base[d] syste[m]. Stories that were put together to build theory to base decisions from. Stories that ring true, that we can relate to, from which we value, adhere to and from which we understand, comprehend, and appreciate from where we come from.

Today, we have new stories, new hardships, new struggles, and new understandings, new ways of thinking, it only makes sense, that we require new systems of thought, and fundamentals, to bind, and systems of support to back.

There is no hierarchical privilege when it comes to leadership in systems of thought and religion, every thought that comes to us, is of importance, and every person who shares their thoughts is of significance, even the greatest thinkers, will always be remembered for having shared their thoughts, without whom, we would have had no guidance today, we will always love and appreciate them for their thoughts.

My favorites? Shakespeare and Plato and Kant. Plato because he was a philosopher namd after a planet Plato and Kant “I think therefore I am” and Shakespeare because he thought it was comical and dramatic to mix words around so dramatically in trying times that people watched and listened in aw and it was exciting and playful to hear him roar and his audience loved him for it and his actors for illustrating these stories in a way that was digestable to the times, and helpful.

#bloggingcampaign is a great place for everyone to start and provide systems of support for one another and a way for everyone to be apart of this journey forward as suggested by Barack Obama who was a very popular President Worldwide, other than my Real Estate Mogul President Pseudo Boyfriend President Trump who shares a love for Architecture the inside joke my house is now Yellow Fox News.

Being independent of others, requires a great deal of belief in one’s self first and foremost. Confidence comes from within, and that can only be achieved by sound decision making, through excelling both academically, and getting along well with others both professionally and socially, always be cordial with others, never fighting, that is how I am and always have been. Unfortunately once you become successful you attract a different crowd of people, a crowd I am not used to, and that is why I get suicidal, not used to being treated as something I am not, people treat you as something they want you to be like, so you become something you are not, so they can be better than you to try to take your place in life, and achieve more than you, well what is the point of that, to try to be me? That is impossible, there is only one of me, I cannot be replaced. I am only one, there is no one like me around.

Uniqueness of character is maintained through longevity of maintaining interpersonal relations with others as both an active listener and speaker. When at the top, it is difficult to socialize because one is unwilling to be like, and trying to maintain self and individualism of character, that is understandable, and something that people should recognize and appreciate about us, need for space, alone time. It’s not personal, it’s for professional reasons, I am a recluse, it is because I am a professional writer, very focused, not on reading others, but on the creation of new material, and new thoughts.

Facebook Heading: [Developing Value Systems](#)

[by #lesliefischman #mymollydoll#bloggingcampaign #nafta #religion #popefrancis #dalailama #philosophy #kant#p](#)

lado > #pulitzer #nobel #worldpeace #methodology #blogging [Note: We are on a Deeper Blue: Blue #3 Now last 5 posts or so ago].

#mymollydoll pic.twitter.com/AX2JC1DIHn

— mymollydoll (@mymollydoll004) October 25, 2017

#PresidentTrump

10/24/2017

Donald Trump chose a very weird day to visit Congress <https://t.co/22BbPlop30>

— TIME (@TIME) October 25, 2017

Facebook Heading: #PresidentTrump works out > #FreeWeightsEveryday for the #Heart how I got my arms skinny (2014-2016) and running everyday but stopped > good job! #loveyou! #pulitzer #nobel > Physical Fitness is great for Stress + Mind.

#G20Summit Germany Speech by #mymollydoll (2017)

10/24/2017

Here's my Anti-Burbation (Speech)

by #HomerSimpson#RonFischman #ColumbiaUniversity and #LisaSimpo... <https://t.co/rWDDahpype> via @weebly

— Leslie Fischman (@mymollydoll) October 12, 2017

pic.twitter.com/ynmq4arYIU

— mymollydoll (@mymollydoll004) October 25, 2017

Facebook Heading: #G20Summit Speech

by #mymollydoll#lesliefischman (2017) #bloggingcampaign #nafta #PresidentTrump#Germany #pulitzer #worldpeace #saveeverything #ironmountain#forgiveall #lrfischman

Facebook Heading (2): #G20Summit Speech

by #mymollydoll#lesliefischman (2017) #bloggingcampaign #nafta #PresidentTrump#Germany #pulitzer #worldpeace #saveeverything #ironmountain > #nobel

Here's why we're spending another \$100 million on faculty

diversity: <https://t.co/1ATAkq6sDx> pic.twitter.com/OOaeRwBtAP

— Columbia University (@Columbia) October 23, 2017

November 2017

Over Last Laughs by Leslie A. Fischman #mymollydoll

11/1/2017

Over the Last Laughs by Leslie A. Fischman

11/01/17

When its over the last laugh, always goes to the victims, that is the correct order of lines drawn, lines of fault, lines of blame, and lines of truce, and matters certain. It is an unfortunate consequence of competition when others are quick to judge on false merits the merits rightfully earned by others who succeed in positions of trust such as myself, over a good laugh. That is never the correct purpose for decision making or reflective of sound rationale judgment but for personal purposes these lines are drawn, and indicate guilt within the pack to who provides such. Disney, as a stockholder since the 80s with a certificate on my wall has done everything possible to undo the consequences of hardship caused by The Simpson's Cartoon, came out with Beauty and the Beast, to defend my Father, maybe it happened that way. -I have attachment issues, because I am a victim of homicide and abandonment by my Mother in the 90s, so I have problems letting go, and thought my Father the same, why I committed suicide, I had not yet achieved success. I had to become a Forbes Under 30 Billion Dollar Asset online to understand homicide, and why my Father is innocent, professionals do not commit homicide when they have everything lose one person from their life, who they used to called "pea brain" or small minded. I take care of everyone now, my Father looks "pea brained" innocent and me the Forbes 500 Kid, who as a result of my suicide and 2OJS>waroverseas theory in West Hollywood he died too in 2009, we died together, as a result of one poor deduction. Why it was later shredded when I got out of the psych ward UCLA told me I was delusional, upon telling them I was in the middle of applying to Law School.

Facebook Heading: [Over Last Laughs](#)

by [#lesliefischman](#) [#mymollydoll#adele](#) [#houseofcommons](#) [#pulitzer](#) [#nobel](#) [#bbdo](#) [#worldpeace](#) [#nyc#hollywood](#) [#presidenttrump](#)

Casting Clowns by #lesliefischman & #PrinceHarry #FoxNews

11/15/2017

Casting Clowns by Leslie A. Fischman

11/15/17

Whenever something bad happens, the best remedy and recipe for success is positivity, remain positive says the FBI, that's the cure for mental illness. Upon all things negative only harm can result from those actions and the actions of others, its not words, but people who shed light on characters, and cast them over identities, like shrowds, to place blame, that is a natural human error, to misidentify positives.

Usually people who are negative, explains Greg Gutfield of Fox News, are by association related to something or someone negative toward someone positive. This occurs when an identity is made, a new identity, to shatter a founder of identities, positive, to claim status, is one way guilt is produced, usually shrowded upon the one from whom powers are given, and success is attained, influenced by.

Its for no one to misjudge the character of others other than court officials, they are always responsible for correcting the behaviors of those who have fallen sin. Trust that system, it is not the commoners job to reduce recidivism by theft upon one, a founder, it is clear to whom power is given, sources get cut from teams, that's very noticeable and understandable, no one ever wants to be found out a second to one.

Secondary Victims of crime are me, a Victim from 1994, a woman who was like a Mother to me was murdered. That is how we relate, #PrinceHarry, and on those grounds upon speeches given, that is the identity compared to #PrincessDiana, or maybe a #Kate Middleton of the #USSupremeCourt, new Grandma Queen: #JusticeGinsberg. A Matriarch system was formed by accident, much in the same way walking down a runway, he fell in love and had kids #PrinceWilliam.

It is only with permissions and acknowledgement anything well versed is accepted with tactical considerations for any one leadership position, trust is required, earned. Trust is earned when forthcoming, and announced, planned in advance. Peace is made through the expression of good interests, that's our Constitution.

The Quality of Comfort We Provide by Leslie A. Fischman

11/15/2017

The Quality of Comfort We Provide by Leslie A. Fischman
11/15/17

The quality of comfort we provide is based on two things: (1) what we know and (2) what we see. For all things known if made certain, than this is the comfort that has been provided, what is to be trusted, is only what is to be believed, never stop questioning yourself and others, it is by (1) observation and (2) intellect that any (3) trust can be achieved. That is based upon (1) how things are built and (2) how things are categorized. Always be in control of the obvious assumptions, to lay any one future forward positive.

Good can only occur, by the strikings of rights, occurring in any one period of time. That is how future is buil[t], but upon trust, is the only way forward, which times should we focus on, the best of times, or the worst, that is for [the] people to decide, which era knows best. When any [one] thing becomes unstable, the best way forward is to focus on the positives, not the negatives, that is how instability occurs, obviously, by focus on negatives.

Always have faith in your abilities to achieve, nothing great or successful every came easy, and those who second guess, are some of the most careful decision makers in time. We call them builders, they build (1) foundations (2) layers and (3) engineered scapes [or spaces]. That is how trust is built and that is how trust is achieved, through architecture, first in the mind, then on paper, and then we see, who is to be trusted, and who is to be ignored, [success is not nor never accurately measured by sums].

I never believed in the silent treatment, it never made sense to me, sometimes the greatest minds, occur during times, when the most backs are turned, on one, that must be how positivity is achieved, through disbelief, and beliefs, the constant push and pull, between the past and the present, and the constant depth required to predict the future, that is a [or the] basic [or basis for the] [omit and] natural human struggle, to be (1) prepared and to (2) predict the future.

There is no recipe for psychic gifts, this I've thought long and hard about, a gift I wish I had. I had to go to so much school to be a careful decision maker, and trusted #[I]nfluencer. Money brings cushion, but education is the best trust created, for all things equal.

Facebook Heading: #BlogPost: The Quality of Comfort We Provide by #lesliefischman #mymollydoll #StevenSpielberg #Rogueberg #PrinceHarry #PresidentTrump #BuildAHotel #Waldorf #LosAngeles: I used to stay in the #MarilynMonroe Suite of the #WaldorfAstoria it has a balcony connected, but would smoke on the sidewalk and chat with the crowd.

HTML

my girl @thegabbieshow is baaaaaaaack □ #TRLpic.twitter.com/7SZ211f8fS

— TRL (@TRL) November 15, 2017

Facebook Heading (2): #BlogPost: The Quality of Comfort We Provide by #TrL #lesliefischman #mymollydoll #StevenSpielberg #Rogueberg #PrinceHarry #PresidentTrump #BuildAHotel #Waldorf #LosAngeles: I used to stay in the #MarilynMonroe Suite of the #WaldorfAstoria it has a balcony connected, but would smoke on the sidewalk and chat with the crowd.

#snapchat Speech by Leslie A. Fischman #mymollydoll

11/15/2017

#snapchat (Speech) by Leslie A. Fischman
11/15/17

As a general consensus. We all agree we are much too late to build the Internet but do our best, replies #SnapChat, one of the first Tech Giant Apps in the Game, a new idea, based off a few ideas, of good omen, a great study of a study in trauma & PTSD. Anything based off a good idea, or a good thinker, will always render positive results, that is the other case, that it is never too late to try, communications, all are best, never one at fault, but the when the dissent is too quiet, the obvious occurs, war. Whether snapped, or beckoned, or reversed when called upon by a man in a vest who shouted back in my face that I was weird, a Lyft was sent, two bouncers to calm me down, after shutting myself out in the back room to write, like being backstage, at a show. Everyone watched, only one complained, just like in front of Peet's Coffee, for some reason my odds are a million to one when a speech is given, there is always one who shouts at my face or from behind my back, disagrees. That is normal, not something I fear, Ive studied many case, I write to appease three sides always, the opinion, (i.e. general consensus = "we're too late") and the concurring and dissenting opinions I always anticipate beforehand while writing for everyone.

Thank you #BungalowSM = My next goal is to remain 1 year sober, keep trying.

Our mediators last night ADR specialists were two bouncers, thank you! Be good, I will, here forward, says Barack, move forward, you got it babe, into the trees, I go.

Facebook Heading: #snapchat (Speech) by #leslifischman #mymollydoll #bloggingcampaign #wallstreet #internationaltradeagreements (= #ITA by #mymollydoll) cc: #PrinceHarry #England

Trump returns to White House after Asia

trip <https://t.co/zb170tJeAh#FoxNews> #bloggingcampaign #mymollydoll #PrinceHarry xo #StayStrong #HoneyBean

— *mymollydoll (@mymollydoll004) November 15, 2017*

Chapter 11: Online Interactions by Leslie A. Fischman

11/12/2017

Chapter 11: Online Interactions by Leslie A. Fischman

11/12/17

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

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

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

On rare occasions are we given the opportunity to communicate on neutral grounds, it is at these times we should be thankful for both what is helpful and or of no use but relevant nonetheless. Be grateful for those who share their stories. Without purpose to harm anyone or be benefited themselves in doing so but because it helps shed light on something, a situation, or present circumstance in a way we would not otherwise see had they not shared given their insights into how and why these crimes occur and what has been done to stop them. We have done everything we can and we will continue to do everything we can which includes improving upon our systems of communication crisis response and timing of such responses and prepare those who are new to change how best to cope with the present times not live in fear but understanding of the basic ebbs and flows of human progress and communicate effectively with one another in a way that fosters development not stifle one another's growth. We will continue to do our best to implement new sources for coping, provide resources, and strengthen existing strategies while trying new means of communicating once those previously used means cease to be effective in combatting terror. We have few resources when limited and many when we act as one. You can choose to continue disagreeing or realize once you turn on one you turn on all. Now's not the time for criticism. Now's not the time for complaint over selfish needs. Now is a good time to work diligently. Be prepared everyday for the next and do your best to contribute to the safety of those around you not put anyone on our soil in harms way because you think deserved or not your problem. Make it your problem to keep one another on track and do what you can in order to promote that positive development in one another. I will do my best to improve. Be strong. And continue providing services online to those in need. I'm sorry for your losses I wish there was more I could do, but I have to be cautious not erratic and be Professional which requires me to process, produce, and proceed slowly so that in the event of an emergency we can all proceed swiftly. That's how you prepare one another by adhering to basic standards of professionalism. There are rules and requirements for good reason you either choose to dismiss or follow. If you are harmed as a result of not sticking to those rules and scripts than we apologize if our services are of no value to you we can only help those who honor and respect those traditions we hold dear. Our set of laws that bind and protect our best interests – Goodnight everyone. (Moms Demand Speech, Given 11/12/17).

If you understand others learn first and great at learning understanding concepts and risks well you are then fit to lead a high-risk campaign (5/15/16, Twitter). Whenever there is a terrorist attack we all have a shared responsibility to respond and mend what ties we have not burn bridges (11/13/15, Twitter). MYMOLLYDOLL is a Campaign for Campaigns as stated on my APP Mission Statement (On APP Founded 2016). To have no enemies in life requires tact and self-restraint to know wrong from rights as well as ones own weaknesses not bestow onto others (5/26/16, Tumblr). –Good things come to those who least expect it, those who try the hardest despite the odds, face the most challenges in life, but always feel anyways that life is worth trying for, any life is worth trying for that matter. Always with purpose I led my life, positive purpose. In life people will create problems for you based off their own problems. Don't allow other people's problems to become your own. Always put the interests of others before your own, life selflessly, that's the most positive route to success. The harder it is to turn your life around, the less likely others will expect the most from you, and the more likely they will expect the worse from you, be led by your choices not the expectations of others, near or far. People rarely surround themselves with problems, when to do so causes negativity within or toward others, be someone who represents your best interests first to be accepted by others, more often than not. As negative people are generally avoided, as of or concerning themselves for the most part, with a higher likelihood of being problematic to association, why disassociation occurs, when problems arise, to diminish chances of failure, by deleting those who face odds, from positions of trust, a fair trade off, why dismember one, when one can dismember oneself, that's an even fairer trade off. It's not about what you write that counts its how you write, what's important to you in your life. To be accepted as honest, stay on topic, the more you jump around from issue to issue, the higher your likelihood as being misunderstood as mentally ill, or problematic, retarded, not capable of helping others and making a positive difference, but appear disoriented, the slower you talk the better, the more you write the better, that's how one is most clearly perceived, by length of verse and shared

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

Facebook Heading (Movie: Clueless to the Movie: Fear #NYCY): Chapter 11: Online Interactions by #lesliefischman #mymollydoll #bloggingcampaign by #MomsDemand Volunteer (2016 called in to Volunteer) #BeofService like #TRL.

Ch. 10: Understanding Questions & Responses by Leslie A. Fischman - Positivity (Speech)* - Completed

11/11/2017

Chapter 10: Understanding Questions and Responses: Positivity

By: Leslie A. Fischman

11/11/17

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

That's not it
Expectation of replied replied
Waiting for reply when it occurs
Reply given is what's expected
What's expect is what's expected
What's generated is what is heard
What is heard is what is stated
What is stated is what's understood
What's understood is what's assumed
What's assumed is what's heard
What's heard is what's known
What's known is what's thought
What's thought is what has
What has is ones side
Ones side is ones beliefs
Ones beliefs is ones intuition
Ones intuition is ones expectation
Ones expectation is ones interpretation and ones assumption
What's heard then if matches equals feels good or bad or off putting then equals correct sound right or wrong

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

Positivity

If you taint an image you must repair that image at some future point or at the time being w/a positive representation

prior, or just fix yourself, for whatever it's worth 2003 was not my shining moment. -

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

There are energy givers & receivers in life. It's the energy givers who's energy gets poisoned that makes them volatile be then they repel. Energy which replenishes comes from without not from about and in due time these positive changes arise from positive reinforcement

[[Assemble – to-Do] I think the alone time is good. There needs to be a bond (trust) then I'm good with you in groups no one can interfere w/my confidence. Positive and negative thoughts can be foundation for positives ITS IMPORTANT ONLY TO SEE THROUGH THE NEGATIVES TO SOME + THAT + IS YOU.] - "turning a positive into a negative" - A CENTRAL PERSON OF INTEREST TO "hit up" for daily opinion thoughtful prose INTENDED TO HELP YOU VALUE WOMEN as leaders too. - THEORY (WOMEN IN GANGS): That hitting on 1 chick ("running a train on her") will make her stronger.]

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

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

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

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

When people are working hard and there is some strong cohesion among us and positive consensus opinions to

guide us along. We move fast. When moving Fast in the wrong direction it is extremely noticeable to everyone but when we are moving in the right direction others follow. May not have it all. I may not have found success in the Work Force in a PAID position but I've found success day in & day out for years. Success is built from Trust. Trust is earned not given. I'm not the most Famous person. But I'm Popular online. W/that comes Responsibility.

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

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

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

Sometimes it takes time for two People to be in similar places in their lives in order to do well together both on a upswing. Blogging occurred while I was on a Downswing coming up and others have already come up, watching me as I maintained momentum, to where? I was just writing my thought outloud. Sometimes I feel like I need to catch up in life, as though my loyalty to others is in constant question, second guessed as a: traitor, a follower, or someone worthwhile getting to know, and hear me out -I've always been a loyal companion, always a source of positivity, never a source of negativity, and someone who can be relied upon, a trusted companion and friend in life. -New material everyday??? Everyday. Okay. -Learn to let go in life & don't hurt over your losses just make us Stronger. After computer loss, I was so devastated. But I just need to move forward schedule a MacBook Appointment with @applenws and let them put together the pieces.

The Internet (Description)

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

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

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

Once that need is met ... And I find stability writing online like I have now. -Now I can continue to provide a Service & Produce on the side. Which means...To continue to write everyday online as promised by my APP, &

write a Book on the side that Summarizes the contents of my APP. To the Entertainment Industry ... I keep an ongoing daily Memoir Online. They utilize in Producing Film, Television, & Music for Everyone. Keeping a Journal is nothing new to me, I've kept a Diary since I was 5 years old, filling up Journals front to back Writing my Thoughts. An Original Composition Broken up into pieces. It is more work for me as a Writer to Produce Online than at home in Private.

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

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

Life occurs on its own timing not always your best timing why it's important to be flexible be spontaneous & take chances in life, have Faith. Having Faith means knowing the difference between right & wrong & trusting that if you do what's right for you & others good will come. One does not require others to have Faith in them in order to be successful have Faith, to require others to would be Selfish on our Part. It is not required for others to have Faith in us in order to be successful have Faith, to require others to would be Selfish on our Part. All that is required of us is to have Faith in ourselves to achieve some purpose greater than ourselves by giving back & not be a burden. When we overburden others with our troubles we can be draining best left to Professionals for Feedback, & we become vulnerable insecure. To not be draining always make certain that what you share about yourselves strengthens your good character not weaken you sense of self. Sharing & ability to strengthen your good character not weaken occurs once you have processed on your own or w/Professional guidance. Friends make great sounding boards when we are not sure of ourselves or what is troubling us they help point out what we can't see yet. Example: I was so caught up beating myself up I missed my #Facebook Birthday wishes which would've turned me over faster back to the light. Why Friends make great sounding boards. When we can't see positive it's important to look towards those who can.

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

Positivity Speech by Leslie A. Fischman (Written: 10/31/15, Twitter)

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

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

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

peace from within amongst ourselves only achieved by consensus.

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

Lost Essay (Peet's Coffee) August 2017 by Leslie A. Fischman

There is no such thing as being lost. So long as you are doing your best to better oneself everyday. Then there is no reason for one to feel lost. The feeling of being lost occurs when you either lose direction and purpose in life as a result of choices made, or possibly because one is misdirected in life. Whatever the course, it is our own responsibility to get back on track. We establish the points of reference from which decisions are made by us and we are responsible for the judgments passed about is, based on what we put out there. If what you see becomes, similarly what other project onto you may become, but only if you allow yourself to be controlled by others. Self-fulfilling prophecies occur in one or two ways (1) how you see yourself; or (2) how others see you. You are always in control.

Trustworthiness by Leslie A. Fischman (Definition of, triggered by Attorney JWS in passing) 12/26/12

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

Facebook Heading: Ch.10: Understanding Questions and Responses: #Positivity (#Speech) by #lesliefischman #mymollydoll #bookblogger #book #draft cc: #nobel #pulitzer #worldpeace

WIIDC Personal Statement for (Summer 2018) by #mymollydoll

11/11/2017

WIIDC Personal Statement

By Leslie A Fischman

11/11/17

I am currently establishing a Corporation online as a Masters in Law Student, and Blogger online, who seeks to combat gun violence via fashion and quotes published online by me daily, for entertainment purposes. I am in need of leadership training in the arena of public speaking and display of issues, for comprehension, among my audience, members of groups traumatized by recent events, concerning causes of death and violence onland and how to help online. –I am in the process of completing my LLM Dissertation in International Law, Risk Management and Compliance, as a current Volunteer for Moms Demand, and previous volunteer to a Crisis Hotline in College.

I have always wanted to make a positive difference, and it is through my writing I shine best, nominated as Best Integrated Campaign at the Shorty Awards 2016. It has never seemed impossible to me, to change the course of

discussion, by helping others to focus on the positives in life, that is my upbringing as Sydney Simpson's best friend since age 4. It is through that experience and loss, I have gained strength, and been able to help others similarly situated online, cope with trauma and loss.

I applied to WIIDC Summer 2011 and got the job at DC Law Students in Court, but was unable to attend that Summer. Given the changes I underwent after leaving Law School, I needed time to myself, to reconsider what my life objectives are and how to make those life objectives a reality, by trying again to live and work in DC for the Summer, to see if this is where I belong, in law not politics, in a trusted environment to learn and grow, attain skills, which I can apply to my jobs in the future, wherever they may be, here in California, or anywhere for that matter alongside Moms Demand and Brady Campaign whom I've supported for years since leaving Law School, upon original recommendation by WIIDC Fall 2012, when reapplying.

It took me a long time to gain enough the strength and courage to return to the workforce, while managing my time as an LLM Student and Blogger online, perfecting my image, and for admission back to the workforce, without hostility, from other Professionals, who do not understand my campaign, what for, its purpose, or for who for that matter. Whatever tools I had, I used, and that is the campaign that was created unplanned. The reactions of others I have no control over, but it is what I do at the present that matters towards the future possible for me to achieve, and can only be achieved while helping others, that has always been my prerogative in life, and will never change, no matter what the circumstances may be.

Facebook Heading: [WIIDC Personal Statement \(Summer 2018\)](#)

by [#lesliefischman](#) [#mymollydoll](#)[#bloggingcampaign](#) [#pulitzer](#) [#nobel](#) [#worldpeace](#): mymollydoll.com

MYMOLLYDOLL (Yooco Address) by Leslie A. Fischman

11/10/2017

MYMOLLYDOLL (Yooco)

By: Leslie A. Fischman

11/10/17

Welcome to MYMOLLYDOLL. Here is where I plan to collect my best work and share what is important for me moving forward, while helping others to move forward. I have tried many different systems of support while coping with mental illness, however, none of which seemed to address the topics which were causing me and those around me illness, conspiracy and sudden death, and death by drugs and alcohol. To combat this issue, not punish those who have been harmed and may come across as mentally retarded or not the brightest, we should as a society do our best to strengthen the good characteristics that bind us, while selectively discouraging those characteristics we abhor or find troublesome by simple ignoring and/or not shedding light upon the negative, by instead focusing on more positives to produce more positive outcomes overall. What you see becomes and everything you project onto others is an effort to manipulate and or change their disposition in life toward you or others toward them, you are responsible for those reactions which manifest themselves in social interaction healthy, unhealthy, safe, unsafe, and if necessary and proper to do so, report whenever misconduct or foul play is apparent on its way or inviting it where it need not be, that is my duty, to protect, and ensure the safety and well being of those around me, I learned this at work, The Government is responsible for doing so and I support them.

Reference: <http://www.mymollydoll.yooco.org/>

Facebook Heading: [MYMOLLYDOLL \(Yooco Address\) by #lesliefischman #mymollydoll](#)

Message in the Sky by Leslie A. Fischman #mymollydoll

11/10/2017

Message in the Sky by Leslie A. Fischman
11/10/17

The poorness of guilt [from those who violated privacy live in masters of sinful tide]
In our salty clementines of taverns raid [because they thought you incompetent to lead]
Of heavens scent sought[, like blinde drivers abound]
What words are so created but equal in time[, do sound]

Historians sent, back to time we go [first come first serve]
Like lemons on a tree or oranges to Pluto [they went]
How does one behold on earth we stand [cradle to grave ship to shining sea]
True and correct our virtues have been told [no story left aback, just tears & crowns]

We search and we waver wands like clones on trees [spiritual gifts and bookstores gone]
Branches to light did shatter a million dreams ago [bonsai trees and gack on holes to bottoms]
How hath one stark lithographs upon shelter [like shedding light or sifting sand on dynamite]
We shrwod in peace a sorrow lament, lamentos anyone? [another hospital lets doll this one too]

When clues upon clues so did highlight [like a scene from a movie]
We wandered and sulked and pointed like clay molds [when she cha cha chias we'll cry]
What cave ballerina, wandered into a hold, and so spiraled left [and stood center stage anyways]
Anything but a dream, two ends on books, to comprehend [negative upon negative Kodak cries]

What links and crickets like bees to a hive [no network recalled, one built in its place]
Is one networks sorrow a hall of one [we left aside, and clicked and cried to one instead]
Never grip the reigns to anything but solid [knocking reindeers down, to replace all with one]
And so did foil one after the other without but one award [never a pariah never a hero just a site]

We listen to these cravings like beams upon beams [my life unfolding like switches I fell]
Sheltered and clouded and spun around like webs [from box to box until we launched]
They shout and cry hand in hand and surround the moon [a driver, perhaps?]
Back in the sky, never fallen, just a dream to be surrounded by [by whom, by you, lifeless safe]

When left to one's own guns, what did become [plants and gardens we sang and we cried]
Like a Christmas tree they surrounded the moon [just like instruments made and songs of mankind]
Your gifts within them, and upon us they see looking up [to what teacher be told, the bellies of sin]
But what glass and letters in the ocean, did monsoon [books after books, but one left untold]
Nothing but a cricket and a false evolution, they feared [my highest piano lesson row row row your boat]

What comes up must come down, first to the star I climbed [when you get here think this not that]
And with tethered might hit face with comfort [swung round the pole, and smashed me, hold tight]
They bagged me, and showed my knees to clay with all their might [Jail 4 times, for what? Sins of hollow]
And when I stood unsounded the wind, and blew one cloud [Your aura cleansed roomed with whom? Bi]
Like a train in the sky, they appeared, boxcar children to whom [Don't chatter their minds, be yourself]
To us they cried, never give up, when one branch breaks another will bloom [displaced ethnicity changed]
Like serpentines in the sky, surrounding one bloom, to wither and wane [hath love love me not is why].

> Shattering Core Philosophies [to be written - next blog post] by Leslie A. Fischman

Facebook Heading: Message in the Sky by #leslifischman #mymollydoll #bloggingcampaign #worldpeace
#pulitzer #nobel #poetry #cuboulder #americanliterature #lawstudent (2008-2018+) #positivity #clarity #thoughts
#bookblogger #poem #insight #highlights #misconceptions #lostimage #mispronounced #mishighlighted #purpose
#personalstatement #readbetter "to make a positive difference" has always been included in my personal statements.
Not by obsessions, no obsessions rarely get you far in life, but cause misfocus and loss of direction when the
circumfrance you bear singles to one, you never get that far. Purpose must always be larger than one, including

oneself, is how you tether the might of negativity, rise above, and become well known, nuanced, indifferent to causes, stand your ground, and everything positive that reverberates from you core and center, mimics and reflects those peaceful and positive sentiments, illustrates a positive core: truthful not fabricated, real, not make believe.

How People Treat You by Leslie A. Fischman (#PresidentTrump)

11/9/2017

How People Treat You by Leslie A. Fischman
11/09/17

How people treat you is a reflection of themselves. I've been told that, but never quite understood it that much. How people feel has much more to do about them than you, always remind yourself of that upon interaction with others. When someone treats you like a piece of \$hit, it has much more to do with their own unhappiness in life, and less to do with you, always remind yourself of that. –As I reflect on this past year, and my interactions, I realize that I could have done better, and wish that I would have handled things differently. But under pressure there are certain things you can't control, your reactions and the reactions of others, sometimes things must occur naturally in order for any learning to provide itself to us, for the futures sake. A lot of learning comes through our experiences, not just our interactions with others. You learn as you go. This makes more sense as you get older, the more interactions you have the better suited you'll be to react properly given any circumstances in life, and given any experiences you may have.

I relapsed a few nights ago, after maintaining 7 months of sobriety continuously, I first got sober 2003, and go out a few times a year, not a big drinker, but abstain. I threw up in a bathroom stall at the Bungalow, and did the hokey pokey, like a scene from the Movie: The Social Network, but alone. Sometimes we think that art imitates reality, and sometimes later on reality imitates art, such as movies, but my life is not a movie. That is understood, kind of takes the fun out of things, for startups, as though everything happens in that fashion, from idea, to highs, to reality, to fathoming the consequences of our creations. In social media there is a lot of responsibility when it comes to assembling networks of people, a lot of responsibility.

Facebook Heading: [How People Treat You by #lesliefischman \(#PresidentTrump\) #mymollydoll #bloggingcampaign #selfhelp #bookblogger #writer #blogger #blog](#)

Just Updated My Fashion Blog!

11/8/2017

lesliefischman.weebly.com (Coupon Fashion Blog)

[ALICE + OLIVIA](#)

[\\$288](#)

[Get Sale Alert](#)

[DL1961](#)

[\\$178](#)

[Get Sale Alert](#)

[STELLA MCCARTNEY](#)

[\\$695](#)

[Get Sale Alert](#)

[ALICE + OLIVIA](#)

[\\$495](#)

[Get Sale Alert](#)

[ALICE + OLIVIA](#)

[\\$368](#)

[Get Sale Alert](#)

[ABS BY ALLEN SCHWARTZ](#)

[\\$250](#)

[Get Sale Alert](#)

[ABS BY ALLEN SCHWARTZ](#)

[\\$168](#)

[Get Sale Alert](#)

[ABS BY ALLEN SCHWARTZ](#)

[\\$178](#)

[Get Sale Alert](#)

#southkorea: Speech #2 by Leslie A. Fischman #mymollydoll

11/7/2017

#southkorea: Speech Follow-Up by Leslie A. Fischman

11/07/17

We cannot move backwards we can only move forwards from this point on. They know their Country best. Just like I know California best, drove to Palo Alto Spring 2013 (February) and now we have Silicon Beach. For a long time they just couldn't give up the punch line from Clueless "highlight here" and created Silicon Valley. That joke has now been put to rest. I applied to 200 jobs 2015 and got 3 interviews in Century City and 1 interview in the Valley for a Marketing Job. Everything is pre-situated already, jobs, success, and monetary confinement of individuals we deem worth it, and those professions who need to try harder. It is for those reasons I think MYMOLLYDOLL turned out to be such a huge success online, very likeable. My traits are based upon my education and my background, how I was raised: Catholic, Jewish, Asian, Israeli, Ukranian, and Russian –was my upbringing. My Grandfather Lewis Fischman an LT in World War II saved everything, an Accountant, I remember and so I followed suit during times of war, and have a storage unit to boot. Lacie can save some things, but everything hard worked for, I kept, including all the research composed for my Witkin Award, which is two boxes long. Printed and saved as proof of my hardwork and discipline, and love for school. That is my heart.

Facebook Heading: [#southkorea: Speech #2](#)

[by #lesiefischman#mymollydoll #PresidentTrump #worldpeace #siliconvalley#siliconbeach > #hollywood #clueles #film](#)

#foxnews: Negotiations (Speech) by Leslie A. Fischman

11/7/2017

#foxnews: Negotiations (Speech) by Leslie A. Fischman

11/07/17

"Censorship of Twitter" is no new subject, and to many Americans, we now see why. Like many Countries, English overseas is a huge problem, and cannot be undone. This is more than a language barriers problem, but a problem

with the globalization of the English Language, and religious institutions failing, under the sights of technology who is ill prepared for disaster when it strikes, too focused on being better than other industries and forgetting the value of their purpose, to help strengthen mankind, not weaken its prospects, such as life expectancy. Thankfully, we have brought a Dinosaur back to life, after much urgency by my comrade and Sister-in-Law Skylar Grey of trouble ahead, left law school and went straight to The US Supreme Court, I voted for Mitt Romney, the problems we have now, are no one's fault but Barack Obama's, which we now have to undo, not President Trump's fault. Please be patient and head his advice as he is an Engineer and has helped build cities, knows well enough the power of human progress and the importance of structure. This is why I created MYMOLLYDOLL online for everyone to benefit. Not just the English Language, but for everyone to excel, on the same basis and understand how f-ked up the Movies and Music were to our psyche, and kept defending themselves and made us all sick, the power of Education wins! And for that truth I hold certain that all else should quickly fall into place. Right now we need to set new principles forward to which the majority can agree, and allow people to take their places on issues, whether agreed upon or not. Just speaking to my boyfriend who scared me while taking a nap, I decided to give a speech too in support of his words he will now share. Our Country is living in fear, and we have no one to blame but HOLLYWOOD which is why we have MYMOLLYDOLL online.

Reference: https://en.wikipedia.org/wiki/Censorship_of_Twitter

Facebook Heading: [#foxnews: Negotiations \(Speech\) by #lesliefischman #mymollydoll#PresidentTrump \(LIVE in South Korea\) #Hollywood #Globalization #Pulitzer#Nobel #English #Language #Korea #SouthKorea > #worldpeace #tech](#)

Agenda and Politics by Leslie A. Fischman = #mymollydoll

11/6/2017

Agenda and Politics by Leslie A. Fischman

11/06/17

Agenda (definition): Includes any purposeful conduct directed toward any one persons, or group of people, to generate a reaction forward from its base.

Agenda's theoretically are plans that are set forward into motion, including lists and drawings, and mappings. Anything thereafter, is included in such plots to reinforce matters certain, and matters, true, matters we call self-evident upon their face.

The best way to handle any situation, is by starting from its base, such as the Washington Monument, represents this theory. From where does lightning strike and why, from the apex, or point of misconduct, is what this theory is based upon.

Errors (definition): Anything wrong that stands out, which is clear upon its face. Tribute campaigns and prayer in a cemetery is legal in this Country. I can pray wherever I want and can write my World Peace Speech from wherever I choose to lay to rest these issues of war and misconduct of better thans, is not as important than lives lost. I prayed there, I wrote there, and it was always to make a positive difference.

Whenever a foundation is laid, or whenever a foundation is disrupted, purpose is questioned, for what reasons did Leslie go to Law School: to make a positive difference. When this foundation was irritated by someone who is not me, confusion resulted as to my purpose in life, and as result people suffered misdirected thought I was obsessed with a case I knew nothing about, ask Google, had to study later in life.

It is never too late to clarify, one's purpose in life, and never too late to make a difference. For these reasons I believe President Trump is now President. Never did he let us down. Never did his purpose change. And never did his obsessions get the best of him, nor are reflected in his set of ideals, which have now come forward.

Facebook Heading: Agenda and Politics by #lesliefischman #mymollydoll #PresidentTrump #NASA #launch #dutyto launch #usnavy (2009) #DNC (2009) Member (#codeblue) (#insidejokes) #personalstatement #pulitzer #nobel #wp

Your Surroundings by Leslie A. Fischman aka #mymollydoll

11/6/2017

Your Surroundings by Leslie A. Fischman

11/06/17

Where you are going in life, is much to do with what surrounds you and who you are exposed to. "For every action there is a reaction" I think I've heard this once before. I grew up in a home that was highly volatile. A lot of emotions, a lot of possessions. But you just have to keep moving forward, and be sturdy, not allow others to take over your body and personality, that's the trick. Talking with the President he was telling me about how upset his Wife is, I understand, took him awhile to get back to normal, but do my best, my sincerest apologies. Needed to get the offender out. I'm very chaste and prude, why we make a good team, just a sounding board to him.

Dear My Asian Constituents by Leslie A. Fischman #USA

11/4/2017

Dear My Asian Constituents by Leslie A. Fischman

11/04/17

Where my yellow people at! Lisa Lisa Lisa, his tan is all wrong, and he's got no song to sing, but a huge banner behind him, and no one to bow beside him, who is he The President of the United States of America. He has no idea why he is on stage, but his team sets everything up for him in advance, we are very smart, please trust him. We have a serious mental health crisis on our shoulders, I once shouted "stop teaching English overseas." Too late, then came up with the Alphabet Code, safe. Okay so don't feel that bad that you're really good at numbers, my Mom sent me to Kumon when I was little next door to Sanrio, and Apollo 13'd Alphabet Code is what happened Texas. My Lawyer is retarded and mean, but that's okay, to bring who back to life, a sequel to a flyer movie, that's not why Sunset Blvd, that was up and down Venice, up and down Sunset every pole to Hollywood, and up and down Wilshire on every pole, then someone hit #France, how I became the Mona Lisa online. Fighting what, retards, is what. Retardation spreads through verses, then retarded behavior contributed to, like dick in a box by Justin Timberlake, before I committed suicide, then put a knife in a box, like The Last Samurai, to solve crime. Traitors, we are full of traitors, and bullies, and this is why we have not been able to achieve the level of intelligence required to make money in Asia, too many Japanese Suicides, I know, stay calm, in the field of Business. They're just psychotic ads, we have them all under control, I scream at Billboards, and racism daily, achieved. Z to A Barack Obama, and took over USA 2013, and stopped school shootings.

Facebook Heading: Dear My Asian Constituents

by #lesliefischman#mymollydoll #alphabetcoding #hydro #ankles #knees #meds#college #started #meds #adderral s traight As #Kumon #worldpeace#minitowers #corporatcoding #californiarolling

XGames and Limousines by Leslie A. Fischman #mymollydoll

11/4/2017

Where People Are Going in Life and Where they Have Been (Are you Reading my Mind now when you think about me? No _____ I am not reading your mind).

11/04/17

Usually people who leave you either: (1) do not know where you are going in life, (2) do now know where you have been in life, or (3) do not accept you as you are.

For these reasons I marched for 2-4 hours everyday for a month (August) and now back online writing, questioning still whether actions speak louder than words, words are the best form of communication other than sound, better than by actions and reactions.

Last night the clouds came together and there was one big cloud and then two sparks and all the clouds scattered, and the moon looked like it was about to fall from the sky and hit earth, but held my phone up to the moon, to push it back into the sky, actually an orange cradle held the moon in place, now does, I called Pluto.

Waiting to Exhale by Leslie A. Fischman #Texas #Austin

11/3/2017

Waiting to Exhale by Leslie A. Fischman #EveryWomanPlanASpiceGirls
11/03/17

Whenever there is a void, which needs to be filled, it is to each and everyone's responsibility to fill that void themselves, not by attachment to others. That is the most unhealthy point to attach, when weak, this not only strengthens the trusted, but there is a high likelihood of being hurt by anyone not attached back #BEWARE! This is how you get hurt in life, when you trust people, who do not yet know you well enough to love you and care for you and your best interests, f-k you over before you've even had a chance to say hello. That's the main joke, to the top of what? Just put up a MYMOLLYDOLL sign on the Internet like a HOLLYWOOD sign on mountains, and call it #worldpeace. Fit for everyone, a safe space, not the cause for terror. The causes for terror are from our surroundings, immediate and from our interactions with people in trusted positions to whom we grow concern and care for. Never care for those who are not responsible enough to take good care of themselves. Those with the best hygiene are the best boyfriends and girlfriends. Um, I think we need a Jewish Asian Housekeeper! Here as I arrive to DC White House 2013 in reply to Barack Obama's Invitation, where to begin. Back online he points. Wow, a memorial, I have not even written that much yet, slammed my watch into the sidewalk behind his house 500 yards away, by Marc Jacobs in LA Times iron curtain like the movies: the wrestler and enchanted, knocking on the sky to #googleearth we go Barack, his friend rides by on a skateboard holding a ribbon.

Facebook Heading: [Waiting to Exhale by #lesliefischman #jaywest #cornerstoneondemand #mostshady #windwardschool #communications #valuesystems #chastity #celibacy #marriage](#)

<DNC 2009 EXIT BUTTON> (Idea by my Father <Push the Normal Button>): <https://medium.com/to-the-left/the-most-open-and-transparent-chair-election-ever-6ab01b939b1b>

ByLaws for #PresidentTrump by #lesliefischman #mymollydoll

11/2/2017

BY LAWS SECTION III
OF PRESIDENT TRUMP
AT MYMOLLYDOLL

Corporate ByLaws for President Trump (My BFF on Facebook via Text Message: POTUS Donald J. Trump) by:
Leslie A. Fischman, Date: 11/02/17.

I hereby declare President Trump an ally to The United States of America and hereby so ratify him a Member of MYMOLLYDOLL, in the capacity as his chosen title BFF.

Repeat the Following Out Loud to Your Nearest Witness:

1. I am not responsible for the actions, behavior, whereabouts, and writings of mymollydoll.com and her constituent following and those influenced by her writings.
2. I am not responsible in the event she is dumped to rescue her or coddle her.
3. I am not responsible in the event there is a Terrorist Attack because of the Movies: Clueless, Mean Girls, Black Swan, Billy Madison, The Social Network, Truman Show, and Step Brothers.
4. I am not responsible for Countries affected by mymollydoll.com.
5. I am not responsible for the choices Leslie Fischman makes while writing.
6. I am not her boyfriend and I am not her Husband, we are not bound by any rings.
7. I am not responsible for maintaining sobriety during the term of my Presidency.
8. I am not responsible for following the rules and writings of mymollydoll.com
9. I am not responsible for putting up or taking down any writings of mymollydoll.com and I am not responsible for her belongings and records.
10. I am not responsible for providing aide, in the event of an emergency to mymollydoll.com, I am only to be an observer, confidant, and there for her, a listener. I am not required to respond to her, make jealous, make passes, or exclude her from her civic responsibilities online, which are to make blogs.
11. I am not her HRC, her HRC approved is Weebly, Twitter, Facebook, and SCOTUS, Members of CSPAN's Anonymous: MYMOLLYDOLL (Since 2013).
12. I am not to arrest, provoke, make willing, dismember, or injure her likelihoods.
13. I am not her friend or partner in crime, but only her associate to #WorldPeace.
14. I am her only friend, who she reports to everyday, and it is known to everyone.
15. I am not to cajole or make her improper in standing, we are not to sex tape.
16. I am not to imitate or make fun of her experiences in life or that of others related to her, as punishment for their misbehavior, she is responsible for consequences.
17. I am to be her sole friend for the next two years until she moves to Washington DC, and finishes her LLM, and acquires a job in DC approved accepted by SCOTUS, and DC Law Students in Court already (2011, and 2013 respectively).
18. I am not to interfere or question her motives, or decisions, as a blogger for USA.
19. I am not to interfere or question her choices to whom she provides information to.
20. I am not to make sudden movements, or changes to my writings as a result, only to provide more in addition to and as in support of her motions for world peace.

Facebook Heading: [ByLaws for #PresidentTrump by #lesliefischman#mymollydoll \(Juliette FYI\).](#)

#bylaws by #lesliefischman aka #mymollydoll (Summer 2013).

11/2/2017

[#mymollydoll pic.twitter.com/ZAIUNFIQyo](#)

— mymollydoll (@mymollydoll004) [November 2, 2017](#)

[#bloggingcampaign #bylaws \(1-3\) #mymollydoll #lesliefischmanpic.twitter.com/b8Iy3AX7UN](#)

— mymollydoll (@mymollydoll004) [November 2, 2017](#)

[#bloggingcampaign #bylaws \(2-3\) #mymollydoll #lesliefischmanpic.twitter.com/L4oMPOqbtY](#)

— mymollydoll (@mymollydoll004) [November 2, 2017](#)

[#bloggingcampaign](#) [#bylaws](#) (3-3) [#mymollydoll](#) [#lesiefischmanpic.twitter.com/FwOEtubbm](#)

— [mymollydoll \(@mymollydoll004\)](#) [November 2, 2017](#)

Facebook Heading: [#bylaws](#) by [#lesiefischman](#) [#mymollydoll#worldpeace](#)

Reference: <http://www.mymollydoll.com/corporation-bylaws.html>

Systems of Communication by Leslie A. Fischman #usnavy

11/1/2017

Systems of Communication by Leslie A. Fischman

11/01/17

Systems of communication are banded and bound. Banded (definition): of or pertaining to its contents reflected back toward sources and points of references sought to be brought forward made clear, reflective of purpose toward, behavior toward others, thought justified. And Bound (definition): evidentiary purposeful conduct toward others to generate reactions from, toward, against, and between.

It is for these purposes I communicate. To simplify what has been made too complex for rationale judgments to be made upon me and others, and for those reasons I write, a self-help writer since 2016, and in recovery since 2013, from alcohol.

When a path is drawn by others, it is our choice to communicate back, listen to, and see forward the same, justify, senselessness, and place blame on others, including ourselves, that does not help situations for individuals, but promotes hatred.

There is a purpose for hatred toward me, it is to protect my interests, not to reflect meaningful interactions, which is too interpersonal a base for a crisis station. There is always a tone, underlying purpose, for people's behavior toward others, though understood and rationally evident of guilt, quietness, that is not the case.

Why do bad things occur? Not by my communications, we do not understand Y, that is for the FBIDC to resolve, not my duty to fight crime or attract criminals, that is not nor ever has been my audience who I cater to, I'm very positive, #teamusa. So to attack me and my grounds and purposes for communication in life, is futile, destructive. You should not be abusive toward me or others, to hear sing, what?

[YOUR FIRST WARNING TEAM USA BY #USNAVY \(#STOPBULLYING #MYMOLLYDOLL\): Systems of Communication](#)

[by #lesiefischman#mymollydoll #usnavy \(2009\) #bloggingcampaign #positivity#negativity #basestations #military groupscompanies #beprofessional#wellspoken #stayoutoftrouble](#)

Positive Anchors by Leslie A. Fischman #mymollydoll

11/30/2017

Positive Anchors by Leslie A. Fischman

11/30/17

In order to campaign for anything, the anchor must always be positive. Positive visions equal positive outcomes, and that's the bottom line. When we worry too much nothing seems to work out in favor of us, or to those we seek to support. Why its so important to remain positive, when growing any number of following to any one campaign of your choice. Positivity is everything.

When I first started campaigning, my best friend dropped out, I then took it upon myself, to try harder. After the Founders to Brady Campaign passed away, I created a separate account @bradymusicbuzz, to draw more following,

by followers to the original @bradybuzz, that way people interested in searching for them would find me, an alternate music campaign against gun violence, and that was the plan. –Overtime it became more and more difficult to stay positive, I got a job in Century City, and I even tried Fashion Blogging my outfit everyday to work. I couldn't quite figure out how to get followers, it took some odd 4 years to gain 2,000-400K followers, on my own as @mymollydoll a name I made up, with no connections.

It wasn't until I got noticed by Sassique a Fashion Company online composed of Fashion Bloggers, on Tumblr, that I realized my potential to blog for a bigger audience than anticipated. –I've had my share of mental illness, thinking the wrong things about myself and/or others, and paranoia! That's the worst, especially while taking adderrall or relapsing on cocaine or alcohol, that's the worst feeling in the World, to let yourself down and others down. I hate when that happens to me. #Sober #Clean #Celibate.

Why must the anchor be positive? Whenever you are representing yourself or others, theres a lot at stake. Especially image wise. People generally don't want to associate to people who do not represent themselves well or others. –It took me awhile to figure out why. –I think my blogging style has changed a lot over the years, from out there, to just right, this all takes time. –It's really difficult to integrate many ideas onto one platform one branded name, and I hope that where I am now, is acceptable for the most part to my viewers and readers. I do my best always.

Sincerely,

Leslie A. Fischman

Facebook Heading: #BlogPost: Positive Anchors by Leslie A. Fischman #mymollydoll #lesiefischman #bloggingcampaign #positivity

How to Make Things Happen for You in Life by #mymollydoll

11/29/2017

How to Make Things Happen For You in Life by Leslie A. Fischman
11/29/17

One day ... while standing outside of Chipotle on Melrose, this thought came to mind: What you put into motion and what you get back [is] the opposite inverse reaction [to what you get back] from others. You must always [therefore] prepare for the opposing viewpoint, [by] respond[ing] in [a way that is] advance[d] [to the opposing opinion] [taking others, and their viewpoints, always] into consideration. With that in mind: Always speak with anticipation of responses (Based off @mymollydoll004, Twitter 11/29/17 #quote).

It's never that important to make things happen for others, by what you cant make happen for yourself in life. The influences you have on the opinions of others, is always based upon how you present yourself to others, be accepting of the opinions of others in return, as they reflect who you are to them, how you react to them, how you respond to them, and how you appear to them, that is always the basis for scrutiny, that is public opinion, and harsh scrutiny of others, including me.

Be careful of what causes you hashtag and promote within your campaign, as causes for discord, easily dismember good and sound rationale, I think this is why they freed him, because of a past association, was hurting my campaign and my causes. I think we all are in a much better place now, its unfortunate, but its okay, better now. –I think leaving Law School was the best choice, as resulting hardships incurred while as a Law Student, were adverse to my interests, and my good health, that is why I left Law School, to pursue other objectives, back to my research and writing roots, what I'm good at. I have enjoyed the study of Law, but due to trauma suffered as a young child, it was difficult for me to be in Law School at the same time he was in jail, because people thought I went to Law School because he was in jail, no, I made the decision to go to Law School 2006, before he went to jail.

Making things happen for you in life: (1) Drop your Identity, (2) Forget About Self, (3) Put Others Best Interests Before Your Own, and (4) Always Have a Positive Attitude in Life. –This is how I was able to make things happen

for me in life, by staying positive, no matter what hardships I endured as a Law Student, never lost faith in others, including myself, -which is so important to positive progress.

1. Drop Your Identity: I learned this best as @mymollydoll on Twitter it took me nearly 4 years to get 2,000 Followers, then run a series of hashtag campaigns to gain 400k some followers and 90k per hashtag on Facebook (2016). -I've been a writer, for many years, under a different name, with no associations, none pitched initially at least not in person. -When I got to Las Vegas 2013, I called his jail and told his warden "I do not want to get involved in Conspiracy" and let them know my position. I made the call from Las Vegas in Las Vegas because I got a D in Civil Procedure, I had to drive to Las Vegas February 2013 alone, just to make a phone call, in state, not to get confused as a jurisdiction shopper, not involve the Feds yet, keep it California based.
1. Forget About Self: When you think too much of yourself, you obsess, and when you obsess, you never feel good enough by comparison. Aging is a process, and everyday you are older than you were yesterday, and in order to maintain self, you must appreciate you at the present, not lament yourself as you were in the past, not to your liking, but like yourself now. When you like yourself now, you have a higher likelihood of accepting others. And when you are more accepting of others, it just so happens you become more accepting of yourself. Why sometimes, if you don't like yourself, its okay to help others.
1. Put Others Best Interests Before Your Own: Like we just said, "when you are more accepting of others, it just so happens you become more accepting of yourself. Why sometimes, if you don't like yourself, its okay to help others." (See 2 above). When you put the interests of others before your own, you become selfless. Selfless is important, as a strategy to maintain peace with yourself and others, when you forget about you, and think of others, positive change can occur, when others are happy around you, so can you be too.
1. Always Have a Positive Attitude in Life: When you are negative not only do opportunities in life get missed, but you yourself, miss the point to everything, and have a higher likelihood of facing illness and failure in life. It's important therefore to not only speak positively of: (a) self, but also to (b) speak positively of others. That's how you maintain a positive attitude in life.

I hope that this helps. I have done a lot of thinking about these very points, as I fix and make better my life. I hope that I can do the same for others one day too.

Facebook Heading: (I was 17 years old when I put together my Senior Page Fall 2002) #BlogPost: How to Make Things Happen for You in Life by #mymollydoll #lesliefischman #positivity #negativity #publicconsciousness #publicopinion #trialsandtribulations #bloggingcampaign for #momsdemand (Re: DUI and "Voted Most Shady" 2003 in a #Yearbook by #WindwardSchool - by Association Defamed when I was 17 Years Old cc: #AcademyAwards).

Dealing with Anger and Resentments by Leslie A. Fischman

11/28/2017

Dealing with Anger and Resentments by Leslie A. Fischman
Re: The Fight at Bungalow Santa Monica 11/14/17 (Relapse after 7 months Sober)
11/28/17

Its unfortunate whenever you give up your sobriety date, its usually due to: (1) lack of acceptance of self or (2) lack

of acceptance of others. When in combination, the two issues collide you: (1) go into depression and (2) hurt yourself and or (relapse).

Relapses for me usually occur during quiet moments in time, when I am at peace, I relapse, and when (if) that peace is disturbed, I write. I had a great evening, was journaling and drinking quietly, and then when I spoke talking to myself, someone insulted me not in agreement with me or my methodologies, and insulted me, out of the blue for no reason, I wasn't even talking to him, I was standing alone, talking to an empty table. Attacks never occur in close quarters, its usually someone comes up to you an insults you, this was the first time this has ever occurred to me.

Its never appropriate to fight with anyone, even upon insult. That is not the strategy toward peace, and that is not the correct response, and almost had to talk to the police that night. I'm instead going to talk to police tomorrow, at coffee in West Hollywood, between 8 and 9 am, if anyone is interested in attending to discuss, alcohol and defamation, and what to do if someone picks a fight with me.

I personally do not have any anger or resentments, but upon people insulting me, then these issues, come out. Instead I am starting therapy on Monday to discuss private issues, with others and about myself, in a private and protected space. That does not cause unreasonable hardship to myself or others. The President just got back from Asia and the Philippines in support of my causes, and really doesn't have time for negativity right now, from me or others. He cried yesterday to me.

Facebook Heading: #BlogPost: Dealing with Anger and Resentments by Leslie A. Fischman #bloggingcampaign #mymollydoll #leslifischman (Im 1/2 Filipino aka #Asian) #discriminated #beauty #SouthAfrica in #SouthCalifornia #single #attached #tomyCountry #celibate #sober #clean since (2014, 2003, 2006 #relapses) #worldpeace #advocate #online #crisismanagement #llm #tjsl #metadata #specialist for #academyawards #simplification of #odds = #peace

Obsession and The Causes For by Leslie A. Fischman

11/26/2017

Obsession and The Causes For by Leslie A. Fischman

11/26/17

Obsessions for anything, including for oneself, is never a good idea, and usually leads to paranoia, and over concern with self not others. To be like-minded is to be well liked, understood, and all things favorable to your interests, are and should be the interests of others in order to find success in life.

When we feel like we are being watched, usually we have trouble performing. Worried about what others think of us, usually follows suit. Best to always "keep a good head on your shoulders" and be mindful of others, and their feelings too. Being mindful requires, that we not only care about what others think, but that we act in ways that generally shows or reflects that care for others too.

God-Complexes occur when we think that everything is about us, or that everyone is thinking of us, in a way that reflects our: fears, paranoias, and obsessions with self. In order to undo the trauma related to self-obsessions, best to "keep a good head on your shoulders" about your day, the progress you make, and how you treat others. Never when you are mean to others does anything get done, in the positive for yourselves or others. Never when we are cold to others, do things work out to our benefit and does anything get done. Always be respectful of the spaces of others, including your own private spaces, where you think and produce your material each day, for "show and tell" to others. These are basic understandings of performance anxieties that follow, from the sharing of our ideas with others, learn to let go.

Facebook Heading: #BlogPost: Obsession and The Causes For by #leslifischman #mymollydoll #bloggingcampaign #worldpeace #godcomplexes #obsessions

The Winning Tone by Leslie A. Fischman #Jewish #Catholic

11/24/2017

The Winning Tone by Leslie A. Fischman

11/24/17

The winning tone is by those with happiness always, not by those with unhappy dreams or unhappy driven purposes in life, the winning tone is all that can be, something stronger than its counterparts or opposing regimes. What we call life is something about virtue, and pleasantries, not about subtle negativities. When all is one, is when all is sound, when all is in parts, that's when there is something unsound. What is kept hidden is called right to privacy, what is shared is called clear, clear upon presentries, and clear upon bases, and clear upon truths shared. That's all that can be shared at any given point in time. What is not shared is always what is yet sound, or has the capability of causing unreasonable hardships upon one, some, others, or all, that is what is unclear. What is made clear is always what is shared. That is my strategy for peace, not to be unsound, but to represent the majority. Minority opinions at any given time, are not shared for these reasons, because of suicide and unreasonable hardship, no, because of conflict of interest not shared. –Who you represent matters, and who you are connected to matters, and that is the bases for discrimination upon me, and unreasonable hardship, defamation, and suicide, reoccurring, for those matters certain, which cannot be changed about me, like a middle name sounded backwards, President Bush, nothing new about me, we started with World Peace and that's where the tide ends, at World Peace, Since 2013.

Facebook Heading: [#BlogPost: The Winning Tone by Leslie A. Fischman](#) [#Jewish](#) [#Catholic](#) [#mymollydoll](#) [#lesliefischman](#) [#bloggingcampaign](#) (Y) People dont like me. I'm related to [#SydneySimpson](#) (About Me): I'm sorry I cant change that about me.

Come On ... iDJ Movies by Leslie A. Fischman (TVS: #Unwrapped)

11/24/2017

Come On by Leslie A. Fischman

11/24/17

“Come on and knock on my door we’ve been waiting for you” popular lyrics to a hit TV Show. Ya we’ve all seen the Movie: Matrix, they’re gonna jump on this train like me doing a back flip on my diving board as a child, and hitting my head on the board. Go nuts when they figure this all out. Build a Hall of Doors, or a website. Biggie we all know what happened its okay, they’re building a Museum now next door to you. Everybody knows it was because of the lyrics to Biggie a CD I never had in my Ford Explorer with a kicker. The meanest movie of all time was actually: Office Space. But we’re not gonna talk about tagged up cubicles right now, like at CU Boulder, where I studied and took a million smoke breaks. Computer left in my cubicle with no password, lord help us all, Rudolf you couldn’t be more retarded, legally retarded that is. Someone handed me their dog outside the library, where I studied, in Norlin Quad, a dog in my computer, a Terrier, I always wanted one, but got a cat instead, Leo, I named him after my birth month, August 7th 1985, the year of the ox, I held balloons once in an ox ox ox ox covered dress, with one arm up like the Statue of Liberty, how cute says #NYCY, and here I am talking to Prince Harry on Messenger everyday, who would’ve thought of this ending, no way Jose, Biggie, no way Jose. It turns out that “its just my luck” another famous movie, that things have turned out this way, revolving doors, are not the new fad at hotels, but we get it now, one comes before two and so the others follow, can we get a 5 in the beginning, dear Constitution, and then let the other numbers follow? I mean, we’re a new Country, underdeveloped says Hollywood, Leslie rearranged the mics so many times, our chairs lit up. So anyways, movie chairs? Shouts CSPAN, DJ Movies, I joked once. Life isnt about winning, bottom line.

Facebook Heading: [Come On ... iDJ Movies by Leslie A. Fischman \(TVS: #Unwrapped\)](#) [#bloggingcampaign](#) by [#lesliefischman](#) [#mymollydoll](#) [#nobel](#) [#pulitzer](#) [#worldpeace](#) by [#DontDoDrugs](#)

Points of Reference and The Need for Consolidation of Ideas

11/23/2017

Points of Reference and The Need for Consolidation of Ideas by Leslie A. Fischman
11/23/17

Points of Reference (definition): How ideas collide and transform, come to fruition based upon what we see and believe to be true and correct perspectives in life.

Its not for any one person to judge how one another sees in life, behaves, or achieves. Its everyone's responsibility to behave in a manner that is not offensive nor derogatory toward self or others, that is how peace is achieved, when we represent ourselves and others well. -When we focus on negatives, we are the only ones who hurt, and when we hurt, we have a higher likelihood of hurting others.

#mymollydollquote (As Featured on #Twitter):

How you handle life is a reflection of your upbringing. The choices you make reflect what you value. What you value is based upon your self-worth. Until you value yourself can you properly value others. -You can't reverse the times, you can only move forward get strong or fall apart its your choice always, nothing comes easy in life including image and esteem must always be earned rightfully so never given not handed out. -Sometimes not all the time is many yet few however sums is equated only by parts to whom concerns but by those who do. -If you realize how f-ked up people were you'll never arrive at the present in time to enjoy life, don't scar yourselves, see the good in others, how to remove fears that hold you back from achieving in life. -There are two types of people: the helpers and those in need of help. -No problems can turn things right it's the over focus on problems that cause problems why we have places for discussion of problems not in the public sphere but in private confidential environments. - Future progress is dependent upon one thing and one thing only remaining positive, you choose what side of the coin to be on, its your choice like flipping a coin whether to be a leader or a follower led by you or others, that [is] your choice. -Its what we see that becomes, chaos occurs in tiers the least affected by problems should always be the children, that's our professional responsibility and duty to serve the blinde and ensure services are rendered to maintain that peace [and stability]. -The point is never to give up keep correcting backwards to move forwards peaceably. -Unfortunately it takes time to put together and assemble ideas for peace (201[3]-2017) it takes time, to fix everything, have faith. -People never forget how you made them feel, rejected or not with class or trash treat all with kindness. #pointatissue. -These are called nothing but awkward dispositions in life, respect is earned not a born trait to each ones responsibility to work towards everyday to maintain requires constant maintenance [and] cleanliness. -The key to success with others is respect and acknowledgment of concerns, interests, or upheaval, always respond with good virtues whether direct or not best to be indirect toward negativity. -You help others when youre focused on yourself not others. -Just accept reality its no ones fault but your own for your negative outlooks and your own unhappiness in life, life isn't about winning or losing its about living. -Life is about choices what you want in life what you believe is no ones business but youre own, there will always be (1) sick and there will always be (2) well, that's a sad reality, just accept all as is. -The worst thing you could do to yourself is to live life in regret with could've should've wouldves and not feel accomplished by comparison or upon new realizations in life, we know what we know and that's that. Life wouldn't turn out [any] differently had anything been known [otherwise]. - *Don't misinform yourselves by reading between too many lines, by making negative inferences, and poor assumptions about others. You only make yourselves sick when you think negatively of others, and it makes others sick when you talk \$hit about others." Then it follows by stating at The #ussupremecourt we believe in: (1) public safety, (2) public consciousness, (3) preservation, (4) positivity, and (5) creativity.

Facebook Heading: Points of Reference and The Need for Consolidation of Ideas by Leslie A. Fischman <Happy Thanksgiving!> Sincerely, #mymollydoll #bloggingcampaign #HTLMers #TrL #pulitzer #nobel #worldpeace #facebook #twitter #instagram #tumblr #weebly

Acceptance, Public Acceptance by Leslie A. Fischman

11/22/2017

Acceptance, Public Acceptance by Leslie A. Fischman
11/22/17

I once stated that: “Whenever we have a problem that has no end, usually someone comes up with a solution, to go in place of a negative ending, that is called good cause for action, to stop negative reactions, to reduce recidivism, and to cure crime and hate upon one another, that is called domestic violence and restraint, to prevent harm causing agents from causing harm to one another, to eachother, to others, and to ourselves. Anyone who has not responded to any communications by me are not membered as part of any communications herein, nor the cause for communications throughout, I respect all people.”

It is for those reasons I am now writing this post on acceptance for one and acceptance for all, that is the cause of my current concerns, lack of acceptance for me, based upon associations. I do not talk to Sydney Simpson anymore, but on rare occasions, and we have not been close since College, since she became best friends with my Brother and Sister, and for those reasons I cried to her on voicemail, as a Law Student in Beverly Hills, at my place of work. I believe this occurred over a Yearbook, defamation.

Acceptance is about ownership of self and ownership of wrongs, and respect for others. That I think is the basis for acceptance, of others, and for acceptance of self. I’ve already lost motivation to write this piece, with expectations of “oh its about me” no “oh its about them” or “oh its about this.” Those are not the reasons for which I write, I write first for myself, and for others, not the other way around, I’m not a defensive person, I’m kind always to others, and always respectful of the needs of others, a natural adjuster to the needs of others, that is who I am, that is who I have been, and that will never change.

Facebook Heading: #BlogPost: Acceptance, Public Acceptance by #leslifischman #bloggingcampaign and #mymollydoll and #worldpeace and #pulitzer #nobel (The #key #issues) and #DavinciCode writer #DanBrown

Causes for Unhappiness by Leslie A. Fischman #LiveBookBlog

11/21/2017

Causes for Unhappiness by Leslie A. Fischman
11/21/17

Whenever we have a problem that has no end, usually someone comes up with a solution, to go in place of a negative ending, that is called good cause for action, to stop negative reactions, to reduce recidivism, and to cure crime and hate upon one another, that is called domestic violence and restraint, to prevent harm causing agents from causing harm to one another, to eachother, to others, and to ourselves. Anyone who has not responded to any communications by me are not membered as part of any communications herein, nor the cause for communications throughout, I respect all people.

Problems Occur in Phases: I have been trying to fix problems since 2009, an applicant of the US Navy for Barack Obama, this is not something new I have been a Certified Crisis Counselor since 2004, trained, to help suicidal and mentally ill people cope, and some are called inappropriate callers.

There are three types of people with problems: (1) happy (2) unhappy and (3) regretful.

(1) Happy: Happy people tend to compartmentalize problems, and few with regret, do not worry much, or abstain from activities, but keep themselves busy. Sound minded, and positive minded, usually get through problems in a piecemeal fashion, with guidance, advice, always seeing the glass as half full.

(2) Unhappy: Unhappy people are usually people with regrets in life, people who have problems usually in the past they cannot mend, so far back that everything forward feels too heavy to burden, these people are called people with (i) bad luck or (ii) self-harmers. They are people who cannot undo the past, once realized, feel like life is difficult, and often fall into stages of depression, upon realization of their (a) self-worth or (b) worth of others.

(3) Regretful: Regretful people are people who underachieve in life, wish they could have done more in life, more for others, or themselves. Sometimes hastily causing problems for themselves or others, faulty decision-makers, quick to judge, and stomp on others forward, that's because they feel behind in life, not yet achieved goals, or the type of wealth and achievement they see fit for themselves or others, will promulgate campaigns against others talk \$hit, that's a normal reaction to their unhappiness, should not offend anyone.

Twitter Quotes:

Life is about choices, what you want in life is what you believe is no ones business but youre own, no matter how many fans in life you have, your health comes first, first to anyone else, no one with an unsound mind, can help others with ease, and usually by dis-ease you make others feel uncomfortable around you. There will always be (1) sick and there will always be (2) well that's a sad reality, just accept all. -Just accept the reality that its no one's fault but your own for your negative outlooks and your own unhappiness in life, life isn't about winning or losing its about living. -It's because people get hurt they commit suicide, usually not because of people present in their lives, but because of people in their past who have hurt them. Usually people who commit suicide are victims, of something they cant say out loud. When one is mentally disturbed it usually means unable to communicate their thoughts. I am on medication because I get suicidal, because my life is hard.

Facebook Heading: [#BlogPost: Causes for Unhappiness by #lesliefischman #mymollydoll #LiveBookBlog #Amazon #AmazonApp #bloggingcampaign #pulitzer #nobel #WorldPeace](#)

Certainty Inspired by #BouffDaddy #LivefromNYC Radio on #Apple by Leslie A. Fischman 11/21/17 (LIVE Freestyle of the Day).

11/21/2017

Certainty Inspired by #BouffDaddy #LivefromNYC Radio on #Apple by Leslie A. Fischman 11/21/17

What is certain is always true, and what is true is always certain. Is what is certain what is ascertained meaning what is interpreted from any given situation. That is true and that is correct, why [what] we believe certain as to fame, is incorrect, with study one can only achieve fame, and through study, can fame be maintained. That is certain, and that is true. Image quality is everything, and it's the images you share that identity you best, and are the basis for which others judge you, by how you look, how you maintain your image, that is for certain. (Inspired by Dr. Seuss + Bouff Daddy).

Facebook Heading: [#BlogPost: Certainty Inspired by #BouffDaddy #LivefromNYC Radio on #Apple by Leslie A. Fischman 11/21/17 \(LIVE Freestyle of the Day\). #bloggingcampaign by #mymollydoll #rapmusic](#)
Of General Concern by Leslie A. Fischman aka #mymollydoll

11/21/2017

Of General Concern by Leslie A. Fischman
11/21/17

Of general concern should only be your interests not the interests of others. Usually what you make of things is a product of your interpretation of events and others, what you think is related. Only by direct connections are things related, and that is not the fault of individuals but those that house them, create those connections. We call them Schools and Businesses, places of establishment, that control who enters and who remains, and who stays, and who goes, and who leaves and why. That is why we have Jobs, and Applications, and Resumes, for hire and fire of people, from companies, institutions, and to promote the overall health and well being of its constituents, people are made a part of or people are separated from membership, that is always understandable, and that is the causes for

action against me, against my premonitions for World Peace, and my hard earned effort toward those goals Since 2009, an applicant of the US Navy. My private life is not to blame for my successes and failures in life, that's a given, to each his own, that is not the responsibility to care for the private lives of others, do not and should not affect their work ethic, and their general health and well being, everyone is entitled to their own opinions, it is never the responsibility for others to make changes to the opinions others, about people, based upon their negative interactions with. If a positive interaction later becomes a negative interaction, it is because of lack of faith, and duty, and concern for someone in need, that is why people get rejected. Generally, people who are rejected are to fend for themselves in life not others.

I have never hurt anyone my entire life, I have never had any problems or fights with others my entire life, have always been on the A Team, why so successful online and well liked, not because of an idea picked, but because of an idea maintained, that is my honor, that is a reflection of my respect for myself and others.

Facebook Heading: #BlogPost: Of General Concern by Leslie A. Fischman aka #mymollydoll #lesliefischman #bloggingcampaign Re: #WorldPeace (Initiatives based upon all not self or others in particular and not because of how situated but because of care and recognition of the #issues 2008).

A Blinde Reading: Response to @Pipant mot on #Twitter by Leslie A. Fischman aka #mymollydoll creator for #bloggingcampaign

11/21/2017

A Blinde Reading About a Comment About "Talmud" by Leslie A. Fischman
11/21/17

What is Talmud? (Need to Research This) I asked myself, then responded: "Interesting take on sub-divisions. And power of authority and self righteousness and value will blog about this. In my own words what comes to mind having read this. Sincerely, #bloggingcampaign."

First a blinde take on this statement, in part: "dictatorship entirely based on fables ... 2000 years ago ... written in Talmud."

When I grew up we had Marty Bauer, who made Ace Ventura Pet Detective Jim Carrey his client cut his bangs to the middle of his forehead like I did by accident in 5th grade, cutting my hair when wet, and when I woke up they shrank to the middle of my forehead. These things happen, but use of likeness is one thing, toward keeping one another blinde, its by identities we discover ourselves, upon meeting others, with differing viewpoints, we hopefully can see clearer ourselves in relation to, not necessarily required to self-identify always, but by respect of one another's belief systems, that I think is what can help stop racism and disbelief in higher powers other than oneself, selfishness, never leads to anything good, it shrinks the ego, makes it too tough and stubborn to blend in, and easily fades away with the time, constantly trying to change itself, to be better than, that's a life led by ego not beliefs. Everyone must be careful not to vote for people with too many problems and anyone who is self-centered, its people who care that lead well, that's the bottom line, and is always self-evident in the causes for concern, their causes, and what they do to help make a positive difference in the World, that is true, and forthcoming, and does not offend others in the past, that is called tact, not coverage, but respect.

Do we want a Talmud version? No, stay blinde! Okay deal #teamusa we all know what happened after I listened to Rap Music, Im easily influenced by others, an adjuster.

Reference to: @Pipant_mot's Comment under Maslow's Hierarchy of Needs.

Facebook Heading: A Blinde Reading: Response to @Pipant_mot on #Twitter by Leslie A. Fischman aka #mymollydoll creator for #bloggingcampaign (Re: A Comment About the #Talmud, I don't even know what the Talmud is to be #Honest) Sincerely, #lesliefischman #WorldPeace
Exes and Ohs by Leslie A. Fischman #WellsFargo #mymollydoll

11/20/2017

(Dear God i.e. Pope Francis We Have Two Teams by Leslie A. Fischman for #TeamUSA 11/20/17). #CHP

Team A: If youre going to Hell youre going to Hell just don't take me there with you.

AND

Team B: I'm going to Hell Whose Coming With Me. (#Problem #PointatIssue #Denotations) *

Team B: (Reversed): If You're Going to Hell Go With Adele (Positivity = Forewarning) = Duty to Warn = Positive Backlash Toward Positive for Positive Forward Motion for World Peace = Initiation of Anything Should Always = Positivity Forward = Outlook Positive = Positive Motion Forward for All = No One Likes Negativity Toward, Against, or For. Everyone wants to be well-liked, generally. She writes to Negativity, i.e. Exes Past, which is a habit of Music, that wont change.

I'm with the #GayPanthers (Since 2008) and #RighttoPrivacy.

Facebook Heading: #BlogPost: Exes and Ohs by #lesliefischman #mymollydoll #WellsFargo #WorldPeace #Bahamas #AnnaNicoleSmith #BarackObama #China #PresidentTrump #USNavy
Business to Business Communications by Leslie A. Fischman

11/20/2017

Business to Business Communications by Leslie A. Fischman
11/20/17 (Applied to the #USNavy 2009, but didn't get the job as a Paralegal).

Business to business communications should be about philanthropy not about money and here's why. Unfinished business is never the answer to problems, if it requires you to go backwards in time to correct a present problem. That means you are attached to problems, and less likely to generate business good business relations forward. Here's why: (1) unfinished business (2) guilty bases and (3) negative attachments cause (a) problems forward (b) unnecessary relationships and (c) desperation which equivocates and denotes either (i) failure or (ii) weaknesses to (ja) conduct (ib) denotes fear retained (ic) causes for retaliation paramount and (id) reason for unnecessary disclosures to reinforce negative outputs toward.

These are reasons for problems, not solutions. We can go backwards and show cards, but that doesn't make anyone feel better, what goes right past, if it does not go right forwards, some things are better left unsaid, who was prepared and who was ill prepared for success now, makes no difference, those with faith survive, and those with good faith, are well liked. Those with negative outlooks, usually don't do well business wise, as their negative judgments towards others, if negativity results, are always responsible for those tertiary reactions toward, against, or for.

New Handle: @blogFMFcampaign thats "blog film music fashion campaign" = #bloggingcampaign not generally on my hashtag but everyone for everyone to find like the #Nickelodeon Awards of The TV Show: Legends of the Hidden Temple, equals everyones duty to find their own truths in life.

Facebook Heading: #BlogPost: Business to Business Communications by #lesliefischman #mymollydoll #bloggingcampaign #blogfmfcampaign #business #fashion #music #film #campaigns by #PresidentTrump = #PublicSafety #PublicCommunications #Beware #Everyone
Raised by Warner Bros. Throwing IKEA Rolly Chairs at the Wall by Leslie A. Fischman Just Like @ #WestHollywood Sliding Door

11/19/2017

I was Raised by Warner Bros Throwing Rolly Chairs at the Wall by Leslie A. Fischman
11/19/17

My Brother went out last night and had a talk with Larry David. It's really not our fault, we were raised by Warner Brothers Cartoons. Our neighbor down the street Warner a Founder, lived on the corner of Rockingham and Highwood. I'm sure he could hear us screaming from the house, fighting as children. He died of Cancer. I once threw a roly chair so hard at the entry way wall under a painting it made a dent, much like I did to my head inside the Towers at Waldorf, after my brother chastised me for being a cokehead (Summer 2006 to Fall 2006 cc: Harvard) with the then heroin addict Marty Bauer's son, who I wrote a poem about, which was later quoted by Eminem, a fan of #mymollydoll, he feels bad I got titled "voted most shady" in a yearbook 2003, I never saw the ballot, maybe because I put my free period next to lunch and went home to take naps before soccer practice, I was a team captain we were one game away from winning CIF, I was 1st team all CIF a center mid-fielder. The really Ary from the Show Entourage was out last night at the same bar, it was quiet, and the Dinosaurs were upset, moody, that's normal nothing personal not to worry. We are under a lot of stress, covering for the movie Legally Blonde right now, its absurd. You know theres a book called Absurdistan, Davinci Code, and Guns Germs and Steel, these are books that accurately paint the picture for solving issues with identity and crime. I read one crime book once about criminals, a characteristic of them was described as "grandiosity" something we avoid as a Family Corporation.

My Father, when I talk about writing my book with him, doesn't think it will make any money, that's okay, Jay Carney works for Amazon now, money to SCOTUS I agreed last night with The now President Donald J. Trump who prayed with me last night via text message, his apologies Prince Harry, we are not ready to be crowned quite yet. -In other news, my ex Cornerstone OnDemand Ex-from 2013 text messaged me, maybe I need practice having a boyfriend again before dating anyone special Prince Harry, still working on my image, perceived as retarded or a slut, that is simply not true. One does not become successful or well spoken by those terms.

It is because I have remained very chaste that I have become so educated and well spoken. It is for those reasons I get jobs and put in positions of trust, because I am very trustworthy and confidential ask The US Supreme Court, protect them at all costs to my identity and to my hardships, are always of my own making.

Larry I don't know why my ex-boyfriend sold my Disney Stock, but later gave up on our relationship, and pursued educational goals instead, at UWLA, 3rd in my Class. He did this a year after I committed suicide, this is why I became a Disney iMovie Pitcher.

Poor Katie Couric's Boyfriend my neighbor died of Cancer. He felt bad for us.

Facebook Heading: Raised by Warner Bros. Throwing IKEA Rolly Chairs at the Wall by Leslie A. Fischman Just Like @ #WestHollywood Sliding Door #pulitzer #nobel #bloggingcampaign #larrydavid

RIP #SarahTammasabi why I went Lew Sanders on #CSPAN

11/17/2017

[My Comment on the Side said for and on behalf of The Tammasabi's and #PresidentTrump](#)

RIP #SarahTammasabi aka #SelenaQuintanilla aka #Rogueberg = #bloggingcampaign by #mymollydoll a #California Registered Corporation - My Legal Team is #LegalZoom, I picked, a trusted Legal Defense System to #TheUnitedStatesofAmerica who I support as Sydney Simpson's Best Friend, I took the poster down for #BarackObama and I reported Sarah and Navid's death to Bazelon who did not hire me, its not my fault I got dumped during finals May 2011 and then went to the psych ward suicidal because my Ex kept saying he "felt like hanging himself from a tree" a statement I repeated in the ER why psych ward and rehab for 2 months and did not attend my job at DC Law Student's in Court (Summer 2011). For that I am sorry. I was not as strong then as I am now. Sincerely, mymollydoll.com

Facebook Heading: Why I Went #LewSanders on #CSPAN by #lesliefischman and #PresidentTrump (Boradway Show: The King and I, I've never seen it) (RIP) #SarahTammasabi (2010).

What the World is About by Leslie A. Fischman

11/17/2017

What the World is About by Leslie A. Fischman

11/17/17

What it's not about is impeding negatively on rights, human rights. "That is the question" (William Shakespeare) to that which does not agree or to that which agrees, "whether it" (William Shakespeare) should be placed on the forefront of our minds moving forward. You are responsible for the World you create in your mind, and it is to your responsibility to take care of self first not others, that is how Justice is made, through the rights of mankind, not over focus on the wrongs of others. What is focused on gets replicated, and what is wrong is never made right, by overfocus on wrongs. That is the truth. It's not about trust, or privy to knowledge for knowledges sake, but its what rings true to your individual persons' as digesters of information, what you call right and what you call wrong. It is never the responsibility of any one person for you to decide who is right or who is wrong based upon trust, or based upon justices done past. That is not how to move forward, by provoking, and belittlings, that always results in causes for concern. Do not dismember trust and expect trust to be made, that is an avenue and recipe for disaster, not the solution. To provoke me, causes no rights to humankind, that is kindness and popularity, goes to those well known, not to I, this is why we hire representatives for our Country by votes, this is why we have the voting system. No one is trying to make me popular by trade and votes that is clear I did not win the Shorty Award in 2016, and there is nothing to stop for, or in retaliation resulting from provocation for, that is not my esteem, that is not my guilt, the wrongs of others, and that is not my responsibility to correct others when wrong toward me or others, that is not why I write. I am not a fighter, and I am celibate, I do not date anymore for those reasons. I'm not a pawn for trade, and I'm not the solution for peace, when provoked, why we have so many other representatives for World Peace, now, that is to my liking, that is because of what I am doing, writing for it.

Facebook Heading: What the #World is About by #lesliefischman #mymollydoll #pulitzer #nobel #worldpeace #bloggingcampaign #influencer #glambassador (2016) #fashionblogger #reblogger #blogger

Facebook Heading (2): What the #World is About by #lesliefischman #mymollydoll #pulitzer #nobel #worldpeace #bloggingcampaign #influencer #glambassador (2016) #fashionblogger #reblogger #blogger (What is the Solution, Minus Me Now). - Solution 11/17/17: Work on my Book Now for #Peace.

Problematic Behavior by Leslie A. Fischman #mymollydoll

11/16/2017

Problematic Behavior by Leslie A. Fischman

11/16/17

Problematic behavior is easily identifiable. I once stated "when moving fast in the wrong direction it is extremely noticeable to everyone –but when we are moving in the right direction, others follow" (2016, Twitter). It is not evident always when wrongs occur, whether misguided or not, is to each one person's responsibility to mend, fix, address, and make better present circumstances, to reduce recidivism. People obsessed with hypocrisy, we call the dissenters, they take and dump ideas, that is how they operate to minimize risk on their grounds, state risks elsewhere upon others, denote failures, so that one can achieve, sometimes they make sure others cannot. It is clear that whenever a wrong is pointed out, it is by the believer of rights, that wrongs have occurred. This is why we have a system of determining wrongs and rights, called laws. It is behavior corrected that justifies the purposes for laws existing, and those who abide by laws, often times become the most successful, whereas those who do not, find failures so grave and face hardships for the rest of their lives, that is a consequence of breaking a law, arrests ruin identities, for good reason, denote causes for misfortune ahead, and determine who is to be trusted and who is not to be trusted, a good fit for leadership or not, that right taken away.

Facebook Heading: #Blog: Problematic Behavior by #lesliefischman #mymollydoll #academyawards #thegrammys

#thejusticesystem #ussupremecourt #JusticeGinsberg #PrinceHarry #Laws #HouseofCommons cc: #MarcJacobs and #GwynethPaltrow

How You Interpret Things Matter by Leslie A. Fischman

11/15/2017

How You Interpret Things Matter for Success by Leslie A. Fischman
11/15/17

Whenever something bad happens, the only way to undo that harm is to be good. Being bad when others are bad, is cause for over consumption of the feelings of others, not accepted as your own, and that's how non-acceptance occurs. The exchange of guilt, like rotting trees, from the Movie: Blairwitch Project. Or a homemade Movie by Sydney and I, running in the grass at my house, and then collapsed in the front entry way of my home, diagonally, the camera fell over the painted flowers in the wood, that was my childhood Movie, my first one we made.

How you see the World depends on two things: (1) what you believe and (2) what you see. Everything must always be in good spirits and good humor to resolve. Tempers run riot like the Book: Outrage says Dan Brown, was simply retarded. Then Guns Germs and Steel came out. Then a NASA Diaper Everyday Girl wrote, the Dinosaurs were on vacation, the orange one was from Pluto, how we got our wings.

Usually what is missing = cause for concern. I was raised by a WW2 LT my Grandpa, was a hoarder just like me, saved everything in his loft, and so did I. Followed suit.

Why did he save everything? Because he was an LT and an Accountant, Jewish, very smart.

Facebook Heading: How You Interpret Things Matter by #lesliefischman #mymollydoll #JusticeGinsberg

Raised Proper by Leslie A. Fischman #mymollydoll = #China

11/15/2017

Raised Proper by #PresidentTrump by #mymollydoll
11/15/17

Crush Therapy: The habit of crushing occurs, when someone has something you have not achieved, a likeable quality about them, you wish you saw within yourself, how a crush occurs. Generally speaking crushes are nothing more than mentors in life, at that, now this makes sense. I've always been one to crush, never to date, never good enough, that's my personality trait, forever a beginner at life, how rookies are made, reserved gifts, is how you find talent, something special is around, its if you see everyone but yourself, is how special traits are acquired, through the gift of giving, not receiving.

What goes warm must come down, the shrieks of melancholy despair, is nothing but lost hope upon rhymes of shrowded guilt, we call these "Freudian Slips" what is not said, is often times something so obvious on its face, nothing to fear about, how that occurs, warmth, is everything positive and from that more positives occur says #FBI. It's really simple, nothing like chess, and kings on queens or pieces, its all about reserving your gifts in life, a preservation specialist, my Mom and Brother, reserved me, always chastised me, never encouraged being boy crazy, why I am this way, a tomboy. Speak in a heavy tone, not a likeable tone, desensitize my audience. There's a reason for that, I'm not sure why this happens, its not trust, but certainty. That is why I am well liked, there's something very certain about me, proper, raised that way properly. Why my writing is clean cut.

December 2017

Addiction, Social Media, and Propaganda by Leslie A. Fischman

12/1/2017

Addiction, Social Media, and Propaganda by Leslie A. Fischman
12/01/17

Propaganda is defined by Google as, “*derogatory*: information, especially of a biased or misleading nature, used to promote or publicize a particular political cause or point of view.” –In my point of view, PROPAGANDA is information used to provide a point of view, that is counterproductive to the needs of the majority, to present a minority opinion, which is placed above in public sight, to undermine hindsight, to give strength to a current perspective, that is not widely accepted, and stirs the pot, that is the fundamentals of any given trade or profession, which seeks to help not undermine the needs of others.

Social Media is a great place to share ideas, however is very addicting. Im sure there have been articles written about Social Media addiction, but I am now choosing to share from my perspective, how I became addicted to Social Media, as a place of work and as a place to write. When one is not heard, there is a strong sense of purpose to be heard. That is understandable, when one is not equal, one has arrived at a place to become equal minded to ones cohorts, that is respected as those around them are respected, why blogging on Twitter is great for people with low self-esteem, a place to learn how to fit in, be well liked, and find one’s place in reality, among, not separate from others.

As a Law Student, I became separated from my friends, as addiction relates to me, now we are talking about here. In case anyone was wondering as to what this discussion will entail here forward, my addiction to social media, not the addiction of others, I always talk from my own perspective, not the perspective of others, as these are my ideas for peace, not the ideas of others, clearly if being shared by me, then with positive good purpose, not for myself, not for others, but based on the principle of sharing for sharings sake, that is why I share my thoughts, to be apart of, included, well that’s a side-effect. –I’ve never not felt included, that has never been the case, always included, invited to every party, and always apart of, the most popular everywhere I go, I have a nack for assembling people, friends, and now professionals, that is my calling in life, to help others, as has been stated in my personal statements since 1997, to “make a positive difference” that is my motto and that will never change, I was born in 1985, so I was probably 11 or 12 when I came up with that, what is now a slogan, widely held by all.

Addiction is defined by Google as: “the fact or condition of being addicted to a particular substance, thing, or activity.” Addiction according to me, is the use of a substance to feel good, beyond that which is required by the average or normal person to feel good. I do not use social media to feel good, it makes me nervous and paranoid, its just a place for me to promote my blog and my writing, with no beginning purpose to be famous, only to write a book. I am not a Lawyer, therefore I do not and have never represented others legally only myself, and by image good image, may one day represent others well too, not just myself. Addiction is viewed as engaging in risk taking activities, I am not a risk taker, however I have abstained from the sue of alcohol and marijuana since defamed in a yearbook 2003, that is why I chose not to drink or do drugs, and that will never change about me. I clearly understand first hand, the consequences to your image if you drink or smoke weed, why I do not drink nor smoke weed, because that is the basis for others, enabling them to trash you and your image. I was awarded best female athlete at graduation, therefore it never made sense to me why on the last day of school I found out I was defamed, it broke my heart. –I had gained weight senior year because of soccer injuries the years prior, was always a top athlete, however was overweight only 2003, and still tried out for the CU Club Soccer team Summer 2003, and was selected 1 of 5 on the B Team, that is 1 of 5 Freshman on the B team, the A Team was all upper-classmen, and the C Team was all Freshmen. –I made the team, and when I made the team I decided not to drink or smoke weed, so that I could play soccer, another reason why I became sober and clean, a professional club soccer player 2003 in the State of Colorado, a mile above sea level. The altitude is so high, and air so thin in Colorado, I could not drink or smoke weed AND play soccer, that would be humanly impossible, why I abstained.

1. Addiction, Social Media, and Propaganda

Social Media is obviously a place to represent yourself. When you learn how to represent yourself well, then you are fit to represent others on your blogs, until then, it makes sense why people go private on social media, and keep their social media's private. I have kept my friends list private since 2008, after a terrorist attack occurring on the 10 freeway after I defriended someone who wrote songs about me, we dated briefly in College. Its really not a big deal, just culture shock actually, when you realize someone cared for you, and then wrote about you, and you realize many years later, what that was about. It hurts, and its embarrassing, and theres nothing you can do about it, I was his biggest fan, attended all his shows in Boulder Colorado. I realize now that that is a compliment when someone writes about you in public, to accept it as compliment, not be defensive or embarrassed by any acknowledgment of you in a public space, how you made them feel.

When you defame yourself, and misrepresent yourself, well that's not propaganda, but pure stupidity on your own behalf. Misrepresentations are not the same as propaganda, one word is about self and others, and one word is strictly as it relates to political tidings. So ... which word best describes my biggest faux pas in life? Misrepresentation, of ideas, and image. When you are overweight, there is really nothing you can do to fix public perception about your health, you are seen as grose, and because you are grose, others offend you on purpose, insult you, and degrade you, to make you feel less than. That's unfortunate, that was my Senior Year Yearbook, hurt beyond belief, went into a state of depression, and put on adderrall by Sophomore year, and switched majors to Sociology.

Why am I on Social Media? Because I love to write. I decided to become a writer, 2004, when I switched majors to Sociology. That's when I decided to become a writer. My favorite course in High School was American Literature. Writing is my Passion. I was even in AP English but didn't read the books and graduated with a 3.2, getting As in Chemistry, Physics, and Algebra, my strengths in Math and Sciences, but chose to write instead. I think you stick to what youre good at, as applied. Social Media is one of my favorite places on earth! It's where I found my voice, and improved socially, academically, and spiritually, and could not pick a better place to share my thoughts.

Reference:

https://www.google.com/search?source=hp&ei=neYhWur-HMKf0wLX3go&q=propaganda+definition&oq=propaganda&gs_l=psy-ab.1.1.0j0i131k112j0l2j0i131k1j0j0i131k1j0l2.828.2347.0.4375.11.10.0.0.0.124.808.7j2.9.0....0...1.1.64.psy-ab..2.9.805.0..35i39k1j0i10k1.0.-gmZ6XLqMHw(Google Search: Propaganda Definition, 12/01/17).

https://www.google.com/search?ei=ouYhWoX2GOqf0gL36464Bg&q=addiction+definition&oq=addiction&gs_l=psy-ab.1.0.0i20i263i264k1j0i67k1j0j0i131k1j0l6.559415.560854.0.562728.10.10.0.0.0.151.931.4j5.10.0....0...1.1.64.psy-ab..0.10.1069.6..46j35i39k1j0i131i67k1j0i10k1j0i46k1j0i20i264k1.140.VWnzOkMbfyM (Google Search: Addiction Definition, 12/01/17).

Facebook Heading: #BlogPost: Addiction, Social Media, and Propaganda by Leslie A. Fischman #mymollydoll #bloggingcampaign #leslifischman #propaganda #socialmedia #misrepresentations #falselight #defamation #bestfemaleathlete #2003 #yearbook (Re: Windward School) #sober #clean #celibate (2014-2017).

What is Fear? by Leslie A. Fischman (FWD: Text to Jack Dorsey)

12/1/2017

Text Message to Jack Dorsey (Fear Speech) by Leslie A. Fischman
12/01/17

“Fear is a disease of the mind unwilling to accept reality and the current state of affairs unwilling to accept truth, that who hold[s] certain falsehoods[,] lives in fear, seeing negative[ly] until negative [occurs and/or] comes to

fruition[,] are not people of concern to me but cause weakness to humanity and cause injury to mankind [are those] who contribute to these ills we call fear.”

“Direction in Life (definition): The points you choose to focus on [that] make you who you are, based upon what you believe, see fit, is what becomes of you. You cannot control what others think, just be yourself, the rest should fall into place.”

When others are “tripping too hard” its because of those who are “quiet” and those who “work” who do not speak up, that results in: “loss of faith, on edge, unhappy, rude, obnoxious, not disciplined, values falling apart ...[,] and competi[tion]” that’s how you figure out when to speak, when there is something wrong, why its important to “listen” to one another, including our leaders in any Country.

“The worst thing you could do to yourself is to live life in regret with the could’ve should’ve would’ve and not feel accomplished by comparison or upon new realizations in life, we know what we know and that’s that. Life would turn out no differently had anything been known or [if I had] reached fame long ago, that’s not how fame happens its earned by self merits not by who knows who.”

Facebook Heading: #BlogPost: What is Fear? by Leslie A. Fischman (FWD: Text to #JackDorsey)
#bloggingcampaign #mymollydoll #lesliefischman

Text Message

to #JackDorsey @jack #bloggingcampaign#mymollydoll #mymollydollblog pic.twitter.com/8gu2gO9jXH

— mymollydoll (@quotesblogger1) November 30, 2017

Medication Stigma by Leslie A. Fischman aka #mymollydoll

12/1/2017

Medication Stigma by Leslie A. Fischman
12/01/17

There’s a lot of stigma faced, when it comes to taking medications. Why you’re not supposed to tell people which medications you are taking, that leads to assumptions as to what your problems are, which could be completely unrelated to the purposes for which any one brand of medication was made. It’s the Doctor who prescribes medication based on what I tell my Doctor, and based on my Medical Records, which are private documents, not for public circulation or to be read that’s my Right to Privacy. –Often times people think people are on medications because there is something wrong with them, it could also be that there is something wrong with their environment why they are put on medications. Just accept all, be accepting always, of the difficulties and life challenges that people face, and meds they’re on.

Usually people go through struggles with their identity early in life, some go through changes later in life. That is a product of their interactions, and their experiences, that is one’s own right to privacy, how they find themselves, and who they become is a result of their interactions with others, not necessarily a product of their choices, but what is left to them. It is very common for people who are victims of assault, to them become members of different groups in society, or like different people. That is a normal consequence of rape, sex assault, to bind with those trusted, who do not hurt them, or their esteem. Women will be women, and some hook up with them. You don’t own our class, you can’t tell us what to do, we are Women.

Just because I have a girly website does not make me Gay, in fact I’m not Gay. And the purposes for this website is to empower women, not belittle them, why I created a website, because I have inferiority complex, because I grew up put down. That’s me, this is me now, this is me then, I’ve been keeping a diary my whole life, sound the same. I’ve always been this way, a writer, and talkative, easy to talk to.

Facebook Heading: #BlogPost: Medication Stigma by Leslie A. Fischman aka #mymollydoll #lesliefischman
#bloggingcampaign #fashionbloggers #womensrights #righttovote #thewomensmarch (#Speech).

January 2018

Always Think of Yourself by Leslie A. Fischman

1/13/2018

Always Think for Yourself by Leslie A. Fischman
01-13-18

Always think for yourself, you never know whos watching. Just got two new followers today @redcrossla and @navy_airpower_usa. –Best to always represent yourself well, and the rest should follow. What is trust? Trust is when you are put in a position of power, and you do not abuse those trusts and confidences. That can be achieved by doing your job, and by helping others as you say you will, not by overstepping boundaries, knowing your limits, and your place in life as a worker. There are some things we can and cannot talk about, and for everything else, we have the internet, to share our opinions on. Fears and resentments are things you share in private, under the confidences of licensed professionals and for good reason. Whenever we go backwards in life, we run the risk of reliving past traumas, and facing those traumas head on at the present. In order to overcome those traumas, we need assistance, medical assistance sometimes, in order to grow past those traumas, without inheriting disabilities along the way from our past or from others to whom we discuss our past with. I don't believe in ethnic cleansing, but as an individual of mixed ethnicity, I understand how easily my health can go in and out over the years, and by the difference in my weight, up and down, which is all dependent upon my self-esteem and how I feel about myself. How you feel about yourself, is based upon how you interact with others, as well as how others perceive you. Lifes not an STD, covered in disease, and neither are people, by communication. That is not how gay is spread or bad ideas, by communications, but by a person's unwillingness to follow general laws of common sense conduct and courtesy for others. How you treat others is how you will be treated in return. –The difficulty with disability is trying to be something youre not able, and then trying to fit in again. I never thought that my disability would get worse overtime, but it had, and now I am doing everything I can to overcome those hardships, and stay focused. Playing up to what people think a disabled person looks and sounds like, is fun, to just be yourself, and listen to your inner retard, however the writing world is very judgmental these days, and some days you have to always give your best. Theres a time and a place for everything, Im not an actress, so I can only give my best. People who are performers, are good at hiding issues within them, Im not one of them, my biggest weakness perhaps is that I can barely keep a secret, if made known would help others to better understand me, and my previous responsibilities as an advocate to others. You have to be very well, in order to help others, and in order to be well and get well, you have to understand yourself first before others. That is what I am currently working on building a better understanding of myself, so that I can best be there for others, professionally, and by learning, and maintaining my academic integrity –that is my strengths in academics, where I shine most.

A post shared by mymollydoll (01/2018) (@mymollydollquote) on Jan 13, 2018 at 1:07am PST

Life's not all about Blogging by Leslie A. Fischman

1/12/2018

Life's not all about Blogging by Leslie A. Fischman
01-12-18

Lifes not all about blogging, and it certainly is not all about you or the faults of others, blame rarely gets you far in places, complaints often frowned upon. Theres a certain state of helplessness, that follows in any addictive or malapadative behaviors that cause you to question yourself or others. According to Dr. Martin Seligman “The feeling of oppression and not being in control or in charge is the opposite of the top of the UpSpiral which is “feeling good and feeling free” (<http://appliedneuroscienceblog.com/learned-helplessness-way>). -Theres a condition of loss that occurs, loss of self, loss of standards, and loss of care. That's how you know you have addiction, when you become dependent upon a system of support, and that support when overused, creates a condition of self hate. That is the trouble with Social Media, is when to stop, look up, and look around you. What is it that you're trying to

do in life, and never lose focus, not to social media, not to others, and not in place of self, and your life goals. One can be easily led astray online, and on the internet, and even while blogging, its hard to maintain footing in life, without the internet some days, if so then blogging may not be the correct profession for you, if unable to achieve your goals in life while blogging. Sometimes too much exposure, is cause for consequences, that flip back onto you, on your feet, on your side of the grass. What can you do to make your grass greener, by representing yourself well at all times, that requires not to share too much what is inside of us, and share more about what represents ourselves best. The outer layer.

You Cannot Predict the Future by Leslie A. Fischman

1/11/2018

You Cannot Predict the Future by Leslie A. Fischman

01-11-18

You cannot predict the future, best you can be is prepared. That is the key to success preparation, and stability. The stability provides you with the footing you need to achieve in life, not leveling over or under people, in order to achieve, that is not how one achieves by comparing oneself to others, that only causes disillusionment. Best to stay focused on oneself, how to achieve in life. When you are too worried about others, or the thoughts of others, this can cause illness, franticness. –During periods of turmoil we are especially prone to being concerned about others, that is only natural, if you already have a pre-existing condition, that causes you anxiety, social anxiety, or fear of the thoughts of others about you, this can become amplified during crisis, and times of need, why its important to slow down, and think twice. According to *Richard K. James*, in *Crisis Intervention Strategies*: “When people confer their focus of self-evaluation on others, they become dependent on others for validation of their being.” (12) This explains how blogging and likes help people in crisis, identify both whats bothering them, read about it, and also self-identify what their thoughts are for the day, or share how their feeling and get feedback, positive affirmations back, via likes. Social Media is a “macrosystem” still in its developmental stages, and a growing field where “There is great value in looking at crises in their total social and environmental settings –not simple as one individual being affected in linear progression of cause-and-effect events.” (12) There is much “interdependence among people and between people and events” that shrowd our relationships with one another in reality, on a person to person basis through interaction and via the “relationships” we develop with others. (12) A “situational crisis” is described as an “occurrence of uncommon and extraordinary events that an individual has no way of forecasting or controlling.” Such environmental concerns, and catastrophes, resulting in death of persons, and loved ones. These are events outside of our control, often times “sudden, shocking, intense.” (13) It is common during crisis for there to be “abnormal responses.” Do not be alarmed, by your peers, they are probably just voicing their opinions, but anything urgent is important to report, if they themselves are in danger of hurting themselves or others. Sometimes a crisis can be personal, “a state [of] ... impediments to life goals that cannot be overcome through customary behaviors.” (11) This is described as a “disturbed equilibrium” that requires “grief work” and an expressed willingness by the “clien[t] [to] wor[k] through the problem or grief” causing circumstances, in order to restor[e] [their] equiliubirum.” (11) Sometimes the “crisis service[s] never ceas[e].” (8) Especially on “suicide hotlines in major cities.” He further notes that “suicide prevention is probably the longest running intervention program” in the mental health field, and serves as a “benchmark for crisis intervention” in today’s times, to help “understand the several social movements [that] have been cricitcal to its development” such as the “women’s movement in the 1970s.” Grassroots advocates in the past have been known to assist people with PTSD. (7) There is a such thing as “transcrisis states” in which there is “unfinished business” (5) or where the “original crisis event” is “submerged below awareness.” This differs from PTSD in that it is caused “by an extremely traumatic event, and very specific criteria must be present for a diagnosis of PTSD to be made.” This condition is not limited to just those who suffer from PTSD by “so-called normal individuals” too experience these malapadative contiions, such as those who “quit taking their medicine” and therefore “capable of functioning at some minimal level” as a result. One of the “key differentiating element[s] of a transcrisis state is ... whether it is due to [some] trauma” or personality traits, substance abuse, psychosis, or chronic envionemental stressors, the state is residual and recurrent and always present to some degree.”

I don’t think that discrimination lasts forever, but if it does, it is doable and momentary, and can be lived with, its not a big deal, you just go on in life, and find somewhere, where you are accepted, and treated as human, and intelligent. Anyone who dehumanizes you and treats you as bait, or less than, probably doesn’t respect you and

that's okay, you just move on. There is no excuse for suicide, even if everyone tries to convince everyone that your off and they're smart, it's not your responsibility to convince others, that you are intelligent, and doing well, just do well, and the rest should follow. We all have our own beliefs in life, and often times they do not change, even over time, there will always be blame and blame avoided. Never blame others for your current hardships I was raised to believe and never play victim. I did not grow up with fighting, never have been in a fight my whole life. When there was fighting, to talk about the negative, I become suicidal, not able to cope with fighting, because I grew up in a disorganized state, and had to make things better for everyone, that required a tremendous amount of focus on self, not others.

Reference:

[Richard K. James, Crisis Intervention Strategies, 6th Edition \(2008\).](#)

What to Talk About by Leslie A. Fischman

1/10/2018

What to Talk About by Leslie A. Fischman
01-10-18

It's not always necessary to share your two cents or to say what's in your mind, that is for a particular time and place, and among certain groups of people, or persons. Be wary of to whom you are speaking and who is in your audience, is affected by your speech and what you say. Some audiences come, and some are connected. Be careful not to connect information to people or existing connections but on your own, assemble and put together information, and then people can go to that information. I see now why we have blogs and links from blogs, not blog directly. It is offensive to others in direct communications, when communications outside do not accurately reflect communications inside, sometimes we need an outer layer of communications that supports positive communications within why we have Twitter, a group of professionals, who communicate outside of Facebook back to us. [#LessisMore#BeKind](#)

Minimalism Amplifies by Leslie A. Fischman #TheArtWorld

1/10/2018

Minimalism Amplifies by Leslie A. Fischman
01-10-18

There's a subtle difference between what is accepted said, and what is accepted past, and what is accepted presently, as in accordance with virtues set forward into motion. What is accepted is not the past, but in favor of the future, that exemplifies good bearings on current turmoils. When there is a rush, there is energy, and that energy must then be transferred to positives, positive focus points. When there is energy and that energy is applied to negatives, negatives result. Why it's important to always stay calm, and to focus on what's within, not without, when in crisis. The common thing to do, is to focus on what you do have, not what you have not, when in crisis. Not to think of self, but to think of others, what are your needs, and what can you do to best assist others in crisis, is not to focus on self, but to focus on others, that is counterproductive when you change focus away from you to others, that shows that you yourself are not stable enough, and reliant upon others for assistance. Who is strong and who is not, is not important during times of need, but your own choices are much more important, as to who you go to for assistance. That is always important to go best to sources of support qualified to assist you. Redirection of focus is because some want to direct focus away from them, sometimes redirecting of focus occurs, because one wants to direct their own focus away from themselves, and their current troubles, escape from reality, that is called fantasy. There are such things as fantasy campaigns, I am not one of them, I am real. –Minimalism amplifies, because it suggests to focus on a few things rather than see the big picture, and what's in place, is what is left, that is minimalism to me, what remains, what is gone, is junk from our lives, why there was a minimalist movement to help us focus more on what's important, and what matters most to us, to get from point A to point B, positivity, and not go backwards, and

relive the past over again. When you are reliving your past, you are making amends to get to your future self, a better self, and that is why amends are made. Never be too apologetic as accepting yourself as wrong, you are always right, the victim is never at fault, always remember that, in times of crisis, the one who suffers most is considered the victim. –I was raised never to play victim in life, and to always move forward, be strong. That is from a political standpoint best, when victim blaming occurs its because fault is placed on the victim, as to the victim's current circumstances as asked for. I have never asked for any help or assistance my whole life, able to always work alone. How I was raised, to be independent of others, eventually you date and fall apart. That is the difficulty of being a Woman, giving your body to someone else, and trusting your body with another. You don't realize the repercussions until too late.

Commentary is for Professionals by Leslie A. Fischman

1/9/2018

Commentary is for Professionals by Leslie A. Fischman
01-09-18

Commentary is for Professionals, and there is a reason for this. I am just a MuckRack.com Writer, not a professional commentator. I will always have my opinions, politically correct or not, always share how I feel about any given situation, and how that makes me feel, and how I have responded, and will continue to respond. Whether under stress, or not, or doing well, I will always be a writer. I have kept a journal my whole life, this is something about me, that will never change. I will always have my thoughts, and likewise, the reader will always have their thoughts. How are thoughts made, based upon exposure, and based upon how you feel about yourself, that will gear your thoughts, always be positive minded. When you are negative minded, your thoughts will wander to places, that cause you illness, yourself, and hopefully but not sometimes others illness. Always be mindful that things are not what they seem, and even if you hear something, about someone, to still respect that person, when you see them, that's how you know whether anything bad has been said about someone behind their back, usually they look better than. I was once told, "haven't you ever noticed that when someone talks \$hit about someone it always makes them look better" laying in bed next to my ex #RobDebakey. Be very careful with your words, as they may be used, to portray something else about you, your likeness to others. In addition, always be careful what you say about others, can be used to pass judgment upon you. Ive said this before I'm someone who's side is rarely taken in an argument or agreed with, they always take the other side, knowing this I built a campaign, in which all could foster. A mutual sense of humor, to begin focusing on whats important the weather, not just to make conversation, but because it matters. #LeonardoDicaprio. –Its funny once you begin to write in public, how much is memorized, and what is remembered that you cannot control, you only hope that people see positive, and trust you as a writer. They may not agree with all your opinions, and its not betrayal that hold back, but caution. Its not fame that retards, but behavior while famous. Always be kind to others, as everyone is doing their very best to represent all. All crimes are senseless, if there is one quote you should remember, that is the media's choice.

Anything ending with more, means, a good suit, lightly taken, not disturbing. I'm learning as I go what can be talked and joked about and what cannot be. On the otherhand anything that breaks confidence, causes one to question, decreases esteem. Always be thankful for your places in life, without whom we'd be lost.

Reference: <https://muckrack.com/leslie-fischman>

Nothings Ever Permanent by Leslie A. Fischman

1/9/2018

Nothings Ever Permanent by Leslie A. Fischman
01-09-18

What you think is wrong, if so, is wrong, only if you think it is wrong. Always play by the rules, and go from there #CHP. -There is nothing we can do when we experience any type of loss, usually follows a period of powerlessness. I'm not a Doctor but I know well enough the difference between right and wrong. -I have grown a lot since 2013,

spiritually, and academically. I am still working on finishing my LLM at Thomas Jefferson School of Law, and work part-time on and off. I realize that during my time away from work and school is always a time to regroup and get strong again, so that I can be there for others. -You cannot move forwards without going backwards, that doesn't mean stay there, you can reflect, life involves constant reflection without going through the motions. -Everything is always clear backwards moving forwards have faith.

Some Ideas by Leslie A. Fischman

1/8/2018

Some Ideas by Leslie A. Fischman
01-08-18

Some ideas help us move forward in life and some don't. There's a stopping point, at what point to we stand back and look at everything as it is, either accepting of the times or rejecting our present circumstances as real and true. That is a judgment call based upon those who upon viewing either choose or decide to accept anything said as proper philosophy. It's all about acceptance, that's how one moves forward. It's all about integrating ideas, that when it settles, it settles well to all. That's how good ideas are made. They're the type of ideas, that make us stand back in life, and look at life in aw, those are considered good ideas, something needed, and necessary. What's unnecessary, are attachments, and promotions, those usually hurt ideas, now looking back, as ideas get applied, to the promoter of a work or an idea. I see now. The meaning can change depending on who is promoting an idea, how it will be viewed. At the same token, when viewed, the viewers reaction is interpreted, and understood as connected, screen to audience, or work of art to audience. What you pay attention to is what matters, to you, but something else might stand out to your audience, that you have no control over, best to always be a perfectionist. Regret occurs when we don't do our best and we settle for less in life, we hold back regret. Wish we would have tried harder, or wish that things would have turned out differently, that's called regret. What is read into is what comes out in the readers mind. Those are not subconscious results, but a matter of how well read and what's being read into, is what will come out of any given piece of writing or work of art. The overall feel and the overall message is what gets taken away, always think positively of others, without connections to mainstream media, when interpreting.

Whats Important to You by Leslie A. Fischman

1/7/2018

Whats Important to You by Leslie A. Fischman
01-07-18

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

Facebook Heading: [Whats Important to You by Leslie A. Fischman #lesliefischman \(cc: #SimonCowell and #DavidCameron, thanks for the feedback! In my mind, you guys to me\).](#)

What We See We Remember by Leslie A. Fischman

1/6/2018

What We See We Remember by Leslie A. Fischman
01-06-18

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

Being Raised Conservative by Leslie A. Fischman

1/6/2018

Being Raised Conservative by Leslie A. Fischman
01-06-18

When you leave the woodwork you realize what you have, I was raised very conservative, and now I understand why. It was to protect me from harm, that when we let loose we will be judged by others, its how we are taken seriously, that others will judge us, based upon our own merits, and what we bring to the table, skills. Those skills are by education and background, those build the backbones to companies, and from there a company grows. What is independence. We chatted today before the meeting, to me that means a Corporation that is independently run, by its employees, who are independent of one another, not co-dependent. In the real world, I see that individuals, base selves on their accolades and based upon their merits, how confidence is made, not by being inside a group but by what they bring to the table, that is how confidence is made. You can only see yourself, when you are in a group of people, who is accepting of you not hard on you, know your worth. Sometimes in close relationships, people are hard on us, that's to protect us from harm. When we understand the value of self, in relationship to others, we will know ourselves best. How to behave in front of others, whether to be known for our present or our past, and from that point determine how well known, know you best, not others, how to get to know yourself among people, how to self identify. When people look at you and think you are something you are not, that is because they know you based on what they hear, not based on what they know, or see, and that is always understandable, we give thanks to others, for acceptance always, how to move forward, and not discuss our private lives out loud, or professional selves, in order to maintain a positive outlook in life, is by our work ethic not others points of views. This is clear upon meeting people very well adjusted, I too was once well adjusted, and now struggle because of my relationships gone sour, while attending law school. I will never understand the pressure perceived until I undergo it myself. What you say about yourself, is by what rumor is known about you, always be truthful, and give value to your life presently, everything is a matter of correction. When you are a perfectionist and corrected, then you should know better how to behave is how one is treated, who looks or appears mentally ill, that's called passing judgment upon another's circumstances, and adding fruit to the table of concerns. What is concerning is what alarms, people should never be alarmed by adjusters. Adjusters are people who are accepting of all people, they themselves must be conservative minded, if to be a backbone to others, to mirror conversation behavior. That is how trust is built, not by surprises, but by dialect, being conservative minded. Conservative minded means being a defensive driver in life, watching out always for concerns, addressing concerns accordingly, and by offering reassurances. Reassurances are guaranteed by behavior present, and behavior continued, elsewhere. It is known that I struggled with alcohol after law school, its never been a problem in my life professionally, always sound, and never a threat to my environment, or to others,

I'm not a loose canon, its by judgments threats to me, that occurred (once), said something back under the influence (once), that is not me but a product of my circumstances, I was judged as something I am not, and because they thought I was a whore, I was treated like that, Im very chaste, never dressed like a whore, never behaved like one, always conservative toward others.

Moving Forward and Backtracking by Leslie A. Fischman

1/5/2018

Moving Forward and Backtracking by Leslie A. Fischman
01-05-18

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

I have a new account for work: [Instagram.com/leslietfinance](https://www.instagram.com/leslietfinance)

Life Isn't About Image or Connections by Leslie A. Fischman

1/3/2018

Life Isn't About Image or Connections by Leslie A. Fischman
01-03-18

Life isn't about image or connections, its upon your own basis you become you, based upon your own merits in life, not the merits or good merits of others. How you self-identify and what becomes of you is how you will be judged by others. Always be yourself, you need not justify why you are the way you are or for what reasons you are ill is no ones business but your own. If you are doing everything you can to be well, than no people or persons should make you sick. People are not contagious, its bad ideas that are feared as being contagions, everyone is responsible for themselves, you cannot control others, it is not by our ideas that make us who we are but by our thoughts which control our actions and behaviors that make us who we are, how we are in public, how we address others, and how we ourselves are addressed, is a manifestation of how we see ourselves is how others will see us in reply, always be appropriate in public dressed and around others. That is how to be well-liked. When you are judged that is no excuse for self hatred or for upset, you can only do your best, and if your best is not well received than acceptance of self is required you cannot be accepted by all, that's called discrimination. You just have to accept that some people will not like you for whatever reasons, whether by your associations connections what you represent or what they think you represent or by where your headed in life, they think deserving or not. Intimidation and wins are for the weak, life's not a competition, take life easy, and always be there for others, when you help yourself, others will be helped too.

Facebook Heading: #BlogPost: Life Isn't About Image or Connections by Leslie A. Fischman #leslifischman
(Make yourself synonymous by your puttings together not the puttings together of others, thats how you maintain a level outlook about others, not get upset about haves).

Ideologies and Happenings by Leslie A. Fischman

1/2/2018

Ideologies and Happenings by Leslie A. Fischman
01-02-18

Who you put in charge of ideologies matters as to happenings, is by popular opinions and by likeness whether imitated or consumed. There are consumer trends which we identify which tell us the likes of our audiences, and by those trends dictate the material that is produced for our audiences. That is the only mathematical way in which to please all. People in the entertainment business cater to their audiences, by listening services, understand what are the likes and dislikes of individuals so that they can best provide for their audiences. Based upon those numbers provided by servers like Google, we can tell what is in demand and what is not in demand, by what is helping us to cope and what is hurting our abilities to cope. –How things happen is by choice, the choices you make, are what influence your thinking and what makes up your mind, is how your life happens, what happens around you is your environment, and that you cannot control what people think about you and what happens around you, you can only control you. –When you are in control of you, then everything around you seems in control. When you are not in control of you then everything around you seems out of control. Its important to always maintain a level head about you, why those in positions of power, with earning power, are put in caretaking positions of trust to help us.

Whats in Good Taste Whats in Bad Taste by Leslie A. Fischman

1/1/2018

Whats in Good Taste Whats in Bad Taste by Leslie A. Fischman
01-01-18

Its never in good taste to speak poorly of others, including oneself, whether it be in jest, or to paint a picture. You can never build yourself up by telling stories about self or others, it just makes you look like a gossip or a yenta (Jews call it).

Always be respectful of others, and do not make mention of the problems of others, or have pity for those who do not need your pity nor ask for it, that's you subjecting yourself to harm, by speaking negatively of others or at others to generate a reaction from them to please yourself, that's called selfish behavior, in poor taste.

What is bad taste, in bad taste is called to be disrespectful toward others, whether it be the customer, or the consumer, or of the work product of the writer, always be respectful of others, for their craftsmanship and their bravamente. Without whom we would not be here today, those who give us life, and protect us from harm. They are people generally in positions of trust who we admire, and hold dear, everyone else is subject for scrutiny that is a given, not one more important than the other.

People will often times try to make things about themselves to cause hardship to others, that is called unwanted solicitation and unwanted adherence to comment. It is never ones responsibility to respond to any outside commentary, outside of the arena of a writing space, there are plenty of spaces to comment herein. –My following is not very big, I have calculated numbers, and it has not risen to the level where anyone should treat me as famous or hold me to that expectation I'm not.

I am a private citizen, I do not currently have a job, was recently hospitalized because they thought I was suicidal when I was not suicidal, and am beginning work for my Mom this week. I am an on and off again Law Student at Thomas Jefferson School of Law, studying Risk Management and Compliance in Finance.

In my free time, I study trauma, trying to build a better understanding of trauma victims, including myself, and how to build better coping mechanisms suited to my individual needs as well as to the individual needs of those responding to others. That's always in good taste to put yourself before others when sick, and to put others before yourself when well. What causes sickness, is God's understanding.

Always Stay Calm by Leslie A. Fischman

1/31/2018

Always Stay Calm by Leslie A. Fischman
01-31-18

They say that social anxiety is: “Also known as social phobia, social anxiety disorder is the excessive and unreasonable fear of social interaction. Having the fear of being criticized, judged or closely watched, people with social anxiety tend to avoid social communication, especially when offered through online services.” (<https://www.learning-mind.com/social-anxiety-disorder/>).

If so ... how can social media help curtail these disorders thoughts, not make worse, these conditions, that are already pre-existing, that are not heavily interacting in person, but interact online heavily, and have social anxiety, usually people who should be social online, should be being social in real life, and able to therefore adjust online well. That would only make sense in the long run. Therefore its best to practice and run the risk of losing these positive life skills, with too much online interaction and not enough in person interaction, this may worsen and trauma therapy is another, and blogging is one thing, but interaction, social interaction, seems to be vital a key component to normal

Balance and Esteem by Leslie A. Fischman

1/31/2018

Balance and Esteem by Leslie A. Fischman
01-31-18

Balance in life and esteem are important for positive functioning, without which, we often times feel lost. Sometimes its companionship, sometimes, its relationships that make us feel whole. And sometimes its work that makes us feel complete. Whatever it is always make balance, so that one does not fall part, and so that each life does not affect the other. –When you are nervous its usually because things are not going right in life, or you are not doing something right, this causes nervousness, imperfection. There is only so much you can do to be perfect before when and if so, that is what therapy is for and that is what friends and companions are for talking and sharing emotions with. Publically considered taboo, no one wants to hear your problems, usually people only want to hear good news, theres a reason for that, maintaining balance is so important, problems, can cause disarray, and disarray can cause mental illness, mental illness is caused by fighting, and fights start before a fight there is tension, that’s the assumption of a fight about to begin, an anticipation of a fight, an anticipation of negativity, or but always see the positive in life, anticipate well.

Be in Control of Your Own Problems by Leslie A. Fischman

1/31/2018

Be in Control of Your Own Problems by Leslie A. Fischman
01-31-18

Always be in control of your problems, in your life, and never make your problems the business of others, or interfere with your relationships with others to know your problems in life or your problems with others, that only causes discord and rumor and distrust and paranoia. Paranoia are upset with yourself, a perfectionist, wanting all relationships to be sound and well, when one relationship or another falters, then you do this may cause one to self-harm. Self-harming can result from failures, fighting, or from mistakes in life: sometimes caused by the use of judgments on others while under the influence of drugs or alcohol as they may be skewed or off base with reality when you are up or hurt in touch with the realities of situations present in another world, that is based upon your personal viewpoints or recollections. Sometimes what we know and see, such as on social media, and sometimes our recollections may be based upon what we know, by experience, what that means we have a foundational problem, our interests are to [criticize] and when [those opinions held] cannot rest one may feel like [not right], [and] not getting to the bottom of something, that means you are [hurting] the wrong person [you should never hurt anyone right or not], why people are turning on you [always be nice to people whether you think they are deserving or not of a good life, a job, or a business but that person living their life, should not bother anyone else's image or livelihood]. Its important not to prosecute people, and not to accuse people of misconduct. That is the job of law enforcement. Not the job of civilians to involve themselves with. There are TV Shows

discourse to inflict pain upon others or dissect the minds of others, or to pick apart the genuineness of others hurt one another, you cannot do that only makes one sick.

The Confidences of Your Own by Leslie A. Fischman

1/31/2018

The Confidences of Your Own by Leslie A. Fischman
01-31-18

Always keep the confidences of your own in your best interests. Never allow the confidences of others, to bolster your own insecurities, to function or work in congruent to your best interests. When you are sound your mind is sound, when your best interests are met you are sound. Don't overlap two negatives to build a positive inference for another's to interpret you in the negative via adaptation of something said purposefully, that is a wrong interpretation a forced saying of two stories at once to build an inference, and is wrong. Its two stories heard at the same time in a separate space to build an additional inference or wrong or allude to any wrong present, future, or past, or ongoing presently, or others to build confidences off of your achievements in life, or off of what gives you courage in life, and esteem, that's a misrepresentation. It does not help all, and the replace you. The writer in life, or take away my life, and hurt my ability to live and function, that's a misuse of my life, a causal consequence of the misuse of my writings , for the purpose of causing harm to my mind, to my psyche, and to my well-being, that's wrong. And should be stopped. It is wrong to harm, stalk, molest, or otherwise harm others in a professional space, unknowingly. You cannot help others as best you can function well.

When you give your confidence away to others, it can be misused and taken from you. When your confidence is taken from you, you are a confidence expert that is something that everyone figures out for themselves in life.

Knowingly in the Wrong by Leslie A. Fischman

1/22/2018

Knowingly in the Wrong by Leslie A. Fischman
01-22-18

When you are knowingly in the wrong, own it. There is nothing you can do to make things right, by harping on the negatives, best you can do is your defenses to idiocracy or stupidity, you just have to represent yourself, well enough to keep up with the pace of life. No one can help you with the illnesses of others, as they are a product of their own minds, not yours. You are always responsible for yourself first and foremost, for the wrongs of others. As directed means as directed means as directed. No one on medication should drink alcohol for those reasons, as directed by your Doctor or Pharmacist should you take medications, in which the combination of alcohol, impairs any of your abilities, why I don't drink. I am knowingly retarded, Ive had a learning disability since I was little, learned multiplication tables by tracing my hands, numbers on the tiles in Kindergarten, there is no news flash for those struggling with learning disabilities, you just need to be kind to all. How I was able to succeed was through hard work and effort, and with a strong faith in myself and others, as well as those around me, trusting their decision making skills, never paranoid. To hang out with the best of them, you have to do well in life, that means following rules of order, and doing your best to be apart of, not just a bystander to the wrongs made by others, only defenses. You cannot blame people for the wrongs of others, that is clearly wrong, you cannot blame people period when bad things occur, that is not the responsibility of people to be blamed, accept blame, place blame, or worry about it. You should always take responsibility for yourself in life, you are NEVER responsible for others in life, just yourself. When you represent yourself well, that is the point of image. Image is when of and concerning you, you represent yourself best. Nothing that I have written has been influenced by my experiences I know best, and respond well, to circumstances, always see clearly. When you do right in the World, you will foster a better world. To do well in life, you cannot represent the best interests of others well, that's plain and simple.

Accept People for Who They Are by Leslie A. Fischman

1/22/2018

Accept People for Who They Are by Leslie A. Fischman
01-22-18

Accept people for who they are, they know best themselves, it's a waste of time to question others on their paths in life, everyone is re life. Deserved or not, sometimes we fall victim to the choices we make in life, and then have to make amends with ourselves, and move exhibiting behavioral health issues, associated to what pains us about our past lives. There is always time to move forward, no one is p hurts, that just re-instigates the cycle of violence, and enables people to harm you again and again, and again. Just move forward. Whe never be acceptance again. That's how you know whether or not you have ruined a relationship or messed up in life, when you can't g backwards, or a friendship or professional association breaks. Not always resulting from a break of trust, but usually resulting from a b foot is not forward in life, you are more susceptible to relationships broken, increased odds against the maintenance of those relationsh then becomes easier to maintain those relationships both professionally and personally, how to keep going in life.

You Can't Change the Past by Leslie A. Fischman

1/22/2018

You Cant Change the Past by Leslie A. Fischman
01-22-18

You cant change the past or what others think of you, why you should just be, rather than try to convince others you are something tha that come and go from our lives, but we must always remain the same. Not one person won or lost in life, should make or break you, s going in life, and think positively of others, that even without them in your lives, they would still want whats best for you. Its when yo wrong for you in your life, its when you think positively of self and others that things go right for you in life. Never take into question breaks you down. –Sometimes a little give and take goes a long way in life, assembling whats to keep and assembling whats to trash in us, in order to put our best foot forward in life. It takes time to understand what is wanted in life, and what is rejected in life, for some others in life. Nothing trashy ever gets returned, and nothing trashy ever gets respect or gains notoriety in this lifetime, but everything the faults of others, they are known by, their weaknesses, not their strengths, even after they achieve success, this you learn the hard w achieve post trauma of seeing someone you admire get trashed, that's the sad part. Theres always room for forgiveness, forgive all.

Everybody Has a Mind of Their Own by Leslie A. Fischman

1/18/2018

Everybody Has a Mind of Their Own by Leslie A. Fischman
01-18-18

Everybody has a mind of their own. It's not up to you to decide how people should think about you or others, never persuade others to individuals or groups of individuals in life, as that is holding prejudice toward any group of people or set of individuals within a group meaning, we cannot control the thoughts of others, only our own. What we see best fit is a matter of manifestation of how we see the V we feel as though we are wronged we may behave differently. When we feel that others may be wrong to others or toward us, we may that you are not your associations in life, and only you can be you in life.

Always Focus on What Matters Most by Leslie A. Fischman

1/18/2018

Always Focus on What Matters Most by Leslie A. Fischman
01-18-18

Always focus on what matters most, during times of controversy, never assume that everyone knows your whole story but what you sh That is an assumption, that others can read you, or know what you are thinking, or what's going on in your head, and in your life at an illness is a daily struggle, something that must be managed everyday and cared for, its like diabetes, you have to take your medication you are not well, it is difficult for you to be strong and to be there for others and likewise do well. Drugs and alcohol may amplify this your progress health wise, recovery time takes time, especially from drugs and alcohol.

Whereas, **Recovery** is defined by Google as: “a return to a normal state of health, mind, or strength. [or] the action or process of regain something stolen or lost.” This is a loss of a stable mental health condition in place an unstable mental health condition, caused by the

stability causes one to question self as well as others, can induce paranoia. Why when in paranoid states and not doing well, its import and drugs. I'm not sure why they let you drink in Movie Theaters, but if you have movie paranoia, I would not suggest drinking and or films, as you may hallucinate, or misinterpret the film having read my blogs. The well see well, and the well looking at those with men the well, to figure out what is causing mental illness. That will never change, people will always wonder for what reasons caused the u not conspiracy, but pressures upon pressures, that cause mental illness, and eventually turning on oneself, or others, paranoid. Its impo yourself in a safe space so that does not occur, so that you don't say anything that causes others to question your stability and ability in to the best of your ability, to do well in life.

Reference:

<https://www.google.com/search?source=hp&ei=945gWu2REs7wjwOXtrCIBQ&q=recovery+definition&oq=recovery+definition&gsab.3..0110.480.4754.0.5191.24.15.2.6.6.0.184.1449.11j4.15.0...0...1c.1.64.psy-ab..1.23.1522.0..0i131k1j0i10k1j33i160k1.0.xxT6biRZ>

Friendships Can Never Be Wrecked by Leslie A. Fischman

1/17/2018

Friendships Can Never Be Wrecked by Leslie A. Fischman
01-17-18

Friendships can never be wrecked, only mended, by bettering yourself. When one friendship ends another will blossom, never lose faith. You cannot go backwards in life, you can only move forwards. "Life is no Nintendo Game" in the wise words of Eminem. -Going back does not make better situations for self or for others, but only festers wounds. Know you best and be that, don't compare yourself to others blossoming in life, and being at your best, always do well, to be well, and likewise be kind to others appreciate well, to be well, not be will always be different types of people, with different mood settings, that will not change we are only human, and like the water with much of others, as their problems become your problems, if thought about. You will always be yourself, and no one can change that all know, and what you hear is what you think, and what becomes of you is how you become toward self and around others, is a product of bettering yourself everyday, that is what will surround you, you have to work for it. Nothing comes easy in life, including having friends something you have to earn by good merits to be surrounded by good people, if not there are plenty of people to surround yourself with never change, there will always be systems of support online for those in need, on social media and away from social media, to help you. Sometimes its difficult to share out loud what is bothering us, and that's okay. Its never too late to change, and its never too late to make. Always be kind to yourself, when you are kind to yourself. Others will not trash you or think different of you, when you are well, others stop at just okay, and always do your best, perfection is everything in life, when you get good at catching your mistakes in life, you get others in life, and that's how you see and become a better person having known them, not all people are perfect, and sometimes we have ourselves and in others, what is true and real are our own realities. When we fixate on others, we can become real, if our Worlds feel u reality. To be cured is to see well the thoughts of self as well as the thoughts of others. To what becomes justified is by traits seen and wrongs of others, I've said this before, always be true. Its by who you identify with you become, identify with whole people to be real.

Negative Opinions Don't Matter by Leslie A. Fischman

1/17/2018

Negative Opinions Don't Matter by Leslie A. Fischman
01-17-18

Negative opinions, don't matter, those are things, words, places and people that get under your skin, make you not think about you, on What matters is proper maintenance of positive opinion, its not what you do that matters but what you say, interjects a negative opinion reflects your belief systems. How you were raised does not matter, its what you do with your life that matters most, importance to acco not just yourself, but everyone around you. Be well minded in order to have well thoughts, about self and other. Causes for disruption your own sense of peace, and whereabouts mentally. When you circle about, make it not collapse on negatives but by focusing on rebu how to get from one point to the next without stumbling or falling into a pile of oopses and controversies. -Negativity is when you try controversy [where] exist[ent] then stumble and fall into the pile of negativity, always look out for one another, but not to the point wh one or others or many. Think before you speak, crime is crime, and people are people. People are not crimes, and crimes are not peopl criminally minded, and crimes are caused by those who commit crimes, crimes upon people, places, and people. Some words are cons directed at people, specifically, and words directed at self that harm, or words directed toward others that harm. Those who get harm a

and will always be remembered, including those who harmed them, that's a sad truth, to be ignored. What's most important is to **focus** well as the deceased, and to always do what's best, it's by [respect for your elders], we become special [I was thought to have become special], we are all apart of someone who has passed come before us, that will not change. We are a product of ourselves, not of the deceased. Do not apply your current life to the deceased or compare self to the deceased that is considered sin. Worship things not people. People are worshipped, it's by things, not by people. -Guilt gets passed over much like a lawsuit, gets passed on from generation to generation, has become too involved in the problems of others, you tend to take it personally, don't take anything in life too personally, including the problems including yourself, do not internalize hate as directed toward self when on others. Do not mimic hate as a representation of self toward others, you only hurt yourselves, I've said this before. When you share a lot you become paranoid, because those are your inner workings, to not be duplicated among yourselves in life. When you get your hand dirty in life, it's because you've entrapped yourself thinking about the problems of others, that are not your own, always focus on yourselves not others. Always help one another group by group, person, connections are made one on one. So it's always important to be yourself, why it's important to be yourself. The best gift you can give to others, that's how to avoid trading in yourself, or giving up your identity to another or others, always stick to your roots. You don't take anything away, to empower, let them come to you. You cannot empower victims, you can only redirect them to someone more qualified.

Likeness or bear minded I don't look at anyone or them or read any such things or people, I am myself, I bear no identifiable traits of a likeness, what's thought what's said what's felt inklings [are] not true until said don't go away. To help others, you must be whole. #Sober #Clear

What is Racism? by Leslie A. Fischman #mymollydoll

1/17/2018

What is Racism? By Leslie A. Fischman
01-17-18

What is racism. Racism occurs when you do not like a particular person or group of people, and because of that dislike you either (1) fear, (2) threaten (6) injure esteem or (7) put down because one thinks that it predominates because one's beliefs are better than or more sound than others. When one is discriminated that occurs because based on one's behaviors, use of likeness, they determine that one is like that one is and is characterized or mischaracterized, denominates. To denominate in mass media, occurs when a likeness, is used and portrayed as a kind of person disliked, that is to denominate a particular group or class of individuals as lesser than, and that the predominant view -goal to be seen and to no beliefs can be discriminated, as these are ideas inside of you that cannot be seen outside of you. Therefore racism does not exist inwardly you cannot see outwardly beliefs or resentments or fears held toward any groups of people or individuals. -When one is put down due to bullying at home, and as a result of bullying at home, that caused failure, and because of failure, that caused loss of esteem, and caused loss of focus, and because of loss of focus that caused lack of achievement, and because of lack of achievement that caused resentment enough, and because that not hired, because I was not an Attorney and he only hires Attorneys, I was a Housekeeper and Intern ABA Clerk.

Bullying at home, was because of cocaine use in college 2006 for a semester.

Recognizing Failures by Leslie A. Fischman

1/16/2018

Recognizing Failures by Leslie A. Fischman
01-16-18

When you recognize your own failures in life, you can fix yourself. Until then you will be lost. Know your weaknesses, and know your strengths, always time to regroup in life, and think positively of self and others. What causes a loss, and causes a gain, is a matter of manifestation, real, true or not true about others, and upon that you react to others, and to people in your lives. Never take out your failures or unhappiness to blame, never to blame for one's own current hardships. Know that until you are willing to move forward in life, and see best your interests, then and only then will you be able to move past reasonings or people in your life who have caused you hardship or illness. Know your own rules and regulations of others, as well as protocols, how best to respond during crisis conditions, not make ill but make better self and others, strong foundations, a willingness to surrender to your own faults in life, and help make better self and others. That is how to rebuild. It is not the time to confront or attack others, as you are wrong when you take out your aggression or unhappiness out on others. When your energy is not directed toward others, that is when you will do well in life. When you communicate wrongs of others to build sides that are your side will not be taken in life. Never turn on people, to whom you confide in, those are people on your team in life.

Intent to Communicate by Leslie A. Fischman

1/16/2018

Intent to Communicate by Leslie A. Fischman
01-16-18

Intent to communicate is defined by Google as: “Non-intentional communicative intent is the communication of a message that is automatic thinking (spontaneous). Intentional communicative intent is the deliberate communication of a message to a person, whether it's via general communication. Online you have to be very careful what you communicate about self and to others, what you think. It is always a reflection of self when you communicate with one person. Be careful not of what you think but of what you interpret via those communications, formulate your thoughts and responses. Always have a balanced perspective whenever passing judgment upon others. What you think, see, feel and hear is always a matter of manifesting your needs, safety needs, and the needs of those around you. What you relate to reflects your own needs, and who you relate to affects your needs. Always be respectful of others. You. What is public safety? Google defines public safety as: “Public Safety refers to the welfare and protection of the general public. It is a governmental responsibility. Most states have departments for public safety. The primary goal of the department is prevention and protection of property affecting safety such as crimes or disasters.” [2] Public safety is a learned phenomenon, something that can always be perfected when you have written communications, how you communicate to others, is how you will be judged, as conservative or not, helpful or not, or considerate behavior, or deemed influential in a bad way, that denotes harm causing agents attracting harm causing agents. Always be respectful of others orally in communication, any unwanted communications result in aggravation and loss of sleep, to those whom communications are unwanted. Always be respectful of others. Communications speak to your local Government officials, like Michael Moore. That is how to make change happen, not by attacking

Reference:

[1]

https://www.google.com/search?source=hp&ei=1YJeWtrmCsGU0wKVtbigBA&q=intent+to+communicate+definition&oq=intent+to+communicate+definition&gs_l=ab.3..0i22i10i30k1.900.8959.0.9501.49.37.6.2.2.0.378.3575.26j6j0j1.33.0....0...1c.1.64.psy-ab..8.41.3658.0..0j0i131k1j0i13k1j0i22i30k1j0i13i30k1j33i22i29i30k1.0.XXD85oVWZms

[2]

https://www.google.com/search?ei=34JeWp7-GsnujwOptqKYAO&q=public+safety+definition&oq=public+safety+definition&gs_l=ab.3..0i2j0i22i30k1i8.182082.189533.0.189872.56.47.0.4.4.0.252.4449.32j11j1.45.0....0...1c.1.64.psy-ab..23.32.2550.0..0i22i10i30k1j33i22i29i30k1j0i67k1j0i131k1j0i13i67k1.100.pcmV6NVGim

Bad Memories Are What Hurt by Leslie A. Fischman

1/15/2018

Bad Memories Are What Hurt by Leslie A. Fischman
01-15-18

Bad memories are what hurt, let your memory be your memory, and go from there. It takes time to overcome trauma. When someone hurts you, you deal with it and move on, to someone who makes you feel good about yourself. The cycle of abuse occurs, when you keep hurting others, then you get hurt, or hurt yourself or others. Its okay to walk away without a fight. You don't have to be there for everyone. Know your worth. You are a reflection of themselves a composite of their experiences not a composite of those who have harmed them, do not be a composite of their pain. Always take good care of yourselves, and when there is love there is beauty, and when there is beauty there is peace, and when there is peace there is calm with us. How the birds sing, when all is at peace and they are happy with us, means we are doing a good job. Know when you need help, know when to get help, that's the best always you can do. Paranoia is caused by backwards blame and hardships caused by others on you. Paranoia, and causes one to go off setting in life, appear weird to others, and makes others stay away from them. Don't allow others to hurt you. Considered a crime, when you try to turn a good bad, or make a good look bad, there is bad and there is good, and there is really bad feelings. Don't f-k up your lives to please others. Always do the best that you can do, and don't worry about those who do not care well for them.

and causes for abuse are not the causes for illness, its when you allow others to hurt or harm you you become ill with self, and not like cannot happen for self or ability to give love to others is hindered. Don't be experimental with others, that's an HRC issue and needs C now follows me. I think theyre trying to tell me not to worry about image and be real, calm know that all is well, so long as you think should make or break you in life, and that in order to get support you need to go to systems of support.

FINNIS NATURAL LAW AND NATURAL RIGHTS

WHY MEN MARRY BITCHES

A Gentle Path *through the* TWELVE

STAYING SOBER

RIEF'S COURAGEOUS JOURNALS

CHARLOTTE JOKO BECK

EVERYDAY ZEN

LEARNING TO FALL THE BLESSINGS OF AN

Codependent No More

You Can't Change Words or People by Leslie A. Fischman

1/15/2018

You Cant Change Words or People by Leslie A. Fischman
01-15-18

You cant change words or people. What it looks like is never what is, and whats seems is never as is. Its what you think that matters m
you, is not how the World works, but by happiness and appreciation for others. Is how to see right. What comes to be, is what is thoug
thoughts, is it of a concerning nature, is it important, what maters to you. With clarity of thought and purpose in life, you too can repai
ones image takes time, it doesn't happen overnight. You have to be a very strong person, and strong minded, in order to do well, and in
well too. Campaigns are not for everyone, but for the well. When others get sick, that means the Campaign is not doing well, either the
or a misunderstanding that needs to be compelled. Abusive relationships are for the weak and jealous types, never engage in any spo
or your successes to make right others. A sign of immaturity is lack of self-confidence, in order to do well one must be confident. Con
that is how you do well in life.

Keeping a Positive Head on Your Shoulders by Leslie A. Fischman - Having a Positive Outlook is Key to Success

1/15/2018

Keeping a Positive Head on Your Shoulders by Leslie A. Fischman
01-15-18

You need to keep a positive head on your shoulders in order to do well in life. That includes being there for others, and ensuring the sa
others around you will do well now. Co-Dependent systems are not healthy for personal growth, as they stifle you, real friends don't c
try to be better than one another, but help one another get better in life. Its called looking out for one another, that is within families an
fights, and help not make worse current situations, or leave one another worse off, that only causes blame, and resentments, and resent
misunderstandings toward one another. From where does power come from, from the Parents, or Schools. From where does confidence
School. From where does sickness come from, self when self does not get help when sick, sick can make others sick. Never worry for
Never provoke one another to end up worse off, that proves nothing right, and everything wrong. Always prove them wrong in life, an
is not about people downloading, but being yourself. When sick makes well sick, you know we have a problem, always think well. So
good, and are worse off, never be minded by the problems of others, but always do your best to rise above and be happy for others.

Don't Blame it on the DJ by Leslie A. Fischman

1/14/2018

Don't Blame it on the DJ by Leslie A. Fischman
01-14-18

You should never turn on your instructors in life, that includes dance instructors, or song choices. It's much too late to blame DJs at th
stay positive. And you cannot blame Housekeepers either, for listening to orders. So that's the main point. The main point is a point ac
certain, but make clear, not allude, but bring to a point of closure, response. That response should always be positive. When things are
energy. And based upon that energy make decisions in life for ourselves. Never become defensive to the wrongs of others, and never j
others are wrong, that will eventually come to light, through their character good or bad. You cannot change people you can only corre
ending points of discussions should always be in the positive not the negative. Those are not then jumping off points for discussions. U
the middle of any controversy is called coming forward in life, and speaking. You have to give it time, allow victims to come forward
the wrongs of others, not by offending people, to see how they react in the positive or in the negative to get some more truth or a react
existing conditions or reactions you deem relevant. Always think relevant as to what, guilt for what, and for whys, never justify the wr
slope, and only leads to disillusionment, illness. When people become ill, it is because they become disillusioned, either by drugs or al
circumstances only become worse, when reading abilities are worsened, to make unable to read, usually those well read don't do drugs
inability to read, read well, or respond promptly or well enough to be understood well, and because not understood, evidence of guilt i
oneself, the use of drugs is called self-harm.

Whats Important to the Reader Doesn't Matter by Leslie A. Fischman (Zeros on ERB's and ABCDE, who cares Reading Com

1/14/2018

Whats Important to The Reader Doesn't Matter by Leslie A. Fischman
01-14-18

Whats important to the reader doesn't matter. Everyone has their own poignant recall and experiences they remember, their own lives choose which moments in life define you. You should never be defined by others, or by experiences in life. What you remember is what is important. You as the reader have a mind of your own. What you remember is a choice, what you think is important is a choice, and how exemplifying good moral character a general understanding a proper care for self and others, a degree of sensitivity for those preserved life, not rejected. What occurs when associations are made by telephone, and by what people say not by what is written and used to call a persuasive argument against someone, by opinions shared about someone's character based on pulling something that they say out of context applied to something else. –Its important not to judge others at what point did things become bad for others in life, there are timelines and points during those moments in time, when drugs and alcohol are involved, that is what is punished, and for those reasons others are punished. That is how crime works, by punishing people, good people, to undo the wrongs of themselves. Your discomforts with people, even if I did commit suicide, there would be no one to blame but myself for it. All suicides are retarded and selfish acts, occurring by a period in time, when all hope should be lost, but by continuously rebuilding from where people left off is how you build sound in recovering from hardships, and understanding the hardships of others better. –We are not actors, we can only be human, and by that I

Living Life is Not Contagious by Leslie A. Fischman

1/13/2018

Living Life is Not Contagious by Leslie A. Fischman
01-13-18

Always surround yourself with people who have lives. That is how you live life, not on your own. When you are surrounded by love you have self-fulfillment in life. It is when we are left to our own devices in life we question ourselves and others. Always be true to your self, too much into others. Its what you think that matters most. Never accept blame where you are right and others are wrong towards you. wrong, and by these lessons we build a better understanding of ourselves and others. You live and you learn, not by mistakes but by right

February 2018

Don't Laugh Until it Hurts by Leslie A. Fischman

2/13/2018

Don't Laugh Until It Hurts by Leslie A. Fischman
02-13-18

Don't laugh until it hurts. There are some people who are still suffering from losses, who have not yet made their amends, and still in pain over who's side to take. In life you are never obligated to fight, takes sides, or even participate in battles that are not your own. That only wreaks havoc on you psyche, mental health and well-being, and enters you into the blame game, which is a neverending story. Basically you have to be selfish when it comes to accepting any losses in life, that is time to only think about yourself, self-care is a number one priority, and so is caring for those around you. When you are ill, it is your responsibility not to make those around you ill too. It is your responsibility to make strong yourself, and to promote the general health and well-being of those around you. You cannot expect others to be there for you when you are down, why its important to be selfish when not well. You cannot care for others, when you are sick, as you run the risk of becoming overly (overtly ie needy) dependent on others, for serenity and peace. You have to find your own sense of peace in life, if you are to be surrounded by others in peace. You cannot expect others to provide for you something you cannot create for yourself. That is

impossible to demand a life that you yourself cannot envision, and expect the same from others to provide for you a better life, you have to go out and do so yourself, make it happen, it will not happen for you lamenting and blaming.
You Are What You Connect To by Leslie A. Fischman

2/13/2018

You Are What You Connect To by Leslie A. Fischman
02-13-18

You are what you connect to in life. When you love yourself everything, all else works out for you in life. When you do not do as you're told things tend to not work out as well for you in life. Its all about following directions. Self-harming is for the weak minded, the feeble minded, and those who suffer from addictions. Who cannot stop themselves from harming themselves, those are people in need of help. There are those too who are hurtful in the sense that they are emotionally and physically abusive toward others sexually and/or verbally. Those are the types to stay away from as they may cause harm to you, your psyche, and your general health and well-being. People who are emotionally abusive do not love you not that they wish to harm you, but they do not love you equally in life, and cause harm to you. Then they are not people you should love and care for in life. That doesn't mean that they are bad people necessarily, it just means that they have given up caring for you and when that happens you have to give up caring for them, and move on in life.

When You Lose Faith in Self and Others by Leslie A. Fischman

2/10/2018

When You Lose Faith in Self and Others by Leslie A. Fischman
02-10-18

When there is expectation of faithfulness and togetherness, when that expectation is broken, heartbreak occurs, that is disappointment in self or others, resulting in some kind of harm to self or to others. Those are called emotions. There are some conditions that require meds, that is understandable, not to be toyed with emotionally to test for consequences and purposes for hospitalization. Everytime is different. –You just have to learn to accept people for who they are broken or not. Sometimes separation can hurt, when you are separated from another, it can cause pain, and that pain, can cause, hurt, and that hurt, can result in physical illness, or withdrawal, or pain –loss. –Be careful what you wish for in life, and be careful what you see in life, as there are expectations for one to always see well and well in others. When you don't see well or well in others, too defensive or combative by argument or fighting you are seen as the problem, and cause for your own condition. Always be understanding of others, as people will try to prove you wrong in life, by hurting you and your esteem and image, be more or less accepting of you. You have to learn to accept people for who they are the way they are and not fiddle with their emotions. That's the problem, when your emotions are toyed with you get sick. Why its important not to be too trusting of others, and to always keep your distance. This causes disability and hardship, when people hear or see things and think things and then one thing leads to anothers, and you feel ill don't feel well, able forward. There is constant conflict with the ability to move forward its very competitive, those who move forward best, make the best leaders in life, and those who suffer, do better backwards in life. Sometimes people don't get along, and as a result pain is caused, and someone breaks. Usually the person who breaks is the person who cannot conform to the standards of others, and as a result, becomes ill, not better off, sick.

It's Never Too Late by Leslie A. Fischman

2/10/2018

Its Never Too Late by Leslie A. Fischman
02-10-18

Hearts break, and its never too late to fix oneself, and move forward in life. We may cry, we may mourn, we may

feel physically and psychologically ill, but its important to keep going in life, always important. The minute you give in to sad emotions, is the minute you break, recognize whats hurting you, but don't let is make or break you in life. People will façade themselves toward you, to gather attention, they may even try to persuade you to think things you are not or behave in a way counterproductive to your well being and the well being of others. That's just manipulation, and there is nothing you can do about it. Often times we feel powerless to the thoughts and emotions of others, and this causes concern. Always keep moving forward, report as you go, and always do your best to keep your private and professional life separate from socialization, that is how you stay centered. People will cause blame where no blame exists to try to figure out causes and circumstances for illness always meeting you with disappointment a disgrace. Every way a person treats you is a manifestation of their own weaknesses in life. If they are not doing well, it may be difficult for them to treat you well. If you are not doing well in life, you may be treated as less than, less than capable of deserving a good life for yourself. These are all commonalities of socialization, competition.

What You Know in Life by Leslie A. Fischman

2/10/2018

What You Know in Life by Leslie A. Fischman
02-10-18

When you know what you want in life, nothing can stop you from achieving your dreams. You only have to accept your past, and move forward, not lamenting incidences or worrying what others think or might say about you, is always outside of your control and not your responsibility to ever control the thoughts of others about you or about others. That's called fighting when an opinion based on selfish needs is made, to promote an idea or a set of ideas that serves one, is called being selfish. Always be selfless when writing online, considering the emotions of the audience as well as how you may be looked at affected by your train of thoughts. It is very important to always be clear, in order to come across as neat and organized. When you are off center and not all together perfect, you run the risk of being attacked by aggressive people, that is juts how people are, trying to change you or trying to fix you, or trying to get what they want, or trying to manipulate your story or your character, or sense of being. That is called wrong behavior for or toward persons of interest. It is wrong to use people as pawns, for unnecessary causes but ego. That is an unnecessary use of force upon another to break a heart, and is undeserving. The only way to move forward is not to break, not to bind, but to let go.

It Takes a Long Time to Know Yourself by Leslie A. Fischman

2/1/2018

It Takes a Long Time to Know Yourself by Leslie A. Fischman
02-01-18

It takes a long time to know yourself, especially when questioned by others. Constant questioning by others affects your decision making skills. One should always be sound of mind and heart in order to make good decisions in life. People can help guide you, but you are in charge of your own progress in life. Never make things more difficult for yourself than necessary. You usually make things worse when you stop trying and you stop doing your best in life. Why its important to always be diligent, determined, follow up, and show up, those are key to successes in life, being there for others, and being present. Presence is everything key to happiness. And when you yourself are happy then you too can enjoy life, and be happy too, and get back in life, what life has to offer back to you, when you are good.

Don't Be Easily Offended by Others by Leslie A. Fischman

2/1/2018

Don't Be Easily Offended by Others by Leslie A. Fischman
02-01-18

Don't be so easily offended by others, always reminding yourself that its not about you, not everything rarely ever is, or ever if is about you, unless you make it so. When you call attention to yourself, expect others to listen and comment about you, when you are yourself, and in good spirits then have no fear about what people say or think about you, it is when you are not well or not in good spirits that you should worry about what others think of you. No one is ever plotting against you in life, that's always in your head, people have their own lives and their own sets of problems, and to dos, rarely do people have time to go out of their way to make a mess of another's life or cause hardship to another's life, or cause or instill fear upon another, that's always most likely in your head. A product of your own thoughts about others about you, usually due to insecurities, or lack of self-confidence, or maybe just not being busy enough, not feeling accomplished in life, with or without jobs, sometimes these conditions do not change, and we cannot change the way we are. Some people are worriers, some people do not worry, regardless, accept all.

March 2018

MYMOLLYDOLL BOOK (VOL. 4) (V1) (Incomplete) by Leslie A. Fischman (To-Do: Type the rest of Ch. 88) as of 3/27/18

3/27/2018



032718_pdf_mymollydoll_book_volume_4_by_lesliefischman.pdf

[Download File](#)

Facebook Heading: [MYMOLLYDOLL BOOK \(Volume 4\) \(v1\) by #lesliefischman #mymollydoll](#)
Share Your Mind by Leslie A. Fischman #mymollydoll

3/27/2018

Blog Post 03/27/18

Share Your Mind

By: Leslie A. Fischman

When you share your mind with others, thats not an invitation to be harmed on your own merits, by what you say, affects to whom your speaking to, and that product reaction is the energy that gets sent back to you, based upon how you respond to others, well or not, casted out to be well or not. If you do not respond well to others, that is always a reflection and manifestation of your ability or disability, when responding to others, made fit or not, able to respond. Some are more adept and in tune than others to respond under stress or hardship, some are not able to respond well to others, under stress or hardship. Always take things with a grain of salt, you cannot be too sensitive to the needs of others, when you yourself are not doing well, similarly others will not be sensitive to your needs, if you're not doing well. The two reactions go hand in hand, how you respond, and by what you interpret as directed toward you, for you, or against you, is your response. Some people can handle the pressures of interpretation and some cannot. The best way to think is to always see things in the positive, that usually produces the best reactions internally, and then outwardly by your response, communicated to for or against another. That is how best to respond under pressure, by thinking well of yourself and others, being positive. It is by positive attributes that one sees best, not by inheriting negative characteristics of those who get involved or affect one, by interaction. You are not by what you touch, but by what touches you, and by what you interact with, become, that is a product of the senses, when following all social graces, connect or not. Touch can be by physical touch, or by a touching of the mind, these are declared wanted (clean interactions) or unwanted (dirty or negative interactions) you are always the best judge of what interactions culminate in your mind, as expressed by others, the traits to which you then interpret yourself, and

how best to react or not. There are good points, and bad points, to all thoughts held, its your responsibility to stay on a positive tangent and respond well to others, thats how to be and think well. Not when you hold fears of others, and not by going into your past to respond to the present, as dictated to you, not all present examples of interaction, should be affected by past examples of interaction, if you are to be present, future consuming. Being future consuming, means thinking positively of self and others, as it relates to that future potential of that relationship or product of those interactions, see best fit to be positive not negative toward, to improve support, or justify that interaction as communicated to or interpreted as positive or negative, to some we dont react and why. There are reasons for non-interaction, that is generally to protect ones wellness. Or for the sake or argument to to help the sick get well, ignored, for those reasons we generally ignore the sick in public, and focus on the well, we are not Doctors, we cannot walk into a room and make everyone well, by special appearances, we can only make well the sick, by doing what is in our best interests to stay well. That is best how to help others (myself included) stay well, when I fear illness abound. What gets interpreted as illness, are post declared unwanted interactions, affecting future interactions, as to wellness and sickness, these interactions cease to protect the health of not only the not well, but to further support the wellness of others until well. This is why people separate and keep to themselves, to protect their wellness. This is why people do not interact to protect their wellness. This is why people do not date or do not engage in any interactions, personal or intimacy wise, to protect their wellness. Intimacy is for the well, and that tone is felt through all their interactions, those who are well do not fear intimacy, it is those who are not well that do.

April 2018

Baseball Cards and Broken Dreams by #lesliefischman

4/10/2018

Baseball Cards and Broken Dreams by #lesliefischman
04-10-18

When anything of value gets depreciated, thats not a product of its worth, or significance, sometimes things are best kept personal to oneself. That is their secrets to success, and what makes them unique and or special. Thats never for anyone else to decide. You have to be patient with others, they cannot always win in life, thats not what life is about, its about what you connect to and what and who matters to you and is of interest. Thats not how to stay well. Everything in small doses. Sometimes it can be overwhelming, thats why its important to move forward. Its hard to go backwards sometimes, that just wastes time and effort, and is not the purposes for writing. Writing is about helping others, put together themselves and their lives. Not to be in charge of people, or dictate to them how they should live their lives, thats not how to achieve or live a lifestyle, but by acceptance of your life now, as it is, not by promulgating experiences into the future, by reliving past experiences, that just causes trauma and PTSD. Thats for study only by professionals, patterns of interest, and illness, are not for the general population to study, or make important, that just everyone, when you try to control people, or be a hub of personal interests, anyone who is to create a hub of best interests must be someone of neutral standing, not of any one parties interest, but something written in the best interests of all. Thats called providing a balanced viewpoint, thats not taking a position too far, a position is made, and earned, thats overtime, over years of commitment, and continued effort, made so. Its wrong when someone is doing well, to step on their toes, and interfere with their ability to move forward, rise up off of, or take energy from another, and misuse use it or abuse the kindness of others. Nothing now is as it has ever been. Thats the main point. To be accepting of now and all your privileges in life. Life was much different when I grew up nothing handed to us, everything earned. To what audience I write is me, to myself, I am my audience, thats the secret to my success, as a journal writer since age 5, how I honed my craft, empowered myself.

Update: Mental Health

4/9/2018

Personal Note: I am taking some time to rest and work and get a couple certificates in drugs, alcohol, and domestic violence. Until then I will not be posting any new material.

Sincerely,

Leslie Fischman

Updated Muckrack Profile for Leslie Fischman

4/1/2018

<https://muckrack.com/leslie-fischman>

May 2018

Being Positive in Spite of Your Differences by #lesliefischman

5/31/2018

Being Positive in Spite of Your Differences

By: Leslie Fischman

05-31-18

Being positive requires to not only respect the differences that others have with you but also see the positive in yourself, in spite of those differences with you. Sometimes you can't stay positive and with the help of others are able to see better and build a new you. How can you see things better when you yourself don't feel well about yourself. Well that takes time. You have to see better and be clear and open minded in order to make good decisions for yourself moving forward. Sometimes this comes easily to us, and sometimes it is difficult for us to see past ourselves. Making money isn't everything, sometimes you have to be happy in order to be successful and do well in life. Life's not about being well known, or being respected, if we constantly search for respect we'll never get it. If all we want is money, then we may have trouble finding other things in life, such as love. It's what you set your mind to, you get in life, and receive. It's what you set your mind to, that things turn out in a positive direction for you, or things end up worse off. Its all about correcting bad behaviors, and building new habits so that we can do better as a whole.

I have been writing online for a few years now, but have not started making money yet. I just started doing research on how to build a blog and earn a living as a writer. Going to a penguin webinar today on fantasy writing. I think I invested a lot of time and energy on my website, but have not spent an equal amount of time worrying about how I was going to achieve a living, and instead have yet to achieve one. It all takes time. Your health comes first. When you are doing well then everything around you will start to get well. With help from friends anything is possible. Starting to do research on buildyourownblog.net and problogger.com. That's a start.

Building Sources of Inspiration by #lesliefischman

5/28/2018

Building Sources of Inspiration

05-28-18

You can't write when nervous, or at any top of discomfort, makes it difficult to express oneself, like a headache, out of tune, and out of touch with reality, broken. Don't allow yourself to become unrelateable by succumbing to the weak thoughts of others about you and your thoughts, that's called being defensive, toward your own thoughts, and causing your own head to hurt thinking about the possibilities of the thoughts of others toward you, empower others

to feel better than you, some call this a gift. It's not considered hypocritical to live a life, and then not lead a life in which one is lived, everyone is responsible for living their own lives as best they can, with or without fans, and with or without accompaniment, trust, admiration, or support. It's everyone's responsibility to be independent not just hear what they want to hear, but accept criticisms along the way, we do not know everything, and our positions in life cannot be taken from us, as influenced by, or weakened by the good traits of others, made to appear less than or not as professional as others, and then think less of ourselves as a result, by comparison. Comparison is never the solution to one's problems, that's not how to operate by influence poor influence in defense to one's best interests communicate to the weaknesses of others, to appear stronger than or to see if qualities existing exist and then play a blind eye to the problems of others to make appear as equivalent to circumstances treat people like they are machines, robots, or invincible, that's not how suicide occurs, suicide occurs when someone who is in conflict with another, then self-harms, and continues to self-harm over a prolonged period of time in disillusionment, give up, that was my 2009, the times have changed, and are not the same now, as they were in 2009. You cannot justify for what reasons, people commit suicide and why so long as they are able to overcome those circumstances, during periods of recovery support them, never raise expectations so high as to leave people out to see if suicide occurs, that's called dismembering a healthy situation, a stance, a creating a different stance with someone's positive purpose, to dissuade others from connecting with someone. Whenever you share an idea with someone, and then take on the challenge of bettering yourself, to enable yourself to have in life, you should not equal the misgivings of others, and benefit should not run to the benefited, whether deserved or not of discrimination as though known, and for what reasons, as though known, without fame coming up, be treated as though without class. That's called discrimination, when to continue to steal ideas from someone, who pitches an idea after the fact, to make them appear as needy or make them appear as not apart of, or to make someone feel less than or incapable, that's taking your profession out on the profession of others while receiving a benefit.

Who You Communicate With by #lesliefischman

5/25/2018

Who You Communicate With by #lesliefischman
05-25-18

Who you communicate with matters, and where you communicate matters too. It's important to keep communications separate not just for privacy reasons, but because it's easy to get taken advantage of when those private spaces, get picked apart by others. In order to be an open book, there's a certain way to communicate in which the listener not only remembers what you are saying, but also to ensure that you are heard. Writing is not like public speaking, there's no memorization. Only one-way forward when it comes to writing. At least that's how I write. The secret to being known, is to know yourself. If you want to make a good impression upon others, then it's time to start loving yourself. Loving yourself, is not about knowing everything, or being better than. It's more about how you articulate yourself, through communications and to whom those communications are shared, in turn affect how you feel. For many years I have struggled communicating my thoughts and emotions, online. It has not been an easy journey to self-discovery. But you do your best. Along the way it's easy for miscommunications to take place as directed toward them, or for the purposes of generating a response. The best writing is fresh, unscripted, and without intentions. When your intentions come into play, that's when your words get thrown apart or misused, and led astray. The key to good communication is sound decision-making, we are not all together perfect, but we don't have to sound perfect either.

Being Needy by #lesliefischman

5/13/2018

Being Needy by #lesliefischman
05-13-18

Being needy is not necessarily a bad thing, it can get you caught up in a string of emotions, leaving you feeling empty and drained. Don't wait on others to come to you in life, you have to create your own opportunities for yourself in life. You cannot rely on others for self-esteem, that's not how to make yourself feel better when you are

not feeling well, that's how you get sick, when you attach when you are not feeling well, get your hopes up then get let down in life. From the inside looking out, it's hard to say much, sometimes when you are not being well received or if you feel misunderstood. When you are needy you are more likely to develop unhealthy attachments to people, and when if in doing so, can cause self-harm. Don't rely on others as a pick me up, to make you feel better in life, especially those who are not to be trusted. In healthy living spaces and environments we get the support we need in order to feel whole. In an unhealthy environment, we do not feel well, that can be because of people places or things. Always be patient with others. It's not for you to judge others as not well, based upon their earning capacity or their likeness. If you do not approve of others, it's not for you to make happen widespread disapproval of them, that's not a positive purpose for coming forward in life, to cause disruption based upon personal interests.

I used to be a 2 hour runner, and have since stopped and gained weight. Just finished writing a book. How we use our energy in life, is our own personal business. I wrote my book August to May 2018, and still writing. It takes time to put a book together, especially of your best writing, it's for no one to judge, respect or not in the past given.

Volume 5 mymollydoll book #2 (Technically Volume 4 Book 2, or Volume 5 Book 1) by #lesliefischman

5/12/2018



051218_volume_5_book_by_lesliefischman_.pdf

[Download File](#)

Why I Really Need Microsoft ... by #lesliefischman

5/12/2018

Why I Really Need Microsoft ... by #lesliefischman
05-12-18

I really need Microsoft, since my computer was fixed after getting IT online and a virus. I was mad at Bill for awhile, I thought he was responsible for the typos in my Honors Thesis, but realized later, that I must have not been focused enough to think twice about word choices, thought carefully planted for a sick reaction or one that does not complement the tone of the rest of my Honors Thesis. I learned to be very careful with my words from that point on, always seeking second reviews, just in case. Always be mindful of the thoughts and feelings of others, as I have, we do not always mean to insult others, but sometimes we do, and if there is compassion and understanding, then there will be forgiveness. People go through phases in life, sometimes thinking they are great and smart, or better than, or important, but at the end of the day we are all human. Don't misinterpret the thoughts and feelings of others as directed toward you or about you, that's not how to move forward in life, thinking about others is called obsession. When you obsess over others, you forget your own thoughts, and do not focus as well, why they do not recommend dating within the first year of sobriety. Always fixate not on what gives you pleasure in life, but on what helps you focus and do well in life, that is how to achieve well in life, not by getting what you want, but by giving to the world in a way that what you get back is what you want to see, not what you think is deserved by others to feel or achieve in life, less than. We are all human, we all deserve happiness. There is limited understanding on the concept of forgiveness, based upon my understanding of inner circles, and successful people, there is little understanding of one another, and best understood as themselves not as acting apart of anyones interests. That is in my viewpoint how one becomes successful, by staying well for themselves, and when they are well enough for themselves, they are well enough to be there for others. That is a system, that is not for anyone to judge, the wellness of others.

Procrastination Blues by #lesliefischman

5/6/2018

Procrastination Blues by #lesliefischman
05-06-18

Its hard to stay focused, especially when it comes to meeting deadlines. Its easy to fall off track when you focus your attention on things that dont matter towards achieving your sense of peace and happiness in life. They're called distractions. Its easy to get distracted when we are unsure of where we are going in life, or what we are doing in life, toward meeting our goals in life. Its important not only to stay focused, but with purpose, and be task oriented toward achieving our goals in life, not just driven for acceptance or for accolade, thats usually not the push that gets us going, but only stifles us in expectation of something positive to come. You have to be positive in order for positive things to happen in your life. When you are happy with yourself, usually everything else falls into place.

June 2018

The Importance of Keeping Families Together #KeepFamiliesTogetherMarch (Reflection)

6/30/2018

The Importance of Keeping Families Together by #lesliefischman
06-30-18

Whenever there is a separation there is heartache, and from that heartache pain. Whenever we experience pain there are mixed emotions to resolve that pain, whether we drink and self-harm, we are only doing ourselves a disservice, when we succumb to the weaknesses of others, not focused on our own strengths in life. Always remember but not to the extent that you re-create circumstance to bring about negative consequences moving forward for yourself, thats called learning from your mistakes in life, that matters. When we are too hard on others, especially ourselves, no good can become of that harm, it only transfers to the weak. Knowing this living at home, its become ever more important for me to learn how to focus on my strengths in writing, and by education get strong again, so that I can be a positive reference for others to lean toward during times of need, and get married. Its not easy to find love, I bought 3 pins, you have to enrich your own life before you can enrich the lives of others, thats why some are better suited for caretaking positions than most. If you're strong enough to have a family you should be able to keep your family, that is my belief. -Don't worry about what has occurred, worry most about where you are now and where you are headed in life to gain proper footing moving forward, experience matters, as to wellness these days, thats the discomforting part of wellness, that you can't be there for everyone, eventually, you stop giving to everyone, and start helping yourself in life.

Facebook Heading: #blogpost: [The Importance of Keeping Families Together #KeepFamiliesTogetherMarch \(Reflection\) by #lesliefischman #mymollydoll](#)
[mymollydoll.com \(Book\) via lulu.com by #lesliefischman](#)

6/24/2018



061318__pdf__mymollydoll.com__book__v6_for_isbn__2__by_lesliefischman.pdf

[Download File](#)

MYMOLLYDOLL.COM BY LESLIE FISCHMAN

[Confusion and Turmoil Following #Suicide by #lesliefischman with help from suicidology.org, whom I contacted on 03/15/18.](#)

6/24/2018

According to *suicidology.org* “confusion and turmoil” follow a period of loss “unique to survivors of suicide.” (Page 1) The “disconnection” that’s follows is a product of unresolved conflict, and mixed emotions, concerning their presence in our lives, often choosing to “retain happy memories of them.” (Page 2) There is often a lot of fear surrounding suicide feeling the need to “resolve that conflict alone.” It gets easier, (Page 3) as time moves on, processing “difficult emotions” and “coping with your loss will get easier.” (Page 3). The pamphlet reminds us to “focus on positive thoughts.” Something I have thought about myself, how to be present when I feel like disconnecting, how to appreciate the now and move forward, without assuming the negative toward me, and make better my life moving forward. We all have our lapses in judgment, and may at times make bad decisions for ourselves moving forward, and its that loss of control over the outcome or judgment of us that leaves us feeling powerless, as to the assumptions made by others, and whats to come, whats in store, and what the future depends on moving forward, as guided by the principles we choose to make good decisions in our lives.

Jeffrey Jackson, A Handbook for Survivors of Suicide (2018).

Facebook Heading: [suicidology.org \(#blogpost\) Re: #katespade by #lesliefischman #mymollydoll \(From Pages 1-3 of the #SurvivorsofSuicide Handbook by #JeffreyJackson\) #staypositive](#)
Finding a Space to Discuss Your Worry by #lesliefischman

6/13/2018

Finding a Space to Discuss Your Worry
06-13-18

When its not safe to speak anywhere, in private or in public, that’s when you know you’ve been given unwanted information about a person, and when a harm has occurred. When a harm has occurred that occurs when someone in a position of trust misuses that position of trust to make someone look like they are not to be trusted, and to build empathy publicly for someone who is not in need of help from outside sources, including the public. That is not how to politicize the identity of someone who is well, by making them ill, based upon your judgments of them, make them look like a lesser person, and you the predominant species in life, make in jest commentary to hurt someones sense of being, call them out to be something they are not, or create circumstances difficult to communicate without disruption of focus or attentions on what is going well, be made to see differently based upon pre-judgments made as to their good character, try to persuade others, or confirm to others such is the case, without knowing a person you cannot judge them, and based upon what others knows about someone, create a general understanding about a person, to make people think differently of them or to bring about weaknesses to judgments held about a person in public, as to their good character is wrong.

Pioneering Ideas by #lesliefischman

6/6/2018

Pioneering Ideas
06-06-18

Whenever we have a new idea, in order for it to come to fruition we have to be stable. Nothing is ever built on instability, we can try, but sometimes to no avail do things become possible for us in life. We live during times of turmoil, but its important not to make that outside turmoil our own. Its always in our best interests to stay well, in spite of whatever difficulties get thrown our way, stay balanced. -Its hard to stay organized when you have many ideas flying overhead as a writer, you have to stay level headed. Its important not to scare your readers away with your problems, you’ll likely not have them on board with you, if your instability, wreck those relationships moving forward. Building anything requires time, tact, and self-restraint. Not only must be cognizant of the emotions of others but we need to be strong ourselves. #FoxNews [1] just shared a book today, about who is among you, and if you do not get along with anyone among you, you’ll likely face difficulty finding success at what you’re doing in life. To that I could relate. Often times we build connections, trying to fit in, that we end up looking just the same. How can we differentiate ourselves, that sense of independence and need will never change. Treating people as individuals, and not shedding light upon what hurts, but being a

valued support system and friend, is at best we can do sometimes. When our ideas, interfere with the best interests of others, its therefore our responsibility to make amends and fix whatever ties we do have to the given situation. Its not advantageous for us, to get involved, in problems, and make the problems of others our own, get involved. You just have to stay steady and weather the storms. Sometimes that means less promotion of personal interests and more promotion of ideas that help shape us, who we are today, and not focused on where we have been in life, but what we are doing now to perfect our lives.

[1] <http://www.foxnews.com/transcript/2018/06/05/9-rules-engagement-by-harris-faulkner.html>

Not Caring What Other People Think by #lesliefischman

6/3/2018

Not Caring What Other People Think

06-03-18

Not caring what other people think, does not necessarily mean basing decisions off of others, to gear what they think (about you or others), to (get them to) think of something other than them (or others) or their reasons for saying the things that they do (in response to you or others). Don't try to control people, always be yourself, when in public. "Do that thing you do" was a great movie. Just as lyrics matter, to give meaning to songs, the words you use give meaning to you and where you're coming from. People will always try to figure out why you say things, or do things, but that interpretation is not up to you. That's what they think, not important for you to control what other people think about you or others. A lot of what we have to do and say, involves caring what other people think of us. Image matters, but not to the extent that it erodes your sense of being, people pleasing others. That's not always the best way forward, doing things for others, or for reaction to you. That can often times lead you to a stand still, not knowing which way to go from there. You can't control what other people think, and the more you try to control the reactions of others, the more powerless you feel, in spite of those reactions. People will think what they want to think, everyone has that right to be happy, in spite of you or your opinions of others, including them, what they think. Outlining today, I wondered what to write about, and then it came to me as I was writing, have faith in your abilities, your heart is a powerful search engine in the theme of finding what is right, the right thing to do or say in regards to the circumstances of others. Always be mindful. Mindfulness to me, is about caring what other people think, but not letting what other people think ruin my day. Friesenpress.com let me know that it was possible to write a book based upon my blog posts, that's a good start somewhere, to begin. It's not always important for us to be likeable in order to like ourselves, sometimes in order to be a likeable figure, you have to know yourself well enough to know your limits in life, and where to go from what points in life, have a sense of direction that's all your own.

July 2018

Wasting Time

7/28/2018

Wasting Time by #lesliefischman

07-28-18

No amount of time wasted is time spent toward achieving some lesson. When you realize the difference between a time well worth the effort, versus time spent trying to achieve a goal, you'll know your best. You can only get so far in life with dreams, and eventually you have to stay put and get your work done. That is how peace can be achieved from within, by knowing your best and accomplishing just that, not wasting time by other means of attachment and detachment, time wasted. -Realizing this after many years of dating decided to build a website, a place to call home, that wouldn't leave me, and a place where I can go and be myself, without feeling pushed, prodded, or provoked to be something I am not. Success is about finding yourself, not necessarily about being well known by everyone. Being well liked is a matter of how much you like yourself, and when happy with your results in life able to help other. It is not required that your own wellness be used to make others feel better about themselves, one should always benefit from ones own hard work in life, not by the merits or hard work by others toward their goals and dreams in life. It is by how well we write that we are known as writers. While finishing my studies in law school, I have made time to write online and share my thoughts, they may not be the same thoughts as others about life, but

that doesn't mean that those thoughts are wrong or with the wrong focus in life, that's called someone who thinks they are smarter than you reading what you have put together, and trying to correct you for something intelligent to make you look or feel less than.

New Science by 911 Operators

7/27/2018

New Science by 911 Operators by #lesliefischman
07-27-18

Whenever you have a problem that cannot be fixed, either talking to your Doctor or someone who loves you in the best remedy, not by sharing our problems with others, be subject to advice or poor judgment. Not everyone is empathetic and its true that some people just have problems and are negative toward you not out of jealousy or hate, but to kindly see how you respond, as through you, to get a response from you (assumption) or to see how you respond if in a good or bad way, and what your face looks like. That's trying to determine what causes beauty, the insides, the outsides, or recognition of beauty, as imprinted on your face, to look like, and if you look similar to others, as imprinted or if you are yourself. In my best opinion, you look like how you feel not by assuming or thinking about or worrying about what others think of you, and trying to be someone you are not, or look like something you are not, be someone you are not, and then get judged poorly as though the same or as imitation of someone who is well, and casting you back out as someone who is not well, and to further empathize that belief, create inferences or respond to others in a way to further that belief or prove that poor judgment of someone. That is trying to prove someone is bad toward someone they know without them knowing it, as provoked, and by their face reaction state that their face was made to look the same by doing something bad to themselves, trying to figure out what animates or lights a person up, whether by vanity, empathy, or words, experiment with the faces of others, in front of others, without them knowing it. Its by limited interaction that impressions are made upon the faces of others, and by that limited interaction and focus on self, empathy is created not facial features or faces that indicate feeling on the inside as toward someone else, as requiring the necessity to imitate or try to improve the condition of someone by face or voice, that is not a technological advancement, beauty, it comes from the inside, not by animations or words to, not by love, but internally how someone feels about themselves, good or poor, and around others is how they respond positively or negatively, any reaction sought is considered a manipulation of someones good character and trying to open them up as something they are not, or on the outside make them look like something they are not. I lost 50 lbs running everyday, outside, with no gym membership, I repaired my own cells, not by negativity.

Twitter Heading: #blogpost: New Science by 911 Operators by #lesliefischman #mymollydoll #facerecognition #facebook #features #faces #looks #empathy #thoughts #beauty

Wallowing in Futility

7/26/2018

Wallowing in Futility by #lesliefischman
07-26-18

When one chapter ends another begins, and so it follows that those who beckon receive whats called upon as identifying with their interests or better suited to the best interests of others. Nothing worthwhile ever came at some expense to some good in life, required in order to achieve anything for oneself, and no minor setbacks or delays should then follow to throw off course the impetus and determinations of those who seek good in the world, for humanity's sake. Whenever a political opinion is raged, one bears the consequence of that fire being lit, and from that basis has the burden to show good cause for continuing to be positive in public. Whenever there is a dogfight remember to decline, and whenever you face hardships along the way, belief system wise, remember never to compete. There will be those in acceptance of you in life, and those who do not actually not respect you, but respect themselves more enough, to not respect someone who they deem is not good enough for the causes to which one contributes short handedly. Therefore you cannot judge someone who is in support of causes as to blame for causes

for concern, whenever one is part of a solution to boot, that by inference means not inclined to fight, set up fights, or engage in any fighting or argument whatsoever, nothing positive can become of a wasted point of energy, from which all else fails, dragging down the confines of the soul, disillusioning the direction of the mind, and making a heavy heart out of someone already exposed to pains, revisited in life. If I wanted to follow the pains of others, I would empathize with their pain, and likewise if I wanted others to do better than me in life, I would never expose them to my pains, keep sheltered those who are well, from what is causing pain, what you cannot see cannot hurt you, and so follows tech moved to Santa Monica, more behind the scenes work is always required for confidence up front, and vice versa, those who are most prepared in life, are those who light up around others, not dim in their shadows, or questioned about themselves during conversation, any strong hold of words, is for implications of misconduct as methodology to confuse, relate to confusion, or cause an unwanted inference or agreement through words in a conversation, that's unnecessary, allow people to speak well, in their natural condition, not be wrongfully affected by your own perspectives in life, how you see others, where you see yourself, and change other people to meet your needs in life, that's called positioning someone in undue circumstances and unreasonable hardships in life, as faced, see how they respond, those with strength as not bothered those who are weak, with fewer guards in life, with a higher likelihood for tampering and mishandling, are ones uptight, do not judge those because they do not respond or react to you as insensitive, silent treatment is customary of anyone who is needy, deemed in need of love, to the recipient empowered by that need, that's called co-dependence, some of the strongest relationships foster not by bonds, but by common respect.

Everyone's Smart

7/22/2018

Everyone's Smart by #lesliefischman
07-22-18

You can't just read something and automatically think you are smarter than someone simply because you can read. Everything written is with forethought, and based upon that set, of good decision making, other thoughts are had. Just because you do not agree with someone, past present, or future, does not give you the right to hurt someone or something that is well, in order to achieve a higher opinion in life, cause controversy, where no controversy is due. That's not being appreciative of the simplifications of others, being judged as not good enough, or not pertinent enough to be heard as respectable opinion. You can do everything in your power to stop things from occurring in your own life, but you cannot stop things from occurring in the lives of others, for others, that's based upon their best decision making skills, live their life, not to be interfered with by the lives of others, that's called leaving people alone. Whenever someone enters your life, always do your best to be nice, respect is not about putting someone above you its simply accepting someone the way they are, not trying to change them, or wishing they were something else, someone else, or something they are not. Its not by who we are associated to that makes us who we are, but its by our hard work, and work ethic that respect is given. I have been writing online live since 2013, and that is what I am known for my writing, a Witkin Award winner in Law School. That is not an achievement or skill set that can be questioned and turned into something else, it's a gift in life, and by our gifts in life is how we are able to help others, to hurts someone gift in life, or abilities in life, is called an unreasonable interference with someone's ability to make a difference, display their gifts in life, or be the best version of their self, that's usually by someone who is in competition with you who does not think that the world is big enough for you to fit into their lives or the lives of others, seeks to destroy your image or what likeness about you, is acceptable, by taking away the one thing, one skill, that brings you happiness in life, your ability to express yourself, through writing, or by whatever gifts in life you have. Whenever someone is not liked, or causes harm to you, and then follows and or reads you that's an unwanted connection, or unreasonable interference with your good condition, intended to cause you illness by bad mouthing you, or interacting with you when you want no interaction with anyone try to get you to take personal themselves, so as to interject themselves and their experience with you, through your own writing, diagnose yourself, I'm not a Doctor, I'm not an Attorney, I'm a writer, I therefore have no responsibility to heal or represent others, only myself. If you understand that much about me, everything else should make sense to you. I have been independent my whole life, its through unwanted interactions that illness occurs, learn to leave people alone, not be judgmental, and not benefit from someone else's hardwork just to make yourself appear better than or stronger than by comparison, everyone is able to make a website of their own. This is how I choose to express myself, not for the benefit of those to whom I either do or do not confide in, should not therefore be empowered by helping me, but

should instead focus on themselves, not read for effect they have, that's called unwanted help, when someone in the confidences of a paid for interaction, then uses that interaction as ammunition for additional displays, so as to publicize a unification of interests, or paint a picture of unification of interests as by them, for credit as to the wellness achieved by others, or stealing credit as well by comparison to not well, that is not how to achieve well in life, or be deemed well or worthy of the trust of persons, use people as advertisement of interests, or likewise be used as advertisement of interests, learn to let people grow on their own, not by the guidance of others, achieve, or make good decisions for themselves in life, do not insult the good character or others, allow people to be themselves, whether in acceptance or not of them.

Twitter Heading: #blogpost: Everyone's Smart by #lesliefischman #mymollydoll #DNC #politics #politicalblogs #politicians #respect #identitymanagement #identitytheft #identity #insults #religion

Negative Reactions and Responses

7/19/2018

Negative Reactions and Responses by #lesliefischman
07-19-18

Before I projectile vomit, negative reactions are usually resulting from some harm to your sense of self and/or person, made to look like something you are not, or your identity or association being misused to single you out as something befitting to their expectation of you to label you an offender, and such consequences to the offended is self-harm i.e a negative reaction, just allow people to be themselves. You cannot exploit the private spaces of people, you cannot exploit things past that people have stated publicly, to purposefully exploit their wellness, achieved, now. Sending people backwards in life, is a treatment used to offend or cause offensive behaviors, to make them appear immature, and in so doing, aggravate and otherwise peaceful position, to associate blame by confidences, or by reactions. When someone is upset, its usually a manifestation of themselves, something wrong with their outlook or expectations of others, we are not always right about everything, we can be perfectionists, but sometimes, people are in the wrong with their misidentification of others as bad and because they think they look or appear bad, its because they are bad, you have to let things go, you cannot hurt people who are not doing well in life, and sick physically, expect the same from them emotionally and mentally, with the same rigor past they have applied to their school work or academic endeavors, aging is a process, and overtime so does our patience wear, tampering and all, not sufficient or quick enough to monitor any changes made, expected to be able to tell if a change is made without permission to see how people respond, when something is done to you, without you knowing, if you can tell by the reactions of others, if you become sick or well, that's not how to treat someone who is well or represents themselves well.

Don't Politicize My Position in Life

7/18/2018

Don't Politicize My Position in Life by #lesliefischman
07-18-18

You can't politicize the position of someone in life as deserving or not of respect that's inhumane. You can't benefit from someone else's hardwork and insult credit to them. That's a wrongful interference with a person's ability to succeed in life. A case is not a political move, it's a case. And leave it at that. For reasons, disconcerting, its not appropriate to rehash a case that is closed, already dealt with. That's not how to move forward in life, taking something new and relating it to the past. That's not how to deal with discomfort around a person, if your uncomfortable that means you are not qualified to help me. Because of my education and accolade, I don't ask for help often, so when I do ask for help that is not in fun, but because I have a big heart let people into my life. Its wrong to interfere with a person's sense of person, and ability to think for themselves, try to get inside their head, to argue your point of view. That is dismembering a person. I am a website, the sole owner and creator, and writer for mymollydoll.com. Taking that into consideration, I am very open with others, noted for my honesty in AA, and always helpful to others, not about myself, being selfless is a trait, not a given, and not by my circumstances in life,

exposures, interactions, past, or experiences in life, but because of how I was raised to be empathetic to care for others, including myself. When someone tries to hurt your identity, or tries to make you look like something you're not, that not only hurts the person to whom is being harmed, but also to people who are watching, and seeing the effects that people are trying to have on my life as lived. Learn to let things go, not be experimental with people, and especially, if someone lets you into their lives, not disturb their sense of peace, that's not an appropriate means for garnering respect, to create circumstances to make things about you, or in defense, make things about you as through the person who is being harmed, speak for and on behalf of the person to whom the harm is being caused. To my person. Learn how to relate to people, not situate oneself to tell a story about them, that's not appropriate, everyone is entitled to be themselves, made fun of or not, respect themselves, and by that confidence achieve in life. Its not about backgrounds, but about direct connections, an invite and attendance to a birthday party in Las Vegas 2008, that put everything together for me, and stayed in law school for 10 years, trying to finish, not in good health, struggling with mental illness. Knowing that its important not to judge a book by its cover, and cause someone illness, because one is not believed.

What is the Good Life?

7/17/2018

What is the Good Life? By #lesliefischman
07-17-18

Anything good doesn't last for long, if misused. Understanding that, with privilege comes responsibility. To behave well, to receive privileges in life, one being respect, or able to be heard without judgment. Its how people treat you, you respond, whether in rage toward you or not, its best to not respond, not argue, not insult, not engage with those who are offensive toward you, whether purposefully offensive and later trying to say they were trying to help me, and later feel bad about it, or how they treated me, is not my responsibility to correct poor behavior, or the thoughts of others about me, around me, when they see me, and their controversial opinion of me, is not my responsibility to dissect. You have to learn to just leave people alone. You can connect on certain levels with people, and on other levels there may be a disconnect. You just have to be patient with people, even those who are subtly accusatory toward you, trying to pry or get words or actions from you, to respond in a way befitting to their viewpoint of you. That's not how to treat people, to bring out their worst, knowing their weaknesses in life, to see how they respond, to people, or others, or in groups, their demeanor. Im 188 lbs now less confident.

My Thoughts on Poetry

7/17/2018

My Thoughts on Poetry by #lesliefischman
07-17-18

Poetry is not just for the bored, lazy, and dull, but for the fragmented and disillusioned, helps bring together ones feelings, in well spoken prose, thoughtfully articulated feelings in a form of art. This is what poetry to me is for, to express the inexpressible, feelings, or what is not sound, to be put back together again. You cannot put people back together, you cannot even fix yourself. When you are able to fix yourself, then you can help others, fix themselves. The goal is always to be put together. When you feel well you can share, when you do not feel well its hard to share, thats the undertone, bases for putting thoughts together, to make better, not make worse the way someone is feeling, that's never helpful. Understand insult, respect opinions of others, but don't internalize the feelings of others toward you, as vicious and cruel, unmet, unsound, and unfit to care for someone who is not well. This is why we have Doctors, to put people back together again, and to understand what is going wrong with someone. -I was trained to just be there for others, be present, not to fix people, that has never been my job.

Religious Principles of Forgiveness

7/17/2018

Religious Principles of Forgiveness by #lesliefischman
07-17-18

Religion is for the well, for everyone else there is forgiveness. You cannot achieve in life when you are not feeling well, always think what could I be doing better to better myself everyday. Those are the principles I live by. That's not Judaism that's just my Father telling me to better myself everyday. And so I listened. I may not have finished Law School, but that doesn't mean I cannot finish a Masters Program. Sometimes life requires you to keep going, keep trying, or change, and sometimes you have to know when to stop, by experience we figure out these best principles for decision making, usually by the goods we receive in life, we remember, and by good deeds we achieve in life, for the better. When you are not sure of yourself, what you want in life, its easy to get led astray by what feels good to you. What feels good to you may not necessarily be the solution to your problems, sometimes you have to listen, not just to the past but to the present, as you are now, be in acceptance. Sometimes it requires forgiveness of self, and sometimes life requires forgiveness of others in order to move forward. Letting go is a process, it doesn't mean rehashing the past to move forward, sometimes quiet acknowledgment of what has gone wrong, and what can be made better, is what situates us best to the present times.

Differing Levels of Success

7/15/2018

Differing Levels of Success by #lesliefischman
07-15-18

There are differing levels of success, once exposed to the educated there are considerable favorable consequences from interaction with anyone who is of an educated mindset, that is ideas. From where do ideas come from, association, or from exposure. Usually through exposure, we realize certain things in life, and from those bases make decisions for ourselves that either help us achieve success in life, or by connection achieve success in life. It is not true that all successful people are alike. Its just that in hard times, it follows, that people generally lean toward those who are strong, in order to achieve wellness or to become well off themselves, and by those exposures, hopefully help others achieve the same. That's wellness and success. When one is not doing well its easy to think of everything that is going wrong, and it is that negativity they are looking for, in order to include or discount your opinions all together as worthy or sufficient for intrigue or a listen. Everybody has separate lives, and from those lives decisions are made, at what point is something so special that when looked at, a quick or hasty decision in made, in the right, how is it possible to create something positive, from which positive decisions can be made. I have a very high success rate, 2 boyfriends and two proposals, planning to wed me, two 3-4 year relationships. Knowing that, I know Im a keeper, that is how I knew that building a website online would equally be a success, everytime I go out to the bars someone hits on me and strikes a conversation with me, that's how I know I am selected. Someone who is selected can help others be of selection, by exposure to their life experiences help others to make better decisions for themselves not to be like.

Batwings and Relapses

7/15/2018

Batwings and Relapses by #lesliefischman
07-15-18

I wore a bright orange sweater to a bar and relapsed on 2 beers, recently. I think I've hit my breaking point when it comes to advocacy, not bear the burden of the guilty. People read very closely once you become a writer, and based upon those writings, pick up a cue, so its important to be careful with your words not lead anyone astray, especially as to your causes for concern and what matters to you, not set up any dogfights, that would defeat the purposes of providing advocacy online to people in need of humor, keeping it light these days, and working on finishing law school. I have a 40 page research paper due in October and have to finish another course on Financial Crimes. I have not been able to get a job in the legal field paid yet, its very competitive in Century City, I need a degree for that. Overcoming mental health issues related to failures in life, has been a very time consuming process. Always be

careful to who you blame for your cares in life, that's not how to fight a good fight by fighting with others, and by provoking others to not like you, politically or for whatever reasons cause others to distrust you. I have always done my best to be apart of and blend in. Now is a different set of circumstances. You just have to move forward. I sent copies of my book to SCOTUS, my Father, and Attorney Avenatti to sort out the differences in opinion as toward me, good enough to be a writer online or not, or deserving of my following, I have worked hard to maintain since 2013. What is reasonable is setting daily goals for yourself that are manageable, what is unreasonable is setting goals for yourself, that are too difficult for you to accomplish. Being a peacekeeper is about not taking sides and being there for everyone, whether or not Im on a side, and whether or not Im doing well, stay positive.

Update: Finishing Law School

7/14/2018

Finishing law school right now, I'll be back in full swing in October, when I apply for jobs.

How to be Considerate "Do Not Disturb the Fallen" by #lesliefischman aka #mymollydoll (Please Note: Painful Assessment of Right Now, Always Do Your Best to Love Yourself).

7/14/2018

How to Be Considerate by #lesliefischman
07-14-18

Learn how to be gentle with your words, for every time and occasion, a certain anecdote is needed, not in competition with well, or with the later, to be whole is to be kind, irrespective of the boundaries placed by others upon you, to redirect energies as toward you, life is short in that way. For what is gone, casket kicking and all, be respectful, not cause harm to those who have suffered for the wrongs in judgment made by others, I will not be one of them, I tell myself #stopsuicide. Life is a matter of wellness, what you appreciate and what you value in turns makes up your life, and determines how well you fair doing in life, in response to others, around others, and affects how you perceive yourself. Don't be insulting to the deceased, this is an area of law Im not familiar with. I just know based upon my own experiences when I am considered not doing well and when a fault is needed or blame is needed I get thrown in the psych ward for 14 days at a time, and put to sleep. Im tired of being thrown in the hospital and put to sleep, for 14 days, that's not how I want to live my life. Ive come too far, studied too long, to be treated as someone kicking from their casket, blaming others for their illnesses in life, not yet have made it to any top in life, considered doing well enough to receive respect from anyone, that's what money is for, money is considered deemed worthy of respect, and everyone else, well comes secondary, to a fault, this is a non-sensical way of determining the value of human worth, and needs to be changed. Where are we now? That is what is most important. Where are we going? That is what is most important for now. And where are we headed in life? Well or to sickness. That is by the faulty judgment of others as toward our best decision making, judgmental as toward us as not well or deserving of achieving well in life, based upon their experiences with us, not deemed savy enough to achieve a level of respect in this world considered worth living for. Live for yourself not others, that's how to do well. When someone insults your character its to be better than you, when someone hurts your esteem that's to achieve better than you, and when someone is in competition with you, who you do not fight with, that's because poor judgment of you is passed, and when one cannot move on that's because of regret.

Facebook Heading: [How to be Considerate "Do Not Disturb the Fallen" by #lesliefischman aka #mymollydoll \(Please Note: Painful Assessment of Right Now, Always Do Your Best to Love Yourself\).](#)

August 2017 "my lives" by #lesliefischman aka #mymollydoll

7/13/2018

August 2017 "my lives" by #lesliefischman
07-13-18

After leaving a meeting and dating, I walked everyday for a month for 1-2 hours, to Peets Coffee and back on Wilshire Blvd. It dawned on me, that I need to lose weight in order to date, and that by my size I was not the first pick at the meeting. When I changed Sponsors, I was made to stay home, not stay up at night in my car parked on Ocean Ave. That's not safe. I'm sorry for the misunderstanding regarding my mental health issues, why no one would date me, not qualified. Now Im on heavy night meds, that's from theft, when you get robbed when well, that's how one gets made ill, that's why I have a website now, to share everything. -Back in the day, people felt empowered by being on the inside, today that is not considered empowerment, but secreting, and secreting hurts. Allow people to come up on their own, not by exposure to well, try to come up off of people in life, that's not how to do well in life. Who am I speaking to? My Ex-Boyfriend #aaronbrown, hence the joke no one wants to be #danbrown. You just have to keep a level head about you, and not get caught up in the hoopla that is image. When you become successful and find your way, it will make considerably more sense to you why people drink to wellness. Just stay positive! We do not understand why people get sick, but that doesn't mean you need to take your illness out on others who are not doing well, that's the lesson to be learned including yourself. You by your upbringing, are who you are, not by what other people say you are, you just have to think in light of the circumstances, how best to be, with or without people in your lives, and with or without the support of everyone, everyone has their own lives and not required to look up to or love you in return for their lives, are their lives, not your life affecting their lives, as impacted by you.

Skeptical Crush by #lesliefischman aka #mymollydoll

7/13/2018

Skeptical Crush by #lesliefischman

07-13-18

To not make a skeptical out of my new crush. He's a sweetheart. You have to be focused on your goals in life, in order to make anyone happy. That's the lesson. When we fall short of our ideals in life, then things tend to fall apart. Everybody needs somebody, that's the argument, whether better off independent or co-dependent, someone needs to walk you through that door in life to independence, if not you, then a suitor who likes you can help you achieve that goal in life: respect. Always be sweet and kind to those who admire you, without whom you would not find happiness in life. Know your gifts in life, don't spoil what is not going well for you in life, in order to do better in life, always be good to yourself first in order to make happen anything right for you in life. If this is anything but a scared straight campaign now then so be it, peace is always a positive objective toward something better in life. Life is not about showing or proving you are right about life, but through acceptance we find value in others. Know that difference and always, but never be ashamed, or who you are, be kind.

Kidding You Too by #lesliefischman Re: #michaelavenatti

7/3/2018

The trees on the cliff
Off the mountain tops
Bidding adew
We recall the times
When humble and sullen shooen few
From those memories we bear
And the kindness that breaks
For all is well apart and kidding you too
#michaelavenatti by #lesliefischman cc: Mr. Dan Petrocelli

7/2/2018

#michaelavenatti by #lesliefischman
07-02-18

When I met him, I was initially trying to make a good impression then it dawned on me that he might not completely understand what kind of work I've been doing behind the scenes, reporting. So given that misunderstanding, was informative, did not take advantage of him, while he is not at a good point in his life, by my reading of him online. Based upon that understanding, made a call to his ex-Boss to inform him of my current status, and mental state. As I continued to negotiate for a job, he blocked me twice, and left one account open. By this understanding, I know that he knows, that I released a book and with that book tried to build a better more general understanding and compassion toward those with disabilities such as myself, that I hope he understands. I think he is doing his best to be compassionate toward others, but at the same time take action, and change the focus. That I am appreciative of, he is doing his best. -I don't think he fully understands what everyone is going through, but I know he cares. And with that care has taken it upon himself to pay close and careful attention to me as I am now, with supervision by his former employer Mr. Dan Petrocelli, whom I met through a SuperLawyers magazine.

Website Update (Idea) by #lesliefischman

7/1/2018

I was thinking about updating my website through my macshop, but I'm not sure whether I'm ready to change my displays yet.

September 2018

mymollydoll.com (Book) by #lesliefischman

9/29/2018



061318_pdf_mymollydoll.com_book_v6_for_isbn_2_by_lesliefischman.pdf

[Download File](#)

October 2018

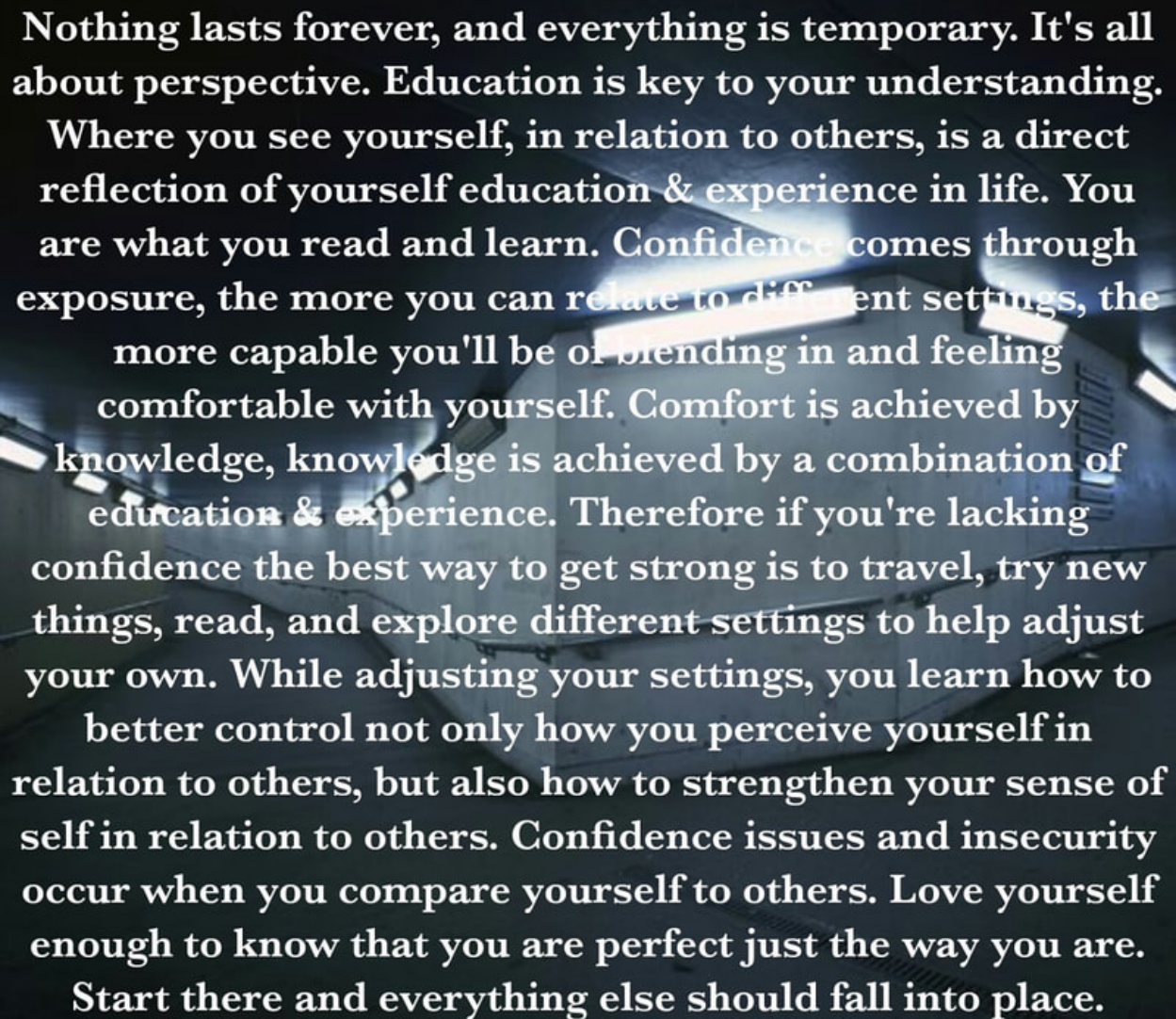
Know Yourself first before others ...

10/30/2018

You can provide so much information and do your best and still not be good enough. Sometimes people don't know when to stop when they're feeling good or on to something, that's a good time to remind yourself of your values and what's important to you moving forward, that's how to be a good decision maker, not by relying on social cues alone, you are in charge of your own settings in life, you cannot blame others when you fall astray, you at the end of the day are responsible for how you react and respond, read, interpret and perceive others as toward or about you, that would be selfish to think that decisions are made based upon your being or sense of self, as worried, as offensive to others. Learn to be accepting of all, it's not all about being well liked, but more about being comfortable with yourself, if and until then, it will be difficult to get along well with others. -Don't waste the time of others.

Confidence + Education #quote

10/29/2018



Nothing lasts forever, and everything is temporary. It's all about perspective. Education is key to your understanding. Where you see yourself, in relation to others, is a direct reflection of yourself education & experience in life. You are what you read and learn. Confidence comes through exposure, the more you can relate to different settings, the more capable you'll be of blending in and feeling comfortable with yourself. Comfort is achieved by knowledge, knowledge is achieved by a combination of education & experience. Therefore if you're lacking confidence the best way to get strong is to travel, try new things, read, and explore different settings to help adjust your own. While adjusting your settings, you learn how to better control not only how you perceive yourself in relation to others, but also how to strengthen your sense of self in relation to others. Confidence issues and insecurity occur when you compare yourself to others. Love yourself enough to know that you are perfect just the way you are. Start there and everything else should fall into place.

@leslie_fischman - mymollydoll.com

New Instagram Account: @mymollydoll

10/23/2018

[View this post on Instagram](#)

#twitter #quote #quotes #thoughts #lifequotes #life #writing #motivation #inspiration #mymollydoll #relationshipgoals #relationshipquotes #relationships #love #selfesteem #moveforward

A post shared by [Leslie Fischman \(@fischman.leslie\)](#) on Oct 19, 2018 at 10:52pm PDT

Being Likable and Ignoring Negativity

10/23/2018

Its usually the case, that if you bring up issues that have prevented you in the past from achieving in life, they will replay out again in your life, if so don't allow those issues to overpower your ability to stay present. You may assume that likewise others are similarly empowered by your misfortunes in life, but you only do yourself a disservice by reinforcing negative opinions or assumptions about you past, then watch yourself walk through those assumptions proving or disproving those deductions about you in the past, as causes for concern or reason for conditions exhibited, looking for justifiable reasons to reinforce negative judgments or reinforce the processing of negative deductions about people. Steer clear of negativity in the event of any opposition, further reinforcement of any negativity, only drains you of positive energy needed in order to achieve in life and move forward. Its common to get paranoid, once you reach a stopping point, or quiet lull, in a new space, or among new people, its not easy to start a new life for yourself, especially after failure, but if you focus on your imperfections in life, then you only leave room for further self loathing, and reinforcement of negatives existing or not existing past present or future. This is a common way in which sides are created, when a position past is replayed in the present, sometimes the past helps to remind us of what we have done right in life, and sometimes the past hurts, reminding us of what we have not done perfectly in life, and what we are now trying to do a better job of, forgiveness is everything, embarrassment is another, and losses occur, never lose your sense of self, its all apart of life learning to function without having everything in life, and once achieving privileges in life, maintaining positive momentum so that you are well received not burden others as taking a risk by interacting with you, as though they are doing you a favor and at their discretion reject you to see how you respond, either once they feel better, or once they let go, or once they achieve a sense of peace on their own, sometimes, its difficult to achieve a sense of peace on your own, often times with the help of others either directly or by indirect observation of their lives, do we see a clearer path for ourselves, rarely when people who do not get along, cross paths, see anything other than defects, you won't know until you interact with people, who you mix well with or not, or who carries a prejudgment of you, and gears conversations to reinforce a more knowledgable position as to the issues, as though there is a need to reinforce or carry on a negative conversations about with someone present, and bring out characteristics they deem are undesirable or unpleasant, or a turn off. Anyone comfortable with themselves, speaks without caring what other people think, that is an attractive quality because that demonstrates confidence, and confidence reflects someone who is sure of themselves, a good decision maker.

Accommodating the Best Interests of Others ...

10/22/2018

Don't empower people at the expense of others, who are not well, end up worse off, as disconnected, proven deserved. That occurs upon communication through people to others, to get any communication across, no parts understood separately, as connected to previous statements, stand as argument toward in justification of responses, post disclosure of insult, no insults thereafter, pester nor affect the listener, as they are quiet, once an opinion is voiced, quiet follows, also known as a disability, or inability to speak, thats not difficulty or a reflection of a failed interaction or unwanted connection or disfavorable interests to any particular party, favored over the other, it represents, not being the butt of conversation or joke, and that begins where and when it starts, and causes for following, are not a product of the responses generated by others as in conjunction. There are many instances where communications fail, or words misrepresent the process of purpose for which words are spoken, never assume that anyone is speaking to you, or that words are directed toward you, passively, as warning, or test for disruption, to see what is taken personally, what effects, what relates, and what simplifies or creates a likeness to situations to prove if parallels exist then the problem existing under one set of conditions, are likely, occurring in the present, the past is the past, and if one does not understand the purposes for which troubles arose in the past, no troubles created presently communication wise, above, below, or about others to their face and behind their back should matter nor affect a persons output, behavior, or present itself as descriptive of their present condition, as affected presently, as resulting in the same set of consequences for them, thats picking apart a person, to understand a problem, and by simple focus on problems, if when trying to understand others, what they are thinking is negative of you based upon how you speak or what you write, then they are focused on the problems as stated, with privacy, if another problem occurs that they do not know about, then they are only responsible for the problems resulting from their miscommunications above, below, or toward you indirectly or as assumed understood. If telepathy existed then you could blame the thoughts of others, as affecting your current behavior or communication skills as resulting from their miscommunications toward you, about you, below, or above you. But that simply is not a justifiable excuse for

having thoughts, positive or negative about others, be careful never to assume that one who is not well spoken is negative toward any one person or set of people, or a product of feelings of being above others, most instances of intimidation occur when we are not sure of ourselves, misguided through conversation by others, and then after the conversation looking back put things together, as purposefully directed toward you or not, learn to let things go, everyone is new upon meeting, and first impressions are everything, be careful never to assume, that any communications are when grouped intended to befuddle or belittle you, you know what you know and by what you know you understand, with or without help or acceptance from others, as understood, know your part, and by what you do so logically understand as representing any set of communications, do not assume as related to your own experiences are about you, or in communication to what you write about online. Everyone is different, that's the bottom line, we all have our moods, and preferences in life, sometimes feeling closer to people, and sometimes feeling at a distance from the present, that's a matter of focus and choice, and by my standards of normal, requires medication to effectively communicate with others, without running the risk of insulting them by assumption. No one wants to be the negative one who everyone goes out of their way to accommodate, what causes people to snap or commit suicide is much to do with misunderstanding i.e. my suicide attempt 2009, than it is about other people or how they communicate in written or spoken form, if you are you and others are themselves, than no manipulations of your character to bond or make closer you to themselves or vice versa should affect your sense of person or abilities in life, if by choice you choose to listen and allow others issue within themselves to affect your best judgments of them, why they tell you never to take anything personally, as time goes on, nothing post argument ever reflects positively of a person or their ability to communicate everything comes across as verbose and intended to likewise justify current emotions, if not neutral than taken personally, if not affected then compassion has obviously been shown, and in jest, a likewise sense of frustration about the individual to whom compassion is given, by and from the person to whom acceptance is waited upon, if nothing feels right, then check your best instincts not be cued by statements made by others, when a fight is created its by the placer of emotions, to whom responses are by choice illustrated, and based upon those illustrations of emotions or effects, you are judged presently irrespective of the past, the present, or what is said above or below you, you then separate yourself by choice, not by the statements of communications made by others, how to maintain under pressure of assumptions, its hard work.

Dumping Problems on People ...

10/22/2018

Topic - Dumping Problems on People #righttoprivacy - Unwanted doctoring and diagnoses, why we have right to privacy, then people judge you based upon the meds you take, not accept you as normal as on meds, given that your on meds, get judged as slower than, at a different disposition in life, not the same as others, everyone runs at their own pace in life, its not about energy projected out in the open that shows whether someone has energy or not, we all express ourselves in different ways, hyper or not, well or not, but never as directed toward others, are feelings expressed, that's an unwanted reading of someone, and that's an unwanted projection of interests upon someone to create or share in a way that suffices a position other than the position from which a person writes, getting someone to articulate what is done to them, without allowing the person who is affected to be able to share in a coherent way, how they feel, not as related to others, or per interaction, but upon what's missing, a tertiary issue, related to organization of oneself, don't assume that you know everything about a person based upon what they share about themselves, think you know someone better than they know themselves, or treat someone as readable based upon what they share in writing, its always to the beneficial interest of the reader, writing is a very draining and disempowering experience, by professionals, writing is written, that is because with experience as a writer grows, so does their ability to share, and understand what content, is appreciated, and what content benefits themselves and others, not just one side or the other, that's called achieving a balanced opinion, not get into the politics of thought processes, as about things that are not spoken, vague or ambiguous as to the foundation from which content is written is always written (breaking character) from my position in life, not from the position from others, from what I think is best to be said, not what causes further controversy or hardship on others, which is fighting, fighting is never justifiable, and to argue that someone's (my) pre-existing conditions are due to outside circumstances, would be blaming those to whom help is received as though they are the cause for current turmoil or hardship experienced in the first person, as through my writing, that's called reading defensively, and as a result of reading defensively, setting up the writer to write in response to your defenses, and then further separating the issues, as circumscribed around the responder, and making the readers (tertiary) feel bad, as having read, and then interpreting what the

issues are, themselves, or the writer, its always the writer who is responsible for the content written, however the writer is never responsible for the thoughts driven by others toward the content that is written, as assumed about them, or as applied to them, works, for the most part, I have written this way my whole life, not as by reading others or by my experiences with others, but by what is thought not as by reading others, but as by reading myself, and my ability to adapt to others, not overreact or respond to others in ways in which I have experienced others reacting and responding in the past, relive those experiences presently, as with others, and then as articulated get treated and responded to in a way that builds a side for others, further separating someone from being understood, as explained ... benefiting the reader, not the writer, and leaving everyone in a state of wonder.

Why I write ...

10/22/2018

How people are affected, what affects a writer, the content. Sensitivity required for writers, not to get under their skin to be written about or read, thats cause for unwanted reading of persons, not to be read or written about, thats purposeful an abuse, to be thought about, and responded to. What is a reading, not of people, or particulars, but of energy, not personalities, or reading into a persons psyche, or by digesting the emotions of others, is a reading made, but with forethought always as to the consequences for words shared, always a degree of sensitivity is applied, whenever a discussion is lead as to thoughts, not to undermine others, who by reading, read into the thoughts of yours, the readers privilege, not the writers, to see the big picture, as applied. Looking for outside of a person, and by application to people in their lives, assumptions are made as to content, as being about them, always keep things general as a writer, how to be most relatable, whenever words are shared to make sense, need not be in tone with a theme other than the words shared, but in theme with the content of the discussion, not bringing in outside references required to understand the contents of any conversation, that would be sending information overhead, or sending everything overhead, and by word dropping, send messages to as understood by words, not by overall content of the discussion had. Be careful not to insult others, as to your discussions or shared thoughts through writing, which can be misunderstood as about people, or in reference to people or subjects, known by the readers, but not to the writer, who is on stage so to speak, reading and listening for audience reactions within our heads, not sending information overhead, and being as clear as possible, not vague and abstract so as to lead to conclusions, or to cause a fog that hurts in the transcription of deductions drawn form the writing, or from the thoughts shared, a further abstract that would be purposefully misguiding thoughts toward confusion, not a popular style of writing, but a type of prose, not conducive for supporting seriousness required for language shared, which is to be comprehensible, not outside of comprehension toward graver confusion of the issues, or thoughts had, not about people, or because people are in their life, but because the thoughts come across, some shared, some not, but all thoughts shared, are relevant, as to conditions present, and to help or assist people in their own lives, adjust their settings to meet the needs of others, at this time, why I write.

How I was affected as a Law Student ...

10/21/2018

A lot of work goes into campaigning for anything you believe in, less is more, and its important to always simplify. Its easy to get caught up in argument, don't overwhelm yourself trying to make a difference in the world, its all about staying connected, negotiation skills are not required. The more you care, the more you are affected by end results, if they do not fit with your belief systems, be forgiving, if the end results do not match your goals, try harder ... never give up. -Why did you get involved with @bradybuzz? I grew up best friends with Sydney Simpson and while her Father was in jail, I decided to stay in Law School, wanting to do more to help others, besides picking her and Arnelle up from the airport to visit their Dad who was in jail for a gun, a ring, and memorabilia. I decided to go to Law School 2006, taking my first LSAT before any of this happened. Its important never to assume the reasons for people making committments in life, as having anything to do with whats gone wrong, its mostly because we want to live a good life outside of controversy that we make decisions for ourselves, not to step directly into any controversy. Rarely are we rewarded for such endeavors, motivated by interests other than our own, make sure to always do whats in your best interests, not do for others what they would not do for you if you were in the same shoes in life. Everyone is there for you at the top, but few are there for you when you are at your bottom in life. Let this be a lesson, in positivity ... the more you seek accolade the less you receive credit for work completed ... there

is still much work to be done, it never ends, advocacy, its something to work towards every day, doing what is in the best interests of yourself, and those in need, don't be easily misguided by the selfish decisions made by others, to benefit themselves, you're likely to get caught up in the wrong arguments in life, and pushed further away from your purpose in life, taken off course. *I was hospitalized for 112 days while in Law School, this is a difficult subject for me, staying sober is the best decision I have ever made in my life, and I hope to continue to make positive progress and graduate from Law School, complete my Dissertation for an LLM Masters in Law studying Risk Management and Compliance. It's important never to blame others for your hardships in life, and to always be thankful for your life and life experiences, without whom, we would not be where we are today, popular, well liked, well adjusted, and achieved, in the face of any controversy, always do your best, you'll thank yourself later for it, fighting is rarely the best response for us, and usually puts us in a position of adversity, consequences we have to overcome, making our lives more difficult. Never make your life more difficult than it needs to be, and always continue to move forward.

Creating Options ...

10/18/2018

Never underestimate the power of forgiveness. We all make mistakes in life ... life is not perfect, nor are we. When you finally get outside of your head, and the head of others, you enter a space called focus. Its a wonderful place to be, without worry, making a productive use of your time, not watching the minutes and hours go by, thinking about life, especially the past. Its hard to live life, thinking about what you couldve shouldve done better, if you aren't happy with who you are now, well you have no other options, you only have yourself. People will be more accepting of you the less you complain, complaining rarely gets you far in life, usually ends up in argument, with one or the other feeling better or bigger than, what a waste of energy trying to convince someone of something, you believe and need the other to believe in order to feel better, less is more, sometimes, saying less is better than saying too much. You create more options for yourself in life, not the less you care, but the more care you demonstrate through your actions, always be a person of your word.

Pickup Sticks and Rodeo Drive

10/13/2018

09-25-18

You can't undo the past but you can certainly move forward. No one ever intends to hurt ones feelings, whether we know whats wrong with someone, acceptance is key. When we accept people for who they are thats how best to get to know someone. Living for the moment to me, is about doing the work, and watching the work get done. Similarly, relationships are about the same. Seeing an Ex from 6 years ago, a DA, I realized a lot, what I left behind, compared to where I am now moving forward. He's moving to Texas ... You have to let go, in order to move forward ... easier said than done. Whenever we learn something new about ourselves, it usually hurts. Not just to know, how useless fighting is, but especially fighting in the past moving forward, in retrospect what we see now, should usually be thought of in the positive the past. You cannot undo harm, once it occurs you just have to move forward, whether or not our feelings are hurt, if we return to the same place, chances are you are bound to get hurt again under the same or similar circumstances. Where to now? If you can't see your future, that doesn't mean there is something wrong with you, it just means that you're not psychic. Its just that you're either doing something wrong now, or means you're not where you want to be in life. Its through accomplishment, that we find a better road for ourselves in life. You get your power back, not by trying to reconcile the past, or by making amends with what hurts, but by being strong and in the now. The better you can see yourself as you are now, the better off you'll be moving forward. Things happen that way, one good thing to the next. Thats empowerment, not just believing in yourself and others, but always seeing the good in others, and in doing so, good will follow. If you accept yourself as you are, and not easily fixed, finagled, and tormented by others, then you will too feel the same as everyone else around you well. If you don't give yourself time to repair, you'll never know what well is. It's something everyone lives with regret, and not being perfect. That doesn't mean stop what you're doing and change yourself, to meet the needs of others, it just means being yourself, and owning it, while accommodating the best interests of others, thats how to be well liked, at peace with yourself, once you find peace from within, your options become less than few, but with a greater likelihood of overcoming whatever setbacks get thrown your way. Good luck!

www.mymollydoll.com/louboutin-diaries

My 2 hr 15 min Run Last Night ...

10/13/2018

I just finished running for 45 x 3x = 2hrs 15 mins. I wasn't quite sure what David Cay Johnston meant when he said good luck with your dissertation and defense, certainly not buy \$300 purple headphones from mac ... I didn't have a car for a year. I just drank ¼ bottle of vodka and ran for 2 hrs and 15 mins, should've taken the breathalyzer, but its one selfie too late, "we saw a light" ya that was me crying rejected, driving home after 3 drinks sent to a bar by another bar I sang at after getting F'd in my car, walked to my car, and chatted two for awhile about life. Its doesn't matter at this point, I drive a ford focus now, no one is on my team in life, now its time to find a purpose to live life ... no excuses about it, I'm only 33 and ready to go, why? I love myself, but its love from others that is not certain, that is not unique to me, it doesn't matter where you come from, we all shout things, before making bad decisions, that doesn't necessarily mean that we are in the wrong, or with the intent of doing wrong in life, but left with fewer options than necessary to get by, and forced to look differently to appease others, or to undo the wrongs about others toward us, as justified if we put ourselves up to it. To avoid pleasing the wrong crowds in life, its important not to justify behavior towards by instigating argument towards oneself, when others are cold toward us, just assume that it may be a matter of comfort toward you not judgment, and that's not your responsibility to reinforce, or later justify as deserved rightfully so. 3 drinks and driving ruined my life ... no matter how well off your are in life, you are never well enough to make someone else happy who is not happy with themselves, that's the lesson to be learned, no matter how good you make them feel it is not your responsibility to make another feel good to feel good or to feel good making someone else feel good, that usually drains and disempowers you in doing so, be wary of momentary instances of happiness, you are your own best friend, you're soul only leave you if you allow others to control you, its when frozen we are hardest on ourselves, don't allow others to feel better at your expense, you will always at the time know if its not a match, and if so, don't let the moment pass, its okay to walk away from moments in life, everything sticks when awake, and when blacked out, those moments too stick, do not respond to the discomforts of others toward you, and at your own expense, react and respond to negativity, when you rise above those feelings of insecurity you are less likely to be judged as less than, and deserve more in life, beyond just simple things as respect and being heard or listened to, but exist for your own good, not live for others, and set ourselves up for disappointment in life, there is more to life than love, and sometimes, doing the right things means living for yourselves to get along best with others, assume that everyone is doing their best to move forward not relive the past.

Incoming Signals ...

10/12/2018

Communications, received, and voices heard how to interpret communications around you and to an audience -what words are for interpretation, dont assume directed at you a persons story is their own, not belonging to a member of the audience -be respectful of people to whom information is shared to -to be trusted means not to repeat private information out loud -know your boundaries, and dont allow others to test them, by testing for your aptitude everyones listening comprehension is different, higher ordered thinking takes time, not by commentary, thought about, thats not how to connect well with others, giving them something past to think about. -Reading with judgment, versus what the writer is saying, who is reading connect to self not audience, thats not how to write, by communicating whats going on inside of the listeners, the best communications come from within. -One the fighting starts it doesn't stop, and especially hurts when within the family, I never fight, I report, and if I complain, Im not responded to in the positive, why I just stay quiet and work hard, not try hard socially. -Why it took so long to build the internet maintaining confidentiality - conversations sharing and compliance - how people communicate why when shared, that disempowers the writer how to empower the writer, not via confidence given or stolen without a transfer of confidence how can confidence be achieved. -What causes #selfharm? A combination of voices and incoming negatives from within toward oneself, reinforced by negativity or passivity toward testing for your impulses in life, trying to get under your skin, dont allow people to mess with your psyche thats how you give your power away, do so freely, not take things personally, thats how you let others easily affect you or try to make you

feel like them to change your voice or opinion or tone, that's called being manipulated to empower oneself, as toward someone, which afterward gets ignored or denied, as having done so, don't waste your energy engaging with people who do that to you, always be compassionate and understanding assuming that people care for themselves without intent to cause harm to you, that is how to be good judge of character not by allowing others to enable you to harm yourself, that they will never take responsibility for and that creates "burns bridges" not reinforces strengths. Your instincts in life, mean everything, in order to be the best predictor of self, you have to coordinate your own thoughts to the best of your memory, not to the memories of others, about you, what you recall having said past not go by what others say always, sometimes you know best. Trust those who care for others, not just in talking to verbatim.

November 2018

My "Likes" are my friends

11/12/2018

11-12-18

If this were a writing prompt station then I would be well, but because I am not well, I cannot teach others, only by example, live my life, as best I can, without dictating to others how to lead their lives, as advised, I write from the heart, given that, it's not a conversation with anyone, where it's coming from, but to myself, if I were my own best friend. When you lose all your friends, it's usually because there is something you need to work on, in order to have friends in your life, right now ... my friends are my likes on Instagram, call that random, but all help is welcomed.

how to control your writing

11/9/2018

11-09-18

Don't allow others to make your writing about them. At my last job, at Farmers, they had me do an excel assignment and I was hospitalized for 28 days and had to sign a GVRO. That's because I was judged as mentally ill with a job, [because I went to meetings twice a day as recommended and did the 90x90 suggested by AA, don't overstay your welcome, or be judged as needy, you usually misrepresent yourself in that way if you are too open with others, make others uncomfortable, be cognizant.] -Knowing that it's not my fault if given an assignment, which is not in line with my political interests or cares, which is anti-violence. I obviously grew up in the middle of a heated debate, I would not want to relive that experience in the present times, by drawing unwanted attention to myself or others. That's not how to move forward in life, I do my best to stay positive and to think new everyday, as I would expect others to do the same, not try to prove negatives, or look for negatives, or wait until things are well to cause negatives, and see who blames who, that's a waste of energy to get involved with the past, there are moments when people see light, and there are moments when we lose faith, that's for no one to judge us when we are feeling good, or up, and over what, a win or focus, or experiencing a loss, what triggers our focus, and how we respond to events that either do or do not make sense to us to comprehend, the quality of care needed at this time, which should be positive, anything else would be inappropriate and selfish at this time, but in good humor I blamed Saks for selling me a 39 1/2 for a party in Vegas with my then boyfriend who golf'd with my Dad we were going to get married, but could not handle the pressure of applying and going to law school, taking my LSAT, and dating. We all make mistakes in life, I have a dissertation to finish, then will have completed law school at Thomas Jefferson School of Law. We all waste time in life, sometimes not purposefully.

When things don't make sense

11/9/2018

When Things Don't Make Sense – Anger + Outrage

11-09-18

When things don't make sense its easy to become befuddled and maybe even upset, when you hear something wrong, or think that something is about you, come to your defenses and fight. That's about protecting your integrity and sense of health not wanting to be affected by the problems of others turned off in life. That's a natural condition, some conditions are unnatural such as when others to their advantage make you look stupid, on purpose or out of lack of respect for you, think deserved, if you allow those moments to bother you you'll never reach a sense of clarity required to appreciate the present. It takes a moment or two for things to settle, not dust, but thoughts, and that sense of peace you feel when the thoughts arising, are in tune with how you want to feel, well that's the best feeling, a sense of peace and quiet. I'm not sure how the mind works, but I am too learning just as everyone else, I always write from the heart, selfless, and not to show sides or argue sides, I was taught to see all sides, and that is more than one side and that's for sure, maybe why I experience mental illness, that is my gift in writing, to be balanced, and if its not jiving with you, then that must mean that I am annoying to you, or sound well, and that's annoying to you if I am well and you are not. I have been not well for many years now, trying to stay positive and keep busy, I just started working, trying to stay out of trouble, and at the same time, be a positive life force for myself and for those around me. Never allow the misdirected hate to undermine your totality of circumstances present as disfavorable to your own interests, things are how you see them not always as they seem, and if you get too into artistic representation of reality then yes you will lose your mind in befuddlement, and control, trying to tweak and subtly change appearances to communicate to others, that's how some communicate that's not how I communicate Im a perfectionist. Being put on risperidone and abilify shots left me bedridden for many years, a writer + runner. Never lose your sense of control in life, persuaded by others to mimic and taunt as deserved, that may seem like a good idea at the time, but after many years of being bullied, eventually we have our wits end with tolerance of such behavior markedly immature and a turn off, so knowing this when people are new to any jokes in life, allow them to have fun with it and turn a blind eye, or plug your ears, its not for you to judge how others communicate to one another.

so maybe saks took it too far ...

11/8/2018

11-08-18

So maybe Saks took it too far, with the 39 1/2 I was a nobody then with an Amex. No one ever knows if you're important unless you tell them, otherwise you run the risk of being treated like trash based upon appearances, if you look used up, then thats how you get treated, its wise to always appear well and do your best, with wit and smarts, not allow others discomforts to be your own, cast you off as questionable based upon what you look like, and how you talk or look at people, if there is something about you that is wrong, that will show on your outsides, especially your face, thats something you cannot hide, confidence. Once you lose your confidence its probably with someone else, much like your soul, that travels to and from the people you love, thats not your blood line, thats just your memory, and even if you get hurt or injured, your body remembers everything, stay strong. People may not be able to relate to you, but that doesn't mean you should stop trying, its hard to predict if something bad will happen to you, never lose faith, and don't go backwards blaming people in the past who have tried to argue that there is something wrong with you, everybody does things for themselves, and much to that opinion will try to prove their smarts in advance or in defense, if you're too slow, who looks like the innocent person then, usually the one who is most put together, thats not a look, its a trait of being good, confidence, not by experience, and especially not by how much love you come from or get in life, that does not necessarily mean everything will work out for you in life, if you don't utilize your best decision making skills. I have been hacked, papers books and notes stolen, and likewise my clothes have been thrown in the driveway/street, everyone gets upset sometimes, just don't imitate people who are in the wrong to prove that that type of treatment is deserved whenever someone questions you, that does not mean that they are a traitor or that they are upset with you, be forgiving of those who get angry with you, that is because they are not happy with you, and defensive if bossy toward you think that they know best, thats not jealousy, thats not love, thats just people being territorial over their feelings or by what they know best, think they see things much clearer than you based upon their vantage point, everyone deserves an opportunity to be well, regardless of what people think should think agree upon, or disagree upon, your ideas in life, are your own, and when exposed, your secrets or computer or facebook or messenger, you should never say anything that you would regret, once you start talking \$hit about someone that usually manifests itself into some type of disagreement, that disagreement is distrust, and the part when you start talking \$hit is when you think the other is turning on you, people at best, are trying to make themselves look good, and for whatever reasons, we think that intent is directed toward us, sometimes it has to do with their own insecurities in life, and nothing to do with you or trying to make you feel worse off or the same as, given your experiences or privileges in life, how much has any one person suffered, that they so choose to make others feel the same, it seems to everyone best interests to protect others from having achieved the same apathy or treatments in any given state of mind, where you are most comfortable, make sure that is first with yourself, and then it will be easier to be comfortable around others, self-harm is never the correct response to heartache or confusion of interests or conflicts of interests thats not the way out of problems, humor is helpful, take things with a grain of salt, and life is not a movie to be

replicated or relived moving forward in the future, bringing to life characters past in your life, or characters past in history to prove likeness to characters known, we all know different characters in life, be yourself, your backbone is your knowledge and your knowledge is what helps you see and make decisions in life, sometimes based upon what others think, but always put yourself first and the interests of those around you who will matter to you eventually, once you get to well, leave the past behind, and do your best not to destroy your progress in life.

what you think matters

11/8/2018

11-08-18

In case anyone was wondering, its based upon my wellness I am treated, Im not spoiled, I work hard, and I am very disciplined, stay home, study hard, and keep to myself, have lived alone since 2004 and had 3 long term boyfriends ... I listen to my parents, and I respect the privacy of my friends and family, I do not go through the things of others, to be in the know, or go through the things of others, to feel apart of something bigger than myself. I have a sense of myself and purpose in life, my own identity, once you experience identity issues, then you need a psychiatrist, when you do not like yourself, thats not a reflection of something you've done wrong, but something identified by others as wrong with you, listen to those who love you, they know best, and when everyone tries to interfere with your systems of support, its to take away support from you as not deserved, those are called privileges in life, trust is one of them. If someone takes advantage of your wellness, then you can always ask for help, no one deserves to be put on meds, it happens to people, who are not well, and I am one of them. Why its important to respect the privacy of others, there are only so many accommodations you can make to help people, when help is asked for provide it, when help is not asked for, steer clear of telling a story, in the aftermath, to characterize the one responding, as something or someone they are not, thats hurting a cause, or a good purpose, and making them look like they dont care, or with bad purpose, no one intends to make faulty connections in life, and we hope that those we work for can be trusted, that is not our fault, but learn when to say no, when uncomfortable or when something does not feel right, you are responsible for your life and outcomes in your life, if you get into trouble, there is no one to blame but you for allowing trouble to occur in your life, in this world, if you are not assertive enough life will pass you by with fewer opportunities in life, sometimes you have to be more accepting less aggressive dont allow that condition to be caused by feelings of not being apart of or as a reject, thats how you reach non-acceptance, look like a loose canon, and everyone in response rejects or defends themselves as normal, and you are the one who looks weird, or gross, or overreacting. Think before you react, less is more, dont wait until you collapse or people get sick, to do your best, connecting is not necessary to being understood, just maintain your sense of self, its not necessary to make sense of things in the unnecessary to make you look like your a criminal, thats not a good way to live, to drink or do drugs or to associate your mind with people who communicate criminally, such as tagging.

fitting in and acceptance

11/8/2018

11-08-18

When you dont feel well, thats not a matter of someone communicating to you to interfere with your communications with yourself, thats something thats not mixing well inside you, thats a lack of chemistry not a sign of chemistry whenever an unwanted feeling occurs, and your head burns or your heart burns, thats an unwanted communication to and from your mind to your body and to and from your body to your mind, some people feel well to others, and some people their thoughts, demeanor and well being do not mix, do not be offended by people you do not understand, some people are conservative in their approach to life, and some people enjoy human contact and interaction, once you get hurt is difficult to trust others, and to feel well in trusted spaces, thats not how to build connections, by imitation or by bonding to make fun of people to their face, as in conjunction to a shared opinion as known about them, some people preserve their privacy, and some people enjoy doing things in private and sharing those private moments with others, I'm not one of them, Im a very private person, when you share love or your life with someone, that is usually with someone you feel comfortable with, otherwise allow people to be themselves in trusted relationships and not take personal the boundaries of others, or their inability to connect well with others, some people take awhile to warm up, that big feeling inside is feeling whole, the small feeling inside is feeling less than, and when you're finally able to blend in well thats acceptance.

#stopbullying know when to stop sharing

11/8/2018

11-08-18

If people don't think positively of you and if you think negatively of yourself, that's how you get treated in life. That's how bullying starts, as deserved or thought deserved. Self-harm is in your control. All communications from the person being bullied is unwanted, that's something you have to live with once you become a reject, don't experiment with people who are well liked to see how they respond as an inexperienced reject, social skills are by people who are well liked, you cannot acquire good traits from people who are manipulative seeking to prove you are something you are not, that is how a reject is made, when adaptation skills and adjustment skills that come natural are created to suit an interest or a side, that is how someone becomes ill, in my case, myself, that's why you just have to move forward it's not required that everyone believe in the same thing or for all people to believe in something, and keep someone from believing in themselves, once the fighting starts, that's a turn off, and if you don't see positive, then the negative occurs for you in your life, if you allow the taunting to sit and haunt you. You have to think for yourself, and not be judgmental of others, if you allow negative judgments of you to sit, you are in control of how you respond to others, it's not your responsibility to defend yourself, or control how people communicate to you, or make you feel, you should be in control of how you feel, benefit goes to those in alignment with each other, that's how you get left out in life.

When people turn on you

11/7/2018

When People Turn On You

11-07-18

When people turn on you based upon appearances, those negative opinions and judgments of you get felt, just like when people meditate on negatives to see if you can tell what they are thinking or what they are up to, or if they are reading your work, that's not how to read people. That's people being experimental with you, by reading your work, to see how writing works. The mind is an individual, and those individual thoughts comprise you. Much like blogging was founded in New York, for those reasons people write not to control what you think, but in a general sense to help you think for yourself, and hopefully think well. Mental illness is about things not mixing well, thoughts or voices, that when put together don't feel well, and then you have yourself, are you a product of the negative voices you feel, when then who is to blame for that illness, after all you are in control of the voices you hear, do they reflect that you are well, or do those voices reflect that you are not well, and your inner voice, is that your heart, or is that your mind, and if so, when you are in love or doing well, and the voice that comes out of you, is that an accurate reflection of your wellness and fitness of character, or does that reflect that you or someone around you is not well. What makes people feel well? Is it ourselves that make us feel well or is it other people that help us to feel well. What is happiness? Is it us feeling well or is it people at peace around us, that makes us feel well. When you are not feeling well, is it other people to blame for that illness, how much control do we have over our own wellness, and what is our correct identity when well, when there is conflict within us, what is that a by-product of, what is shown to us, who is showing what to us, and why people are showing us themselves, because they think that we need or want something to feel well, or because they think that they have something that we don't have, need or want, this is why it's important not to inflict emotions into the character of others, as though you know them best.

don't force things to happen in life

11/4/2018

11-04-18

You can't force things to happen for you in life, when things are not working out they're not working out and that's not a reflection of anything wrong with either party, sometimes things don't work out, after awhile you get tired of trying, and with enough rejection give up. That is your body telling you to let go, you cannot manipulate the disposition of others to suit your needs, expect to be spoken to in a helpful way, and in return put someone down, that creates a toxic relationship. Whenever we feel like our buttons are being pushed when overwhelmed, it can create a situation where one feels like self-harming, that's just your mind telling you you're tired, with added support, and help from others, when needed, that feeling can stop -these are just readings, when you cannot read your surroundings,

that doesn't mean dig deeper ... from where does the benefit run, from the wrongdoer, certainly not, from the person retaliating on behalf of another, certainly not, if you allow people to affect you they will have an impact on your best decision making skills, and events will occur that translate to others, that you are the wrongdoer, that's called manipulation, space means everything, sometimes you just have to let certain subjects go, and certain people go from your life when things are not working out. You cannot judge a book by its cover, or allow people to get help at your expense make you feel bad about yourself, and cause you physical disability, we all have our limits, know when to stop. You cannot build a stronger position in life by putting someone else down, there's no such benefit or positive end result when someone snaps, it always hurts, when people are not themselves. That disillusionment is real, not purposeful, and never deserved, that doesn't mean someone is senile, it just means that they are not themselves, because they are too busy accommodating the best interests of others. It's a no win situation, whenever someone becomes the butt of a joke, or the bearer of guilt placed upon them by others, that's called guilt tripping, when someone does not feel good, blaming people around them or others for their illnesses, it's not necessarily anyone's fault when someone is not doing well in life, try not to be too hard on others, life is short and it certainly does not need to be made shorter, when benefit is taken, and another's disposition is preyed upon or weaknesses brought about to see what they are made of good or bad, that's measuring someone up to a negative, it is never advantageous for any party to bring about weaknesses or negativity in others, that doesn't make anyone look good or better than, and then everyone feels bad, then it's by who feels worse, is empathized or offered sympathy for, and the one who is not responding in sadness, deemed the provoker or guilty party for causing a series of consequences unfavorable to the outcomes lived by others. You are at most responsible for yourself, if you so choose to get help, we expect that that help does not misdirect others, as bullying often does, telling someone one thing, that sets them off on a negative tangent, while the other relishes in excitement of having power over the lives of others or any one person in particular. That is not how to control a situation, allow people to live their own lives, without chokeholding people to a set of standards befitting to personal interests not in the best interests of everyone, the totality of the circumstances is dependent always upon wellness, and based upon wellness, others feel well, and when one is not well one gets help. Who that person chooses to get help from should not be taken in offense to anyone trying to help a person or group of people, don't place blame upon someone for not asking for help, help is always on an as needed basis, allow people to be well on their own, that's co-dependency to leave one feeling better than the other, at the expense of either party. That is not how one looks like the helper or a bigger or better person, let them come to you.

Twitter Heading: #blogpost: Dont Force Things to Happen in Life by #lesliefischman #mymollydoll #victimblaming #victimshaming #forgiveness #breakups #rejection

letter of apology ...

11/27/2018

Letter of Apology (12th Steps)

I'm sorry for the times when I was not well, and lucky to be doing better now. I know that no matter how well I get in life, I will always be reminded of when I could have done a better job, made wiser choices in life, and realize what it is that I could be doing better in life, listen.

People give up on you all the time, it's everyone's right to worry first for themselves, that doesn't mean fall apart, or get side-tracked focusing on your goals in life, come first, that's living life for yourself, and when you are able to stay on track benefit from that momentum.

Everyone at different points in their lives are motivated by different forms of happiness, sometimes coming from themselves and sometimes coming from others, depending on how needy you are, this differs, always be compassionate toward those who care, and never blame people who act they don't care, or don't care enough, for why you are not doing well. It's always your responsibility to repair yourself, not to fight with others in the past, correct yourself.

Sincerely,

Leslie Fischman

following your intuitions ...

11/26/2018

Following Your Intuitions
11-26-18

Following your intuitions sometimes works and sometimes doesn't, if you find yourself in the same place that doesn't mean that you've f-d up in life, it just means you've revisited an issue past that has caused you trouble moving forward, learn from your mistakes. In order to feel right, you don't have to know beforehand what's in error, to know what has gone wrong, sometimes even the most prepared people in life, make mistakes, it's easy to be defensive as though that is a lack of care when adequate care is not provided, or that lack of care shows inability to be cared for or to care about or worthy of chances in life, you create your own opportunities in life, and that doesn't always require for you to step outside of your comfort zone, letting loose shows we can have fun but in having fun make sure you don't hurt anyone's feelings, who isn't having fun, if that were a general rule, then nothing would be funny. The times call for tact, be reasonable in how you correspond privately and publicly your inabilities in life are what you are judged by and based upon those weaknesses judged as capable or not deserving of attentions, that lack of attention is not room to build attention toward or to act out or do things to get attention, to categorize as among a like or similar group who by attentions act or respond to others, once you're reacting you're overreacting, life is easier led, letting people be themselves that searching for acceptance, guided by needs or wants, people are people, and stability that's your sense of self-worth not the acceptance of others that determines how you should feel, rarely if based upon feelings toward do feelings about oneself, get reinforced in the positive, sometimes to let go you have to not be guided by who doesn't care about you, that's usually not the best place to go for help, to anyone who cares mostly when well, not when not well, or when stable, does not trust that one will stay well. That's not turning on people, that's waiting for something bad to confirm why bad things happen, as grouping someone among, once grouped among, you cannot undo that change to a person's identity whether or for what reasons deserved or consequences justifying present inabilities continued to be shown ... anything that cannot be overcome is not permanent, why they say to have faith, you can convince yourself your life is terrible even when you have everything, and if over abundance causes you instability, then that's your responsibility to hold on to your values.

Lesson for today ...

11/26/2018

Lesson for Today
11-26-18

Lesson for today, is to rise above the chaos, jokes, and with or without humor, not think too much what others think, and not be affected by what you think people think, or try to talk to people, you do not talk to in real life, no conversations outside of reality help or benefits either party, receipt of messages in the form of letter are preferred, any other voluminous forms of writing in short hand or fragments is deemed disorganized or not a professional form of communication, usually your feelings or emotions based, those are thoughts to be reinforced or re-directed by a medical professional, you can't talk people into teams or sides, or build rapport in private communications, it's how you present yourself, whether or not you are bothered by others, their words, or tricked or made to feel less than, those are only temporary feelings of discomfort not the responsibility of people to whom you are not in communication with in real life, in the field of public communications, general commentary and thoughts shared are best not as directed or about people, how people come through your writing, it's by what you focus on you are heard, not as heard and reiterated or repeated as though you to others within your writing, always base your knowledge based upon what you know your expertise your education, your exposure, not expect others know or understand the same as you do.

Achieving well ...

11/26/2018

Achieving Well
11-26-18

My apologies, whenever unstable there's a space not a void, that gets filled with thoughts not deductions, or puttings together, but

usually not understanding, or being the last to know or understand, that's called vision, who has arrived, who is late, and who is on point, or able to see forward, that's mostly what competition is about having a better viewpoint. To tell a bigger story, its not about highlighting what has gone wrong in someones life, or in the lives of others, but allowing life to happen on its own, not as directed by others, or made to happen to result in writings or deductions that suit personal interests, or claim same or similar to and if so presented same or similar circumstances have arisen that so justify the treatment of anyone deemed not special or deserving or achieving well, and allow or enabling others to allow that treatment to be justified, we can lend a hand, or extend gratitude to others, but that cannot change how they feel toward you, know you, or upon meeting you, respect you or not, think as not deserved or further complicate nervous dispositions in life, that's making things worse, before they are able to get better, allow people to grow and thrive at their own paces in life, not by labeling people victim, and telling stories about people, as though I am the offender, that causes one feelings of loss of esteem or causes unnecessary worry as to how words are interpreted past, writing is based upon wellness, not memory, thoughts are guided by what you know, knowing the same information is not beneficial to anyone's help, life is not a group project, everyone is responsible for themselves, at 33 I have knowledge and experience and with that, burn out, to overcome burn out don't subject yourself to experiment by others, and establish boundaries from the get go, not try to control situations, and let life happen, without putting yourself at risk of harm or speak or behave in a way unintelligible or negative toward self, about your past, to justify treatment toward you as an offender. Everyone deserves an opportunity to live life, life is not a joke, and sometimes when trying to solve problems, people take things too far, and cause problems, that's either purposeful or not, with an intent to retaliate, as deserved, or as on behalf of a team known, that is not justified. To state such occurrences would be to establish, reinforce, or further support words or actions toward you as deserved, even if you achieve well.

Thanks for the feedback surfer girls...

11/26/2018

Thanks for the Feedback Surfer Girls ...
11-26-18

I was going to run to marina and back in the bike lane, it takes a lot to get motivated some days to run, but went back to work after taking a few days off over the holiday, not doing well on my own, but best under the direction of others, how not to burn out in life. There's really nothing to cheer on, I'm in purple headphones and there's a team of guys in the car next to me chatting, who I recorded in my car. Maybe I took that experiment too far, handling negativity, probably because nude photos were requested from me, and by pageant standards no longer qualify to be a winner, Im sure that rule does not apply to all girls, but its not a good idea, ever. The whole point of keeping a clean image, it to avoid controversy, especially during times when people are working hard, and can't handle the stress of politics or personal issues, everyone doing their best to stay positive and avoid trouble, we can watch things happen, and get hurt not doing anything about it, or we can do our best to avoid troubles in life, and think positive thoughts, and steer clear of controversies, not add fuel to the fire, by highlighting those who we think are at fault, or when worried, wonder if we could have done something differently, to help prevent things from happening in life. Usually it's the opposite, by our actions and words, we think and remember, are directed, and either have a clear sense about where we are headed in life, or set ourselves up for failure, by allowing ourselves to dwell on our problems, and not see better.

you can't undo the past ...

11/26/2018

You Can't Undo the Past ...
11-26-18

If life were easy then it wouldn't be so hard to move forward in life. I think I've discussed this concept so many times, that even myself get sick hearing myself say it over and over again. Repetition is everything ... it's the only way to learn. When things are not clear think what is it that I can do better today than I did yesterday, what was it that went wrong that caused a scenario of events to occur, in which you don't feel good, and how to maintain positive energy and get along with others within your immediate surroundings. Is that happiness? Everyone's definition of happiness depends on how much of anything is required in order to stay happy. If measuring your past is important, than measure your past, if measuring your present is important, than measure your present. Whatever means you decide to determine your self-worth, so be it. We all come from different places in life and different backgrounds, that doesn't mean that there cannot be some type of consensus need for people to agree to terms or viewpoints and ideologies to help the general whole. Whenever there is suffering there is empathy, whether deserved or not, its up to you if you are th

one suffering to pull yourself out of such a condition, no matter where you've been or what has caused you to suffer, not allow those hardship to prevent you from living your life, and being apart of the whole, whether in agreement or not. To build a better understanding, well that requires tact, to build a stronger mindset, well that requires emotion management, and to build a better future for oneself, well that takes discipline and restraint from activities that lead you astray or put you at risk of harm for negative judgment. also known as letting loose. Usually those who are uptight, and pushed out of their shells to see what they are like on the inside, and then based upon those appearances or based upon viewing one in an unstable condition not their natural condition, be judged, that judgment you are not in control of how people judge you as happy, or carefree, they used to be called free spirits, but nowadays that type of personality defect leaves too much room for error and mischaracterization, a dumbed down quality not deemed a good character trait of professionals, when judged as not serious.

mymollydoll.com (book #3) 2nd draft

11/24/2018

Change/Added: Chapter 27 and 28.



11-24-18__pdf__second_draft__mymollydoll.com__book_3__by_lesliefischman_.pdf

Download File

mymollydoll.com (Book #3) 11-23-18

11/23/2018



11-23-18__pdf__v2_11-23-18_mymollydoll.com__book_3__by_lesliefischman__first_draft_.pdf

Download File

mymollydoll.com (Book #2)

11/22/2018



11-22-18__pdf__final_draft__book_2__by_lesliefischman__mymollydoll.com_-_lulu.com.pdf

Download File

www.lulu.com/shop/leslie-fischman/mymollydollcom-book-2/paperback/product-23882830.html

What Can you do? march ...

11/21/2018

What Can You Do? March ...
11-21-18

Be careful not to remix history moving forward, if you are going to lead by example, and reuse content from the past to make light of the present or current ideologies, always make sure done so in good taste, no explanation required, if the interpretation is so vague or timing so poor, that leaves room for rejection of communications as for positive purposes, as though in combat or to change a current set of ideas, functionality of positive purpose, comes from the heart, and timing when right occurs in front of you, a space of comfort, from which to step through in full confidence that ones purpose is so general it need no mention. I drove past a march in Brentwood today ... two packs, anything that lifts your spirits makes sense, seeking wellness is never rightfully achieved when doing anything that one hesitates to accomplish or knowingly enters conditions or states of minds under the influence of substances that weaken good character traits, sensibility, and weaken the minds ability to arrive at points of clarity during moments of darkness, when if followed lead one astray to less desirable conditions than to begin with. That's seeking a remedy or quick fix to resolve an emotion, that if thought about properly can mend itself without the use or reliance upon substances to alter or change ones outlook, positive purpose and a willingness to overcome feelings of discomfort are done so with our best decision making skills in tact, not reliant upon others for affirmations, or acceptance of purpose to move forward, make changes, or move on from subjects when if not affirmed in the negative leave us feeling stuck, that means you are focused on the wrong things in life, and that your happiness is dependent upon proving conditions, experiment with yourself not others to realize your own wellness, and to comprehend the times, and difficulties currently faced.

artistic differences + assumptions

11/21/2018

Artistic Differences
11/21/18

Artistic differences in opinions will never change, nor will people taking on leadership positions in communication to everyone as on behalf or in reference to people other than themselves. Its an obscure facet of communication, in which people base their understanding of others, as compared to others or characters on TV Shows, it is then once information known, further confirmed as though a secret existing creates an inside understanding of knowing someone, and knowing someone as they have not disclosed to others as a confirmed identity, gathered acceptance for, and sought to be proven or disproven for the sake of building a better understanding within themselves, with expectation that others care to understand from their unique perspective to minimize the specialty understanding of a person, to make themselves the more trusted opinion of understanding, and the person without a shared understanding further communicated to as though in cohorts, that's taking someone in their natural condition of communication skills, and irritating their sense of clarity, by purposefully creating conversations to see how one responds, and then further create those circumstances or communications to further generate a response befitting to an opinion about shared among, not known to the person to whom that judgement is made upon, thats more than making someone look stupid, its making themselves feel smart by making or exposing something in private, to make look stupid before any public disclosure or good purpose is assumed, made fun of in advance and set up for failure as responding to something past, and then making someone look mentally ill, as responding to a vague understanding built to create an assumption, that's a misuse of someone good will, and mischaracterizing them, after having been honest in all responses, situated to look like a bearer of guilt in exchange for the guilt held by the assumers.

Twitter Heading: [#blogpost: Artistic Differences by #lesliefischman #mymollydoll \(Follow-Up to #LaBronJames, just ignore everyone, you're doing great!\)](#)

When you miss all the good years ... #lebronjames (About) thank you!

11/21/2018

When You Miss All the Good Years
11-21-18

When you miss all the good years ... don't panic. People will assume for whatever reasons, that you were lost, or did not value the times enough to appreciate the present, too busy moving forward or too far behind to be cared for or worry about. Everyone has their own lives, and deserves just as much a piece of happiness, as you deserve wellness, your wellness should not interfere with the well

being of others, be picked apart publicly or privately, as referenced to your past or present abilities to function in the present, so long as you know yourself, it should not matter what other people think. When people need space, allow for that, never force anything to occur that does not occur naturally on its own, that's called acceptance, allowing people to come forward, together, or take their separate ways, at their own discretion. Re: #LaBronJames – We all worry for whatever reasons people partake in causes and for the causes they support, take burden, and with that burden not burden others, who have similarly followed suit in support, not allow the causes to control the present, but be present enough to acknowledge the existence of organizations that do help, and reasons for support, as not in alliance with any sect, demonination, or personal opinion websites such as mymollydoll.com who supports causes of the times, and so chooses to be apart of those efforts without minimizing present abilities, in efforts to align with causes to look or appear as though on sides of the majority or a select few or minority who support causes not yet having taken a dramatic toll on the audiences to whom support, those who support such causes. This is a difficult subject, when to lend a hand, and when to step back, or wait until something occurs so clearly in the wrong, as to take a stance against such wrongs, that is not a team effort, or by influence, but by heart, to whom causes are supported by and why, those underlying reasons and justifications for support, are not to be highlighted for good or bad cause in alignment with interests or whether interests to whose alignment is being put to question accurately reflects those cares, that is questioning why people support causes, and whether people support causes just to make themselves look good, or to clearly take a side politically to minimize any connection to sides previously further separated by issues related or conflicting with present position, or by words or sayings, worthy of being apart of that present ability of people who support causes, and that their support is appreciated based upon their contributions to the whole, whether they further influence positive change or reinforce negatives toward individuals who support such causes. There are few who no matter how well they are doing in life, will be judged in the negative, as being apart of for reasons related to personal insecurities as to acceptance and that contributing to support of causes, reflects that deficiency in them, that would make ones support of a cause selfish, and then to support a cause that is related dis-ingenuizing their present capacity to support good causes. That is taking someone past ability and under further inspection of their present, judging their past as an inaccurate reflection of their cares during the process of providing support to others, or whether issues influenced their decisions to contribute or partake or work within sources of support, because those places contributed to reflect a care that is personal and with intention to gain knowledge in a field of interest that benefits themselves personally, with regards to their ability to help others beyond the scope of those helped in their present capacities. There is a such thing as fraud, but fraud is not a planned occurrence, if so manipulated the vision of interests past, if so any present condition, would so accurately reflect instances past as participating with disabilities present, and unfit to care or support others within the scope of expertise or to help others outside the scope of expertise trained. Who benefits from these assumptions, only those who make assumptions benefit from the assumptions made as to others, one should never be affected nor manipulated by the negative judgments of others as toward them, for whatever emotions provoked, one is always responsible for compensating for those emotions felt, responding in the positive always to instances of rejection, or intimidation, not be the benefactor of negativity to further influence likewise change in others, or make those negative feel positive or in the right, for having so identified deficiencies in the character of the person in question. The present cannot dictate the past and the present is not always an accurate measurement of how instances past occurred, the times will always change, and based upon the times, a variety of factors are used to pass judgement upon others, and based upon their wellness, accepted or rejected as deserving of their present condition or disabilities in life, personal, physical, or professionally. What is tis regarding? I went to 180 meetings in 90 days and was hospitalized with a job, forced to sign a GVRO, when by assignment designated to create an excel spreadsheet from a gun show, I was hospitalized for 28 days, with one week home in between. I'm sorry I said #freeoj, at the time, I had given up, just like laying in the ocean running for 2.5 hrs. Its never too late to forgive, and not take personally your present condition, better yourself. Bettering yourself sometimes requires not saying what people want to hear, not saying what is thought of and expected to prove or support mistreatment or discrimination of you, but always be in control of your own life, and whatever happens to you, do your best!

going into hiding ... (2009-2018)

11/20/2018

Going Into Hiding ...

11-20-18

For many years I stayed in law school, a recluse following an incident in which I got separated from my friends and escorted home and taken to another location offered a ride home. Blaming your friends, for moments when you were drunk is not taking ownership of your sense of person, its never your fault, whenever under the influences of substances which affect your best decision making skills, not all things make one feel good, including drugs and alcohol. You have to be careful when you share a story how you tell your story so that you do not get retaliated on as victim or be put in the shoes of the offender or person causing you harm, that's no way to live not being able to be yourself, for years I stayed quiet, and finally wrote. Choose wisely to whom you confide in, puzzling together the

past can be painful but its not rocket science, you just have to have a strong will about you, and a strong sense of faith to overcome whatever obstacles get put in your way, be inspired but not at your own expense rely on people who have not yet overcome their battles with relating to those who do not have well thoughts about others, placated as among. We all take for granted moments when well, and sometimes our misjudgments of others or toward others, can resolve what did not make sense from the get go. Any separation is painful, from loved ones, or even boyfriends, distance makes the heart grow fonder. You are who you think you are not who others say or think you are, always be reminded that we all have our gifts in life, and nothing stated is stated in reference to the benefit of those who have caused harm to others. That would be a misuse of progress, to project the past on the present, and likewise watch characters come to life, presently from the past, or create characters moving forward who resemble people who have failed previously at achieving a sense of peace in life. Who are your heroes in life? Do not be mistaken. We are all entitled to those who look up to, admire, and put forward as well among us, not to be short sighted as not well, written off as not apart of, that is not the solution moving forward.

shorty award entry 2018

11/17/2018



some people don't change ...

11/16/2018

[View this post on Instagram](#)

[#heart](#) [#change](#) [#people](#) [#sobriety](#) [#personality](#) [#blendin](#) [#selfgrowth](#) [#trust](#) [#wisdom](#) [#wisdomquote](#) [#quotes](#) [#quotestoliveby](#) [#quotesaboutlife](#) [#life](#) [#lifequotes](#) [#motivation](#) [#inspiration](#) [#qotd](#) [#quoteoftheday](#) [#wordsofwisdom](#) [#followforfollowback](#) [#followtrain](#) [#quotestoliveby](#) [#wordsofwisdom](#) [#quotesaboutlife](#) [#quotesdaily](#) [#quotesoftheday](#) [#quotestagram](#) [#aa](#) [#na](#) [#truth](#)

A post shared by Leslie Fischman (@fischman.leslie) on Nov 14, 2018 at 7:12am PST

First Draft book #2 (103pgs)

11/16/2018

mymollydoll.com (Book #2) - (11/16/17) to (11/16/18)

First Draft to be published on lulu.com ...

By: Leslie A. Fischman



11-16-18_archive_-_blog_posts_by_lesliefischman_mymollydoll.com.pdf

[Download File](#)

Twitter Heading: [#bookblog](#): Book #2 mymollydoll.com (103 pages) by [#lesliefischman](#) [#mymollydoll](#) (With Dedication to my Family, thank you for your support, unconditional love and fostering my growth as a person, and for keeping me alive for 33 years).

When things get awkward ...

11/16/2018

11-16-18

Eventually you reach a stopping point when it comes to communicating within conversations and building rapport with your audience. That is not something that is helpful to do when people are not getting along, that's considered an unwanted communication to all, as through someone, not on the behalf, but as directed toward them negative attention, that usually occurs when someone is up and feeling well, they are put down by others. That negativity you feel as toward you is non-acceptance toward you, also known as insult, when people think that by their communications and abilities in life, are above you. We all make mistakes, when it comes to respect and appreciation for others and the good that they do in the world, that communication to someone, as negative or insulting, do not interpret as directed toward you, that's usually occurring to communicate to others, or to justify that what was done to you when you were doing well was justified, as not enabling you to move forward in life, don't allow others to make fun of you, or to chastise you for your wellness, or why you are well or look or appear better, that does not mean that one thinks that they are better than that just means that they are not letting anyone affect them. There is no power in controlling people, the only way to empower yourself, is by being in control of your emotions and discourse, it is not your responsibility to explain to others where you are coming from, only to do your best to be professional and not engage in defensive behaviors that cause wellness among and further separates you from others, or being on the same wavelength as others, that does not make someone smarter than, just because they are able to connect with people in a way that you are not able, that does not make you less than or disabled, it just means that you need space, to figure yourself out, and how to empower yourself, without relying on acceptance from others, to feel good in life. You don't need people to like you in order to feel well liked. Its important to get along well with others, no matter what is awkward.

You can always date and drink ...

11/16/2018

11-16-18

If people don't like you that's not your responsibility to correct. Your focus space is not up for interpretation, when judged as not well or partaking in activities that can cause illness. One should not judge for what purposes someone is either dating or not dating, I have since decided to go to a mixer, that is not a good reason to leave jobs or relationships, out of unhappiness or lack of wellness, that means that your inside communications need to be stronger than communications outside of you, that you cannot control, what other people think. Don't let anyone get the best of you, in due time, everyone's true colors show, whether in acceptance of you, or whether they think that they know you best and don't know you at all, judge you. You cannot go backwards and fix relationships, when you think highly of someone, let their wellness speak for itself, that based upon good premises, they shine. Don't enable others to cause harm to you or your wellness, that you cannot take back, when embarrassed in public or in private spaces, confrontation or discussion of the issues is not advantageous to your own health nor is discussion of the issues to anyone to whom is causing harm to your relationships, benefit. Allow people to bond, and stay well, that is not something you should take personally, as left out or not apart of that is the role of those who are well to take care of others, those privileged enough to be in caretaking positions, benefit from those relationships, get taken care of. When you are well enough to share, what it is that's going on that's bothering you, that sense of togetherness or comradeship as directed toward you within conversations, that is not something you should take personally, as someone who is hard or difficult to get through to, should not be someone who is treated as not intelligent, or not well enough to understand or comprehend misbehavior or behavior interpreted as toward or in conjunction with communications toward. Whenever there is a conversation, you have to allow that conversation to occur, and whenever that conversation gets used to illustrate or correct your sense of being as wrong, then don't take personally the conversations of others, how you respond, internally is your right to privacy, how you feel, is your right to privacy, what meds you take is your right to privacy, what meetings you choose to go to is your right to privacy, what information you share about yourself is your right to privacy, don't allow anyone to put you down in life, as not well, or cause you illness, as assumed you are something you are not, you can always date and drink.

know when to stop ...

11/15/2018

11-12-18

Don't hate [on] people because you think they've gone too far [that's not the solution], or come too far in life to well, that would be doing everyone a disservice in life, for once someone gets well to get sick. #issue - The importance of image playfulness. Be kind. I realize now to get hair cuts and dye my hair and smile more. -Don't make up your mind about people right away, always give people a chance to be known, your first impression of them may not be the right, sometimes people are off putting from the get go, you never know where someone is coming from in life, don't over invest in likeability you usually end up coming up short in life, short handed

meaning, less is more, in other words, if you are vying for the wrong attentions in life, things wont work out in regards to whos acceptance youre in need of.

The moment you lose faith ...

11/12/2018

11-12-18

You have to keep going in life, the moment you lose faith, is when you need to turn to a higher power, or someone other than yourself to help steer you back in the right direction. That loss of consciousness or contact with the present, is your mind leaving you, or when upon interaction zone out, forgetfulness is a product of uncertainty or pressure, it could be for a variety of reasons, but know your steps, that usually helps you get back on track, whatever it is you believe in, never stop believing in yourself, we all stick to a different set of ideas, mores, and norms that we see fit, or help us to see and understand the world, the world is a big place, know yourself best before placing judgment upon others, as they are. Not everything is a product of your life, that means when you enter the lives of others, that shared space, is not comradere but mutual respect for the boundaries of others, usually fosters the best relationships, thats not love or admiration, but creates an area in which you can think. We all come to different stages in life, at different times, depending upon how many people you know, how well liked you are, and based upon what you look like, no one person is the same, we all blossom at our own pace in life. Be patient with others, never blame others for any system of beliefs which cause you illness, thats not the solution to pick apart what is not well about others, instead focus on the positive and always see the good in others. You may not be able to predict the future, or control your present condition, that is health, but always do your best, not to interfere with the good health of others.

December 2018

Upon deletion and after theft ...

12/31/2018

Upon Deletion and After Theft ...
12-31-18

Upon deletion that is thought of as a right to take, or make fun of, a sign of guilt, usually when someone is well, that wellness is wanted to be benefited by the creator and there is a loss of energy upon creation of anything good, any break is not indicative of guilt or denoting a right to be given to the observer to take, sometimes there is a long process of saving or archiving or communicating, and in the space between creation and saving, is tired, and its during that period of tire that things are deemed as takeable as though not noticeable, it is the reader who memorizes, and it is by what is thought of as taken away remembered, no faces are as by exposed of by who is thinking about who their face changes, like mine, not by watching or imitation mimicry or by touch or transfer of energy, it is by exposure, the fewer intimacies and exposures you have the greater the memory of that person in your life, if you meet a lot of people you may not have the same problem as attached or by memory thought of, or impressed upon, it is the person who looks the most different that is deemed as the offender, I have looked the same my whole life, it is by offended "letter felt on a person" that have been impressed upon a persons sense of self and identity why people get offended when people are aggressive or say things not in tone matching or too strong of a tone for by what a person looks like, the more unrecognizable a person looks, that is not necessarily a given that a negative opinion is held of them sometimes self care is a process not a sign that their body is weak heart is weak promiscuous or without love sometimes people gain weight for whatever reasons, and its none of anyone business what causes heartache loss of energy or motivation in life, sometimes these are just phases and especially not be judged in the negative if experienced while growing up by a few bad photos, and all good photos taken, not remembered as well but only as not well, it is by those impressions a future impression or past impression is made about a person, as being that way their whole life without photos representative of them well, and by bad photos judgments is passed negative judgment which gets projected onto them moving forward without them knowing and its by others ability to change their face without them knowing why, that empowers people who think deserved, once you learn why your face changes, with limited contact and no drinking or drug use, and limited interaction,

when well you present the best version of yourself, at work you wear nice clothes, and in the day if you do not have a job that does not mean dress down, and especially not if you do not fit in brand names jeans, they will always bring up the past as told by you and it is by the words of your story that they justify impressing upon you the interpretation of those who do not know you well and think by how you look or by where you are that something is wrong with you it takes many years to reverse negative judgment of you its by being good, and once you are able to function and maintain face, reset your face with makeup then you have made it to smart, unless you know how to manage yourself and practice self care then it is not wise to be too social drink or do drugs if you cannot manage your own identity, its by living and property beign taken away as living people who are not around you are able to attach to you and control you when you are well that attachment is good luck, stretched back to them, as not well what is taken becomes of less value, that is why people steal from those who are well to receive the benefits of that wellness by having something of the well while they are well, to be attached to well, and to understand why people are well, nothing well was ever made easily, and it may seem as though someone is strong, but its not by challenges that make us stronger, and its not by pushing ourselves that makes us stronger, past a certain age something that is easy to someone who experiences difficulty understanding, will benefit from that that challenge as faced by another, this is a reoccurring theme, as people are described as remembered from my life, that perspective is taken and then projected toward me as the one being negative it does not matter whether I look well or look young now, even if you achieve a well look and figure out what is causing your face to change, by that time your insides do not match your outsides and likewise you will be tested to see if you know your limits in life, and left for god to punish you, as confirmed as deserving of punishment based upon as weak or dull or broken how your outsides look to see if they match your insides, that's called an unwanted experiment of someone who is well treated as appearing youthful to attract, not because deserved, and an older photo is the desired result sought to be projected, then those are they who will perceive your past as told or remembered to create those possibilities for you in the future, anything explained is not disempowering to any one side, but its just a waste of energy to explain why people trun on you when well, and by the time you get sick lighten up, and by then its too late.

Make No excuses appearances matter ...

12/26/2018

Upon any first meeting how you look an appear demonstrates how fit you are to be around others, welcomed into their lives, and based upon whether or not you are capable of improving, contributing to a set of positive conditions, and improvable, some us of us were well, and after taking care of others for many years become fixer uppers ourselves, those who have aged over the years recognize this pattern, and note that those who you help get better will never forget you, youd think the opposite to remember those who you have not faired well among, don't blame your past or those in it when bad luck strikes, allow people to make mistakes in life, and always prove them wrong, people will always want better in life, and the more you become desperate needy or overreact the less stable fixable you become and the more likely you will get let go, once they cannot see a future with you, that's because your wellness is viewed upon as fixable to not fixable and although better not good enough, if they see a future in you, then you should see a future in you, if they can see a future in you but you cannot see your own future including them, doesn't mean youre in the wrong place it just means that you have become so defective that until you are at your best and feel your best will you see and think your best, because that's how you conditioned yourself, others may not be so conditioned to those settings of acceptance and clarity, that's beyond perfection, that's expectation, they always tell you not to set high expectations of others, what about you? If you do not set reasonable expectations of yourself, who knew that falling by the wayside confirms or automatically groups you among a set of rejects, losers, and offenders who when failure meets people, problems occur, and when problems occur, jealousy is at fault, in my best opinion its more than jealousy, if your body and face change and you become tired sleepy head and body in pain, but not suicidal because you have purpose in life to be awake for those hours, what then, I have seen doctors their choices are (1) asleep live life (2) awake live life. In my own words which is more painful, both, I think stupid is the most painful condition when you feel something or think something and cant articulate yourself and jibberish comes out and or humor which makes you look of lower intelligence and that negative opinion of you gets casted over your positive outlook until negative occurs in your life to confirm those negative judgments of you ... no one intends to get taken advantage of ... [redacted] the good always finds better, and if youre not good enough the best thing you can do is leave, however you don't think that upon leaving you get picked and devalued, eventually all secrets become known, and if someone is not sure about you, hearing where you have been will not make them any more the less attracted to you, what is grose? Anyone in shape is not grose. What is beauty, anyone who recognizes

themselves looks the same everyday is healthy not high maintenance but doing their best of course no one wants to look different everyday, and if people look well together that's not love that symbiosis, and upon disconnect they should look the same, unless they connect to something or someone who is not a match or who doesn't love them, then a part of them connects to when they looked well, why they are not happy because they wish they looked the same but because in a new relationship look different. You would think this only happens to women, bottom line pick your favorite Facebook profile and share updates when well, no one wants to see your face as demonized ugly or shrinking, only at your best, can you imagine if everyone documented their mental illness or bad days, then we would not remember the best of times, or when well, only our worst including your friends and audiences. Market yourself as well always, if you get hurt, don't share with everyone what happened, just fix yourself, report always, and I promise God will fix your face, the body heals.

Whats happening ...

12/25/2018

Whats Happening ...

12-25-18

Whats happening is the spiring of people, as toward you, trying to be something from your past to see if you react in the same way, thinking they know how you work. When you are not stable or lost people will shout things at you to see if likewise you react, and based upon the words that they use, or stories they tell see if you respond in the positive or negative as assuming things are about you, that's creatively putting you down, by bringing up subjects to see if you are desensitized then trying to prove desensitized by bringing up subjects over and over again to see if affected whether guilt is existing or not, that's someone creating a side and then taking the place of the person to whom they believe is not at fault, and then treating you as though you are at fault, and by the same token doing things you are not able to provide evidence for and then treating you if you respond in the negative as "bringing it upon yourself" proving backwards commentary not justified at the time commentary was made, that's someone – reflects someone who thought you were less than and spoke to you as such until you exhibited characteristics of someone who is less than, if someone does not look well that's not a necessarily a product of their environment, nor does how someone look or appear now show whether someone was well or not at the time they got sick, and based upon a fathomed understanding of illness, place beliefs as though obsessions exist that so justify treatment of them, and further justified by tampering, and once stated is how they keep harming you without ability to prove say that you are being experimental with them, only someone who is being experimental with you when they do not get the reaction that they had hoped for respond in the negative toward you, and when they achieve a positive condition and let go, is when you become disgruntled as they have no understanding of your comprehension and ability to not react, that's assuming that you were punished because you react poorly to negativity, at what point did negativity begin? You only have a small window of opportunity to be normal, once you look or appear abnormal is when you get treated as being abnormal inside and out, sometimes our outsides do not match who we are on the inside, its at the point where everyone who was guilty no longer cares and unless a script is written for them for how to respond or treat you or something said as to how a few have treated you to see how the masses respond, is inflating the position of the few who have been experimental with you are not been able to keep you or maintain admiration or love for them, that's when they have taken it too far not you, learn how to let things go, you cannot force people to love you or care about you, in an unprofessional way, people adjust both to people and their environment its not all about you or the wellness provided by you to be returned by someone who you think looks well and until they do not look well realize they are not well, it should not get to that point, when physical appearances change, sometimes because of mistakes we have to take care of people who are not well, and based upon that understanding people either stay sick or achieve well. Based upon where I was place was by choice, a hospital where smoking was permitted why I was visited in court and in the hospital is beyond me, everyone deserves a right to privacy, that's not support for return, that's making someone uncomfortable on purpose as though thought deserved, you cannot judge one interaction as all post interactions are the same or similar, just because you think that you are a catch does not give one the right to call someone mentally ill over song choices or sponsorship, nervousness is a manifestation not of aggressiveness around you, but by comfort, if not comfortable do not build trust with those to whom you think you are better than, if so achieve and find better than, don't put someone down who is well to look better than, we are all victims at this point, and until you understand it takes time for people to recover will you stop fighting,

blaming others, and heal. Its someone who does not understand your past thinks they know you or why you have become ill or treated the way you have been treated and they either reinforce those opinions about you to see if they are right to feel well, or just let things go not make things worse. Allow people to move forward in life, not everything is about you, and until you can empathize is not always a good indicator of understanding, sometimes empathy hurts, I am not well, why no one empathizes with me, that's not because brought upon myself its because others deemed me not viable or unfit for representation, that people took on leadership positions about me and put me down as justified, to blame for their misunderstandings of mental illnesses. At what point do you forgive and move forward at what point do you stop taking people who are good and blaming them for when things go wrong, and let the ones most put together lead, when they stop wanting to lead, what then becomes of society, as led by the broken or people who have failed, is it really the strong who have lifted us, or those who are bad turned to good. How long can someone who is bad stay good, and at what point does one misrepresentation cause a series of misrepresentations, that is based upon the happening of bad conditions to be proven right, if the first misunderstanding was understood as a misunderstanding then the following misunderstandings would not have been made about them as justified, or amplified.

Stories from your past ...

12/25/2018

Stories from Your Past ...

12-25-18

People will always be picky about what they remember about you, based upon how they have viewed you during good and bad times, and based upon your past as told or how they have judged you is how they build and create a current understanding of you as in the wrong, those are by people who are prosecutorial minded, who do not allow you to move forward in life, and wish to have you remembered as bad, at what point do you then begin to move forward. Whether you get viewed upon as one who is in tune with the past that was not well, is what they do to further discriminate you as promoting characteristics about you until changed, to further an understanding of where you belong or deserve to be grouped upon in life. You cannot move forward after punishment, that is something I will have to live with as intelligent, and after having done my best to live a good life and stay home, not exposed or tired by socialization or from talking too much, where my energy comes from seldom spoken and hardworking, its not just by who we admire that we are influenced, but by those who have good energy about them that influence others, do not be measured by the change you are able to influence in others, that does not necessarily reflect back some kind of a gift of being able to improve others, it's the gift of improvement, that gets hired or attacked by those who experience failure after failure, and rejection who can't seem to make good luck happen for them in life, without putting someone down with a gift to make themselves appear as the gift giver of wellness or deserving of credit for wellness, and when any illness is achieved or obtained, then abstinence is best from all social interactions and dating, that's the point at which when your gift is gone, your gift of wellness, and those not affected are the ones who keep achieving well at your expense, you do not own people, not even your heart, and even if you get rejected or broken, do not empathize with those who have changed their minds about you, there are plenty of people in this world gifted who are able to help others achieve well, that is not a one person job, but sometimes a group effort, once you do not match up in life, think what characteristics or traits were changed about you after having been put down, is that the kind of person you should give your heart to someone who is fickle well and condescending toward you, if that's not a match once it will not be a match again in the future, find people who love you for who you are, not dislike you for who you are not, not believe in you. It's a choice to light up, once your light gets put out you become picky, how a person becomes picky about the energy they spend and put out into the world, whether to save energy or waste or spend energy helping others or see others improve while you become ill, what is that then, energy being taken away? Well *Shakespeare*, its about how much energy you put into each project, you can give and give and never receive any returns on what you think is your best work, or something of value, why? Because anything that looks easy or sounds well or complete is deemed to have been easy to make, when in actuality anything special does not exist prior, becomes devalued as copies are made or distributed how someone who is smart is despecialized, once someone carries on a gift made by one, and then worked on by another who is not the creator of an original work. That's the loss of intelligence that occurs when you share your mind, sometimes in marketing what you share becomes better at you than you are able to perform, that's in a general sense what happens when you

figure out something that works and then teach someone else what has worked for you, and if they become better at it then so be it, and if you get drained that's because you have trained and replaced yourself.

What the main problem is ...

12/24/2018

What the Main Problem Is ...

12-24-18

The main problem is what team people are apart of and people on the outside trying to decipher which communications are being brought toward others, for that case it does not matter what I write online, I have good days and bad days in public, depending on my mental health sometimes I feel threatened by others and sometimes other feel threatened by my presence, that has nothing to do with having a record which no one knows anything about. And for whatever reasons I did not have money and got arrested is my own business not the business of others (2013, 3 drinks), for what reasons people were punished afterward, a bar was shut down. Discrimination comes in all shapes and forms, and its never by those who are threatened that get blamed for being scared of others, by what they hear or because of what they look like. Im not a dangerous person, I'm not a violent person, depending on who you grew up around, determines how people are toward you, growing up got along with everyone everyone nice to me, now however, whether or not I have a job seems to make no difference, people will always belittle who they think they are better than or by who appears as less than deserving of being put down in life, as deserved, that's not how to treat people, and those who treat others poorly based upon how much confidence they have or based upon beauty should not be treated based upon beauty or physical standards of good health. We are all inspired by different things in life, and by different people, its usually by the good, we are influenced, and by the good we are changed, or try to better ourselves and those around us, sometimes people are credited for their wellness and ability to help others achieve the same wellness or better. When people are wrong they tend to come forward either emulating what it is that they have done wrong, or coming forward as though that has always been the case, not everyone communicates to one another [the same], and not everyone is friends, we were all brought up differently, and no one person is the same as another, nor should be treated as though like, as though inspired by or changing to be more like, what is defined as beauty thin and oval shaped head, if one looks that way it is because one has taken good care of themselves how they were able to achieve beauty in life. You should not treat people who are well as offenders by separating them from others to see if they are still beautiful on their own in order to identify them as the offender or not, one who is not beautiful alone would not be out on their own, able to look well from home to the bar, if they were the one in need of beauty or love, means that that person already has love at home, why they are well or feel well around others able to perform, and of intelligence. You should not treat people who are of intelligence as unintelligent based upon how they look or appear, and just because someone is closed off on their headphones not social or writing in their phone does not mean there is something wrong with them simply because they have not woken up to the depression or loss of light seen in others, that loss of light is not a product of the presence of someone who bears light, and one should not be discriminated based upon their intelligence as looking and speaking to others in public spaces, not all of us were gifted with confidence, some of us perform better around friends, some look better with boyfriends, and some look best on their own, just because someone does not have a boyfriend, does not mean that they should be treated as a reject or not capable of giving love and maintaining a relationship trash.

people on the outside ...

12/24/2018

People on the Outside ...

12-24-18

Generally people on the outside always want more and if they don't get more from you or out of you think because its your fault or that you are defective or means something is wrong with you -that is a characteristic of someone lacking patience. You can give everything to someone, and still not be of value or appreciate overtime, this is not about anyone in particular, nor ever has been its about learning how to have faith and the appreciate what you do

have in life. Its not worth it to share when one is not doing well, as treated as deserving of not being well, its people as attached who stay well, and its people who get thrown on the inside of anything that do not feel well. There's no theory behind punishment, you either are doing well or not doing well, I can hear them saying now, yeah that's what happened or yeah she deserved that or yeah that's why she got punished, or it was for this or that or this or that, that's not the solution. You either are good or bad, and depending upon the times and what you disclose about yourself, you add to your own stresses in life, the more you talk about the bad, the less the good shines, and the more you talk about the bad the more the good assumes that you are talking bad about them and then they put you down so that you look bad so they don't look bad, public opinion when strong is not easily affected by rumors, this I have learned over the years, no one really cares what other people think, mostly about themselves and their own wellness in life, that's a hard topic to preach, without changing the sick to well and making the well not feel special as they are not the only ones who are well but share wellness with others, to whom they don't take a liking to, that's an unwanted meeting of the minds, that's not cancer, that's just thinking someone is not well and putting them down so that others don't think they are well so that they become a source of wellness to others, and someone who is not bad or not sick or not dying is treated as though they are until they believe it themselves.

When life gets random ...

12/23/2018

When Life Gets Random ...

12-23-18

There will be a lot of people attracted to you in life, mostly for your well being, not just being nice to you, but because there is something good about you, not necessarily lacking from their lives, but wanting to make you apart of theirs, you don't have to be close to everyone, not even friends, but you can be nice to everyone and still get far in life. I'm one of those people who people open up to feel comfortable around, I get asked questions, and especially asked about myself, one should always feel comfortable talking about ones self especially in the positive. The more you have going for you in life, the better off you will feel, others may not always make you feel good about yourself, that's a judgment call on your behalf, you cannot help everyone. You would think that with training, and positivity you would be resilient to all types of stressors in life, but that's not the case, some people rub off on you, and if you surround yourself with the wrong types of people in life, then you may be changed by the wrong people in life, why its important to always keep to yourself, not be easily affected by others. Im not sure where I was going with this, getting lost ... Don't be easily offended by others when they want something from you in life that you are not able to provide or do not want to provide to them, you are in charge of your own well being, and if people start to not like you because you are not putting out or befriending others, well than that's not your responsibility to correct the problems of others, especially not by bedding them or allowing them to bed you. Eventually you stop. There are some people in life who attract the well, usually people who don't have many friends, to themselves, and work hard. That's who I was, once you drink and do drugs you attract a different type of person, someone who takes risks in life and lives for the moment, don't be one of them. If you are comfortable with who you are, you won't change or let loose for anyone.

Looking back ...

12/23/2018

Looking Back ...

12-23-18

Looking back I'm sure we wish we would have all handled things differently, now upon realizing how short life is, you'd think once you had kids you would realize the cycle of life, even those without kids come to this harsh realization that our time is limited on earth, be easy on yourself and others, always keep in mind that everyone is doing their best, always see the good in others. Some days likewise I wish I wrote less on Twitter and maintained a private life, living in the public eye is not always advantageous to your health, sure others get to know you better, but are you really better off? When your fears come out to play, what can you do to reduce your fears from taking hold of your positive outlook in life, everything is clear looking backward. Everyone makes mistakes in life, we trust

the wrong people, we take risks, and most of all we learn from what has gone wrong in our lives in order to build a better life and future for ourselves. There were times when things did not make sense, and we were not put together, there will be times when you look back and wonder what you saw and why, and why others responded to you in a way different from your positive outlook, we were all brought up differently. My Father showed me a photo of the LA Times building, I had no idea that that happened. They have been though a lot, I'm sure most of us they have sheltered our generation from, I'm not sure how much computers helped to assemble to past, but I'm sure they've helped with presentation at the present. Just stay positive ... You can only shelter others so long, before you yourself become sick, by what they have feared and by what you have feared, by the time you realize what it is that they are fearing they feel better, and at your own investigatory expense become ill, don't let that happen. There will be people that believe in the present at peace with themselves and there will be people who are not at peace with the present and themselves, why they say do not let anyone affect you. Who is it that is around you that is happy with where they are now, and what can you do at the present to continue to make them happy, by that happiness spreads, not fears, and by that you become happy not sad, about your past, or the past as led by others, always seek to improve not get set behind.

People of interest ...

12/22/2018

People of Interest ...

12-22-18

There will be some people in life who will not be of interest to you, not even show up on your radar, not know their names or faces, but they may know you, that's what being a writer is about, not being known by face or name or attribute but known for your talents in life, your gifts not being known by face and name, that's what lights up to the reader, having ones own sense of identity is called empowerment, taking away from a persons sense of self and identity is disempowerment. In order for the reader to feel better, they must remain separate from the writer, not feeling like apart of them has been taken away. Your fans are your friends, that is your support system, they are not friends in the sense that they follow you closely, worship you, or think highly of you necessarily, just that they appreciate that you exist, for some people that is good enough, type of support system, to whom does the benefit run and why. In any symbiotic relationship both the reader and the writer benefit from having known eachother. Its not that everything you know is influenced by one another, but whether everyone you know is influenced by one another, we all make fun of eachother for different reasons and mostly out of love do people insult or put you down thinking it will make you a better person, that is what makes them feel good to change you, for some that's their source of empowerment, thinking they can fix you, its to their benefit to see change happen and when they feel responsible for those changes happening think that they are in control of what good stems from the good that is happening around you, for negative people that's their sense of positivity, being controlling of others, that does not always work for everyone. Giving up in life is not the solution for happiness, you may lose motivation in life, and take different paths in life, but that does not always mean that you are in control or on the right path in life, sometimes we get led astray in life by what we think feels good or by what and whom makes us feel good, that doesn't mean that we are good or that because we are good people try to control us, or try to make themselves feel better with us around, that's called love whenever anyone takes you under their wing, that's not control, and that's not a matter of anyone negative trying to feel positive with you around, sometimes, its peoples job to care for others, not always out of good will, or sacrifice, but because they care, not all are gifted with the responsibility or ability to care well for others, themselves included. Why its important to never give up. Your motivations in life, should at some core responsibility be to benefit yourself, not to benefit others, and if you are being picked on when well, that's because they think they deserve it, that's not the CIA, its people who think that because they know you can control you and think that they know you better than you know yourself, don't rebel you only end up hurting yourself, running away from people who think you are being problematic, or people who think they are better than you, trying to take your place in life, put you down, or treating you like you deserve it in life, that is punishment, not marriage or reunification with your ex for marriage or to have a child. -If I were married I would be living in Yorba Linda by now and have been married 2013, is when my ex was planning on buying me a ring, asked for a loan from his parents, that's marriage. When you walk out on marriage to serve some higher purpose to stop something bad from happening, then you never come back from that purpose or cause, that's when your purpose in life has changed, from loving one, to caring for all. You get two choices in life, to be monogamous, or to live forever from

one heart to the next, staying strong on your own, that's your choice whether or not to settle down, and if alone its your choice to be alone.

It takes time to recover ...

12/20/2018

It Takes Time to Recover ...

12-20-18

It takes time to recover, from any injury, pain, or punishment, life doesn't happen overnight, and some injuries become permanent, if you don't manage your health well, or by listening too much to others get sick, always follow your instincts, what feels right, and listen to your heart, know when to stop, and follow those feelings, when you do not feel safe, yes that means that something bad could happen to you, why its important to only do things that you like or enjoy doing, and when the timing is right do so, don't get caught up worries about others too much, unless you are happy will you be able to make others happy in life. If people don't know you well or think they know you they will test to see which stories about you are true based upon what you take personally, and then by how you respond, test to see if that is the truth of how things occurred, how you end up reliving your past, and then dug deeper into, when nothing makes sense that doesn't mean that conversations are about you, it could just mean that people are at peace around you, unless you are at peace with yourself, will you be happy around others, in order to feel well you need not be special or better than others to achieve in life, just with a good sense of right and wrong, and doing the right thing, knowing when to let go and when not to go backwards, forwards is less than appreciative of those you forgive as when brought back into your present, lack of acceptance ensues, that is as though your newness belongs to someone who has just met you, those who love you will be accepting of your past and where you are headed for in the future, those are the ones at peace with you. Those who are not at peace with you, either (1) think that you are the problem (2) that your problems affect them (3) that you are apart of the problem (4) that by you being around them, you do not benefit the whole but need to be proven of value an asset that not being sure about you, that's not loss of faith, that's just not being treated how you think you should be treated. If you allow, people to think negatively of you then that's how you will be treated based upon how you appear as confident or not put down, what others project toward you is always a manifestation of themselves, or their displeasure as expressed toward you with themselves. Don't be easily affected by others, as when you respond to it, the only person you hurt is yourself. People will come into your life thinking you are something that you are not, allow people to pass judgment, they are only human, unless you are well people will not treat you as well, and unless you are high energy its hard for people to be open kind towards you as not wanting to be drained by someone deemed as ill, don't be too nice to people who are mean to you, when one door closes another one opens, being on the street, voices and other conversations can be demeaning to realize that you are not well, don't let yourself get bothered by the wellness of others, as directed toward you are not, you can always stay home and get well that usually turns your day around, everything feeling well around you as rested.

do what is right ...

12/19/2018

Do What is Right ...

12-19-18

Do what is right, not just what feels good. If you put yourself first before all important decisions are made, then words tend to fall in your favor. If you allow the negative repercussions of the expressions of others as about your life, from their point of view, then those are the parties affected by knowing you and then expressing to others how they feel, when you are good those expressions are tolerable, when you are bad, those expressions may not always be in your favor, tolerable. Never make other people look bad in order to make yourself feel good, that's not the solution. How is writing made, based upon our own thoughts, not by exposures, are thoughts had and made, based upon your education and upbringing, some people write about others and some people write about themselves, and if mentioned, it should always be out of importance, not to make other people look bad, if you are in general a good person, then anything attached to you appears well, no matter how hard the story is to tell, and others will be

appreciative of you voicing those matters from your own perspective helpful to others, about what you have been through and what you are doing with your life now to become a better person. When things are not clear its easy for others to make impressions upon you try to influence you or change you, do not be affected by others, know yourself, and don't be easily persuaded by others to change what you know best about yourself and others. Its easy to take a negative spin on events, and further justify those happenings as based upon a negative premise or outlook, that's not always the case, for some of us, were brought up differently, from neutral perspectives and live life fearlessly not in fear of others, that's a gift. Once that gift is shared there is an exchange of safety needs met, to the reader to whom the gift is given to, and the writer is then put in the shoes of the outside perspective, however without safety needs met, that's a natural cause for instability and one should not be judged in the negative for that loss of stability resulting from the sharing of ones thoughts, not thoughts about others, but thoughts as coming from oneself, that's how good writing is made, and positive outlook achieved, when the reader gifts back a condition of value, that is positive outlook of the writer.

Just to clarify a few things ...

12/17/2018

Just to Clarify a Few Things ...

12-17-18

For those of you disappointed who think that life should be better than it is and no happy even in times of peace, learn to be open to the fact that not all circumstances resulting in a person's life are due to caused conditions purposeful, sometimes life has it so, that we react and respond, as to what we think is happening before it actually happens, and if you think something is happening then that's how it actually turns out that way, you have to not only have positive life forces in your life, but not be attached to persons places of things that bring you down in life, that's not how mental illness occurs, its when physically exhausted a set of circumstances come about when we are unable to read our surroundings, that not paranoia, that not being able to feel comfortable, that's not as a result of being harmed to make others feel better, to see who benefits from knowing something is occurring without a person knowing, that's not empowerment, that results in a person not feeling well *and* not knowing why someone is not feeling well, to then test for causes or create conditions in which a persons abilities are weakened or further exacerbated put at risk of harm, well how does that then empower anyone to have control over what is said to whom and why and how well received they are by others, how one communicates is much to do with how a person appears and looks, do not give up on others, alter their conditions or intelligences or appearances to say well they have had enough and don't see the possibility for positive change in a person or believe in them and put them further down in life. Give people time to mourn, and remember those who have fallen, we are all not strong enough to be resilient to societal pressures and pressures to believe and think a certain way to always react and respond in the positive, especially when we feel like love is being taken away, if one thinks a person is trying to take love away from someone who does not have love, well then how a person responds shows not only how desperate they are for love or dependent but how scare a resource is having a confidant or trusted entity, the world is small, and relationships are built over time, you cannot just replace people, especially not justify replacements by causing illnesses to others, by changing conditions and due to lack of ability to adapt get sick, and then continue to alter them to better themselves at the expense of someone blindsighted getting hurt not yet able to see past what is now, or not fully understanding the big picture of what is going on, or how a person has been harmed, its never justified whenever any wrong occurs, and people are not meant to punish people, that is the responsibility of the government to resolve conflict, not for people to resolve their issues with people, by creating punishments for them, or causing them to loosen up, lose their wits about them, and see how they crumble or fall, whether they respond the same in illness, or able to be resilient to pressures outside of themselves and stay well, people become ill for different reasons, if we all do our best to help and support one another, then there is no reason for people to become ill or sick, and give up in life, or continue to be hospitalized made tired, or unable to see whats going on around them as directed toward them for being at fault, from what point does the sun rise and set and when is earth happy with the wellness of others, who then is responsible for whats going on in the environment around them the people in it, or the people around them, and for what reasons, are people excluded from the betterment of society, and put further down in life, to not be able to support themselves reach independence and earn a wage in life, some of us take time to work on ourselves, for some this takes longer to get ones strength and confidence back, its not always by talking or posture that dictates what has occurred in a persons life to make them that way whether deserved or not. Be caring toward others, and be

loving toward those who need it, its not always necessary to pick apart a person who is not in need, and try to change someone who does not need help, that's how people get sick sometimes, when help is unnecessary. What industries thrive and what industries fall, and where do the well work, the well work in places where help is needed, and based upon their own foundations of thought and best decision making skills are then able to work and perform under pressures, not be easily affected by others, trust that those who are professional always have the best interests of others at heart, and always see the good in others.

What happens when you abandon your companion ... #presidenttrump

12/15/2018

What Happens When You Abandon Your Companion ...

12-15-18

If you butter someone up, you are responsible for taking care of them, because you have lifted them, it is you they will return to if they are in need of support. During times of need you may feel independent of others strong, its usually then that you are needed, often times needing to set aside your own needs to reply or talk to others and connect, people will not always tell you what you want to hear, but learn how to be in control of the conversation not get put down or allow others to be put down by others, the heart is a sensitive machine, and often times needs much reinforcement as it needs to be expressed through communications, its not always by your tone that a message is delivered, sometimes from within things comes about and sometimes forces outside of us, present themselves within us, you won't like all the voices you hear in life, not all will be kind to you, and when the times are good usually when you get pushed to your limits in life to see what you are like, how strong you are, how resilient you are to stress and opinions held by others, and how well you are able to perform under the pressure of negative opinion, especially be kind to those who have supported you your whole life, do not make light of their experiences or hardships in life, decision making skills, we all vent differently, tantrumming is never to solution to be looking at as someone that can be relied upon, usually stable people are the most trusted people, and those not in control of their emotions, set aside as best opinion shared for making important decisions as to how to accept others, acquire viewpoints, adhere to values that build toward positive purposes in life, and steer clear of those bearing negative outlooks based upon their own wrongs in life. Never punish yourself for not living up to your potential or not becoming the person you thought you were, not everyone was made to be great, and sometimes no matter how hard you study you will not become smart and a 152 is the best score you can get on a practice LSAT after taking the test 3 times starting with a 143 at Princeton Review. If you can't make it in life, there is always a place you can find to grow at your own pace to be at an acceptable speed maturation wise to be given respect or take on caretaking positions, getting in touch with your inner child is not the best avenue toward becoming a mature adult, its when our defenses down and our humor is up that we stunt our growth and the growth of others, to build a smarter understanding of now, what has past and see yourself in the future based upon where you are now, knowing your options in life, by the goals you set for yourself presently -by this understanding of self-growth you are either happy with yourself or find yourself dissatisfied, as you were in relationships on in public spaces, to freely emotional, or too freely expressing how you feel by looking on the outside as unkempt as you feel on the inside, we are at our best when everything is in order, organization comes to those who stay well, and keep up with tasks, not by those who fall behind, you are a sum of the parts of effort you put toward achieving goals in life, the more organized you are about your goals in life, the more organized your life will be, and the more organized you will appear to others, that's maturity, not dependence on others to be put together, and not dependence on substances to feel good, when all is lost no medication or drug or alcohol in your system can make you feel better about yourself, if it is you that you are unhappy with, no matter what rejections you face in life, always live up to your full potential do not be the sum of the parts of life that have put you at your worst, allow others to dictate your best, or be driven by acceptance from others, for reassurances in life as to how well you are doing in life, you are bound to lose your sense of self to the benefit of the receiver of that need for affirmation, you know you best, others know you only by what you tell them, knowing that don't set yourself up for disaster by forecasting your past to someone new in your life, to watch the past unfold again, as you were at your worst, be happy with where you are now, learn from your mistakes, and each day is a new day to begin again, start over.

Leaving the past behind ...

12/15/2018

Leaving the Past Behind ...
12-15-18

There is a method to success, a measure of one's ability to learn from their mistakes, become wiser decision makers in life, and enable themselves to achieve by moving forward with positive footing, that's not smarts, that's knowing when to let go, if your past is keeping you from achieving in life, you've taken the 4th step too far, punishing oneself, is considered self-harming, and forgiveness is a matter of recognizing what you have done well in life, and what you could have done a better job of in life, abstaining, that's why people believe in preservation. If you get hurt looking for love, have no fear, love will always find you, and if you feel overwhelmed, chances are you will not match with those who similarly feel overwhelmed and best off finding companions in life, put together and achieved, including yourself. If for every decision you make, accept that in your past as doing what is in your best interest and in the best interests of others, not everyone will be happy with you, no separations in life are permanent, apart of you will always be in the lives of those you have come across in life, that's called being human, friends, acquaintances, and professional contacts some get cut off from your life upon making new connections in life, and sometimes everyone stays in your life, and depending on how good of a person you are, you maintain those connections along the way in spite of your failures in life, forgiveness is returned to you, for not being well when you met those individuals in life who accepted you the way you were but not present enough to stay, bond, or maintain relationships at the time, that's a product of alcohol and drug abuse, inability to connect well with others be present, those are tell tale signs you are off base with reality, not necessarily selfish, but not in tune with your environment, stuck on feelings and trying to cure feelings, instead of being a person in action living life, thinking about life too much, and then trying to self remedy what it is that is bothering you the past or broken relationships. The key to moving forward is not discussion of your past in terms of stories, remembering everything from your past is a virtue, if your memory is still in tact, if your memory is poor that simply reflects periods in time when you were not put together coherent, and stuck in the past or too invested in emotion based reasoning and determinations to think and react in terms of how you feel, that's not using your smarts, when you get stuck on the inside of yourself, and out of touch with reality and whats around you including appreciating what you have in life, and what is before you, the years of your life to be lived, and the years of your life lived. People will remember you not by your past, alone, but by what you are doing now to better yourself, regardless of what rumors are going around about you and regardless of what predictions are made based upon what people know or think about your past as a predictive pattern bound to occur in the future if a set of circumstances exist matching a set of circumstances past to determine fault in the past and presently waiting for fault to be placed in the future to further justify treatment of you or further classify you among those who are not well or to be separated from society and others, as mentally ill or below the standard of wellness necessary to be apart of, that's called being discriminated not just based upon how you look but how you appear and look when under the influence of any substance, based upon how you look is how you get judged in life as among or bearing resemblance to those who have harmed others is how you get punished in life, choose your associations wisely, and if you can always do your best to keep up with appearances, never changing for anyone, but only to become a better version of yourself, you can only take care of the sick for so long, until you yourself become sick, if you cannot take care of yourself well, then by all means take care of yourself first, its always by who is more put together that gets deemed as of value or the catch, and if you are not up to the standard of care required to be considered a catch or of value, then you will be treated as someone deserving of bearing qualities of illness or looks of those who have been devalued, as though deserved, no one deserves to be hurt, aging is a process, and if you take good care of yourself and others, we hope that punishment does not follow. When you start becoming selfish and only caring about yourself, be prepared to be questioned as though not for good reasons, time alone is taken to recharge, they always assume that if you are declared bad then it by being around others you look well or feel good, for those of us independent and who live alone, being alone is how energy is maintained and looks achieved, not changed by environmental factors, things you learn as you get older, why the sick stay home, the well work.

Being on your own team in life ...

12/11/2018

Being on Your Own Team in Life
12-11-18

Always be on your own team in life, people will judge you, your past, or decisions you have made in the past, or how you have lived your life, whether you deserve to be where you are now, and based upon your wellness as deserving or not to be connected to those who are well or have achieved in life. What we do in our spare time, or whatever amends we make among those we trust, just accept treatment of you as deserved, if you are intelligent enough to separate yourself from those who have caused you harm then the more power to you, always move forward in life. There will be moments when you feel like everyone is on your side, and moments when you wonder or think that others have turned on you, we cannot be well always and sometimes the work that we do does not make us feel well, that may be a product of needing more in life to achieve happiness (whats assumed) without taking into account a persons personal history and difficult times when one has not achieved well in life, or been able to stay well while achieving, that's really no ones business to judge and if people cant have positive thoughts about you and only believe rumors, then that's their way of not making you important in their lives, or not thinking of you as important or deserving in life of respect, or not thinking you are well enough to be supported by others, that doesn't mean they are not on your team in life, they just think that their wellness is more important than their own, and think that because you make sense you should know better, or because they don't make sense to you, but you accept them anyways, means that there must be something wrong with you because you don't understand them, that's people talking to subjects beyond or about themselves, which you either can or cannot relate to and if you cant relate then that doesn't mean that there is something wrong with you, it just means that you don't feel the same way.

[mymollydoll.com \(Book #4\) 2nd draft](#)

12/11/2018



12-23-18_pdf__v6__book_4__first_draft_by_lesliefischman__iphone_notes_ch_108-114_and_journal_entries_in_phone_not_published_.pdf

[Download File](#)

[Updated 12-23-18](#)

[#nevergiveup ... went back to aa.](#)

12/1/2018

#nevergiveup

12-01-18

I'm at work right now, everyone needs to settle down, not raise pressures. Its usually the case when I'm not stable, that something is not right, it happens sometimes, anxiety. Not a good time to get into details or argue with emotions and what anyone could've should've would've done if they were me, or were born privileged in life, probably not have taken risks in life, or put myself at risk of harm, or self-harm because I did not live up to expectations of me, worse off. That's called embarrassment, when you are not proud of yourself, worry less what people think, own up to your addictions in life, sometimes what keeps you going in life, and what you think will make you or others feel better, is not right, or leaves you emptied handed, worse off. You live life as you go, if you empathize articulate that, if you feel threatened articulate that, but its wrong to blame people who try to help you, if you are in a better place now, means you got helped, whether you recognize what you were doing was wrong, or at the time, were wronged, its never justified to let loose, and trash yourself, everyones expected to do their best. Giving up is a sign of weakness, not a sign that you have been harmed or bullied. You can't predict the future, and you can't share your fears, to prevent things from happening, its best to avoid subjects, growing up, by not focusing on the problem, I was able to live off medication and without therapy, now dependent on meds and therapy to cope, don't weaken your skill sets, trust your doctors, and share less, online is not a cordial friendly place with understanding and

compassionate people, if you don't have anything positive to share online, then that means you need to work on yourself, and build a life for yourself you're proud of, not be less than.

About being careful ...

12/1/2018

About Being Careful

12-01-18

Usually when someone tells you to be careful its because they have either been through an experience in life, that upon recognition warn others of a condition occurring or to help not make happen a condition. Thats not by your cares in the world determined but by your focus. Whenever someone shares or opens up about themselves depending on what they share about themselves good and bad, they are judged and by those judgments treated, and based upon how they are treated either feel well or ill. That's not to anyones fault but the person who shares, always be appropriate and use your common sense when sharing about yourself, if you want to be treated differently in life, then focusing on the bad will not get you there. If its a new life you want or to make better an existing life, then what can you focus on presently to get you to where you want to be in life, the more dirt you discuss about yourself, wondering if as interpreted could be used as dirt to put you down in life, then some things need no mention, and not in defense of oneself, share and explain what happened and how things look. When you share about yourself in a way that makes you look like you got in to trouble by your own faults in life, then thats how others will lose empathy for you, and their feelings toward you lack of empathy for you not feeling well, is not their responsibility to help or care for you, if you cannot care well for yourself, and make good decisions moving forward. Life works on momentum, positive momentum, you have good moments in life to enjoy, and there are moments, where you may not feel well that day or at that time, but that doesn't mean that things can't turn around for you in life, you are always in control of how you react and respond, and giving up on doing your best, is never a good option to take in life, nor is helping others when you yourself are not strong, or when you yourself, are faced with a new adversity, when your good character is called into question, as sincere enough to be left alone, or for an ulterior motive, not from a balanced viewpoint. I think to make all things simple, attending law school was a great challenge in life, but politically seemed to be unsound, its for what purpose at the beginning people seek to achieve a good purpose in life, and how that purpose is changed based upon where they are now, does that reflect accurately a job well done, or to be marked only by failures not by accomplishments achieved during. Any accomplishment cannot be achieved by cutting corners or by getting help from others, its when we do things on our own, that we realize our potential, and when you defy those expectations are when as well you achieve beyond your minimum standard of wellness when you improve upon your best. If what people think comes true, then its you that allowed that viewpoint to be heard, as in rebellion act out in ways that justify that negative viewpoint of you, as not good enough, or not smart enough, or not pretty enough. Once all is said and done, upon reacting you are them measured by everything you say present as compared to your past, to deem whether you were better or as stated under the influence of substances that prevented one from achieving in life. You cannot blame others for your own misfortunes or lack of clarity, you build your own mindset in life, and focus points, thats for no one to judge, but its when you are affected by others easily, your focus gets weakened, not your mindset in question, but your abilities in life. Why well then, but not well now? As expected? Because of substance abuse? Is any skill set deserved, or are skill sets achieved based upon practice in a more disciplined arena? How do you measure someones abilities in life, by the meds they take, should they be judged or treated differently or the same? And when treated the same, or for whatever reasons not, is it because of the meds one is taking or because a negative judgement of them has been passed based upon what has been said, and that new viewpoint of them cannot be changed, whether one achieves well or becomes themselves again normal. How can you be yourself, if you are worried what someone else thinks or whether or for what reasons not accepting of you, because of your past, or because of the way you are right now, perceived as not well. Its usually at our best we fit in, anyone below the bare minimum of normalcy, usually gets looked at as though one does not see the big picture to which or whom wellness others feed off of. What makes people feel well, is to see people doing well in life, and when we don't shine or do not receive attentions in life, thats no proper explanation for self-harm, if you take ownership of what has not gone right in your life, then no viewpoint of you past or present should determine your future, so long as you are accepting of yourself, no energy is required to be wasted by you in an effort to reach any standards of acceptance or wellness to feel achieved, but based upon your own happinesses in life, by what you have determine your satisfaction with your abilities now. What is a drug addict? How long does recovery take? And

what causes people to turn to drugs and alcohol when things are not going right in their lives, does that really take you any place better? You would think that once a life is ruined, one would not make their lives worse, by doing exactly what they know has caused them problems in the past, relive those past failures, affected by becoming ill to, and not let the same things happen again in their lives, be the one who is wrong or made fun of, for allowing themselves to be harmed by others, look stupid. Forgiveness is key, first for yourself and well if they do not forgive you for your generosity and friendship, then by all means move forward in life, don't solicit oneself as help help others, and then blame others who have been helped, when you yourself do not feel good or better, thats only sometimes the case that in helping others, one feels good in doing so, that would be a glamorous concept of advocacy.

Twitter Heading: #blogpost: About Being Careful ... #lesliefischman #mymollydoll #advocacy #dontdodugs

January 2019

easy on the ones and twos ... villains

1/30/2019

In reviewing my friend's post on "notable villains" past ... it came to mind not to promulgate notions of building anything as toward concepts especially raising peoples identities to achieve concepts of grandiosity or enabling people to pick up traits that further reinforce old ideas of success and steer away from current trends toward conservative progress, they will never stop coding as a means to exonerate those to whom should not be affected, like shout out at a rock show, if you do get affected by shout outs, try not to contribute in public your thoughts as they may be used in reference or without reference to further raise understanding of ways in which stories can be used to ground stories and teach lessons, without everything ending up in a fight, when you gather your past do your best to move forward whether by interpretation ideas shared by others can be further incorporated. DO NOT incorporate into your solutions for coping those who have messed up in the past or not done well and as affected have committed suicide as accused, and then frame your understandings on their failures past that surely wont help you as a women be seen as the good guy and just as accountable for diving into relationships and when they don't work out become surprised at the sides that aren't working for you in your favor.

life is a transformation ...

1/30/2019

You'll go through a lot of changes in life, some changes you'll endure will feel like forever ... the process, but most of the changes you go through in life are for the best. You body changes for you, it does more for you then you need to focus on ... that's the problem, self-care how much of us on the inside affects how we look on the outside, and how much of our energy and mental processes are required for us to stay well, this is something I am currently struggling with, staying mentally fit, and not allowing the voices of others toward me, or voices coming from within ie thoughts affect my inner being or state of peace ... we all endure challenges in life sometimes to stay emotionally balanced easily affected by others or other sources of information We are not computers, and our thoughts cannot be replaced sometimes even with better ones, and just like thoughts our experiences cannot be replaced even with better ones, less reminders are sometimes best when it comes to moving forward, less is more, allow time to heal just as the body heals discomforts, and what cannot be medicated, sometimes if thought about will only cause repetition moving forward that is as talked about or experienced. That's not bipolar, it's a matter of knowing when to use your smarts and when to turn off your smarts to enjoy your now, whether its with people you love or can relate to learn not to rehash or be affected by stories or experiences in life so that you can appreciate now. Life is a learning process but it need not be made more difficult by reliving your past or as affected cause others to relive experiences as affected by your best decision making, not all roads will lead to one, meaning not all experiences and thoughts will arrive at a solution, not unless you keep reliving your past, in order to move forward and accept change or live in the now and accept or build a better life for yourself, it begins with you, what is it that makes you happy and feel positive, is it forgiveness? What is it that makes you feel strong? Is it success? What is it that makes

you feel loved? Is it attention? And what is it that makes you feel good? Is it being who you say you are sober (for example). When your best decision making is guided by your own conduct and set of beliefs you fair well, your ideals such as being skinny, and when your best decision making gets thrown off it could be because you are living up to a set of ideals or standards not your own, understand that difference, and do your best to find a happy medium, between what is acceptable and what is you.

You Are what you say ...

1/29/2019

If you know not to say something and spend years writing online, if later stated thought to be an underlying current guiding your discussions as about or as affected by underlying words thought about not spoken, that's what gets attacked as reading your writing present and past for value whether or not influenced by a set of terms as stated during a bipolar episode following a 28 day hospitalization. My words are kept general because its not necessary to restate what is bothering me or bothering others about me, by restating words as though something I believe in or apart of any process of resolution or release of persons, that is not why I blogged as in cohorts or why I went to law school but yes is something not a set of terms or beliefs, to which I was directly affected by, as picking up my best friend from the airport, upon visiting her Father, no that's not why I was hospitalized in law school and put in rehab for 2 months, as affected negatively ... I was dumped during finals, nervous before an exam the night before my evidence final ... this information only empowers the nosey but does no good for me moving forward to discuss what has happened in my life, as I am affected by my life now, everyone has lives of their own, and I write not to be in agreement with others, or to find agreement to my ideas or beliefs in life, grow a set of beliefs or understanding or common knowledge that is story based, that is not a positive process of healing to relive the past or as retraumatized by the sharing of stories, relive those traumas, as spoken to or about in the abstract. When someone writes without stating facts from their own lives from where information is derived or from where a response is derived that's to not empower those who as directed toward a person can control their writing (my writing) and output, for anyone watching overhead, that is to deflect attention away from me, and to reject me as having issues related to a set of persons, individuals, or group of people who if exposed to react in the negative, if a negative reaction is sought, then the purpose cannot therefore be positive to interject ones self into the life of another, and if somebody persons or individuals seek to affect someone to create a situation in which a person looks like they are not apart of, that is to further dismember a person from society by speaking to them as to promulgate further worsen use of a joke or set of analogous circumstances to interfere with their positive progress in life, ability to be unique be seen and heard as unique. To create a unique tone in ones self to set ones self apart is to not be of influence and as influenced or copied be empowered by a following, and copies or imitations in life usually devalue the original, that's not being a prototype for influence or change, respected, by to interfere with someones ability and skill to write, is a wrongful interference with a person's future potential, and ability to adapt to the present, this is why its important to respect the privacy of others, not interfere with peoples relationships or embarrass them. To add value back to yourself, don't imitate others in life be unique, and likewise you wont be retaliated upon or hurt equally, by a set of standards that they think proper procedure to steal, and as justified, think that doing so behind your back is okay, no that's wrong to steal, wrong to take, wrong to hurt, wrong to exacerbate, and wrong to separate a person from their ability to lead a normal life, and thus be treated differently as someone who is mentally ill of lower intelligence and negatively impact their ability to live life ... that's putting someone back in the past or separate them to be worse of, having experienced loss react when no one knows what theyre reacting to. Sometimes its until I sound like I was that people let go, as deserved, I deserve to be well think well. Lesson: Do not respond to those who cause you harm, ignore #hate + discrimination - not everyone will understand where you are coming from in life.

how quickly we forget ...

1/29/2019

I would write for myself but at this point that would be selfish to speak only from my shoes and not include the majority or people who can understand from where Im coming from and by what I have to say makes sense to not only me from my shoes but also to them. When everyone starts to feel better that's not a time to pause but to be

thankful for the strides that have been taken to ensure that others resume their lives not bombarded by controversies unless they choose to watch news outlets or read the paper and partake in the daily changes occurring in the world, some of us are better off our worlds small. I had a talk with my therapist today, about exposure and how I wish to be a product of what I choose to read. It doesn't matter for how long someone has thought about code or for how long it has affected someone, who by their understanding has not had the same understanding as others, or by exposures the same know how and thoughts about life and about others in perspective. At what point do controversies become known and what point does one bear the responsibility to make a difference that's not always social responsibility for everyone to use their business savvy to market and make money from the best understandings of others, if an original work, that's not common sense, that's my sense of the world, which is not necessary to be populated, as I am diagnosed bipolar, therefore my best understanding of what has affected me in my life is not to include what has affected others in their lives as understanding code. I used to read obituaries, and overtime, thought what if possible could I do to help improve the condition of the times, not make worse understandings as through coding to one set of ideals or shared stories, as I've gotten older, story sharing has provided for less eventful interactions, and more repetition in my life, as though I'm reliving interaction, not having new relationships. That does not mean that I am defective but because I once had addiction problems, that idea about me is being used to blame what they think is wrong with me, while benefiting from everything I've done right in life to interact with them, life is not a job, you are not required to think like others to get along well with others, but at work, what is more of value your life outside the office or in the office, its your choice, who you choose to focus on in life, not everyone can be God, you chose your own hierarchy from which to based your decisions off of, the world is a big place, filled with people like you, who equally feel affected when the times are off, or when people who should be in leadership positions do not perform to the standard required of them, to take on more roles as a professional. (Now on a personal note): I think I have done my best to be fair to everyone, and share my insight, besides hearing things along the way that I think are negative about me or towards me, but never have tried to change anyones opinion of me, that's not for me to decide, it doesn't matter how special or important you are, some do not wish to be apart of and if you are from a controversy that does not make you special or give you the right to share your story, and become special ... if they have already designated you as something you are not, if you miss opportunities for amends along the way you lose supporters. A loss of support occurs when you are not ready to make amends and an amends is tried to be made. Once that support is lost, you cannot later open the door for forgiveness or acceptance of an amends, the relationship is gone at that point, and if you stubbornly choose to walk out or leave a relationship then they designate your losses in life as deserved, and that's how a side against you is made out of nothing.

When everybody lights up ...

1/28/2019

Have you ever noticed a dim in a person talking to them, that's very human. Its not that we instinctually dim and light up to others ... I wonder sometimes if that's purposeful and that they are just showing off, or if that's a gift ... I don't think that light is based upon attraction but by benefit, to benefit another is to light up for them, to dim is going back into your shell, I've noticed this a lot talking to others as of recently, I don't think that's fear either, maybe its by presence, thinking is there something wrong with my presence, could I light up differently, maybe its my eyes communicating too much as looking at me, can they tell that I'm reading them ... is that wise to read others mid conversation ... or should you be listening to what why have to say, how important is eye contact to a conversation, is it okay to be blind and not look at a person when you are talking to them or is that considered weird. I wonder afterward what they were thinking looking at me, am I easily read ... maybe I look funny or its because of my writing online I worry too much what other people think, for the most part everyone is nice to me.

Last year was a journey to say the least ...

1/27/2019

You will experience a lot in life ... learn to weather the storm, or write a book in the middle of a fire. That's how to keep going in life, not by counting your losses, but appreciative of what your do have in life, do not become the victim to your own storms in life. There will be ups and downs. There are multiple factors sometimes contributing to

your loss of speed in life, and motivation, not all losses are because of your own doing in life, or misforgivings. Do unto others, as you wish to be done to you, that's the lesson in story telling, not all benefit from the later sharing of a shared experience in life, some wish to be removed from relationships in life, and at their choice resume those contacts. Keep busy. Last year published 2 books, took my last course to complete my masters, and got a job! I was so proud of myself. If you set the right goals for yourself in life, you'll be happy when things start to pan out for you in life. If you are focused on what you don't have in life it will be difficult to achieve what it is you want out of life. We all want companionship, we all want jobs, and we all want a good life, not all of us are able to achieve all three in life, some of us don't have families of our own, but that doesn't mean forget about the family and friends you do have in life, there is more to be happy for than you can think of sometimes. Don't make your unhappinesses with how your life has turned out the problem of others to resolve, just as you are trying to keep going in life, so are they ... if you can't keep up sometimes people will leave your life for good. You can't therefore go backwards in wonder and think that things will turn out differently as reunited, that would be a mistake on your part, if you are not better than, or do not appear better than, then the other will look or appear better than if they think they are better than you, that's what happens when you talk to exes, it feels good for a minute, but then you instantly get depressed or feel like \$hit comparing your life now as it was then in happy matrimony, at peace. Not all relationships are fit for marriage past the point of disability, you have to then prove your wellness to progress or keep a relationship thereafter, don't waste your good time on people who don't love you.

"be careful" who you apologize to in life ...

1/27/2019

01-27-19

Sometimes that's the very thing people are looking for, whenever something doesn't work out, an apology, that's to relinquish themselves from blame. All is fair in love and war, and if you support multiple people, then with that support, support them in moving forward, that doesn't mean help others to move forward by excluding yourself. If an apology results in excluding yourself and empowering others, than that may be the reverse of a #metoo, without you. Some relationships end amicably, and some do not, lets not go there for now. Usually when things don't work out it's the person who thinks things were going well and when things go sour, get upset, or when things don't work out get mad at the other person for not saying the right things in response, or not being the person they expected them to be, that's called disappointment. Always do your best to mend or repair what ties you can moving forward ... not all bridges were meant to be burned, and not everything is related to your best decision making, there will be times when you will be the butt of every joke, due to poor decision making or choice words, be kind to yourself and others, patience goes a long way when it comes to amends, be thoughtful and others will be forgiving, but don't at your expense switch positions with others and give away your upper hand in life and wellness, to make someone else feel better about themselves for leaving you, or feel less guilty for being upset with you for leaving or getting yourself into trouble off path in life. We all need days to ourselves, that doesn't mean put yourself at risk of harm. Remember those who care have lives of their own too, its not all about you.

Don't try too hard in life ...

1/26/2019

01-26-19

Self-injury is no joke, this can occur by self-harming or by enabling others to convince you you are something you are not. Don't beat around the bush about issues you are sensitive to or think is about you because you can relate, not all facets of life you empathize with are applicable to you. Be careful not to compromise your good standing in life, to make others feel better or not as affected. That's called changing positions with someone who if spoken about is deemed less deserving of a poor standing and in exchange someone of greater standing is given the position of someone who is better off or in better standing. Take care of the ones you love, and do your best to protect those who care from harm. You may not be able to solve all problems in life ... people will read and constantly maneuver

discussions to be about this or that, but its simple, those who are victims to discussions need not be mentioned as this triggers re-discussion of who is at fault, once someone is not liked no one wants to be associated to them, and once that occurs all interactions past become about who was using who to make themselves feel apart of, and afterward explains who those connections were dissed or severed later on. No one want to look bad as associated to people, and often time if someone is misidentified, they will look like the one to blame, if they do not react, or are last to find out what has been said about them, injured or affected by discussions about them ... that is either purposeful to cause harm, or by accident we are not sure which disses are about whom and why but all persons affected by discussions matter not just me.

learning from quotes ...

1/22/2019

I think a huge part of life is wanting to feel successful, and from that success become a happier person. It's not easy to achieve success when youre not at your best don't be an unhappy person just because you're not where you want to be in life. Success takes time, so does feeling a sense of accomplishment, or feeling accomplished in life, this can occur by education or work experience. For me my confidence has been achieved by writing online and going to law school, always maintain a delicate balance between being proud of yourself, and not making others jealous by your sense of pride and perfection in life, some only wish to be admired or imitated that's their form of confidence to make others jealous of them and realize their own imperfections in life, that's not how to build esteem but to break down the esteems of others ... I'm not sure what that is, but it isn't pride or confidence, its filling voids ... voids that others have in life ... which can best be filled with respect not admiration and hardwork not envy or jealousy ... you are what you are in life, and whether or not someone accepts you, should not matter you should respect all whether or not they accept you in their lives on a professional or personal basis, you always have yourself in life, its not necessary to please others to find happiness in life or achieve some positive accord on a daily basis with those around you. -You're bound to face more criticisms on your way up to any good in life, if you present yourself as insecure or in need, therefore its important to always maintain some self-reliance in life to avoid becoming too dependent upon others. I never wanted to be just another hyper blogger, its really insulting to point out, but its easy to appear with more energy as a writer than you have writing online, I think that's the most uncomfortable part about writing online, is how you sound to your audience, always be mindful of the energy spent writing ... reading is a different kind of energy, requires less. Be sure not to wear yourself out sharing, chances are they too (the reader) will become tired to hear you speak about what causes your discomforts in life, or through the discussion of what doesn't make sense to you. (As a reader) Always be positive toward those who try hard in life, its not easy to be a positive person. From where did the impetus to write quotes come from ... from reading online many years ago beginning 2013. I wanted to expand upon the services already provided through quotes, and share my writing online, in long quotes. I have had some exposure online, but limited, reviewing the blogs written by others, I never became popular or with comments until sharing on Instagram. -By reading what other quotes people had to share I decided to contribute. I never quite figured out how to make money as a blogger online, but read a lot of blog posts about it, just never signed up, that may be the next step, guest posting on other websites, and getting paid for my writing. Right now I'm working on a book. It takes time to develop as a writer, some people have more business savvy in life to make money and produce online, I'm not one of them.

Composite Sketches and beauty ...

1/9/2019

01-09-19

Overtime everything improves, and with experience noticeable differences occur in outward appearances, it usually just so happens that as you mature, you get your look down. What was once your best if improvement keeps occurring looks half as good as you appear now. When you get your look down you should be proud of yourself, its harder these days, with more variations and options with makeup, its up to you to decide and make decisions for which products to use, there are many at our dispoasable, not all the same products work for everyone. If we could all

dump our bags out for magazines if we were famous, we would all be using the same products? Why do variations exist, and what is competition? Usually anything unique, depreciates as copied, and anything that looks like, depreciates in value, as compared to, not as good as, not as pretty as, not the same as, not as smart as, not as gifted as, not as talented as, not as beautiful as. What is beautiful? Beauty comes from within they always tell us that, no matter how many composite sketches you put over someones face to make them look like they are something they are not, eventually their true beauty will shine, give people time to heal, not everyone is adept at knowing how to alter, fix, modify, or improve their current condition, and signs are obvious on the outside when someone is not well, you can't judge a book by its cover or someones face, as a precursor to their condition, wellness, or fitness of character, based upon what you hear see them as. On Facebook I made a short video while running "who do I look like now" that was in jest to my friends, do we look like our audience or do we look like those we are looking at, and what helps us maintain our uniqueness, is it by looking at ourselves, or by looking at others we change. Usually it is someone we look up to or admire we try to be more like, or improve to benefit them, match up to them, or be as good as, when will one start accepting themselves as they are, are we as women predisposed to changing ourselves not as a matter of competition but as wellness, lifes not all about being picked.

February 2019

where does commentary come from?

2/4/2019

Generally not from a bad place ... commentary. As luck will have it nothing coming from a bad place in life is considered of any value let alone people or providers to those interests. Its therefore beneficial for some to put others down based upon issues as present until spoken to or until they present themselves in a peaceful manner. After the passing of a person of value, we react and respond, but never in an unsensitive light ... usually upset or fogged sometimes we can control our responses and sometimes while grieving we cannot control those responses, self-harm. Some drink some do other things as a means for coping with such losses, but no self-harm is the solution not to self-harm in response to losses or lawsuits, or people thinking things we think they think as a result of how we presented ourselves to the world, and whether upon presenting ourselves to the world knew that we were being made fun of our whole lives from a distance as interpreted and then later made fun of as deserved or thought deserved, that's not an appropriate use of a persons identity to vaguely insult them, treat them as famous before they have become known to others, or be sued as though one is trying to become known and by what means choosing to be known, its usually for our best traits we are known, not for our weaknesses in life, and then after becoming known, not spread rumors rampantly about persons new to being known, as though they deserve it, that type of culture not only hurts those upon listening but is also harmful to society as a whole -when a group of people try to establish any set of beliefs about individuals and use their identities treated as unimportant, but without whom such knowledge would not have been derived in interpretation to popular media outlets, don't be one of them, who listens and believes and by interpretation thinks that just because a person is not doing well in life its because of their own decisions in life not well, not by the decisions of others who think not well enough to be included as a member of society, whenever you label victims be careful not to create victims.

be happy with your team in life ...

2/4/2019

(3-4) Its usually after loss, you wonder what could be, if you haven't realized yet, how fortunate you are in life, its probably because youre complaining about others or the past ... your mental health issues are of your own making not of the making of others, and what interests you in life is what should drive your best decision making in life, not the lives of others, as compared, be deemed as less successful or jealous of for not having the same things in life, that's not how to benefit others, or improve upon relationships gone, that have soured over time ... when you find better in life ... that's usually where you stay connected to those who have in life, and away from those who do not have the same fortunes in life. That's a matter of wellness to whom we are associated to ... and for all those affected by my lack of success in life, I apologize for not doing well in life, and not achieving my goals in life, we all grow at our own paces in life, and should not be denominated in life to a few words, or insults, that's not how to treat people

... I couldn't be better situated in life, and if what I have to offer does not suit you, then have no worry about my standing, as I'm not on any teams in life ... have lived alone since 2004, so that's not necessary to treat me as dependent upon criticism for success or dependent upon criticism as though I'm a newcomer, to what? Bloodshed? Misery? Sadness? We have all experienced losses in life, some more grave than others, and been attached to people who have had experiences in life but have not shared those experiences with us, does not mean if someone is hiding something ... that they are bad (which is usually the case) or have done something wrong (miscommunicated – miscommunications can cause illness to the one receiving communications and especially to the one making those communications to someone of importance (ie watched) – image is everything) ... but need to be alone, because they are not happy with themselves, everyone gets affected when people recluse, or do not make good decisions for themselves, the lesson is to always be forgiving of the spaces of others, and trust they are in good hands, as alone, with themselves, or with others, and if those people are not to be trusted, then you can always move home. How can one live independently have everything and then lose everything? Too much piecemealing, too much sharing, and too many puttings together of the pasts of others not their own. You cannot make teams in life, and as taken down ... do not hurt again the esteems of someone wronged ... that's not how to fix a situation, by removing banners, or locking people out of accounts, disassociation causes instability and with that fear, whenever something is done to someone to make them look like they're "full of \$shit" or a "piece of \$hit" think what has been done to them, then think what has been done to others, then think who is responsible for those interpretations presently to be fair. Your own mistakes in life, and misidentifications, will always be used against you as okaying misunderstandings, or misappropriations of well attitudes toward, and reinforce illness to others for. Don't reinforce illness ... when you are close to those well, don't hurt those who are fragile, or who are new to Brentwood ... it's a learning experiencing how to be calm when it rains and quiet in a storm. Allow people to in jest refer to incidences that is gods work to make people laugh or to allow people to cry or to enable others to make sense of now, by reference to the past.

don't be so hard on yourself ...

2/3/2019

Nowadays everyone thinks they're special, you'd be surprise ... no one wanting to be the butt of any joke ... instead feeling better when they are able to make someone else look stupid or feel stupid as compared to, that's usually how things work, the one who feels best is the one who looks and feels smarter than. -Don't be too hard on yourself, life's a competition but it doesn't have to be a competition daily and within every interaction, value those whose time is spent not in competition with you, those are your friends in life. -Don't take anything too personally you'd be surprised that there are more people in life like you than you think, you're not the only one with problems or who sees things differently from time to time or negatively from time to time, we are all human. Not only will you come across people like you in life, that may or may not make you feel special or unique, but you will come across people who are smarter than you too and make you not feel as special or unique, you are your best judge of character be sure not to turn on yourself, as in competition with others for attentions in life. Not all will be successful but that doesn't mean stop trying to work or to acquire relationships with others as friends or companions, you don't have to be the brightest or the prettiest to have a boyfriend or friends in life, and no that doesn't mean you're gay if you see others with traits that you wish you had in life, that's not always why people get picked because they have achieved an ideal that you think is superior to the qualities that you lack in life, there is happiness for everyone you just have to be smart enough to find it, that is love and companionship. If you do not have those things in life its not because of how you look or behave, but maybe those things are not your priority in life, and if you want those things in life you'll have to make it your priority in life. Know that everyone is special, whether we can all agree on that or not, don't be easily offended by others just because you don't feel special, there's and time and a chance opportunity to be among those who are or meet those who are successful and if you are not well enough to be among them ... then don't blame others for your lack of in life that's your fault for not trying hard enough, and not believing in yourself. As someone overweight my whole life, I have found both success in sports, love, and academics, never have been the skinniest or the brightest but have always done my best, its with a "good attitude" in life I've been told that all this is possible.

Exiting unhealthy relationships ...

2/2/2019

When you're young, and going places in life when every decision is at your disposal, the world at your fingertips, you have power, and with that power privilege. Privileges get taken away in life if you're not careful, when a good impression was once made, a bad impression can easily be taken if you are not a wise decision maker. What's this about ... it's about doing the right thing, not taking from others, when things do not go right, and not using people if well, to create a better look or achieve a better state of mind, that's now using your power for good but for bad, it goes both ways, to the needy and to the needed, not to use one another, and leave each other worse off, or those around them affected worse off, if either party becomes ill it's best to keep separate. Whenever a new connection is made, that's to benefit both parties, an assumption is made by those looking on the outside, based upon who has more in life, the benefit is assumed to have run, to the person who has less. Be sensitive to what people have in life, and be sensitive at the same token to what people do not have in life. That's not for you to decide, if in a position of power. Someone in a position of power has no fear, because they can say and do whatever they want ... without fear of being found out about, and keep doing what they're doing in life at no expense we hope unless to themselves, but that's not always the case. Sometimes it turns out that even people with power and privilege lose their sense of power, upon being given to someone of lesser standing or to the less fortunate in life, note: if you were raised wealthy you are deemed to automatically be bearing power and privilege therefore not deemed a victim to losses, incurred by associating to anyone less than or better than, it then is assumed that it's your responsibility to maintain good standing, and make decisions, with a good sense of moral underpinnings that define wealth. *Do your best always to benefit others.

Excerpt from ... lys notes 21-32 (02-02-19)

2/2/2019

Be beautiful ... one day at a time, one match at a time ...

Love the person you are today, [you never know how long anything will last]. If you can start each day with an affirmation or mantra that helps you stay present then do so. You're more likely to accomplish more in life when you start your day positive [regardless what is said about you or to you it is always your responsibility to stay sound of mind and sound of heart, unaffected by the negativity of others, their worries and concerns as toward or about your good standing in life ... that's them not seeing you for you, or not recognizing you as well, that's in their opinion not your own best opinion, always trust your doctors as they know best when you are well or not, by having known you, know how to treat you, and help you improve whatever conditions, as accepted or not accepted about you.] [Your] outlook repeats itself throughout the day [have it be your own not the ideals set by others, change your tone in life, or how you feel about yourself, be conditioned to others, condition yourself as supervised by others, adapt, not be the one to whom others adapt to, always be in control of your emotions]. What affects your ability to envision your future as moving forward in life [is up to you]. I've been told "not to go backwards" and to chart my progress that it doesn't need to be detailed ... but a simple checklist will suffice. Likewise I share with you advice I've been given [not to my benefit] and hope [without burden] that it will help the same, I'm not a competitive person, and it's okay if those you help outshine you [especially if they are more well than you are, better able, or with more resources in life to cope] there are plenty of fish in the sea, life's not all about [acceptance]. (01-24-19, 02-02-19)

Please Note:

Don't get spoiled in life as a reader, with an ability to affect writers, or by choice influence what is written about, by your experiences in and around a writer, not all have mental health issues, and if you know how a person works, by fixating on words or phrases out of sync, or intended to hurt or influence as person, than that is purposeful, not necessarily and influence but an attempt to influence a person in the same way to whom someone important has influenced them in life, in a positive way. That's taking one interpretation of a conversation (in the negative) and then trying to be that person, as attacking the good character (of me) the correspondent to another conversation (and then by defenses claim as to a current set of circumstances) be affected in the same way book writing, that's an unwanted positive (returned to the commentator) who by insult insults the writer and correspondent. As a writer and

correspondent for many years, when you approach someone professionally and they do not respond that does not mean open up to them, chances are the circumstances will repeat themselves much like anyone trying to turn a positive experience into a negative one, to see if you respond in the positive or negative or in the same way, write a book. Not all people are the same, that's a form of unwanted influence to be controlled by receiving negative input and expected to still produce positive results. I've been told that life is not perfect and that "in the real world" that's how it is, not everyone will be nice to you, I used to think that was a symptom of something larger, but have since realized, that its just depending on the day, much like the weather, how others respond, sometimes nothing to do with you, or over any power or control struggles, you just have to accept people the way they are. . (02-02-19)

Reference:

<http://www.mymollydoll.com/leverageyourstory/instagramcomfischmanleslie-as-of-02-02-19>

Hearing the truth ...

2/28/2019

Some people don't deserve to hear the truth (especially people you don't know or who you are not close to, to put love into anything and given access to by someone who does not appreciate your hard work) don't expect everyone to be on your side in life, some are not -interested in their own selfish endeavors to create circumstances to make you look or appear less than significant or stupid. Don't be so trusting. If you interpret everything as related to yourself, then youre not learning from the past, but applying the past to your present well being, those who are wisest learn from not only their own mistakes but the mistakes of others, and based upon those understandings build better understandings about others. That's not how to interpret a finished product, although you may purchase finished products that were made for you, they were not literally made for you, I think that's what they mean when they say don't think youre gods gift assume that your life was created for you but that life itself your life should serve some greater purpose, that all things were not created for you, but that those things in your life are to help you live life with the intent that they were created for use by others, that's judging a finished product as not created with a sense of causing harm to people, but created in the sense to help others identify or to help build a better understanding of life itself. Based upon my own experiences I have never assumed that any person has intended to harm me or that any finished products are about me with intent to cause harm to me or others around me who know me. Never assume that everything is about you, that's bound to leave room for mental illness, and assumption that others have additional intent or continued motivations in life to justify those attacks to your good character, never assume that everyone has your best interests at heart but also be wary of your connections in life, they do matter, and how you represent yourself will dictate how others around you interpret your understanding of the bigger picture and whether things are about you or not. Be patient mostly with yourself, afterall its your responses to others that matter most.

for the most part ...

2/26/2019

02-26-19

For the most part, what is known about you online, is based upon what you share about yourself, don't expect everyone to be able to put together bits and pieces about you online to see the bigger picture, if in short whats understood about you does not match up to what you want known about you, then by all means be defensive. The times are tough ... "It's a good illustration of an issue we have in society — which is that we no longer have control over what people can infer about us," [1] Pictures, blog posts, and personal data is stored on your phone, but you don't have to store that information online too. That's the main point, there comes a stopping point to logging your daily activities, and that includes personal information shared about yourself online. How much of a timeline is necessary to be kept? What you keep to yourself, is your right to privacy, when you share too much information about yourself online, is how and when you run the risk of public scrutiny, that is what you become defensive to, ideas about you, the wrong ideas about you, or when people think they have you all figured out based upon what they read about you, to know what you think and based upon your thinking make deductions about you and or

others, is the wrong way to pass judgment, one should always think for themselves not based upon the opinions of others think, but based upon a totality of circumstances see the bigger picture. Lifes much to do with acceptance, but those issues with regards to acceptance should not expand to all people if its only just a few people who do not approve of you, or your sense of being or dialogue online, make sense. That's not the problem always, one should never assume for what reasons others speak or based upon how they respond, interpret them now, as though this is how they were then, if a negative reaction can be generated from them use that to their advantage to say from negative places one thinks and therefore because of that response should not be listened to, as not responding likely to negativity and an expectation of negative response needed to make them feel better about being negative toward you. ~You should be strong enough to know when to say no, when to tell yourself, youre not willing to share information about yourself if you will be viewed upon in the negative, that's not your responsibility for people to come together in the sense of jokes about you, or on you, to make themselves feel better, that's not your responsibility to enable others to harm you in that way, ostracize you because of what you share about yourself online, and then made to share about others online too, that's an example of an unwanted interaction, those who wish to be included versus those who wish not to be included, everything occurs with permissions, permissions to be spoken to and/or about freed. – For the most part I represent myself, and in that capacity defensive always. Acceptance is key to building a better understanding of what lies within, not harm self or the reputation of others in the process of working or finding oneself, who bears that responsibility, me. Not to do or say anything that misrepresents ideas about self or others, as well as the ideas I support or groups.

Reference:

[1] [https://www.sciencenewsforstudents.org/article/social-networks-can-learn-about-you-through-your-friends-pick-and-choose-your-battles-in-life ...](https://www.sciencenewsforstudents.org/article/social-networks-can-learn-about-you-through-your-friends-pick-and-choose-your-battles-in-life-...)

2/19/2019

Not everyone has the option to pick and choose their battles in life, some jobs get handed to you, and depending on how you see things, get led astray in life, fighting things that don't matter or staying on the political wagon so to speak on picked for topics of discussion. If you reside on the side that is not for discussion, well then that's a not a side spoken about. You can't do one thing and say another, my biggest faux pas, for many years made no mention of where I stood on the subject. When you take a stand on a subject, that doesn't mean "stand your ground" its not that aggressive a move in life, to take a position, if you take a position that doesn't mean that you need to fight in fact fighting only makes things worse. Learn to go with the flow ... that sounds like letting things happen and then responding, but in taking a stand against something you believe in you become apart of a greater whole of people who care, and by those cares, able to make a difference, not by fighting. When you believe in something you may not always sound politically correct in saying so, and so long as not for political reasons making a statement, then will not be interpreted as saying something for political purposes ie wins or gains, as though losses are paramount. In a perfect world we would pick things to care about that benefit us, but in todays world that may not always be the case, sometimes we are required to take on more than we can handle, and at any given period in time, and emotional stability, required to act in accordance to a set of standards in order to be of service. If you are not fit for helping others, that does not mean that you are mentally ill or that there is something wrong with you if you don't take a position in public, that could be whats best for you, to not take sides in public, or to not support any causes publicly, one should not support in fun, but make general efforts to continue to help in ways that they can.

For awhile now ... #thankyou

2/18/2019

For awhile now I have been wanting to expand upon the "services" I provide to others in a more professional way, by writing articles, instead of just thought driven dialogue about my life, and what I see. I think its best to continue my education and work on my dissertation, while continuing appointments with Torah Bontrager, to learn the skills necessary to write articles, and perform well as a writing professional online. So lucky that she is willing to work with me, in spite of my mental health issues. On March 3rd I plan to attend a Panel in Santa Monica addressing Gun Violence Prevention. Although I have had my battles with mental health issues, I have always made it a point to stay involved no matter what my abilities are or no matter what state my mental health issues were in, it doesn't hurt to

be a good person, even if you don't feel better in doing so, it matters more to care for your cares in the world than to not care at all and do nothing. So thankful to have been accepted to her writing program for #leverageyourstory ... I think based upon my website stats and feedback from Instagram, that everyone is doing much better with some systems of support in place, in response or not in response to current troubles facing the times ... never stop trying to do your best, and help others, that's the main lesson ... a little help goes a long way, to #stopcontroversy in its tracks. You can have friendships and alliances in life, that will be life long, and those life long connections hopefully in turn will lead to other helpful connections in life, this is one of them. (Update: Friend Request Accepted on Instagram).

Don't get caught up in the moment ...

2/15/2019

Its easy to get caught up in the moment when we have our good wits about us, defensive to the displays made by others, as though we should be affected by how another person outside of ourselves responds to a group or audience, it may have nothing to do with you and everything to do with them, always take that into account. -I just had surgery on my right hand so will be in a cast for another few weeks and physical therapy. I think this injury represents not being able to handle the times and in response to my frustrations self-harmed, I just got a gym membership at Equinox with a kickboxing instructor, so far so good, minus the fractured hand. Where do ideas come from ... our tone, who advises us, or do we falter most by the advice we give ourselves. When one way stops working think there can be better ways at finding resolve, especially when it comes to addiction and self-harm, you don't always know best, best to seek professional help and guidance, not blame others for any self-inflicted injuries. ie Take your meds, plenty of them and get back on track not easily affected by voices.

whats unsettling ...

2/11/2019

If there is something unsettling about a person, do not review their records as doing things to prove cases or sides, or to demonstrate knowledge and with that knowledge respond to others to demonstrate a knowing of something and then doing something to further that awareness or a having of that knowledge. That does no one a good service in life but a disservice, to then as a guiding light or force, use that force or guiding light to shed negative light upon someone, as not with love, or with hate, or not with love, take good care of themselves, if there is no transmission or sharing of a person's private spaces, then that is not with harm taken. -That is a negative judgment upon looking at someone you do not like, thinking they are a bad person based upon what they look like in the privacy of their own records, not with love reviewed, but with negative judgment, a lot of photos need to be taken to get a good photo, do not judge those who are experimental with themselves in private spaces, or judge them for how long it takes them to be put together and create a positive image of themselves, the time it takes to look well is different for everyone, and in so making others feel heard, that is to cause me to self-harm, a losing party to any discussions about, hurt my self-esteem, my image, my abilities, or my connections in life ... that is to hurt my ability to move forward, attack my character. What you make reference to you become a product of, that illness, and in so sharing spread illness of thoughts about a person, me individually, to get others to think ill of me too. Be careful what you keep a record of ...

rising to the occasion ...

2/11/2019

If you rise to the occasion enough times, eventually you get hurt trying, that's called being taken off course in life. Sometimes when our defenses are down while helping others, its easy to become (1) exhausted, (2) wind up in the wrong place at the wrong time, and (3) self-harm. This occurs when you are no longer guided by self interest but affected by the interests of others. When people do not understand for what reasons your mental health issues arise from the tendency is to be defensive as toward you in that case proving them wrong does not work but does both sides a disservice making the side, to whom your wellness, appear bad or in the wrong for having reacted in defense to your wellness or sickness for that matter. Sometimes when you get taken off course in life, you have less time for self-reflection as you are acting in response to circumstances, without your defenses up, how one who while helping

others gets harmed in the process of doing so. When your defenses are not up, and you are not sharp you are more likely to get hurt as minding your own business, whether its working, or in an existing relationship, affected by others who in turn affect those relationships existing. Its important to note for what reasons contacts are made, in efforts that support existing relationships or existing causes not for ones own benefit are connections made, at least in my case. Be careful not to assume that these things are done by the person who is harmed, sometimes things are done to people who get harmed, that's the main objective is to make someone look bad, its for those reasons some people are harmed, to make them look bad to others or a "sell out." What is a "sell out" someone who stops trying in life, for selfish reasons, seeks to not contribute positively to the purposes of others, and in trading sides for themselves gets deemed a "sell out" while working on themselves. Be careful not to physically exhaust yourself, for any causes in life, if you focus on the right things, doing what you do best, then its by your gifts in life that you can contribute best to the causes of others, without interfering with their abilities to support those to whom causes are created. Sometimes in life we switch teams, and that can be either because relationships have faltered, or because one another does not support the causes to whom the other supports, and by those differences, relationships cease. That is to both a benefit, sometimes for relationships to cease, that is so that both can thrive without the other. Whenever a relationship does not work out, be careful not to take into account, what is going on around a person and blame environmental factors for an individual's illness, that can cause insult to the environment around a person, and instead they will blame the individual as being of illness, and do everything they can to prove that a person bearing illness is of illness unrelated to their environment, that can affect the care given to those not well.

never assume ...

2/9/2019

By bringing up the past sometimes you ruin future opportunities for success, there is a difference between a recommendation and a mention. A recommendation is by someone who speaks positively of you, for a future connection to be made, whereas a mention by someone about someone from their past can be interpreted in the negative as toward you and make the mention appear better than. Especially when it comes to references, referencing your past ... don't be so defiant by mentions, or defensive as to others, chances are less is more, the more you talk about yourself in the past and the less you talk about what it is youre doing now, the more anxious you'll be and the more likely your audience will be anxious, not knowing whether you are living in the past, or presently situated at peace with yourself and others, don't be bitter toward your past or others, everyone deserves acceptance and an opportunity to move forward in life. Reading *Option B* I realized its more important to forgive oneself for expressions past then it is to talk about or later try to justify how you have expressed yourself, people are most forgiving when you are honest, and about yourself not about others. People mostly want to hear about you, when reading, not about you speaking positively about others at your own expense make yourself look bad, its no ones responsibility to by mention defend others from your past, if everyone loves you thinks highly of you then do your best to promote the same, by speaking highly of yourself, and thinking highly of yourself, not allow the worst to come to fruition, there are many friends to be made along the way in life ... its up to you based upon how well you speak of yourself to make friends. If you are uncomfortable ... chances are you'll make others uncomfortable ... know your matches in life, and always do your best to bring comfort when comfort is needed, and never hesitate to ask for help when help is needed, you cant get anywhere in life living in the past as blaming others for your problems ... if its addiction then stop, if its self harm then stop, and if its procrastination then do what you need to do in order to keep moving forward in life ... life is short, meant to be lived to the fullest and without regrets ... don't overfill your plate with more than you can handle in life and always be thankful.

Reference:

<https://www.amazon.com/Option-Adversity-Building-Resilience-Finding/dp/1524732680>

displeasure with repercussions ...

2/8/2019

Never become defensive to the displeasures of others, whenever something shocking occurs, which you then think are related to your own mental health issues, its important to discuss but not as related be blamed for influences to others or as influencing concepts that guide thought processes about, who is to blame, who is victim, and what is to

blame is not for anyone on the outside of anything to judge, as a person who has been affected from within from outside circumstances and by default from my own responses in life to hardships, that is no ones fault, its difficult as a writer to provide constant reminders of my positions to not create teams in life which have much done a disservice to those listening, as the people to whom topics are addressed and applied to for insight, or for feedback, to then require those to whom are designated as “mentally ill” then expected to write to a standard that benefits all, benefiting all is difficult, there will always be sides, and the readers job is to not be judgmental toward others, as by reading, and my job as a writer is not to write about others only myself, that does me a disservice in life when I have to deal with beyond my own mental health issues in life, and its not helpful to make things about someone who suffers that would be unfair to do to finish someone off, as bad, or to further ruin their abilities to make progress in life as well and good. -This is not about not liking my situation in life and then drawing inference to the situations of others, and bring attentions to things that do not matter now have already been dealt with.

It's just as uncomfortable to the writer for the audience to be unhappy or displeased with results (on topic) or with repercussions (off topic) why choose your campaigns wisely it's a choice who you support in life (on topic) it's not a right to know who you love (off topic).

— Leslie Fischman (@mymollydoll) *February 9, 2019*

when things come to an end ...

2/7/2019

Its not that people choose to be apart sometimes they are kept apart and for whatever reasons, there will be lack of synergy, or compliance ... that's just how authority works sometimes we rebel from sources of support, and sometimes those sources of support do not listen. That has nothing to do with anyones intelligence, its just a matter of instinct, what is considered approved conduct, friendship, conversation, or cooperation ... anything serious tends to heighten tensions, that goes for everything, not just within writing, or within interactions, or by talking to the police or FBI, that just a matter of paranoia or doing your due diligence, if you understood how much work was put into building a website of this importance to me in my life, to have a voice, and be able to write freely, then you would understand that it was done so, with blessings along the way, maybe not at the getgo, a purpose for attending, only to visit the court during a difficult time for everyone, I think some more affected than others, as time gathers and more and more people become affected it becomes more and more necessary to not only do something (sometimes not our places in life) but if well we can ... if things are not going right for you in your life, and you change your course in life, that's okay to, you can support causes, and then choose to focus on the basics again your lives, sometimes its necessary to highlight circumstances, sometimes highlighting problems can cause problems, I know this as through my own life talking myself through my problems, that if I state an issue it arises in my life, or if I advise myself of what not to do, eventually it just so happens to happen without any reminders, be careful like me not to self-sabotage and scare new people away by over divulging too much information about yourself for clarity of the issues they are not under the same kinds of pressures as you are and so long as you are doing your job, you can expect they can do their job and treat you for your problems. Its been over a year home on 4 night meds everyday, I used to not be on any night meds throughout law school, this is new for me.

represent yourself in life ...

2/7/2019

Comfort with Self ...

02-07-19

I think theres a high expectation of someone who is a writer online to be comfortable with themselves enough to speak, some are soft spoken, if not used to talking in a public environment, that's your whole life not a public speaker, then its hard to start talking at any later point in time, just be respectful of people who CHOOSE to write instead of talk, that's I MY choice. Someone who is comfortable with themselves does not necessarily mean that they are comfortable talking or comfortable with their bodies, just because someone is portrayed as something they are not, does not mean at some later point in time that way with all, or give the same equitable treatment to all, as though that's deserved given their standing as lesser than. Don't portray yourself as something you are not, that is

what is to be learned of all of this, and then be treated as something you are not. My best friend accepted my friend request a few days ago, please leave her out of things, and not as meeting me tell your story as though I am someone special or someone who as known, have been affected by, live your lives as separate from my stories or how I have managed my life, my heart, my intuitions, and my thoughts, just because a different set of reactions occurs within you upon reading my writing does not mean that my body works the same way, just as no mind works the same way, everyone is different, you cannot treat all people the same, that doesn't mean that they require special treatment it just means that as they are they are different, no one is made special by knowing someone special, if you want to feel special do well in life, no one can change they way you interpret life, just as I cannot change the interpretations of others about my life or things that I say as misunderstood, care rescinded, or to justify a past rescission of care, if upon being left to your own devices in life, are not as strong, then its important not to blame others, who as described or felt they have been described justify treatment of you as though you are an outter of special interests or BY misinterpretation MISREPRESENT others or YOURSELF. -Represent yourselves in life.

building a trusted brand ...

2/7/2019

11-25-17

Whenever you build a trusted brand, its fundamental concepts must be sound, and counterproductive to things that are considered untrustworthy activities. This I learned through experience, with defamation, first hand knowledge, its trusting the opinions of others, is when I find trouble. -In order to bear a trusted opinion, one must be educated, it is not by association or connection, that one is trusted, why I built a brand with a pseudo-name mymollydoll unattached to anyone previously, or by prior association connected back to me. -When moving forward, the brands in existence for the longest tend to be the most trusted brands, how a brand is built, and how a brand is trusted, it takes many years to achieve trust. (02-07-19) Without SCOTUS I would not have build a company tried hard, and without their attentions, I would have not been able to help others, that's trusting them. And with that trust trust is built, and from those foundations ... people feel safe + smart.

Once trust is broken, by situating any confident or competitor worse off, you end up on your own, why they say "its lonely at the top." I'm sorry if any past post portrayed anyone in the negative as not smart or not all knowing, naive, or too responsive, or assuming the purposes for responses, I do not know everything myself. -There are periods when you make decisions in life or say things, that will not be in tune with everyones best interests, make sure those are not for selfish reasons decisions are made, and whenever a decision is made, make sure its with a good heart, meaning something positive is to become of that decision later on, that's seeing the positive in decisions made, and when you accept your circumstances and live up to your potential well then that makes everyone look good, including yourself, and that's not something you should not feel good about everyone deserves to feel good, even if at your expense along the way to achieving well, how quickly people forget the bad times, when replaced by better times, that's one solution ... to improve upon what is here, and do your best with what you have, and sometimes there will be people who will benefit from your wellness and that's okay.

the resentments we harbor ...

2/7/2019

10-21-17

The resentments we harbor are usually due to some expectation that something needs be said to keep something from occurring we think necessary to keep something past from happening or something responsible connected past that is reason for something occurring usually a delusional connection. (02-07-19) You have one of two options, to share or not to share, to share what you have shared, or to not share what you have shared, to discuss what you have shared then as compared to now, and why what you have to share now is different but unrelated to what you have shared then, who's fault is that ... whenever you blame any one person or group of people for a system of sharing created to protect the best interests of those who are well, the ONLY way those interests will not be protected is if they have done something wrong then they will be corrected, at that point forward that person is no longer helped,

but frowned upon and looked at with purposes for dissecting toward negatives, not helping a person get strong or achieve better in life, but seeks to worsen their core sense of selves to decipher what they are responsible for ... that's a system that relies on honesty, and if honest, and if one cannot determine the faults of others on their own, they should not extort from the good the wrongs of others or of themselves in order to make perfect their minds about what's gone wrong. [removed]

how well you work with others ...

2/7/2019

It's important when working cross professionally not to cross talk, as recommended by AA, just like any therapeutic setting as individually intimidated by others, this can affect output, that may be what competition is all about, input and output and trying to control others, through their speech, and affect their native tongue. Do not interfere with people's abilities to communicate, and some may be more blind than others, encouraging of defaults in life, and less encouraging of defaults in life, never assume that someone is to blame for their conditions in life, and predispose them to abuse or discrimination based upon those rejections in life, be denounced, or treated as less than feminine or less than female, do not put in the new stories about people ... as about others, as named differently ... that would be to tell another story, as about, if you know who is who, don't then go on to say that I am not one of them a victim ... just like the news so are characters NOT based upon people not a party to a story ... that's not the same as using the real lives of people to share a story or to tell a story, by using characters with the permission of others to be used or mimic'd, for what purposes do people live their lives ... for others, not living for people they do not know, maybe living off people they do not know, who earn income from fandom ... but I know my family ... how do others know my family as told through cartoons or film or music ... that's not how entertainment works, entertainment is about entertainment, and real life is about who is around you, not go by what is said about you through entertainment, that would be wrong to assume likeness, that in the past entertainment was used to tell my story or stories around me. Each story is to its own merits, and by its own bureaucracies determined outcomes as to who is merited for those judgments, story lines, and predictors of the future upon which stories may be built or based on an even playing field, that is entertainment, real life however does not work like stories, from which prior to knowing how life was interpreted by others by use of film and music and television, is how people were being judged as not clean enough, and because not looking clean enough needing to clean up their image, and that that necessitated being hard on people, thinking they had an opportunity if found out about to later clean up their image, once you ruin someone, before they understand the beginning of time, then if they mess up in life, and they were hurt before they messed up and hospitalized do not punish them for getting sick, when they later get well, to see them get sick again, if not for the same reasons sick the first time, that's outing a system of judgement, that needed not be made public, if possible to later use, characters in entertainment, and not limit those usages, based upon how they have applied and gone wrong, or caused illness in real life to people whether or not they were based upon people in real life or used as comparison to people in real life.

what you know is important ...

2/7/2019

01-17-18

What you know is important, to disclosures. That is what is sought, is information unknown to others, but known to you, that is how one is interrogated, by information known now known. Usually people with information are known to others, and people who suspect information is known, interrogate those people. What information is known, is what is presently thought in possession, but not had, and upon such bases, a decision is made as to the outlook and conduct of an individual who has not relapsed and is sober, for which others are now defensive to. Do not suspect or interrogate those who are innocent, it is by your own misconducts, that innocence is lost, not by one you deem relevant judged as an offender for decisions past or present. Be careful not to intimidate people with your knowledge or think present circumstances non-existing that's called delusion. Delusion is not a punishable offense in this Country, but theft is. Do not steal from others, do not steal the identities of others, and do not erase anything. That is considered the highest offense. What is not yours cannot be taken by anyone, I am not a dependent, I am an ABA Certified Paralegal, I never play victim. How one communicates is important, what you connect is what you deem

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

being a positive influence ...

2/7/2019

11-19-17

Being a positive influence requires knowledge of the appropriate settings for putting positives into motion. This requires tact. Not just responsibility to care for oneself and others, but for ability to respond under pressure, in the right, and correct wrongs as you go, that's how you become a base station and a point of reference for assistance while in a state of trauma, trauma occurs when you are not in the know and something happens, so long as we are all in the know, nothing can happen by surprise anymore to us, that is my sole mission, to help others stay in the know and positive, so that they can react in a way that supports positive functioning not dysfunction. I grew up with ADD/ADHD, if I sound immature to you I'm sorry but this is the way I write and this is the way I sound, and this is how I react, always with assurances and always with positivity, I was raised to always see the good in others, and with that viewpoint, I have been able to achieve in life, not live in fear. Living in fear occurs when you see negatively, and see the negatives, by over focusing on negatives, that is how one becomes concerned with others, it is never your responsibility to care for others, unless you are a professional and certified by state law, Colorado State Law, I am a Certified Crisis Hotline Counselor. And with that responsibility it is my job to make productive the times in trauma, that's how I help others. By not mentioning the negatives and not corresponding with negatives that is how we can best deter crime and stop crime, that is my theory that is my belief, in response to the times. The more ads you place above the more ads you get back. That is a given President Barack Obama put so many ads up in the Press Secretary's room I had to respond to that crisis and put an ad up on my blog, which ended up getting taken down for a period of time by a court order Texas, we are sorry you lost your homes, because of a lawsuit, I got sued and put in jail and in the psych ward because I hit my head because I relapsed on cocaine and Leo died of Cancer. That is why sometimes, whether or not you agree, you should just ignore or block people from the reality of your situation, so things don't become an unnecessary situation, where others live in fear, because one is not liked is no big deal, its just a consequence of someone being put in jail for no reason, a prisoner of war, until everything resolves itself, I came up with the solution: #bloggingcampaign. It is still in its developmental stages World Peace as we all adjust and respond by words or actions, this takes time says The Academy Awards, who are experts in World History, I am not a Historian I'm just a writer, and reader of what is assigned to me. I would never hurt anyone with my blogs or threaten anyone with my blogs because that is why I committed suicide because a Lawyer in the Valley threatened my Family to speak (2008) I read that blog on Google and committed suicide (2009) after joining the US Navy. Why a cruiseliner sunk, because of Petrocelli, it "hit a rock" and then Barack made the #MLKMemorial, I mean I'm not sure what he is trying to communicate, but I think we should all trust one another, and not cross lines, burn bridges, or place blame, if you have questions attack me that's what I'm here for like a Juke Box EMLK for everyone!

Facebook Heading: #BlogPost: Being a Positive Influence by Leslie A. Fischman = EMLK #bloggingcampaign #mymollydoll #mattel #americangirl #PresidentTrump #Oklahoma #76Station #Books #DanBrown #Dolls #Guys #Mean #Nice #WhatClub? Says #AngelinaJolie

the stopping point ...

2/7/2019

The stopping point is not your intuitions it's the intuitions of others trying to control your intuitions, that's others thinking that they know better than you and that because by what they know in life, think that they know best ... that's by their guided intuition, how they see fit, not with your best interests in mind always but their own, be weary

of that. Don't be egotistical about image that's the main lesson, what's life about ... what people think or what you think people are thinking about you or others, that's the problem, not having a shared understanding, and thinking that everything is purposeful or planned, be understanding of the intentions of others and best intuitions, especially if it does not involve you. Unless you make something about you will it become about you and that's how you give your power away in life, or call upon others, to do so for you, that's whether in your best interests is up to you to decide, for yourself, when your interests have been met, that's your right to privacy, no shared interests should require a meeting of the minds, or cohorts, or likeness in candor gesture or demeanor to be understood as together for one idea to take place, that's not a shared understanding, but an understanding changed to meet the needs of someone else, who personally feels affected and not be understanding of someone who is not intending to personally affect another, what's this about "tardiness" "broken hand" and "#SOTU" all in attendance say "I." I think unless you make yourself of subject will you become of subject and then people will take it upon themselves to correct the thinking about the subject to an acceptable wrong or right that either favors their interests or does they or others a disservice, people have their own set of ideas in life about others, and those ideas about others will not change unless called upon for correcting ... be weary there are two sides to every puzzle and a broken bone in my hand, that now requires surgery and anesthesia, that needs PCP approval. -Therefore do not take personally that I am friendly and do not take personally that I do not make eye contact and do not take personally that I have difficulty in public settings and do not take personally that I am intimidated by others and do not take personally that I stare at the ground and do not take personally my health, and do not take personally that my health does not change by you, and do not take personally if I become sick, and do not take personally if I am well, and do not take personally if my face changes, and do not take personally if I get thin, and do not take personally if I gain weight.

privacy is so important ...

2/5/2019

Privacy is so important to any conversation ... sometimes what makes you smile can come across as obnoxious as told by others, maintain steady ground always in the acceptance department ... don't be too hard on yourself ... not everyone is reading, you can't control people or their commentary or their thoughts. To be stable minded you have to think from within ... not as in response to others ... when everyone looks innocent its probably because they are and just minding their own business, it's a lifestyle choice to not do well in life ... not because of discrimination or victimization or whatever you think is the problem its probably more to do with you than others ... let the innocent shine and be good to yourself in order to receive praise from others and feel apart of ... it wont always be the case that youll shine and it wont always be the case that youll stand out youll have your good and bad days the most important thing for anyone to do is blend in not because you have angst or discomfort but because you genuinely want to not offend others, by your attitudes in life and genuinely not offend others by your discomforts in life, you cant keep your head down through all of life sometimes you have to look up. -I have attachments in life but not to people, to things, call that addiction, while separated from my computer in the shop fractured my hand ... that's a loss of control to a space I find comfort in ... my computer. Don't go bizerk because you have experienced a financial loss or a property loss, it happens to those who are not well me included, its not the responsibility of others to manage what is of value to me, only my responsibility not to complain upon such losses, or for things that I say out of tune. If people know your story or know about you they will test to see if you are that way and in doing so ... hurt your esteems by making you look stupid or out of control and feel out of sorts, don't be nice to people one day and gone the next and hope that everyone understands when that happens to people its not because of drugs or alcohol but because their mind is someplace else, why its important to focus on things that don't change in life, as well as accept the changes that go on around you ... you are only human, all humans age, aging is a process and so is trust.

not everyone will be on your side in life

2/5/2019

02-04-19 (4-4) Not everyone will be on your side in life, and some will turn on you assuming you bear guilt, and from that belief seek to make others think that you are for the actions taken by others, as assumed everything is connected to you and therefore about you, as though your actions ... have led to symbols posted in reference to you

or your connections in life or by story to whom these individuals were connected to, those connections must be known in order for those thoughts to process, looking back it may have been best not to mention stories from my life, or help the courts in identifying problems, existing within me, and now being treated symbolically as everything is about me, that's wrong to do, as for solution ... blame any one person or group of people for all events that follow a trip to DC. I am now sharing my side of the story which you can either accept or reject based upon your beliefs before hearing from me ... some are no longer with us today to witness the growth people have made, and as a result, I was further pushed until I am no longer respected devalued, and rejected as not well. That's wrong to do to someone who is well spoken and gifted in writing, to be treated as though purposefully ill or mentally ill on ones own merits, sometimes its under many conditions that one becomes sick with pressure or sick with expectations of them, or in need of help.

talking efficiency ...

2/5/2019

Why keep conversations brief ... is that a reflection of ones ability to listen well, or to maintain brevity at the expense of hurting the feelings to whom another confides in, what is proper timing and tone. When does professionalism stop, when more listening is needed and when support is heeded for. That's usually a proper time to listen more and talk less, encourage the sharing of feelings, and discourage the direction of conversation or one anothers thoughts or output. Why during times of turmoil are we expected to be brief with others, for what purpose does that serve and how is ones ability to speak briefly reflect upon their intelligence, ability to communicate consistently, not strongly, but clearly, not brief in the sense that one does not make sense, but brief in the sense that one is heard clearly. When you speak well not only are you representing yourself well but you as speaking are representing to those around you, messages you think appropriate be communicated, whether others are in acceptance of your communications, be sure to keep things clean, that's well spoken, not to talk dirty to others or dirty about others in conversation or during conversations, heckle with the mind, or cause anyone to question themselves or their directions in life, be frowned upon, as not smart or intelligent for so choosing to whom communications are made, those purposes for communications as most communications are, private, that's not to protect people from harm only, but also in addition to preserve the image of others as heard in more public settings, much like writing represents us best so do communications when outside of enclosed spaces longer than as interpreted shorter communications understood ... without experience just by looking at things, short conversations don't say enough about people, than their work speaks for them, and much like writing, speaking is much different in tone. Researched work goes the same, what is researched and written about may make a person sound smarter, smarter than you think they are, then tested for clarity or ability as judged based upon their ability to speak, do not become defensive to what people think about your writing or how you sound or speak ... everyone has the same problems, sometimes brief sometimes well spoken clear its all a matter of comfort, and when in the comfort of others, or in private spaces, don't get too comfortable upset or by sharing divulge too much information about yourself for acceptance that makes you look worse than it makes you look better to explain yourself for acceptance or to explain your past for acceptance.

March 2019

for the most part ...

3/18/2019

For the most part moving forward means not treating open spaces as private spaces for public discussion, that is taking your experiences in life, stories, or your memory, and then using your recollections to hurt you. Everyone lives their own life, and its to each ones responsibility to live the hours of their life, be wise, and live productively. You cannot move forward if you keep revisiting old issues, or your past, as recorded (i.e. google photos, iCloud), as memorized or remembered by others by a third view not an in person view or knowledge of you, or timeline. Mostly when we respond to attacks on others or our character we respond, we do not save in memory, those moments, but remember the best moments led, to their lives that is the victims. There are many unrecognized victims to a story,

and just by reading this, I understand that there is care there, and just by reading this I understand my responsibility is not to care what other people think of me in the past and continue to do well presently, sleep every night, take meds as directed, and not leave room for error moving forward, live life as productively as possible, that means staying home, staying out of trouble, and working on my dissertation until I'm able to work again off disability. If you work online on social media, you are bound to save and keep track somewhat of the past, I recommend doing your best to save your own best work, not the work of others, as reference or to be remembered, you'll mostly want to see your own personal growth irrespective of whats going on around you, and not respond personally to whats going on around you, in public, or online, on social media, make reference to in response, its by what you say following an incident, that marks you down for interpretation.

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

3/14/2019

Everything in small doses, is what I would say. Whether you do or do not self-harm, too much of anything is not a good idea. Never take a bad photo of yourself, that's the worst way to play doctor on yourself, always choose to remember your best self, not your worst moments. Don't be defined by the times you felt most embarrassed, or a wreck, your guaranteed once those feelings resurface to go back to those moments in time, its by your better moments you move forward with ease. You only have one identity, and everything you put online, well it lasts there forever, that's your impression upon the world, whether for business or pleasure, how you attract your audience, and build esteem, personally and professionally. There's a lot of stigma surrounding people who self-harm, especially others not wanting to associate to those who do. [1] Therefore, don't go on engaging in behavior knowingly making others feel uncomfortable talking about it to them. There's one thing, having a bipolar episode, in public, and its another thing to have a bipolar episode in public then share about it, sometimes less is more, and when you figure out the causes for self-harm then do your best to get help, call NAMI. [2] After researching online self-harm and blogging I didn't find much other than self-harmers who blog, and stories from their blogs about self-harming. Does blogging cause self-harm? Is blogging self-harm? Well not for all, apparently blogging is useful to self-harmers to share their stories, but I don't think all would agree that it's a safe subject to talk about, we always do our best to avoid, things from happening again in our lives, if it results in self-harm. The good news is that self-harmers are not suicidal, in fact one article argues the following: "The underlying mindset between someone who is suicidal and someone who self-harms is very different." [3] Self-harm has been defined as "a habitual way of coping with stress." [4] The better your coping mechanisms are, the better off you'll be and avoid situations and/or people that influence or cause you stress, that is the knowing of information that causes you discomfort, that's your right to privacy, therefore the less you share about yourself, the more unnecessary stress you will suffer having others know the same personal and private information about you, less likely to self-harm over it. Do your best always to get help when needed, but don't be too hard on yourself, you don't always know when mental health issues, may arise, during the course of blogging or sharing of your past, that's why its best to always do so, with guidance by a medical professional.

Reference:

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

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

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

[4] Id.

know your meditation space ...

3/12/2019

To avoid popular comparisons, to those who have achieved success in their lives and are successful, don't denounce those who are, by perpetuating insult toward, as the keeper of resentments or contributors to humor as directed as

causes for domestic hate, that's would be blaming good people, for sharing stories from their lives, as though knowing that music or film was trying to portray reality as through forms of entertainment, I think for the most part these sources and outlets of support are for making life more enjoyable, not for influencing illness or sickness upon others, as though felt, or occurring, learn how to leave people alone, and not do anyone unwanted in public, that means retaliating upon or making sick others, because you yourself bear some resemblance to illness, that would be contributing to illness, or weirdness, I think taxi cabs and coffee shops have covered for everything odd, its best to let others, enjoy life, find love, and continue to do well and achieve success not to the disparagement of others. If you cannot handle anyone in your meditation space, that is because their voice affects you negatively as heard without you present, that is someone who you have come into contact with knowing you, and speaking badly of you if you are not in the public sphere, and then claim victim to worry they have for you, you are your own responsibility not the responsibility of others, and false alarms, are false alarms, and not causes for retaliation upon others, to connect incidences of self-harm and correlate story telling and self-harm and or suicide, to pictures on buildings and by where people live, or have lived past ... put together as likeness to someone of bad or poor standing, allow poor judgement of them to be past, upon the telling or making known, all negative incidences that follow the sharing of a story are the responsibility of those who are directly associated to the prying and the pulling of private information from a person, which occurs not upon experiment but upon going through the private spaces of others as recorded, relive their past, as viewed by someone past, or present reviewing their current turmoil, and then triggering them to re-experience an incident past, which is made available only in private, to one's self not to any others, that is a misuse of going through the private life of someone's personal space, and causing discomfort or extortion of the self-care routines, or maintenance of self, which is none of the business of others, to pry.

#righttoprivacy

how to respond to threats ...

3/11/2019

Stay calm and don't respond to news or other media outlets, follow the guidance of professionals, and always get counsel from 911, whenever you feel scared or under duress, that could mean one of two things, you are not well, or the hearing of news is making you not feel well. Its best to ignore others, whenever you feel threatened by anyone, not enable others to cause harm to you or disempower you, that causes depression, a stuck state, or scared state, always do your best to seek professional help, ie meditation, therapy, music, film, entertainment outlets online, or professional sources of news to help process events or stories, in a way that makes sense to you, not all opinions, or facts will be of benefit to everyone, and sometimes the sharing of information personal, can be used to argue that your illness are a contributory factor, not a preventative measure, help sought or received, and for purposes of getting help, self-serving, theres a tremendous amount of pressure anytime a joke is placed on you, and with that fear of what people think, always do your best not to condemn others for their actions toward you as this incites fear to them, and retaliation upon you, always see the positive. You cannot expect everyone to be nice to you, and/or blame you for the illnesses of others, or poor decision-making skills of others to which images are harmed, or reputations of people, as associated or brought up, affected similarly negatively as you are being hurt by others, always take it like a man, that doesn't mean self-harm it just means being quiet in public as to your own issues, and pleasant around others on your best days, and stay home on days when you are not well or until you get well, you don't have to be out in public if you are not well, those are usually the days that you get taken advantage of or treated differently not on guard as tired, or unable to meet the demands of socialization. That's normal social anxiety.

don't be difficult to work with ...

3/11/2019

Its is not required that upon being squeezed in life you divulge information past concerning what people thought of you then to argue that is deserved now, be contentious of the feelings of others or those who come forward and share, that they are going through a lot right now, and probably not confrontational, then to make someone not confrontational fight, causes illness to all sides, who just want peace and peace of mind, that's not being accepting of the privacies of others, not respecting the peace of others, and thinking that some individual interest is more important than serving the interest of the greater good, that's called being selfish, when someone who thinks by their

actions, can trigger a set of circumstances or actions upon others, control what's around them, that's being provocative with words or actions, to provoke illness in others, or to out them as something they are not. Be wary that there are many victims to a puzzle, and some need no mention, when someone does everything possible to communicate to others, and when not well in private spaces discuss their problems out loud after coming off bed rest, give them time to adjust, and be accepting of one another's disabilities in life. Not everyone is capable of self-expression, not everyone has confidence, and not everyone is able to vocalize or share how they are feeling out loud, that doesn't require patience but requires acceptance from others. I too am a victim of story telling, I committed suicide and that's not why I committed suicide, I wrote a very nice blog on Instagram, my first book. Its not deserved to be put down, but **don't go to unauthorized systems of support, is how you get hurt that's not people not being down with you, that's people not wanting to be associated to you, knowing you, or by what they hear about you, think you are bad for business, or bad for association,** or (now) bad as an influence to others, with bipolar, I have not assumed any leadership positions, but I'm not street, Im just accepting of all people, let them feel bigger than me, that's my gift is making people feel smart, now Im in the need of help, and need to find others who are above me more experienced, but accepting trusting of information I know, to help me make basic decisions for myself, not others, put them at risk of harm, commit suicide.

You Cannot justify change ...

3/11/2019

You cannot justify change just like you cannot justify a retaliation upon you for changes you've made following incidents when you were not well, not up to par, not at your best. Its then that acceptance of you makes no difference, but your own wellness becomes paramount to your thoughts about what others are thinking, **as you assume that they are thinking in the negative of you, if limited to only a few, leave it at that,** if you can correct your behavior (#sober) then do so, if you are only made to feel sick if drinking then don't let those stories about you take hold of your ability to function in society as a positive member of the work force, by those stories of you be put together to cast you out as looking bad or a loose canon, for not being well then, and then try to justify or argue why not doing well now, the causes for suicide are not the same for members of the upper class, and members of the work force, there is a missing component money, and success, a law student is someone who works hard but does not get paid for their work, that means they need to prove their ability to achieve and to keep going in life not burn out to become a member of the professional class and work force as a writing or legal professional, why I'm a writer with an LLM Masters in Law (2019) not an Attorney. **No one with empathize with anyone they feel wronged by, and by their successes think not justified or proper for you to be among the well, or be treated properly as well, based upon stories heard about you when you were not well, its not therefore my fault and not therefore the fault of others, for gun violence or for suicide, resulting from unwanted pressures, that's just people not wanting to be around people who are not well, not wanted a previous association to be known about them, not wanting others to feel left out get sick, not wanting to include others and make others similarly sick, it becomes a situation where there is limited room for error, on the part of those who are trying to achieve success, and the successful defensive to those who are trying to achieve success, make them look or appear less than, to build themselves up or to prevent association, deter association, or make known an unwanted association, to.** This is because once a relationship ends in order for new relationships to happen, those past feelings are no longer, and to minimize the chances of people thinking those feeling still exist, disassociate from people, places or things that remind them of someone who has harmed them, or to avoid people places or things of where harm has occurred, or what has caused one illness, if it can be fixed than fix it, but don't make matters worse ... trying to fix other peoples judgements of you along the way, you're likely not to make as much progress than you are having ignored everyone and simply doing your best to start a new life as best you can. **In these cases you cannot prove others wrong, as by their evidences in life, depending upon whether they feel you are winning in life or not, prove you wrong. welcome to the club ...**

3/11/2019

If you're not happy with the past and wondering as happy now, why we were not afforded the same privileges growing up, well then welcome to the club. Not all things as they are now, are the same but different, we cannot change the times, or blame the 90s for anything now occurring, which in the past we feel was not dealt with

accordingly, every time period, has its own way of dealing with problems, not all time periods are the same, nor people nor devices we are left to for assembly of ideas or persons, if all things were simple, we would all be created equal, but some have greater access to systems of support and coping more so than others, we should not labor ourselves to assembling ideas in life, but spend the majority of our time on earth assembling ourselves, its when you are doing your best to better yourself each day, not worried what others think, is when you think best thoughts appropriate in the right places in life, not focused on others, or their methodologies or rationales. People who do not know you in life, will think differently as from their age, occupation, and standing, we cannot all feel the same, if so, empathy would cause illness, not be deemed as helpful to show compassion toward others, or to have empathy for what others are going through in life, to not empathize with the hardships faced by others, is generally thought deserved if a person is categorized as not well, or not a functioning member of society in the work force or wed. We cannot all arrive at success at the same time, nor arrive at a later future point in time, where we are better unless we start getting better now, if youre not feeling well, chances are others are not feeling well around you, or it could be bipolar where you are not feeling well, thinking others are having ill thoughts towards you, and causing you illness, because they do not feel well around you, not because they are not well on their own. It takes a certain type of person's humor to make everyone feel apart of, that is by people you know, we cant all be comedians, its usually by friends that know and love you accept them, do not disappoint or take advantage of the wellness of others, thinking its to express any discord you are encountering and then to spread that discord among friends, life doesn't work that way, its among strangers that discord spreads. // If youre not happy with the past, youre not being appreciative of where you are now, and if you are not happy with where you are now, you are not being appreciative of the past, and if youre thinking was not in alignment past, you don't need your thinking to be in alignment now, to better understand the past or present, should make no difference moving forward, what was related in the past who has been punished, and for what reasons, think that its by association people are punished, or for acts people are punished. Its by actions people are punished, rights and wrongs, not systems of notoriety or association are people set back in life or brushed aside, as unimportant, and from anyone looking on the outside in, well they have the benefit of knowing people, thinking its about them, and if you do not write in a way that benefits their psyche, think that you are being purposeful or not making sense, out of lack of intelligences in life, how intelligent do you need to be to function among, and how forward minded to you need to be to rise above. How important are technology and connections? I was thinking with no connections in life, I have faired well, successful academically and career wise. I don't think by connections you get jobs in life, in fact I have been applying for years, that is not a matter of discrimination, nor the purpose for blogging, as though I have always suffered from mental illness, its only recently, the last few years, its because of disappointment, embarrassment, and failure one becomes suicidal, unforgiving of the past, I am not suicidal.

Telling yourself I knew this was gonna happen ...

3/10/2019

Looking back its easy to say I knew this was gonna happen. Exactly what are you referring to? When people take it too far. Its usually for advancements in society that people push the bounds for acceptance, without "fear of the other person's negative reaction" and without regard for any "hinder[ance] [of] a relationship from reaching its potential." [1] Those who in the process of seeking to be known, know this, there is only so many first interactions and first impressions you can make, and it usually starts with presentation, not common sense. What is common sense? The news, manners, etiquette, from where do we learn these "common" practices, its usually by example, that others are led, and by learning from the best acquire the tone in common acceptance of or achieve the wellness in accordance with principles of wellness deemed more important than leading other discussions in life, astray. That is but one principle of acceptance, what we adhere to, well that's not religion, its just knowing the difference between right and wrong. Its best to therefore be "conflict-avoidant" [2] and "learn which behaviors are and are not acceptable" [3] especially in writing or in any industry which pushes the bounds of achieving normalcy, not relative to the times or helpful, but a reflection of something ongoing past it seeks to bring about, that's not moving forward, that's opening a can of worms. In some cases "It takes courage to overcome inhibitions, break through barriers, and take chances." [3] When you understand how you make other people feel, well then that's awareness, and when you can comprehend, how mentions make others feel uncomfortable, well that's acceptance not of your own thoughts, but of the thoughts and maintenance of the good condition of others, as their good character relies, on their own image of perfection, not to be used to help perfect your own life or image, that's when its time to be yourself, not next to anyone or any set of ideas, to help identify yourself, but you inherently have internalized what it is that

makes you who you are, that's a proper transformation of what causes you illness, and not sharing those facets of thoughts or life, that ail you, instead doing the right thing which is to live and lead by example, not by story telling alone of how you got to where you are now thought wise, and in better condition than you were, having had those thoughts, therefore the later sharing of thoughts that have caused you illness, is that for purposes of your own wellness (think to yourself) or for the purposes of benefiting or preventing future illness? That would be one example of an appropriate pushing of boundaries if the effect is positive looking back and if the future as looking upon us thinks positively not depressed by the obviousness of non-disclosures, of patterns seen, we can't all be Michelangelo, with the same ceiling overhead.

Reference:

[1] <https://www.psychologytoday.com/us/blog/evolution-the-self/201802/should-you-purposely-test-another-s-limits>

[2] Id.

[3] Id.

what couldve been helpful ...

3/9/2019

There are certain times to discuss the past, now is not one of them, for the most part on good days we live presently, resided in our thoughts about today and our future, that means that people are moving forward. There are a few things I remind myself of whenever bipolar hits:

1. Is the thought you're having about the past appropriate.
2. Would others be offended by sharing a past story.
3. Is your humor appropriate for the times or inappropriate.
4. How is your tone, is it strong enough to be inspiring or just too strong.
5. How will people from your past think of you.
6. How will people from your present think of you.
7. Do you have the right to discuss the past, or what's going on presently.
8. How far have you come in life ... is it necessary to go backwards.
9. Is going backwards helpful to reality now, or is now better than the past.
10. Would you want someone to discuss your past for you, and is it appropriate for you to discuss things as you see, is it to benefit you or to benefit all?

You won't always know what to say ... during times of chaos, but especially during times of peace and a multitude of successes, discuss the past, as it relates to you. Who is benefiting from situations or the telling of stories, is it your story to tell. When is a good time to come forward and take on some leadership when it comes to influences in life, is it appropriate to speak for others, not always. Stick to what you're good at, if it's psychopathology then discuss your thoughts in a psychotherapeutic environment, is it about entertainment media or news, then it's best to rely on sources in entertainment to understand from where other people's thoughts come from on the subject. When it comes to being special, it is the stories about our lives that make us feel special, and the sharing of stories about others, usually despecializes them to others, or makes us appear as though we are all knowing, no one knows it all. You usually know your own life well, but you don't understand or always know the lives of others well enough, by contact, or interaction to explain from their point of view what you see has happened or dictate what you think has occurred show that you now have a general understanding ... that usually makes it look like you have had an understanding all along.

give it a day ...

3/8/2019

After you've shared anything personal, give it a minute to process or even a day, sometimes not all thoughts are appropriate. You don't want to be read by everyone, but at the same time you are supposed to make eye contact in conversations and be read read others in order to have a conversation. I think for the most part, your beliefs are viewpoints you keep to yourself, not everyone shares online, their opinions on entertainment or politics, these things you usually keep to yourself, listening or watching for the time period it takes to hear a song or movie, but if you're not in the industry it's not something you think about, so it would be wrong to assume that everyone on the outside or inside thinks the same, or that all things alike come from the same places or set of ideas. Everyone has their own influences in life, not all people are the same. Just keep that in mind when sharing your two cents. If it would not be known had you not shared, then that could be something private, or something shared only among people to a group or profession known. Not all people are lucky enough to work in different industries, I'm not sure if that causes illness, to know too many people, but I think when it comes to connections less is more, growing up you don't really think about the politics of knowing people or go by what people think, you're usually into your own thoughts, thinking you have your whole life ahead of you young, but as you get older, pickier, with whom you associate with and by who you are connected to changes, may change, based upon your wellness, if you don't stay well, you miss out on events, important days, and forget to stay in contact with people close to you, that's a product of drinking (and addiction) it's hard to go backwards and reconnect, sharing is one way of reconnecting with others, but not if you dive into new subjects or old subjects and for some send backwards in time, to their surprise you've just arrived at jokes, these things or thoughts no one would admit to, that is thinking everyone is thinking the same thing when they see someone famous, or see a group of people who are famous together. On the outside looking in it seems that everyone talks or is in sync with one another, but that's not the case, not everyone talks in real life, best is to live life, on your own terms not the terms set by others, not that you'll be out of the loop, but that's okay it's better than trying to stay in the loop and get disoriented, we used to read about others professionally not by what is said about them in summary to things that they share about themselves, by writing professionals in magazine, but that's no the case today, you have to do your own PR and that's by staying well.

Book #5 (mymollydoll) by leslie A. Fischman

3/7/2019

Book #5 (mymollydoll.com) by Leslie A. Fischman



030719_book_5_by_lesliefischman.pdf

[Download File](#)

what is offensive ...

3/7/2019

I think generally... anything made privately shared in public is considered offensive to the recipient who in private spaces or confidences, needs no mention of experience with or of interactions made privately, that's considered confidentiality, and maintaining confidences, that's a matter of professional standards, but not in the private sphere to those who live public lives, often times their private lives are by what makes them human all the more so, judged by how they are in private ... determines whether they are of good standing in public. That is how to rate anyone's professionalism, by how they appear in public and how they treat others in private, that is how one determines, their good character, whether fit for certain clients, or subject matter, that is a heavy subject, when heavy subjects are brought forward it's the listener who always benefits having put things together, but only if the listener brings inward those emotions as affected or takes personally the sharings of others, as directed toward them, then in those cases, determines the fitness of a professional to handle certain subject matters, to some these subjects are elementary with a better understanding of the times, and for purposes of historical outlook moving forward know better how to handle situations or subjects given their experiences redirect others, that could be by knowledge from

personal experience or could be by knowledge based upon fears, or pains in life, or knowledge based upon education and experience know how to handle the emotions of others, that's professionalism knowing how to keep a room calm, knowing how to speak in public, and how to carry oneself around others in conversation takes time, from speaking in public to speaking in private or speaking privately in a public space, how loud to be as toward the person or surroundings.

what makes living possible ...

3/7/2019

Nothings impossible unless you make your life difficult, more difficult than it needs to be. Be forgiving of others, and mostly forgive yourself for how you appeared past, as insensitive, not all are privied or think the same thoughts, especially about who they admire, or look up to, or think highly of, we all have different role models in life, or ideals we seek to live up to. What resembles ... same or similar is not to each ones individual privilege to call out others based on what is around them or based on how they look as connected to others, or deserving of being put down as a possible connection or of likeness to others for use. Everyone has their own identity, if we all imitated or based our ideas off the same concepts, then life would be monotonously, boring, and self-serving a one-way ticket to disillusionment, smashing together concepts only putting together what matches, that would make life too up tight. Be apart of, but its not required that you conform to any one set of beliefs or opinions, it takes a general opinion to create a bigger generally accepted opinion, do not blame the impetus for action on same or similar circumstances or movie or music cases, to recapitulate circumstances same or similar if a same defensive methodology was thought used, just do what you think is right, and if everyone picks an issue they believe in and the more people trust in that concept as making sense, then we hope that its for the greater good all benefit from that support, if everyone is not benefiting from joining a general system of support, then allow people to grow and support causes they believe in at their own paces, not as same or similarly in defense of as a sign of guilt, for any other areas of their professional lives ... as coming from a place of guilt, helping.

recovery and forgiveness ...

3/7/2019

For every action there is a reaction, always keep in mind the ages and intelligences of others vary when it comes to comprehension, always do your best to make sense, not spread bipolar ideologies, but represent yourself as you wish others to represent you or your ideas in life. Be respectful. Everyone does their best to help make sense of life, you are no different, neither am I. We are not all experts when it comes to living life, if you cannot learn something new daily, well then youre not living life to the fullest. You are the only limit to your successes in life, be sure not to insult the successes of others, at your advantage to tell your story in life, as same or similar to, always do your best to be unique and original, we need not all respond the same #slutwalk, to show our true stripes and regain our independence of choice in life. You are a product of all choices in life good and bad, and when you live with those choices, do yourself a favor and forgive more often, its likely to lead to better choices in life, not choices with the underlying pains of disappointment of choices past, but upon arrival due to something present going well for you dictating your direction in life, not to undo a past decisions or life led, or relive a set of poor decision making circumstances and choices which you are responding to which need not necessarily be responded to by others again. If you live a better life, well then you have bettered yourself, and by bettering yourself and living a better life that's how you benefit others, not always by going backwards and redressing or addressing the wrongs created by others in your lives, but by positive coping skills demonstrated by living a productive life, is how best to rise above, all sides, benefit from that structure of recovery and forgiveness.

As you get better ... handling voices

3/4/2019

As you get better you'll feel less and less inclined to defend yourself against voices taunting you or ridiculing you, that's just a manifestation of others unhappinesses with you, whether or not they can control you when youre up or when youre down, that's their loss of power over you, and that's not your responsibility to correct or make better

others, only yourself. Whenever you suffer from an mental anguish or ailment, its not your responsibility to help others, only yourself, and if you so choose to help others, and run the risk of others trying to prove that youre not well, and have no standing to be apart of, well than that's just them not wanting you to be apart of those who are well, it must be because they think that they are better than you, and you not deserving to be apart of well somehow suits or betters themselves, to see you not doing well or to do well achieve well, and then not appear or do well in life, don't let others get to you, not by phone hacking and especially not by voices be affected by anyone, no jokes or puns intended on #worldpeace, but have beared the grunt work to it (understanding the non-productive humor residing in any jest to motion for it), not to be obvious as a daughter to a season ticket holder to the Lakers since the 80s. I'm sure there have been jokes flying around for a long time, but none attached to my family, not until my ex-boyfriends best friend and him, Film Majors, created music videos, and YouTubes, and later a sister-in-law wrote and sang a song with Eminem while I was in law school, know your limits to association, if you were not associated then close, then not at a later point in time can then become associated and close, that's not the basis or connection from which any material was produced, but usually material is made from material that is already produced or out in the open for use, that is how material is made based upon what is existing, as a law student I led a very private life, how I got jobs in positions of trust, and able to date, and have a normal life, as a blogger you are under a much different set of circumstances as a writer, you live a more sedentary and secluded life. That's not a product of being anti-social, its just a product of being sober and staying home, and wanting to be successful and by those successes be able to help oneseelf and help make a positive difference in the lives of others. You cannot judge someone now, as they were then, as a matter of wellness, one gets better over time, and whatever underlying causes for conditions existed then, do not exist now, and overtime voices will slowly take less hold over your abilities in life, the more able you are to focus and stay steady minded, not appear not well to others.

Procrastination blues ...

3/4/2019

If you're thinking about getting something done and you keep putting it off, you're likely to not feel good about yourself. The goal is to at least get something done, that helps you toward fulfilling those goals in life, anything off the beaten path ... well its you that winds up feeling at a loss, when you do not end up where you want to be in life. When you have time at your disposal, use youre time wisely, that means setting a schedule for yourself, and not getting into procrastination habits, where you pick up one thing, start something, then not go back to what you were working on, lose focus in life. According to the [verywellmind](#):

“No matter how well-organized and committed you are, chances are that you have found yourself frittering away hours on trivial pursuits (watching TV, updating your Facebook status, shopping online) when you should have been spending that time on work or school-related projects.”

Being in a position where you can schedule youre own hours is to your benefit, but when you are given time off to work on yourself, that means use your time wisely, we all have deadlines in life ... meet them. We all have daily chores and self-care routines, keep up with them. Whatever gets you going in life, to start your day, and keep going in life, then don't stop. In fact its not uncommon for us to “underestimate how long certain activities will take to complete” often times when we leave a project and get back to it, its just a matter of sending an email, following up, or participating and attending functions, this shows that you are proactive, and by being proactive, you are positively aware of what needs to get done, and getting what needs to get done, in alignment with those goals and interests in life. That's being organized with your time. Whether its keeping a daily calendar or schedule, that's how to stay on top of things, a little advanced planning goes a long way, that is setting daily reminders to accomplish goals.

Reference:

<https://www.verywellmind.com/the-psychology-of-procrastination-2795944>
never thought that was odd ...

3/3/2019

Growing up I never thought that was odd, film, or who worked in film around my family, it was never a dream to work in film, but now have jobs in Tech and Film. -They filmed scenes from the movie Clueless on Bristol, where I grew up, on Rockingham. 2015 my best friend came to town and we toured the Mann Chinese Theater in Hollywood and the Paramount Lot. I don't think people are so organized as to be provocative about the times, but I think in doing so, it looked provocative for us to be on tour, as though an outing to out those who may or may not have caused harm to beauty standards and standards of intelligence deemed beautiful. I think for the most part, these films have led us perfectly in terms of fulfilling standards of intelligence and beauty, if there were three movies most relatable to my life, it would be: Clueless, Legally Blonde, and Black Swan. These movies are about beauty and intelligence, popular movies, popular doesn't mean most relevant, but at the time, not a big movie buff but have seen a few movies, these were a few of the movies I saw in part, I didn't finish watching Black Swan after the cutting scene, it was too relatable, self-mutilation. I think blogging is fun not in a way that self-harms but in a way that similarly allows you to shine or pick yourself apart to do better. I don't think that movie code or music code rules the world, but it has in some respects affected our intelligences and the way we see the world, for better or worse (there are a few examples of for worse, we will not discuss: Hitchcock and Manson, one of two were sued). When reality hits, one should not recreate what is seen in their lives follow like a script, nor treat others as though they are living in a movie, and adhere to scripts to portray someone as movie like. For the most part I have done my best, I did not go to law school because of a movie, it was because I was a hotline counselor 2004, certified and wanted to make a positive difference in the lives of others, and thought a law degree would be more helpful to learn how to advise others, but see that a legal education helps you think better so that you can advise, but by laws. Overall I think I have become a more intelligent person having attended law school, and look forward to finishing law school, although its taken me many years to finish, working in between semesters, to keep my career going in life, have finally found a couple jobs, who believe in me, and willing to work with my schedule and accommodate my interest in finishing law school.

Relevant Twitter Tweets:

Fast forward (2019) there has been a steady growth in #tech, more jobs, blogging is popular on #socialmedia, we have more websites. We will always pick up from where we left off but cover for no one not even Hitchcock ... Sincerely, @TheAcademy + #mymollydoll □□□

— *mymollydoll (@mymollydoll) March 4, 2019*

Know your dream! □ #mymollydoll #siliconbeach #paloalto@TheAcademy pic.twitter.com/eqKINYAoa3

— *mymollydoll (@mymollydoll) March 4, 2019*

intelligence matters ...

3/30/2019

Intelligence matters when it comes to love and admiration, rarely do we trust our hearts with someone who we think is either (1) not deserving of our love or (2) ill equipped to handle our stresses and make better ourselves, call that selfish but its true, we generally seek out intelligent people people who take good care of themselves and take good care for others, why self-care is so important, it shows that someone cares about themselves and that because they care for themselves, care for others to care about them do, that's having a healthy mind. You cannot have a healthy mind, if all you think about is people appearing less than, or people appearing as better than you, critical of them, that's not caring for the health of others but only your own health, life is short, but it need not be made shorter, caring about the wrong things in life, or the wrong people, that causes a set back, to our own wellness and the wellness of others, when we fixate on people who have caused us harm, instead of appreciating everyone who is doing their best to keep everyone well around them. In meeting my Doctors, I don't think anyone is invisible to mental illness, its just that some can identify better when something is wrong, and fix what is going wrong in order to help make you feel better, that's intelligence, not absorbing the problems of others, but being your own autonomous unit of care to others, and mostly to care most for yourself, that's not selfish, that's just not becoming sick just because someone else is sick or because you see someone who is not well or may be sick. It's a hard fact of life, that we all get sick sometimes, whether it's the common cold, or just a mental health issue, like a bad day and being moody these are all normal parts of life, the more we normalize bad behavior however, the more acceptable it may become, why its important not to encourage bad behavior or diving into thoughts that produce mental health issues or behaviors such as defeative thoughts about self, depressed mood, and other self-harming forms of talk

therapy that don't set things right for us in life, but make us worse off, why its important to always stay positive, be accepting of others, and not make worse already fragile conditions spiritually, and socially regarding some believing in others and not believing in some capable.

liking your likes ...

3/29/2019

You can have likes in life, you may not want everyone to know what you like or who you like though, as that may make them or others uncomfortable as being known liked. I think when it comes to liking others, that's not something you talk about until it becomes official or until you are considered presentable or a person worthy or liking anyone of higher stature, be careful not to embarrass others, you are allowed to have crushes in life, but be sure not by your own insecurities, as co-dependent insult the other to bring the other down to feel worse than you to empower yourself, as being over them, that's called either taking your power back, or disempowering someone else you think has too much confidence, call that protecting someones best interests, but often times those who love you, explains why they put you down in life, that's to show care for someone, theres a difference between those who do not care about you and who put you down as knowing you, who you are not close to and people who are close to you putting you down to correct you. Everybody handles things differently ... especially when it comes to rejection, they either get upset, mostly with themselves for giving their power away or others get upset with them for not empowering them by being nice to them, that's a much different form of a feeling of rejection that by someone who does not know you or who you do not know being mean to you. You cannot go through someones private life and think that you know them without explanation from them, we all speak to people differently, that's by who is addressed how you address others, is person to person, we are supposed to treat all people the same, but that's not always the case. How someone is with one person may be different than how they are with other people, even though it's the same person, you cannot expect them to be the same with all, they like, or by who likes them how they respond or write to others ... be treated, as though they are lesser than or the reject.

depending on your past ...

3/29/2019

Much about your self-esteem has to do with your past and being happy with where you are now. Its easy to come up with excuses for not liking yourselves, when it comes to body image or maintaining sobriety. Your first years of recovery are always the worst, you'll go through a lot of changes, gain weight, that's a normal process healing. When you finally achieve youre ideal mentally and physically again you'll be proud of yourself, just give yourself time to heal. Its not by likes or rejections you should feel good about yourself, not go by who likes you, but go by how you feel about yourself, no one knows you better than yourself, you cannot judge a book by its cover, assume that just because someone does not look well or is overweight that that means that they are unhappy with themselves, sometimes people are harmed in the process of loving others, and by those rejections or failures in life experience hardship either by use of drugs or alcohol to feel better about themselves. To better oneself, without competing with others, means to be the best version of yourself, absent minded others, what others think of you, or whether they are judging you now as well or being bad on purpose and that's why you look bad, is because of your own faults in life, there is lack of empathy for people who are not strong or who do not appear well, don't be so judgmental, acceptance of self is key to build a greater acceptance of others, who not by appearances do well in life, but by their hard work and effort put toward their own self-esteems and the esteems of others, achieve well.

feeling better (therapy) ...

3/28/2019

Whenever youre not feeling well its best to consult a physician, with whatever is bothering you, that's not to say that AA is not helpful to get to a meeting every now and then, but checking out completely from reality is not the solution either to your problems, it just exacerbates your problems or makes worse peoples problem with you, as whether or not you are deserving of doing well in life, based upon your appearances or by how well you are doing able to help lead or be of sound support to others. Its really no ones fault when anyone chooses to drink or do drugs,

just like anything done in the privacy of a bar or at home, that's their right to privacy, to keep confidential their problem with drugs or alcohol relapse, or not do well in life, to who that affects if others, then becomes a problem, especially if someone while using in public causes harm to themselves in front of others, is what's at issue, whether I was harmed and then harmed myself in front of others, and who was responsible and what were the triggers for my self-harm whether it was substance abuse related or via alcohol. [removed] Once you are given an opportunity to live a new life, don't mess things up for yourself by trusting the wrong people in life, or abusing your privacies and privileges in life, to not do good for yourself and others, that's the purpose of punishments, is to prevent crimes from occurring.

some key suicide prevention tips ...

3/28/2019

Its never too late to have this discussion, whether someone you know is feeling that way toward themselves, or others are feeling like someone is feeling that way toward themselves, don't push people over their edges in life, then blame them for their own circumstances in life. The right words to say are often difficult, a few steps have been provided to help get the conversation started: "(1) Start the Conversation (2) Listen, Express Concern, Reassure (3) Create a Safety Plan, and (4) Get Help." [1] There are many things not to say to someone who is suicidal, it requires more than faith or upbringing to say the right words, its best to refer someone to someone with experience always to get help like 911 or a hotline, such as **The National Suicide Prevention Lifeline 1-800-273-8255**. I was told, "You may be concerned that they will be upset with you, but when someone's life is at risk, it is more important to ensure their safety." [2] I don't think therefore sharing my own personal experiences overcoming mental illness is helpful to anyone who is currently suffering, an uninspiring lesson in life, is to hear from someone who self-harms usually you are punished for sharing out loud, any stories of self-harm, that doesn't make you a pariah, it just makes others uncomfortable to talk to you or be around you, much like anyone who relapses drinks or does drugs, once you get labeled as of harm to self, the unpredictability of your life expectancy becomes a cramp to the style of others. That's why people do not disclose when they feel like harming themselves out of fear of being put on holds by others, I know when I am not feeling well I take myself to the emergency room do not need help from anyone when I'm doing well and with a job, be forced to admit to using or misusing medications and/or blame it on past alcohol use, mental health issues are real sometimes caused by others, and sometimes on our own merits received illness. I do not think anyone is deserving of mental illness or illness, that's not what I'm saying, all I'm saying is that those who suffer do suffer, and not to rub it in or blame them for their suffering. Only the well can help make those who don't feel well feel better, and usually its best to surround yourself with people who are well in order to get well like AA, and have these talks out loud, #stophate. Allow people to get well, sometimes it's a myriad of issues compounded why people self-harm, it can be because of circumstances they cant change about themselves, in my case mostly. No one wants to be blamed for the death of a loved one, and I certainly do not think that my family wishes to be blamed for my previous suicide attempt (2009, 2017) or for my mental health issues. Allow people to move forward in life, allow people to recover, and forgive often.

Reference:

<https://www.suicideispreventable.org/>

whch more is expected of you ...

3/27/2019

You can't go backwards to explain yourself, if not acceptable then then at no future point in time will any positive impressions be made moving forward but a past viewpoint of you as heard by others or by incident preferred to paint a picture of you in their mind that makes sense, that would be by someone in your past who is either being defensive to the illnesses you suffer now, or not wanted to be responsible in the future if you become ill having known you, its to each ones responsible to take care of themselves, you can only blame others for so long until you have to fix your own life, and learn how to live on your own, we cannot be given things in life, if we are not deserving of privileges in life, that includes friends and companions, its important therefore to begin new relationships or end old relationships but not to be judgmental toward those in your past for their current relationships or lack thereof. Some

people will think what they want to think and just like offenders or addicts who wont stop, wont stop being boastful of their superiorities in life, and continue to spread gossip about others or about me ... to paint a negative picture until they feel admonished of their wrongs towards me, no one is deserving of suicide, not me not anyone, and the only way to defend against such illnesses, is to bear in mind, not all see it coming, that is negativity, and some people when they get hurt self-harm, and sometimes that self-harm hurts the feelings of others or people around them who are trying to help them, that's not separations to create dysfunction, but we assume to help you function better, not to embarrass you in public on purpose, or to make the voices you experience worse, as real or imagined. Just do your best. Its for no one to judge another in the abstract the purposes for their word choices or the standards of their wellness as based upon care given to them by others, but it usually when we self-care in a way that breeds positivity to fruition in our own lives, and creates energy that others are drawn to, means that we are speaking and behaving appropriately in a positive light to which others are drawn to, that's not by money or clothes or makeup that's by being a good person. Once you've achieved being a good person, not to forget the people who intervned and tried to help get you back on track along the way, you will be compared to others who have found less than success in recovery, some who have passed, don't be one of them, be strong, and being strong does not mean action in the literal sense, no time period is so dark or so depressing, or so equivocal, that argument or words are required to fill those spaces or to correct those thoughts about others, share your two cents wisely, and always keep in mind, people have lives of their own, and don't have the energy to waste going backwards through your past, to help paint a better or bigger picture of the past as a whole as though your connected to a bigger picture, without fame, there is less responsibility influence and leadership wise, but once you put yourself out there to help others, expect criticisms only to strength the kinds of topics you discuss that in the event if needed can help someone through a mental health issue they have experienced along the way either directly or not but not feel alone. On a Personal Note: I am now confiding in a doctor or choice, through the nitty gritty of self harm and why its difficult for me to be trusted now, as someone who has self harmed, that why people get put in hospitals, when tired, do that they can get better not self harm again.

you cannot share experience ...

3/27/2019

Unfortunately there is no cheating in life when it comes to experience you either know the ins and outs of normal or you struggle to find your own as reading and going by the issues placed on you, having issues of your own, or creating circumstances to make others have an issue with you. You have to always with a sense of humor look back ... first at your own past, secondly of those around you (rarely do we think about the pasts of others unless they bring it up, deciding so whether relevant to justifying actions or behaviors toward), and lastly we reflect upon the present, where we see ourselves now, and where we want to be in the future. Some of us are blessed with lives beyond belief, however do not bear the same strengths and gustos of others who are not as privileged or trying to succeed up above you in life, that is why there are some who are educated leaders and some who fail to meet the mark as being among the lead, and pushed down the ranks in life, led. That is okay, when it comes to power and privilege in well, it is the well who stay well, without associations do well, and upon being well make associations in life or maintain friendships as well, once you turn around in life, and fail to meet those marks, then it becomes about who knows who for what, and for what purpose others meets, to share what common grounds, or to help whom, to whom help is received, and by who and what others are empowered ... made better or better than, by reactions to others. There is a sense that there are some not to be experimented with, I have so willingly put myself out there, knowing that I have been hospitalized on 8 different occasions for 14 days, ALWAYS taking myself to the hospital except 2017 hospitalized 2017 for attempting suicide. I think if you stay sober and do the 90x90 you should not be hospitalized ... #stopsuicide ... its by self-harm we cause harm to the reputations of others, and by those embarrassments in life, get judged as being in the wrong, its by our own faults and sufferings in life, we should lead ourselves, away from controversy, not blame the controversies themselves for illness, or be experimental with the past, in the sense try to understand why people commit suicide, it is their own fault never the victims fault, the survivors, and should not be provoked either, by knowing that now. A provocation occurs when for example I say something, if not neutral and specific to a particular population, why not to mention headings as toward groups of people, to whom offenses are taken, and by gender or race, take something Ive said to justify a harm toward me, and then use my words as a defense for putting me down, as though that's okay to hurt me, its not.

sometimes under stress ...

3/27/2019

Sometimes under stress you're not always going to get the response that you need or want to hear from someone in order to make yourself feel better about things. Just because someone talks or reports does not mean they are turning on all their friends, or have no friends. Don't be judgmental towards those who report, it's not always for purposes of prosecution or to raise defenses from others, that would be an unreasonable squeeze on circumstances, to transfer those same or similar stresses one feels as though something now everyone feels. You can't remove people from life or from equations to make better your lives, if someone is behaving or treating others poorly, then that would be a cause for removal of a person, if that's what you're thinking about right now, if you are somebody who does not think well of me, well then those are the defenses you are trying to raise from me, as though deserved as though I am deserving of punishment or not doing well in life, because I am not successful and choose to blog. That is you being judgmental towards me, as though speaking is a turning on others, not in support.

remember your good years ...

3/27/2019

Much about life is remembering the good times, not just overfocused on where you are or are not in life. Often times when we are not feeling well, we will come up with excuses for why we are sick, why we are in a bad mood, or why we are not doing as well as we would like to in life, you really can't blame anyone with a bad attitude, if you want to be one of the happy people in life, it's time to start realizing what you do have in life, not necessarily what you have to offer others, and by acknowledging all that you do have, that shows love and compassion for those who care for you, and that's how to receive love and compassion from others. Until you realize what you have done wrong in life, or understand the consequences of what is going wrong with you in life, will others come to understand you better, as not someone at risk of harm to self or others, but be recognized as someone of value, not just by your privileges in life be deemed important, we are all important people, life's not all about acceptance, some will not be forgiving of you by sharing what has gone wrong for you in life, and based upon where you are at now, will judge you in the negative, so long as you continue to stay where you are in life, and not move forward that's all the more reason to reinforce those negative judgments of you, we are all deserving of living a good life, always prove them wrong, when in Rome, otherwise they will connect every news story to your newsfeed and blame you as a consequence of your mental illnesses if can be proven are a contributory factor to the poor decision making of others, or as though if like, in cohorts prove you wrong, that's wrong to take someone who is well, and create a side towards them, and with the words that they use to help empower self and others, not necessarily similarly situated, be treated as someone trying to be an influencer and by those influences in life empowered, in fact it's the exact opposite it's my misfortunes in life and lack of opportunity, and struggles in life, that have empowered those who are not on my team in life, and that's just a fact of life, not everyone will be for you, but choose to be against you in life, thinking you're not good enough, or strong enough, not deserving of living a good life, no matter how hard you work, judge you based upon how you were, not accept you as you are now, and based upon what they hear about you, assemble you in the wrong. Life is not about doing things for reaction or doing things in reaction to others, once you are hyper vigilant it's hard to be creative or to fight negativity, it's more like a crumble than it is a fight. That's living for the moment, not worried about the past, but living for now, that's hyper vigilance, which does not always mean looking out for others, but also means to look out for self, not because someone is doing something wrong, but concentrating on reading one's surroundings, to keep oneself out of harms way, so long as you look after yourself well, and do unto others as you wish done to you, then no one should worry about your condition just worry about themselves, if they have done nothing wrong to harm you, that's the problem.

Rolling with the punches ...

3/26/2019

You can only roll with the punches for so long until you look like a follower and let people who know less about life lead you or try to control you thinking that they know better than you, why some of us are leaders and some of us are not. It's by always your best decision making skills that you are able to read and predict what's in front of you, and leave the past behind, that is your past and the past lives of others, are none of your business to pick apart, as

deserving of a good life or to do well in life. Don't be next, not next to die, not next to commit suicide, and especially not next to snap [fight now about the past] and take your love for self [unhappiness's with ones self] or ideas [not transgressions but by what you think is right or perfect of thought sound of mind] about life out on others [try to control what others think], and their ability to do well see and predict their own futures that's for no one to judge how someone achieves intelligence or friends in life, by what they say or by how they carry themselves as deserving or not of fortune or misfortune. Always do your best to be mindful of the spaces around you and others, and whatever you put at the forefront of your mind, is what will come from me in the defense, as not deserving of suicide and or illness, based upon what other people say about me, or based upon what I have said past, not in a well state of mind, not doing well in life, be held to that standard as not well or not smart enough to help others, or to help situate myself in a place online, to which I am not longer harmed if out in the open. That's why it's important not to spread illness, that is by rumor affect how people see someone who has not realized fame or any kind of notoriety hurt their reputations before they are able to get jobs or become successful as a way to prevent their future from occurring or to prevent their future abilities or earning powers in life, to the benefit of a few who think that because they write online, that they are empowered by their sense of purpose online, to the disempowerment of others, now its keeping an even keel so that others keep an even keel as toward me or others ... that's in everyones best interest not to be famous or well known.

going to aa for different reasons ...

3/26/2019

People go to AA for different reasons ... its mostly for self-harm in my case I would say. That is doing things that make myself uncomfortable and or others, such as talking to self or self-harming. These are not things you discuss out loud, just be understanding of others, I have not been hospitalized since 2017 and have been doing well, for the most part, its really not anyones business for what reasons people self-harm, that's something between themselves and their doctors. Don't be worried about others, especially if it has nothing to do with you, rarely will you get reassurances from someone who has caused you worry, or harm, that is the bottom line, until you are able to help yourself, you get designated as worrisome, others playing victim to your condition, which is outside of your control, unless you choose to stay sober, its hard to make your life change for the better, and even then life can still be difficult as sober. I have been sober since 2014, and sober everyday since 04/02/17. It's a long process of recovery, once you get sober, unless you choose to abstain from drinking and dating can maintain sobriety, it becomes a lonely world on your own, why people attend meetings to have a support group and to be around others who similarly need support, that's not the same as going out and making friends, the friends you make in AA are not for fun, but for support, more like professional relationships not people you go out and do things with or date, that's not recommended in your early days, weeks, and months of sobriety. I think the hardest thing is starting over once you do decide to stop drinking, there are a lot of triggers you will face in life, death, co-dependence, hate, suicide, and people getting sick around you, but you have to be strong. Life is not easy everyone goes through losses in life, its how you handle yourself in the event of a loss, that determines your overall positive outlook in life, whether able to maintain it. Just be cognizant of others around you ... may wish for stability over worry, and whenever others are under your care, then stability is preferred, always be a person of your word and stay sober.

in the aftermath of suicide ...

3/25/2019

Its important firstly, not to blame yourself "for your loved one's suicide in any way"[1] its not your fault. We may not be able to control all the events in our lives, "psychiatrists theorize ... we would rather fault ourselves for a tragic occurrence than accept our inability to prevent it." [2] Suicide following a diagnosis of depression makes one a "victim of disease, [and] just like cancer victims ... [do not] deserve blame" is one way to look at things. [3] Much like a Holocaust Victim's suicide, it is questionable whether "[their] emotional wounds [were] so deep that their pain continued to resonate" that may be so, in cases involving survivors of gun violence ... pain that has the potential to "resonate and build for years afterward." [4] Its important to understand the "common threads that help us understand that we are not alone in the confusing sorrow we face" by studying the stories of others, we can hopefully learn from their experiences and not repeat the same mistakes ourselves when it comes to asking for help. [5] Its important to note that "suicide is rarely a sudden occurrence ... [and that] far more often [is] the result of a

long, debilitating breakdown of an individual's emotional health.” [6] Based on those who have survived suicide, “the primary goal of a suicide is not to end life, but to end pain.” [7] It's common to put yourself in their shoes, while trying to empathize and understand “what we would have to feel to make the same choice,” that's arguably not a healthy step in the right direction, because upon “imagin[ing] our loved one in that kind of pain [is] almost too much to even consider.” [8] The main flaw is imagining through a healthy mind, that is your mind, it's important to note that “the suicidal person has a distorted view of their world.” [9] In that case, maybe it's time to fix distortions following tragic life events, how to view the world in a way that we can achieve the same kind of peace of mind, as before the experience of trauma. For example, in suicide notes, they can be more misleading than helpful in understanding the point of view of the victim, assuming they understood everything, or got all the help they needed, or understood fully what was happening to them psychologically, that's not true. [10] There are many stages of grief: (1) Shock, (2) Denial, (3) Guilt, (4) Sadness, (5) Anger, and (6) Acceptance. “Up to 70% of people who die by suicide may suffer from what psychiatrists call an “affective illness” such as major depression or a bipolar disorder.” [11]

There are common difficulties faced when coping with life's difficulties remember that you are not alone and you can always ask for help, and can call the [National Suicide Prevention Lifeline 1-800-273-8255](https://www.suicidology.com/). It may take awhile to “move past each setback, loss, and misfortune” remind yourself that we are all in this together, you can ask for help, no matter how small your problem is, and while you may endure pain through each trauma associated to the causes you support, we are here for you. Trust your systems of support ... we are all new to this: #endviolence #stopsuicide. Sincerely, #mymollydoll for #teamenough as per our telephone conversation 10/21/18, am now making an extended effort to share a pamphlet I got from [American Association of Suicidology](https://www.suicidology.com/) Spring 2018 by Jeffrey Jackson.

Reference:

A Handbook for Survivors of Suicide by Jeffrey Jackson
[why is grandiosity insulting ...](#)

3/24/2019

Whenever we are tired, it's usually those full of energy and light, we feel dissimilar from, thinking that they should be feeling the same way that we feel, or that there is something about them off, as though they know more than we do about life, further along in deductions, or further along in life, we all live the same lives minute by minute on earth, to put things in perspective, depending on what time zone you're in, now with social media, we are all on the same time, life happens fast, but not faster than reactions can be controlled, or voices in response to reactions by others, including ourselves. It's important therefore to not be judgmental, everyone self-soothes differently, and some voices are not soothing, or preferred to be soothed by people we love, or by the physicians that care for us individually, not in particular me, given my discomforts in life, am not a soothing voice always, and sometimes when I'm not feeling well, that can be understood by the reader as well. Be mindful it's not necessary that we be super intelligent to function in life and have jobs, nor necessary that we be given access to the same education or resources, but it is important for you to have a voice of your own, a voice to which you can express in times of need when you need help, and not keep things to yourself, to the point you self-harm or cause harm to others by self-harming. Everyone cares, and at some points in your life people will not care, for whatever reasons they think justified, as you being someone deserving or not of success, a good life, or privileges in life, that does not mean denounce or suggest that people deserve the polar opposite condition of a well condition, based upon people's standings in life and appearances, you cannot always judge someone as being good or bad toward self or others, not all who look bad are bad, and not all who are not well look not well and not all who are pretty are well and not all who are intelligent look smart and not all who are not intelligent look thin or well kept, everyone is different, we all handle life differently in a different order set our priorities in life, but one thing is for sure, to always trust those who are above you, listen often, and don't let yourselves go not for anyone or over any trying circumstances give up in life, always do your best and from there better decisions for self and others can be made, that's the road to achievement in life, not all days will be a success, and not all failures are correctable, some failures result in people being unforgiving towards you, no matter how good you are, no goods are driven to change those beliefs about oneself, it's usually by good timing, by being good, good decisions are made, irrespective out of thought the thoughts of others, as thinking about them or judging them.

during times of need ...

3/24/2019

During times of need its not necessary to address everyone, and raise the stress levels of everyone who attended the #lamarathon, we would rather not hear voices of attack or concern for my health right now, I'm in the best possible health that I can be, I cannot speak for everyone, but can at best speak for myself, who was present today. For those of you not present, its really none of your business to attack my good character as though I don't care or bring up my past as deserved, that's really none of your business, to raise defenses or to cause suicide to others, as these subjects come about not by choice, but by circumstance, we cannot control everything around us, but what we can control is how you respond to others, as not in the defensive and cause unwanted voices in me or others, such incantations are unwanted, and as a result of incantations, voices occur, that is by who you are connected to by choice, and by who you are not connected to now, allow people to reframe from unwanted discussions about the past, or about people in particular, and then heighten already unsound attentions wake up the tolerances of others, based upon a few peoples interests, of safety, we are all concerned with our own personal safety and no one is asking for it or deserves it whenever anything unwanted occurs, and no I don't deserve to be attacked not behind my back or in my face. I think during periods of recovery once you get separated from systems of support and support groups the tendency is for others to write you off, as though you went out, I've been home in my room for three years, I don't go out and I don't hook up, I'm a good person, I stay home.

False alarms and recovery ...

3/24/2019

Don't be weirded out by the moods of others, that's a natural progression when recovering from trauma, or a bipolar episode, that sense of disillusionment and paranoia, that follows. Just because a problem does not directly affect you doesn't mean not to be emotionally prepared for when and if its necessary to help others. Today at the #lamarathon I found out that two Parkland Shooting Survivors committed suicide, I know the feeling of having been advocated for the highs and lows of advocacy and getting support, and then needing to ask for help, it's a process, of feeling down and then getting strong again, not everyone is fearless. To reach a point of stability its best to talk one on one with a therapist not in a group setting if you are not feeling well, I was hospitalized for 28 days, upon disclosing a previous suicide attempt 2009 ... from trauma in the 90s?! Yes, from trauma in the 90s, you only have one life to live ... just do your best to pick and choose your sides wisely, and not be too defensive to the expressions of others, even if Bernie Sanders shows up to #ACLU100, just be proud of everyone how far we've come, and don't forget to be patient with yourselves. I stopped by Nordstrom's Rack the other day, where the Army recruitment center is, and bought a purse, I forgot to say hello, I was not hired February 2009, because on medications already by then, there are other places to work other than for the government, I should've reminded myself, growing up in Brentwood, I always felt free and free from harm, never a quiet or shy person, but have found in my older years a little more paranoid, even smoke that smells stronger than the hotdogs in DTLA bothered me, the police mentioned that it must have been the "confetti canons" if that helps clear anything up, I was walking home from the Marathon, when I saw the smoke, maybe I should have held a sign that says I'm not Trevor, Trevor was the yearbook editor, and I'm not "...shady." There was a "Go Trevor" sign with an arrow ... I didn't make it past the scooter bend, before I turned around, it was barricaded off by a white fence. I feel better having been out today, than staying home lazy or busy counting prescription meds, administered by my Mom each day. #sober

when youre feeling down ...

3/22/2019

When you're feeling down the best thing you can do for yourself is to stay active, that doesn't always mean being proactive. Its hard to plan for when you're having a bad day, or plan for depression, it just happens. Life happens daily, and for those of you suffering from mental health issues well Ive been told its something you will deal with daily. Its been recommended to be humorous in your approach to dealing with depression as well as "to be happy."
[1] What does happiness mean to you? Shopping, Exercise, Relationships, Money, Jobs, Success? We don't always

get what we want in life, and most of happiness to me means being happy with what you have in life, not worry to much about what you don't have in life. If you're not happy with where you are in life, it's hard to achieve other things in life, or maybe you will achieve things in life, and still not be a happy person. Life is not all about staying happy, it's just a momentary feeling of joy you may feel sometimes being around others, or by doing things you love to do on your own, some are only happy when excelling in life, ahead of the pack, that's no easy task, be sure to not set your standards too high above your means in life.

Reference:

[1] https://www.srisriravishankar.org/blog/post/from-depression-to-deep-happiness/?keyword=how%20to%20treat%20depression&campaignid=206354957&adgroupid=15753788717&feeditemid=&cname=&targetid=kwd-28481766&gclid=Cj0KCCQjwj9LkBRDnARIsAGQ-hUc4INLg0SxqMf1JSIB5sikVIN5ej1GKTLwiwoLs1QjFP2ntZAvyMv8aAli-EALw_wcB
Being responsible for your own words ...

3/21/2019

It's not necessary that you be on everyone's team in life in order to find and achieve success on your own, it's important to make and have friends along the way, but it's not necessary that those friendships if not maintained to the same standing they were once held, hold you back in life, as of less than in life, we all move forward we all grow apart, and knowing your connections in life, do your best moving forward to better yourself and your life, not hold others to conversations about you that would make them or yourself uncomfortable as around others. When you decide to be a peacekeeper online you have to be open about your mental health, physical health, and be open to criticisms along the way. When you provide a voice online to 3,000 a week or up to 1,000 people a day, that's your responsibility to take responsibility for the words that you share, and not make worse your condition or the conditions of others as toward you or others, there's a fine line between sharing so that all can relate, and sometimes sharing to which no one can relate exactly, and that's okay. We did not all grow up the same, so interpretations may vary depending on the closeness you feel to the writer or lack thereof, in favor of your own best interests and mental health. Given that, it's important to understand that not all may be well liked, given their upbringing, and that some of those descriptions about others, they are born with, not something they later changed about themselves to fit any molds or ideals of thought, but based upon who they are, feel or think a certain way. I've been told that head hitting is hereditary, something my Grandma went through (#stroke), that doesn't mean that that makes it okay for me to hit my head or stress out when I'm not feeling well on my own, with or without help from others, no one should have the power to push you over your edges in life, one should always be in control of themselves, not others to be at peace. If you cannot control yourself in response to others, then you are not being tolerant of their hate or disgust toward you for who you are or who you've become, successful or not. Not everyone has experienced the same hardships in life, it's important not only to be an understanding and compassionate person, but pick and choose to whom your compassions are granted to. It is not expected to show compassion or love for those who cannot mend themselves, get help or **rise above hate, or discrimination** for who they are, or who they've become as single. That is for no one to judge anyone who is unwed, and for what reasons unwed, **suicide is a problem**, because people do not feel good about themselves, do not feel like they can achieve in life, and do not feel good enough, **everything is within your reach so long as you choose to stay sober and clean**, the longer you dumb down yourself, or your life, to a few blurbs about you, the more difficult it is to be accepting of your past and the past of others, and move forward. Until you can learn to accept the immaturities of others then, and your own immaturities as responding to others, then the greater acceptance of all can be furthered, as not limiting respect only to those conservative and quiet, in their approaches in life, and be accepting of those who speak for themselves, not for or on behalf of others, and allow people to represent themselves well. It's not a perfect world, you cannot accept people to be happy for you once you've achieved well, but it is your responsibility to stay well, disappointment, curses upon success, and disappointments following success, are hard to mend ... **you can only make mistakes in life so many times before people give up on you, and it's by those mistakes you are judged in the wrong, or judged as deserving of mistreatment, so long as you do your best, whether or not you are able to achieve success in life, is your right to privacy, and your right to live life.**
whats a manifestation? ...

3/19/2019

A manifestation of someone insulting you, is a manifestation of their own anger toward you or with themselves, usually people who are unhappy with themselves take that anger out on people who are doing well in life and/or are happy with themselves. The times have changed, we certainly do not hope that anyone would provoke illness toward others, to keep themselves as justified ... that would be hurting someone you believe deserves to be hurt, and that's an unwanted manifestation within a person of your hatred toward them, illness. That illness is not then transferable, its just as described an unwanted fact of life, that not all people get along, not all people are well liked, and for whatever reasons people are put down, either presently or in the past as thought deserved. What is not deserved is to highlight the past of someone improved as though deserved and prove an existence of hardship faced their whole lives. What was not existent then, was not justified then, as someone who has been bullied their whole life, what is not justified then, if not justified now, does not mean what is occurring now, is not justified with a record, or lawsuit. Just because someone gets sued does not mean there is something wrong with them, and that they are deserving of suicide now, if what you think the purposes for suit were deserved, and that that person upon becoming suicidal will discuss the terms of what caused them suicide 2009, and 2017, as the same, those instances were not the same and yes discussion of my suicide attempt, is causing me to feel suicidal now. No it is not true that someone reading this becomes suicidal as caring about me, its over many years of doing your best, and upon failure that you commit suicide, it occurs overtime invested, and over losses in life, if you cannot be happy with where you are now, than its best to talk in a therapeutic environment, yes it is true that those who harm themselves do so because either (1) someone is not happy with them or because (2) they are not happy with themselves. It sounds so simple, for whatever reasons those who commit suicide did not find a solution. Why you are not supposed to talk about your illnesses out loud in public, not because it makes others sick, but causes others to feel a sense of distance from you, not wanting to be associated to you or be affected by your problems, if they know you have a record, don't care for you to live. It is everyones right to live life, it is no ones right to choose for anyone how to live or to die. That is not anyones job, not Gods job, not the public's job to cause illness, #stopsuicide.

not feeling well ...

3/19/2019

When you're not feeling well, its okay to let others know, and set boundaries for yourself, help wise, its not necessary to help others or to give others unsolicited advice when they don't need it, similarly it can be argued that's it not necessary to put unwanted pressures on anyone who is not asking for trouble, who has been doing well, that's misdirecting anger towards a person you have self-identified as an offender, and then further justifying those attacks on someone, as deserved, no one deserves to be put down and made suicidal, its never the fault of the person who commits suicide, but it is the responsibility of each person to manage their own health. That's not out of guilt, regret, or failure, that one commits suicide, those are just excuses for not doing a better job of getting well and staying well, depression is a serious condition, which needs to be managed appropriately. As a writer, its your responsibility to write and remember everything you have said, as the reader reads and remembers everything that you have said, that's not an agreement, when there is a mutual understanding reached, everyone deserves a right to privacy, and talk therapy, get the help that they need and receive assistance from others #stopbullying. Know when to stop taking your angers and frustrations out on others, such as myself, and do your best when someone comes forward with information to be respectful of their shared story, not all are perfect when it comes to presentation and coming forward on subjects, do your best to help yourself in times of needs, not misdirect your anger or frustrations out on others, who do not deserve it #stopbullying #stopsuicide. Its not necessary to know who represents the basis from which a post is made, its not all according to life experience and people, some of what I write is based upon my education and basic common sense, and by thinking logically and critically not of others but of myself, not to sound defensive, which is the expected response, a suicide and a defense to suicide, Im not suicidal now. To be honest, no one wants to hear about your happinesses in life if they don't think that you deserve happiness or achievement, everyone deserves to live life with positive purpose. **And no one's suicide or suicide attempt should affect anyone in the negative as responsible. Not for sharing stories, or NOT sharing any stories, prior to suicides be made responsible going through a difficult time ...**

3/18/2019

Sometimes looking at someone you would never think that they were going through anything that would require help from others, we are not all leaders, some of us have better vision than others when it comes to future planning, and goal setting. We are all not well enough to be successful at the moment, that will never change, people rising to the occasion of wellness, to the benefit of those who can manage to stay well too. It is not to the benefit of anyone to speak or reply to negative voices, when I stated its not important to respond to, that doesn't mean ignoring problems, theres just a fine line between illness, and empowering the wrong ideologies in life, until those poor ideologies take place of people and or things, replaced, people are not easily replaceable, but thinking, if proper can fix or remedy any discomforts in life. What can cause illness, whenever someone is pressured into keeping a secret that they cannot handle on their own which is not obvious to everyone, is something you would report to the police, who then refers you to a therapist or someone who specializes in psychotherapy or medication management. Watching the news its easy to hear names, see illness, and then blame illnesses on people you can identify as having mentioned as contributing or some type of controller of wellness, God is usually a Doctor, and well is usually controlled in part by them when you are not well, made sick, or in need of recovery to your benefit get well, and to everyones benefit achieve well, not all thinking recommended by those who have experienced suicide in life, ie. my suicide attempt, would understand how to achieve and surpass periods of psychosis and the necessity for talking or getting help or the necessity for sleep whenever overcome with emotions not take those emotions out on others, or like I said ones self, whenever you take your emotions out of someone who cares about you, the likelihood of them self-harming is greater than the likelihood as talked about the creator of the initial harm. Once you misuse alcohol or do not behave normally, walking alone at night, putting yourself at risk of harm, then that is why you get treated poorly, spoken down to, until you correct your behaviors in life, that's a normal process of recovery, to be treated as lesser than or screamed at as bad.

April 2019

for the most part ...

4/2/2019

You can't play with the psyche of others, not via cross-talk and not via ad-libbing conversations as per conversations, project words to or through to others, for them to focus on. I once took an fMRI, and that was the study, a list of words and words recited to me during the fMRI, to test for my brain, what words came to mind, I think those are personal notes to myself, not for use for others to use, when studying me. Knowing this Im very cautious, I think in the short hand, per conversations private I am considerate for the most part, I receive more texts than texts sent the majority of my life, however later upon separation from others it became the opposite more texts sent than received. I think this changes depending on how stable you are as a person, on the receiving end of conversation or supplying words for conversation. Its best to take care of yourself first, before you are made available to be of service to others, the longer you are in sobriety the more you are expected to speak and to be of service to others, the fewer days of sobriety you have to less is expected of you, as you cannot be relied upon as a source of support if you can barely take good care of yourself, not expect to be of expectation to others to be relied upon. No matter what your sober date is there is a general expectation of everyone to be wise with their words, not to say anything or view anything that causes illness to others, just like sober people, different professional levels have different expectations of people per profession, how they speak and behave, how much of that is as televised expectation of them? And how realistic are those expectations of them, no matter how stoic anyone is ... one thing is for sure we all have feelings and different apptitudes for acceptable and digestable speech, not everyone can relate and if by words you seek others to relate to ... then that's a false expectation of them knowing or understanding for what reasons others are coding to them, and not the responsibility of the person to whom is coded with to have knowledge of that relationship existing, everyone is assumed autonomous until a public mention is displayed, otherwise leave people to themselves, if upon becoming famous you find yourself mentioning others less, and meming yourself, well then you've reached phase 2 of fame, in which you are no longer promoting the interest of anyone but yourself, as your health has become paramount to the health of others, and the public's health is determined based upon who they follow as best suited to sponsor their ideals of what they deem to be healthy

thoughts. Based upon education does not make anyone perfect even the smartest of minds make mistakes we call blunders and say things ill fatedly ruin their careers as activists, or public speakers, once one cannot be trusted, one is not trusted, and once one is deemed to not be relied upon, one cannot be relied upon, once someone is deemed unworthy of attentions, then attentions are sought to be taken from those individuals and that's another phase of fame.

loss of motivation ...

4/2/2019

Loss of motivation occurs when and if you are doing things for the wrong reasons ... lethargy strikes, that is an energy counter to you feeling like doing something and no longer inspired or motivated to do so, sometimes that's your gut feeling telling you to take a different direction in life, or just to simply be task oriented and get done what needs to get done around you so that you can achieve bigger goals in life. Whenever you feel unmotivated think what are your driving forces in life principles, those are your mantras that keep you moving forward, and the points you are trying to reach whether they be a state of wellness or feeling happiness, recognize what takes you there and be sure to visualize yourself at those places in life, when you are not where you want to be in life, that's how to get yourself back after a loss, after failure, after setback, and after periods of unhappiness or loss, getting through the ups and downs takes tact, not just speaking from someone with rehab experience but as someone who cares, these are just phases in life, including the phases in which others may be hard on you when you are not doing well in life, life changes, and so do people, its all a matter of self-improvement, proving that you are normal and deserving, and then by those privileges giving back to those who have helped and supported you by working hard and achieving the same, happinesses in life as whats been given to you during your best times in life, the good times in life, be forgiving of your pasts and be grateful for everything you do have in spite of whatever you have experienced in life, if you are living now, enjoy the moments you have to yourself, to reflect on the positives too not just what you could be doing better, and from there improve it's a daily task of self improvement, and that change doesn't happen overnight, eventually you heal, but please be patient with yourselves, no loss, no failure, no setback is ever easy to deal with, know your strengths and your weaknesses and shelter yourselves from harm but not to the point you isolate, and get hurt while being alone, reflecting to much on the negatives, always be positive and think forward, the more goals you set the higher your likelihood of reaching those goals, one step at a time, one goal at a time, that's creating order to your thoughts no matter how disorganized you are Its nothing to be ashamed of disorganization, that's a fixable condition with meds, therapy, and proper self-care ... let no one pull you asunder by their judgments of your outward appearances ... weight, look, size, or shape ... when you look and feel beautiful be able to handle any negativities around you or unpleasanties, not all are where you are in life, well.

don't be a problem ...

4/1/2019

If you're not going to be apart of the solution then don't become a part of the problem, that means you are always free to un-cia yourself, youre never required to be apart of and when and if in isolation don't cause harm to self, as others may become disturbed to you self-harming. If its not okay for others to cause you harm, then its not okay for you to cause yourself harm, that's the lesson to be learned, why a lot of people get sober to not be apart of the cycle of harm, and to be knowingly in control of themselves, with full awareness that they are (1) not harming themselves and (2) by not harming themselves not causing harm to the psyche of others who expect them to be sober. A lot of being sober is about others not wanting to be outted by your PTSD or going backwards and so long as you are on meds and sober they do not have to worry about you going through the steps again and then coming forward to them about yourself or others. There comes a point, when you just need to move forward, if you've made it past the 4th step, then keep moving forward if you cannot make it past the 4th step without becoming depressed that could mean that you were a victim, and then would need counseling or therapy to overcome the pains of that step, pain to image, and pain to reputation. Don't therefore become defensive to anyone who seeks help or is trying to get help they are less likely to be a risk to your reputation if they are focusing on themselves therefore you need not worry or make things about you, when someone is focusing on themselves and doing their best to get well, that means they are on point in life, not a risk of hardship to others or themselves. There are no justifications for retaliation upon anyone, there are no justifications for not listening to those who care about you, and allowing their esteems to fall with your

own, listen wisely ... it is not for those reasons people get jobs, its by education and experience not exactly by whats been overcome and to that note based upon those notes able to see forward, its never by anything negative that one sees better, its usually when detached from everyone one sees best on their own, not in alignment with any interests but the strength of opinion held within, how one is able to voice themselves in a way others can be heard without anyone hurting. If someone is hurting that could mean their best interests are not being represented by any one of my posts, its not always my responsibility to say things to which all can agree upon, but it is my responsibility to prevent people from getting hurt by talking about others in a way that produces hatred toward me, or hurt upon me by reacting poorly to anyones interests. Not leave open conversations to be built in the negative toward me, or negative toward anyone, one should be able to be positive on their own, without making someone look bad to look good, once you get to a defensive position in life, they are likely to make you look bad to look good.

Be In Sync with Your Present ...

4/7/2019

Never capitalize on the illnesses of others, on during the quiet moments of peace we have. As a general rule, that's not the time to be energetic, but if you are suffering do what you can to bring yourself up before lifting others, as this takes time, why condolences are offered to the sick, and we focus on presently what is going well for ourselves, that doesn't require the necessity of building points of discussion to avoid discussions rarely is that the solution, or so it seems, that way. When someone is having a good day, others may not be doing well, and likewise it can be felt when one is not having a good day, that others are doing well. Don't assume that all people are connected and for those reasons react or respond to others. Sometimes the timing of your life is not in sync with your environment, with people, or nature, sometimes that's a psychiatric issue sometimes not, if you stay sober you are less likely to assume the negative in defense to your past, or words chosen used in private to others, used to treat you like you are [being bad] or how you are presently is how you were then and for the same reasons justify so, when I self-harmed that was not in front of 93k people, for a Shorty Award, that was in the privacy on my own home, after relapsing ... which I had not told anyone about (approx. January 2017) [Sober: 2014], its not necessary to retaliate on people, in expectation of them causing harm to you or your psyche if meant well spoken about in the positive, that's a positive rapport or solicitation of your being, not in connection to negatives and or I the client, if speaking directly to anyone who has been offended by my presence, that's not something I can control what goes on around me when Im in public, I never solicit for negative attentions in life, that's not who I am, closest to being Amish, I don't watch TV and conservatively dressed my whole life, minus a Sky top, and photos to boyfriends judged for in public to my face as though its okay to go through my phone or computer in law school before given the opportunity to see the light of day, that is an outside perspective, now my position and identity has been taken as a well member of society, suited best for those who think they know better than me how to be me, or how to behave in front of 93k people, or speak to them, appropriately, everyone is new.

New Experiences, New Future ...

4/7/2019

Another anti-climatic heading from you, is what I bet youre thinking ... where to now rogue, I'm not sure. #KeepFriendsTogether is probably why I was in attendance ... on a more serious note, thats the issue that hits close to home, but you end up some place related to the issue and march anyways, because it's a system of support already in existence. I don't think you experience life and end up a bigger or better person, I think that you may have experiences in life and by those exposures to negativity or self-harm feel like the bigger or better person, that is a status that cannot be manipulated, but certainly tells you whether you are well or not upon meeting me, depending on you you feel better than or bigger than via the sharing of my experiences. I don't think there is anything chummy about sharing your troubles with others, it usually makes the other feel better than you ... with their psychologist caps on reading you ... those who were once your friends, and free therapists, later in life get jobs and provide professional counseling to others in their business affairs it just so happens. I don't think that you can relive life, in any state of wonder about where you are in comparison to others, but that doesn't mean you need to start your life over or a sign that you are starting your life over, sometimes, a complete do-over in life is not in your foreseeable future and you have to just keep going with what you've got, not all have the privilege and the times, nor the

monetary support, to start over in life, whether that's by acquiring another Masters degree to get jobs, just take what is given to them, and from there grow, there are no short cuts in life, to experience and professionalism.

Getting Your Revenge ...

4/6/2019

In the heat of the moment anything you say comes back to bite you as the source of negativity from which words are spoken or decisions are made, and its not until everyone has had their revenge and you are ill suited, until they feel better about themselves or by what you have said past, vindicated their rights to put you down in life, that is a common struggle of someone who is forced to go to rehab, for alcohol, in law school and forced to go to rehab to be taken off all meds in law school, that was my second hospitalization with my then boyfriend telling me that "he felt like hanging himself" ... it was a comment I then repeated in the ER ... by your exposures, when connected to people you love can be easily affected when someone you love is not doing well or not sounding like themselves, this I know personally and have been through without talking about others, and putting them at risk of harm by sharing a story from 2011, of when my then boyfriend was struggling in law school both of us winning CALI and Witken Awards that semester, was easily affected, and drained, do not be ashamed of your past when you are required to go through your 4th step and even if you later get paranoid and assume that's what it was, its not your fault, if you think your boyfriend read your step work, its probably something else, not your Twitter, and certainly not your friends fault if you become ill, it has more to do with your personal interactions and stability that is what makes you appear well to others following embarrassment, and by continued embarrassment, seem to justify others behavior toward you as the cause of the embarrassment, as though you are an embarrassing person or someone to be embarrassed by ... that is not the cause for my mental illness what people think of me, or a matter of people turning on people, myself included embarrassed by myself ... as being resituated among those who are not well when I am well and tired ... to the point I eventually relapse and drink and prove them right. That's not the solution to your problems, for people to be threatened by your wellness or status in life, and put you down as deserving of less than in life, when you have earned all your privileges and stripes.

Know What You Know ...

4/6/2019

Its not necessary that you assemble thoughts for others or news stories, or stories from your past as overheard by others, which upon sharing for confirmation is how your now changes based upon what is known about you, or your vague connections. In the world of the famous and infamous, its not by who you know that matters, but by who knows you. That's the power struggle is knowing people who you do not know, and people knowing you who you do not know, and people knowing you who wish they did not know you, it is to that effect, that what you say matters, as to how others interpret you as vaguely about them or others ... don't be so insulted by the tones of others, as about you ... speaking well of self is a prerequisite to wellness, so are positive affirmations for self and for others, not to misdirect hate toward others, and not to misdirect bipolar delusions to the masses be known, as concepts that should be widely understood and accepted as truth, there are a such thing as rumors, some truth to them, and there are a such thing as fake news, and some truth to them ... but never let those truths get the best of you or how you feel about life and or trust others, always be a positive solution for your own wellness, provide yourself with insight, growing up I always kept a diary and would share photos and stories from my life, of people I met along the way and or liked, that is how I kept track of my own wellness, and it is by keeping track of your own wellness that you are made to get better, be better, and see better, with or without help from others able to achieve. And its once you feel better that you are able to be social, get noticed, stand out from a crowd, and be a positive source of light into the lives of others, otherwise no one wants to hear what you have to say when you are negative and or self harming, some of us struggle with acceptance, rejection, defamation, and mental illnesses ... these conditions are all recoverable like a drug addict or alcoholic who struggles with their mental health, these issues can be resolved. To me that is having faith, and it starts with having faith in yourself, to rise above.

Next Time Do Book Reviews on Your blog ...

4/6/2019

You'll face a lot of moments in life, with the could've should've would'ves, been more impressive, made a better impression, or made better use of my time, then where would you be now ... don't think that way. You are always where you are supposed to be in life, if you so choose to ... sometimes we wind up places we don't want to be, and sometimes we wind up with people we are not sure of, long term, if you're not sure, that doesn't mean move on let go, cut ties, and be hostile about it, it just means be nice, however sometimes being nice has its set backs, if you were one who talked to everyone, and let everyone talk to you, then not being a picky person, drained in a good way, for those expecting more, sometimes yourself included be forgiving of others as you would expect them to be forgiving of you, we don't always read and interpret situations well, the less experience you have dating or mingling with others. Some are better able at drawing attentions and some of us wallflowers to the empowerment that comes from positive attentions. We don't all grow up with hugs and kisses, we may get feedback, but not in a nurturing tone, like a therapist, and usually corrected most when we are wrong or need fixing, sometimes to make us better than we are already well, and sometimes, we only have discussions when its time to share good news, however do not wait that long. You won't be at your best, and sometimes, you have to step out of your shell too beyond just stepping out of your shell for work or for socialization, if it requires effort sometimes its whats best for you like going to gym, running, or exercise, difficult but with practice not as difficult to do, check in with family members, boyfriends, friends, no matter how busy you get no success is worth being alone for, and no success is worth beating yourself up over if you do not achieve in life well. Everyone supports those who pick up from where they were last, not where the friendship remained last, but picking up from the best version of themselves and forgetting the rest, that doesn't mean don't learn from your mistakes, but you will arrive to a better place from which you can talk to your 5 friends, again, if you stay well, otherwise it's a burden to them burden to all to care for someone who is not self-sufficient independent on their own, able to care for self. That's being an adult, able to care for self, and by that demonstration able to care for others. We can't all be caretakers, do your best not to put too much pressure on yourselves time is precious but not that precious that you need to remedy or fix the past just be present.

Tips for People Who Self-Harm ...

4/6/2019

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

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

Do not be enthused by the self-harming of others to themselves, its irking to say the least like spikes on your back uncomfortable to hear Im sure of that and to share is equally as disappointing to the person who is trying to make a good impression upon others. If the subject interests you by all means do the research and get help, if it is too triggering for you to do the research on your own I highly suggest calling the police who can then redirect you to sources of support, or text your local crisis hotline to whatever subject interests you, I have tried ***NAMI*** [2] by text, and they were very responsive and helpful for talk therapy if needed. I think its hard to come forward if you are not feeling well, but you will become more accustomed to asking for help the more familiar you are with your limits in life, to be left alone, makes things worse, and even more painful the self-harm, feeling like you'll never return to your old self, not even a 2 hour run, can barely stop the voices from occurring but helped, but you still live with the pain and regret and embarrassment of self-harming, that is by hurting yourself, whether that gets diagnosed as for attentions from others, it usually sets one back to feeling like the point of no return, that surround sound of voices is real, stadium quality discomfort toward you ... when you've done all you can to recover and after everyone has

supported you, to go backwards and self-harm is when you get left to your own devices treated as someone who is looking for attentions without legitimate problems of your own, Im not saying that Im more important than you so I would know, as a Law Student, Im just saying that no matter how unimportant you are in the grand scheme of things you are important, and that you matter *[that this is not a problem limited to grunge bloggers, but there are many who suffer from ailments such as self-harm where they don't feel good about themselves, that doesn't necessarily mean that they are bad without drawing stereotypical assumptions about others, as exposed to or by interaction with drawn to these issues in life, sometimes we all get along and sometimes thats based upon likeness and sometimes just via noticeability or admiration for one another's struggles in life, be proud of yourself, whether you feel like marching about it or not 04-07-19]*. I was once told that positive affirmations are helpful to be used to remind oneself, of ones importance, and no matter how low you feel, and no matter how many mistakes you have made, at the end of the day you have to live with yourself ... and if you can't do that much then you need therapy and help guiding you toward more positive thoughts about self and others, its not as bad as it can be, if you don't stay alone, upon talking to others youd be surprised how positive life gets.

References:

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

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

4/6/2019

Just returned home from a 2 hour run, its common for me to get paranoia running by myself alone, for a long distance ... now, my condition now is not the same as it was when I was in Law School and while dating, I think most would agree that Im worse now not fit for dating, have my good days and my bad days, I think right now Im focused on finishing Law School and working to get a job, earn a wage. I have faced difficulties in the past, its mostly to do with my health, everywhere I have interviewed I have been offered a job more than half the time. I think now after having been hospitalized 8 times, things are different now, even hospitalized for 42 days on Provigil ... I think I have done my best to be compliant, you cant call the police everytime you have a fear, or to report a loud voice, or because you think people know or recognize you and that you could be famous or connected to famous people, eventually you have to let the voices settle, they mostly come from people from your past in the event you become ill or don't move forward criticize you as responsible for being alone or not successful not necessarily in anticipation but because they think that you want to go backward ... some are willing to maintain relationships with you we call these open relationships when you leave the door open after the last meeting with them, if you have gotten in trouble or hospitalized this changes your opportunities for dating and resuming relationships and or marriage, that is a result of again you are blamed for anything negative that happens to you by your choices if you relapse or drink alcohol it becomes your fault, and others are not to blame for your failures in life. It then becomes a challenge for the person to who is not empathized with and the exes who are.

motivations in life ...

4/6/2019

Its really not anyones business for what reasons people run or who are their inspirations or motivations in life, as compared to or to made look less than as attached to. Once you reach a level of being known, you stop attaching yourself to others, as this affects your character, and by comparison, who you are, gets meshed with others around you by mention, its important to always be well received by all, and in order to be well received by all sometimes it is necessary to be independent of others. This relates to my dating life, not dating anyone, and socially in touch with friends, but moved on on both sides. Theres no particular reason why that happens certainly not by our misfortunes in life, but sometimes because we are focusing on ourselves we separate such as 2015, when I first separated from all my friends. There is no reason why this occurs, its either they think you are good and have moved on are okay, or for substance abuse reasons, or other (alcohol) you separate from friends, and sometimes this occurs by dating, when dating spending more time with boyfriends than spending time making and maintaining friendships, that's a normal

part of growing up ... you don't keep all your friends in life, sometimes you do, and sometimes you don't. I think when you are well you are likely to be an inspiration to others, that is someone who can be looked upon or looked at and inspired by to be a better version of themselves, whether that's in competition with you or by noticing you ... once you fail in life it is up to you to pick up the pieces and assemble yourself. It doesn't matter who looks like who or who is like who when it comes to wellness, its not inspiration based but based upon self-care, and via influence online or whatever influences you expose yourself to in life, is what you will be influenced by. I spend the majority of my time online, on Twitter and Weebly writing, and sometimes post on Facebook. I don't think its necessary to become a public figure and create pages, and promote self as a business, as I am now just finishing Law School, able to afford the tuition, by being good, paid for. Always be understanding for what reasons others look or appear like they are taking their time in life, not everyone has funding to provide for themselves, and not everyone gets paid in life, able to provide for themselves.

at the epicenter ...

4/6/2019

We hope that at the epicenter of anything human, you find your sense of peace knowing that the other likewise cares for and has illustrated the same compassions toward others, as you would hope of anyone who speaks in front of 500+ people. Today is one of those days, welcome to mymollydoll.com, where I share my thoughts, what troubles me, and where Im going from here always ... hopefully to be better place in life, if not maintain my place in life by bettering myself everyday. It doesn't matter how big your house is, or what kind of car you drive, at the end of the day its your health that matters most, what you do day in and day out to stay well, and maintain a sense of self about you. Whenever anyone writes sometimes it is our current surroundings we draw upon as having been read or reading others, and sometimes it is our past that we draw upon as having been read or reading others, I believe that everyone has this gift in life, not just psychics, and ability to read the times and still see positive for themselves and others, without drawing negatives into themselves and without drawing negatives upon others, see the world the same no matter how trying the times become, and no matter how trying their personal struggles may be not affect the lives of others, we are so lucky to have the internet to be able to share our thoughts and feelings ... without becoming too chummy and close about it, know your spaces in life, never become too dependent on others and always be your best judge of character, we all have our bad days, some worse than others, and most of what people say is a manifestation of what they are seeing reading themselves.

becoming defensive ...

4/6/2019

Process what you hear without becoming defensive to yourself, that's one example (1) of an inner struggle that occurs that may or may not cause you illness, that is thinking people are thinking something before they have thought it in anticipation of what people will think after having said what you said, you cannot later become defensive or provide defenses to anything you have said until you say something, that's the order of time, and to the benefit of the reader able to argue in retaliation to you, or argue to weaken or strengthen your tone or sense of being. Its usually when you are doing well after not having done well, that you become hyper vigilant, this is another example (2) of how you can arrive at self-harm, by thinking things are occurring that are not occurring, that's normal. That's called bipolar, when you are thinking things are happening that are not happening, or thinking that people are thinking things they are not thinking, just as you wish to be given an opportunity to be heard (one solution) (3) is to not anticipate a negative reaction from others, and then respond to that negative reaction. That's a waste of your energy (solution 2) (4) if it requires more energy than is necessary to explain yourself, and or others, then you are outside the bounds of basic logical reasoning, if you have to connect incidences occurring outside of you to your understanding (issue #1) (5) when you are connecting things that are not connected in your mind that another cause for self-harm, issuing thoughts or justifications for the thoughts of others toward you, as having something against you, and with their confidence hurt you as though for or on behalf of others, they do not know, that's (issue #2) (6) you have to fight your own battles in life, and you cannot always rely on your surroundings (issue #3) (7) just because people know you doesn't mean they respect you and just because people know you in the masses does not mean that you are out of harms way.

Summary of Arguments:

- (1) Process what you hear without becoming defensive to yourself.
- (2) After not doing well becoming hyper vigilant to others – self-harm.
- (3) Don't anticipate a negative reaction from others, as you wish to be done to you.
- (4) If it requires more energy than necessary to explain could be outside of the scope.
- (5) Don't connect incidences occurring outside of you, to your own understandings.
- (6) Don't allow others to hurt your confidences as though on behalf of others – similar.
- (7) You cannot rely on your surroundings to fight your own battles in life, sometimes.

everyone has their own science ...

4/6/2019

We all put things together differently sometimes it requires you to be defensive when it comes to sharing your thoughts. Sometimes what's difficult to say or communicate may be what's making you uncomfortable, or the writer uncomfortable. The benefit of being a reader is that you are not affected by the same things that the person writing is affected by through the sharing of their story or their personal understandings of the times. It's easier as the reader to summarize the main points and comprehend what the writer is saying, whereas the writer writes and then goes back and summarizes the key points and then writes further, some have time to go backwards and read through their own writing, others do not. As a Law Student I have time to write, however I do not have time to edit and go back, and write a summary of key points to be addressed in my writing, that's not how I write, I write logically and by what I feel and hear within me, sometimes that may match what's in the surroundings of the reader and sometimes my readings may not match up with the reader's surroundings. For the most part my following is from California as told to me by Instagram, which means one of two things, we have similar surroundings, or that our surroundings feel the same, so my writing is helpful in determining the normalcy of one's surroundings ... note it is always to the reader's discretion how to interpret the writer, on my well days and not well days, and with a grain of salt choose to listen head well wishes and advices or just listen, not all days we toot our own horns, not all days are we on point, and not all days will we have something nuanced to say, we should all do our best to be original in all our endeavors that's what keeps people moving forward is originality of thought and prose. For me my luck running out, occurs when I go backwards, that is backwards through my own life, or backwards in history, something I am not a genius at. We all have weaknesses in life ... education wise, we are not all experts in all fields, but I think with greater acceptance toward those who do write, for their own experiences and educations judge them, as whether they are articulate enough to express themselves, and whether by and how they express themselves, is of benefit to others trying to express themselves, in the positive.

categories for comfort ...

4/6/2019

You can't really throw people into categories for comfort, or attribute their following to them being out of line or outlandish, it's actually those days that we all feel ill, not really a selling point when it comes to writing online, if you're not familiar with blogging, the best days are what bring the most following, when you are sound of mind and sound of heart, minus the personal references, or mentions. The best writing comes from the heart without personal mention of stories from one's past, without personal mention of one's story as it relates to stories in the past, as a blogger you keep an accurate timeline of your thoughts as to the present, I am unique in that I do not follow any bloggers currently so would have no idea by comparison how I am doing in relationship to how they are blogging or doing with their lives. I only maintain a Twitter Account and Two Facebook Accounts, one personal one professional. I think if you are trying to understand associations or connections we are comprised of two connections: (1) by upbringing and (2) by association. Reading is not associating to me and by reading you should not be affected by the positions I hold if ever political rarely if so. To perpetuate any cycle of violence related to politics is politicking my points of view or opinions, and arguing for the sake of arguing ... with no positive purpose intended, but to make me look like I'm politicking my ideas or beliefs, I was born into a wealthy family, who are friends with the wealthy, just because my family is wealthy does not mean that I am wealthy or that my friends are wealthy or with connections, just because of where you live or who you surround yourself with does not dictate your connections in life nor determine who is drawn to connecting to you, it is by your (1) education and (2) fitness of

character that you get jobs in life, it has nothing to do with who your family is, what your name is, or who knows you. I have been applying for jobs since 2008 on a personal note, and have just started getting interviews for paid positions, in the legal profession it takes many years of clerkship in order to qualify for any paid positions in the legal field, I'm not an Attorney, Im an ABA Certified Paralegal, which means I would work under the direction of an Attorney, not by my own direction or thoughts.

welcome to california #PresidentTrump...

4/6/2019

Whenever I find myself going into disillusionment, I remind myself of what is real, what is not real, what is an interpretation, and what is an abstract interpretation, depending on the times, these can constitute importance or unimportance when it comes to the little things we should avoid thinking about that distract us from carrying on in our days. How people make money is much to do with connecting to their audience, I do not make any money from my blog but was able to acquire 90k fans, and 600-1000+/day following, that's speaks to something, that whether I am having a good day or whether I am having a bad day, my opinion based on the times, is of value to be heard, not that I am psychic or smarter than the average person when it comes to pop culture or by connections, but because I am honest with self and others about how I am feeling, and do my best to better myself everyday. Life isn't perfect, and everyone has their faults, some of us panic, some of us stress out, and some of us are controlling, theres one thing you can't control and that is what other people think, not even as a writer can you control what the reader thinks and often in times of rebellion will disagree just for the sake of disagreeing with the author to feel smarter than, do so at your own risk, or be guided by someone who has experience overcoming suicide and bipolar, and be empowered by the presence of others around reading who are also overcoming their social ills, or things that have been causing them confusion or disorganization. It takes time to overcome mental health issues, and whether you are a fan or not of them, its okay to pass judgment upon them, as what they have to say may not always be right, as looking out from the inside, its easier to see whats going wrong from the outside looking in, its not necessary that we all be the same.

being fully supported ...

4/5/2019

As someone who has been raised with full support, support based on wellness, is a new phase of life, many of whom are no longer here with us, those who did not listen, sober up, and get clean, the damage may have been done, but its never time to stop cleaning up your act past any failure in life, its never time to stop looking back on what you could've done better in life, no this isn't a scared straight program, just a program that those who have lost others in their lives ... may find solace in the company of others who have since gathered having had lost people in their lives, I think its important to remember, I don't think its important to keep thinking about the past, and not live for the present. As someone who separated from my family in law school to pursue a dream that never panned out, I feel a tremendous pressure on me now to button up and make the most of my life while my Fathers still around to tell me how proud he is of me, and that he is "very proud of me" I worked this past year 9-9pm 6x a week on #theLot with an OWN Building, I was so excited to be apart of watching people walk onto set, watching people get screamed at, its fun working in the Film Industry, for the brief time I was there, yes even I go screamed at too, I have issues with meds, getting tired, and taking breaks, Im sure that is something everyone who works knows about, you only get so many breaks in the day, she gave us 6 breaks and a lunch! Woohoo thank you new interns for your negotiation skills, that was helpful, she now has 50+ employees, welcome to return upon getting well, but my Mom wants me to work for her a few days a week for a couple hours, so may go ahead and do so, for pay, and attend an HR Conference with her in DC this June, I'm so excited! Meanwhile, I'm in the middle of finishing my Dissertation on page 13 of 40 pages due ... its moving along, slowly. Need to register for the course, but speaking to my Professor by email, self-paced writing, looking forward to graduating this year with a Masters in Law in Risk Management and Compliance.

Do your Best ...

4/5/2019

In spite of whatever comes between you and your future when dealing with your past, be strong in the face of it, that's when its time to face your fears and get over whatever hurdles in life are keeping you from being well and staying well. Sometimes that requires separations from others, and other times that comes with acceptance of when you're bipolar may have interfered with your ability to be present and normal around others. Not all of us are people people, and some of us when around people become drained depending on who you are and how many people you know, some are more comfortable around others than some. Always do your best to stay positive, whether you have 90k fans, who love you or 90k fans split not sure what to think of you, you mostly have to be in control of yourself, and be as normal as possible, that means not putting self down in front of others, and not making a joke of your time spent online, as those fans that have been acquired over time, have equally invested time in studying you, and watching your progress, theres no pressure in watching the progress of others, and the pressure you put on yourself, should be minimal when performing in front of others, its mostly who we are in private that we are judged by others, that means in connection to others, by conversation with others, and upon interaction with others, during those private times we are judged as well or not. Never self-harm in response to any rejections in life, or not feeling good about yourself, no matter how many voices you hear for whatever reasons, know your own health, the status of your own health, which requires that you report to the police and your attending physicians when you are not feeling well, its really not the responsibility of others, to judge you by the degree to which your thoughts fit within their scope of conservativeness, and whether your thoughts shared are conservative enough for them. Generally we expect all writings to be conservative, we are not all English Majors, but I can assure you as a Law Student I always do my best to be clear an A writer since college.

The Length of your Day ...

4/5/2019

Depending on how busy you keep yourself, your day may seem longer or shorter. I did some research online, why does time feel so short looking back. They called this the "return trip effect." [1] Stating that, "Maybe the stress of returning to work makes a trip home from vacation seem longer; then again, maybe the mental distraction of preparing for the work week makes that same trip feel shorter." [2] No matter what you have planned for your day, any type of structure will help with the sense of disillusionment, that happens over time. According to science, time does seem to fly by as we get older. [3] One study suggests that through the passage of new information, time appears slower, and that as you get older your brain's internal clock begins to run slower. [4] Maybe this explains why I stayed in Law School, although time seems to be flying by with less monumental cornerstones in between, each failure or success, you usually rely upon accomplishments in life, as a benchmark for where you are headed, sometimes life doesn't always have time to offer us accolade, and we must create our own accolades for our self, such as keeping a calendar or having something to look back upon to keep track of our progress. As a long distance runner, I think why does it seem like such a long drive down San Vicente, but running only takes me two hours to run there and back? I used to run to Century City and back, my Ex thought I was crazy, texting me a million times on my way home, I became fascinated with time, at this moment, running long distances, its amazing how strong you are physically, you would never think so. As an ex-athlete soccer player ... I am easily drawn to physical challenges and mental challenges, some of this requires you relying on your natural talents, and some of succeeding requires learning, that's probably why I went to Law School, to challenge myself mentally and physically. If you want to slow down, you can slow down, if you want to speed up your day, you can speed up your day, it's all a matter of setting s schedule, you decide how fast you want to live life, and when you look back don't forget to be thankful for everyone along the way who has guided you, and now left to your own devices, forced to guide yourself in life, you have everything at your disposal, never give up!

Reference:

[1] <https://www.citylab.com/transportation/2015/06/why-the-trip-back-always-feels-shorter/395714/>

[2] Id.

[3] <https://www.inc.com/jeff-haden/science-says-time-really-does-seem-to-fly-as-we-get-older-this-is-best-way-to-slow-it-back-down.html>

[4] Id.

Self-Care After Trauma ...

4/4/2019

After trauma the following is recommended [1]:

1. Don't Isolate Yourself
2. Seek Professional Help
3. Join a Support Group
4. Face It (Don't Avoid It)
5. Exercise
6. Listen to Your Body
7. Stay Away From Alcohol

Reaching out to friends and family is an important phase of your recovery not to isolate. Feelings of helplessness are common, and there are many ways to get help. Speaking to a mental health expert may significantly reduce the signs of trauma following a traumatic event. Its important to find local support groups to help “give you tips on how to deal with whats happening.” [2] Sometimes alone we are less likely to find a solution to our problems, but in groups with guidance from others this may become easier. To speak to those who are well and who may not have been affected, can help steer you in the right direction thinking wise. Remind yourself that its okay to have memories, and sometimes it may be impossible to avoid being triggered, facing your feelings head on is important “in a way that helps you move forward.” [3] Its important to stay active, and add structure to your day, set a schedule, attend meetings, go to therapy, and if you havent already yet check in with loved ones. “If youre tired, its okay to rest” [4] its common to feel overwhelmed, “whatever makes you feel good, take time to treat yourself” that is self-care. [5] Its important to not to drink at this time as “drinking ... can do damage in the long run ... if the stress continues ... that could lead to mental and physical problems and long-term dependence.” [5] Why its important not to drink during times of stress and trauma. It may take time to adjust, but I hope you will be able to “re-establish a sense of normalcy and regain a sense of control over your life.” Everything is possible with help from loved ones, support groups, and mental health professionals. If you need immediate assiatnce you can get help via *NAMI's HelpLine* via Text:

Crisis Text Line – Text NAMI to 741-741

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

References:

[1] <https://www.webmd.com/mental-health/emotional-trauma-18/slideshow-emotional-trauma-self-care>

[2] Id.

[3] Id.

[4] Id.

[5] Id.

coping with trauma ...

4/3/2019

Its important never to assume and panic, whenever disaster strikes. Think positive thoughts! Its easy to get wrapped up in news about news and assume, upon what you know think the worst of a situation, that is thinking in the negative, always think in the positive, never in alliance with the ideas of others, but in acceptance of the ideas shared. After attending an AA meeting tonight, I thought to myself, you may not agree with what everyone has to say, but at the same time what people have to say is helpful, that's all you can ask of others, is to share from the heart, and not based upon what they say think, or think about what theyre thinking as theyre saying what theyre saying, but be in acceptance of what is said without thinking too much about what is said, its not required that we memorize what people have to say, whats more important is to just listen. Its important to get help whenever you experience any type of trauma, and "depending upon the type of trauma suffered, you may begin to feel better quite quickly, with only occasional stressful relapses." [1] As an advocate its important to be stable sounding board from which others can develop similar thoughts about helping themselves, and even if we do talk about the ways in which self-harm has occurred those feelings too can be overcome, with help, and by listening to others share their stories, of overcoming trauma. However, a traditional 12 step recovery has not been recommended for those suffering from trauma, especially a rigid application of the steps, whos emphasis on spirituality, and one size fits all approach, focuses more on character defects than it does to empower a victim to a survivor. [2] Although AA is not aligned with any sect or denomination, it does however offer a space in which to share ... and at this point any support group, is more important than sitting alone with feelings, for that I am lucky to have found a space to go to today. You cannot help people alone, without education or experience, it would be next to impossible to go out into the world helping people, or providing a sound voice of reasoning, but much like a hotline redirects your thoughts toward positives, so do AA meetings for myself, hope this helps.

References:

[1] <https://thiswayup.org.au/how-do-you-feel/traumatised/>

[2] <https://www.traumamadesimple.com/uploads/3/0/2/4/.../trauma12cumberland.ppt>
bipolar episodes ...

4/3/2019

Like a bad day, a bipolar episode passes, you just have to learn how to weather the storm, being patient with others, including yourselves. You cannot expect to be well everyday once you get diagnosed with bipolar, I was told it becomes "daily," my UCLA Doctor told me, which requires monitoring your health, monitoring your meds, and doing your best every day that you can, to stay well. Its easy to slip up much like a drug addict or alcoholic, with your thinking by not staying on point, or having inappropriate discussions which can cause you illness, that's called a thought disorder, when you think things are happening that aren't happening. Just stay patient with yourself. After being hospitalized 8x I know very well under what conditions, I become ill, however its also important to let go of control issues, you cannot control your environment, and sometimes you may become sick to the illnesses of others, that is outside of your control. Why its best to report to your doctor or the police when youre not feeling well, that's a psychiatric condition, which can be cured with proper monitoring of your health, including your own monitoring of your health. -Its easy watching the news or tv to think that you know it all, as deals are happening, or as people get in trouble, and study stories about people, their wellness, especially as compared to your own condition, think why have these people failed, and if you were in their shoes what you would have done differently in life, to not end up where they are, that's you relating your mental health issues to those who without mental health issues, make poor decisions in life, that's not a good comparison, to try to help those who suffer from mental illness, by their own mistakes in life, sound funny, as compared to you sounding funny on an off day, be careful who you study in life. - Whenever you become obsessed with any one person or subject, think how will this affect my health, and through and by the study of others, how will I or others be affected in talking about these subjects out loud, if you have been affected by a news story that's common, if you grew up in a news story well that presents a different set of problems for you later on in life. Not everything hits you at once, and as you recover and get strong, you may later process events that have occurred in your life differently, or in the lives of others, do not become depressed to the condition of those around you, you are mostly responsible for your own condition, and by staying well, help make well others, don't get too attached to people along the way, and learn how to let go, that includes hyper focusing on details about

others, hyper focusing on details about stories, and focusing instead on the positives of what life has to offer, from there you are able to gain a better perspective of the times, and yourself included without becoming distracted by negativity.

dealing with your own life ...

4/2/2019

Everyone has lives of their own not affecting others, problems of their own its for no one to justify a hate toward someone as related to them, become defensive to the illnesses of others, I do not therefore think its necessary for me to go to the hospital for the sake of PR, if wellness is expected of others and toward others not made better by going to the hospital but further reinforces negativity toward as not well, if a condition is not made better upon leaving the hospital but made worse, off then the slowing down of thoughts or rehabilitation of someones psyche, is not an added justification to pick someone apart as being taken off add/adhd meds and then having to explain the tone and words of someone who was put on Provigil that's really no ones business to treat someone who is doing their best and treat them as not well, be invited back to a meeting and then be criticized upon attending hear voices as though I am an unwanted intruder to a meeting and that my voice is not welcome as heard having been gone from a meeting, I do not think its therefore necessary to self-harm or be punished as not drinking or on drugs be made ill as to the repercussions of past use, behavior, and self-talk, and then as sober be treated as someone who is a drunk or self-talks ... that is not how to treat someone who did not respond well to public humiliation, and then upon disclosing of causes for illness a 28 day hospitalization further illness caused by embarrassment, attending a meeting is not for the purposes of friendship or match making but for the purposes of not isolating, isolation which causes suicide, if you put in the psyche causes for then those are the causes leaned toward just like anyone who becomes ill positive thinking is important, and especially positive thinking of others, it is not therefore justified to talk poorly of others to cause them to self-harm so that they get upset with themselves a missed gym appointment, and make it about others, an AA attendance, to cause hospitalization following self-harm before an MRI follow-up appointment tomorrow, that is not a justifiable use of force upon a person, criticism of someone well until they become unwell, I have been up since 2am I wake up at 2am everyday.

Know Your Strengths ...

4/13/2019

Some have the power to say anything, and that someone in your life, has the power to help make you well, Im not deemed one of them "mom material." But I still blog anyways. Whether that comforts you during a time of need or worries you maybe that's why, because I'm not in a relationship, in recovery, and without children ... so be it this is my life and Im going to live it. Theres a false thinking that just because someone is hot or just because someone is well spoken that they are full of themselves, or think that by their looks they can get away with saying hurtful things about others, its usually out of jealousy that others are talked about, unless they cause worry, well that explains if ever anyone talking about me. I don't think my writing per say causes worry ... but it's the thoughts about my writing, thinking that it is too short for interpretation or too abstract for a deeper dive into the psychology of my mind ... I think sometimes you have to accept words verbatim, even the best writers are adept at this, not spilling their insides onto paper, and writing in a way that engineers positive thoughts and feelings likewise for themselves, few run on empty, and just like empty few can run on negatives, its mostly by positive thinking that one is able to put things together in a coherent way that makes sense to all, helpful, whether that's stating the obvious, never assume that what you know is obvious to all, not everyone knows you or your past or your previous associations in life, and life story -which upon sharing may make you closer to some you wish not to be close to, or some you never thought well enough to be associated to, that goes above and below you in life, be in acceptance of all you never know where you stand in between phases in life, until you get to know a room or a pecking order of A listers or D listers will you understand the concept of people thinking they are better than you, they probably are. Its not that you are unapproachable its that the terms of your dialogue online could be out of sync with whats in the best interests of

people to whom they are associated to or think like. That's not competition, that's just a simple fact that people are close in groups, and that will never change, and sometimes closeness in groups is a reflection of professionalism not of over-reaching beyond the bounds of decent common forms of communications hellos and whats going on in your life, sharing. Some cannot handle being pulled under unwanted pressures in life, that is a sharing of information about yourself, that is scary for others to comprehend or visualize someone who self-harms. That's understandable. A noted now discomfort in conversation with me, and noted now unapproachability concerning my present condition. If I had just stayed sober, or just stayed well, I'm sure my life would be in a different place, but given the circumstances I think we are all just doing our best to be happy with what we have now, and who is in our life, maintain relationships, and wellness. Your own discomfort in a room is a product of your discomfort with yourself ... whether or not you are comfortable under pressure, does not dictate how a room will respond to you .. everyone is under their own pressures to stay well in life, irrespective of your own wellness, not being judged, remind yourself its not about you. Those qualified to speak are usually those who are doing well in life, on track and on point in life ... not just those popular or well spoken ... but educated well read, disciplined about their day, and not running out of time ... in a rush as having relapsed or otherwise done something wrong, put under a pressure to see what comes out of them as on foot ... made to be nervous, or to symbolize a known condition easily caused by a teaming up of standards on a persons well being as deserved or not, to search for truth to their pasts. *"When youre in error its to correct your behavior and the restraints put on those who take things too far or who speak too much are sometimes corrected not coddled to discourage behavior or tones that disturb the reputations of others as connected why people separate. When you've done wrong in life or made an error in life that heavy pressure gets put on you to pull you under or make you worse off as deserved that I'm not responsible for the system of fame notoriety or wellness not something I focus on others but my own wellness share #bewell."* (Twitter @mymollydoll_ 04-12-19)

March 2018 ... Quotes on Facebook

4/13/2019

Life can be painful sometimes. Mostly when we are mad or not happy with ourselves. Learn to be patient, forgiveness takes time. We will always have moments in life that get the best of us, it's how you deal with life moving forward that shows who you truly are. Don't care so much as to what other people think, you should always matter most to you. Your thoughts of yourself are what should guide you not the thoughts that others have about you.

#lesliefischman

Whatever you do don't look back. Sometimes we get nervous thinking about what we could've should've would've done or said differently from where we stand now. We are always wiser as we get older, making better decisions for ourselves. Don't be so hard on yourself. Life's not easy but it surely doesn't need to be difficult.

#lesliefischman

You won't always understand why people are the way they are. Best not to waste energy questioning others. Everyone has their own problems and insecurities. Nobody is perfect. Best not to get too involved in the problems of others and to focus on oneself.

mymollydoll.com

You can't always be a success. Not everything you set your mind to will pan out in your favor always. Sometimes you have to step back and reassess your goals in life. Plan where your headed in life and do your best to achieve in spite of your circumstances do well anyways.

mymollydoll.com

You cannot be perfect at everything but that doesn't mean don't try. We all have embarrassing moments when we're not at our best. It's how you deal with embarrassment that shows who you truly are. Don't let the opinions and judgments of others get the best of you. Always do your best to put your best foot forward.

mymollydoll.com

It's hard to stay positive when your thoughts are taking you to negative places. Why you have to always be in control of your thoughts. What matters is not only what's talked about after you write but what's thought about after you write, always keep those tertiary thoughts of interest to your own thoughts in mind. You cannot control the thoughts held by your reader you can only do your best to communicate in writing what you think best

mymollydoll.com

You Will Meet a Select Few ...

4/13/2019

You will meet a select few ... who will inspire you in life, to make a difference, make a change, or motivate you to continue doing what you are doing or find a new direction toward achieving your goals in life. We call them gatekeepers, to professions, whether they be former employers, or a business online, that makes you realize the possibilities, we are all open to being influenced by one another online why it is so important to stay positive. *Fast Company* argues that “when things get tough, many people turn to a motivational quote for a bit of inspiration.” [1] Noting that when “someone else believes you can achieve what you want to achieve can be a powerful incentive to try harder.” [2] Why its important to always stay positive as a business, and as a person in all your affairs. Whether your demeanor online differs from your demeanor in real life, the two worlds will collide, and eventually you’ll have to talk about what you do for a living, and if its blogging, be loud and proud about it! Its not a rich profession by any means, especially if you are blogging on your own, the background banner picture places aren’t calling your

phone or emailing you, asking you to attend events, those are all things you must do on your own, it depends on how well known you want to be, and whether you deserve the kind of publicity as those who are better known than you, for their work or skill sets. Know that “Whatever the mind of man can conceive and believe, it can achieve,” by Napoleon Hill.” [3] If that's what you want in life then go out and get it!

Reference:

[1] <https://www.fastcompany.com/3051432/why-inspirational-quotes-motivate-us>

[2] Id.

[3] Id.

When Rumors Get Spread ...

4/12/2019

When rumors get spread that not only hurts the psyche of the person spoken about but also those who become defensive within as not wanting to claim responsibility for their words or actions toward others or specific individuals. When people get mentioned not by me that's not my responsibility to correct for example when someone with the same name as someone gets put on a t-shirt by BBDO, that's not my responsibility to correct that assumption made about names on t-shirts ... as being like any other t-shirt bearing a name, if anyone is offended its me that's offended hitting my head, and not that is not a product of drinking ... but then gets blamed as a product or source for drinking, I had already hit my head, by the time I had a drink ... drinking is a consequence of a symptom underlying self-harm, if so its important not to drink as it has been known to be a “depressant.” When someone self-harms (i.e. me) that is a product of my decision making poor or not, and my current life, and my future availability for success or for stability, which is mostly based upon your present condition whether you are well or whether you are not well doing well, if you do not remain sober, than the chaos erupting around you ... is a result of the chaos erupting within you ... and when you do a better job of not being affected by the psyche of others ... or defenses, then you will not be affected by their actions toward you, as though you are the offender, treated as less than. That's not the solution ... to think you have the right to put things together about people, that you do not know, and then treat them as though they are knowingly present as though looking for a similar fight, learn to move along, and not treat the newcomer, as though one is looking for a fight, and fight with them, that's not the solution, that only causes relapse, its not necessary for you to hurt someone individually so that if they self-harm, to make them appear as the wrong-doer bearing the scars of your words as spoken to them, prior to them self-harming.

Don't Be a Disappointment ...

4/12/2019

Something you will never grow out of are expectations and the disappointment that follows, the lower your expectations of others are, the happier you'll be. Why? Whenever you expect more from someone, or expect better of them, if they're so likely to disappoint, will disappoint you, you should always expect less, of others, and allow them to defy your expectations of them, how to help others achieve who are struggling, less attention, more positive feedback, that's how to maintain an audience, or keep an audience, not to tell others what to do or think, and not to raise the expectations or highs of others who are already doing well, stability at best is the mean sought to be achieved by blogging, by sharing inner strength, not struggles with the capacity to cause relapses in judgment toward those who are now doing well, why insults cause a backwarding of the interest in moving forward to all, causes the questioning of others wellness, in relationship to what, then the negatives so follow as to a persons condition, and once the negatives are seen not only do we question others but then become affected ourselves, with those negative judgments held toward others, its in everyones best interests to think positively first of themselves, and by not comparing how they are feeling to how another is doing, we are not all the same confidence wise, and we are not all the same wellness wise, but that doesn't mean to expect the worst, that would be doing oneself a disfavor in life.

Depending on what your standards are ...

4/11/2019

Some will be happy for you on your way up and some will be less than supportive, those who are supportive no matter to what extent they know you care, never assume that others no you outside of your interactions with them. If you go out and are not well and have not yet fully adjusted to the voices that come with blogging, whether in acceptance of you or not ... that's not your responsibility or opportunity to contest the voices, which upon cause you self-harm as responding to, or giving a voice to the voices that have harmed you, is not your responsibility to provide support back to those who think that by talking to you without permission have been supporting you ... if learned from you, then that is the reason why people chime in from time to time, as that is a lesson they have learned from you ... to say something when youre not feeling well or upon being offended always report to someone above you. Dating however does not work in the same way, once they do not want you anymore, any subsequent talking is a he said she said, battle ... with people taking sides as to who was the culprit of the failure of the relationship ... if no one thinks highly of me ... then all the more reason so for being defensive and putting myself down ... to honor their privacies as not wanting to be exposed as someone who contributed to my mental health issues, that's really going out of my way ... to make amends backwards ... at my expense, or talk to people, who people think we had more than a relationship as friends with ... if upon meeting someone once that does not mean a relationship ... and any subsequent failure of that relationship is obviously not of my doing failed. When you sober up enough ... to value yourself ... and not be so free loving ... no matter what your weight or disability you will attract positive attentions in life. It should not be about taking sides, due to a failure in a relationship, and no one should be on edge about me going out, Im allowed to go out, that's not a failure on my part not to stay home, Im 33 I deserve to go out.

How Does Loss of Faith Occur ...

4/11/2019

Usually when you are not doing well in life a loss of faith happens to you, when either you stop performing to standards or when others deem your performance not up to standards for them to accept you. There is much to the game of acceptance ... that requires you to be focused on yourself ... not interpret whats around you ... but be a steady voice of reason first able to talk yourself through your problems, and secondly to be able to help others talk themselves through their problems. When you are not doing well ALL that power is lost, and similarly if I drink ALL that power is lost (another argument how much faith to divest per person, or upon yourself individually, depend mostly on yourself in life for guidance not lean toward peers in lost phases), that is a giving up in life, not to be commended for by anyone ... but it signals a loss of faith within yourself. Do not lose faith in yourself simply because you do not want others to lose faith in you, do not lose faith in yourself because you do not want to lose faith in your abilities to stay well and perform well, and be accepted by others, as a general rule one should always have friends, jobs, and things that they like, its not required that you share your dislikes in life, or be judgmental toward the likes of others, that's overstepping boundaries of wellness to judge the wellness of others, as well or not well based upon the actions of others, or based upon the input of others, as being responsible for those changes in communication toward individuals, as about them or about others, that's the phase we are in, always speak in your natural language and by your dialogue you carry a conversation, that's an outer dialogue not connected to your inner dialogue, everyone gets treated differently, and depending on the closeness of a person to an audience or group of people, treated differently or the same. You'll walk in some rooms a complete stranger, that's one of the beautiful discomforts that life has to offer, learn to be poised in those spaces ... and never give up mental health wise. #sober

There is No Difference ...

4/11/2019

Its not that it makes no difference to use humor, but it makes no difference not to care, and not to say anything at all. If the repercussions of sharing causes and consequences have affected anyone in the negative for that I am sorry (the argument looked for) upon sharing a theory about Clueless (that in theory the movie was made to do away with times, and the trauma of going backwards, comedy), that's not why my hand was fractured after it hit the shower door. Do not associate my injury and upon sharing my injury of self-harm, to be affected by the death personally of someone in the movie. A movie not about my neighborhood or the people in it, but filmed in the neighborhood, to that which we were affected, so the literal sharing of how someone who passed away passed away in the shower

after taking meds, is hurtful to be compared to as someone out of three most like, or someone out of all most like. That's not the solution to categorize people as types of people or to categorize people by likeness to others, and then use those comparisons, to type them as offenders, victims, or drug addicts, why its important not to study too closely the lives of people who have harmed others, as it is likely to be manifested through your own life, in how you treat others, influenced by. You cannot change your upbringing, mine was very pleasant, and you cannot change your past, my time drinking after leaving law school, what you can change is presently how you process those events, and then make certain that you are not one of them, and that you are not being categorized as someone among those who are generally abhorred by society not accepted, criminals. That is a distinction to which some are comfortable with, I'm not one of them.

Whether its Nobler in the Mind ...

4/11/2019

You can't rush through life, and you certainly cannot rush through your past, whenever going through anything time sensitive one should be careful not to unearth old concepts that we've bypassed already, and not to cause waves where there are none, that's the peace that's underway, and the disturbance of peace, well that's mindfulness, to choose to be apart of that wellness creation or to take a back seat as a reader, that's your option in life, not to be in cohorts with anyone, not even me the writer, when it comes to thinking and thought processes. Not everything needs to feel like a hostage situation, to know when to stop. That chest tightness, is stress caused by what you're thinking not what others are thinking, and by the time you get to an AA meeting and everyone is at ease around you, then you will appreciate the wellness of others, and understand how being conservative or hippie has destroyed parts of your life, and how being open to others, has brought people into your life, all walks of life. There is a positive and a negative to this personality type ... those who are open arms to others, those who are welcoming, and those who do not wish to share the same environments with others, due to illnesses, I've been all places, and know that no such transfers occur, health wise. -Self-harm is a true illness, of giving up on ones self, and creating excuses for your behavior and thoughts. Be gentle with yourself, kind to others, and keep moving forward.

Returning to AA ... #sober

4/11/2019

People return to AA for different reasons, whether your relapsing on your own, having difficulty with medication management, or sleep, these are all reasons or symptoms not always of a greater disease that is bipolar or blogging. People need people, just like people need friends, or people need to be social, or work, or maintain professional or private lives, this can all be achieved sometimes with a support group, I attended two support groups IOP and AA, both of which have helped me move along, get jobs, and find success career wise blogging. I was able to work this year too, fancy that. You have to be a positive person to do things in life, and with positivity be able to function in life, its hard to get anything done when you are not in positive spirits or not doing well. Be circled backwards to time periods or events that have caused you or others you love trauma ... that's a learning lesson, when to stop. Its sometimes common place to take things too far in the face of trauma, that is knowingly understanding how redirecting the thoughts of self can also help others too achieve a redirection of thoughts, called a thought disorder, when you are putting things together wrong, or putting things together in a way that harms either your psyche or the psyche of others. We all are entitled to our own vision boards in life, and we are all entitled to think, imagine, and put together life as we know it not based upon how someone else sees the world, the world is a big place.

Unmentionables ...

4/11/2019

There are certain things you do not discuss outloud, much of it having to do with your right to privacy. Everyone gets help in different ways from Attorneys, Doctors, Friends, or Companions. Those are advices given to you to help you, disassociate from whatever fears are taking place of your driving forces in life, that is your positivity. There will be some who by their negative viewpoints see you as problematic, that is their voice as through me to make them feel better. Know your place, if you cannot win in life with all, then that is no reason not to blog and not to

share your two cents, to their chagrin ... by what words you choose in what references to. Do not use my platform, I built with my own two hands ... and use it as a basis for rationale or justification from your viewpoint of whats going wrong in society ... that is your negative viewpoint that society is ill or that social circles feel illness toward me, no one ever complains about me, and Im always welcome to share online, on my website, when I so choose to. Over time as a blogger and with experience you will learn that less is more, there are certain things you do not discuss, one thing I'm known for not discussing are romance, dating, and relationships, that's a subject area I am saving for later in life ... when Im at a better place in life. There are so many other things to talk about, that will bring you happiness and success in life, and that's not all to do with sex, drugs, or alcohol use, which usually brings you all three of those things in life, if you chose wisely. What is degrading is when you are on an up and doing well and someone brings you down, that's the other side to being lifted up when you are doing well, and when someone lifts you up and you are brought down further by something past, well that creates an inner struggle, and to who is attributed to your wellness, well that is your own responsibility to get well, not to the burden of others to get you well or for you to do well.

The Main Problem ...

4/11/2019

As someone who is not perfect, the main problem is sharing to an audience that thinks less of me, and then upon self-harming letting them win "oh yeah shes not fit to write for everyone" or think "oh just what I expected ... not suited for writing to a large audience." These are things I hear people saying, not necessarily what people are saying. To be nice. Theres an inner dichotomy that chooses to keep separate posts on separate blogs of separate material, which can then be used for a book, one book. I have self-published manuscripts online, that's not a finished product, a finished product is with an editor, read before being published to all. The reason I don't talk about self-harming is because if mentioned it happens again, much like a witch can craft a stew of potions and say numerous things to invoke spirits in others, I would never do the same to myself or my audience, these are called personal battles you fight on your own in the privacy of your home, with medications, and therapy, these are hard subjects to talk about, why comedy cannot be used in blogs, and why Im not allowed to stay in my car at night and run and write ... all of which I have been punished for. You have to build tolerance for these people, you can't just pop a pill everytime someone is not pleased with you and go in the complete opposite direction of wellness to spite them. The only person youre hurting then is yourself, when you self-harm, that does no good, only further pressures them to pressure you and test your limits in life by talking to you, you have to be your own person, and not allow what others have to say to affect you especially your actions toward yourself, get affected.

By Likeness and Association ...

4/11/2019

You cannot leverage off of the successes of others, and likewise cannot leverage feelings off the wellness of others, that is not wellness, to achieve the same to surround yourself with others who are not well or be surrounded by others like you, and be treated as less than or not well. That is not acceptance ... acceptance is no matter how difficult your day is or no matter what mood youre in accepted the same, much like unconditional love works, you have to be unconditional toward yourself, in order to be loved by others. Whether that's in a relationship or in a working relationship admired and appreciated, that's for you to decide in what ways you achieve fulfillments in life. For women especially love is a huge factor in self-love, being loved by others, a companion, and to be with someone who is unconditional towards you or helpful helping you to stay on track and do well in life. That is love. Its hard to replicate anything in a different environment ... coddling is rarely a successful strategy toward maintaining relationships and often times too much coddling or compliment, can ruin relationships. There will be people in your audience who will care at differing levels, its not required to love anything that benefits you, but if you benefit from having read this and do not love me, that does not affect me, as I am loved and supported by a select few of individuals, and I do not need to go anywhere to be loved or to find love, I have love in my heart for myself, for my future, for my personal endeavors, to finish Law School, and to get a job, I have goals in life, irrespective of whether I am married, I chose to focus on Career. That's my choice.

When Opportunities Present Themselves ...

4/11/2019

Its usually when you already have something going for you in life that new opportunities arise for you in life, whether you can manage all those chances in life, determines how fulfilled you feel, whether feeling set back by losses in chances to bloom, or whether you have the ability to bloom with those new opportunities that lend themselves to you. Its all up to you how productive you want to be in life. The more effort you put into your day, the more you'll get out of each day ... much of life is about suiting up and showing up. The better you feel, the better off you'll be accomplishing youre goals in life, and the better others will feel around you. If you are ill suited or ill prepared to accomplish a task, don't beat yourself up over it, plenty of people have applied for jobs in new fields they know nothing about, I worked in film for 3 months and have never worked in film before, and was promoted to Executive Assistant. We all grow and learn at our own paces in life, my best advice would be to do what you love, and by doing what you love whether it be blogging, or law, or makeup, you will achieve the positivity required to take on more tasks in life, with greater responsibility, and get the following or trust you are working towards necessary in order to feel achieved and loved again in life, whole.

Make the Most of your time ...

4/11/2019

Eckhart Tolle once said, "You are the universe expressing itself as human for a little while." [1] While that may be true, your universe is a shared universe with others, especially if you don't live alone and while living alone you may think youre independent of others but at the same time dependent on others for love and support. As you get older more is expected of you, an ability to finance your own life, by working, and to give back to those who have provided support to you over the years ... if this is something you struggle with you are not alone. Blogging has been my passion for years, now working on a book ... I have self-published 3 books on my own ... but that's not how to earn a living, you would think that by doing something you love you would be able to earn a wage, but that's simply not the case. There are plenty of paying jobs you have to apply for, if you are willing to give up your side gig, I would not recommend blogging to anyone who does not have financial stability. Put more years into your life, I would say would be the solution, don't overwhelm yourself, but in the time upon realizing my own mortality, due to a fire, I wrote 4 books, self-published 2 of them (on my website on lulu.com), and almost finished with Law School at Thomas Jefferson School of Law ... working on my Dissertation. When push comes to shove where are you in life, and how able are you to accomplish your goals in life, sometimes you just have to work with what you've got, and go from there. Other times you have time at your disposal, and can self-pace your daily accomplishments as you go, other days you barely have time to go to the gym, read a book, go to doctor appointments, and work on your studies and side gig as a blogger, but its all possible.

Reference:

[1] [Instagram.com/girlandhermoon](https://www.instagram.com/girlandhermoon)

How Perfect do You Need to Be to Blog?

4/10/2019

If you are interested in the concept of blogging and would like to blog, there are a range of opportunities for you to do so, while Weebly may not be a popular blog spot online, I know that Wordpress is, and plan to one day move my website to Wordpress. Its hard to start anything on your own, and usually with support and feedback, that helps keep you moving in a positive direction, there are a lot of opportunities to fail elsewhere, photographing yourself in compromising ways, or getting unwanted attentions from others critical of you. I have been very experimental with my blogging online over the years ... and have found when I am most at peace with myself, I get the most following, not by necessarily baring it all. It doesn't always show that you are a comfortable person, when you share personal details about your life, in fact youre more likely to upset others by sharing personal details, than you are to made seem approachable, that's not how to appear approachable. Always be yourself. Don't say anything out of discomfort either, you're likely to be read in the negative as someone who is lacking confidence or not fit for their

following, how many people wish they had 800 followers and what they would write or say if they had that kind of following, we can't all be popular. Just accept when you are doing well online, and accept those moments when you're not as popular online, as it changes. Depending upon how much you share, not depth to your life, but as in how much output words you share matters, that's how to get a following. The answer to my question is ... not that perfect, without sharing details about my physicality or face, I think it's through your writing that you attract a following, not by your connections or by who you know.

Be Careful What you Mass Produce ...

4/10/2019

As a writer, working on a book ... you have to be careful what you mass produce about self, just like rumors, can cause emotional disturbance to be misunderstood or critiqued in any way, after sharing your heart with the world, why we have drafts, first drafts, and second drafts, I'm glad I did not put anything in stone yet, and have given it a year or so to marinate. I think writing a book takes time ... I had a high of 886 and 749 this week, but that doesn't always translate to a perfect week. I ran three times for 2 hours these past 4 weeks, maybe that's what did it for me, positivity wise. You have to be compliant with your medications to have a good week once you start taking meds, and that doesn't always translate to a better sense of self, there will always be things to process past about your life that you'll be unhappy with but it's mostly your responsibility to ride the highs and stay positive even when you're feeling drained or tired. Pacing yourself is so important as a writer, especially if you're writing live to your audience without editing. That's in real time how you're feeling, matching up in real time how other people are feeling, that's the beauty of blogging. Not all people are the same, and not all writers are the same, and some share more or less about themselves than others, I on the other hand am very open about myself, not as professional as I would like to appear online, but good enough for 4,317 (7 days) people this week, for that I am proud to be a writer.

And Then Relationships Went Online ...

4/10/2019

When relationships were in real life ... those were the days, ice cream Tinder dates, and sit down dinners. Today most relationships are online, for the most part I don't think that those in healthy relationships write about relationships, but I'm one of them. If you're missing your crush or your boyfriend who never calls or texts you but on occasion, than you're in the same boat as me, waiting. You should wait for those that you love, I don't think dating is for the attached or people in open relationships, it's a one way street, some can date two but some are less than adept at controlling their feelings or emotions when attached to more than one. I think there's a heavy inner frustration to loving someone you cannot be with and then being rejected by someone you love and cannot be with. Romeo and Juliet I'm sure was not a tragedy about a messenger relationship, but it makes sense now ... loving someone you cannot be with, that's not a new phenomenon, people used to collapse at concerts upon seeing musicians they know and love. That makes sense. Today we are lucky enough to connect with those we love and admire through fan mail, not to be abused. But it almost feels like a real relationship, upon talking to a few well known names, and getting replies from them. When you're put together, let them chase you, I was raised to "let them come to you." However in today's world with texting and messenger it's too easy to mess up and be the first to talk ... or check in. I think it's a positive whenever you get to hear from someone who likes you ... hopefully it's the same for them, not an annoyance. When I get texts I feel better about myself, it's okay to check in with others, it's not okay to continue texting past the point of rejection, no you will not get an explanation about why you were rejected, but you will assume to better yourself, and if you think you're all that, get defensive. No one is at their best upon a break up, it's usually about something either you or they could be doing better, relationships aren't easy. Monogamy is hard ... being attentive and at the same time not getting jealous by the attentions that others pay to your loved one, sharing is caring. Learn how to be stable and proud of yourself with or without a partner in life, you'll be sure to lift them when you're around not bring them down.

how to handle negativity ...

4/8/2019

Its starts with you, not with the reactions of others toward you as you cannot control what people think or say about you, or how they interpret you. Whether they wish to think that you are a product of your own unhappiness and negativity or whether you think that their negative reactions toward you are a product of their unhappiness and negativity with you, some balance needs to be achieved, a happy medium. What is the end goal? Peace? What is the end goal success? What does it mean to be successful? According to *google.com* “if your goal is to spread peace and positivity ... [then] (1) don’t take it personally, (2) stay patient and create space, and (3) be peaceful and smile. [1] In the face of negativity don’t give your power away. There are many reasons why someone could be unhappy: (1) lack of self-esteem or self-confidence (2) unhappiness with themselves or their lives (3) trauma (4) difficult situations such as financial duress, job loss, health issues etc. (5) jealousy or envy of others (6) difficulty communicating or (7) narcissism, [2] these are all explanations of why someone may be exhibiting “destructive ... [or] uncaring behavior” more commonly it can be understood that those “who manifest ... negative behaviors are showing an outward display of inward pain.” [3] We can do our best to control our public appearances, but sometimes our personal life struggles spill out into the public sphere. Whether that’s through blogging, our writing, or how we appear ... people may be more or less accepting of us, depending on how we appear to care for ourselves, and by the extent to which we care for ourselves. I think its okay to think highly of yourself, but not to the extent that it is offensive to others, your self-confidence, some have none, whether that’s a product of loss of self-esteem, or unhappiness with themselves, it is up to you to be a positive person, through it all. Don't let anyone affect you.

References:

[1] <https://mindfulambition.net/dealing-with-negativity/>

[2] <https://www.psychologytoday.com/us/blog/understand-other-people/201608/stop-giving-your-power-away-others>

[3] Id.

Today's a Different Day ...

4/8/2019

Some of us have off days and some of us have really off days, you can’t keep up with trends you don’t follow, some days are easier than others, feeling put together in life or on trend. I just started free reading again, I was at a reading speed of 1 book in 3 days ... however now have found myself writing more, I think that’s a natural progression to go from periods of focus to periods of action ... depending on what you study or read about, similarly what you expose yourself to, is what will affect you in the future moving forward, or what will manifest itself through your inner dialogue and conversation with self and others. To which points you reach in life, and depending upon your exposures, everything influences one another, not always visible on the outside of a person, what their interests are or who they follow, or what they know, we can’t all be experts at everything. Some of us by our exposures look luckier than others, to be given opportunities to be among others, to see people who are successful and to be apart of, such as attending a Laker Game. These are just recent thoughts Ive had ... how you can hear one thing (positive or negative) and do the same as you hear (positive outcomes or negative outcomes) sometimes self-sabotaging, and sometimes if you hear things in the positive to a negative thought can correct that thinking. It all depends Ive been told on a willingness to change, adapt, and learn how to recover ... unless you are willing to change, you will not change, and unless you are willing to learn, will you learn. In recovery from any injury or self-injury or relapse, you will have days when you feel on top of the world and capable and days when you feel off, sometimes what you have to say will be helpful and other times what you have to say, will be more or less inspiring to others, #sober (04/02/17).

Support Causes that Matter to You ...

4/28/2019

Support causes that matter to you, you never have to quit caring that's the beauty of supporting others, and there's no cost for caring, unless you make it a burden. The times are difficult, but that doesn't mean take a back seat to others in life, that's the best time to come forward, seeing is believing, and if you can't put up with where you are now, or where things are now, that's when issues get dealt with and you come to light. It can be damaging otherwise when you believe in something, and do nothing about it, it's better to do something than to do and say nothing at all, and let others carry on in a conversation or behaviors that support the wrong ideas about life. Your sense of being is based upon your comforts in life, comforts around others, and comforts processing events which otherwise don't make sense, that's the basics of trauma, understanding, and trying to understand whys, don't invest time and energy on the whys of negativity or the possibilities of negativity occurring, and always focus your time and energy on building more positives for yourself and others moving forward, that's how to keep a balance perspective and positive outlook in life. If you're not doing what you're supposed to be doing, chances are you'll feel a sense of disempowerment, set behind in life, but when you participate and stick to what your belief systems are, the more likely things will pan out for you in the positive, always do what you believe in, even when the times are hard, but never take leaps of faith with the weak, it's the strong who have built systems of support that do us best.

There's Never a Good Time to Date ...

4/25/2019

If you're waiting for the next chapter of your life to unfold, or waiting to lose another 10lbs before you get back out there, don't wait too long, and miss opportunities in life, you never know who will like you and accept you just the way we are. The tendency is to wait until you're at your best to date, rarely do we put ourselves out there broken, you're likely to face the hurdle of uncomfortable conversations about the past and where you have been not focused on where you are now. Always set goals for yourself, conversation wise, what is it that you are doing now to be the best version of yourself, and well if you're comfortable with who you are now, there is no reason why someone else should not be comfortable around you either. Life is short, but not short enough to wait. Whether you've been waiting for that special someone, or healing from a past relationship, forgiveness is key in order to move forward. You should be fully moved on by the time you start a new relationship, although it's easy to go backwards you're bound to get hurt by the same circumstances that separated you from your loved ones in the first place. You deserve someone who wants to be with you, who pays attention to you, keeps tabs on you, and genuinely enjoys your company. People are looking for someone with some direction and focus, a keeper, that is someone who is disciplined and driven in life, bound for success. We can't always be that ... pace yourself, get through your freezes in life, and if dating is one of them, you're not alone, there are plenty of people who take a sabbatical from dating to work on themselves, and if it's been several years since you've dated well maybe now's a good time to start asking yourself why you've been holding out on meeting new people. Even though "being involved with another person means hard work that doesn't always get reciprocated" that doesn't mean that all relationships will be that way, some are easier than others, if you find the right matches in life. [1] Nowadays with all these harassment standards, it's hard to meet people in your lives already, on that level, it's best to date through services in which you know whether others are single or taken, before dedicating your hearts to them.

Reference:

[1] <https://www.bustle.com/articles/77335-14-perfectly-good-reasons-to-not-date-anyone-right-now-because-you-should-never-have-to>

Be the Best Version of Yourself ...

4/24/2019

The times call for an immediately overhaul over what matters most: (1) people issues or (2) world issues. Some take precedent over personal concerns to have concern for others. Worry only gets you so far in life, how to live best? That's not how to show care by worrying for others, the best way to demonstrate that you care is by: (1) self-care (2) compassion (3) empathy and (4) being the best version of yourself. When you are trying to help others ... it's important that you are strong. Living now, I can't imagine how I was then ... given my work history, you would think that I was put together and fine, but as life will have it suffered from bipolar later on in life, everything takes adjusting to, like medications, the times. People issues, that is when you are bothered by the little things in life involving people, or yourself, those general pet peeves, and annoyances that you should otherwise be oblivious to if you are focusing on yourself, being the best version of yourself. If you are stuck worrying about others, are you being critical of them and if so why? Ask yourself for what reason am I focusing on others, and is that focus helpful to their health or my own. Sometimes a little attention goes a long way even to those in distress, or suffering from whatever mental health issues they may be going through, temporary, or

for the long term, acceptance is key of others and of yourself, as time passes you'll be glad you vented to whomever you've confided in they'll more than happily be there to support you once you recover and regain your strength, self-discipline, and candor of character back, that is your self-assurance of thought i.e. confidence. Why is it that those who are confident (or confided in) are given the most respects in life, not all are heroes, some are just skilled at standing out from the crowd, and being unique to others, if we could all be special (a middle man), then there would be no jealousy over the wellness of others, stand out always in a good way, negative attentions although beneficial to some, are not beneficial to all, group conscious wise. Compassion and empathy are key, that's not simply seeing and thinking poor them but by being in action, sharing condolences, or sharing messages of strength and hope, its not just those in recovery from addictions and alcoholism that need support, but there are others too in "recovery" from specific ailments, that we as a society feel bedridden by, it can be weighing to say the least. Does anyone else feel that lift as of recently, that must be that we are recovering as a group ... that we as individuals enough of us have been doing what is right to reset the tone around us as affected, great work, and by all means root on your favorites in wellness, they are doing their best as leaders, and the times are not easy to be outspoken or think of what to say to a crowd, especially right now. Helping others is one thing, but if you yourself are not strong its okay to take a back seat and not step on anyones toes about it, if you can help help, but no one is required to help first hand during trying times, some things are best left to the experts.

I Read An Article About Messenger ...

4/24/2019

I read an article [1] about messenger suggesting that it raises anxiety levels if unwanted. Well that goes for all unwanted activities, even a text from your Mom or Ex-Boyfriend can raise anxieties. Receipt of unwanted texts from anyone else, well that's considered harassment, even if in the workplace ... why you have to be careful with (1) what you communicate and (2) who you communicate with. Non-communication is best when it comes to feelings of (1) upset or (2) liking someone, the saying goes let them come to you. However, harassment is not, if you're busy doing something else, being bothered by interruption of those activities or work productivity, some people you have to respond to, however just because someone is waiting for a response from you, no demands should press you for time in responding to them, most people are so busy with their own lives, that it would be nice if we could just all respond when we have the time, that's up for debate: (1) screen texts or (2) reply right away. I'm someone who forgets to reply if I do not reply right away, not a screener of calls or texts. -There will always be people who love you and check on you, that's not the same as fan mail sent to those you love and admire, they have an aptitude for receiving messages and letters from others, not all are abreast with. If you put yourself out there for the liking, don't be surprised when you get inquiries, you don't have to respond to most, and some will only respond given my experiences if you respond to them. Rarely, unless they're an Eminem account do they text you they miss you in between and wait on a response from you. If youre someone who responds first, that's putting yourself out there for the liking, and if you get rejected by those inquiries, well then that's just business as usual, don't take it personally, you'll find someone willing to chat with you, and never do anything youre uncomfortable with. In fact it has been found that "high-volume texters who were most stressed in their relationships were also most likely to admit to experiencing academic burnout and the lowest emotional well-being." [2] Even loss of sleep can occur "It's difficult to sleep when you're preoccupied with a text you just received, composing a response, or perhaps fretting about a text's exact meaning." [3] Much the same way bloggers obsess over what they have written ... in shorter spaces on Twitter, where each compartment is examined, rather than writing in longer prose, where you have more room to explain, that explains that. With regards to "unwanted sexting" as someone who no longer has sex, and dates primarily by phone, I would say only if the other party is willing so share your lives with them, otherwise it's a waste of time, if you are interested in dating in real life. I stopped dating 2014 ... for personal reasons, sober. There will come a time, when you no longer feel like hooking up ... and texting is a great way to talk to others, without the requirement of sex.

Reference:

[1] <https://thenextweb.com/science/2019/04/23/unwanted-sexting-linked-to-anxiety-depression-and-low-self-esteem/>

[2] <https://www.psychologytoday.com/us/blog/fulfillment-any-age/201310/is-texting-stressing-you-out>

[3] Id.

Setting Daily Goals ...

4/23/2019

I'm not new to recovery ... but will have 30 days on Friday. I first got sober 2014. It takes time. Bipolar is another issue separate from addiction and drinking. I have 400-1000 followers a day, but unless I stay sober and manage my bipolar, I do not benefit from having a blog -well that benefit doesn't seem deserved if I don't keep up with what I'm supposed to be doing. I wonder can you tell the difference in my wellness, when I'm writing well -everyone has their off days. Always be thankful for the support you're given along the way, every little bit counts. You are what you advertise about yourself, be mindful that when people are listening, they could also be judging you, as they are one of the benefactors of you sharing, and have every right to be critical of you, spending their time, reading your writing. Just wanted to say thank you for following! Back to it ... I try my best to be in the now, but sometimes the past gets the best of me. I'm not sure whether that's PTSD or just plain overthinking, it's important not to diagnose oneself ... not even my meds seem to accurately describe me, mostly for sleep, and one med for daytime. Although it may seem like a lifelong battle with mental health issues, I assure you the agony of it doesn't last long, as long as you are doing what you are supposed to be doing, that is setting daily goals, not reminders of the past, and moving forward that is being present, not zoned out, fixated on what's going wrong, but focusing on what is going right, and doing what is right. I don't have any selling points memorized to provide any type of reassurances that you will overcome what's bothering you, only by my own experiences can I share strength and hope. That I hope the reader understands. I'm not perfect, and I'm not a professional advisor, yet, with an LLM that may change, with experience, job skills wise (Re: oversight abilities, learning a lot blogging, need to finish my FEMA certificate in social media, get certified), but I'm not a mental health professional (but have worked as a crisis hotline counselor in the past, and as a victim advocate for VAWA), I'm just now experienced under the care of mental health professionals, unfortunately that's not a resume builder, all that time spent healing, no one used to care how long it took you to get well, but now everyone is more sensitive to one another, given the times, one thing you can't count on is for everyone to be happy for you once you get well, you can't expect patience from people who do not know you well enough to believe in you, that would be asking too much of them. If that helps. Some days I'm the advisor, other days it looks like I'm writing to my audience for advisement, as though they can direct me in real life, but that would be asking too much, from your neighbors or those around you to follow your blog, for input, it's not something I talk about blogging. Half serious. When you're speaking to a crowd online, that's one sign bipolar is kicking in, speaking to specifics, or thinking specifics are listening and reading, it's usually the opposite, people you don't know reading your blog, or so I thought. One of the biggest pet peeves about me is posture and eye contact, something I've been corrected for over and over again ... I can't seem to muster up the confidence to stand tall, even on days when I'm proud of myself, it never seems like a perfect day to stand with my shoulders back and chest out, when is a good day for that. I don't even wear heels, It seems I've completely given up on femininity, except for makeup, but it's important not to dress like a tomboy everyday, then you've completely given up on feeling pretty, that would be regressing to third grade shopping in the boys section wearing plaid shorts and t-shirts. Just lose weight I tell myself, no one wants tree trunks for legs, I'm actually one of them, TMI you say, TMI. Why I run everyday.

When Things Are New ...

4/22/2019

One of life's blessings is to be new to something, new to someone. However that's not always the case, once everyone knows about someone or something, then it's no longer new, and you're no longer new ... where to then. I think sometimes addiction kicks in in this way, wanting more of something, you are new to, or more or someone you are new to. The basis for addictions are not always people, places and things, but there are many substances on earth to become addicted to. For a long time running was my addiction, and when I stopped of course weight gain occurred, when put on Abilify, it takes time to get used to meds. And as you come to accept what med you get put on, you fear less the consequences of not being on meds, and who you were then, and become more accustomed to your present condition as who you are now. People change, and over time, even if you go back to places you were comfortable, they may not always bring you to a satisfied state of mind, that is you have to be in control of your own wellness, although the environment has been known to have positive healing affects on the mind and body, running everyday outside would be an abuse of that condition for wellness. Having an unbiased opinion of someone, is to be new to someone, as not knowing them past or personally able to make a judgment about them in the positive or the negative, sometimes just by looking at someone we think we can tell what's going on inside of them, be careful not to be too judgmental of others, we are not all psychics, and you cannot tell the condition of a person based upon looking at them judge them as being better now than they were then. Just because I changed my hair, skin, and clothing routine, does not mean I'm better, not to be rebellious, but I've had my share of pitfalls these past few years none of which have been pleasant states of mind or being, sometimes it did not matter what environment I was in, I could not seem to be and achieve better, that's not always a product of addictions, or of alcoholism, sometimes, we just need our alone time to dust off and recharge everyone deserves that much time to themselves in life. The more we are reminded of places we have been, when others were unhappy with us, or unhappy with ourselves, the less likely others are able to move forward in life and achieve a well state of mind and condition presently to match the norm of others around them. What people want from you are reassurances that you are well, what you cannot provide if you are not present are reassurances that you are well, because they will not believe you are well unless they see you, that condition promotes

people talking about people who are not present, and that affects the wellness of the person talked about, do your best not to talk about others when they are not doing well, its not a scientifically proven fact that illness can result from bad mouthing someones condition, without them being present, but that is certainly felt walking into a room of people who have been talking about you, a quiet or discomfort, that is something that can always be changed about how people deal with others, you always talk to a middle man not speak directly to whomever you have had issues with as that may lead to further discomfort or confrontations in life undeserved as behind their back, to which you may at a later point become defensive to. Whatever you do don't self-harm over what you cannot control in life, and do a better job of being in control of your life, not try to control the environment around you or people in it.

Some Days ...

4/22/2019

Some days go by painfully slow. Today is not one of those days. The busier you are the better off you'll be, schedule your time wisely the more you have left ahead of you the less you'll see behind you. If its progress you want, think what could you be doing now to help get you moving forward, and if it's the weight of yesterday and the past keeping you from moving forward think what it is that you could be doing better, how could you be more productive with your time. Its usually those who are successful who give advices to others, social media is a much different space, there are some who are successful via social media but who are not successful in real life, I'm not sure if I'm one of them. You have to have a lot of things going well for you in life to be considered successful and you have to be ambitious enough in life, to set goals and achieve them. I think nowadays everyone is very hard on each other, how unimpressed are people by Masters or Jobs, for some reason others expecting more from them, that could just be them listening. Never expect others to have problems, upon coming to someone with a problem, sometimes it's a place of peace others ask for help, when they've already been mended and have nothing to talk about, enjoy those moments in life, being there for others. Therefore even if you write well, they will be expecting you to have made a profit, or to have some monetary goals in mind, which prevent them from having respect for you as a writer. Not everything is done with incentive to make money, some things are done with incentive to help others, and the basis for those incentives to help others, well that's your right to privacy what motivates and drives you in life, and by what causes. Not all are successful by the same means, it usually takes money to make money, no one from scratch comes up with an idea and makes money without the investment of time and energy on the parts of those who wish too to become equally successful. Unfortunately a blog does not work the same, you can invest time and energy reading a blog, and still without hope not find success in life, while the blogger achieves success, or you can reach success and the blogger to whom you've found interest not achieve equal success in their lives. Not everyone will succeed in life, it's a competitive world, best you can do is be supportive of those who despite their deficiencies in life and disabilities do their best to be a apart of normal online, best you can ask of others, it to blend in, and well if they have helped push the boundaries for acceptance writing wise, then praise them for that too.

People Are Mostly Concerned with Themselves ...

4/17/2019

By the time you realize you've hurt someones feelings its by that time, that they either seem like they don't care or either side is pretending not to be the culprit of those feelings being hurt. People are mostly concerned with themselves, but if you are a writer, you empathize and see all sides, and to that you respond, both from the perspective of the person to who feels threatened or harmed by you and from your own perspective as someone whos feeling have been hurt. Usually people whos feelings get hurt react and respond in ways, to dissociate from what is causing them hurt and if assumed its about whom, that is an assumption. If you have not heard from someone for the day, that does not mean that they are busy of themselves, but could be that they have had multiple appointments are tired. It takes awhile to ease back into a schedule, the busier you are the quicker time flies by. Last year was spent book writing, and this year was spent, refining my website, and finishing my books, and a Dissertation, those are my goals this year, to finish a Book and to finish my Dissertation, I am writing self-paced right now. We all process events differently and whether you speak to events that's to your understanding what makes sense for you to voice yourself or your opinions, but its not everyone's place to take part in discussions, some are not suited for the part. Be accepting of those who care, and pass less judgment upon the efforts of others to manage their time here on earth, and figure out why so critical of those who choose to blog and write. Not everything is for one cause, not everything is for one ending, and not everything is for one person, or for one type of happiness, there are multiple types of happinesses to be experienced in life not limited to endings. Sometimes just existing brings one happiness, not all are seeking many things in life, some are just happy with what they have, and if they don't fit your description of what happiness is then don't designate me a sponsor, and insult my sense of being here on earth, living as best I can suited to the times, and not be affected just like everyone else is trying to not be affected by the times, that's not something you write to but what you live by ... not by what you hear on the news, not by what people say, but by how you are educated come to be and behave.

Being Pleased with Results ...

4/17/2019

You won't always get your way in life, and its upon failures in life that you learn how to build a tough skin ... learn how to handle your losses in life, whether they be separations of people or separations of interests, you know you best, fight through the pains of defeat and fight through the pains of embarrassment, you too deserve a life free from discrimination or hardships usually placed upon those who are not doing well, not well off, or not considered a success in life by monetary gains. You choose your own battles in life, and its to that you speak ... not from whats inside that's bothering you, and not from whats outside that's bothering you, but always speak from a place that makes sense, that's always the best way forward. Addiction has a lot to do with not feeling good, and in order to feel good, using things in place of that feeling to feel good, that could be by overtalking, or by drinking, pills, or too much socialization ... all of which can be draining for an introvert ... know your speeds in life, and set limits for yourself, its not necessary that you be well liked or loved by all, but always taking into the consideration the best interests of others, when trying to do well in life, not step on the toes of others wellness. As self-identified addict, or alcoholic, its important not to put the pressures of your pains on the doorsteps of others, your problems are your problems, not the responsibility of others to quell whats going on around you ... or the voices within, and if people want to make it about another hardship they assume, well that's their problem with you judging you by voice, or how you look as someone who has no experienced trauma, and whos disabilities are not yet readily identifiable. Everyone has their own struggles they tell you in life, that people are fighting battle you know nothing about ... if you can't sit up to bat, then don't bat at all ... and if you can't handle the jokes in between ... then don't suit up and show up for the fight. If you are not well you are likely to be deemed contrary to the opinions of the masses if identified as being of ones own opinions in life, and if you are not valued as being the creator of an opinion in life, well then that's people just being too hard on you, not seeing you as original or unique. Always strive for your best, that's not addiction, that's drive, always do your best, that's not for others, but because you want to get well, and stay well, that's for others to care not just for yourself.

Addiction and Trauma ...

4/17/2019

Whenever you're feeling at a loss, its easy to slip back into old coping mechanisms, its mostly your fault if you do, and the self-harm that follows from filling those voids, well that's your responsibility to correct those behaviors, especially self-harming behaviors which are hard to correct, it all adds up. You'll think to yourself, what could I have done differently, and if so, wonder if you said something wrong. Not everyone reads your blog you have to remind yourself of that, and especially not the majority of people you encounter in life, but mostly people who know you or who know you now, collectively that can be draining ... as your primary gusto comes from being new to others, not someone people already know, its easy if known to others, to be treated differently had no one known you at all. How rare is it that we meet someone and upon meeting them check their social media. Unless directed to ... less is more, in the picture department, especially to recipients of photos, if not on a blog, messenger is a new phase of development online, new still to it. When rapport is lost its usually due to something you've done wrong ... either you as the offender to interests, or you as the self-harmer, and by doing wrong in life, self-harming, difficult to be around or to see. Always be approachable ... when you are approachable its easy to be around others, and that usually occurs when you are focused on yourself not others. -Privacy is so important not just to general discussions, but to private conversations, also not disclosing whats not in the best interests of others, which is to share conversations with others ... about conversations you've had with others, that would be doing a disservice to the rapport being built between individuals to a conversation. How does hearing what is about to be said occur, there is no predictability when it comes to the language of others, but it is by who you connect with that language is felt and based upon those communications outside of you or within you, a communication is had, and words spoken.

Chapter 12: Overcoming Fear ...

4/17/2019

Chapter 12 (v2) Edit 04-17-19



Learn from Your Mistakes ...

4/17/2019

You won't always feel apart of, especially not apart of the successes of others, and not to be compared ... assume as though every joke is on you, until you are able to provide for yourself, under the pressures that you have suffered as a result of blogging online. That's not peer pressure, that's of significance, that's being under the influence of others ... but its public pressure that a person gets put under, and that's a real pressure not to be confused with being put under by others, in a therapeutic environment. Some who are able are able to handle the types of pressures of sharing their stories, and some are in need of privacy especially during times like these, its in private that we assemble and put together ourselves, whether by private schedule kept, or a diary, where we mind our own thoughts absent minded others. There's a such thing called a right to privacy, and whether or not anyone has been given abstract permissions to dive into the private lives of others, that is not one business to budge their way into the lives of others ... by illegal means, going through the private spaces of others. We are by our conversations connected to others ... and by our conversations words chosen affected by recall, some conversations more memorable than others. Do not ruin or hurt those first impressions made upon others, as they can easily be regarded as faulty if you do not stay up to par in life. Do your best always to live a long life, a short life would be giving in to self-harm and letting them win. Do not put yourself down, do not put yourself under the influence of anything that affects your memory or ability to perform well in life ... that is be a good decision maker in private and in public, and by your words, not take offense not offend anyone with your sense of humor ... that would be putting yourself down, and then stating something to which you should be offended by but making light of circumstances past to not be offended by others. That's one way in which humor is used ... to not let them win, by putting oneself down.

That Hearty Chuckle ...

4/17/2019

Usually anything that produces a hearty chuckle, is at its core something you connect to, which your heart responds to. That's not a quality to be judged about a person, how they laugh or by their tone, be judged as asexual or not. That's really no ones business to what a person is attracted to or what terms cause laughter. The other day I self-identified as an "introvert" and laughed until I cried, at a Sponsor's response. Usually you do your steps ... with people you know ... in this case with someone I just met. I don't think that's the solution, to keep building stories upon stories, to tell a story about a person, by names or by description as told. Not all stories will be heart-warming stories, and not all women will be your perfect cookie cutter brunette, blonde, or redhead ... there are more types of women, than the fine-tuned descriptions sought after in life, just like men don't want to be described by how they look, women too, I can only imagine how I am described, lamp shade light on, I had a crying fit talking to my Father ... no comment. If its conservative you are looking for well that's hard to find nowadays, as people have loosened up with their judgments of others ... yet take more care in their appearances, it seems the more mentally ill we become the better we dress and look, funny how that happens, as a society, that shows care, I may look and feel like \$hit but I don't want everyone else around me to feel that way too, that shows compassion and empathy all likeable character traits to have. When you fit the All-American model in life, you're likely to be an Ex-Football Player and Surgeon now ... my current crush ... I was trying to be perfect ... but failed to live up to my titles in life, I'm not sure whether that's ADD/ADHD or just giving up in life, just remind yourself, next lifetime at half time, not to go back out and not to relapse, to hold your head up high, not be reminded of the times you failed, but be hopeful of the moments you have left to live in life, and hope that they will bring you as much joy as you are having now If not already in a better mood having read this, you don't need people but its nice to have people around, you don't need friends, but we all need group photos.

Stay on Track ...

4/16/2019

Whatever keeps you going in life stay on track. Whether that's by keeping a schedule and writing in your calendar everyday, going to AA meetings, or going to the gym, don't let up. The moment you let up upon gaining positive momentum, the harder you fall. To avoid such losses in momentum its important to keep moving forward. You will get back to work, you will have the energy you want,

but its all a matter of discipline. I recently took two days off to rest from blogging, not by choice, my phone hasn't been working. We are told that "for every up there must be a down and that success is cyclical and beyond our control." [1] This is very true, working you get spoiled, put on a schedule, but working from home ... well that's moving to a different beat in life, especially if your bed is next to your desk, when you walk in the room after breakfast ... hit the desk not the bed. Continually improve upon your results ... somethings don't last ... but that doesn't mean there is anything wrong with you ... you can get back to work, maintain positive esteems, and don't make mistakes along the way, you'll be happy you didn't relapse and go back out, and if you do go out, watch your progress socially, as you get better, you'll notice you'll have better conversations about whats going well for you in life, than the moments when you were not doing well only talking about your problems. #staysober

References:

[1] <https://www.theladders.com/career-advice/how-to-maintain-positive-momentum>

Going Back to Being You ...

4/15/2019

Sometimes we feel safest in our comfort zones, and other times when our comfort zones cause us discomfort or lack of satisfaction we step outside those areas of life. The hardest part about stressing out is not allowing those stresses to carry over to other areas of your life. Whenever you return to a familiar area or group of people ... after being away, always be yourself. Its not necessary that you explain why you have been gone, or explain your world to the masses, you just have to be yourself. Whether you remember what went wrong, or why you got sick ... remember that everyone cares ... and do your best to be present in the now. Its easy to get upset and to blame others for our wellness, whether we are able to stay well, and who is at fault ... for our wellness, always take responsibility for your own wellness first and not worry about what others have done or said, especially if its not about you. The more you make things about yourself, the more likely it will be for things to be made about you. The less you include yourself ... the less others will interject themselves into your life ... wreaking havoc from within. Some interventions are for the purposes of bringing you to a better place in life, and whether you have arrived at a better place in life, be thankful for those in your life now, no matter who gets credited for your wellness later on in life. Do you best to stay humble in all your endeavors, and never seek gratification in order to get well ... you're likely to be disappointed.

Catching Up on Sleep ...

4/14/2019

After being well rested ... one thinks clearer about themselves and what lies ahead, never make an important decision stressed out, loss of sleep is likely to bring up emotions toward self ... unhappiness, paranoia, and depression to say the least ... after a good nights rest or a long day of napping ... its easy to overcome those feelings. There are a few quotes that scare me: (1) that life is fragile or we as humans are fragile (2) "life is short," and (3) that dealing with mental health issues is "daily." Im not sure whether its fear of overcoming these difficulties in life, or just needing to change my perspective ... that's something a nap won't cure ... being tired. If you stay active and keep goal setting, that usually takes you out of a slump in life, I just lost 5 lbs recently running to the fence and back down San Vicente ... 2 hours of running/power walking ... it doesn't feel like its worth is beforehand, but afterward youre pleased with the results ... a lot of life is like that ... accomplishing something that seems like forever to get done like a painting, but if you work on a little bit each day, eventually it gets done, much like exercise or energy, being well rested is so important to your mental health ... drinking is a depressant ... not to be used to help remove thoughts, forget thoughts, forget the past, or for help with sleep, that's something you should talk to your doctor about. I just know based upon experience what happens to me when I lose sleep, everything goes haywire, and I feel like I'm going backwards in life, not moving forwards ... meetings help, but you have to undo your own paranoias at the end of the day, about life and about others, being critical of others when you are not doing well is not recommended. It just makes you look bad, usually those who are critical of others are not happy with themselves, correcting others, instead of correcting themselves, just be patient, everyone is going through something right now, the weather has been crazy, there was a fire, and theres been many losses this year, but you just have to stay strong, don't isolate and keep seeking out systems of support, to help you keep going in life.

Always Hope for the Better ...

4/14/2019

The longer you prolong getting well, like weight loss, the worse you feel about yourself, it takes daily steps to improve self, that is ones thoughts and ones physicality ... feel well. When you have achieved confidence by the wellness of your mind, so your body follows ... with more energy to boot, improve and foster your future condition as well, by setting you in a better place, overcoming your past ... with what hurts further behind you with in place good feelings that bring you joy and satisfaction in life ... that's wellness. Maybe that sounds like a dramatic way to throw things under the rug ... but that's how to get well and stay well ... who are you now presently, do you like who you are now, do you know yourself, and how you self-identify ... well then there you have it, you are you, and upon accepting that you are you ... do you recognize what went wrong, do you understand what caused you self-harming emotions and thoughts ... well then you've made it past self-harm, and once you recognize your problem, that's the first step toward finding a solution to your problem, and once you realize that its not others the problem or with a problem with you, you begin to find yourself among again not in isolation ... out of fear of failure or disorientation, all new beginnings take time, know yourself.

When You Knowingly Make Decisions ...

4/13/2019

When you knowingly make decisions to go back out after returning to make your amends ... that's a good day, remind yourself on days when you are tired of what life has to offer by continuing to do what you know best, not venture out into areas of life you know less about, going out and drinking ... if that's not how you grew up, and only by few positive exposures have been able to stay well, than do not blame your surroundings for when you do not achieve well that usually relinquishes them from blame upon you achieving illness in life, be made to look like the offender of interests not allowed back on the side of the well or upon your illness empathized with and treated poorly regardless of the status of your health, that's a condition that we expect no one to fall under ... but the more one builds acceptance as to their condition, the more understanding is processed through others without having to change the beliefs of others toward you, as determining your faults in life, the places you ended up ... and based upon where you are now, see you as no different, whether a law student or an employee ... still in the face of unknown adversities ... do not compare others to one another, based upon their upbringing be critical of where they are now given their opportunities in life for success, critical of when and how they have failed, without knowing any examples of those failures, how and when they have occurred, be experimental with the wellnesses of others, that causes a reversion of care, also known as a going back out, or a leaving of care ... when someone leaves the care of an otherwise supportive environment, from which they are able to thrive comfortable in that is because they are well and sober not because they are lying about the length of their wellness, or the gravity of harm they have suffered under the consequences of being named as someone in front of 93k people, who cannot be trusted, it would be wise to assume that everyone knows why you are the way you are ... serious ... one should not need to explain themselves to then again in front of others make look sick ... I'm not applying for any awards this year, have continued to work on my book ... and that's no ones business but mine.

Separating from People ...

4/13/2019

When you're not doing well, or at fault, or if something has gone wrong its easy to become separated from others, not necessarily to feel a separation from others, just because people are alone, does not mean there is something wrong with them, or that there is something defective about them, some spend more time alone working on themselves in order to be around others, out of pride ... and by that pride sacrifice time out with friends, to focus on their studies, some hit this phase in life at different times than others, there will always be night life, and there will always be people to make friends with but what you can't replace is the moment, and in those moments how you are remembered by others, whether in wellness or sickness ... judged. Over time relationships change ... given this its always nice to be kind to both sides of any equation upon a parting of interests or wellness ... some are not well enough to date, and because of their deficiencies in life cannot date, that is not because someone is not good enough for them that they need to rise above (me) thats not leaving to find better, that's leaving to do better, and when someone is alone ... that's to better themselves not better others at their own expense, never for those reasons do people give or receive love ... for wellness, its usually to those we already love and admire, and wish to empower at our own discretion and energies empower, empowerment has much to do with love not affection, admiration, not sickness, wellness, and strength, not over focus on weaknesses, or popularities. You get to pick who you want to empower in life, by who you give love to (i.e. yellow) and by giving love to someone who knows and adores you, love is given and received ... in a way that can be appreciated overtime, by someone who is doing well in life, knows how to give love not someone

who is not well (i.e. me). You can be given insights in life and information upon which to make inferences in life, those are your own deductions, what information you pull from the information given is your choice.

It's Mostly Maturity Thats Asked of You ...

4/13/2019

During times of need its mostly maturity that is asked of you, whether or not immature responses are deemed as a show of disrespect of appearing as though one thinks that they are above others, it could just be that someone is going through something very heavy right now and needs to be alone, its usually those who are in the middle of something working on something that is late to appointments or fails to appear for appointments, and its based upon those disappointments of people who are close to individuals, that that disappointment gets passed back to you, as feeling down. Do your best to schedule your time, but don't take on more commitments than you can handle, during times of need its best to trust someone who is superior to you, in wellness, for guidance in order to get well and stay well. There was disappointment surrounding my first book, because after working on it for years and then typing it for months, and paying for an editor, I shared the first manuscript complete with a woman who is a mother figure close to my Father in New York ... not because her Husband interviewed The Prime Minister of Israel, Netanyahu. My Family is a member of AFHU American Friends of the Hebrew University, I attended 2010, with my Father. We sat in the front row table next to the Dodgers Divorcee and Arnold Schwarzenegger who arrived late in cowboy boots. –*“Eventually you get old enough to not be sheltered by other or by exposures responsible for processing your own discomforts in life your family cannot go rogue with you when you plan to leave reality and go to hell with the dinosaurs but you can do your best to value a privileged life.”* (Written via Twitter 04-13-19). (Written at BungalowSM: *I think calling Crossroads was making an amends in the right direction to say something that's not PTSD to be looking out for the images of friends and loved ones -its not until youre not apart of that you get judged as being off and upon being of (why judgement is [passed]) [to] deem you're apart of and upon being apart of apart of the problem. -The signaling -and taking – some are welcome to it -and some are not -in tune with it. No matter where you go -you'll always feel displaced when youre out of sorts or giving in to peer pressures in life -you just have to stay steady -be an easy ear to listen to and with that a trusted counterpart in any of your endeavors” [not sided].*” (04-11-19

May 2019

From the Moment you Snap Youre in the wrong ...

5/3/2019

From the moment you snap youre in the wrong, its actually worse than getting the wrong pair of Nikes, only realizing after theyre a size too big and match no one else's cool pair. They're just weird, unique does not always mean catchy, and eye popping does not always mean cool. It was a learning experience to say the least, late to the trend, and still not on trend. That's okay. I donated my Sketchers that were too big, that's a lie, the blue bin goes to no one, maybe the claw will separate these shoes and place them in the to homeless shelter bin ... isn't that how recycling works, by magnet or claw, I've never seen where the trash trucks go, except leaving Boulder, they all park somewhere like the buses by the homeless shelter in Santa Monica, I used to volunteer there, making sandwiches, by ticket only or ID, and helped organize their closet, and passed out shampoos and bar soaps to the women at the womens shelter, and helped pass out food, we cooked. They actually get mail, I sorted it. When you realize everything you have, nothing more will usually make you feel better, if youre awake to live life, live life, there is nothing more than being awake that is necessary to live life ... if you want to narrow down your hierarchy of physical needs, to whats most important, it all starts with being awake, present. If you cannot appreciate that much to life, then you are expecting too much of yourself and others, regarding their health, faster is not always better, its by how alert you are, not just proven past, but by how you perform, and once you fail at that, well then that's just cause for not meeting your marks in life. New meds are not always the solution to a better work life ... accept help from others, but never blame backwards for your hardships that usually leads you nowhere. Some relationships cannot be repaired, and for everything else that's your responsibility to correct about yourself, what is left of you, having those people and experiences past, absent from your mind. There are many unpleasant experiences in life, none more trying than embarrassment, there should be no group acceptances over a poor past as expected of you now, usually you forget the past, and accept where people are now, but you cannot expect everyone to take you seriously in life, especially your blogging, however controversial you may seem, if you've done your best to look

out for others, than you have done your best to get along well with others, don't expect more than for others to be focused on themselves, everyone worries, be one less to worry about.

Don't Isolate ...

5/3/2019

No matter how big or small your problems are, don't isolate, the kick to leaving captivity hurts ... to accept your reality, and blend in with the comfort of those around you, who usually seem more comfortable with themselves than you do in your own skin. You are you and that will not change, so long as you accept the time that has passed, the missed opportunities in life, failures, and present yourself as best you can, that's all that you can expect from others, its not forgiveness for the time that has passed adjust, but it is forgiveness of self that comes first, when overcoming any hurdles in life, that when not at your best you did not succeed or excel as expected, we can't all be the best at everything, although we may try. That's not being competitive and in replace of standing jealously ... that's just not making the cut socially, and that will take time, social hierarchies are based upon wellness, and your own wellness and earned surroundings will dictate what opportunities are then made available in life for you to move forward and start anew, you can't always start a new life, not everyone can afford to replace what has been used, get something new, or move or change their surroundings in life. You can't expect change everytime you are unhappy in life, you cannot replace people from your past, and expect things to turn out differently for you at the present or in the future if you keep making the same mistakes in life, or by choices relive the same. That's not PTSD, that's just not allowing yourself time to heal, not recognizing your won self-worth, and failing to raise your standards of care for self, that comes first before anything else worth while, you may want better in life, but you cannot achieve a better life, or a better state of wellness unless you try that doesn't always involve pushing yourself to raise your own standards or bar of wellness, that's just recognizing what needs work sometimes and working on those areas in life. That doesn't require much expertise, to read how you are feeling and getting the help you need, to resolve what it is that is bothering you, people cannot solve your problems, unless you are vocal about whats bothering you, don't expect people to be able to tell what is wrong, that's your responsibility to ask for help always when help is needed, nothing is given in life, not even help. When you put yourself forward, there will always be a sense of putting yourself at risk of harm, that is being misread, fear less about people trying to diagnose you, or make you the center of any jokes or unwanted attentions, and do your best to rise above, the illnesses of others, not accepting what is off, as of your own making, but of their own making, that's not your responsibility to correct the thinking of others, acceptance goes a long way, reciprocity wise. Good health is not on a person to person basis, its daily, what you do daily to help yourself, you cannot avoid all illnesses in life, the body heals itself, to maintain faith, always have a positive outlook in life, and share those viewpoints ... not how you thought past, be present to stay well, be present to get better, be present to manage your health daily, be present because living for now is more important that reliving the past, be present because you are worth it, you are worth the time and effort to help you, and because you deserve to get well and be well stay well. All of which cannot happen unless, you forget what is bothering you, and replace those thoughts with new thoughts, thoughts about self help, recovering from illnesses, and moving forward with life. If you don't help yourself now, when will you start, then expect less.

Overcoming Anxieties About the Future ...

5/31/2019

Before things fall into place, its easy to feel anxious about where your going and where you've been in life, worried what people will think, or what people have thought of you, and keep moving forward life. Don't beat yourself up over the past, whats gone is gone, time lost, best you can do is make the most of the time you have now, and the years you have left to live life. No one has an easy life, everyone faces difficulties, feeling accepted, and feeling good enough in life, we all have insecurities in life, whats most important. Discussion of the past is only helpful when trying to move forward and processing what you've done wrong or could have done better in life. But processing the past is best done with a working professional, who specializes in what is ailing you, not just anyone, and especially not with boyfriends, they'll be less than understanding of you, mistake your hyperness for mental illness, or your depression for thoughts of suicide, how much positive energy is required to be around others, and to speak candidly about yourself, without being discriminated based upon who you are in life, your upbringing, or

where you've been, how long does it take to overcome feelings of self-harm, and where does recovery start? All recovery starts with an admission, in order to begin any stages of the recovery process, one is required to admit they have a problem and what with. Its easy to jump from one addiction to the next, replacing old needs, with new problems, and it still will all add up and send you back to the same position in life, admission of your illness and or addictions in life. How you get judged by others for your addictions, depends on who you are some forgiven some not, based upon your experiences in life, who you know, and work experiences. Sure love will keep you afloat, thinking beyond yourself, about someone else, but no obsessions in life are healthy obsessions, not of your own thoughts, and especially not of the thoughts of others, that you'll have to learn to let go of in life, fears of what people think.

Growing Pains ...

5/30/2019

Its easy to get wrapped up in your problems and miss out on a lot in life, too focused on yourself, bettering yourself, there are limits to how hard you need to try in life to feel successful, and fulfilled. Everyone needs their alone time, but how much alone time is too much time alone? If you want to meet Mr. Right we are told to work on ourselves, or that we're not ready yet ... watching the years go by, you have to maintain a steady faith, that as you put your life together, opportunities in life will avail themselves to you to meet new people, date again, and find your matches in life. You'll meet someone through work, definitely not the place to go looking for love, or to become too attached to anyone in your immediate surroundings socially unless, you know them, know your worth, don't be too difficult that you make others feel small, but always have enough confidence to walk away from situations that are not doing you any good in life, that is doing things to feel good or look good, chances are if you spend too much time alone bettering yourself, reintegrating will not be easy for you, although you feel good, that time away creates a void of time missed being around others, that is the sacrifice you make when you choose yourself, over spending time with others, that's your choice, whats more important excelling at personal goals in life, or helping others to achieve the same, by being around them, its hard to feel good on your own without the company of others, you always wonder what life could've been like if you just stopped to smell the roses every once in awhile, not darting out from home to home, busy studying, if you need to be alone to focus, then its time to rethink your abilities in life, you have to be able to leave a situation and enter another situation center of focus in order to be successful in life, you wont always have to choice of focusing on one thing at a time, that tired feeling in between is just an adjustment phase, figure out how you work best, its worth the time in between foggy, that simply means youre not where you want to be in life, however you wont get to anywhere in life if you don't feel good about the quality of time spent on self and around others, that time must be balanced.

Get the Ball Rolling ...

5/30/2019

Whether it's a new project, or a career move, get moving, the longer you wait, the harder it becomes to start over in life, or to get finished. Everybody leaves and comes back to assignments in life, that's normal, while multi-tasking. Book writing, dissertation, job apps, in what order all depends on your energy level and wellness, and when push comes to shove, starting even when you don't feel completely ready, sometimes, you'll never be ready unless you try and get going again in the first place. Don't leave gaps in your resume, self-care is important, but no more than a few months to 6 months rest in between jobs, you have to keep going, and if you choose to stay in school and work, then make sure you set your priorities right, otherwise you end up unhappy with poor time management skills and nothing gets done on time and life slowly stops turning out the way you wanted it to be and you start feeling behind in life. Always maintain a positive attitude, do not resent others for your failures in life, or for times when you felt misdirected in life or lost, you are always responsible for your outlook in life, no one can change your thoughts except you, it doesn't matter sometimes what meds your on, if you can't stay positive its hard to make anything turn out right for you in life. Mental health is not a new trendy concept ... its something we have to deal with on a daily basis, that is our own wellness, and sometimes by putting our needs before others, that doesn't mean don't think of others before yourself, and be a selfless decision maker, if the needs of others are paramount to your own needs, then be centered in that way, everybody is different, some more or less selfish than others, when it comes to their own personal health and setting boundaries for themselves, it takes a certain degree of acceptance to be treated as an

equal in life, don't expect that much from anyone, everyone is at best doing their best to represent themselves, their posture and tone may have nothing to do with you and everything to do with themselves, the image they are trying to portray, not to you specifically, to generate a response from you, don't read into things too much. Your future awaits you, and your potential is limitless so long as you don't forget where you come from, and what brought you to this place in life ... where you stand now could be different in 6 months to a year, pick and choose your battles wisely, and never fight with the past, it rarely leaves you feeling good, usually worse off in life, be mature, have a sense of humor, but not at the expense of having some self-respect.

Build an Umbrella ...

5/26/2019

You can't build an umbrella campaign, and use figures in life, to represent sides, or to add or take away from sides, and you certainly cannot marginalize people in life based upon their attachments. It seems as though as soon as you recognize fears do fears play a role in your life, and interfere with your social skills. The bigger you think you are, the more difficult it may be to adapt to your surroundings or feel like you can relate to others, on a basic interpersonal level, its easy to be judged when you are overcompensating for mental health issues, as unfit not given the benefit of the doubt, having overcome mental health issues, what doesn't lift you don't enable to allow you to fall. Why some people are not incorporated into the lives of others, we have the power of choice in life, who we surround ourselves with, that is the privileged, everyone else, who has no choice but to fit in, should do so naturally, blend in. When difficult questions are asked of you, don't become frustrated or slow down your trains of thoughts, always explain with your best interests, its okay to be defensive, you are in control always of how you respond, whether or not the conversation is being guided by another, always stay positive about self and others, you at the end of the day must argue from your perspective, and if an argument is looked for, always end things on a positive note. If youre being interviewed, and have suffered in the past, you will be asked to explain yourself, you don't have to talk about yourself, in a way that scares people away from hiring you, if youre not ready to work, youre not ready to work, but don't give up and file for social security disability, you just need to find placement, and start somewhere. Disability does not have to be a life long process of negative turns in life, if you stay sober, and do your best, work, and go to school, you can live life on a part time basis, managing your mental health issues, and if no one believes in you, then maybe its not your time, maybe youre not ready to work, part time or full time yet, just work the hours you are able to work, and take it from there, you cant push yourself to burn out, take your time in life, pace yourself, theres no need to rush getting well, because once you get well you have to stay well, and pressure when well or suffering, can be overconsuming at times, don't have a defeative attitude in life. You are as capable as you believe in yourself to be, always have faith in yourself, you cannot listen to others who put you down in life, and obsess over negative opinions about you or others, that only leads you down one road: illness. If youre not able youre not able, you don't have to explain yourself, we are only capable of doing what we are prepared to do in life, some able to take on challenges in life, but you certainly wont get far in life, self-harming, no one wants to hire a pity party or charity case, always be honest.

The More You Share ...

5/25/2019

Better to be information packed, than say nothing at all, it depends on whether you want to be abstract left up for interpretation or specific. How much do you want to help others, through social media. Things to keep in mind:

1. If the more you share, the worse you feel, share less.
2. If you share a lot per share, then share a few, limit yourself daily.
3. Are you telling a story, if so, keep up with your theme.
4. Who follows you, follow, how to build rapport with your audience.
5. Be yourself, if you have to do anything for attention, youre trying too hard.
6. Don't forget to hashtag, but don't overpromote yourself, and lose followers.
7. Keep up with the quality of your content, even if you begin to slack.
8. Don't be competitive, everyone shares at their own pace in life.

There are no experts when it comes to social media, some have more experience than others, comfort wise sharing in public, its not for everyone, some prefer to have private accounts, and share only among close friends, not make new friends online, there is however a growing population of people with public accounts, Im new, and one of them. Its hard to go backwards and share your life up to date, it gets depressing, but just share from where you are now, is whats best, its not necessary that you share a timeline of your whole life, just share what speaks to who you are now, always present the most positive version of yourself, and leave the rest up to your audience to interpret, your growth, your potential, and your progress, otherwise you should be focused on doing your best, not slacking image wise, if youre online, be professional, the more tidy you are, the easier you are to follow, read, and be around.

Let the Dust Settle ...

5/24/2019

Let the dust settle, you can't rush into anything new in life, if you don't have a steady hand yourself at life. Everything in life requires balance, if you are not balanced individually makes it difficult for you to be there for others, let alone start a new relationship that requires you to care for someone other than yourself. Its never too late to pick up a new hobby, start a new job, lose some weight, and if you think of all these things upon meeting someone, the better. What are your motivations in life, love? Success? Matrimony? Well you can't have it all, unless you are willing to handle your past, if you can't discuss that much, well then youre not ready to move forward, theres no beating around the bush about it, you either are able to own up to your faults in lfie, and handle your business like an adult, or you shy away from your problems, poor me-ing until no one is left around you to support you, don't be one of those people. Its hard to get going again in life, its hard to start dating again, finish a masters, or get back in touch with old friends, self-harming is not the solution nor is using drugs or alcohol, that's not the solution to handling your problems, regressing, or not taking life seriously. If you can't take yourself seriously, don't expect anyone else to take you seriously either. Everyone wants respect, and a career they can be proud of, if youre not happy with where you are, its better to start somewhere, than to stay home and do nothing at all. If you blog, blog with pride, and by all means put it on your resume, its something to be proud of being a writer, even if you don't get paid for it, it shows hard work, and discipline, and ability, to generate a following, maintain an audience, and shows some maturity and leadership skills on your part to take the initiative and put yourself out there to be read by others, self-publishing on your own. These are big steps in the writing world, writing, then sharing your finished products, without fear of rejection, criticism ... that takes courage. Whatever your motivations in life are, I wouldn't say to always put yourself first, but put what matters to your most, first, and all else should fall into place based upon what your focuses are in life, and if its you, find yourself before finding others. No one can fix you but you, and if you expect that, then its time to have a more positive attitude in life. Nothing gets handed to you and everythings hard work.

Don't Ruin Your Progress ...

5/19/2019

Its not a bad life, living with mental health issues, it's a matter of recognizing your progress, and knowing that even when well, not all days will be good days, like everyone you will always have your bad and good days. Are you doing what you're supposed to be doing? Are you communicating too much from you? Are you doing more than you are thinking? We can be good at some things and not good at all things, never make your problems or deficiencies of issue to others, you will likely be judged in the negative for your insecurities in life, not everyone can buffer you, your wellness, everyone has their own issues, just be understanding of the wishes of others, and be sure to set boundaries for yourself too. If enough boundaries are set, think why is this happening to me, and what could I be doing better. Sometimes it has nothing to do with you, sometimes it has everything to do with you. Who is your support group? Should you be sharing all that information with them? I wonder sometimes is everyone on your side in life, and what causes one to think that self-sabatoge is espionage or someone interfering with someones ability to function or be happy in life. The more you focus on yourself, and the less you focus on what others are doing and thinking the better you'll feel while in recovery ... it's a process: forgiveness. You can't expect change to happen overnight, or for the opinions of others to change about you, people will always test your boundaries in life ... its all a matter of not enabling others to get under your skin control you or how you feel about yourself, no one can babysit

you in life, until you feel better again, that's self-care learning how to fix oneself without the need of others to help them, as an adult you should know, what's working for you, and what needs work, not everyone will be able to identify what's wrong with you, that's not their job to pick you apart, or for you to pick yourself apart in front of others.

Reflecting ...

5/19/2019

These past few years have been very tumultuous in the news, and besides trying to figure life out, has probably been a challenging few years for everyone, not just myself. There are personal problems and there are world problems, don't therefore make the problems of others your problem, react less, listen more in those cases you're likely to learn something new, without holding an opinion yourself about things. Sometimes while learning or listening to others share their opinions we have thoughts of our own, not as directly related, but helps to put into words, what cannot otherwise be stated. That's always a problem. Especially difficult concepts such as death. You would never think that someone who is a self-help writer online has a history of self-harming, that doesn't make sense at all, to present oneself as stable and then go backwards in life hurting oneself, by whatever means are available ... that's addiction, whether its alcohol, men, or drugs You choose your poison in life, allow things to happen in your life, that benefit you, not hurt you. That doesn't make one a hypocrite to do one thing and say another, that's just not following through with your own advices in life, its easier to help others than to help oneself, I don't think I'm the only one with this problem. Going back to work presents its challenges, given my history, I've acquired enough sober time over the years, to be a better decision maker, I got sober 2014, and stopped dating and stopped working. That's not the solution cessation of all activities that present risks of heartache and rejection, that's life, life is difficult in that way, not everyone will like you, you will not be included in everyones life, the world is a big place, and youre lucky for the time you get to spend in spaces with others, just be happy to be apart of in those moments in time, the rest will follow, if you stay diligent in your efforts to better yourself, so that you can be surrounded by good people in life. Mental health issues don't just go away with meds, you have to respect yourself enough to value your wellness, and keep doing what youre doing to stay well, whether its writing, or working, maintaining some disciplined schedule that keeps you going in life. You can't always make people your life forces in life, to help keep you motivated and going in life, sometimes you have to rely on yourself, what to do in the event you feel like self-harming and not doing so, its not selfish on the part of the harmer, its not that they don't care about others, its more that they don't care about themselves, being where they are in life or based upon where they have been in life, not happy with themselves now. Best to do things that make you happy in life, and steer clear of things that bring your esteem down ... those with the highest self-esteem value themselves, value others, and maintain a positive outlook in spite of their pasts, strong.

Chapter 18: Blogging (v2) Book Draft ...

5/18/2019



05-18-19_pdf_05-17-19_chapter_18_edit_amazon_1-19_.pdf

[Download File](#)

Obsess Less ...

5/17/2019

Obsess less, if you want things to go your way in life, focusing all your attentions on one person ... won't make them like you more, or want to be around you more. The opposite usually occurs, people are attracted to those who are busy focused on themselves, that's the best way to attract a mate in life, have something going for you in life,

without putting all the pressure on them to tie your shoes for you. Love comes and it goes ... its not something required for happiness, but it is something we all deserve to experience once in our lives. What is it that you want in life, and do you want things for the right reasons, what is your purpose in life. To be loved? To work, have a career? To be well known? To write share your mind? People blog for different reasons, not always for good reasons, self-accolade can only get you so far in life, especially without a paycheck. Sure everybody knows you, knows your pen name, but how much do you really matter to the lives of others. Having meaningful relationships is what makes you whole, not how many people you connect with or by how many likes you get along the way. Value yourself, and by all means when you find someone you really like, put all your eggs in one basket, even if it means ignoring your Eminem pen pal on messenger. Eventually you have to face reality ... and date in real life. It requires being put together, its hard to go places in life, or be out in public without a job, its like having nothing to wear, or talk about, don't be a bore. Everyones always excited to be around successful people, its like theres an air in the room, that lights everyone up. Be that person, able, lit up and positive, that doesn't require medications trust me, a lot of cardio and face cream, youre energy is determined by not only how well you perform in life, but how well you light up to others ... your aura is based on how well you feel on the inside, and it shows when your well to others ... aging is a process, but you don't have to beat yourself up over time that's been lost focused on the wrong things in life, or the wrong people, if you want to wait 6 years, wait to date, if you still don't have yourself put together by that time, then you should really question how productive youre being meeting your goals Are you staying sober? Are you taking your meds as directed? Are you going to bed at a reasonable hour, all of that matters as to your energy. Always talk to your Doctor ... depression comes and it goes, if you can overcome those hardships mental health wise, then youre that much closer to living a better life, working, and not filing for disability, giving up.

Never Give Up ...

5/17/2019

Whatever's going right in your life, keep at it, the past is past and you can only move forward. You will always remember the times when you were at your lowest, when you start to get better, feel better, recognize what you've been through, but don't let your experiences in life weigh you down. Channel your energy toward the positives, think whats going well for you in life? What could you be doing a better job of? How can you be more proactive and a functioning member of society? Are you allowing depression to get the best of you, never allow your feelings to interfere with your actions, that goes for maintaining positive momentum in life. We all take pauses and breaks in life, that's allowable, but don't wait too long before you get back on your feet. So long as you learn from your mistakes, others we hope will be understanding of the pressures you are currently under, to stay steady. The better off you are, work wise, the better off you'll be relationship wise, it turns out that the best way to maintain positive rapport with others, comes from being happy with oneself. Unless you are happy with where you are and who you are, it may make it difficult to connect well with others. You are responsible for how you feel, don't let anyone make you feel less than capable of achieving your goals in life, you cannot expect everyone to believe in you. What you put first, and make a priority, well that's what you'll get out of life, and make the most progress in. You can't do everything at once, take your time, manage your time wisely, and let your success make the noise, they always say. You don't need to announce every milestone, on social media, or get kudos for every job well done, sometimes, you have to keep your head down, and just keep going in life. The best advice Ive ever been given is to be reminded that Im a "good person," worth it, "noted for my honesty," and "one of the great ones." Allow change to happen on its own timing, you may not change overnight, but others will be glad to see you doing better, usually first to notice when you are doing well in life, just stay "focused on yourself."

It's Not a Benefit to Blog ...

5/13/2019

Its not to your advantage to be a blogger, most people reading, can size you up in 2 seconds, able to tell where you're at mentally, whereas the writer takes years if not months, to change direction in thought, and persevere through whatever difficulties and challenges they may face on a day to day basis. When there is no overall acceptance of you, what to do then? Should you allow others who do not believe in you, or the few who have rejected you determine your fate and direction in life, or should you be led by your dreams? If self-esteem is whats at issue, then don't allow your failures, to determine your successes in life, don't even make those experiences apart

of you, and just forget about what it is that's bothering you, and be happy with where you are now and who you are now. Don't get all worked up about the past, or things that don't seem right, or about things in life that didn't quite work out for you. You are always in control of how you process events in your life, process interactions with others, and process where you are now, and where you are headed in life, if you're not ready to live life as best you can, it's okay to take time to work on yourself, to get to where you need to be mentally to be around others, perform well, work again, date again, and live a high functioning lifestyle again. Until then it's best to focus on weight loss if it's weightless, mental health if it's mental health, and not put too much pressure on yourself, as others are likely to feel the weight of the pressures you are under, when deciding whether to incorporate you into their lives, if you cannot add to the positivity, and carry any extra weight or hint of negativity you are likely not to match up with others, if not few, who are stable enough to be around you, or be forgiving of your past, and accept where you are now in your life. If you have worked hard and an inspiration to yourself, then let those positives be known about you, and don't harp on the negatives, if you have overcome incredible obstacles in life, in regards to your mental health, then focus on what you have gotten done, not on how much life you've missed out on trying to get well and stay well, or think too much about how much time has passed since the last time you were well, focus too much on the time in between when you were not happy with yourself or excelling in life. There will be highs and lows in life, it's all a matter of staying well and if you need to stay sober, then stay sober, never give up and go backwards not over anyone or anything in life. Put yourself first, make yourself a priority, and the rest will fall into place. Don't worry too much what people are thinking along the way, about you or about what you look like, if you are doing your best and confident then let no one's negative judgments of you, keep you from being happy or achieving in life, there's more to life than dating and body image, just be happy and live life, if no one picked you at 123 lbs, it's no surprise if not one picks you at 183 lbs. That just means there is something wrong with how people pick, and does not mean that there is something wrong with you, if the person you like is not picking you back, just move on.

Don't Get Frustrated ...

5/13/2019

As an athlete you are brought up to always have good sportsmanship ... the same rules apply to dating. Never get frustrated with where you're at dating wise, no matter how far along you are, the more space the better, let them come to you. Similarly weight-loss works the same way, don't get frustrated ... much the same way rejection hurts, when you fall behind in your goals in life body image wise, it can be equally hurtful and damaging to your self-esteem, make sure when you weigh in you are in a good space mentally, able to withstand and tolerate minor fluctuations to your weight. It's all about how you feel at the end of the day. You cannot always respond to others the same way you respond to yourself, it's okay to be hard on yourself it's not okay to be hard on others. That's not how to get your way in life, it usually turns people off, the more eager you are, or the less able you are, the less likely you are to get the kind of acceptance you are looking for in life. Don't let everything add up on you, you are a product of your own happinesses in life, don't make your unhappiness the unhappiness of others, take out your frustrations on what others should be doing for you, what you can otherwise be doing for yourself, to bring yourself happiness in life. It's not up to others to make you happy, they cannot fix or change you if you are not mentally stable or fit for dating and work. If you need to lose weight lose weight, if you cannot lose the weight on your own, hire a trainer, if you can cut back on meds, do so, and always be sure to maintain a positive attitude in life. That's the biggest part necessary for achieving, is staying positive, without a positive attitude you are less likely to end up places you want to be in life, and be around people who love you, or find ones that's do. To prove yourself, or others wrong, always rise above, newer and better opportunities, trust will avail themselves to you, if you keep working on yourself, and trying to be the best version of yourself, will find someone who loves you anyways, despite your weight, despite your disabilities, and despite your past, accept you as you are, and love you the same.

Don't Be a Hero ... #stopbullying

5/9/2019

Your motivations in life should never be self-serving, unless to improve upon your best. Always put the needs of others before your own, is how I was raised. To come second to the needs of those around you, not to be selfish. With addictions, you are told that because of selfish reasons, you have turned to drugs or alcohol as a means for coping, sometimes we are responsible for that suffering that caused us to drink or do drugs and some times we are

not responsible for that suffering. The longer you get left behind in life, the sooner you should move on dating wise, that's the trick to now allowing others to convince people by your personal history that you are the defective one or that there was something wrong with you why a relationship did not work out. People from your past should mostly be supportive of you and if they are not, then move on in life, don't allow others to allow you to get left behind in life, convinced otherwise that you are not deserving of being well and doing well in life too. Whenever there is discussion about relationships, are the hardest talks for me, self-harm wise, easily empathizing with both sides, the sides of my ex, as well as being defensive to my own mental health needs to be alone, or to be able to move forward in life not be brought down by tertiary issues, as to why a match was not perfect, I was raised to believe that you will always find better in life, and whether or not you deserve better in life, is the argument, is what's up for debate, I think the healthier you are the better matches you find in life, and the less well you are, well that's when you won't always match up and need to be alone to better yourself, so that you can eventually match with someone one day. Be careful not to go backwards in life, as that ignites argument to your health, never take a beating for your own illnesses in life, that's not the job of others to criticize your wellness or question you, if you are doing everything you can to stay well, and on good merits succeed in life, life is not easy, not easy to work, work from home, manage your health, stay on meds, go to therapy, and prove them wrong, how I was raised. Do not let others belittle you or be critical of you, everyone has their own sadness and unhappiness's in life, just do your best to blend in and not be a fire starter or get put down.

Be Thankful No Matter Where you Are in Life ...

5/8/2019

You cannot blame others when you are not doing well or not where you want to be in life. That's all a matter of you needing to first be happy with where you are so that you can end up in better places in life. We all go through stresses in life, and have to carry on with our lives in spite of those difficulties and or set backs. Fighting is not the solution, nor is politicking to serve personal interests or endeavors, always with a good heart you support causes, not if by supporting those causes people you care about end up worse off, that's not the solution either. Whenever things are not going well its best to find some sort of a middle ground, for decision making, by your cares, which always come first, figure out what's important to you and who is important to you. If people cannot be understanding of you, well that's not necessarily their problem with you but issues they have within themselves, they need to sort out. You cannot be 50 people at once, and you cannot be more than one place at once, that includes success wise, being in a better place if you are still dealing with the past ramifications of your poor decision making. We all relapse have lapses in judgement, but that doesn't mean harp on the negatives until you yourself are spent downtrodden, eventually you have to lift yourself up. You cannot allow minor setbacks in life, to keep you from living life and accomplishing goals in life, you have to function in this life, in order to have a good life, and if you cannot function, that is something you need to talk to your doctor about, not share in public spaces what it is that is bothering you. People who complain in public, will be assumed to be for political purposes, sharing what they feel or what they believe is happening, don't allow others judgments of you to affect your best decision making skills, know how, or instincts, if something feels off its best to report what you are feeling, if you feel off to others, well that's not your responsibility to correct their judgments of you, no one deserves to be bullied, and everyone deserves to live life and move forward. You repent for your sins, and punished when you are wrong, for all other days of the year you are expected to live life as best you can, irrespective of the negative judgments of others toward you, its not required to be trusted in order to trust yourself, if you know you best, don't allow others lack of trust for you, to cause you to self-harm, and prove them right ... that's not the solution either, to give in to negative peer pressures toward you.

Don't Be Affected by Others ...

5/8/2019

The tendency is when we share personal information about ourselves that others are automatically critical of us, seeking not to support others for whatever their endeavors may be, in question, and not inspired by the actions of others, to maintain peace, some things are not meant in defiance, most things we do are meant to achieve for ourselves, and secondly for others, when someone goes on a run, that's not symbolism, that's for purposes of weight-loss, last year I was 188 lbs, that's from being put on meds, and because I was 188 lbs not able to maintain a job and keep up with the grueling pace of a full-time job. When you are in better spirits, you are able to keep up with

the opinions of others, whether they are negative toward you or not, when you are not stable its harder to keep up with negative voices and easy to self-harm, always be understanding, as when you are alone, it seems like everyone is talking negative about you, however, once you are around people, they will act like nothing has happened and that its everything to do with your own ability to take care of yourself, allow people to be defensive that is normal, for people who do not want to be responsible for the poor health of others, or for their misfortunes in life, deflect blame from themselves, by being critical of others, and putting them down, by bad mouthing them. That serves no good purpose moving forward for the best interests of all and for everyones good health to bad mouth anyone. Whenever something bad occurs, that's not always a time to come together and to chat about the past, and whats in store for everyone in the future, not everyone works together like that, and it may seem as though the blind is leading the blind but that is certainly not the case, everyone has their own sense of agency in life, and it is at a similar token not the responsibility of onlookers being critical of those sharing their personal lives, to be responsible for outcomes as to their personal well being and health, people who do not know you ... will think there is something wrong with you, if you do not respond well to others, and that's the purposes for bad mouthing someone and making them look or appear weird or different to others, less than, don't give people that power over you by responding poorly based upon outcomes as though running is for a cause, its for weight-loss I have not run on the beach since last Fall 2018, when I had a job. The critic thinks its for a cause, the critic is the one who if I commit suicide after calling the police on Monday, would not be blamed, but at the end of the day if I decide to end my life its my fault if I die, not the responsibility of those talking \$hit.

Don't Especially Bring up the Past ...

5/6/2019

Don't' bring up the past especially when you just get better the tendency is to go backwards and reflect upon where you have been in life, and try to perfect yourself by making any corrections to areas you otherwise thought perfect at the time you were writing or living life, it occurs similarly, mental health issues, at least my own. When you get to a new place in life, and achieve an inner level of stability ... it can easily be nerve-wracking going backwards and correcting any mistakes past through your own writing, as you are in a better place now, sometimes you will not feel like yourself, and wonder a lot about the past why youre thinking was that way, and what provoked you to think or write that way. Some are more or less understanding of our pasts, but the past doesn't change you change, and if your story stays the same your whole life, then you are living by the facts of your life, and accepting the facts of your past, if you are forced to live life any differently, based upon another set of facts assembled by someone else without you knowing, well that is not your responsibility to correct any assumptions made about you based upon that information about you given to them. Everyone upon a parting wants everyone on their side, there are no favors in life, to anyone who is treated poorly or left to their own devices in life, that's a choice to isolate, and its not necessary to beat someone up over their past, just allow people time to heal whether or not it was their fault for suffering in life, and whether or not it was their fault for the suffering that was caused to them and others in life, we hope that all will achieve well and eventually recover from whatever is ailing them in life. If based upon what is read about you is how you are treated, then that's others trying to create a story about a story on the outside to reflect a story within a story about you on the inside, do not let people puppeteer you in ways befitting to their best interests to make you look mentally ill or bipolar on your own merits, we all do our best to function in the world, and we cannot always be at our best, learn to move on in life.

Feed off Your Own Self-Worth ...

5/6/2019

Feed off your own self-worth, not wait for affirmations from others in order to take steps forward in life ... if you don't already know where youre headed in life, and feeling lost, then that's probably not the best time to talk to others, for assistance, especially matters with regards to your mental health, that's best left for professionals, your trusted professionals in life, Doctors you are under the care of. It's not for anyone to judge the wellness of those who achieve stability in life, just like everyone else, people get tired, and just like everyone else, people's patience's run out, and just like everyone else, everyone is susceptible to getting sick, maybe not from the same things, but when we do not take good care of ourselves, we are deemed as being responsible for our own wellness in life. You are what you look like to others, and if you are so treated well, well then that must mean that you are doing your best,

and if even at your best you're not feeling well, well that means that something apart of you feels incomplete, we cannot always feel whole and focused all days, some days we will be half there, half somewhere else, that's not a reflection of a mutual bond between people as being out of place, but to each one's responsibility to work on their interpersonal skills and be present when others are talking to them, not all are sharp socially, and some of us a little rusty in those departments in life. There is a coming of age, and there is a coming of professionalism, just like when you were younger, in later phases in life, you are required to behave or speak in ways that reflect your skillset, and maturity. We can't all be perfect at all times, less is more, but sometimes a little humor goes a long way, even if it's not agreeable to the tastes of all.

Don't Wear Out Your Potential ...

5/6/2019

Like any injurious condition, don't wear out your potential, all egos aside, post dating blues are common, whether you were the culprit for the demise of a relationship or whether it was the other person's fault for leaving you in waiting for too long, you are what feelings you allow to be had. Know when to let go, some battles are not worth fighting on the inside. The fewer demons you have to fight the better, there will always be a double standard when it comes to dating, less is more in that department, both with the sharing of your past, and the number of people to whom you confide in and share intimacies with, if you don't want to make your future partner jealous, learn when to let go, and allow monogamy to take place, that is focus on one person's needs, not everyone's needs, and be a careful reader of their boundaries too in life, not just weary or paranoid about your own. The less you have to hide, the less jaded you will feel, and the more presentable you will shine in the face of your competition, it is after all those with the most light and positivity that get picked although not always, you don't need experience to be a good lover, or to be loved, that's a fallacy in thought, that experience with love will make you a better partner in life, sometimes it's better to be new to something, than to have too much experience and be easily bored at the same token, by your matches in life. Keep busy, the more accomplished you are the better you will feel, it's unnecessary to share vices with the ones you love or partake in activities that put either of you at risk of harm ... the tendency is to drink, do drugs, and hook up, that culture creates wasted time, and efforts on one another's behalf, and usually relationships then don't work out due to substance abuses along the way, poor decision making, and lack of attentions to one another in place of selfish ends to meet one's own basic needs for managing their own health and wellness. The benefits of being in a relationship are to help lift the spirits of those around you, not just your own.

You Can Never Have Too Much of Anything ...

5/5/2019

Call it a void, but nothing is better than shopping. It seems clothes can convince you you look okay, are the right shape, and doing just fine, but stepping on a scale, reminds you of how far you have to go, putting yourself back together. Medications seem to work, but they don't seem to help much in the weight gain department. Sure my mood is better and I'm more stable, but I've gained weight, how impressive is that, what to explain to others. Appearing as though you care less about yourself, when you are taking good care of yourself, doesn't make any sense. What exactly is it you are looking for? Self-acceptance takes years to accomplish, you're usually unhappy with yourself, until you've accomplished something, but we can't have a graduation for every milestone, and we can't have a wedding for every love, and we can't go on a vacation for every job well done ... you usually have to do that mentally along the way, and keep going at whatever it is you're doing well in life, that's keeping you afloat and motivated. In between phases ... are usually when we are most unhappy with ourselves, filling voids, or wasting time doing nothing but napping and reading ... where does that take you in life, if you're not building anything for yourself for your future then you're not working hard enough, and if what you are doing now is not helping you move forward toward a better place in life, then you should really question whether what you are doing is worth the time spent doing it. I run everyday ... but I don't diet, I think my biggest problem is being efficient with my time, I work really hard, but sometimes the reverse results occur, that's most likely self-sabotage, you have to give up a lot of things in life, to save or to lose weight, and spending and not dieting is a sure fire way of going backwards in life, and feeling spent, complaining that you've done everything you can to look the part but still not sufficient. Figure out first what's keeping you behind in life ... and from that point, don't expect others to carry you forward in life, that's something you have to do for yourself, prior to meeting anyone new, be at a stable place in life, that's how

you get hired, that's how you are able to date, and meet new people. Keep lists, that's always helpful goal setting, whats important to you? What matters to you? And set your priorities and daily goals according to whats going to take you to where you want to be in life, if not here right now.

June 2019

Working on Social Media ...

6/13/2019

There is no home away from home, the best places to post are on Facebook, Twitter, Instagram, Pinterest, and Tumblr ... that's how most people generate a following, and put themselves on display for likes and feedback. I don't think building a new social network is the solution, but improving upon what is posted online, often times comes first before anything new takes place. We just started posting why move now. As it turns out, you can't share everything on social media, not even to friends on Facebook, sometimes when sharing too much, or writing too much, they begin to worry about you. What is a normal share or post? And who decides whats appropriate to share and whats not? So what brought you to Weebly? When sharing to friends became too much, I decided to share on other social media websites, and when sharing on Twitter became too much, I started writing on squares to Instagram. I just started using Facebook, new to Pages, my first promoted post got 300+ likes. I just found a great website called blogpros.com that promotes your posts for you, just got 5 likes on a Weebly post, the misfortune of not working on a Wordpress Website, you miss out on shares, likes, followers and comments. I wanted to move my website to Wordpress, but think Im willing to take on the challenge of figuring out how to build a following without being in a network of blogs, most blogs are written within blogging networks, you can hashtag to and end up in feeds that promote your posts for free, on Weebly you do not have the privilege of being in a network among other bloggers to share. I had to build my website from scratch, originally a schoolwork and portfolio website, is now a blog, applied for all the banners on Shareasale, an Affiliate Network. As you learn how to blog, accept that you don't know everything, there is much to learn, you would think that you could learn how to blog by reading posts about blogging, but you mostly have to learn on your own via trial and error. There's no quick way to earn a following, you have to do the work, be smart about the time you spend online, you only get so many first introductions, you'd be shocked at how many improvements have been made overtime, be one of them, the material available to be put online is not limitless, there are standards, you have to blend in and at the same time stand out, it's a difficult field to excel in. Its okay to be experimental when you're new, but if you have been online for awhile, you are expected to improve upon your skill set, it's a very competitive field unfortunately, as soon as you learn something, someone learns from you, and tries to do a better job than you, that's basic marketing, same goes for writing, helping others perform well too. If you are to be an example to others, then expect to be competed with, the world is a big place, and those who respect one another, usually don't step on one another's toes, interfere with one another's progress. Don't overdo things, worry less what people think, and do your best to improve upon your skill set, don't just post to post, post with purpose.

Be Resistant ...

6/13/2019

Be resistant to mental health issues, that includes managing your thoughts, and managing the thoughts you think others have toward you, whether that occurs in the form of thinking, or delusions, listen to yourself. Follow your heart. You cannot always be guided by others, not everyone has the same solution in life, as not everyone has the same mental health issues, we are all different, however don't think you're so unique that you are alone in your struggle to overcome what's ailing you. Don't feed into negativity, always represent yourself best in public and in private spaces, its okay to be yourself, but be careful when opening up to others, in intimate spaces. Sometimes its easier to share online, than it is to share in real life. How you interact with others online is just as important as how you interact with others in real life, always be professional. Appearances matter, its not just how you look, but how you behave, and how you speak well of self and others that matters most. You can't expect to get positive reviews from others, if you are not doing well in life, they will be more concerned with their image than helping to fix yours. That's not what getting jobs is about, image, its about your livelihood, its not all about building a resume, its about

staying healthy so that you can work, that's the end goal, being self sufficient, independent financially. Its difficult to be read in public by people you know personally, its okay if they dont see you in the same way, think highly of you, thats because they know you in real life, you wont impress everyone, but always leave a good impression upon others. If others think that you are inappropriate (online) ... this occurs when discussing what goes in private spaces (online), they will be offended, then turn on you and claim that you've been inappropriate or are the one who should be judged in the wrong, don't share everything online. Fighting is not the solution. Whenever you or someone you know is being harmed by others, talking about the problem out loud rarely does a good service to those being harmed, its when people who are harmed become known to others, that sides are taken, and when sides are taken, the one disclosing what harm has been done, is the one who gets left alone, and the one disclosing treated as a bad person for sharing, why just as its important to only talk about your problems with trusted individuals, its important not to discuss the problems of others out loud, as that subjects you to attack in life, as the wrongdoer, even if youre trying to help others, that's not how to prevent or stop harm from occurring, by drawing attentions to whats gone wrong, or whats going wrong. Whenever you have a problem, people will always read everything as though it relates to that problem or to a problem they think exists, until you prove otherwise, or until they are proven right, some people don't know when to stop, that's not addiction, that's simply people not ceasing to prove themselves right by causing you harms in life until they feel better, or right. Share online, but dont share about others, in the abstract or specifically mention others in your life, thats the main lesson.

Today's a New Day ...

6/12/2019

Today is my first day at a new job, working for the Government. You would think that there would be more entry levels jobs than there are, its easy to get comfortable and want to stay in a job, but that's not always the case, sometimes you have to take on a few jobs before you find a place where you can stay long term. Don't put too much pressure on yourself, whenever you start a new job, make sure to always be doing what youre supposed to be doing, you cant cut corners in life, you have to keep applying yourself if you want to get jobs, and especially if you want to stay in a job, never get too comfortable, always be professional, and never give up. Working is all about maintaining positive momentum, each mistakes adds up, and the more difficult it becomes to work: Don't take long breaks, let your Boss know in advance any changes to your schedule, don't talk about your past, speak highly of yourself, don't talk about meds, don't talk about sobriety, don't use your phone at work ... if you want to have a professional life, you cannot talk about your personal life at work, if you want to keep the worlds separate. Just because things are not going right for you personally, romantically, or socially, does not mean you are unfit to work, don't limit your options in life by whats not going well for you in life. If you want to feel successful, stick to what youre good at. Never give up on your dreams.

Keep Moving Forward in Life ...

6/9/2019

The more you go backwards in life, through your own life, the more problematic you become to others, judged as someone who hasn't lived enough life to feel comfortable with themselves and be present, not going in life. Don't expect others to be understanding of your mental health issues, you will always be judged by the way you look. And based upon your personal histories in life, deemed at fault, if you don't look the part, others will become unhappy with you, until you become unhappy with yourself, mental health comes first, if you are happy with who you are, then no ones poor judgment of you should affect the way you feel about yourself, never give up in life, #stopbullying. Not all people are the same, I don't believe its appropriate for those who are unqualified to psychoanalyze you, to be judgmental toward you based upon what is heard about you, based upon your sharing of experiences and how you were made to feel, everyone goes through changes in life, its not fair to be injured while trying to get better in life, the more you realize positives about yourself the better youll feel, the more others raise negatives about you, the good about yourself you'll feel, that's usually how others put you down in life, thought deserved to feel better about themselves. Theres no arguing with what people think, you change the way people think about you, that's none of your business. Always do your best to be presentable and get along with everyone and be nice, sometimes no one is at fault, during your most trying times in life, that's your decision whether to give up in life or not, remember your good years. Whatever you put there, becomes of issue, as related to your past

experiences thought applicable, if humor keeps you feeling good in life, then continue to find ways to see presently in a way that interfere with your progress or the progress of others, if others think everything you do now is about fixing yourself or your past, then no one cares if you're doing well now, it's only those you love whose pride in you should matter, it's not necessary to be loved by all, everyone has their own lives, that's not fulfillment having influence over what people think about you, or a solution to having people speak positively of you.

Don't Feel Bad ...

6/9/2019

Don't feel bad if you're being judged upon who your influences in life are, and whether you're a product of your exposures in life, trying to be well liked or be more like others to become popular in life, that's what is assumed of anyone who isolates, and lacking social skills, sometimes people isolate not because they have to but because they want to, that's not due to apathy or thinking they are better than, you actually miss out on a lot of things in life, when your priorities in life are work in school, it's better to maintain friendships, than to try to start a new life, why trade in your life, if you can't be yourself, you'll never fit the mold of others' expectations trying to be someone else in life, look or appear like others. That's not how one develops interpersonally nor professionally by imitation. It's always important to be unique to be valued, it's not important for others to notice your strengths in life, if the measure of your self worth is based upon qualities about yourself you're proud of then one should not be judged as not possessing characteristics or traits they deem likeable if not noticeable upon their viewing of you, expect apathy from those looking for other things in life to make them feel good, anything you share regarding your successes in life, will be deemed as a potential future threat to their needs as they think your motives in life are to be of influence to others, and by trying to be an influencer in life, that people they know or will meet will have been influenced by you, that's them thinking you are more powerful than you are, or possess power by names associated to, which they are cause for your likeness in life, not deserved. You are never responsible when others feel like \$hit, there are no winning teams in life, everyone is responsible for their own health, required to do their best to stay healthy, it's not one's business your medical history, assess your health looking for pre-existing conditions and future trip about accepting you into their lives, reject you without you knowing why or hearing from you directly, some people go off of what people say, and some people go off words verbatim, it's unfortunate that you as the patient, are not listened to, reading your medical history others will assume something else, not that you were trying to get help or not feeling well, and assume all for the same reasons, life gets bigger as you get older, and develop professionally, you can't correct the past, if how you interpreted things in the past caused you illness then it's important to continue doing whatever it is you are doing now, that's keeping you afloat in life, it then becomes a waste of energy to share instances in which you became delusional and thought things were happening that were not happening -if you're not someone who can move forward in life, you will be deemed as someone with baggage also known as someone who has problems that need to be dealt with, not already processed. If when you are happy others are not happy for you, don't assume the negative, and if you become unhappy, reassess your own life, before thinking it's a product of what is said about you or become a product of what others think, don't allow your fears to come to fruition in life, by focusing on others, some people get read, and some people who write are wrongfully accused of reading others, or being influenced by others to achieve in life, see forward, or feel good, that's a blessing whenever someone comes into your life and accepts you warm towards you, that does not happen often, if you look like an unhappy person, don't expect anyone to cheer you up, you will always be judged and questioned as to whether you are genuinely self motivated in life, or on the highs of who you are surrounded by made to feel good, as though your confidences in life have not been earned, it's not by your experiences in life that make you strong, better, or unique, able, or with more access to knowledge to better understand the world and have power, thoughts of your own to share, don't be minimized by lack of enthusiasm, and if you're doing well in life, ignore those who do not take you seriously in life, it's more important to do your best in life, even if it means going out of your way to help others, than to sit and watch life occur. *It's by your work experiences in life, that you achieve the confidence required to act in the moment, and apply what you have learned to a real world setting when among others, that's doesn't mean that one is comfortable with themselves, or because they are able to perform under pressures in life, are comfortable around others (because the people themselves were studied). The more you focus on others the harder it is to perform and recall based off what you know and have learned in life function, you then become a product of the worries of others or by their insults affected, once they feel like you, and you don't feel well, is sometimes by the time they stop harping on concepts looking for reactions from you, judging you as being in the wrong or drawn toward helping others because your strengths in life were empowered by the sufferings of others, or by exposure to traumatic events in life,

disqualified as coming from a genuine place your cares in life, even if you automatically empathize with others, does not mean its your job to care, sometimes showing you care about issues, makes people think that you only care about issues that make you look good by caring for others, take on what they think are challenging jobs, as though you have an agenda of looking good, or using your experiences in life to benefit you, if your privacies in life have been violated and you cannot prove your losses in life, then don't complain, and move on, its everything you complain about or argue, that others take from you, as you begin to not feel well in life, others will claim that they were understanding of you, and that your need to feel understood or clarify self was a product of your own mistakes in life, or initiatives, as you figure things out in life and if you develop a system of understanding and processing events and the past in a way that is helpful to you, don't expect others to be there for you when you do not have yourself figured out, moving forward in life, what you have to say or think is only of value so long as you stay well in life, otherwise devalued as just words.

When Deja-Vu Used to Be Cool ...

6/8/2019

Live life with purpose, its not necessary to state your motivations in life, those who are important become important because they take good care of themselves and work independent of others, that's not forced alienation to have dreams in life, and work hard, that's not being selfish to require alone time to figure your life out, understand your phases in life, and learn how to multi-task, in your younger years its okay to feel overwhelmed, youre probably just being too hard on yourself, everyone who thinks theyre important is hard on themselves, but not all become successful by being important to others or by job titles in life. Look back on your life with pride, if you can convince yourself your capable of achieving a great many things, then continue to follow your own foot prints in life, remember the days when you felt strong and capable and do your best to replicate those feelings within yourself, its not by what you have in life that determines how you look or feel, its all about improving upon yourself, and putting the work in required to feel prepared, the more prepared you are in life to perform, the less you will remember the past in the negative, be a product of your own dreams in life, don't feed into the fears of others, by trying to control instability. Don't be dramatic, the harder you try to protect others from harm the more harm you suffer as a result of putting your needs aside to correct the behaviors or thoughts of others about life, if its not being said assume its not being thought, and if youre the one sharing insight, then assume people will not see how you see the world, until you share stories from your life about your cares or motivations in life, having a bigger purpose in life, does not always lead to a better life, nor is being motivated otherwise to earn a steady income, jobs are given to those who are strong, if you are able work, apply yourself, if you have disability get strong and take on jobs you are physically fit for. Don't push yourself past well in life, and if you get sick its okay to stay home, sometimes it is necessary to work through illness in life until you start to improve, and sometimes rest is needed in order to get well again. Be put together, the main lesson is not to assemble ideas or beliefs about life with others, keep your interpretations to yourself, just as your sources of inspiration keep you feeling apart of, its not necessary to state the obvious, or point out what needs work, even if you do everything right, that's not how to prevent bad things from occurring. And so long as you speak to whats bothering you, don't expect those problems to go away, just like mentioning music and gun violence. If youre not a likable figure, or viewed as someone who thinks theyre important because of where they grew up or by who their associated to, then that's why no one thinks youre a good fit, thats a natural reaction to not wanting to combine negative viewpoints or philosophies in life past that have resulted in illness, if youre being made fun of by everyone, its probably because you finally said something that puts you on the worst team in life, the whole point of dodging subjects was not to be avoidant, you cant move forward in life rehashing the past, particularly moments in time when people were wronged or suffered trauma, your solution may not be the same for everyone. You cannot overcome a suicide attempt or self-harm, by explaining yourself, youre always wrong when you hurt yourself, and whether or not you have anyone special in your life, assume that others will feel hurt if you give up in life, and lose composure, never entertain the negative thoughts of others, always speak highly of yourself. #dontdodgers #endaddiction #staysober

Breathe, Its Not the End of the World ...

6/8/2019

Its assumed what goes up must come down, we generally leave hyper people alone, and if not entertained, ignore, that's normal. If no one thinks youre funny, that's not because there is something wrong with you, maybe your timing is off, being funny is not about being well liked always, or getting everyone on the same page, and funny to those who see like us, or share the same negative judgments of others, to some that's funny, what stays between them, and goes overhead to others, it seems that unless everything is joke about something or someone, there is no mutual understanding, theres a serious misunderstanding about who jokes are about, and if made to look like, or sounds like, must be about, don't empower hate. Allow people to be themselves, ignoring hate also means not responding to what you don't understand and falling into traps in life, reading into what others are saying, if its not about you its not about you, don't become too attached to the things that people say, they're likely just trying to prove points or cause waves, as though your disposition in life is coordinated to a series of fixed points in the past, your personal history, which they have read, and think everything else in your life is because of your past, or because of your experiences with others. If you haven't formerly shared in detail your life with others, then your not expected to put together your past to be read by others, and if your past as assembled was read by others and memorized, then they misunderstood your purpose for sharing, not everyone is allowed to move forward in life, upon sharing what they think has gone wrong in their lives, and upon sharing what they think has gone wrong in their lives, are deemed to bear guilt, the more unstable you are the worse off you become, and the more difficult it becomes to engage with others socially, if you don't need to be around others to succeed in life then no one is forcing you to be social or present yourself to others, when youre not feeling well or have lost composure, its okay to stay home. If someone does not respect you to begin with and makes fun of you puts you down, they will not at a later point in time grow to love you, some relationships are based upon need, some are built on trust, and other relationships are just for show, you are a product of what matters to you, not a product of who you are surrounded by, and if who matters to you puts you down in life, don't play victim and call that abuse or start running #stopbullying campaigns that's not the solution, people who do not know you and do not think you are good enough, will always think less of you, no matter how nice they are, they should not have affected you to begin with, and you should not be resentful of their delayed acceptances of you later in life, stay bonded to what keeps you moving forward in life, or leaves you feeling fulfilled or good about yourself, sometimes people put you down to see how strong you are mentally, to measure you self-esteem bank, why? Because they don't trust you, and its hard to make any relationship last with someone who is bitter or broken, not achieving in life, let them come to you, that's not your cue to go out of your way to prove yourself to them, attach, to be a catch, you either are a catch to begin with and know it, or you get rejected. If they leave you waiting in life, theyre simply not sure, or would be happier if you were better and end up with better as a result. Just get married, if you start zoning out, and hes hugging you into you, that's why you were driving to Yorba Linda once a week in traffic and studied at another Law School. What are your goals in life, continue to love those who are hard on you, even when you do not feel good about yourself or struggling in life, never give up on things that are going well for you in life, to build positive momentum sometimes it's as simple as maintaining what you have and improving upon what needs work, that's how to achieve in life, not by focusing on your weaknesses or self-harming, punish yourself, that's giving up in life, being avoidant, learn how to focus be unfocused, and focus again, stay busy, the better you are at adjusting to life the less you will blame others once you get sick, always see the positive, you cant go backwards and live the same life and expect to live a good life, whether you live a public or private life, its not about having high expectations of others, its about being put down in life before you reach your potential in life, because they don't think you deserve it, look stupid, not smart, in the wrong, alcoholic, or an addict, sometimes when trying to stay balanced with disability we lose composure mostly in private always ask for help when help is needed, that's doing your best to stay healthy, sometimes even if we make good decisions in life dont end up feeling better. No one wants to be the Rehab kid, no one wants to be alone, no one wants to be single, no one wants to be rejected, no one wants to feel stupid, no one wants to get in trouble, no one wants to be fat, no one wants to live at home, that's normal, if life were easy then everyone would have jobs after college, don't be scared of living life, don't fear the future, and especially don't beat yourself up if youre hearing voices, always talk to your Doctor, 50% of your problems result from playing Doctor on yourself, if you don't know whats wrong with you, it become impossible to talk to yourself through a problem and reach a solution, that's why its important to be patient with yourself, if youre freezing in life or feel scared that's a normal result of oversharing or not being where you need you to be in life, to get moving again, you literally have to move, join a gym, find a support group, if youre gonna procrastinate the key to succeeding anyways, is to be doing something else, you can nap through your early 20s but not your 30s when things get overwhelming, eventually you have to function even when youre tired or cant focus, pace yourself in life, and don't leave everything to the last minute and expect to perform well, what matters is the quality of your life health wise, accomplish that much above all else, don't be led astray in life, sacrifice your priorities in life to please another, if they don't recognize theyre hurting you by ignoring you, don't blame them if you get sick.

Ignore Expectations ...

6/8/2019

Until it's built will anything or anyone be criticized - when you live publicly you get criticized and corrected as you go in life, always maintain composure especially when speaking in front of others, never play victim you'll likely be retaliated on by the defenses of others, thinking things are about them until it you sound like them or feel like them to get you to say what makes sense to them if they don't trust your education or direction in life. Know yourself, when you're focused and able to communicate clearly present yourself, whether you can speak and look the part at the same time shouldn't matter do your best, as your presence affects the well being of others be presentable as soon as you let your guard down expect to be criticized lose confidence in life that's when you're most vulnerable exposed, others will always assume that if exposed and sounds suicidal means every incident in which you self harmed were suicidal or for the same reasons, people don't knowingly make the same mistakes in life, that's why people are corrected if they don't recognize what they've done wrong, you cannot reprimand someone for exposing themselves in private to themselves or by someone requesting to see them exposed judge people for the photos they keep of themselves, some records are kept in observation of ones personal growth or mental health, not made with expectation of being watched, most documents are kept to feel good, the work you do in life should make you proud of yourself, not all stages in life are meant for public display you learn as you go, to always present the best version of yourself. Do not entrust those who do not care for you to help you if you don't feel well or able, no one will ever take your side in life if you expose yourself by image or words in private, always be misunderstood to be at fault or to have provided photos requested for if in writing thought provided for and deleted from the record assumed you got blocked and any harm suffered gets categorized as self-harm not a consequence of interaction but because of your poor judgment or stupidity. Sometimes you're a product of what you're drawn to in life and sometimes you're a product of your exposures in life, the worst is when judged as being a product of your influences in life, not given credit for your good years in life, that's how you lose your independence in life, not all who are lost are lost because they are a product of their past, it's if you can't stay well your entire life gets reassessed even if you've moved forward in life, never appear as someone who has problems letting go even worse if they can point out negatives about you in the past and make you look like you have not changed or bettered yourself over the years, there is no solution to forgiveness, once others are convinced you were wrong they will never forgive you only criticize you, live life without regrets, and if you care show your cares with class, be vocal write there are many ways to express yourself in life, other than hurting yourself or communicating to others how you're feeling, no one can help you but yourself, once one door closes don't say things to reinforce those situations in life, people talk, it's until your better can prove your wellness are you given chances in life to work among others, you have to be driven and motivated in life to recover from failures or rejections in life, don't give up, it's not necessary to provide excuses for others poor judgment of you become defensive when you begin to feel better make progress in life, if others are hard on you when you're not feeling well or in your phone writing, that's because they're trying to get your attention, if you're not ready to give your undivided attention to others in life don't expect to stay long anywhere they'll likely lose attentions for you likewise - sometimes we are pushed until unstable or can provide information in a way that supports a viewpoint of you, your business is your business if you're not feeling well and your reputation has been harmed don't expect others to be gentle or compassionate towards you. #loveislove = sometimes it's best to be alone until you figure out what's causing you mental illness until you get your focus back - life's not about being cared for it's about caring for yourself and being able to take care of others if you can't take care of yourself don't expect to be taken care of in life or able to care for others, don't believe everything you hear especially if it's not true live up to poor expectations of you, know yourself. #stopselfharm it all adds up, believe in yourself, better yourself, ignore voices.

Don't Flip Out ...

6/8/2019

If its not your fault, its not your fault. Don't flip out and prove otherwise, make yourself look like you deserved harm, or appear presently as though you have inner resentments toward others, triggered by your own thoughts, don't be controlled by the thoughts of others. Once people think youre mentally ill, they will think you have always been this way. Recall the good times, if you share examples of when you have failed in life, then people will believe

they can control you, and trigger the same outputs in life, until you learn not to be affected by the negative judgments of others. The more unstable you become, the more you empower others to disassociate from you, those disassociations are only further reinforced, the worse off you become, or by the less you achieve in life, people will always play victim, so long as you struggle with mental health issues, do not make your problems the problem of others, be sure to share in private spaces, not in public spaces, your experiences past, as they will likely take sides, and test your limits in life, to see how you respond in the positive or in the negative, to figure out what your motivations in life are. Once you say something, or believe in something, share your philosophies in life, or what you have learned, don't be surprised when others go out of their way to prove you wrong, and you wind up the one who looks bad, that's to protect their best interests, by assuming something is wrong with you, until you are able to move forward resilient to what people think, or what has happened past. The minute you play victim to the past, the less people will empathize with you, know your limits in life, if people think you are stupid, and do whatever it takes to make you look stupid, its because they think you deserve it. Just move on in life, its not necessary to share all the instances of when you were not strong, still finding yourself, trying to be independent, and got hurt, you live and you learn, the more you complain and play victim, the less sorry others feel for you, and the harder it becomes to move forward, especially if youre already struggling with mental health issues. If every time you open up, and nice to others you get hurt, then be conservative socially, its okay to think about life, and what you could be doing better, sometimes strength is mistaken for other things in life, listen to others, but always be yourself, what happens to you in life is mostly a product of choice and experience, always be yourself. If on medications, its likely you will not be as sharp as others, and somewhat delayed socially, knowing that, don't waste time trying to keep up with what everyone is thinking, the more you focus on yourself, and get done in life, the less it will matter, whether others thought you deserved to be made fun of based upon how you look, behave, or how you speak, or base their judgments upon statements you've made past they did not fully agree with or think wise or intelligent of you to say, some people are not easily impressed, especially with people they think they are smarter than. If youre not that smart, youre not that smart, so be it, always do your best with the skills you have in life.

10 Ways to Love Yourself ...

6/7/2019

(1) Kick the Habit of Being Negative

Negativity is the fastest route to disaster, visualize where you want to be in life, without expecting the worst to occur, the less you fear, the more doors open for you in life. Face the fact that you're not perfect, we all have demons, don't overexpose yourself, you're likely to kick yourself in the butt later on for it. No image is perfect, beauty comes from within, the better you feel, doing for yourself things that make you feel good, the less guilty you'll feel talking to others: diet, exercise, be proud of yourself and who youre becoming.

(2) Less is More

We tend to think that more or something will make us feel better, that's addiction, not knowing when to stop. Know your limits in life, its not necessary to put icing on the cake, over clarify self to others, be defensive, or share too much about our lives and our problems, when meeting someone new, or talking to someone past. To catch up in life with others, do your best to know and recognize what youre doing well, and be sure to share positive things about yourself to others. How do you want people to know you? What do you want people to know about you? What is necessary to keep private? How to get well, when others know youre not feeling well? Interviews are not the only conversations in life you need to prepare yourself in advance for, its not all about you, be kind and courteous to your audience always, be memorable, inspiring, don't enable others to fixate on negatives. Always maintain a positive outlook in life, to speak well be confident with your words.

(3) Don't Complain

If things aren't going right for you in life, recognize what needs work, without pointing out to others whats going wrong in your life, that's how to overcome privately whats bothering you, without the added stress of worrying what people think as youre going through something in life. We've all been there, lost, in between phases in life, breakups, have faith, the more positive you are about self and others, the better everyone will look and feel.

Everything adds up, sometimes being too opinionated, makes you look bad if others think that you think you're smart or know better, never assume that others are flawed whenever a misunderstanding arises, as to interpretation and inference, see the good in others.

(4) **Stay Active**

You can't expect things to happen for you in life, if you're not in motion, moving forward, or doing things in life, that mirror the person you present yourself as online. The best way to support what is said, by you or by others, is to be a person of your word, not always responding to what negatives are said about you, there's no requirement to prove others wrong in life, if you are doing what you feel is right, it's not necessary to waste time and energy proving others wrong, or convincing them you are well, sometimes when trying to garner acceptances from others, we disempower ourselves, empowering the opinions that others hold of us, to control our thoughts and actions, be your own person, take your own lead in life, don't be led or misled by your worries, or the worries that others hold of you.

(5) **Know Yourself**

How you self-identify sets you free, if being unique is important to you, then be unique. It shouldn't matter if others think you are an imitation of another, playing off the identities of others, or trying to be like someone you're not, that's based upon looking at you, and looking at whos around you, and comparing your looks to others. People will always assume that someone who is insecure in life, feels less than, or that someone lacking confidence wishes they were someone else. As you move forward career wise, don't allow the negative judgments of others to interfere with your progress, your motivations in life will always be questioned, people putting you down as thinking you think you're bigger than you are. Stay grounded, sometimes those who look happiest as judged as being full of themselves.

(6) **Be Patient**

You cannot expect change in others if you yourself are incapable of changing. If you want to be treated differently in life, and not put down by others, then figure out why you're not liked by others, it never hurts to accommodate the interests of your biggest critics in life. Don't try to fix what is not broken, sometimes while anticipating the worst, we wait for things to get worse before they get better to make changes in our lives. It takes a lot of courage to take the initiative in life, to be different, comfortable with yourself, even if you don't fit the mold of what is beautiful or acceptable, if you can adjust to the changes that others go through in life, have faith that they will similarly adjust to your condition in life.

(7) **Stay Positive**

Typical advice you're given whenever you say something negative about yourself. Why is it that we are always reprimanded when we think we're doing well in life, totally focused on ourselves, going in life, made to pause, and give our undivided attentions to others, when we're doing well in life. Just because you think you're on to something, or going places in life, does not mean that everything will work out for you in the long run, it's wonderful that you believe in yourself, it's harder to get others to believe in you too, trust the direction you're taking in life, toward achieving your goals in life, that they won't nurture, any extended efforts to make change happen in your life, assume there is something wrong or defective about you, if you go the extra mile toward achieving in life, if you're used to trying really hard to improve upon your best, then ignore criticisms, continue to believe in yourself.

(8) **Keep in Touch**

Alone time is sometimes necessary to recharge, but not until the point, you go into shock when you're in a crowded room, among others, feel out of place. Recognize you are human, without trying to doctor your feelings too much out loud. Friends will listen, be there to support you through your best and worst moments in life, it's hard to take advice from others, when we think we know best, the more you fixate on where you're going in life, the less right now you feel moving forward, don't isolate, that's the worst thing you can do for yourself, if you're trying to stay focused, how quickly you'll let yourself go, when disconnected from others, work hard, but not to the point the wellness of others intimidates you, stay connected, whether you have a job or not, never feel less than in life,

because you don't have it all, life goes on, with or without people in your life, never put all your eggs in one basket, and expect things to work out for the better, that will likely stifle progress in that area of your life, attentions brought away from whats important to you. Its easy to be avoidant under stress, don't allow yourself to become co-dependent to the needs of others, that's a surefire way of becoming frozen to your own best interests.

(9) Express Yourself

Its okay to share your feelings, its not important that you shine, even when at your best, sometimes when we least expect it, others pay attention to us, and when trying too hard, no one notices us. Don't expect others to be nice to you when youre confident and doing well in life, they will always assume the worst, so long as you share online, expect others to treat you like an addict, only share your best, and if your best is not regarded as smart or professional, then don't allow the acceptances of others, to make you feel bad about yourself. Only share what you are comfortable with writing wise and photo wise. It's your overall work-product determines what is felt when others see you, theres no statistical advantage to sharing more, or only sharing your best, its all about how you feel when looking at yourself, if others don't see the same person you see that's not your problem.

(10) Remind Yourself Youre Worth It

Its not by how many likes you receive in life to know whether you've got what it takes to become a working professional, in order to get jobs in life, you need to have had jobs in life. Dating doesn't work the same way, the more boyfriends you've had, the more you will be judged by those losses, devalued, or rejected when not new to love, being new to love means having the capacity to not be picky with expectations, be in the moment present, and able to be unconditional toward others without the other feeling less than or as compared to, more or less put together in life. Any loss of enthusiasm means youre not ready to date, if you are not happy with yourself, it will be hard to make someone else happy or feel good, confident, its not about image, its about feeling fulfilled in life, proud.

Like Without Comparisons ...

6/6/2019

To let out your creative spirit, don't compare yourself to others, learn how to think and visualize where you want to be in life, without setting limits for your potential, by feeling worse off, or not as capable of achieving the same. Everything takes time, forgiveness, building a following, and coming up with ideas as you go, of how to maintain that audience. You get better overtime. Always continue to further your education, read books, follow blogs, practice you communication skills, do things that build your confidence in life, not engage in activities that make you appear to have low self-esteem. You can't build a website, without having a purpose in life, don't expect others to keep tabs on you while you are lost and disorganized, that's something you learn later in life with experience, that the better you are, the more responsibilities you are given in life, sometimes you are asked to do things in life for others, and sometimes no one bothers to mention what needs work, or share their criticisms in life. Its usually the case that when you don't hear from someone that theyre doing okay, its customary to share accomplishments and good news with your Dad, and handle everything else with your Mom, online, once you become a blogger, its when they don't hear from you they stop following, I'm not sure whether they worry, or just find other things to do or read. Its not as competitive as it looks blogging, attentions are always shared, like a mixed newsfeed, that's about 10% of your attention span (energy it takes to read), that would be the goal in times of trauma, not be a difficult read. Don't feel overwhelmed, but its important to care as a writer for your audience, not in a mothering or nurturing way, just be detail oriented, and as organized as you can be with your thoughts or whatever it is youre sharing in life.

Today with a high of 1,991, the most to date ...

6/5/2019

Its been a pretty quiet day for the most part, a little bit of humor helps, but don't break the silence, whe everyone is at peace, minding their own business, draw attentions to yourself. Its moments like these the voices stop, your good character will always be brought into question no matter what phase of life you are in if you are considered a

working professional, that's why we have private lives away from work or academic endeavors to share our feelings, not inside the workplace. Its never cute to be negative, that's generally a turn off and lifts no ones spirits in life, including your own. If your purpose in life is to help others or to help make others feel better about themselves, then don't put yourself down in the process of expressing your points of view in life, theres a way to share criticisms of others that helps everyone, that's if to correct and help make better a person, but the world is not a friendly place always, everyone has their own issues in life. Talking about others, is the quickest route to failure socially, as everyone is connected by a 3rd connection, at least on LinkedIn. Never complain, the more you complain in life, the fewer opportunities avail themselves to you in life, that's a surefire way to be a let down to others, who are looking to work among those who don't complain and get the work done, without personal issues interfering with their work productivity. If you lose steam in life, youre not the only one who gets tired, everyone has trouble keeping going in life, we are not machines, its okay to be human, take breaks, and work at your own pace in life, there is not fast route to success career wise, not even if you know people, you will always have to prove to yourself to get jobs and maintain jobs, no matter what your upbringing in life is, no matter what perspective you have of the world, and the professionals among them. If you have a job title that isn't one we already have memorized, then congratulations for staying focused, and continuing to move forward in life. For those of us who have lost momentum, have faith that you will recover, if it's a bad day keep going, rest when tired, and know your limits in life with others, you can only share so much about your own life and problems, that you begin to bore your audience members, who gradually begin to feel more put together than you having shared your causes for mental illness in the past, or reoccurring mental health issues now. If you are having trouble staying well, its okay to keep those facts between you and your Doctor, no ones life deserves to turn into a guessing game of issues affecting them and their abilities. You cannot compare anyones condition now to their past successes in life, everyone changes, especially after hospitalizations and treatments, you should never be that into anyones life, that you begin digging through their past for dirt about them. Learn to accept people as they are now, whether you trust them or not, whether you think highly of them or not, whether you think youre smarter than them in life, and whether or not you respect them. You would assume that people judge you based on how you are with them, but much more gets taken into account when judging you or determining whether you are a nice person or a good person, genuine, including everything you say privately to self and others, and whether or not you are consistent in your interactions with others, treat all the same. The more nervous or on edge you are in life, about how you appear, the less present you will be able to connect well with others, and be interpreted as sharp or focused, feeling foggy is not contagious based upon looking at someone or knowing someone prior to meeting them, and then thinking about life too deep, that's not the fog or freeze I'm referring to, that happens, never blame others for your lack of focus in life, be less competitive, and have goals in life besides love, be steady.

Don't Miss the Old You ...

6/5/2019

You've come a long way, why would you want to go backwards and get mad at yourself or others. If everyone has moved forward, learn to go with the flow in life. Allow people to hold their opinions of you that's just them protecting themselves from harm i.e. let downs in life, that doesn't mean there is anything wrong with you or defective. That simply means wait, either for people to come around and let you back into their lives, or move forward and meet new people in life. That's not a new life, you have created for yourself, when you fail to let go of the past, that's you allowing your past to dictate new relationships. Do not judge someone who is single and working on themselves, that doesn't mean that they are a reject, that could actually mean that they value themselves and waiting for the right companion in life. Until then its okay to be friends with people, that's not a relationship, where one another is expected to take care of the other emotionally, that's just talking. Talking to others is okay, but not until the point of attachment, that's when you become reliant on others for a sense of normalcy, and to feel centered, whom without you get lost easily, wrapped up in emotions, stuck in the past, you choose which disabilities in life keep you from being able in life, you either manage with the skills you have, or become unhappy with what you've got to work with in life. What makes you feel better about yourself? Lifes not all about acceptances and privileges in life, or companionship, its about happiness, being able to change a bad day to a good day, and withstand hurdles in life emotionally, when you feel fulfilled in life, that's balance, and pride occurs once you have accomplished a goal, beyond your expectations of yourself, that's looking back in a good way, upon your progress, not measure your own self-worth based upon what others have said about you, based upon what you have shared privately to yourself or to your attending physicians, that's your right to privacy, and so long as you are feeling well, then continue to do things

in life, that keep you feeling well, without regret, and without holding resentments in life. If its not a problem now, don't make it a problem, that's the main lesson, if its something that has bothered you, that isn't currently of issue, then don't bring up something for the sake of bringing up something past to talk about now, if the risk of loss is greater than its potential to resolve current problems in your life, then that's not a problem to mention.

Don't Be a Source of Discomfort ...

6/5/2019

People will always blame their discomforts in life on others, especially those who have suffered from mental health issues. If you are already suffering, its not necessary to worry what others think at that point, your health comes first. Don't self-harm. Its easy when others are not comfortable around you, to blame you or your behaviors in life as justifiably off or deserving of being taunted or put down in life, that's just taking a side, to minimize the suffering of the person who was harmed. If you were not present, its none of your business what happened in the lives of others, that has caused them disability in life, if theres anything you should let go of in life, its always what you do not have control over, people, and the past, especially the past lives of others. Everyone seems to claim victim, whenever someone is suffering, to deflect blame from themselves, argue its justified, or that they brought it upon themselves, mental illness, sometimes sometimes is not the case, especially when no drugs are alcohol are involved. Sometimes pain and suffering, occurs when we think too much, no its not about people pleasing, that's not a subject that rings a bell other than the fact that our bridge was tagged above the 405, if necessary to reference and not refer to, that would be nice, thank you. No matter who your connections are in life, or associations, that doesn't create comfort, when someone does not like you or trust you or thinks less of you, deserving in life, feels as though your mental health issues harmed their health or well being, then those are moments when forgiveness is not granted, even if you move forward or become a better person, there will always be resentments there, we hope not. Stirring negatives back into the interpretations of the lives of those who have bettered themselves or gotten their health back, is not worth furthering fights over toward or against those individuals in life, to be like what they thought happened in the past, and say if like or similar then have standing for suit, and based upon job or profession delineate blames upon others, that does no good moving forward, it makes me sick, and it makes those around me sick, not to be around me, but to similarly suffer from negative interpretations of them, based upon their new association to me, which if even a select few are trying to argue mental illness exists, will keep furthering that belief until something happens in that persons life that makes them make themselves look more mentally ill than they are. Mental illness is not the same as disability, be respectful of one anothers hardships in life, not all are purposefully brought upon themselves, left in isolation or suffering in life, that doesn't make them criminal or mentally ill, just because they do not currently live a lifestyle within a social hierarchy, socialization does not come easy to me, spoiled in the sense that I grew up with the same close friends my whole life, who Im now distant from. Its not about pretending to be something that you are not, it is assumed that one who is punished if they are able to achieve again, are in a better condition now, you will always suffer hardships once you encounter punishments in life, its then you have to begin proving yourself to others, if you are getting tired proving yourself capable to the wrong people in life, you could burn out and get nowhere in life, manage you time and energy wisely, its really no ones fault, when time is mismanaged, procrastination occurs, and careers are put on hold, held behind in life. Its not fun to be an open book and constantly dug at for dirt, even while suffering my own personal hardships in life, that's not being a perfectionist to better oneself at that point, it then becomes a matter of survival. What was once fun, blogging, has now become a serious sport. I think that was the point of putting me at a disadvantage in life, to see how I fair suffering, or feeling like I'm dying, overcome graver disabilities in life, than a learning disability, to test to see whether I am honest, or have lied about the past, and allow God to decide whether I live, based upon whether I have been a good person, or whether I have been a bad person, to explain for me, or justify why I became suicidal to argue that I was being bad at the time, and because I was being bad at the time is why I attempted suicide. No I was not being bad at the time, I was trying to get help, and because I drank and relapsed, I attempted suicide, none of your business. Now is not the time to be casual with my words or subject myself to suit, and be a let down in life, it seems people only feel better about themselves when they can prove you wrong in life, never fight with someone who is recovering from a suicide attempt, that's an unnecessary infliction of emotional distress upon a person who recognizes what has gone wrong and is doing their best to correct their behaviors now, live life. Don't play God.

The Importance of Experience ...

6/4/2019

When you have no experience, everything feels overwhelming, each new task carrying a heavy burden, to understand, comprehend, and function knowing fully what you're doing and why you're doing what you're doing, that's being professional. Whether or not you understand what you're doing, do you still do the right thing, you will always be tested in life, to see how good of a decision maker you are, before being allowed to make important decisions for yourself or others for that matter, whether that be through work or in relationships that require you to take on the responsibility of caring for another other than yourself. When your priorities are in order, that shows that one you care about yourself, and that two you are able to care for another, until then, you are required mostly to work on yourself to prove otherwise. The sky's the limit, when it comes to responsibilities, the better situated you are in life, the more viable a companion you become, it's second nature to accept those who are successful in life, without worry of feeling bad for them, as they are able to take care of themselves, it's harder to be around people who need to be taken care of or in need of help, there's more room for worry, and more room for error, which upon failures no one wants to be responsible for. Once you fail to meet the standards of others, it doesn't matter how high of standards you have set for yourself, or how hard you have tried, or how far you have come, once someone is unhappy with you there is no pleasing them, once someone has given up on you, there is no going back for understanding, once someone does not believe in you, there is no room for clarifying self, and once someone has let you go, there is no convincing them otherwise that you are deserving of positions in life, or taking on responsibilities now that you previously were considered for. Some will be harder on you than others, accept that much about life, people expect the best, when it comes to work and in relationships, it's a competitive world, and image is important, it's hard to focus on more than one thing at a time, if you can't balance it all, then don't incorporate new people into your life, who do not love you as you are, everyone blossoms at their own paces in life, and if you have yet to blossom, choose those who do not impede on your self-growth, and allow you to be yourself, work at your own pace in life, that's not finding yourself, or being lost, not all those who appear lost are lost, sometimes it's a matter of wearing more makeup, shopping for more outfits, or sending fewer texts, whatever it is that makes you look like a needy unstable companion in life, don't be co-dependent on others for reassurances in life, you'll surely be let down, if under the guidance and confidence of another. Everyone tries to tell your story, when they think that everyone is watching, and an explanation is needed, before you know it, the relationship has ended, and everything on the outside looks and appears as if to benefit the image of the other, who was able to move forward, and prove fault of the person worse off in life, sometimes people need space to make important decisions in life, having nothing to do with the status of a relationship, if they love you, no time apart will be indicative of setting off a series of emergency circumstances, one should not need to be needed to feel needed, and once that need stops, one should not be reprimanded for focusing on oneself in life, and triggered, led astray in life put down, a clear break is a clear break, allow breaks to happen, without getting upset, that's not how to win back someone you wanted to be with, or express resentments toward anyone who spent equal time caring for the other, in life. Losses occur both ways, time invested in caring on both sides, it's not just on the side of the person left, or not able to return, and if your past is not clear to others, then you will relive those scenarios later in life, until you are proven to be weak or worth letting go, that's how one suffers by sharing about breakups in life, your side is never taken but always the side of the person to whom your discussions are about, that's the benefit of living a quiet life, with the exception of having no control over how your story is told behind your back, explained.

No One Has it Easy in Life ...

6/3/2019

It's easy to judge those who you think have easy lives, no one has it easy in life, we all have to wake up each day, and go to bed each night, feeling fulfilled and of value in life. Don't think too hard, and don't especially be too hard on yourself. If you can manage that much, with ease, then you've got a head start above others. It seems that even the simplest things in life, we take for granted, once we become sick, constantly adjusting to the opinions of others, feel drained, that's when it's okay to worry about yourself, you can't always accommodate the beliefs of others about you, proving them right or wrong in life, sometimes you have to just worry about yourself, and do your best to survive and practice a disciplined life, it may not be a fancy life, but live your life as best you can, starting with appreciating what you do have in life, and what positives you have to offer the world, based on your skill set. It's never too late to try new things, sure having dreams in life is important, but where is your reality, what are you capable of achieving in life, are your standards of wellness too high, are you expecting more of yourself, than you are capable of right now, how big should your goals be, and what can you do today, to bring you closer toward

achieving your best mental and physical condition. You can have problems in life, but its not always necessary to harp on the negatives in life, if you have since grown past those points of issue in life, where are you now, if you recognize what led you astray then, then do your best to stay well now, you can't always make sense of the past, and if you can't move past your own issues in life, best not to add to discussion the wellness of others, or question the past motivations of others. If in the past you have assumed the actions or words of others to have been directed toward you, then let go of those delusions in life, if to articulate only empowers others to create a belief about you that you think everything is about you, the world is a big place, no one is that powerful individually to influence the decision making of others, especially if they are arguably not doing well in life. If I'm not famous, then please do not add to instances of defamation past, and allow me to overcome mental illness. Eventually we are all affected by losses in life, don't contribute to the nervousness of others by being an unstable companion in life or friend, that just increases the likelihood of you becoming dissociated from others and treated as mentally ill the more you isolate, and the more time apart from others you spend, the more room for rumor you leave while inactive socially, thinking more about life than the time you spend living your life, at some point you have to move forward, and as you adjust to living a healthier life, have faith that others will adjust to your wellness, and not be bothered by your successes in life, or bettered condition, not expect more or less of you, and be able to blend in again. Its not about who you know in life, its insulting to not be credited for ones abilities in life, and extended efforts to remain anonymous, treated as though my identity resulted from issues concerning the past, writing is my gift in life, my strength. You can be so kind as to share your story, and still be made fun of, that's unfortunate. To be treated as less than, based upon who you know, or for what losses or punishments you have suffered in life, no one deserves to be made fun of until suicidal, that's something that needs to stop, highlighting the failures of others, allow people to move forward, not hurt them or put them down every time they get well in life, not be referenced to.

The Times Are Not Archaic ...

6/1/2019

The times are not archaic, you may have a good idea to help bring people together, and it may still not be in the best interests of everyone to care. You have every right to care about causes and provide support to causes you think are necessary to the betterment of society, what issues you raise awareness to, should be as it relates to your life and experiences, and if as to the experiences of others, they come first, think what would be in their best interests. Take good care of yourselves, that's best how to represent oneself, others cannot represent you in life, unless hired to, that's always an unwanted burden to others to be available to help correct thoughts about self, or to help correct the thoughts of others about you. What may be obvious to some is not obvious to all, all are not exposed to the same connections in life, or belief systems. You choose your systems of support in life. Always with approval take initiatives in life, never without the blessings of those above you, that's not how to make a positive difference, learn to be able to let things go if you want to help inspire change to the systems we currently provide support to, and where help is needed most. The chaos of loss, and the uncertainty that brings has much to do with the wellness of those around you, people don't change, that you have to accept, people will always care most for whats in their best interests and if its not in their best interests to care, they wont care, some initiatives you take in life may be premature, based on what you are focused on in life, and what affects you. Don't volunteer or become apart of organizations to correct your image, if you volunteer and then are punished, then correct your mistakes in life, and with permissions, continue to make progress in life. Not all will be in agreement with you, post punishments in life, don't expect people to speak highly of you or trust you, there will always be room for question thereafter, don't feed into that negativity, by behaving in ways or speaking in ways that support a negative viewpoint of you, that's why they say to prove them wrong, that's if you are currently facing adversities in life, not to go backwards and make your life more difficult, the mental health issues you suffer as a result of your mistakes in life, are never the responsibility of others to correct, if of your own making, you have to help yourself under those conditions, no one will lead you then, no one will correct you then, no one will advise you then, no one will redirect you then, unless you ask for help and permissions in life, that's how best to move forward and interact with others in a way that both you and your audience are comfortable with, not under any obligations to care. In life you continue your education, that's to match the times, every profession has their requirements, that's normal, be fearless, but do not incite fear or worry in others, if something you care about has not affected them yet personally, everything adds up, not that we are all connected, but anything that goes wrong on the inside of any system of support, is the responsibility of those vocal within to correct, the tone of the environment, everyones safety needs matter, focus on your reality, without worry for those who have messed up in life due to drugs and alcohol, that's why we are advised to care for ourselves

first to be able to help others, and until we can learn to help ourselves, love ourselves, will we be able to help provide a voice of reason to others. When we say mental health comes first, that means if you've been there then don't go back to those places in life, and if you cannot help, don't make worse the condition of others caring for you, allow people to worry for themselves not about others, only you can help yourself. In a year I can apply again as a victim advocate, right now Im battling mental health issues ie self-harm, trust your systems of support, and as advised move forward in life.

Overcoming Depression ...

6/1/2019

Chances are once you get to a better place in life, you'll compare where you are now to where you have been, that's perfectly normal, to reassess what needs work, and figure out what you did right, to get to where you are now. Don't be so hard on yourself. In fact, "ruminating" has been found to interfere with ones ability to "implement[t] the behavioral changes necessary to prevent a relapse." [1] It's the very thinking about your own issues, not just the past, that may prevent you from staying present now, I assure you its just an adjustment phase, and like all days pass, allow time to pass, recognizing your own self-worth, and how far you've come. Its not just stigma that's cause for embarrassment upon disclosure of diagnoses, but also comparisons to others who have not been well in the past, dumbed down as the same as, or worse than, you'll never feel like yourself, if youre in constant worry as to who youre being compared to in life, keep your world small, its not necessary to inspire others or demonstrate any type of leadership when it comes to wellness, once you achieve well, your mental health comes first above all else, especially when fragile new to stability. A healthy outlook is not demonstrated by your words, but by your actions in life, and your future is determined by your present, not your past necessarily, if you can let go of that much, then do so. Its what you do from this point on that matters most, not by focusing on what people think, or by what is inferred by your presence around others or actions in life, live life as best you can, if keeping busy keeps your mind off where you've been then keep busy, if keeping busy keeps you from discussion of problems that send you through a whirlwind of negative fears about your present abilities in life, then don't send yourself off into a freeze, nows not always a good time for therapy and overfocus on oneself, that can be easily be mistaken for selfishness, don't worry about interpreting the behaviors of others, as everyone is doing their best to cope with their own version of reality, and portray themselves as they see best fit, know that not everything is about you, just as its wrong to use associations in life to bolster esteems, don't subject yourself to being used to similarly bolster the esteems of others, by being vulnerable, retaliated upon, as less than, its not necessary to assert ones intelligences in life, confidentiality is so important to maintaining trust, and to be taken seriously in life, not look small minded or be treated as an opportunist in life, looking for a step up in life, if you cannot achieve on your own, don't expect help from anyone to help you achieve, maintain autonomy [2], when it comes to relationships and building rapport with others, co-dependence is not a healthy show of acceptances in life, for one personality to dominate anothers, healthy leadership enables growth, fosters wellness.

Reference:

[1] <https://www.psycom.net/therapist-plan-for-overcoming-depression/>

[2] dictionary.cambridge.org/us/dictionary/english/autonomy

Resource: <https://www.samhsa.gov/find-help/national-helpline>

Ease Back into the Swing of Things ...

6/1/2019

The past is past, the longer you stay in shock fixated on what has not gone right for you in life, you'll never move forward. Once you achieve a well state of mind, pat yourself on the back, and welcome back, that takes a lot of hard work, discipline, and listening to others to get well again and stay well. The more you rebel, defiant to the concerns of others, the more difficult it becomes for you to adjust to reality, you get put down, pushed aside, and left behind for a reason, not because people don't love you, but because they need to focus on themselves and don't have the

time to waste either helping you, or redirecting your thoughts toward positives, that is something you have to figure out for yourself, you either listen or turn a blind eye to feedback along the way, don't take anything too personally, just do your best to take into consideration the suggestions of others, you'll likely look back on those moments in a positive way thank them later, even if at the time you feel small. Confidence takes years to build, and with practice excelling at your strengths in life, while recognizing your weaknesses in life, those experiences in life will only make you stronger, and I promise you those insecurities and awkward feelings about yourself will change. Its okay to be yourself, some are gifted in that way, affected by every little thing people say to them, sensitive, reading too much into everything ... never assume as insult toward you, most people who are insulting do not mean to be insulting or insensitive to your feelings, they are usually just trying to help, if ever critical of you or others, pointing out whats wrong, instead of buffering whats going right for people in life via compliment, some are just not programmed that way, to compliment, cheer up, or bolster the esteems of others. Trust that your time to shine will come again, if youre used to being the best at everything, standing out from a crowd, then learn how to handle standing out during your worst moments too, being the best comes at a price, people expect more from you, and are harder on you expectations high of you, to impress or prove that you are who you are on paper, be everything past as you are now, that is you, and even if you have been through changes in life, that make you not feel like yourself anymore, forgive yourself and others, at some point you have to move forward, in order to live life as you are now. Theres a lot of stigma, associated to those who suffer from mental health issues, treated as drug addicts or alcoholics, blaming drug use or alcohol as a cause for their mental health issues, while those things may have contributed to incidences of mental illness or poor decision making in the past, those flamboyant episodes of confidence and grandeur will surely be forgotten the better adjusted you are to who you are now, having had those experiences in life, I'm sure people are mostly concerned with their image not yours, and their health, not your past, and the only thing people care about now is your wellness now, to determine whether or not they want to be in the company of anyone who has had a history of mental health issues, be affected.

When You're Feeling Symptomatic ...

6/21/2019

There are days when you will be proud of yourself, and other days you will feel less than. That's just a normal process of letting go and moving forward in life. It could be that youre doing nothing wrong, and symptomatic, and sometimes, even when youre doing your best, will you experience symptoms of mental health issues, its not your fault, its just a chemical imbalance, why its important to always seek medical assistance whenever you feel an imbalance or do not feel like yourself. As a website builder, you experience a lot of difficulty managing passwords, opening accounts, managing accounts, getting your computer cleaned, being wary of hacking, it requires a lot of oversight to build a website, absent minded any competitions along the way. It is very expensive to build a good website, you have to invest a lot of time and energy to write and **perform in front of an audience**, being consistent, and not turned into something youre not, an unhappy person, or someone with a negative outlook, when speaking in front of any group of people. **The better you do, the more likely you will be copied or imitated, sometimes in good humor, and sometimes to share how others have been affected by knowing you, thinking you deserve an undermined opinion of you, you are not able to argue about, or acquire information about you, without you knowing, by going through your personal spaces, and misconfiguring information, to suit their best interests or negative opinions of you.** Any added justification for your lack of successes in life, is more fruit for their labor, to hurt you, dismember you, or take from you what is of value, thinking you do not deserve to possess the fruits of your own labor in life. We all deserve to work, and we all deserve to earn a living, and if you can stay well enough to do so, then all the more power to you. **Spend less time interpreting the past, as others testing for your reactions in life trying to get you to flip out, or appear desperate, or non-sensical, and do your best to code with pride,** as you see fit, without alarming others of the consequences or potential for harms you have suffered along the way, be kind.

Why We Have Clubs ...

6/20/2019

Its by who you know in life, you are discriminated, based upon how you dress, either carry sensitivities toward others, or deemed to be insensitive by how you display yourself, what clothes you wear, how you speak, and how you behave, some wish not to be represented by others, when what you represent is of high value, then its better to lay low, then to be on top, its better to work hard for yourself, not work hard for others, and be disappointed when others are not pleased with you. Good women come a dime a dozen, those not spent,

those yet to experience mental health issues, those who stay chaste, those who stay sober, and those who do not do drugs, those are they who are not yet jaded by life, by men, or by whoever has the capacity to hurt their feelings and their self-esteem in life. A woman's success is dependent upon how she feels about herself, how others feel about her, her femininity, her strength, her class, her intelligence, her popularity, how well she is liked, who she is admired by, her cares, her physical health not limited to athleticism, determines how tall she stands, not all who are confident are loved or get reinforcements in life, some grow up with hugs, some grow up with no hugs, the number of hugs you get in life does not determine your future potential to be loved or ability to give love to others, it's more important to love yourself, and be successful in life, whether that's by having a career, children, taking care of others, perfecting your skills in a trade, working from home, and being surrounded by the well, which does not always equal like-minded individuals spiritually or professionally, we are all made to feel well by what we have in life, some feel better having something someone else wants, and some feel better included, when they are deemed of higher priority than others, made to feel important, in some cases women are treated as friends, and in other cases women are treated as professionals, it all depends on who you work for and who you are friends with, not all women are treated the same, some for benefit, some for attraction, some for work, we are not liaisons to gather more support, although we make great middle men in life, able to read all sides well, born compassionate required to empathize and care for others, be ladylike, eventually all who get placed in the middle of arguments or sides, experience mental health issues, reading all sides. If someone is not willing to treat you as special, and puts you down in life, then they do not value you as much as you value yourself, the only way to be of value and to be valued by others is to love yourself first, and make yourself a priority in life, the better able you are to demonstrate that you care for yourself and have cared for yourself, the more likely others will come to believe that you did care for yourself, and when you cared for yourself, it was others who did not care for you that hurt your feelings, why your feeling down, not because of your own mistakes in life, don't look worse than it is, then things get worse before they become better, having a good life is all about seeing everything in the positive, that's letting go, remembering your good years, and not deflecting attentions away from you in life, by becoming ill by having poor memories of your past when self-harming, that's when others become disappointed with you, when you lose your sense of faith and wellness in life.

Unconditional Branding ...

6/19/2019

If you want to be well respected in the community to which you work, be consistent, that means show up on time, and be a diligent worker, that doesn't just include eye contact, but it also means sticking to the assignment, and not veering off course, losing focus to personal issues in life. What you do outside of work, and what goes on in work are two separate environments, either cannot be used to save you from problems existing outside of work, that is something you have to figure out on your own, why in some environments you thrive and others you dwindle. Sometimes wellness is credited to people in an environment, and sometimes people get blamed for contributing to the mental health issues that others suffer from, because of their mistakes in life, unfit to be apart of socially. Whether you have a positive effect on the wellness of others, depends on how positive you are. You cannot control what people think. The primary experiment is looking for creation of someone to whom all can agree upon is in the wrong, whether for posting flyers, or for encouraging others to provide advocacy, that is how I cared at the time, there are other jobs, and ways to help others, online, by hashtag, or by promoting yourself online to others. Sometimes people hold negative judgments of others, it is all about how you appear, once you are not well, it's harder to be accepted by others, and easier to respond in the negative, that is self-harm, which is difficult to prove, so long as others continue to think that you think you are famous or are trying to be well known, that is the extent to which you can be hurt by others, getting you to think you are bigger than you are, raise your expectations of yourself, and then cause you harm, once those expectations are not met, for whatever is the basis of your insecurities in life. Friend loss, femininity, sobriety. If nothing is said, the worst is assumed, others will continue to base your faults in life, as you being too vocal about your associations in life, until your life becomes a nightmare, if life was never that way for you, then don't now believe that you are ill because others think less of you, or think that you are mentally ill, then don't help others, help yourself. Don't be sensitive to the moods of others, and when you arrive to a new place in life, give adequate time for others to move forward, that is giving yourself time, looking back, not to hold resentments, and for them not to fear that you hold resentments toward them. That is why it's important to continue your education and keep applying for jobs, and when you are not well, keep busy, whether that's reading, or writing, any form of therapy is a plus, especially when things don't work out, if journaling is new to you, then I would not suggest journaling online. Whenever you come forward about how you've been harmed in life, if these are just abstract assumptions about what others thought of you, then just learn how to let things go. However you are usually to blame, whether it's your addictions, or simply just being tired, the negative will always be assumed, and provoked until that outcome is produced, stomach upset, foul behavior, smells, mental illness, lack of social graces, or appearing gross to others, if they think you were that way because of a few bad experiences in life, then they will cast you out as being the negative experience and not care if you are not well now. Know that you deserve to live, and no form of embarrassments past are worth dying over or self-harming for. You are responsible for maintaining yourself, your input, and your output, all of which gets used to determine your intelligence in life and trustworthiness. The fears that others have are not contagious,

but dont expect to be resilient to the stresses of others, it is likely as someone empathetic to be affected whenever someone expresses displeasure with you, to see if you again self-harm, **learn from those incidences, and dont report on social media when you are harmed (we talked about this 2008), how it happens until thought to be deserved, then you become known as the person people hurt.** The reputations you hold in life, matter, as someone speaking in public, whatever secrets you hold, are likely to get beaten out of you until told, verbatim or in the abstract to okay what is said about you, just ignore negativity. This is not a group project, wellness, you either are well or you are not apart of those who are well, and it is likely if you are not well, to distance yourself from others. That is a natural reaction to experiencing mental health issues, not a result of animosity or lack of positivity, its about wellness, for the sake of others wellness, while under attack, not socializing with others, thats fair. Dont ask for favors from others when you are not well, no one will help you if they think you are to blame for what is affecting them at this moment. If you need to repair your image repair your image, if its to gather more support, then work, if that still does not undo negativity toward you, then dont self-harm, even if others are making fun of you, or what keeps you well, or how you are staying well in life: running, reading, writing, now working. In life via association, not all will stand tall, everyone is entitled to their right to privacy, be there for friends you care about, and allow them to have space to organize their thoughts if they are going through something, drinking is not the solution. Do not blame those to whom you grow disassociated from, it is likely when you dont hear from others, if they dont see your face, worry or think poorly of you, the point of putting you down in life, is so that people are not affected by you, even if it hurts your feelings. People do not know you until you disclose what it is that's going on in your head, otherwise they likewise do not understand why you are not feeling well, allow them to assume its not disability, everyone has high hopes in life, some news is unnecessary news about self, be open, and allow whoever comes into your life, to trust you on their own good timing, dont self-harm. When you start working, or go out again, be courteous of others, be polite, dont come off too strong, dont forget to smile, dont drink if drinking leads to sex, dont do drugs if drugs lead to mental illness. Note that if you have had limited exposures in life, do not become defensive to when your good character is put to the test, that is to determine your level of street intelligence, book smarts, emotional intelligence, interpersonal skills, and wisdom to determine whether you are at fault. For whatever reasons by your exposures you felt rushed in life, thats okay, everyone is entitled to respond how they see fit, **but its never okay to hurt others, never to communicate.** There are better forms of communication, than violence, that includes self-harm, property damage, drug use, drinking, or expression of illness in public, being grotesque or flamboyant, not lady-like. Thats not leadership, thats mental illness, whenever you feel the necessity to help others by instructing them of what the issues are, that is when it becomes personal. **If you see bad things happening, theres a way to get help without causing more harm to self and others.** You will be interpreted as being condescending toward someone, who by that time, comes to understand that they know more about life, and youve been through less in life. Hopefully they will think no less of you. Who is at fault, when someone is harmed, who rarely goes out, and has spent the majority of their time, home studying? Are they to blame for the repercussions, of not managing their mental health issues, when out in public, and respond to a crowd, who is responsible then, when someone feels as though they are forced to explain themselves, whos behavior is responsible for whos?

When Things Get Overwhelming ...

6/19/2019

When you're not feeling well, its not always necessary to explain why, or how you go sick, whats more important is doing your best to stay well. Its true that once people get the reaction that they want from you, they feel at peace. Don't expect to be understood or to receive compassions from others when you are not doing well in life or not feeling well, rarely when others are not feeling well do they have an ability to happy for others, its not all about you. Sharing your experiences in life, should not be for the purposes to articulate how decisions are made, whether or not you are apart of those decision making processes. It is more likely that upon sharing your experiences in life, when drunk or under the influence that others will be in disbelief of anything you say now, with regards to your past, deem everything you say as an admission of guilt, and that you knowingly shared in the past to become well known, and by your sharing had influence on the decision making processes of others, or bad decision making. When trying to express the mental health issues that followed, your tweeting in 2012, it is likely they will not remember what you did not share, which was finishing paralegal school after rehab 2011, and being treated for depression via TMS, if no one understands why you were the way you were when you were not well, then they will not be understanding of you now and expect the same, leave up only your bad moments for study to see what happens, and as experiment to blame you for anything negative occurring following you sharing insights when not doing well in life. That's the purpose for knocking someone down when they are up, to see what they have to say when they are down and then blaming them for anything they say when theyre down, if read by others or if influences the environment around them. For some their primary purpose in life, is not to help those they think are of harm to others, and so long as they can cast others out as being ill or mentally ill, the better they feel and in the right for hurting your ability to fix your image, present yourself as well, making it easier for you to be accepted as mentally ill, how they see you, as failure how they see you, or as embarrassment. Its no ones responsibility when a friend dies, it is the friends responsibility to get help, and the greater understanding we have of environmental factors affecting mental health the better.

Going Back to AA ...

6/19/2019

You can only make so many jokes and be forgiven before the jokes become about you and your life, with the trade comes a territory, everyone wanting to be on top, the smarter sounding one, with a better vantage point, a more enlightening point of view, upon appearances by you. That's usually to deflect attentions away from feeling sorry for you, and create wellness by encouraging others to not take you seriously in life, or your sobriety and good time earned. I have been to rehab twice, once in 2007 and once in 2011, both times for trying cocaine and relapsing on cocaine. What you cannot hide, will show up in your grades, underachieving in life, it's a pretty dramatic difference, going from Deans List to near Academic Probation and 3rd in your Class to Ds. #dontdodrugs – You cannot maintain positive momentum in life, no matter how much good time you've earned, by later drinking or doing drugs thinking its okay, because you are healed, and feel invincible to illness, as you get older, it becomes more and more difficult to recover from those injuries to self, and injuries to your image, while placed in recovery or punished for behaviorally appearing unkempt or not sound of mind, stuck in the past. If it makes any difference it was encouraged by my brother to write about how I was affected by the case growing up, to be honest we were playing SuperNintendo Donkey Kong throughout the whole Civil Trial, so not that affected, swimming and playing Billiards. My family gets very disappointed in me if I drink or relapse, and they are not afraid to criticize me to my face, don't expect anyone to baby you when you are not well, its everyones responsibility when they are not well to get well, don't feel sorry for yourself, whenever you have problems in life, and need help, sometimes others will tell you you brought this upon yourself, before ever realizing exactly what they meant. When you are experiencing bipolar its easy to think the wrong things, and in thinking the wrong things play victim or blame others, that's a natural reaction to feeling instability, just be patient, everything passes, so long as you stay positive, your outlook in life, no matter how daunting the task, will never change, always have good intentions in life, its your daily intentions that matter, do not seek approval from others to receive love, and do not seek to be known in order to be accepted, everything in small doses, including socialization, you cannot expect to bring people together over illness, and especially not over you when you achieve well, people will always pick and choose who to like, based upon how they make them feel, that's a choice who to listen to and admire, don't become frustrated because of your lack of influence upon others to make change happen, and do a better job of showing up and taking on more responsibilities as you get well, to help inspire positive change in others, don't expect to be credited, its likely your direction in life will always be questioned by others, by when you lose focus, fog, become unstable, or lose momentum.

If You Can't Win Don't Commit Suicide ...

6/18/2019

The quickest way to disempowerment is through the expression of displeasure or frustration, that's to take your power away by making you look gay or with obsession for the replication of the behaviors of others upon exposure. By viewing you others will always seek to illustrate how they have influenced you or changed you to credit themselves for your dispositions in life, failures, or frustrations, prove to what extent and by what set of circumstances you have self harmed. If its not your life, and its not your struggle than don't disempower those who have not yet achieved success or are still struggling, not all who struggle deserve to struggle in life, not by experiences in life, losses, or through the sense of empowerment, being able to be someone you love, treat you as lesser than, by reading how you speak to those you love, to see how you respond differently in professional relationships, how you have changed or whether you discriminate or hold negative judgments of others. There will never come a time when it is okay to make fun of others, or by their experiences in life, recreate, as though they have publicly shared those stories in public, and then use those experiences to similarly hurt them so if told, stories begin to match up, how similarly harmed, and in what ways you have been harmed. If you do not appear as the victim, or deemed at fault, then you get judged in the negative and the other viewed as the victim no matter how many harms you have suffered, why its best not to hook up, and be dumped, or hook up and be made fun of. Yes there is a double standard when it comes to making friends and hooking up, if you allow people to continue to make you look stupid then they will. Rise above, make love not war. Stop fighting peoples disabilities in life, and use the discomforts of others to your advantage to make them look like, feel like, or change or adapt to your judgements of them if in the negative. Don't be provocative toward those who are uptight, and don't heckle those who are nothing like. Everyone thinks that because they know you they are entitled to go through your computer and your things, if youre not of professional standing you have no right to help yourselves by going through my private spaces to help yourselves when help has been provided online. That's not a right, to view someone in private, you think deserves of being drained. #stopselfharm - This is not a group project.

When You Don't Hear from People ...

6/18/2019

When you don't hear from others or see them, its easy to assume the worst about them, pick apart their weaknesses in life, or assume that because they are not present, or showing their face in public, that they are experiencing humility, or acknowledgement of their behaviors online past, as unacceptable, unprofessional, given their upbringing and education. Its usually people of high standing in life that do not care what others think, its usually people who have confidence and high self-esteems, that do not allow others to use them, not only seeing above, but also, being a wise decision maker, not easily conversing with others, with expectation of time being requested of them, in exchange for favors in regards to their wellness. As you come to believe in yourself, realizing your own potential, you will see yourself of value, and when that occurs, do a better job of representing yourself, when youre young you have the time and energy, not yet jaded, few bad experiences in life, and able to be positive around others, will full trust in yourself, that you are strong, and no one can hurt you. Sometimes you get hurt along the way, the stronger you appear, thinking you have not yet been affected by the same harsh realities as others. Your powers get taken away as soon as you get imitated in life, your disposition, to add to the successes of others, that's seeing how you are as a result of your experiences in life, and thinking that you are acting or with full awareness of the negative judgments around, its okay to live life fearlessly, don't be too hard on those who do. Don't make your nightmare the nightmare of others, and don't haunt others, by information you acquire, without their permissions in life, to see how they respond, if people are taken from their lives by people they know, or if unapproved of relationships occur, because they think that your opportunities in life are plentiful, to cast you out as jealous, vindictive, or someone who has moved on, to get you to respond like an offender, if they make you jealous, or take from you, that's wrong. I may have grown up around people in life, but that doesn't mean I understand their problems in life, or were close to them enough to understand the gravity of circumstances. You choose your surroundings, who youre close to, but you cannot trust those who investigate your private spaces, to determine your wrongs in life, to empower themselves. At some point you have to allow others to move forward, you cannot trust everyone. #stopsuicide – The trend is getting you to believe something has occurred to make you sick, then see how you respond thinking they are you, or have taken from you, something or someone of value to you, that is replaying out a course in the past, as publicly known to all.

Issue Spotting ...

6/18/2019

The more unhappy you are the worse off you become. Those who are deemed not to be apart of, or who become unsuccessful are categorized as people who have either made mistakes they cannot overcome, or lack the foresight to be a good decision maker now. Not all who overcome hardships in life, are at fault for their own shortcomings, some of us are punished to graver extents, when we do not see well or achieve well, if you don't know what the issue is, don't be quick to judge those who are not doing well in life, you never know for what reasons others are unhappy. We used to think that unhappiness or displeasures in life, were a reflection of people expressing themselves, and nothing to do with who was in front of them, that's how we were raised to think, to be accepting of people no matter how unhappy they are, to accept that those feelings expressed were not a result of anything about us, or anything that we were doing wrong in life. If you maintain a positive outlook in life, all the more power to you, sometimes we become so positive that we overlook negativity, almost to a fault, only later on looking back do we see how we were being judged by others, as having to do with this, this, or that. If people know your story, they will use portions of your story, to interpret your present discussions as born from those experiences in life, and used as inference to what is meant by present discussions. The more experiences that can be added to you life, and the more you give power to previous experiences, the more likely you will become disempowered from the sharing of your experiences, and the more empowered others will feel, as they watch changes to the course of discussion, feeling on point the more they can relate, and the more they know about you, able to trigger similar discussions in the future, by knowing you, and having that ability to influence you, or affect how you feel emotionally, stir feelings within you. When you are present online, expect interpretations of you to be varied, based upon what people know about you, no matter what condition you are in, will judge you the same in the negative, there is plenty of opportunity to meet people in the future and build new relationships however irrespective of those past who may not be accepting of you now, whether your condition has improved or not. Common threads of animosity, circulate around jealousy and proving whether people are gay, face adversity, carry guilt, have acceptance issues, and whether they have rejection issues. Any way people can compare you to others, to prove reasons for your disabilities in life, or self-esteem issues, the better they feel, thinking you are a composite of the successes of others, not a product of your own good decision making. Its better to become successful without being known, than to have any influence upon others along the course of your recovery, its likely that as soon as you get better, no one will similarly credit you for your wellness. Theres no way, to stop bullying, apathy at best is the solution

to bullying. Just as your motives are called into question for being successful or being well liked, you will always be attributed for your failures in life, as being reason for continued success now, discredited.

[mymollydoll.com \(Book Draft\) Ch. 22-25](#)

6/16/2019



06-16-19_06-05-19__edit__chapter_22.pdf

[Download File](#)



06-16-19__pdf__-_chapter_23__edit_.pdf

[Download File](#)



06-16-19__pdf__chapter_24__edit_.pdf

[Download File](#)



06-16-19__pdf__chapter_25__edit_.pdf

[Download File](#)

[Personal Update ...](#)

6/15/2019

Deleted all my apps. Taking a break from social media, to focus on work, until I feel well again, having difficulty moving forward, and being social, without being misunderstood. The less I try to entertain others negative judgments of me, the better off I'll be. Share only when well.

[You Can't Undo Hate After Self-Harm ...](#)

6/15/2019

No one will ever see you as a victim, when you have every opportunity made available to you, any confrontations past, get used to prove whether you are confrontational now, they will do anything to provoke you, or to threaten you, your esteems, to prove you are not a victim, and that you are experiencing mental illness as a result of your own faults in life, those are people you cannot prove wrong. You cannot reverse a negative judgment of you, once it gets shared, whether as a joke, or to be funny, or to provoke reaction, that is the purposes for illustrating what hurts you, and what brings out your worst characteristics, whether you now feel inferior to others, and how you respond when your not doing well, not doing your best, and have struggled in life, people will be nice so long as you are around, and once you move on, less controlling of you, its okay to be on your own, and to receive help until you are able to

stay well on your own, you cannot resolve your problems on your own, if no advice can make you feel better, than its you that needs to change your behavior in life, and do your best to be perfect here forward, its unfortunate, that you cannot take chances in life, given time to figure out life, past punishments, the gift of choice and being experimental with your time, having time available to you, not being put in a rush, is given to those who take good care of themselves and others, considered a good person, those are people able to move forward in life. You cannot compare those who during the course of their studies complete assignments, to those who in reaction to the times, want to figure out whats going on, or why people are getting sick, that's not a personal vendetta or because one is being defensive, or thinks is related to how others are feeling around them, once you are expected to be a working professional, you have to be yourself, even if you get hurt along the way, are expected to be independent of others, and whether they keep retaliating on you, to get you to empathize with others they've heard from you discuss why you got suicidal in the past, they will not cease to continue making you feel like those who have been watching you over the years, and will not let you move forward. The more you hurt, or self-harm, the more others let go, they really don't stop until you are broken, its usually the case that they think you are resilient to negativity and expect you to endure the hardship of negative judgments toward you, as though you have not grown as a person, worked hard, or done your best to work on yourself, those are people not on your team in life, as soon as they can illustrate the purpose for teams in life, by your failures in life, the worse off your life becomes, it doesn't matter whos in your life, they leave. Don't make your problems the problem of others to correct, do your best to get help and don't self-harm = loss.

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

6/15/2019

Until you are well, or appear well, appear in front of others, otherwise work from home, and continue to make progress in life. Sometimes its by what youre doing in life, others feel affected by, as though they have a stake, or as though their lives are the only lives that matter at risk of being harmed, that's not lying to public or concealing information that would otherwise jeopardize ones own freedoms in life, usually when we go backwards that's to correct a problem, either that one has experienced in life as while interacting with others, or even a problem that others have with them, its not trying to read what others are thinking or were thinking past, its moving forward with clarity, or even with fear, no matter how disabled you become left to your own devices, fogged, or disillusioned, no matter how new you are to any profession, or group of people, you should not be afraid of what people think, once you instill negatives into your concept of reality, this affects how you interact with others, as trying to see (for fun) if they have intruded upon the same spaces as they have in life, the more the merrier, that's an ill suited type of comradere, that protects those who violate spaces thinking that its okay to violate the privacy of others, and justify those harms by further declaring others as mentally ill, deserving, or not too a victim, don't judge a person by their past, or previous associations in life, think people think they are famous before they become well known, judgmental toward others, hold yourself to high standards, its my life too. Everyone has to live through their mistakes in life, no failures in life are easy to overcome, if you know what triggers mental illness in others, to attack, take away, dismantle, misplace, and disorganize their viewpoints in life, by interjecting your fears through them, then what is gained by who gets lost, trying to figure others out in life, and lose track of their own lives, stay goal oriented.

Loss of Faith ...

6/15/2019

Its not necessary for everyone to have faith in order for you to believe in yourself and move forward in life, all scared straight jokes aside, all offender jokes aside, all comparisons aside, all alikeness jokes aside, all infamy jokes aside, all size jokes aside, all gay jokes aside, all life philosophy jokes aside, all autism jokes aside, all abstract interpretation jokes aside, everyone takes things personally these days, and reads everything as if in defense of themselves and their beliefs, situate you until you conform to their ideologies of someone to be hated, or deserving of hate, and continue to question whether by what you know now, you thought then, and by what you think they thought then, they think now, and the extent to which you were able to achieve in spite of those negative judgments of you, and how many negative judgments were had of you, and how many people treated you as though you were stupid, and how much of that was deserved until you looked like how they think you look if you were designated in the wrong, people will only judge you by bad photos in life, and by bad moments in life, think you were like that your whole life, and equate everything leading up to those poor performances in life as a product of your poor decision making, it is true we are left with choices in life, and by process of elimination treated always compared to those who are doing well in life, and if next to appear to look better than, test to see how you appear among others worse off to see if you look or appear better, always crediting your wellness to whos around you, not crediting you for your own wellness as being a good decision maker, able to function and achieve in life on your own, everyone wants to make someone look desperate, everyone wants to see how people are in private, everyone wants to read into the lives of others, to see if how they appear on the outside is how they appear on the inside, credit wellness to others, treat people like followers or imitations of others who

are doing well, and not credit one for their own personality in life and choices in life and exposures, once you treat someone as second hand not only do you devalue their sense of purpose in life, credited for their originality and hard work, people will always test those they do not trust, who they do not connect with often, have no bond with, to see how they respond when desperate, because they think they are better than and think it funny if everyone thinks less of them, and by rumor see how many rumors it takes until you become sick or mentally ill, and experience dysfunction in life, and credit you to the misfortunes of others, as though you were a poor decision maker, or bad influence onto others.

In the Heat of Emotion ...

6/15/2019

Sometimes in the heat of emotion, people say or do things unfavorable to their own best interests, you cannot resolve a problem, by hurting oneself, or the feelings of others. That's not the best route moving forward, learn to let go, and not take things personally, as directed toward you, how you self-identify, how others identify you, and for what reasons others identify you in the negative or as deviant from the norm. Some people are human, and some people are machines, whether living for positive purposes in life, their drives and motivations in life may be accelerated by different motivations and drives in life than those around them. For some making fun of people to their face, is considered funny, not all deserve to be made fun of to their face. Not everything is about you, so long as you assume that everything is about you, you become victim to your own thoughts and worries fearful of what people think of you, treated as a let down, a disappointment, or contributor to mental health issues, if you do not maintain steady ground, even tempered, balanced, and positive. Its those who are doing nothing to help you only themselves, who are disinterested with what happens to you in your life, so long as it does not affect them. Its not necessary to have people on board in life, or to gather attentions in life to causes or to have purpose in life, be recognized, you either help stop violence or don't speak to it, you either help prevent harms from occurring or don't speak to it, and if you are punished because others are not in agreement with anything that you have to say, well that's on them, not your responsibility to figure out what you have done or why you are not liked, that's others passing negative judgment upon you, looking for guilt, and causing you illness, until a guilty reaction is received, mental health issues arise, or treat you as though you dont already feel bad yourself, just to see if you care. You only have one life to live, its not necessary to put yourself down in life, based upon the stories of others you've been exposed to, what illnesses they have overcome, it's a shame that one who struggles in life, and has struggled in life, is treated as someone who deserves to struggle.

Taking a Stand Against Gun Violence ...

6/15/2019

If you want to build a website, you can build a website. If you want to blog, you can blog. If you want to write a book you can write a book. There are so many ways to help make a positive difference, unrelated to harping on the problems themselves, you would think that more people would be supportive, of positive endeavors in life. There's a lot of sabotage when it comes to building a website, it's a huge responsibility, to keep up with your material, and review your work as you go, sure you can get feedback from editors, but you have to do the work yourself, no one can help you write. You are constantly having to go back and fix things, how does this sound to me, how will this sound to them, how does this sound now. Its more likely by the causes you support you will be hurt in life, resume tweaked, banner taken down, any shows of support for organizations you care about, to make you look bad. The easier it is for others to make you look bad, sometimes by the words you choose or how you say things, is to get things to the point of not respecting you, thinking less of you, not trusting you, and treating you as unimportant, or not smart, or about yourself. Everyone deserves an opportunity to work, and if you are able to create a job for yourself, those drives and passions in life, to write, and to help others when you are well and able to, not subject to disabilities in life, then allow the sharing of your experiences help to empower others, its not the job of people to punish people or to hurt people, that's the justice systems job, and if you are so disinterested in with others that you prefer to make their lives more difficult than so be it, not all illness, and not all suicide attempts are by people who have done things wrong in life, don't create similar circumstances and share stories from my past, to injure my ability to move forward, live your life. Before a project is complete, there are many stages of thinking during the problem solving process, you have to have a positive outlook in life to overcome mental health issues, disability, now negative judgments, alcoholism, addictions, and function as a member of society working. Not all are privileged with jobs in life, its important to be respectful of the jobs that people choose in life, don't be judgmental toward people just because they are not wealthy, or doing well in life. Wealth is not an indicator of failures in life, or just cause for failures in life, that's assuming privileges in life were abused, if a poor condition occurs, or maybe that's just people who love you being hard on you, or being hard on oneself to achieve better in life.

Rise and Shine Clementines ...

6/15/2019

The Weekend is here! What to do what to do, keep busy? Relax? Exercise? Watch a Movie? Shop? Or (D) All of the Above? All of the above. It seems like the more will fill our plates with responsibilities, the more we procrastinate getting things done, if you're a careful planner, you write things down as you go, and have an agenda, not all are that organized when it comes to accomplishing their goals in life. Have a system and stick to it.

The Following Reminders have been suggested by trueyoulifestyle.com:

1. Write a To Do List
2. Get Up Early
3. Get Ready Straight Away
4. Don't Start Something You Know Will Waste Your Time
5. Keep Your Space Tidy

Why is keeping a "to-do list" important? Its hard to keep track of everything your doing, the better you feel the more you want to get done, and sometimes theres more to get done than hours in a day, that's okay, you're not alone, if your one of those people more power to you. If you are someone who tries to accomplish at least one thing important each day for a few hours, new to recovery, the workforce, or just returning from leave, pace yourself.

"Get up early?" Why is getting up early important? The longer you sleep in and put off your day, the harder it becomes to start your day, hours wasted lying in bed, watching tv. Solution: If you're gonna stay in bed all morning be productive, there are phones and tablets now with the internet, which is a plus and a minus when it comes to getting out of bed in the morning, you can actually work from bed, that's the scary part. Reading always puts me in a good mood, feeling accomplished, it settles me mentally, just like running does, keeps my mind calm. If you are someone who doesn't feel good unless you are doing something that makes you feel good, than make sure to free up time for activities you love, whether it be blogging, and do so during the hours when your full attention is not required of you, save your energy for work always.

"Get Ready Straight Away?" That doesn't mean just shower, is it time for the whole shebang yet? Perfume and after shave scents, I think we've phased out of the expectation that professionals or wealthy individuals are supposed to smell the part. Everyone's pretty much toned it down in that department, fresher scents are preferred, like just getting out of the shower, fresh.

"Don't Start Something You Know Will Waste Your Time?" Life is not short, sometimes too long, and you'll only feel bad about yourself, if you're doing something you're not supposed to be doing, ever get that feeling? As soon as someone tells you not to do something, and you do so, like drinking in sobriety or shopping on a tight budget, or cramming before an exam? The better you prioritize yourself, the less time you waste, the more energy you'll have to excel in life.

"Keep Your Space Tidy" Its not just for looks, the better put together you look, the better you perform, we are not all being watched at the same time, that's impossible, but in case someone is watching, their judgment of you should matter, even if you are not judging yourself comfortable in your space the way it is, presentation does matter, the less disorganized you look, the better treated you will be in life, disorganization is a sign of mental health issues, inability to keep up with chores. Stay organized. It shouldn't matter what medication you are on, keep up with your chores, remember where things are, and if anything gets lost, don't panic, sometimes its hard to keep up with your personal inventory, never have fear of losses in life. Ive been told if money can replace it, its not a problem, so be it, learn to let things go.

Reference:

<https://trueyoulifestyle.com/blog/1/5-ways-to-have-a-more-productive-weekend>

When Its Hard to Stay Focused ...

6/14/2019

Its easy to listen to criticisms in your head, sometimes the same criticisms of you replaying over and over again, whether that's a current delusion of something past you recall being said to you, or seeing the past in a negative light, its up to you to stay positive. There will always be room for misunderstanding as you recall your past, and when people go through your things to be critical of you, its because they think you need to be put in your place or corrected, always stay in tune with your surroundings, don't draw attentions to yourself, because your having an emotional day, going through a difficult time, or just don't feel like talking to anyone. Its when youre in a negative place, that others will be hostile towards you, that's to test your limits in life, once someone sees you looking down in the dumps or negative, that's how you will be treated as though you are gone or have lost faith, don't have positive purpose in life, or have lost your positive vision in life. Not all people are the same, you have to be able to get yourself out of a bad place in life, if you want to better your life, the more you self harm, drink, or relapse on drugs or alcohol, the more ammunition you give to others to shame you, blame you, or hurt you with their words, subject yourself to revictimization, ridicule, or taunts. Remember your best years Its not moments in life that break us, it's the power you give to those moments in time, or to the things that people say, to you directed toward you or not. In the past, when not knowing others were watching me, its understandable that others would play with my audience to see if I reacted to others in tune with others sense of humor, as you get older, you wonder why, it becomes clear that even at your best no one takes you seriously, you wonder how much dirt about you is being circulated and why. Its common for people to want you to think that you are bigger than yourself, or think you are someone you are not, allow those disagreements in perspective to occur, they will always wonder if you knew what people were calling you behind your back whether you would agree if in their shoes, and that's how you lose your sense of self and purpose in life, hearing arguments directed toward you and away from those who have been experimental with your identity, or people around you. They will always feel like the bigger person if they can identify to others what the issue is about you, to feel smarter than you, or to make you look small, or at fault for your own misfortunes or failures in life. Its really not about you at that point, the more selfish you become protecting your own interests or wondering about whys, the more offense you take to commentary present and past, that's not the solution, and only feeds into the purpose of others to put you down in life.

The Same Information Rarely Makes You Smarter ...

6/14/2019

The whole purpose of learning is to be able to read, understand, and be able to speak well. That's the primary purpose of education. So to blog on Twitter and tell jokes was a far cry from the purposes for my legal education, which was to write. Whenever you start a project before its finished, youre likely to be met with dissatisfaction, thinking things could be better, or your condition presently is not well suited to represent a project of that caliber. Whenever you do things with care that care is shown. Others may try to dismantle your privileges and successes in life, undermine you or your abilities to affect your confidence in life, but you have to keep going. Whether or not you can relate to others, whether or not you think things are about you, maintain steady ground, in what is your health, allow others to be judgmental towards you, especially after viewing how you are in private, as expressing oneself, compared to how you share in public, versus how you share in school. They will be looking for the same confidences in life, and be looking to read through you to determine where you are at presently, to figure out what is wrong with you. Writing online is not easy, you have to remember a lot, remember conversations, remember your past interactions, remember your life, remember what you've written in your phone, remember what you've written in your computer, remember what you've written for a book, remember what you've written for quotes, and remember what you've written on your blogs. Its important to keep separate tabs of the work you create and what you consider to be your finished and final product. Its not in your best interests to share before you have finished working on something, whether it's a book, or a website, or blog, even a newsfeed, its important to be as complete as possible. You will always be judged by how dense the information you provide is, whether you are detailed and clear, make sense.

Think Positively of Yourself ...

6/14/2019

The less you share about your past the better, and less likely your past will be recreated presently, that's usually to do you a disservice in life. As soon as you share your philosophies in life, people think you have always thought that way, and that's how you achieved success, not taking into account, that you've adapted overtime to how you've been treated by others. People will assume that if you sound well now, that you look well, or if you look well, that youre doing well in life, that's not always the case, sometimes, we

struggle to keep up with appearances in life, that's a normal process of aging. You can't reverse your years, through exercise or proper diet, if you don't take good care of yourself, eventually the years you did not excel in life or achieve to the minimum standards of acceptance by others, catches up you. Everything comes earned in life, nothing given to you, you have to work for acceptances in life, and you have to work hard to achieve your goals in life, don't let what other people think, affect the decisions you make for yourself, and for those around you. Just because you're not doing well in life, doesn't mean that there is something wrong with you, everyone struggles with their health, it's not a unique experience to have a bad day. We all make bad decisions from time to time, when left to our own devices, your computer is your right to privacy, your phone is your right to privacy, your accounts are your right to privacy, no one has the right or privilege to go through your things to make decisions about you without your permission in life. There never comes a time, when it's important to disclose personal information about yourself to others upon being asked, if it's none of their business, it's usually the case that your past will be used to hurt you, and affect your present and future ability to achieve in life. No apologies necessary, especially if going backwards only makes things worse, there is no sense in further empowering those who think less of you, by bringing yourself or others down in life, not achieve, you can do your best, and still not achieve the same level of wellness in life ever again, and that's just something you'll have to accept, about being mistreated in life, or punished by others because they were not accepting of your condition, at the time, they knew you.

Life After Advocacy ...

6/14/2019

It's important to care and contribute to organizations and or causes that provide support and assistance to those in need. How you choose to support others is your choice, whether through organizations or on your own provide a service to others, either as an influencer, a voice of reason, or positive outlet, that's your choice. No one can drag you into believing in anything you yourself do not feel is important or a pressing issue, some of us are ahead of our time, not always in a good way, some too pessimistic to think that change can occur, and the means by which we seek change favorable to the best interests of all. How anyone arrives to well after trauma, is different for everyone, it's your life, you choose how to cope best with your own life circumstances, the better able you are at coping with events occurring in your life, the better suited you'll be to assist others when coping. Some by experience know how to help others, some even trained professionally to assist others during times of need. You have to be doing well in life, to be of service to others, it's hard to help others, when you have not reached a point of stability in your life, so long as you are doing everything you are supposed to be doing, we hope that things will pan out for you in life, and if you can help others achieve the same confidences in life, well then all the more better, until then we are usually required to work on ourselves, encouraged to do so, so that we may be of service to others, that goes for people in recovery, motivated to help themselves so that they can help others, those are the primary cornerstones of being able to provide assistance to others in recovery from addiction and alcoholism. Sometimes you have to go through extreme lengths to get well, even when you think you're at your best, you can still fall apart, although your experiences in life may empower others to do well achieve better in life, or believe in themselves that much more, don't allow your failures in life to minimize your successes in life, just as much as the health of those around you matters, so does your own health, if you are not well it becomes impossible for others to feel well about you, trust you, relate to you, or help you, don't be stubborn, recognize when you are not present, and do a better job of conforming to standards of normalcy around you, living up to negative expectations of you only does you a disservice in life, to ever try to compensate for any quality you're deficient in by highlighting another skill in life you have yet peaked in professionally. Once you are deemed not well, everything about you gets called in question, how you live your life, what meds you take, your sleep cycle, where you work, who your friends with, who you date, what's in your phone, what's in your computer, how far along you are in your dissertation, how long it took you to finish your masters, you get judged ultimately by the length of time you are able to stay well, and any evidence that suggests inability or illness, gets used to justify discriminating you now, or holding reservations about you. Choose wellness, and surround yourself with people who believe in you. The longer you stay well, the more opportunities become available to you in life, why people stay sober. #endaddiction ... Addiction is not just about drug use, any mind altering substance used to compensate for an unwanted emotion, or discomfort, is considered a cause for debilitation of one's condition. Co-dependency does no better job of healing the mind of physical attachments, you go through many withdrawals in life while in recovery, recovery from trauma is not the same as recovery from addiction, and if you are experiencing pain because you are in withdrawal from things that made you feel good, then you will be judged as being dependent on others or substances to make you feel good, and treated as a user, punished. Be independent. You are not required to lean on others in times of need, there are professionals to assist you, in the confidentiality of their work spaces, if no one respects you, it becomes impossible to provide the same confidences to others, treated as paranoid, unimportant.

Unwanted Associations ...

6/29/2019

Whenever you decide to come forward in life and share your story, take your time, we do not all become victims at once, sometimes during the telling of a story, others may become defensive, as looking bad by comparison, think you intend to hurt the reputations of others, while anticipating your shares in life, about your life, don't be surprised when others stop talking to you, or when you have lost friendships in life, allow people to move forward in life, irrespective of your wellness or concerns in life. It is not their fault for being defensive toward your needs in life, whether that is to validate self, secure your interests in maintaining wellness, or diffusing their ability to blame you as not being well, and because you're not well, affecting the wellness of others, it's not by what work you accomplish that keeps others from harming you, it doesn't matter how well you are, sometimes it's only until after it's too late, that others stop provoking you causing you illness, or garnering support amongst others to contribute to your social well being and wellness thinking you deserve to be put down in life, as how you are when you are under the influence of substances, and hurt as though you do not deserve an education or career, we all deserve to live life, free from interference from the interests of others, so long as we keep in mind the importance of wellness, allow those holding leadership positions in life, to take care of what is above and outside of your individual controls in life, those are they who determine whether you are fit to live home, fit to attend meetings, fit to date, and fit to work, it is by receiving permissions in life that you become able to achieve again in life, never treat anyone who is not well or who has yet to realize their potentials in life, as above their means, and as being above their means of lower intelligence because they don't fit in with the majority's standard of wellness, and as able as others to perform at work and in life, socially. That has nothing to do with them, and everything to do with to whom illness is passed on to, what illnesses I have suffered from are not hereditary, but caused conditions upon disclosing personal information, to assign blames to people I know to cause separation based upon wellness and sides agreed upon. Why I left dinner, my family was better off when I was living alone, than to see them now, worse off in life, is disappointing to me, and because I am not able to perform at work, and do not have the same stamina as I used to have in public I am suffering, as a member of society who is suffering, I do not think that those sufferings should be made public, to further worsen my condition, as read, as though I am what I am exposed to via work experiences or whether someone after reading my resume thinks they have the same knowledge as me, and then rejects me and creates conditions to see if what jobs I apply for are because I relate to or whether strategic to tell a story, I apply where there are jobs and by where I am accepted, and based upon my own wellness at the time of acceptance.

Being Judged by Who You Talk To ...

6/29/2019

All roads lead to one, success or failure, and based upon how you look back on your life, affects and influences the decisions you make moving forward, you are responsible for learning at which moments you put yourself at risk of harm, and at which points in life, others became apathetic toward your successes in life, thinking you more or less deserved to look and feel well, in place of their own best interests chose to separate or stay separate from. When you separate yourself from society, that's your choice to separate yourself from others, if you do not know that you are being overlooked by others, then upon the happening of any separation from others, interests of well being, wellness is determined, and by your choices in life deemed relevant to your current condition, relevant to your past, relevant to your knowledge and awareness of being watched or judged by others, and relevant to determine whether separations in the past were for the same reason separations now are occurring in your life, this is common to those who do not recognize their mistakes in life, it really doesn't matter who you let back into your life, no separations thereafter, after having achieved a better condition on your own go toward them trying to hurt you upon moving forward in life, as reminded of your past upon seeing them, relapse. Separations hurt, it's not fun to experience mental illness, and it's not fun to be on your own in life, that's not proving you are tough being out alone, that's not proving you are good being out alone unharmed, that's not proving that the world is safer with you putting yourself at risk of harm, and not being harmed. So long as you put yourself at risk of harm, it doesn't matter whether those overlooking overall think negatively or poorly of you, to get an accurate read on which rumors are known about you and which rumors known about you are hurting your reputation in life, and causes others to react apathetic toward you, or let you go in life, as bringing others down by your lack of understanding of the issues, or think that your wellness shows that you are immune or insensitive to the sufferings of others and have not suffered yourself in life, you will always be judged currently by what is stated to determine whether you were mature at the time you made choices, and whether your self esteem was harmed by poor judgments of you, by those close to you, or by those who you came to trust in life, no one takes responsibility for your wellness in life, once you become an adult, that's something you have to figure out on your own, how to stay well and get help, don't expect anyone to carve out a path for you in life or footsteps for you to follow to achieve wellness in life, after experiencing mental illness. Not all mental illnesses are the same. And for different points in our life, and for different reasons in life, do we experience mental health issues.

Whats Ghetto ...

6/29/2019

As you mature and realize your potentials in life, you begin to recognize how dependent you were on others socially, and begin to feel more independent of others, the more proactive you are on your own the better, even if you are not social, its possible to stay well, by staying active members of organizations, and while maintaining jobs function as a normal member of society. If you are a rape crisis hotline counselor, who you date matters, and if you leave a relationship you cannot date those you like, or go by who likes you, date causally, that would be inappropriate to date, and give advices to others, who have been negatively affected by their experiences in life, be able to provide advocacy. A part of you may always wonder, if you take on serious commitments in life, what your life would have been like had you gone out and dated publicly, not all are privileged to get picked up or date normally. Be forgiving of those who get started late, and learn how to be friendly toward those who like them, and not date everyone they like, for affirmations in life, that's not how to look well, or to be able to provide advocacy to others, some can date causally, but if you are to provide assistance to others in crisis it is important that you do not date or do drugs, once you do drugs, you cannot work the hotline, you cannot function in school and when all you have left is your social life, eventually those positive experiences no longer exist, as your condition worsens, and as you develop mental health issues, unable to take calls, unable to hook up, until you end up out alone, and doing drugs on your own, that's how devastating addiction can be, if you live alone, don't subject yourself to harms or negative judgments of others, by switching gears in life to a lifestyle that interrupt your career choices in life, or limit your potential intellectually or professionally. I was on Deans List, and got the job at the Boulder Das Office and had begun training as a victim advocate, because of my then addiction to cocaine, I was unable to take the job, and had left shifts on the hotline, I used to take shifts at night, and had one boyfriend who called me on occasion at night, we were not close enough for me to arrange visits myself, and then went on to date someone who had courted me on Facebook. Whats Ghetto is not learning from your mistakes in life, and sharing stories about your past, as though you are proud of having been associated to different types of people in life, as neighbors, and still able to achieve in life, that's how you will be remembered by the moments you can be defined as someone not reliable, and then afterwards treated like a functioning addict who brings harm upon themselves and others, and as associated as a member of the helping professions knowingly, hurt yourself, upon being cheated on, left. That's my right to privacy, and no ones business to know why I got left, there was no reason why I got left, he just didn't want to see me anymore, thought we should go our separate ways, and was confronted in the hallway by a more mature person, a bartender in Denver Colorado. Nice enough to introduce herself. If people know your story, then as knowing your story, think they have a right to recreate circumstances and take from you, whether or not you feel offended or made jealous by others advances in public.

How You Look v. Your Mentality ...

6/29/2019

If youre not fit youre not fit, and if for some reason others feel more intelligent than you based upon how you are treated by others, look, appear, or by what they know about you think they know how best to articulate how you make them feel when they are around you, it is likely you may become sick as nice or dependent upon others for reassurances in life or friendship, if you look like a reject and not selected or picked, deemed as well, then it is likely that you may get hurt upon being nice to someone, who assumes you are being nice for advances in life toward you, sometimes being nice to people feels good, and if others do not want to be nice to you, to make you feel good back, that means they are not interested in you. You have to be well to photo well, and if you look overweight in photos and if you are overweight you will likely not look well in photos, especially photos taken by others, best to take photos of self, and learn how to photo, before sharing any photos of you taken by others, you never know, whats going on affecting your facial features or opinions about you, and what spooks others to see you strong, doing well, or unaffected by the negative judgements of others, as though you are going along with the wellness of others, whether you are independently well on your own, what keeps you going in life whether its being apart of, and also taken into account is your ability to socialize and be well liked while drinking or on drugs, to determine you level of intelligence to determine whether you get affected by crowds in life, why you think its okay to be yourself in public and not maintain your appearances as conservative, that's letting you know that its not safe to let your guard down, and that you are being judged by others based upon your comforts in life, and whether your wellness is a result of being raised thinking you are above others, and put down in life or making others feel not as healthy as someone who appears positive to test to see whether they feed off the negative energy of others, or raise themselves to higher esteems without permissions in life, feeling good (as acting) around those who are depressed, and trying to make others feel good, because you think that you can make others feel good, know your speed in life, as you will be judged as how you interact with others, in public, and by those negative judgments separated as having problems, not yet realized. Are you gay? It is always who hurt you, that you are reminded of the minute you get sick, recall

every statement that made sense to you, when you were not well, and forget all the good times and fun moments you have spent with them, that's someone who thinks they are above you treating you as less than or stupid not an equal, those are the types who think you need leadership, and by proving to others you need leadership, not independent by your own devices, and the worse decisions you make letting others into your life, without recognizing how bad images are created, it will be too late to go backwards and clean up your past, even if you were 18 or 19 or 21, you are who you hook up with, if you don't get started dating until college, than you are set back in life, as being immature, the more mature selected over the independent, available upon request, that is not your ticket to positive judgments of you, you are likely to not be seen as a caregiver, and more likely as upon having read your work, turn you into looking like the offender as responsible for negative judgments toward them by those watching, and without you knowing become sick, and dependent on substances before you realize why you feel ill.

Grudges and Beliefs ...

6/29/2019

Whenever you backtrack in life, and realize what opportunities you have missed due to your inability to care for yourself and others, you begin to feel bad. Its no surprise why you have fewer connections in life, eventually people let go, the worse off you become, people tend to focus more on themselves and their families, theres a small window of opportunity to improve yourself and be let back into peoples lives, but passed the point of non-acceptance its difficult to be yourself when around others, favoring those against you as being right about you, and forgetting who you were prior to making mistakes in life, or failing to maintain positive momentum, reacting to others, not responding with ease, and behaving in a way befitting among those who attack the good characters of others, to their defense, doing yourself a disservice in life. Its important not to interfere with the progress of others in life, whenever one relationship ends, a new relationship cannot reach a point of amends, if there is trail of doubt concerning the fitness of your health, and mental health status, its when you are open to interpretation, you are more likely to be interpreted as worse off than you are, from your own standpoint, offered few reassurances from others, people will not know if you are well if they do not see or hear from you, and too many absences from social activities, gets assumed that you have reached a point of isolation, you have yet to realize, or a point of no return when it comes to your sobriety and recovery, leaving support groups is sign that you are not in need, and once you become in need after having left, and not continued to maintain your sobriety you life become more difficult upon returning, that is things may seem well leaving but sometimes its not until things become worse do you realize that you need help, its then that no support group can help rehabilitate you, and that's the point you should try to avoid in life, having your options be limited in life to a few negative judgments of you, until an actual negative judgment of you is assumed and preferred rather than allowing you to move forward in life. So you maintain connections in life records of who past you have been associated to, is how you will be deemed as accepting of those who have caused harm to you or others, some do things to survive and are not deemed as culpable as those who knowingly use or misuse substances to their detriment in life, don't do drugs to have friends in life, you should be able to socialize without succumbing to addictions in life, and anytime your behavior misrepresents those who are able to function without with use of substances, you get labeled the addict, your decrease in positive functioning or lack of enthusiasm toward activities that you used to enjoy, studying, gets judged as you being in the negative, that something is wrong with you, and that you deserve to be punished for not staying well, that's how you lose privileges in life. Its not an attitude or a look seriousness, and its not a very approachable look to say the least, to appear professional and under pressures, from being bad, before you are able to explain the unrealized pressures you faced, along the way, the minute you go back out your life becomes worse. #dontdodugs, stay in tune with what keeps you motivated in life, work to work, not for acceptance, and work to work, not for notoriety, and work to work, because you love what you do, and always stick to what youre good at, have faith in yourself, believe in yourself, you become more of a joke the more you rely for others to believe in you when youre not well, and the worse off you become as co-dependent on acceptances, the harder reality hits upon getting well and the more difficulty you have maintaining wellness in spite of your past.

Being Controlled by Others, via Voice ...

6/29/2019

If others think they can control psychosis via your description of the experience of psychosis, then they think if they can control you, and have knowledge of the ability to control you, that via their words, lead you back to work that matches those words spoken. That's reading your writing, and meditating on portions of your writing when they think you have done someone else wrong in life, and everything else becomes worthless, that's to justify a taking, as though you were in the wrong, are in the wrong, and have always been in the wrong, and while in the wrong, and under psychosis, or the impressions of others, gone, and by being able to find evidence that you are gone, hurt you while you are gone, and that's living with disability, being controlled by others, when your higher ordered thinking gets misdirected or your wellness controlled by taunting, in a negative way affecting your best decision making, that's

sometimes how others, choose whether to be around you or not, able to tell when you are well, for some this condition is acceptable, once you self harm, its difficult to be trusted, once you let go, its difficult to go back to others, so long as others can argue that you hurt others, by not staying put, and not waiting, then they can argue you have fixated on a similar wrong, and by fixating on a similar wrong are now wrong, as having been attached to someone else, by choice, and by that choice now sick, to justify why you don't feel good enough to date, as though by your own wrongs caused separations, or illness in others who then attacked you upon separation, and when gone, everything you do gets used against you, to determine whether you will be able to get well on your own, what keeps you going in life, and whether others have the power to control you, so long as you are controllable made upset, no one will trust you, the benefits of having mental illness, is that upon experiencing psychosis you cannot think, and upon not feeling well, if upset, your head burns, this is why they give mental illness and physical illness to those they deem to have tempers, so that they become immobile and not able to hurt themselves or others, that's a purposeful disability to burn someone out in life, or to put someone out in life, or to not date until a person is well, or to mistrust someone who is well and argue that they are not behaving well or doing well or hooking up, as justification for their mental illnesses or stupidity in life, needing help from others is a caused condition, if you are not glowing social, talk to people, people think you are an angry person, and if you lack beauty think insecure as though you need affirmations to become beautiful or to feel beautiful some women are strong on their own and do not need boyfriends, its upon separations in life and upon being attached that others are given control and influence over you, via love.

How to Know When to Stop ...

6/29/2019

The point at which you should stop talking is when you feel compelled to explain yourself, by that point you are worse off emotionally and only do yourself a disservice to explain how you are feeling, instead of allowing a moment of silence. The minute you become defensive you are deemed to be in the wrong, the minute you choose humor, over having class, and being well spoken is the minute you are deemed to have either done something wrong past, or are doing something wrong currently, to which your delusions take hold, as though (assumed) you think others are reading along reading your blog, or intended to communicate to those in your environment, those are the type of experiments done on bloggers, how they fair online, versus how they fair in public, and whether either world, brings them happiness, and what creates satisfaction in life, the wellness of those around them, or their own, to determine whether they are selfish, only care about themselves, and what is the cause for inability to perform, or lack of work output, that's what gets measured upon going through your things, to determine whether you are of value, or if your value should be given to another more fit, to represent the set of ideals you write or wish to represent, you can only be yourself, you cannot preach to others or explain emotions, that you have not already been through yourself, the more your story gets changed the graver identity crises you suffer in life, made to empathize with those who do not think well of you and respond to them, or made to empathize with those who others feel sorry for as having been exposed to your presence as not well, and make you look like the odd ball out. This occurs whenever you begin a task, or take on a project that you are not prepared yet to handle, such as beginning a new job, or starting a new relationship before you are well, sometimes you do not have a choice in life and have to work, other times you are given time off, to rest recuperate and work when you are ready, many of lifes lessons are learned via the triggering of events in your life currently to teach you a lesson about for what reasons you were punished in the past, to see if you make the same mistakes in life, to figure out at what point you lose consciousness awareness of the negative judgments of others, able to be yourself, and function and perform, and at which points you give up in life, and why, for what reasons you are able to maintain focus, and for what reasons others push you to do things you do not want to do, and what types of reactions those events produce in your life, wellness, or sickness, illness, or perspective, or simply just prove their poor judgments of you correct, a reject.

When No One Respects You ...

6/29/2019

Usually by the following are you not respected in life, or is respect lost:

1. Trying to prove friend loss due to speaking badly of others.
2. Taking ones argument that friend loss is cause of illness leading to death.
3. Misusing the private records of someone with mental health issues to prove they are the causes of their own illnesses in life, they suffer from.
4. Disproving breakups as a cause of suicide, then testing for love and breakups to witness for self causes for illness and suicide

5. Happiness, maintaining happiness, and they hurting a persons happiness to see if when they are made to be unhappy, feel ill toward self or others.
6. Testing persons for disease to prove persons carrying disease are spreading mental illness because they have a disease, by rumor, until a person is given a disease.
7. Misinterpretation of stories told, and order in which stories are told, as being told because one bears guilt, and that being put in a rush in life, means someone has done wrong, or been wronged by others, and that everythings about life expectancy.
8. Moving forward in life, through non-acceptance, and feeling better upon disappointments in life, made to look like the bigger person.
9. Feeling right only when another is suffering, and when the wellness of someone is insulting to a person, designate them as mentally ill, as being affected by wellness in the negative.
10. Causing a person to feel ill, by breakups to see if they cause harm to themselves and others, in order to prove they are of harm to self or others.
11. Knowing the causes for a suicide attempt 2009, try to recreate those circumstances and retaliate on a person, until how they were harmed is not as big of a deal as how they harmed themselves, and were a product of their own discomforts in life.
12. Seeing how progress affects the progress of someone in recovery, whether they are not participating online, out of jealousy, to prove whether the wellness of others has caused them illness in the past, and if proven now, proves for ill reasons then.
13. Separating a person from sources of wellness, reliability, or friendships, to create scenarios in a persons psyche that is usually found upon people of lower intelligences, via bondings and separations to see if someone is mentally ill on their own, or to punish them as not deserving of recovering from mental illness, hurt them again, until they hurt themselves, and then for those hurt upon self-harm claim victim to having cared for them.
14. Hurting someone until, everyone who has cared for them, feels victim to them, because they cannot stay well, and that because upon loving others, they get put down as mentally ill, if they cannot stay well on their own, deemed not a keeper.
15. Hurting someones esteems, until everyone past is separated upon someone becoming not well or mentally ill, and becomes better than via obtaining a record in life.
16. Waiting for expectations of illness to occur, to be proven right about a person or a group of people who are deemed at fault, and allowing that illness to fester without providing assistance to them, and continuing to convince others they are mentally ill because of their own misconduct, or because their behaviors toward others.
17. Treating those who do not respond to others, and having something wrong with them, and further justifying that there is something wrong with them, so long as they get stories of moment they were bullied, and prove the bullies right about them so long as they can prove that they are mentally ill now, and were mentally ill then.
18. Allowing others to call a person out on their shares, as being inappropriate, and then further illustrating those blames, by being nice to them, seeing them, and then hurting them, so if spoken about forces them to articulate what made them feel uncomfortable to be driven to certain points in life, and retaliated upon treated as mentally ill, to see if one experienced mental illness upon exposure, or carried guilt.
19. So long as you are nice and incapacitated due to not knowing or understanding how you were hurt, and by what got left up online about you, for study, its is your responsibility afterward to correct those negative judgments toward you, not to allow others to convince others you are mentally ill until you become mentally ill, so that they can feel better about having left up writings, and take away your ability to speak well, so long as others can attack you and control you, prove you are mentally ill and that what you said when you were upset, trying to understand others, was purposeful to cause harm to them, and by being purposefully harmful to them you suffered, and because you suffered, they are not responsible for your later sufferings or rejections from others.
20. When others begin to identify with how you self describe your characteristics or traits, and upon review of your records, to see how you respond to someone who is the same or similar to you, whether you become mentally ill, as put down, bullied, or subjects brought up, to see how you respond as someone who allowed things to happen to them in life that caused them mental illness, and not be viewed as a victim.
21. Once you are not viewed as a victim, everyone thinks its fair game to f-k with your head, and experiment with how you think think its justified to retaliate on you, and treat you as the offender, upon viewing you photo'd to yourself, as someone who had confidence while dating, and while confident dating were confident with your body, and while confident with your body thought you were invincible or so likeable that you could pick and choose who to date, and left people because you thought you were better than, that's not how dating works, they see you they see you, and that's that.

Building a Website, & Helping Others ...

6/29/2019

Its not just who you help that matters, affecting your health, but its what you do in order to maintain positive momentum, when coping with whatever mental health obstacles come between you and your ability to help others. Yesterday stopped by the LAPD Station in Santa Monica, to get life advice, and upon recommendation, was given two choices to get a mental health evaluation. I then went to the ER at UCLA, where I stayed for a couple of hours, before attending my Mother's birthday. Its always before an explanation is provided that negative assumptions are made, and its during that time, when you are not aware that some know this and some know that and that, that it becomes clear to you that who is present does not know where you have been that day, or why you are not feeling well. Always get a medical evaluation, when you are not feeling well, that's how to detect whether you have been harmed, and who has done that harm to you, be interviewed, and assessed as to your mental health, to determine whether you are at fault for your own mental health issues, whether these mental health issues were caused to you, whether you are well now, and suffering from something outside of the control of the hospital or LAPD, and whether you are capable of regaining control of your outlook. Its now 2019, and its hard for me to be out in public, I used to run outside everyday 2014-2017, and stopped running as much 2017-2019, I just started running again, I usually run every day on a good month, that's how I lost weight, and that's how I gained weight, when I stopped running. Don't call me a "pervert" because you do not understand why I do not date, or how I became bicurious, that's a body image issue, it really has nothing to do with sex. When you do not love yourself, its hard for others to love you, and when you cannot get love from others, and others are overstimulating you to get attentions in life, that causes one to feel love, keep yourself busy, self-stimulation is not the correct response to overstimulation, heckling, bullying, breakups, rejection, or mental illness, it only makes things worse, whenever you give in to sin, its your own mind that rots, whenever you give in to sin, its you who suffers at the benefit of others, who seek to put you down, create a situation where everyone thinks youre a low-life. That wasn't the Homer joke, its that I was away at law school and had been so separated from my Father, that we never played golf together, that's what golf lessons were for, I was too busy trying to marry my Ex, and then finished law school and get a job, never getting to a point of making my Father proud of me, until now. I don't have Dad issues, Im very close to my parents, that's not why people date older, you date by who likes you, that's how dating works. Im a shy person, not girly in public, only with boyfriends. Everyone else, meets "little Ronnie" – Don't put me out, by posting photos of me online, then cast me in a negative light, HRW was the company who suggested "genital mutilation" as a topic. I chose to focus on preventing gun violence and stopping school shootings, submitted a study to CU Boulder's Human Research Committee connecting events, and offering a way out.

The Aging Process ...

6/29/2019

You cant reverse the aging process. Not to scare anyone, but my generation grew up on disc mans, and spiral notebooks, even up to college. That's not to say that technological advancements havent helped they've just made life more complicated, with more information to process, this requires a better ability to stay agile in the workforce, able to check social media without tuning out, text back, without feeling like the timing is off, and then beginning again on our best timing. What is good timing? You can't blame the times for what we didn't have in the past, you can always do best with what you have in life, that's how to look at things, as though there were no delays, as though we've always had time to fix whats needed to be fixed. The only difference between now and then, are the mental health issues, which weren't as evident as they are now. There was fighting and there was discord, and school has always been extremely competitive, for grades, for boyfriends, and for maintaining friendships. The strong will always succeed, the good will always preserver, remind yourself of two things always: (1) what you have and (2) whats at stake. You cannot have things in life, or more of anything, if you are not aware of what you do have in life, without this realization its easy to end up worse off, thinking you are better than you are, get situated first, and allow the dust to settle, you may not be able to control your environment, but that doesn't mean that your mental health needs to suffer in addition to the losses felt by others and yourself. (2) Whats at stake? If youre new to blogging, welcome, what was once an abstract past time, no one talked about, has now become a common phenomenon, people expressing themselves online, writing, and sharing photos from their lives, about their lives. Your reputation has everything to do with your mental health, it really has nothing to do with what is said about you, no matter how many times you fail socially or romantically you will still be able to get jobs, you will still be able to have a lot of things in life, just maybe not people. Its all a matter of how you see things. What you have, whats at stake? Do not gamble away your privileges in life, being social, that's not the solution, just like you would not bar crawl, and date, why we have Tinder, Bagels, eHarmony, Bumble, and other dating services now. What ages you? (1) Mental Health Issues (2) Drugs (3) Alcohol. The more youthful you look, the better your odds are for getting jobs and maintaining jobs, they say that looks don't matter, but they do, not how pretty you are, but by how well you look, and feel inside out. That's what its all about, not alluding in the abstract to ideologies, about life, and being read into to be guessed, from which foundations are your thoughts born for the good or for the bad. Its clear that whenever anything is built from something bad, theres a problem with ones foundation, the number of times you redirect criticism to match with those foundational issues and concerns, the more you as a website bring yourself down in life. Always stay positive, and steer clear of adjoining with issues, that are not your own. If you are not directly

involved, then do not bring up issues, others do not think you are fit to lead qualified discussions about. *(Explanation): Dont hurt my website dont take down my banners, and dont blame me for [gun violence] because you put up a photo of an offender on my website on my magazine page, and took down my Pinterest Brady Campaign Ad, this is not anyones space, to cause commotion, risk. Others will hurt you in life, to see if harm occurs, sometimes people think that taking from you is the solution to punishing you, without regard for worsening your condition, or the condition of others. If I am well, why would anyone hurt me?

When Everyone Thinks Everything is About Them ...

6/28/2019

I would not have advocated for Brady Campaign if I was not a good person and not in good shoes. Just because I have experienced mental illness and mental health issues in the past does not give anyone the right to hurt my present abilities to work, or to bring about circumstances lack of sleep to prove causes for illness, as though their lives are in jeopardy past, when I was not in a leadership position online, nor in any leadership positions in real life. Once you attend meetings and decide to help that's a commitment you make to care, aside from all others issue that people, have with you, that's not a way out of turmoil, to pick up causes and support causes, as though everything is related to whom you've been associated to in the past, as impetus for caring, there were several school shootings while I was in law school, I have every right to care, and every right to be frozen, I think those were incidences that affected us all. Hurting people because you think they were the cause, famous at the time they were attending law school, or hurting people to trigger causes of your own, are your fault, if things do not go well, or if I get hurt, that's the intended result, to see if hurting me causes school shootings, or if hurting me causes mental illness in others or suicide, Im not famous. I was supposed to work at AFM, but because I paid \$900 and was not selected to begin the event, I went running on the beach and was scheduled to attend at a later date, on my way back from the beach someone was faced toward me, their behind by a lifeguard tower, that's insulting, Im running for 2.5 hours. That was unacceptable, to target me as gay, Im not gay, that made me extremely uncomfortable and I left the beach. For what reaction? #stopsuicide, that's not how to communicate by ganging up on people, or hurting people upon establishing new connections in life, or professional relationships, damage them, to prevent their ability to perform in life, to see if then, hurting them, causes additional harms to others, why I went to the LAPD & ER today. Stop causing mental illness, if its not an emergency its not an emergency, if someone is an advocate don't hurt them that's not funny, to hurt someone in public. Don't retaliate.

Playing God ...

6/28/2019

Sometimes information known to few but not known to all is not helpful, that's not the solution, the sharing of information inside enclosed spaces -that adds pressure to the provider of information, whether intended to be distributed, for sharing amongst a select few, or to figure out whats going on, in private, handle the issues that lie before them. Its not out of guilt we become sick, or others begin to feel sick, it always the sick who attack the well, to feel well themselves, sometimes to feel better, people fight that's a normal process of dealing with emotions, taking those emotions out on others, its never okay to do so, not to take out angers others have toward you on yourself, or take out your anger out on others, when you become frustrated or upset by circumstances to which you have no control over. The minute you disseminate information to others, you are responsible for the management of that information. To clarify, or to make sense of what does not make sense to you, so that others may get a better sense of whats going on, to make better decisions for themselves and others. That's the gift of reading and not reacting, you as the reader always have the benefit of interpretation. You as the reader to do not have the right to read further into the lives of others, beyond what information is made public, that's not your right, not as associated to, not as connected to, and not as represented by. Theres a stopping point, that occurs, when you have to accept the present conditions of those doing their best, and accept that they did their best in the past, based upon the same informations that were given to them. As time goes on, information becomes clearer and clearer as communications become more clear, during times of turmoil, war, or controversy, expect that everything past will appear dramatic, that's not being defensive, that is a normal process of getting an accurate read of how one has been hurt and by which means one is being hurt by others. We are not machines, and although we may be given meds, that does not give one an advantage in life over other to succeed or to function in life, that's heart, and when you take and share the notes of others, because you think its deserved a loss of identity occurs, when someone else succeeds with information given to them, produced by another, not intended to be used by others to help them achieve the same in life, how you think is your business, its not necessary for someone seeing you to determine whether you think the way you do on your own, or you think the way you do based upon who you know, insights given, or people complying with your viewpoints in life, that doesn't create strength, giving credits away to others, that creates weakness of opinions toward those who were able, and now not able to achieve in life, as discredited. We are all entitled to get lost from time to time, and share our journeys privately as we would in a diary, that's not the business of others, to go through someones personal accounts to contribute to a movement against them, as

though its common knowledge that a person is being put down in life, because others do not think by their choices in life are worthy or being famous or well known for their good deeds. I built a website not to influence the opinions of others or better judgments but to represent the fact that I am smart, I do care, and that I will always help others – even if I do not live long, even if I get tired, even if I get suicidal, even if I'm bipolar, even if I struggle with addictions, even if I get dumped, even if I get let go, I will always be me.

Carrying Guilt ...

6/26/2019

You are what focal points come to mind. Sometimes when reading others, while focusing on yourself, you get hurt, that is by the negative assumptions you hold as to what others think, you may become stifled, treated as predictable, don't react in the negative, to anything not tangible, these are just thoughts at the get go, stay positive. As you write you get a better picture of what going on, as the writers condition improves, that wellness can be felt by all, not by shared understandings alone, but by sharing period, acceptance occurs eventually. Not all want to be read, its important not to study others, paranoia occurs when others think you are reading them, and understanding occurs when you write something that reflects accurately what they are feeling, its not important to think the same, but it feels good to make sense to others (modified 06-26-19 1:55pm). Of course all writers, are sensitive to the needs of their audience to feel just as safe if not safer than they already are, knowing that work is being done, and that your mental health issues, are in now way able to affect their mental health issues, by reading your writing. By your experiences, how you choose to remember your past, should have no impact on how others see their past, we are not all the same, just as you would not want anyone to affect your best decision making, don't affect the best decision making of others, based upon what you see as happening in life, or based upon what you see has happened in life, things change, so do people. You cannot control what people think, some will look at you and put bad things together, and some will look at you and see the good. There is no immunity that exists when helping any organization who assists others in the putting together of their lives. If you were first to report to the courts to get help, then you were first to confront the issues standing before you and behind you, and have begun the process of coping. Don't expect anyone to be able to stand in your shoes and feel good about themselves, it takes a great degree of courage and resilience under stress to come forward and request for assistance when there are mental health issues around you, that you can explain, but do not wish to tell all about. If you have laid low, and wish to come forward the best people suited are those to whom you can confide in with confidence, not people who are willing to take sides sides against you, and against others, if the topics or subjects are debatable and put the professional standards of others into question then best not to share about others. The stronger you get, sometimes the harder you fall, any creative stage is a building process, from one idea to the next until a whole picture can be painted from which others can view, a cohesive idea, not a plan. Those who are creative are poor planners, they have a very strong sense of faith in themselves, work horses, can be exposed to many things, and able to maintain a positive outlook. A disorganized state such as today usually follows the disclosure of private information in public, that's not guilt inducing disorganization, or people inducing disorganization, sometimes it takes awhile to express yourself, be patient, not all people see the same.

Being Better Than ...

6/25/2019

Sometimes being better than means laying low, that's not because you've done something wrong or because someone else has done something wrong, if you are given opportunities in life to achieve hired at Boulder DA #dontdodrugs, and trained as a Victim Advocate, do your best in spite of your failures, or needs in life, you will be forgiven once you correct behaviors that are causing others to not trust you, its usually a balanced perspective is preferred over one that's too opinionated or contrary to the best interests of whomever is in your company. Whenever there is risk, there is no reward for furthering those risks, by putting yourself at harm, or trying to do anything bigger or better to prove any points, its likely your intentions will be viewed as for poor reasons, and have less than a lasting effect on the opinions of others around you, to have a positive influence in life, you have to be good, otherwise there are other jobs around, who will test your smarts, to prove your self-worth an intelligences in life, its not necessary who thought is was deserved to push you to your edges in life, but that's usually to see if you snap, break, or fall, turn into something you are not, those who are good recover from injuries, due to pressures and stresses in life, its very difficult to help the mentally ill why it is ALWAYS recommended to call the police who have the best reads in life as to what is considered an emergency and weigh the risks of harms posed to those who have grown accustomed to fearing your best interests in the face of those who have put you down in life, usually at the time weighing their best interests its thought to be deserved and even more the so proving and telling based upon what you look like, deemed to be culpable of bearing faults that usually quell their worries about their own identities as having been associated to someone who now has difficulty caring for themselves, you can be hard on those who are not well, but not all recover, some living basic lives under the care of others, its not necessary to be bigger or better than, just to live life without interfering with the interests of

others, and by who youre associated to does not relinquish your best interests from being found liable for the injuries of others as exposed to your life story, set backs, failures, or misfortunes, so long as you do not continue to expose others to the fears you have faced in life and forced to overcome the less others will feel enticed to fix or mold you to help you better yourself, listen to those who give you love in life, they are few and far between, most fair weather friends at this point, unforgiving of you when you are not well, extremely disappointed, its more than just body image concerns that come to mind, in the face of adversities correcting you public image.

World Peace Motion #2 (06/25).

6/25/2019

V1 - with #dontdodrugs posts and likes. (Shared originally 06-25-19).



06-26-19__pdf__v1__email__motion_for_world_peace.pdf

[Download File](#)

V2 - Short Version - First Paragraph Only (Shared 06-26-19) *Please Note: "Something"



06-26-19__pdf__v2__short__motion_for_world_peace.pdf

[Download File](#)

Chapter 10 (Book Draft) via #Amazon

6/24/2019

Chapter 10 (First Draft Edit - Needs a Final Review and Edit) by Leslie Fischman **[Please Note]**: This Chapter is for a final draft of my Book to be released on Amazon.



06-24-19__pdf__chapter_10__leslie_f_-_chapter_10__edit_.pdf

[Download File](#)

The Power of Observation ...

6/23/2019

Being able to observe differences and not become disempowered or attached to the issues of others, is a gift when to care is a choice, you can let go of, and continue on with your life unaffected by the lives of others. Just because you look like you don't care does not mean that you don't care, we are all better understanding of one another's need to focus without impeding upon one another's progress in life, what was once a joke, to see someone go from hyper to tired and focused to loving and mature to small, is no longer an experiment for the observation of others, to be readily used to prove or disprove the sexuality and behaviors of others as being good or bad at the time one was achieving whether deserved of accolades or not. From where is drive and energy born? Confidence. And where does confidence come from? By doing things that make you feel good, and not to the expense of others, feel less than, doing things that the community around you approves of, and does not offend the livelihoods of others, for you to feel good. When others are not in appreciation of your hard work or work ethic, do not be offended by those who do not believe in you in life, or think that you are

the problem contributing to their unhappinesses in life, so long as you allow yourself to continue to be manipulated by others, the less strong you will appear, and the more likely others will be to favor the interests of those who are not feeling well, and blame you as though the existence of you and your well being purposefully affects others, or that the existence of you influences the behaviors or moods of others, that's assuming one influences others, and that's assuming one has the power of influence over the wellness of others, assuming they are listening and as affected feel less than, that attributing the wellness of someone who is assumed to not be well, as contributing to the lack of wellness among people, that's misidentifying someone who is well, as not well to blame them for the condition that others are in, if you have been through the process of recovering from mental health issues, that does not make you an advocate, you may have had a personal and trying experience in life, but that does not make you strong enough to reverse the conditions of those who are not well and help make them better, that's God's job, to control outcomes, and oversee the potential for positives to occur in spite of being exposed to bad things in life, bad people, or bad ideas, God fixes the environment to which we adapt to, why it's important to maintain faith, so that once you become well, you stay well, so long as you lack faith in the ability to overcome illness, don't expect God to fix you, it is an unimportant argument in life, to whom receives credit for the wellness of others as humans we are all required to adapt to our surroundings and adjust our settings, what was once a gift in life, to be animated, and stand out from the pack, is now a gift available to all, wellness and a strong belief in the human condition to improve upon adapting to others, once declared bad. Why it's important to be good, after you get declared as bad, and forced to depend on your surroundings and others for acceptances in life to move forward, that's just insecurity. You are only privileged in life to feel confident without insecurity so long as you are not dependent upon others, and able to make decisions for yourself, trust is a separate issue based upon reputation, if others do not trust you because you have self-harmed, then don't self-harm.

When Relationships Go Sour ...

6/22/2019

When relationships stop working out, it is assumed that one side thinks they are better than, to the defense of those who are able to rise above animosities in life, and do not hold grudges upon others, when they become worse off on their own, without a companion in life it's harder to go back and date, after you've been alone awhile, and especially after a bad break up, always maintain positive rapport with others, you can be forgiving of others, for waiting, but don't be expected to be forgiven if you do not stay chaste and unable to hook up, when you're not feeling well, that's the double standard, expected to be available, and only available upon being good, once you are bad, that makes it difficult to be in relationships and to hook up and or stay in the relationships, once you are not well, that's the difficulty with having mental health issues, is being able to date, only when you are well are others attracted to you, and likewise able to share similar compassions for others, and share yourself with others, that's not the same as sharing your life, illness does not occur in the same way. What is mental illness? It's not just going backwards that's the problem, it's going backwards and misreading the past, to think that others were communicating to you with knowledge that they were hurting you, or with expectation that you would later become hurt, to their defense, what now sounds snark, at the time was just how they communicated, whether they were testing for love to receive affirmations back in life, or whether they were hurting you because they felt it was deserved to make you wait, and not date monogamously, it's your choice to stay, and if you're not ready to date, and have reason not to date, then figure out what hurt you, and try to resolve those feelings of hurt so that you are able to date or give love again to others, work is not love, and it's not through communication you feel bonded to others or apart of, that's not the solution to feeling good, or looking better than, the best way to feel good is by being good, once you are bad drink or do drugs it makes it harder for your problems to be perceived as caused, and the more likely you are to be assumed at fault for your own problems in life. What attracts negativity? Whenever you are speaking or behaving in a way that you think is normal or comical, you have a high chance of being offended to your face or corrected as not being normal, and upon being corrected depending on how you respond deemed mentally ill or not, as a deficit to those you have mental health issues, and the benefit to others knowing whether someone has mental health issues, is to identify who lacks a threshold of trust, who is easily manipulated by what others think change, and who is weak emotionally, shrinks, or defensive at their own expenses in life, and responds uncharacteristically of someone good, and looks like someone capable of doing others harm once deemed not normal. That is psychosis, not being able to shift gears, and thinking until one becomes sick, or defending oneself until others misread your past, worse than you have misread your past by interpretation, and proves you wrong in life, as knowing you had mental illness, and still engaging with others, knowing you had mental health issues, mental health issues occurring while drinking are not the same as mental health issues on their own, once it is deemed that there is something wrong with you, that you cannot reverse, then that condition only worsens, no matter what meds you are on, depending on how many people believe you are mentally ill treat you as mentally ill, until you are able to respond normally, under any conditions, no matter how well you feel physically.

When People Become Accusatory Toward You ...

6/21/2019

Whenever you are not feeling well, there's a higher chance of people being accusatory of you, to claim that you are a by-product of your own indecision making or mistakes in life, choices. Don't put down someone who is already down in life, and make things about something they're not. That's using intelligence provided and making someone of less value, and hurting their ability to earn a wage in life, by hurting their esteems, or their reputations, or records. Everyone is responsible for themselves in life, that means making good decisions for themselves and others. If you leave a relationship, don't go back, to explain why, if you fly to DC for two weeks, and drive to Palo Alto, and Las Vegas, you probably need more alone time and were left alone waiting too long, it's okay to give spaces in life, but as a woman it's not okay to take spaces in life, that's the main lesson, when it comes to providing unconditional love and support to others, as soon as you leave, and if you drink without them, get blamed for anything wrong that happens to you, and if they know what happens to you when you were out alone, they will test you again to see if you are at fault, you have to be well, in order for others to be attracted to you in that way, past the point of good, it's harder to find matches in life. You cannot expect people to stay well forever, stay thin, stay smart, perform at a high aptitude, and be able to earn their highest potentials in life. It's all about staying positive, life is not about sex, so to be demoralized and downgraded to someone who does not value themselves is wrong to assume of someone who did not start dating until college, without experience hooking up and dating. It's hard to have normal relationships after the point of experience mental health issues, why hesitant, others should be more understanding post-2009, once you self-harm (ie attempt suicide) it's everything past that point in time that you have to prove your self-worth, your inner drives always remain the same in life if for good purposes you try hard, you will succeed. It's when people lose faith in you, or those who have no faith in you, affect you, their opinions of you should not matter, you need not prove yourself to anyone in life, it's important to always maintain positive rapport, it's those who love you who matter most, it's not necessary for everyone to love you in life, so long as you keep moving forward good will come into your life.

For the Most Part ...

6/21/2019

Today is a down today, everyone's light seems to be out, it happens, this is just a normal process of recovery. Don't fill your plate to high, that's not how to get well, be able to do a few things well, before adding more to your schedule, it's okay to slow down in life, taking on less in life, is not a sign of apathy, everyone is more understanding now than they were then. You are a product of what facts, and experiences of others, you allow to affect you upon hearing, sometimes, cutting off contact with sources of negative input is best, that's not just ignoring issues, surrounding hate, but it's not become tied down to issue in life that aren't your own. You cannot understand people like putting on a costume, that's not empathy, and you cannot understand others better, the more things in common you are able to identify between them and someone else bad you know, or someone good you know. Life is full of ups and downs, not everyday will be a good day, there are limits to wellness, you cannot expect those who are inexperienced to be able to perform under the type of pressures that exist now for leadership positions, I think punishing people was a good thing, higher standards, and fewer people bossing others around like they know better, following your intuitions and figuring out life for yourself, is sometimes the best remedy to feeling stifled or limited in life, the sky's the limit.

July 2019

Reminders in Life ...

7/2/2019

If someone or something reminds you of someone you know, that's a turn off. Generally those who fail to let go of people who have passed from their lives, are deemed to be holding on to some type of guilt or sadness, wishing they could have done something differently or better. To think that your health has the ability to heal others from their ailments in life, is not the solution. Nor is telling stories about how you have helped others, or describe times when you have instead focused on yourself. You are what illnesses come to mind, if people know your story well enough they will get you to think someone else is you, or get you to feel jealous that others have something you do not have in life, that was something I was told in private, learned to pick a sponsor based on "who has something that you do not have in life" ie wellness. That makes sense, allow people to mourn the statements of others, that don't make sense, and handle themselves professionally, stop accusing the weak of being stupid as being misled by others, or rising to the wellness of others, dependent, that only happens after you get sick, or punished, feeling at odds, as soon as you get well, feel good, then feel ill as apart, that is to the detriment of those who suffer in life, not to compare my

experiences to the experiences of others. Stop prosecuting me and bringing up names, that's not what was done, and that's not why people think I'm mentally ill. If I have questions I have every right to ask questions, that's not with hostility towards others, I'm nice online to everyone, and nice in person to everyone, I'm not a hostile person, the sense of urgency in my tone, is me trying hard, that's not me coming on too strong, or trying to argue in favor of myself, not able to let go. When I'm gone I'm gone, that's not to punish those who have suffered as a result of their friends being gone. I can only focus on one thing at a time, law school, or work, I worked and went to law school. I was therefore not responsible for the mental health issues that led to the addictions and deaths of others. I'm going through similar struggles in life, don't hurt someone while they're down, or on meds, it's not because I have shared who is gone, that I am being treated as though I am gone. I'm sorry I committed suicide 2009, I did my best, took the LSAT 3 times, I'm not responsible, I did not participate online, I did not go out, and I was never bothered by the criticisms of others.

Sharing Your Story ...

7/2/2019

If sharing your story is not helpful for your mental health, and you do not feel supported by others, but instead feel as though sides are taken toward you, recreating scenarios to see how you feel as studied, that's because they think you're studying people, research is research, and requires approvals, it's not via the study of actual people do we gather any new information in life. If addiction is your issue, then overcome addiction, if others know what your issues are, then that's fair game to them, to test your reactions, to see if you self-harm, then blame you as being someone who has mental health issues, who cannot be around others, why I stay separate, this is why if you feel harmed not to report out loud, rarely will your side be taken as combative, the person receiving criticisms is likely to end up better off as calm:

1. Having advanced notice of what the issues are.
2. Being in on something excluding someone from conversation.
3. Making something about someone, without them knowing it.
4. Punishing someone in public, to spread liability to those who feel liable.
5. Being required to explain for self, or others, in order to undo harms toward.
6. Dealing with the public's non-acceptance of your past points of failure.
7. Thinking positively of yourself, in spite of your mental health issues.
8. Not worsening your condition or the condition of others as directed toward you.
9. Being put on 4 night meds, and discriminated for lacking intelligence.
10. Being unable to perform in life, due to addiction, and burn-out.
11. Testing whether burn-out or negativity is the cause for one being tired.
12. Judging someone in the negative because they're taking meds as prescribed.
13. Taking Provigil and getting a job, and being hospitalized because one is well.
14. Hurting someone who appears disheveled because they stay outside.
15. Feeling responsible for others feeling safe, and doing your best to have awareness of your immediate environment, not to be treated as mentally ill.
16. Allowing others to review my work and call me mentally ill, but as a law student treated as stupid, dumped as focused, hospitalized with a job and a Witken Award. Don't ask for "You'll be fine" in life or "hope you feel better."
17. Getting jobs, and leaving relationships, then in response, non-support.
18. Losing confidence in relationships, and then as rejected, suffering from mental health issues.
19. How addiction does not resolve mental health issues, nor do disciplined activities, where you think you're building something but you're not.
20. How to challenge yourself mentally to do disciplined work.
21. Why some work does not look difficult, based upon how organized or presentable you are, how your work does not prove that you're smart.
22. Suffering as a result of being harmed, data losses, required to take the bar exam.
23. When you do work, and lose all your work, that's others trying to hurt you.
24. When others, think you're part of the problem, that's how you get hurt.

25. If as soon as you get well you get sick, that's because they think you deserve to be hurt, put down, or punished, as being on a team opposite to them in life.

Recover from your injuries in life, especially if drugs and alcohol followed heartbreak or losses, that's not the solution to recover in life, to feel better you need your intelligence, and working ability to perform, the more tired you are the more you suffer, and the more you complain the more others hurt you, as being responsible for your own injuries in life, if you self-harm.

If You Don't Need Help, You Don't Need Help ...

7/2/2019

Life isn't a game meant to be played by others, not via the searching of your private spaces, and not via garnered acceptances from others, concerning your conduct, which if approved enables you to write at your free will. Who treats you as reject, or up for the taking or imitation, is not your responsibility how others choose to punish or degrade you in life. Be of value to yourself. It doesn't matter whether others think its funny everyone is able to make money expect for you, and the ways in which others are able to succeed via imitation, who had these ideas first, just do your best to move forward, and move on. Don't easily get a rise, out of saying things to someone who never is around people, and then try to control them with your words, you are only blind a few times in life, enjoy those moments, before you get connected to defenses in life, it then becomes your responsibility to explain to others, where you are in life, what you are thinking, and where you plan to move forward from at this point in your life. Your happiness in life will not always be a shared consequence of your choices in life, don't expect to include everyone, when you decide to be happy, its likely that others may still be suffering from their own ailments and unhappinesses in life, irrespective of your personal endeavors in life. Those are they who are watching you, trying to benefit from you, to put you down in life as though you need help or assistance from others in order to thrive. When you decide to write a book, know that others will be reading along, that doesn't give the okay for people to be watching you in your computer to test to see if you are the writer of your own written works be observed, that's not a necessary consequence of coming forward in life after being [taken advantaged of]. Don't create fear, based upon blaming my life as a consequence of my choices in life, no one deserves to suffer, no victim deserves to endure this types of hardships in life as though my life is joke, and although my life, hurts or hinders the abilities of others, everyone matures at their own paces in life, allow people to be themselves, not attached to my interests or others.

Getting Hurt by What People Know About You ...

7/2/2019

Its now 2019, once you've established a public image online, you are therefore responsible for the maintenance of that public image online, I average 1000 visitors a day to my website, upon writing, and 30-60 public likes, on my website, and 300-1000+ likes per post on Facebook.com.

Who you were prior to becoming a public figure, is much different as you mature and hit your 30s and decide to be a public speaker online. You will quickly realize that all appearances matter, who you are in public must match who you are in private, and how you describe yourself must match your output and present ability, as described.

You will always be compared to how you were, when you were young, and you will always be held to higher and higher standards as you get older, that's the whole point of being a professional, to continue your education, and to live up to some purpose greater than yourself, its like becoming a professional, has a built in God into its system, that propels you forward in life, or upwards, that's why its so important not to be guided by others during times of doubt, but to be guided by your set of principles, we discussed via speech in Westwood, your hopscotch in life, that is your education, which resets you back to normal, when led astray.

Thinking Out Loud is more than just a phrase to me, to me it means actually going through the motions, from idea, to words, to words, to making sense, to making sense, to deriving meaning from, to share, and then be understood, sometimes during the process of trying to understand others, we don't make sense as listening and responding, but

when we hear ourselves make better sense, than sounding as trying to make sense among the best judgments of others.

Once you have a record, views about you get split, you have every right to maintain your privacy and not discuss when you have been punished out loud, and leave up to question purposes for, and whether it was your fault, you were punished and hit your head, and how once people know you self-harm, you keep experiencing the same rejections in life until you hit your head, as they try to figure out what closeness you felt, that caused you to hit your head, or what lack of acceptances in life, and for how long those lack of acceptances existed before you started hitting your head, and what purpose that serves to you, to self-harm if it only leads to further non-acceptance of you, doing yourself more harm than good in life. In those cases you are just letting them win, that is the negative existing judgments of you, and future negative judgments others have yet to hold for you, justifying their hesitations toward accepting you.

In order to move forward I really have no solution for those who self-harm, and continue to self-harm when they are not feeling well, or under tremendous odds, to stay well, pulled down in life, by the negative influences of others to their psyche, hurting their abilities in life, my best advice is to always be positive and be professional, I cannot yet help those who have not yet achieved in life, and dont have the stamina, for arguing themselves out of negative judgments in life, perfect their images, its best to stay home in those cases, and not work amongst.

The Bare Necessities ...

7/2/2019

When it comes to love, youre either ready or youre not ready, for the following reasons:

1. Youre being to hard on yourself, about weight or losses.
2. You don't feel like youre worth it, glued to commentaries past toward you.
3. Others have cheated on you, or connected to others, making you feel less than.
4. You don't have the strength to commit and invest your heart into someone new.
5. Youre not sure whether to love someone, because you do not know them.
6. You don't want to half heartedly trust your heart with someone.
7. You think that, you need to have options to know whether this person is right for you.
8. You get attached too easily to whos around you that you disconnect from someone interested in you.
9. You are interested in people not interested in you, so you think that someone who is interested in you, will be just as difficult to be loved.
10. You feel insecure, and worry that your insecurities will interfere with your significant others ability to love you whole heartedly if they know whats wrong with you.
11. If you feel defective, makes it difficult to be confident with another.
12. When you dive into a relationship, you give 100%, why others back off and treat you as needy, not sure how much love to give, not be desperate.
13. You are having difficulty in your early days of sobriety or recovery, processing emotions, and dealing with the past, that you are having difficulty moving forward.
14. You think that less is more, affecting your ability to bond with someone new.
15. Fear of attachment and detachment, learning again to go with the flow.
16. Being too demanding, too many requirements, to accommodate your interests.
17. Not being appreciative of the time given to you, understanding that that is love.
18. Worried, that others past will interfere with you relationship presently.
19. Worried, that relationships not working out means your defective emotionally.
20. Worried that because youre (bipolar) you are not fit to bear children or date.

After taking many years off from dating, 2014 to 2017, and 2017 to 2019, I have decided to date again, and went on Tinder (Gold) and found a match, we have been talking for about 2 months now, working things out, its more of a psychological evaluation of my current status emotionally, to determine whether I am fit for dating (he's actually in Europe right now) so Im sure that's just all in my head, overcomplicating things as per usual. Dating life, is the good life, its just not something you talk about, it requires too many public approvals and criticisms, when it comes to

deciding who you love in life, and why, not all will represent you best, especially if you're concerned about image, the more conservative the better the match is pre-determined, at best, for you to be exposed to, not those who hap hazardly lead others astray to determine their smarts in life, as one who goes along with others, or runs via their own self will and determination, often times acceptance of ones drives in life comes too late, and after putting someone who loves you through too many hoops, its no wonder love that was there was lost, either too tired to give love, or too tired of the rejections necessary to bring someone down to their speed in life, someone needy and dependent on them for love, allow people to love themselves, and not be required to be dotting on someone, so that they can receive assurances at your expense (time spent) sacrificing your good will (and attentions toward pursuing your career) in life, because they think they have some specialized knowledge of the circumstances around you (taking it upon themselves) to tell a story of their own (whether thats to out you as gay, becoming an unwanted spokesperson as to your issues in life to change opinions about you), especially when your focused, spokespeople do the most damage) it doesnt matter whether your present in law school (if whats going on around you does not make sense, then do your best to help others, make sense of what doesnt make sense, thats the least you can do, whether youre in a leadership position or not). With regards to "creativity": what other people think is none of my business, and will continue to think that way, until someone makes it my business to care, beyond my current cares. For some, whenever someone appears problematic to their calculations, they throw those people under the bus, as being responsible for the actions of others, and I think that's what happened to me, of course I had no idea at the time, for artistic pleasures in life, I was made to look stupid, that someone looking from the outside, manipulating the work of someone who has no idea, was intended to generate a reaction from that persons audience in the negative, that's not helpful to my esteems, to ask for help and in return be made to look stupid. When it comes to love, have nobody peer review, the challenges you face, communicating to someone you love you love them, if you cannot love on your own, and be able to get love on your own, then youre not ready to love, often times the advices of others, are because they see the positive, and do not yet see the negatives that can occur, upon their advices given, even if stated in the positive, could be bad advice, your friends care, they are for offering you reassurances in life, as an outsider have good judgments when it comes to whos a match and whos not a match in life, just trust them, with no questions asked.

Having Zero Tolerance ...

7/1/2019

When you have zero tolerance or patience for others including yourself, youre being negative. Let go of what is causing you harm, and do not write from those points of interest youre only bringing yourself down in life when you give your power away to experiences in life which have caused you harm, or which are causing you harm now thinking about. You cannot judge someone based upon how they responded to a breakup in the past, as being out of control, or not a prime pick, targeting them as the reason for the breakup, and wrongfully accusing them of being a reject or the reason why a relationship faltered. People will misuse information obtained by illegal means, to hurt you, and out you in life, and do things deposit pictures or writings, into your accounts, which upon being viewed without authorization, make you look bad, that is the reason for tampering with the records of others, to take something of value, and deface it, or hurt someone of value, defacing them, to make them look bad, or appear badly in front of others. That occurs once someone has taken a bad picture of you, and once deposited into your records, not publicized to others, get used once put out in public, as apart of your records, make you look bad. There were plenty of photos taken of me in the past, and everytime Ive been harmed via photography, I have suffered as a result, from the mental health issues that follow, a less then acceptable appearance in public. I would never do the same to anyone else, always focused on myself, do not dismantle or hurt the esteems of others because you think they had sex with people "ie Bauer" or because you think they haven't moved forward "ie me" because of what has been written in a personal statement or book "ie my Anne Frank Book" and then cast me off as someone who is a follower, or the one in the wrong, as though I benefited from those relationships in life, a feeder off of people, not treated as someone who is independently successful on their own and selected by men, to date. Allow people to maintain accurate records in their computers, don't dismantle, or tamper with the personal records of others, made with love, to establish that they bear knowledge or have known that others are capable of going through their computers (ie Kazaa) that's iTunes, that's not my whole computer, and I had a Fujitsu, not a MacBook, and they have stolen from me throughout the years, a bracelet, photo albums, clothes, yearbooks, and now my website, is being used to hurt me, trying to prove I have known people have gone through my computer, and created records in

my computer or online to hurt others, that's not the case. #stophate. They yearbook photo photographer told me "chin up." #stopbullying - Dont hurt someone when theyre down.

How to Move Forward ...

7/8/2019

You need to be really well to date, don't expect the men in your life to explain the world to you, they mostly flirt, and tease you, men will be men, that's a basic principle of comradery not taking life too seriously. Choose, be one of the guys, or one of the girls. How does someone so popular lose such much esteem, everytime there is a failure, I get separated from friends, that's just how caretaking works, they punish you, to rebuild yourself on your own, loss of support, denotes a failure on your part, whether recognized or not, you can keep your friends, but once you become not well, separations occur, some are lucky enough to have friends support them through thick and thin, there is a point of no return, that occurs after one experiences too many failures in life, then you get blamed as though those in your life could have had better lives had they not known you, me too. Its not just me that's suffering, shopping until I drop, at this point nothing can make you feel better, that's just something you learn, no one wants to be the rehab friend. Once they know where you've been in life, that's just a recipe for disaster, how those who don't know you see you, as apart of those who think its best to keep sending you back, or realizing your self-worth and staying positive having faith. Faith is tricky, easily lost upon being negative, that doesn't create the poor outlook, that causes one to tantrum, once left in isolation, likes resolves that, then what is it? An unrealized pressure? Don't allow others to pour psychology over your head in life, and then set things up moving forward to only later make sense having left them, that's usually what people do who think they are smarter than you, or who think you made advances toward them, treat you as stupid. Its not what you think I promise, no persons nice to me, do I ever hit on or make advances toward, they either like me or they don't like me, Im a very conservative person, to let down my guard is called being vulnerable, unfortunately someone of my intelligence and success is not allowed to be vulnerable and go with the flow, usually has to know when to say, stay home, not be out and about, once opened up, lets the wrong things in, energy wise. That's okay, we cant all be on the right meds, Im usually prescribed what people think I need to be prescribed, with approvals.

For Various Reasons ...

7/8/2019

For various reasons you choose to take action in life, never respond to those who are not well, its likely you'll receive an adverse reaction from them, a displaced blame or inflicted sense of guilt, especially from those who have been nice to you, and think you that you should provide more back to them, reassurances that is, if you don't yet speak code, and have yet to understand what jokes are being tossed your way, then you will not understand the sense of humor of others, as making fun of your personal statement to law school, dating practices, likes, friend choices, level of refinement, dress, home décor, skill set, professionalism, mannerisms, tact, voice octave, demeanor, and response methodology. There is no methodology to responding, and no humor is understood when it comes to self-describing how you have responded past, interpreted as a gamble, except not. You either complain and get resituated put back into your place in life, or your feedback is understood as helpful, after having an adverse reaction to interpreting the present, that shows a need for modification, not by those who are mentally ill, but from those who are well, do not put pressures on those who are designated mentally ill, to then explain the condition of others as like, one can only then represent themselves, not everyone, that is the demise of those who once were well liked by all, and put down in life, left to only represent a few via likes. Everyone is entitled to having their own social circles in life, wellness is something you share only with a companion, not amongst friends, that's the difference. I don't think its necessary at this point in time to establish a timeline of events but will do so anyways:

1. Got a Job in DC Spring 2011, Applied Fall 2010, for Summer 2011
2. Went to Rehab for 2 months Summer 2011
3. Left my Ex December 2012
4. Finished my Paralegal Certificate Fall 2011, Degree Granted Spring 2012
5. TMS Therapy (Summer 2012), Twitter 2012
6. Flew to DC twice (January 2013)
7. Drove to Palo Alto (January 2013)
8. Drove to Las Vegas (January 2013)

9. Went to the Hospital (February 2013)
10. Then dated.

What is Trust for?

7/8/2019

Trust is something to be built between any members of a community to whom are affected by the presence of others, to which community you belong, is the community to which you are compelled to establish an identity among, that is acceptable to those upon viewing. Who and what you represent symbolically if not different but similar to a structure pre-existing (i.e. body type), is for God to judge who is responsible for the making of a person, and based upon those acceptances, is not the fruit from which additional acceptances are brought or born. Each person who becomes well liked is responsible for maintaining that candor in public, easily broken, by missteps, there's no such thing as unconditional, all mistakes hurt, and all mistakes we suffer for, and do not assume that all mistakes are purposeful with the intent to cause harm. So long as you allow conditions to carry on, they will carry on, and so long as you allow others to put you down as not well, they will continue to put you down as not well, hurting you to make things about them as mentioned, don't empower those who cause you suffering, and don't give your powers away to those who cause suffering to others, that's the whole point of staying positive, not to disempower, or further disempower those who are not well, if people do not recognize you as human, and do not recognize your sufferings in life, that's because they think it's justified to convince themselves that you are trying to be like, and continue to try to be like, until you become like someone or something you are not, if you are well then you have every opportunity, deserved to achieve wellness, and to stay well, irrespective of the competitive concerns of others, concerning your wellness and what makes you well, there's no such thing as fan ownership, everyone is entitled to supporting whomever and for whatever reasons, it's not a hand me down concept, from one generation to the next, a struggle that's not sufficient to hurting someone, as though they do not identify with the struggles of others, and have not struggled themselves, assume that because they are doing well that they have been oblivious to the sufferings of others, and because others have suffered appear well, or because others are well benefit from the wellness of those around them, not a contributor of wellness themselves.

Website Updates ...

7/8/2019

Moving my weebly.com Website to wix.com for Layouts and Group Discussion Forums.

Creating a Personal Website for Book Displays, and Links to Drafts.

Book: Plan to Publish my Book, AFTER I finish my Dissertation.

Twitter: Continue to post links and (creative) humor, as needed.

Pinterest: Will participate as needed, share to my dontdodrugs page on Facebook.

Instagram: Discontinuing sharing on squares, it's too much to keep track of separately.

#leverageyourstory: Need to speak to Torah to discuss what I've written on squares.

mymollydoll.com: Will remain my address for blogging, and attach new functions if necessary.

Dontdodrugs: Is a paid for Page on Facebook, and likes are through advertisement of posts.

mymollydoll.com: Is advertised via a blogging platform other than weebly.com, to Facebook.

lesliefischman.com: Will be my personal website, for books, and announcements.

FEMA (ideascale.com): Is for approved research ideas, not already researched, on my to-do list.

mymollydoll.com: (Goals) As discussed with Torah, to be more article based, still working on the fundamentals figuring out which issues, are relevant, then do the research to help resolve.



07-08-19_12-16-18_dissertation_draft_compiled_1-3____tjstl.pdf

[Download File](#)

Superiority What is Elite?

7/8/2019

No one ever said that you weren't special, but what is special? Is it necessary to be elite, and what makes one group feel better than the other? Is it how we look, or by what we have that makes us feel good, feel whole. The assets you acquire throughout your lifetime are your responsibility to keep track of, upon no losses of property, should you ever feel as though you've lost a sense of self, or anything integral to your identity. "If money can replace it its not a problem." Does it really matter who your friends are, or who is friends with your friends, or who you are exposed to in life, sure it helps. Im wearing a #SuperDry sweatshirt, and not ashamed that I went up to Jonah Hill at a SuperBowl Party to congratulate him "on all [his] successes." I attended as a guest of my Brother. I think in time ... all identities and influences aside, we forget, how we came to be, and begin to feel like ourselves again. It matters most which memories you hold true to your set of circumstances as you navigate your own way, through the pitch black chaos that lies before you, this is common when you see something, and theres no current existing leadership to tell you whether youre on or off course in life, it then becomes a matter of instinct, which way to go in life, and when put in those positions in life, no matter which path you choose you should end up on the right footing, when presented with a problem, figure out a solution, and when exposed to others, know the difference between right and wrong, and refrain from any activities that put you or others at risk of harm. If youre not ready youre not ready, dating is a sharing of souls, and if you think dating is intense, then you better get strong, because work is no different, accommodating the moods of those around you, never take anything personally. The stronger you are, the better suited you are to be put in caretaking positions in life, employers like self-starters, and if you don't know how to make labels, paper in upside down backwards or rightside up forwards, then its okay to make labels on plain paper, and cut out the labels and use a glue stick. Be professional.

How Do Enclosed Spaces Work?

7/7/2019

Any enclosed space is room for growth or floundering under the power of others. What is empowerment, and what helps others grow? Is it true you grow out of friends, or do you just grow apart? Who are you connected to -everyone present or everyone past or just plain everyone? Everyone. For the sake of acceptances, assume you are connected to everyone. What is racism? Anyone who thinks they are above others, and that by being above others, do not wish to be influenced by, and by those influences think that they or others are capable of being harmed upon exposures to that specific type or person or breed. That's racism. Unless you are a Doctor, you really have no right to discriminate others based upon intelligences or based upon what people look like treat them as less feminine, or less beautiful. But we thought because you weren't pretty that you absorbed illnesses, and that because you weren't pretty you had jealousy, and that because you were fat, you did not like yourself and for those reasons you allowed men to come and go from your life without being affected, and now all of a sudden you are pretending like you were well the whole time, and now worse off because you have a record, and now considered damage goods. Am I going backwards? No. Am I complaining about where I am in life now? No. Do I make my mental health issues of issue publicly? No. Should my mental health issues affect others? No. Am I being combative? No. Are you being judgmental toward me? Yes. Is it because of what I look like I am being treated? No. Is it because I am not successful no one respects me? No. Is it because others have money they think they are better than me? No. Ask yourself questions in life before you start assuming that someone is thinking wrong based on what they look like, or assume that someone is up to no good, based upon how they are feeling, or think that someone is not smart because they are not high functioning, or think that someone who is hyper has more energy than most, what are smarts anyways? To me smarts are having a knowledgeable capacity to ignore the influences of others, and by those smarts able to defend themselves physiologically from environmental factors affecting their health, why I said hygiene, hygiene, hygiene. The body is a vessel much stronger than you think, and if its memories causing you illness, think what you can do now to protect yourself from harm, knowing that how you look is a direct reflection of your health by the calculations of others. How is it now others look healthier? They shower. - I on the other hand lost 40-50 lbs, to model and photo well. #stayfit

Rules for Connecting with Others ...

7/7/2019

There are rules for connecting with others:

1. Live a disciplined life.
2. Hygiene, hygiene, hygiene.
3. Go to bed at a reasonable hour.
4. Wake up early and live a full day.
5. If you cannot live a full day, find new purpose in life.
6. What keeps you going in life, remind yourself of that.
7. Be driven, one goal at a time, stay focused.
8. Persevere and learn how to weather the storms.
9. Be happy when others are happy unless that causes unhappiness.
10. Never go to sleep fighting, always resolve issues before bedtime.
11. Wake up positive, don't get into issues, and lose sleep.
12. Your beauty is your choice, by your exposures, don't overexpose yourself.
13. If you're a writer, it's important to continue your education.
14. If you model it's important to stay fit, and exercise daily.
15. If you have mental health issues, take medications, contact your doctor.
16. If you build a company, make sure you report your company to the Govt.
17. If you build a company make sure your Attorney is fully advised.
18. If you self-harm make sure a Judge knows and a Hospital knows.
19. When you recover, it's not necessary to state how you got sick.
20. When you get well, yes you have to help others, not interfere with wellness.
21. If you are alive, you are expected to work, or stay home, function.
22. If you cannot function, yes it's important to report to the police, why.
23. If you get 1,000 to 3,000 likes per post, you must maintain wellness to write.
24. If you are not well, it's important to figure out why, before writing anything.
25. Report to the police, do not report out loud online.
26. If you get hurt it's your responsibility to report to the authorities who hurt you.
27. If you are hurt, it's important not to blame those who are hurt.
28. Once you get hurt it's important to lay low, to get your strength back.
29. Don't oversexualize yourself, no experience is required to love, be loved.
30. Once you become an advocate: no sex, no drugs, no alcohol w/o monogamy.

One thing at a Time ...

7/7/2019

Some of us can only focus on one thing at a time. The purpose for moving forward is to not be bombarded by the past, inhibiting our ability to be present. It's easy to become overwhelmed, it's important not to give yourself a heart-attack in the process of moving forward, put yourself into shock thinking about what hasn't gone right and why. If you just stay present, and that's the best you can do then do so. You cannot study the present to better understand what things in the past have not worked out for some. It's not for the same reasons people become sick or experience bipolar. I can only know best myself, and share from my perspective, that's not to say that my thoughts are unique compared to the thoughts of others. Allow people to experience happiness, and be around those who compliment their wellness. Just because people do not get along, does not mean that there is something wrong with them. How someone is now, and hospitalized is not the same as they were then and hospitalized, things get worse before they get better, if you don't keep moving forward, that's the lesson. If you've led a better life, and now struggle, then you understand where I'm coming from. Sometimes we are set worse off in life, to see if we can return to our own sense of normalcy on our own, you don't know why people hurt you, and for the reasons they hurt you, think about something else. Know that people are mostly concerned with themselves, that they have a right to. Do not disturb the peace, because you are struggling and cannot find happiness. People are left to their own devices, sometimes to figure out what it is that they have done wrong, do not disturb their happiness, when you are well, because you don't understand where they're coming from. You can't get focused doing nothing, in order to move forward you must be doing something. Thinking about the past is only helpful once you've moved on to a better place in life, otherwise, don't keep doing what

you're doing, those are moments in which you need to change your lifestyle choices, and move forward. What irks me, is that in any poor condition, its thought deserved by drugs or alcohol, you cannot control what options are left to you in life. If you are better now, then be better now, if you were worse of then, then be happy you are where you are now, if it's the thoughts that others have about your past that's bothering you, then prove them wrong, if its thoughts about your present concerning you, then be happy with where you are and what you have now, if it's the future that concerns you, then do a better job of where you are now, and keep moving forward, if it's the past that hurts, then forget whats bothering you, and focus on where you are now. These are all things you learn over time.

When What People Think Matters ...

7/5/2019

It doesn't matter what people think so long as you are not being harmed by the thoughts of others, others are not contagious toward you, hurting your esteems or wellness, ignore hate, everyone lives differently, and its not because of wrongs that sometimes things don't go right in life, be forgiving, as am I. Once you are considered damaged goods, that is mentally ill, do your best to keep to yourself, those are mistakes in life, loving the wrong people, when you get put down in life, don't be so willing to give your body to the care of those who accept you, or to fix situations when you were not ready or in the mood, love is love if you were young when you could not find love, and when you found love, things did not feel complete, means you need to work on yourself, its not necessary to always be in tune with others, don't live by your past, and be forced to go backwards in life, as not being well today, then blamed moving forward as a product of your own mistakes in life, there are systems of support (ie LAPD) when you feel like hurting yourself, or if you become suicidal to the best interests of others something is wrong, that's your right to maintain your privacy, it is not the right of others to go through your things. And if by your training and counseling advocate for others, and try to get involved that's not a political move, that's leaving school not well, and studying politics, we are all new to life, at different points in our lives, life needs no introductions, there is not one person who knows everything, or who as perfect able to help others, we all move forward in life, once we get to different phases of life, its not fair to hold others back in life, as compared to, that's not appropriate, to hurt someone who is not gay, or who has not hooked up with a lot of guys, had many boyfriends, its hard to date if you don't drink and do drugs, and even worse if you do, and suffer from mental health issues, that's not how to date through drinking, you learn this as you get older, looking back, that those relationships were not as important as your health now, being put into question blaming you for your head problems or for why you were treated as a reject, friends are friends, sometimes you can only focus on one thing at a time, and sometimes you date, and sometimes as separated from others you get hurt, lets not relive the past, live your lives separately, do not become dependent upon the sick (ie me) or those who have lived lives that they are not proud of because not chosen to represent others, employed, as paranoid, that's because once you do drugs, you will always be punished for the jobs not taken accepted for, because you thought having friends was more important, fun at the time.

I Called my Boyfriend Yesterday ...

7/5/2019

As I spoke to my boyfriend yesterday, I began to cry, have not seen him since April, hes been away in Europe, after asking for two weeks to fix myself, and now taking two weeks off from work not feeling well, having self-harmed, I just went to the LAPD and ER, filmed a tape of me hitting my head, no re-enactments are best, when it comes to self-harm its not necessary to explain, why you are suffering harms and for what reasons, that does not make others feel better upon self-harming, nor quiets voices, but only causes additional suffering to you, no action is best, when it comes to self-harm. Everyone wants to be the hero and no one wants to be blamed, its whoever looks better than the other, that's not to say that others have not provided support, and that that support was insufficient at the time, to help me recover form whatever losses I have suffered in life, but its upon hearing voices that one self-harms and that's not because of cocaine, but upon losses, related to dating. Whenever someone comes between you and your loved one, a loss of attraction occurs, you become not the source of happiness to them, but their source of happiness then becomes whoever is able to make them feel good or better, than you, and by you taking a photo of that wellness, prove that you as the photographer are the one who is mentally ill, to highlight what has gone wrong past as though you are not capable of taking a good photo and capturing any positivity in time, as not surrounding you, but you are someone who feeds of the happiness of others, do not compare, and then make like, to argue that those who are not in the presence of wellness and light are the causes for that darkness around them, or based upon how they look, hated upon. Beauty comes in many forms, and its not until you do something wrong, that sadness can be felt, and its not until you live up to negative expectations of you self-harming, that no claims previous to how you were harmed matter, no I am not the cause of attacks upon others, I was attacked.

Rising to Occasions ...

7/4/2019

Equality is about wellness, not equal in purpose in life. Sometimes while trying to achieve in life, we get caught up in making amends to those we think have an issue with us based upon interpretation, remind yourself that not everything is about you, people have good lives, unless you ruin their lives, by making yourself apart of their daily thoughts about life, don't be the jumping off point for anyone's wellness in life, that's codependency to rely on others for wellness, or for achievement, one should be self reliant not to just mention previous arguments in history. What does self-reliance mean to you today? Being independent, okay what does independence mean to you? Not attaching to others emotionally and not being dependent upon what or whos in my environment, notice who is here who is not here, or perform any differently, never perform to an audience in life, that's the quickest way to lose esteems, overperform, underperform, as trying to impress others in your immediate environments, those who have seen you at your worst, will always remember you in that way, let those moments go, you cannot go backwards once others do not accept you, don't rehash the whys of your life, to get others to stop investigating your wellness as though you deserved to be "discriminated" powerful word, doesn't really make sense looking at my resume, private sector jobs are not on craigslist, by the way, Im sure that was the yellow brick road home joke on San Vicente, do not coerce others into joining forces with you, if you are not well, upon being punished, all connections are faulty, giving people excuse to detach, and giving the majority the excuse to reject you by default judgments of those who did not believe in you or thought less of you as someone who cheats, or helps others, and at your expense have suffered. Do not help people achieve in school and accept sexual advances from them, that's two birds one stone, puts you down in life, as they come up, and if you leave, and don't feel better its because you did not stay in a situation waiting for someone, and because you complained and wanted to know why you go 2 As and the 3rd highest score in the class, think it was him, who got the Witken Award. The closest person to you, is probably not the one who hurt you, and those who do not respect you, never really tell you, they just give bad advice or pass guilt, that's not because theyre not feeling well, but as not feeling well about you, to see if youre stupid.

What Your About ...

7/4/2019

Like a book that is being written, what a book is expected to be about, or worries about what a book is about, are people assuming a book is about them, not about you. That's taking something written and as applied to yourself, saying it causes you harm, and by hurting you, others are harmed that your feelings are hurt thinking its about you. If youre a woman, its likely that you carry sensitivities in life, and have esteems, not the same as Men, least affected by sexual interaction, it is the womans esteems who get hurt the more men who have touched them, its common sense that pristine is unused, and new is original, once you have devalued yourself the only way to perfect self is to create a life of value for yourself, irrespective of the interests of those past who have come through your life, do not worry who is no longer in your life, and always be respectful of the deceased, why laws got changed to not photo, and to not drive cars, in cemeteries, except for memorial day, all the cars park within the cemetery. If you do not know which came first an event, and then a change in laws, then don't hurt someone as contributing to social ills by breaking laws, that's not what happened. To hurt someone as living up to some expectation or to defend self against jokes and rumors, would be a waste of someones time on earth responding to things that don't matter, which have already been dealt with, don't make things about people who are not famous, not in the spotlight, with few friends, and no knowledge that stories are being carried on about them like their life is a joke, it seems to me th one insulted reacts (i.e. me), is deemed the wrongdoer or mentally ill, all breakups are difficult, even worse, are breakups when you have to leave relationships that are not working out, or when your heart leaves you to help others, resolve discrepancies in interpretations, that's hurting you to see whos viewing you, to have power and oversight over what is being said about you, either hurting your overall image, without you knowing it, or hurting you personally, so that you react or respond in the negative while everyone is watching, to see how you respond when others are displeased with you in the masses, that is someone that is known only to those accustomed to being on the outside of situations, and upon being on the inside of situations think that they known better as through their connections in life more at ease than around you, lacksadasical or too tired not pumped up about life excited to be with you, whatever that means, there is a loss of energy, when you love your work, and love what you do, everything falls into place, that's not basing things off of negatives in the past, and with full focus on the wellness of yourself and others, that's being good. How you work is your right to privacy, that's your intelligence and work ethic, not necessary to be taught out loud.

Who's Qualified to Go Through Your Things ...

7/4/2019

Unless you declare what is of value of to you, others will hurt you to take what is of value to you, that is your life, upon being displaced in life, is what causes me to feel ill, suicidal, that's a wrongful possession of my work, to displace me to cause me suicide, to try to get me to understand what it like to make a successful company, and then have it be brought under the care of another company, don't compare the wellness of people who are not attached, not connected, not alike, at different stages in their lives. Don't hurt someones dreams in life, and watch your own Country be taken over by companies, and be defensive to the best interests of those who are doing well, your nervous concerns should not create nervousness in others, enjoy the quiet times, and don't blame people for your own illnesses, or misinterpretations, that's an unqualified researcher, pretending to be more educated than they are, and hurting someones abilities who is qualified to to do research and to be a positive figure in society and work, until then, allow people to get well on their own best timing, if this is the best you've ever seen, then maybe that's because it is the best and most on point, timeline, in American history as to my mental health issues, and struggles and overcoming addiction, that's obviously because I care about myself not suicidal, and obviously care, not because I am reading others sense illness, as though you think I think Im psychic, its who I choose to share my life with, who I think is most knowledgable as to the concerns of others. Its not necessary for everyone to feel apart of, or be included in order to things to go right ... when things are new, everyone deserves to be included, if you are persuaded not to include those who we have yet to sign deals with yet, then that's okay, allow people who are not well to not comply with those they have yet to trust think that they know better than, who is the star or what shows in life, has nothing to do with my wellness or management of my own personal identity in life, take your hate out on someone else in life, harassment is about, not wanting to be associated to someone, for blames, and for mental health issues, don't make yourself the subject of another story, and punish me as though I deserve it because I was called "mentally ill." Im very intelligent, a very nice person, and I do not deserve to be treated as "grose" or "pervert" by those who think their social skills are better than mine, I am focusing on my career there is plenty of time to socialize, for all I care Im not missing out, once you go sober, that's how you get well, and maintaining sobriety is how you stay well, you will never then be well enough to drink not during any moments of ease, and if a friend is separated from online, that's because they do not feel well, as my only friend on that account, that's why no friends were added, moving to different accounts was about starting over, being conservative, but that seems to make no positive difference, all anyone wants to hear is argument, illness, argument, illness, until they feel better than smarter, more achieved, and put forward on a positive note, along with or not, in tune. The minute you explain your past in the negative, the quicker they are to let you go, as negative. Thats being defensive, whether or not you get hurt outside of work screamed at is not your fault, not with headphones on, tuning out the world, they keep hurting you as deserved.

Dear Fireworks ...

7/3/2019

Don't make things about you, unless you plan on staying public, explaining as you go through life, why you were the way you were at the time you were most insecure, to take away blames from others, treating you as a reject or not a keeper, unenthused by you, more excited upon the accompaniment of others, if youre not the jealous type, and accept your places in life, based upon what is given to you, its only until later you realize what you had when things were good, and finally get a better sense of whats an emergency and whats just basic comradere among people in your environment, if its something youre new to, feeling social in non-social environments that's a good thing, means there are positive and well people around, if you are out alone, its likely that you will be blind to the thoughts of others, and as a happy person, misinterpreted by those around you, as having too much energy, a changing of places only occurs, once a mood is reset, that is feeling like you, sometimes people need to feel apart of, and the way in which they can communicate to someone they think has the power to make them feel well, is to communicate to those who are independent of others, detached, and focused on themselves, that's not how everyone gets picked up, but I tended to attract those who were not in good place in life, and later found themselves in better places in life. That's treating me as the uneven exchange when it comes to wellness, as though the benefit deserved to them, and because there were no signs of loss, or heartbreak, except upon #dontdodrug, could those losses be understood, when youre down in life, don't expect to be apart of, its only until you are well, do you not have to try hard in life, and feel like your in sync with others, not bothered by their humors, no matter how obnoxious it may seem to you not understood, it takes awhile for others to appreciate your wellness, especially during times, when people are trying to find themselves and establish careers for themselves, time goes by very fast, with few moments to pause, if you remember everything in your life, except a few moments, then youre doing a good job living life, if you only realize afterward how you were harmed, then that could mean you don't realize whats going wrong at the time its going wrong, and allow things to happen, or you are the type of person to stop everything and do your best to fix a problem before it becomes worse, everyones different. Communications are not for the exchange of information, all communications tire the listener unless its to help someone else by providing them reassurances in life, and listening to others when theyre not feeling well, not be affected, don't allow others to accept blames for your wellness in life, or mental health issues, its always

okay to go to the ER or talk to the police ie LAPD, who are well enough to differentiate between normal behavior, general worries and concerns, or just simple co-dependency, and detachments upon leaving groups, meeting new people, or just too much people time, delusional. Don't overexpose yourself ... this will only cause you more mental health issues as recognized, and that's how people who look unique or special, become despecialized, blend in.

Dont Be a Product of Others ...

7/3/2019

The minute you give up in life, is the minute others turn on you, often times, when we are not feeling well we separate ourselves from others ... that's not to similarly put two stories together and be hurt, that's not a strategic response to refer to another story in life, or set of circumstances to which I responded poorly, dont purposefully put memories back into the subconscious of others to cause them illness, is that purposeful or by their actions representative of whats going on within them, is what is written or spoken about in private used to interpret what is going on in a persons life, as reflective of or in communication to or about? That is why we have: (1) Phones (2) Computers (3) Words via Speaking (4) Website (5) Messenger (6) Pages (7) Facebook Profiles (8) Private Lives (9) Public Lives (10) Relationships (11) References (12) Interactions (13) The Past and (14) The Present. If you are not sure whats affecting what as to my audience that's to protect them from harm, as their defenses are down, as over-experimenting with my wellness as though I deserve to be treated as a robot, held responsible for the mental health issues of others, on our soil, and abroad, don't be quick to punish those who respond first, its usually not the past that's written about in the immediate once a harm is suffered you are usually last to find out who has wronged you and for what reasons, and if you allow illness to prevail, then you only justify that it was okay for people to hurt you as though you weren't gonna make it in life, or as though your cares in life, were a lost cause to society, or unimportant, as a good or adequate representative of how one is thinking right now, you don't need to hurt someone because you think theyre bad, that's not the solution, you don't need to communicate to others who you are helping in order for others to get help, you don't need to be so detailed, when explaining why you feel the way you do, because the sooner you educate others, as to what you think is happening the sooner they use that as ammunition to hurt you, so you cannot tell who is hurting you and why, using your predictions, to harm you, to segregate you as special or unique, and deserving of punishment, as adequately imitated or upon a better representative example of wellness is created. Allow people to blossom on their own, leaving a relationship is not for better, usually it is because one is not well, do not blame others for leaving a good life, to help protect the lives of others, that's not the solution, making fun of people during times of peace or turmoil, and bring up subjects that hurt people, especially people who have been harmed in that way to see if they identify as someone who is of standing, and then hurt them to get them to admit their wrongs in life to separate them as being apart of or helpful to the lives of others, consider them a risk. That's an unwanted retaliation to, by words, pass through to others, back into writing for others to view.

Who is Happy ...

7/3/2019

Who is happy when others are not, that's not how happiness works, it's a mutual care, upon acceptances from others, that being around you, your presence supports their wellness. Once you cannot thrive in any environment, means there is something wrong with you, others knowing you, who think the worst of you, will watch until the worst happens to you, to see if you deserved to be hurt for other reasons, not for the reasons now you are hurting, as the damaged counterpart to transactions, overused, or knowingly seeking love from others, not saying no enough, or learning how to set boundaries for oneself, its harder to understand and put together something that doesn't exist than it is to put oneself together in the face of others as studying them, that's not helpful to someone overcoming mental health issues, doing everything possible to maintain wellness, beginning life over again, going to the gym, going to Starbucks, going running, these are basic life skills you need to be social, once you do your best and not accepted by others, think about what you could be doing a better job of, its likely they will blame your past addictions in life, or what is known about you, to blame you as being unattractive and that because you are unattractive made others look unattractive as being in the same environment as them, that's to blame people who are not well, giving them illness, to understand who has been affected physically by what is ailing them, if someone's body composition and face composition was changed by another, that's not my fault, for whatever reason they thought it was kind enough to do so, after attending a SCOTUS hearing, then that is them using SCOTUS as mechanism from which to hurt me, and say that it was about something it was not, until everything gets thrown in, until justified as why Im ill, as though they turned on me, and that's who is punishing me now, that's why punishments are given to those who offend others, thats a physical offense that causes you body and face to change, not drugs or alcohol which contribute to poor decision making and increases the likelihood of contracting some type of STD, because you did not use a condom, when men are defended and women are blamed for their own mental health issues, I am but one example of someone who got punished because Im not pretty and even after I lost weight, as

suicidal, put down as though I was at fault, for my own suicide, living alone for years, Im not responsible for the way my face looks, or why it has changed, or have knowledge of those causes, that's not why I didn't take jobs, or took a job, I got offered a paid job, and decided to work in Film, because I was not turned on by the process of talking at work, feel good, does not mean I am not a nice person, it just means I don't feel good when others are warm to me, because I have mental health issues now, that's giving your jobs away to people who are well, better suited to help others in need, not people with now superficial problems because of their drinking or drug use, cannot be undone, once it gets started, that is the deterioration of your mind, focused on negativities.

Don't Be Offended by Those Offended ...

7/3/2019

Someone who is offended is upset, that's normal. Someone like me who gets made to look stupid and suffers losses in life, yes that causes mental illness, mental illness occurs when youre at peace, and at ease, alone, someone hurts your sense of stability thinking by looks you don't deserve to be independent and strong, trust is earned, respect is optional, its not about who you are that matters, or about what stories you know about others, or who has been where why someone chooses to enter an establishment, or build a place online for themselves to write. That makes sense, when your options become limited, you figure out life based upon what you have in life, likes not all about expectations, expectations of others, wellness, or aggravations in life, made to feel smarter than, allow people to be happy. Happiness is not a shared concept, nor are beautiful stories, if what brings you peace does not bring peace equally to others, that means the are sided against you and you do not make them feel well, either your efforts to figure out whats going on to assist those in need are thought to have been done in vain, and if vanity can be proven seek to focus on negative points in time, to help you realize what you look like, who you look like, and what can be related to you, if illness can be established see if you react in the same ways as those past who have caused massive damage to others, and taken lives, that's not what builds a corporation, to before the fact, before anything bad has occurred, take on a leadership position, with built in blames, that means its not necessary to establish blames, and if my company does not benefit your interests than go to someone else for perspective in life, to help open you up to positives, we are not all connected not by our past, and not by our experiences in life, everyone has a life of their own, and it should stay that way, life is not meant to be lived as in cohorts with people, for like mindedness, I date men completely different from me, that's normal, usually someone who believes in me and supports me, that's called friendship, once disappointment strikes or illness a relationship can no longer be maintained, don't go backwards in life, when youre feeling well, and be nice to those past who you have been friends with, the issue likely dug for, are moments of non participation, and separation from the interests of any particular group reading for when you have hit a bottom or when a concept has hit you hard, and you are struggling to function in life, thats treating you as insensitive, not as being strong for others, to help lift others, that doesnt make sense to everyone, especially those who do not know you, to judge you as mentally ill, for caring, or taking it upon yourself, to help curtail the issues, contributing to mental health issues, concerning subjects of interest. Sometimes closeness is not a preferred means of communication of helping others, for people like me any type of closeness related to my heart trying to communicate within communications to me, is annoying, just as typos disposed on my website and website destroyed hospitalized, notes taken, and treated as though Im some type of machine on meds, and will be alive forever, that's hurting someone you think is stronger than they are, or hurting someone because of the way they look, like theyre already gone or dirty and deserve it.

Feeling Insulted ...

7/3/2019

Its often times not until you feel insulted that you begin to not feel well, sometimes it occurs that you do not feel well, and because you do not feel well others feel insulted. Don't take things personally, wellness does not occur overnight, and its definitely not about seeing the same or thinking the same in life, its more complex than simply thinking positively about life, that's a good start. Sometimes through the process of empathizing with those who are not feeling well such as myself, you get blamed, to prove you are contagious via being read, as not making others feel well, that only occurs upon taking things personally, not seeing the bigger picture, no writing can be to the benefit of everyone, especially when there is jealousy as to wellness and the intelligences acquired through others via education, likely downplayed as not being intelligent, and likely because they do not speak the same, judged as being less than or mentally ill because of the way they sound, there no telling how much you've influenced others a writer online, not until you write a book, and establish yourself as an author are you credited for your hard work, and efforts in life. Its easy to read, its harder to write and make sense, there are different styles of writing, why I wanted to take a penguin course (approved by my Mom) and will enroll, following enrolling into my last course, graduating from law school upon finishing my dissertation. My writing can be about my life and still help others, if its not general enough for you, then its okay to read something else, this is not agreement, life is not about fitting in, and if I now have issues that I have not had before, than so be it, the more you complain the more others will blame their

mental health issues on you, as though you were mentally ill, at the time you connected with others, and knowingly as mentally ill, connected with others, to therefore make you responsible for being mentally ill as affecting others. I went to the ER on my Mom's birthday, and left dinner early, because I was not feeling well, not put on a hold, referred to the hospital by the police, it seems that if you cannot take care of yourself and get help others will dictate to you, what to do in life, and move you around as they see fit.

My Political Views ...

7/3/2019

As a friend online I advocate to those suffering from mental health issues ... I can understand, the complexity of making choices in life. When you are not feeling well it's very difficult to make important decisions for yourself, let alone others, but it's okay to stay involved and participate, voting even if your vote does not matter. Don't become too invested into the debates, there are some who care and don't care about issues that are relevant to you in your life. All issues are human rights issues, just because your issue is not mentioned or highlighted does not mean that it will not be dealt with accordingly. I have been poisoned twice overseas, suffered losses: ipods, computers, yearbooks, photo albums, and notebooks, over the years, but have kept moving forward, convinced that these were just material things, or just a matter of food poisoning, not purposeful, never be quick to jump to conclusions in life, it is likely once you enter the arena, you'll find yourself arguing sides, and justifying those sides based upon the appearances of others, let go in life, you never know who is victim, who was victim, and who has been affected, regardless of who they have dated, or what addictions they have overcome, no one deserves to be put down, via association. Two issues come to mind: rejection and acceptance, and how those two issues have played a fundamental role over the years, in how ideas are communicated and which ideas, support whom, we would hope that ideas in life, support the general well being of everyone, needing not exclude anyone from participation among what brings wellness to others, as to be apart of. Any creative process, involves an understanding of the issues being faced by those in reality, it is from the basis of creative endeavors that high ordered thinking is reached, that's taking something made, or upon being exposed to what exists, thinking of something else, or better than what currently exists, and that's how an idea is made, during moments of wellness, and understanding. Understanding not only brings us peace, but it simultaneously creates an awareness, that affects all decision making, make sure to always keep the best interests of others at heart, whether or not you are connected to those issues, affected by those problems and losses, how you empathized is your right to privacy, others will assume that if you care that much, then they will want to know why? For what reasons did you decide to care about those issues, and what experiences did you have in life that made you think it was important to come forward at that time. Growing up a person of privilege, I was given every right to maintain my silences and work hard, be a law student, and live a private life, away from participating on Facebook, but took it upon myself, to launch a pen name, open up, share my story at the time, defensive, and stayed proactive once I decided to finally sober up, and stop consuming myself with what ifs, and fears. When you decide to sit down and reflect upon your life, recalling every memory, and writing down those memories, that is a very peaceful juncture in life, it looks hyper, when output is being made not related to work or school, which is what computers are for, if you're a writer, eventually you will leave the nest, and in your free time, you have every right to express yourself in private and gather your thoughts. What you write is not an agreement, even if it's read by 2000 people a day, attachments of all kinds are not helpful during times of need, as everyone needs to focus less on what others think, be more compassionate towards those they love, and be patient, kind.

Hearing Voices ... (#dontdodrug)

7/2/2019

As you reflect on your days ahead, you will often times get stuck to the past, that's a normal part of recovery, learning when to let go, learn from your past, and do a better job of staying positive. While your parents are still around, do your best to live a disciplined life, take fewer risks, and be a happy person, that doesn't mean get side tracked trying to do so. Whether your escape from reality is through reading or watching TV, everything in small doses, what's more important is feeling accomplished, that's how to free up time to spend with family, friends, and loved ones. When you are not happy with yourself, forgive yourself often, the more risks you take in life, and the worse off you become, the more you regret, don't be rebellious fighting the fights of others in life, and do your best to focus on yourself. What makes you valuable, what makes you an asset, your work product? Your studies? The discipline you apply at work, performing in front of others? The minute you share amongst others what makes you unique, your life experiences, and how you were able to achieve in life despite what others think, is the minute you lose your sense of purpose and identity in life, the minute others start reading into your life, and existence, how you came to be, is the minute others will judge you as deserving or not, of having privileges in life, don't allow others to open you up, to making bad decisions in life, friends don't hurt friends, and friends look after friends, to declare us all princesses would be being dramatic, I think by this point in time 2019, everyone has taken a fair shot at making me look stupid, why? Because I wasn't pretty, and because it was more fun to make me look stupid to make themselves feel

good, because it was easier to prove that I have lost friends, because there is something defective about me. By the time you realize how someone you've trusted knows so much about you, when you hardly talk about your life, you begin to wonder whether they accepted you as is, or whether they took it upon themselves to make decisions for you in life, based upon what they believed or who they saw you as, to be respected or not. Going to law school left a lot of room for misunderstanding, whenever you seek to higher your education in life, make sure to let others know that you are not stuck in the past and that you are educating yourself to help others, from the standpoint of someone, not looking for a fight, or in a fight in life, that makes you appear to be on a side, and once you become well known, make sure not to have enemies in life, as it is likely you will be put down by the same people who did not respect you as achieving in life, or doing your best, thinking that your best work, was a result of medication, not because you cared, or that school was easy for you, not because you didn't drink or do drugs, and that your privileges in life were not earned, but because your family was wealthy, every privilege in life must be earned, you either stand tall and represent others well, or you take a backseat to the opinions and judgments of others, led astray in life. If you're on medication now, be thankful that you are under the guidance of a physician to care for you, and if you have been hurt by others, while being independent, then trust fewer people in life, as you try to achieve for yourself in life, to have people in your life, build trust again.

Organic Growth ...

7/16/2019

Building a website, should be from the heart, not by who you're connected to post. Overtime as you become more comfortable with yourself, the better off you'll be sharing online. Writing online requires a certain stability, especially on your own, not watched or helped by any listening services, that are to the benefit of writers on social networks. It's a lot of upkeep to whom you're connected to, and without knowing who you are connected to go through a lot of physiological changes and facial changes, I would not recommend getting started on your own, without help from a social media network. As a private individual sharing online, there are a lot of pressures you'll face along the way, that's not sharing your story claiming victim, that's empowerment, coming forward with what knowledge you have acquired via your education and exposures, and whether you can work now and help others, physically, that's your choice, some labor intensive jobs, are not to the benefit of writers, who are mostly cerebral, and have difficulty doing manual labor, no matter how well trained you are as a runner, this you learn as you move through the work force, some jobs you can handle and some jobs you cannot handle, it matters what time you invest into your health, and it matters where your heart is connected, whether to finish a project for school, or finish a project on your own, your own website, or book. There is no money in writing online, this you will learn the hard way, you have to write because you want to write, and eventually upon writing, you will one day benefit from the wellness you create in yourself and your audience, that is proof that you are well, and that you are of value, until you can prove you are of value, and to the benefit of others, will you benefit monetarily, from the work you produce online. That is wellness and success. You don't have to be a doctor to write well, and you don't need connections to write well, you need education, and perseverance, not all audiences will be accepting of you or proud, this you learn overtime.

Who You Are Online ...

7/16/2019

Always present the best version of yourself online, and always be yourself, it's reality that's toughest to transition to, when you're not feeling like yourself, sometimes it's easier to be social from afar. I was one of those girls who sat alone at parties, and people would come up and talk to me, it's important to always be approachable, that's half the battle when it comes to socialization. The next step is having healthy conversations with others, all problems aside, think of one thing positive to talk about other than yourself, or so how I was raised, to read the paper, be in touch with reality, that's not common sense, that's just being worldly. There is a such thing as taking things too far, as a writer, it's important to integrate, and by your exposures, help others. It's important to note that people upon viewing you, will be curious to know your inspirations in life, likes, and influences, that should not inhibit you from sharing, writing requires a certain openness with your audience, and also a constant maintenance of those connections in life, to whom are affected by you sharing, who has been of influence to you in your life, that's normal. Do your best to hold your head up high, no matter what you look like, overtime, we all age, aging is a process, nothing to be ashamed about, we all grow and mature at our own paces, don't over-indulge yourself with the news about others, or

by looking at photos of others, we are an imitation of our reality at best, sometimes, mimicry takes its toll on us psychologically, that's a normal process of how the influencing system works, see one do one teach one, you are at best welcomed in the hands of those who are well and not well, it's your choice to who influences you in life, for better or worse. Right now I'm 180 lbs, 5'4", a size 9 shoe, a size 10 or 12 in clothes, that's a Large or Medium tight, and a 36 DDD. Beauty comes and it goes, depending on the times, what is deemed an acceptable representative weight healthy based upon the standards of self-care possible at any given time in life, that's by wellness, you are a reflection of what you are composed of, the standards of thin and a low body fat ratio will never change, that doesn't mean you are not healthy on the inside, it just means upon exposures, to those who are well, demand the necessity of well figures from which their bodies are influenced by. Mold yourself, to what your ideals of beauty are, don't let your mind go to waste, nor your body go to waste, it all shows up on your face, detox daily, drink plenty of water, and eat well. I'm not saying I'm a bad influence, I just don't look the part right now, I'm sorry.

Communication Problems ...

7/15/2019

Communication problems the minute you stop listening, and reacting to environmental stimuli, whether that be voices, miscommunications occur. What is obesity? Giving up in life. What is negativity? Not listening to others. When does one not feel good and why? When others think poorly of them. What is a misrepresentation? When others think you are something you are not. When as a society we have made strides, it is those who stay behind in terms of their own happiness, not being thankful of how far everyone has come, that make them look selfish. Who is responsible for the mental health issues suffered by others, and what determines whether a job is a good job or not. What affects tone? Positivity. And why do people speak differently to others, is that a choice? Does it matter? Always be patient. To me communication problems occur when one gives up in life, and upon being discriminated, or given a hard time in life, does one suffer communication wise. It's the expectation of someone being negative that they are discriminated. It's the expectation that one by voice, has something wrong with them that they are discriminated. It is the expectation that one who is not in control of their emotions, or not doing what they are supposed to be doing that they are discriminated. It is the expectation that one who does not assert themselves is weak minded or weak at heart, and it is the expectation that someone who is weak of mind and heart bears guilt, and it's the expectation of those who are labeled as bearing guilt, as having something wrong with them to justify discrimination of them. That is the purpose of treating people differently, and labeling others, as being well enough to be around others, or too weak to withstand the pressures of social engagement.

Getting Things Done ...

7/15/2019

People can convince themselves of anything, including convincing others that you are the source of the mental health issues they suffer from or the discrimination they face, as not connected to anyone you fair the best, sometimes you need to be alone, that's seeing you as with potential and hurting your potentials in life to see how you fair alone, sick or well. That's not to say that it's not hurtful when others turn against you, but it's simply that they are well without you, and to incorporate you into their lives is not the solution to their problems. Just like thoughts build upon thoughts, so do feelings, and those negative feelings that others have toward you won't change so long as they think justified, and continue to justify those feelings, by creating or reading into stories they think prove that you are something that you are not: gay. For some that is the solution, for example to cause others to think that you look the way you do because you bear resentments or jealousy toward others as though you wish you were someone else in life, or somewhere else in life, its unhappiness with life if proven so makes others bear the better of the fruit to any argument against you, and so long as they can prove that they are well, and that you are not well, the better off they feel as though they bear the best fruits of discussion, as toward you not being well. For some that is their solution, to prove you wrong in life, as though there is something wrong or defective with your condition. Everyone is responsible for themselves, sometimes it's not until others can think alike that people are able to move forward, and it's from common ground in life, that new is made, new things are made, and whoever is responsible for contributing to that common ground, is now what is sought to be in possession of, who is responsible for helping to create common grounds in life, and not seeing you as someone who is helpful or a positive contributory factor to wellness, is what's in question now. Do your best to move forward in order to help maintain any peaceable relations requires a

lot of reporting and correspondence. I cant say what it is that causes self-harm but its something to do with not feeling apart of and upon not feeling apart of hearing voices, and upon hearing voices, not feeling at your best and upon not feeling at your best feeling tired, and upon awakening not feeling well, and whos to blame for those conditions of the well. Im not a Doctor so I wouldn't know why I woke up tired today and upon taking a nap why I felt like self-harming, its not my voices that are of concern but sometimes the voices you hear and upon sharing your condition out loud how you are harmed, without discussion, and explanation of the inputs you hear. In any close relationship, people will try to change you, if you don't need to change don't change.

Holding You to a Few Stories ...

7/14/2019

If you are related to someone famous, you are expected to behave and look a certain way for acceptances in life that will never change. What people think initially, without a website:

1. You think you are famous because of who you know.
2. You think because you are famous its necessary to be known.
3. They think because you think you are famous achieve.
4. They think you think you are important.
5. They think because of who you know you are important.
6. They think by your exposures in like you are successful.
7. They think you are driven by motives to become known.
8. They think because you think you are important you are well liked.
9. They think you think you are well liked because you are important.
10. They think you are only important because well known.
11. They think to be important one must be well known.
12. They think laying low is because you are being bad.
13. They think if well known that you think you are above others.
14. They think that you think you are above others because of how you look.
15. They think you think you are above others because of how you speak.
16. They think you think you need to be important in life to be successful.
17. They think success is based upon being important and of value.
18. They think you have low self-esteem and not of value because of how you look.
19. They think because of how you look is a reflection that you do not care what others think.
20. They think because of how you look you do not care about how you look.
21. They think because you do not have any friends online visible that there is something wrong with you or that you have contributed to the causes for illnesses.
22. They think because you do not contribute online it is because you choose not to.
23. They think you have not suffered the same illnesses in life as they have.
24. People think problems are isolated to themselves do not empathize with you.
25. Money is a manifestation of wellness, not connections.
26. Connections are a manifestation of wellness, not money.
27. Wellness is by how well you speak of others.
28. Wellness is by how well you speak of yourself.
29. Wellness is by what people know about you, how they see you.
30. Wellness is by looks and by how you identify.
31. Wellness is by who likes you, whether by imitation.
32. Wellness is by who looks better by photo, determines who represents who.
33. Wellness is by what or who you focus on, God is by who is focused on God.

Whats Good?

7/14/2019

You're only as good as your last finished product, is usually what you are judged for, how you relate to others, how you respond to others, and based upon what you have written how you have mentioned others past, as having lived a good life, full of positive memories, or whether you carry resentments toward others. That's the point at which your wellness is put into question and sides are taken. At the time I wrote my Anne Frank Book I wrote about an experience, when a friend was in town, about having two jobs and in law school part time, not understanding why I was being bullied, it seems that others always seemed to think I was worse off than I was even with a boyfriend, and always upon one another meeting each other through me, tended to get along. That was never anything that bothered me. Maybe it was the distance from having gone to school in Boulder, and those close to me not knowing me well anymore - I don't think my present condition is any better than it was then, if not better then compared to where I am now in life. Sometimes when things are not going well, nothing can make things better, that's when you feel as though you have been wronged in life, it's hard for things to get better, if not feel worse off than having had known someone who you felt was a contributor to social ills directed toward you as a group, if not yet having had experienced that type of tenacity and anger toward oneself individually, then must have been a condition unique to them, which I had not experienced yet myself. It's only until people direct their angers toward you, is the point at which you realize that others blame you as being responsible for their happinesses in life, and it's not upon expression of their displeasure with you in their presence, as the cause for raising you to question whether you are living a good life, and why you are being judged in the negative. For every loss there is blame, and upon losing friends, in life, those who are well, not yet made aware of the dangers of drinking and drug use, and poor judgement, do they understand the type of struggles that others endured, during rebellious periods in life, or under the duress of negative judgments, and so long as they can argue that you were a contributing factor having gone to law school, the better they feel, unfortunately it's not until after the fact, that you are able to explain things in a calm and cohesive way, those opportunities to be heard are generally taken away from those who think because they are well, look more well, or have experienced hardships in life, you have yet to realize as though you are not knowledgeable enough or prepared personally, to handle the risks associated with complaining out loud, or without the power to help gear or change the opinions of others toward any group of people.

Thoughts, Incidences, Reminders, and Memory ...

7/14/2019

- Thoughts (definition): Something that sheds light or brings to light a new thought about something you already know or by something you are taught, think more about.
- Incidence (definition): Something that happens, either purposefully or not purposefully, that either affects your thinking in the positive or negative, caused to think about something missing, or someone missing, that's by exposure, who you remember, made to think about.
- Reminders (definition): Anything that upon the timing of an event or series of events, made to think about someone or something you think is a controlling factor of those events, and that by having an ability to control an event, control outcomes, and also able to control beginnings.
- Memory (definition): Any recollection of thoughts, incidences, and reminders, that either bring about a positive or negative feeling, and based upon those feelings, setting you back in time, or allowing you to move forward in time, sometimes related to you, or related to the direct past of others, by your collections, what moments in time you considered were important, collected.

Computers are great for tracking what is important to you, and for writing about things that are important to you, but for privacy reasons, and investigatory purposes, duplicating yourself, to the benefit of those viewing you is not helpful, to that which you thought was important is sooner made not important to you, but only to some, without

explanations as to why, thought important then, to ridicule you now, as by the way you thought, thought by touch or action, your face changed, and for how long your face looked the way it did, without seeing good pictures of you, that is how you are judged as someone who has been tampered with or made to look in the negative, and that because you looked negative, that you were a negative person, then, and that upon viewing others, that is how you felt, as though there was something wrong with you, or that others impressions upon you were because there was something negative about you, and that impression was brought out from you, in photo as a record of that moment. What do photos capture, feelings, beauty, negativities, everything I think.

From Your Vantage Point ...

7/13/2019

Its from your own vantage point in life, that the possibilities of thoughts have potential, its upon having too much concern for the thoughts of others, that your thoughts stop, do not stand in my shoes to see better your sense of reality, everyone life is different, mine not more or less difficult than others to achieve, growing up with flash cards and textbooks, the same as everyone else, having to type papers, and handwrite notes, that will never change, that's my system of thought, yours may be different, that certainly does not mean that anyone had a better chance at survival than others, when it comes to getting jobs, getting jobs is all about wellness, don't get paranoid about what others think, and in your discomforts don't make jokes about what things look like, you could end up suicidal for no reason, based upon comparisons, that's never advantageous, for a negative judgment to be passed toward you, without you knowing it, and when you collapse, for no one to explain to you why everyone suddenly disliked you and what enable a mass population of people to know and not like you before becoming known to others, don't think things are about you, until they become about you, and don't limit the potentials of others, making things about you, as spoken through them, to them, or about them, that would be doing society a disservice to take away the peoples power of choice, to choose what to believe, who to believe, and to not continue to believe in themselves, become reliant on others for information in order to rebuild trust within themselves, for good decision making purposes, if one is good, there should be no reason why that good cannot be re-instilled upon them, by going to sources they trust to help reconcile their outlook, in life, we cannot all believe the same, if the reconciliations of others does not reconcile your issue with them, don't read out loud notes in someone phone to provoke paranoia, paranoia isa caused condition upon isolation, from others, and if you are not doing what youre supposed to be doing and do not feel safe in your present environment, and having difficulty being accepted by those in your immediate surroundings, recluse, the longer you stay away from people, the more difficult it becomes to reintegrate, you may not have the same past but that doesn't mean you need to relive your past, don't allow others to make an offender out of you to teach everyone a lesson about hardship, popularity, notoriety, and connections. That's not how to treat mental health issues, via punishment of those whos minds do not think alike or whos mind upon entering the mind of another causes them illness as thought about, symbiosis is being around others, and no matter what voices sent by phone, or by text, or by environmental stimuli causes one to hit their head, if someone you love, if to love all, causes you harm its okay to call 911, and upon calling 911, report that if you are harmed at this moment you feel like self harming, and that's the condition that gets repeated as told, being texted accused, then hurt, then proven right.

Lost and Found ...

7/12/2019

Theres no telling where to go from here, we used to rely upon religious principles to keep us safe from the sick, but how can one identify who is sick, based upon intelligences anyways. How smart do you need to be to stay well, and does respect matter, no. What matters is being kind to those in your immediate environments, its not that your minds think alike, that when in disagreement, you hurt the feelings of the other, but its about being well, so that others do not have to waste energies helping restore you back to better. Theres something unique about being me, whether I am well or not, just being present in any environment makes others feel better than, above, achieve some spiritual plateau above me, that's knowing something I do not know, and feeling better than, because I do not see the same or know the same information, it would be wise of me to not assert that I have been following, since when, then be blamed from the point at which I understood I was being judged, and needed to make corrections about myself, and then the point at which others made modifications, knowing others were watching to see how others would respond to me, that's trying to figure out at what point did what everyone think matter and at what point did what I think

make any difference as to what others thought about me, or about the surrounding issues. Its common for people to test to see what you know, that will never change, and based upon your exposures in life, determine whether you are moving with others, apart of, or standing out, in a bad way, that's to determine whether the happiness, and wellness of others affects you, whether its something you think about and recognize, or whether you are of threat to the wellness of others, that's insulting to say the least, especially to someone who is constantly adapting to their surroundings, dumbed down, and stepped on, as others assert their wellness over them, as smarter than, to always be a lady, its more than that given your standing in society, and based upon who you are friends with, as a common rule of thumb its best to always leave others better off than you, that's a basic principle of wellness and common courtesy. To be courteous of the wellness of others, not necessarily to benefit others, but to not interfere with their wellness, at what point does one become strong, when they no longer rely on signals or cues from others, to proceed in life, and independent of themselves, those days are long gone to say the least. (1) I led a private life, and upon being manipulated decided to (2) live a public life, that was so that (3) I would no longer be manipulated to (4) empower who? Myself and to not disempower others as controlling me, but to not interfere with their wellness as controlling me to affect (5) the wellness of those watching and judging me.

When Everyone Reads Something Different ...

7/12/2019

Everyone wants to generally know if who you are now is the same as you were then, and at which moments in time, did you present give you the most clarity and at which points in time did you find the most resolution to your problems if any in life, what causes people to be outside of their wits ends, and find a sense of peace among others, is what we have a product of our environments, can you blame others for when you are not feeling well, or is that a matter of medication to feel well and be well among others, at what point in time do you stop feeling well as around others, and at what point does how you look affect who you are or how you feel about yourself, what is the joke? To be more like someone who is well, or to be more like someone who is not well, and who is to blame for whoever is winning when it comes to who is to be taken seriously in life, do explain. When you were once a role model, chaste an fit to lead, is who you are representative of who you are now, and does what you look like, affect how you are treated by others, certainly so, is how you are around others representative of how you identify ie by who you talk to or not judgmental toward if everyone life you, then what does that mean, are you simply nice only to those you feel sorry for or are you someone who is accepting of everyone non-judgmental, if we now know what we now know, then don't go backwards as explaining why people felt the need to replace others in your life, or whether they think they were a replacement of someone in your life, and who is a figure of what and by what influences in life are people considered figures of interest or role models in life, who is taking who down and for what reasons, based on what others look like, are injuries given to those because of who they are associated to, and what causes weight loss and gain, and why were photos taken representative of moments when least well and why were are photos of someone as well taken, that's so that people only remember you as not well, and see how you get treated as remembered not well, to highlight which points of interests and to dehumanize who and why? Why was I dehumanized, in remembrance of others as though I too have not suffered. By what comparisons in life are we judged as beautiful and deserving of good lives, or put down as someone who has it all and can take hits in life, and explain why their face changed. That's not for anyone to judge why someones face changes or why they don't photo well, for whatever reasons God decided not to photo me well, but appear well in real life.

House Fight Therapy Club ...

7/12/2019

Who wins? The Dinosaurs always, when they've had enough that means stop, listen and be screamed at. For some reason, wisdom always goes to those most in control of their emotions, usually the only ones who can talk sense into you, when youre defenses are up, and the non-sensical arguments are coming to mind and out of your mouths. That usually means there is something wrong with you, which needs to be diagnosed by someone who does not have the same issues, as you. Learn to adapt, to your environment, without standing out as something being wrong with you, if you sprint until you gag, and don't feel like running, youre probably in a bad mood, and need to just stay home. That's not a good sign. Who did they give sports cars to anyways, their cars match their cards, in life, you'll learn later on if youre not skinny and pretty, you don't get to sit in sports cars, and if youre not pretty and even tempered,

then you will not be presentable to others, viewed upon as defective. So then why am I in a sports car? If its not because Im pretty, then it must be something else about me, not identifiable by looking at me, that must mean Im a good person, good people need no defenses in life, Im working for the police, the police cant help you. The Vyvanse is not strong enough, you have addiction. No I didn't have addiction I was in the 160s and working 9 to 9 disciplined, taking as prescribed and not good enough, then you must have been judged as someone who everyone steps on, no its that I confided in the wrong people, and got stepped on in life, then don't confide in anyone who is not your doctor. What is funny, something good is funny, something that reminds you of someone else is funny, and someone who is not in control of their emotions is funny, unless they are deemed to be problematic, then they are looked at or viewed upon in the negative as psychotic. I only had one beer and went to a bar, whats wrong with that? You aren't the brightest on alcohol, if you are not your audience, you probably react to negativities in the negative and leave situations, then drained, that's called an experiment on you, to see if you have behavioral health issues, triggered by alcohol, that's letting other people win, but they know my drink, good, that's a good thing, but not impressive to most. Fighting is not amusing, and fighting is hurtful, and if you don't understand why its not important how you feel, then you have not matured, when put in your place where are you, home, good, that's a good sign.

Finding Your Inner Peace ...

7/11/2019

After 3 weeks of rest, I have my glow back, and feel at peace, well rested. Now its time to get going again. How do I get going again? Walking everyday, writing, and continuing to interview for jobs. How high is too high? Sometimes adderrall works, and sometimes, its just plain too much, too many thoughts, too much input, too much output, and then there goes your decision making skills, taking on too much, and whos to blame then? Sometimes its not all about feeling good, but being in control, balanced. What is smart? We used to think that high energy people were smart. So does that mean as low energy youre not as smart? Do you need to talk fast to be considered smart? What is hyper anyways, can we stop thinking about causes for depression, cancer, and mental illness now, even I don't feel well thinking about the unfathomable, it feels like a recipe for disaster. Are we simply the cells we attract in life, how important is the air quality to our health, if I walk outside everyday, will I glow again? These are all things I think about but don't say out loud. Always do your best to be positive, that doesn't mean that positive things will happen for you in life, it just means that you will be that much more resilient to life stresses causing you or others illness, depression, or lack of motivation. The more you worry, the bigger your fears become, do your best to stay well, and dont allow any negativities to get the best of you, be happy for those who are doing well, and keep your head up. Confidence is about, weathering the storms, and realizing your true self-worth, everyone deserves to look and feel well, its all a matter of manifestation, its whats inside that counts.

Its Your Choice to Wake Up ...

7/10/2019

Its your choice to wake up, stay lost, be in disillusionment, or get well. If you cannot stay well where you are, and its peaceful that's your decision to separate yourself from the well, to help maintain the peace, its not your responsibility to manage the wellnesses of others or be a caretaker to anyone who does not exchange a vow with you, that's the big lesson to be learned if you are not married you are under no obligations to pledge monogamy and cut connections in life, or be put down as bad or neglected as someone to be felt sorry for, if you have a life and people are coming into your life, that means your well, that does not mean that you are used up, for some people they are able to base their wellness not just on opportunities made available to them in life, but also to the opportunities offered to them in life via people being nice to them, once you are not well its only until well those opportunities are made available again to you in life, stay positive its when youre not well, that others separate themselves from you, that's taking your strategies passed for maintaining wellness, and hurting someone by what they have experienced in life to your benefit hurt their ability to arrive at well. Don't hurt others to figure out whys in life, and certainly don't put yourself at risk of harm over wellness. When you are disciplined and live a good life, that means you are home wherever that may be, don't let anyone convince you otherwise you are not bright or a waste of time in life.

Who's in the Right ...

7/10/2019

When others think that they are in the right, that does not give one the privilege on taking their anger out on others, slowly, overtime, or continue to do someone a disservice in life, by setting them worse off in life, that's being around someone who needs to prove themselves to you, that's condition caused, by those who think a well condition is not a well condition and do not recognize someone as well, and continue to create circumstances to further disillusionment, is by what I mean, when they think psychosis is at play, that's a caused condition by working hard, and upon being tired, not looking or feeling like yourself, learn how to let go of the past, who aids and who helps others who help others, is none of your business for what issues were brought up and when in private, that's not to your defense why someone kept a record of their own wellness, that's not a movie, that's not entertainment, that's a real time account of a persons life and exposures, their well moments, not for the benefit of those who seek to disprove wellness at the time of wellness, and create an illness within a person not existing at the time they were well, rejections add up, and its not by taunting that causes mental illness, it is how you appear and how you react and when you react whether your likeable or not, that's wellness, theres a point at which others want to know when relationships stopped and why. That's none of your business, the reasons for mental health issues now, and no its not my fault, do not go places in life, by going places in life, and do not meet people to acquire knowledge, that is what school is for, if you have a good perspective you need not share that perspective to better the condition of others who are being ill toward you, mean to you, or try to understand by what educations they were built to believe that you were mentally ill by looks.

Knowing When to Stop ...

7/10/2019

Know when to stop. Vanity only shrinks the mind and the heart feeling worse and worse the more you try to perfect what has already been perfected, that's your heart. Peace achieves on its own, without the necessity for assistance from others, don't enable others to put you further and further down in life, convince you youre worse off than you already are, nothing can fill those voids in life, as embarrassed by others, who affects what happens how things look, are by comparisons intended to see if you process and fixate on illness, and whether you are a product of illnesses born with you or attained from your environment, not everyone is invincible to illnesses and life stresses, by voice, attitude adjustments take time, don't expect others to adjust to you when not well, why it is recommended to stay home, what causes beauty loss, and to whom is heart given, to those to be trusted and loved, to those who care, to those who look well, to those who are worth it, who is love taken from, those with love, those vindictive, those whose wellness is dependent upon touch, as soon as anything of value is taken, and illness is achieved whoever is well bears no guilt, no signs of victimization because they have convinced themselves you are ill, so if you are gone, no one cares, and its not as your dying your beauty arrives, but its as you light up and whether or not you are able to light others up should cause you no discomforts in life, don't allow the insults of others to cause you to break down, cry, or become ill, crumble mentally, and become disorganized, that only spreads illness within. Don't change people to match your prototypes in life, and don't destroy what is well because though to bring about other traits, turning girls into guys or changing voices that's manual, save energy. If youre not that bright, youre not that bright, if you don't know how to ignore input, that's your own fault for allowing illness to kick in, if you have cancer, let go, if you are well stay well, if you need life forces find those who don't shrink you down to size to figure out whether you are deserving of being well, who is offended does not deserve to hurt others.

Don't Let People Scare You into Thinking ...

7/9/2019

Who listens to anyone emotional anyways, what a draining experience to express oneself emotionally frustrated, my head is burning, and Im tired now, who does that. You are what you in reference to describe, then become you, as expected, that's in defense to themselves, as not accustomed to something you've identified occurring, and then to cause occurrence to self, upon recognition by your audience, as not one of them, who then benefits, the side who is least affected benefits, as having no response, no reaction, physically or emotionally, therefore there needs to be no illness now, or reaction to identify causes for illness, it's a disbelief in the wellness of someone, and as defense,

causing illness to someone to identify illness, if you want to live that's your choice, I choose to live, if I can self-identify, allow me to, is that of insult to others, no. Does that mean I'm gay? No. Does that mean I feel good chaste? Yes. Does that give you a right to test my wellness, go for it, take my fingerprints, and check my bloodwork at Dr Lim and the Gynecologist, drug test me. I don't do drugs, and I don't drink, it's called mental illness, it was caused by who and how and why. You're not a Doctor, none of your business. That's how people get hurt, they want to know how you stay well, that's my right to privacy, stop insulting me, stop hurting me, and stop causing me illness, to say my writing is now ill, then I don't have to write to anyone, I'm a book writer, and if you can't appreciate my livelihood, and how I spend my life writing, then pick a new passion to direct your hate towards not me. But we thought it was okay, you know the more tapes we can collect to make you look crazy, go for it, staying home, no friends, not social, no drinking, no drugs, #stopsuicide. Let me move forward, I am not your test subject, I can do research on my own and write, I am smart, do not treat anyone with illness as a subject for experiment, and cause me further illness, that's not helping someone, that's hurting someone, that's not allowing the well to thrive as attacking the sick, the sick are not at fault for their illnesses, that's not your right to put me down, I was chaste, if I'm confident that's because I am well, if I am smart and upset, then that means I need help, if I have been hurt by those closest to me, then that's my opportunity to stop talking to others, and figure out what's wrong, and if I need help living I have every right to work for LAPD, is that a Papa John's, Racism joke toward me, to bring up my frustrations, I'm not racist.

This is Not a Movement ...

7/9/2019

Don't amplify issues, based upon what you think a person represents, as compromising the best interests of your own, mental health wise, likewise I suffer physically from mental health issues, and by discussing out loud, the physiological repercussions of not being liked by some or few, or on a one on one basis, or as in reply to, is not my responsibility to discuss out loud. For what reasons I was put down in life, compared to others, and make things about competitions in life, that's a very disempowering experience to be someone who benefits others, is of benefit to others, whom others have benefited by, and then harmed to now be of no benefit to anyone, that's taking care of yourself, it's not necessary to justify those cares, upon incidence of my drinking and then using those instances to rationalize why I do not deserve to live life, have a good life, or be well liked online, that's not what a discussion forum is for, to rehash wrongs, undo privileges in life, or argue sides, to benefit or curtail the positions of those who have already chosen sides in life, that is your choice, and if you so chose to take sides, based upon what is not publicized, and cause me harm, that's purposeful, to justify those harms by issues that are not your own, life's not a team sport, learn how not to provoke others, to matter, that's selfish way of generating reactions and attentions toward oneself, or for oneself, to get a reaction directed toward or in response to reject anyone's niceties in life and bring out a different side to a person, that called being catty, vindictive, triggering insult to injury, and triggering others to shred hate upon someone who has done everything in their power to get along well with others, besides staying home, eventually you leave the nest, work, and are expected to be social, if my experiences in life, do not match your interests and if you've think you've won by aggravating me, to benefit you as the one not aggravated, you should not need to see a condition, to recognize and value your own condition, that's manipulative, not nice. (As recorded 24 hrs a day, reporting since 2013: #mymollydoll). #stopbullying

#dontdodrugs (Facebook Page) via ideascare.com

7/9/2019

#dontdodrugs: (Facebook Page) >>> <https://www.facebook.com/quotesinrecovery/>

Life is much too short to waste time drinking and doing drugs to pass the time. Before you know it, mental illness strikes, and it takes forever to repair a broken mind and a broken heart. Stay steady there are many ways to sober up and get help.

FEMA (ideascale.com) Research (Draft #1) (07-09-19) to be continued ...
(Link) >>> <https://fema.ideascale.com/a/dtd/dontdodrugs/551784-14692>



07-09-19_pdf_fema_recovery_research.pdf

[Download File](#)

Learn to Stay Calm ...

7/8/2019

Depending on who your audience is not all will agree with you, be proud of you, or happy for you, no distance past failure is ever impressive to anyone who has been watching you since the beginning of your demise, its usually those who have known you the longest who lose faith the quickest, and those who just meet you tend to just go along with how everyone else feels in response to you being yourself, silly, or goofy, whenever in a new environment, that's not the time to be yourself or blurt out things in public, that's in nobody's defense, the origins of jokes, especially if not shared among to each party individually and residing in different states, how else would that be known. Learn to let go, those who have harmed you, thought deserved, and if you are alive today (ie me) then be happy with wherever you are in life, God can only hand out so many chances in life socially, there are epic fails, there is leadership, there is being lost, there is under pressure, there is intelligence, there is processing output and input, there is pressure to study? And there are unrealized pressures socially. Life needs no tango about it. If you have to dance around an issue, that's because they think you are lying, if you get sick, hiding things is not the solution, if your memorabilia has been trashed, it was not deserved, if you have been robbed, that puts everyone at risk of harm as identified, if you are trying to figure out whats going wrong, then do so, they will still drive you to a victims house to get a response from you, that was not funny, I attended her funeral, and if you miss weddings, then that's your fault for running too much not sleeping at night, everyone thinking youre on drugs or being a whore, school cannot save you then. You either function, or not, some are high functioning addicts, some cannot focus and sit still, I'm one of them, cannot function do not drink. Once you disclose how you work, that's how others seek to control you, bring you up, bring you down, cut chords, separate you, cause you to isolate, see if your gay, let you date, see if you get hurt upon losses, lead you on, reject you in public, whats all that for, if youre not interested at the start that simply means someone is not in the mood, by what influences are you aroused, and by whom, do you give affections to and why, how so, after running for a month straight and writing to Dejan, who upon touching me, am connected to, nevermind. Your first three weeks of work, be happy but dont share those happinesses with others, and never laugh out loud, especially now, how you lose intimacy and happiness in life, as expressed, left two jobs, not asked back to one. Always let others know when you are not well, not showing up on time or not being comfortable in public, means that your not viable to represent others, only return to work when well. Straight to the LAPD, I can't deal, I already hit my head, this is really not funny, newcomers, giving eachother high fives, I can only imagine, like my Ex putting up a wrestling photo? Huh. -Dont fight, if youre not fighting, then the otherside wins, goal: is to prove upon exposures aroused. Not guilty. To say upon exposures caused one to expose themselves. Why its not advantageous to be feminine. Leave, find other jobs. #date #insults #sober

Your Demise ...

7/8/2019

Your demise usually occurs, after success, and upon finding yourself lost in life, easily misdirected by others, on how tos or what to dos, do not blame others if you portray yourself in a compromising way, it only gets worse from there to claim that you are a victim or by showing the results of dating, that you are not happy with yourself, wondering why you were treated as damaged goods, in order to be refined always act like a lady, and never date anyone who thinks they are doing you any favors in life, one should be self-sufficient, who once loved you, maybe does not love you now and that's okay, you are allowed to exist online, so long as you do not blame others for your misfortunes, that's not the purpose for having a website to claim victim to others, as worse off without people in my life, its to do my best now, irrespective of the judgments that others held of me past, and that in spite of negative judgments now still a good person, what is thought of me now, is not something I have experienced my whole life, whether others think that you are something you are not, that proving them right to explore the causes for their concerns and act out their poor judgments of you, that's not gay. Gay is upon not dating, dating is not gay, and if you think Im gay because there is something wrong with me and Im not pretty now then don't date me, its simple. Don't pick apart the issues of others, and then as displaced put them under unrealized pressures in life, one should not be devalued upon leaving a relationship that's not deserved, one should not be treated as though they are gone before they are gone, and one does not need to be taught lessons as though they do not understand what loss is, or have not suffered losses in life, to each his own, life lived, and understood. Separations only get worse, the worse off someone becomes the easier it is for others to let go feel bigger and better than, as though leaving me was some type of conquest, and that my condition afterward was deserved, if you move on move on, let go too, and allow me to move forward without teaming up on my wellness in life as though Im not suffering.

How to Think Up ...

7/25/2019

Just watched a tutorial on *YouTube* about Website Launching: <https://youtu.be/YMSpVnMtuLg>. As I was watching was thinking about, things that come to mind, and what sits, and what causes one to not feel well, and what causes one to feel energy, whether that's by jokes as heard on the inside, or whether what others think affecting how you feel, you can only know via writing, from oneself, and via analysis of your writing by others, be judged, sometimes in conversation upon the disclosure of stories as written deemed insensitive or not good enough, most who only read digests, or think that reading is work, assume that you are not capable of articulating yourself in a way that will make others feel well, or be well toward you, that's over who is Doctor (or God in this case) growing up, I was always the friend that everyone talked to even-tempered, someone to confide in, and someone who made others laugh, I don't think that lasts for long, when you worry too much what others think, and think about everything you say past, and when you are wrong, or don't say things right, then others proven right about you, as not being a source of comfort, or wellness in the room, and upon viewing causing others to feel intimidated or less well upon recognition, its by whether people think you bear guilt, is how you are treated, and as a pushover in life, further treated and left out to see how one responds as rejected and separated from others, to see how when around others whether gone. Do your best to not impose any gone feelings upon others, or to entice others or teach others, how to treat those who are well as reject to take on the position of well or the standard of wellness (God). Who is God, someone who when they are invited by a larger audience stays well, and who upon entertained on a grander scale as among, does not lose sight or themselves or their words, does not feel gone, everyone was raised differently, to handle different masses of people, its all about your standards of ability to perform in front of others and under what various pressures or voices are you able to perform, some limited to what they can do best, whether that's writing or thinking, not rise to the standards of others, propelled from themselves, that would losing track of your soul, and place taken, that's not how the body works, to hurt someones insides, and then argue that as hurt inside not well spoken, that's not how poor speaking occurs, its about confidence, and its about candor, and wellness overall.

Writing to Issues ...

7/25/2019

Its important not to write to issues that dont speak to you, that you either are or not affected by. That is not the solution to your problems, when everyone is down, to create war torn situations, in which people are lost, and fighting over nothing in internal communications, at best what needs to be communicated can be communicated in a public space, that's to enable more formal conversations to be had from within, without creating unnecessary stress of unwanted communications made from within, or in public. This is about what people think things are about, and depends on who is playing victim, that teaming up against people, as bossed by others, is not evidence of guilt, but by who is stepping on who to prove who is bad, that is called trying to negotiate with others, to convince others, that someone is bad, or that they are not there for good purposes in life. What is being well liked? Its about others who like people, wanting to be liked to by the same person, that is normal among friends, but not siblings, any sibling rivalry is usually associated to having possessed traits and losing those traits or sense of empowerment, as though another is a source of disempowerment, yes it is true that those who grow close to you try to control you, and yes it is those who are close to you who steal or hurt you to affect your inside communications and make you sick, the ones who love or care for you, are usually not those who have internal communication problems, the ones who do harm you are because they have internal communication problems, that is the cause for their miscommunications as read by you, as thought to be a pushover or bearing guilt. Learn not to be insulting toward those who are doing their best, and just because of what someone looks like, after weight-loss, does not mean they are an addict or that they haven't earned the right to lose weight, and that it was because that was something they were focused on. Learn not to discriminate people, because when they are well they are not well around others. Everyone is different energy wise, its not easy to feel well around others, some are better off alone until well, by work get well, whether at home or in a trusted space applied for work, this you learn overtime, that public appearances eventually take their tole on people energy wise, depending on whether or not they fit in and can adjust to their settings, its different person to person.

As It Turns Out ...

7/25/2019

As it turns out fighting is not the correct response to your problems, and the misassociations of others interpretations of your life and the people in your life, or who have passed through your life, what meaning and purpose did they give to your life, or how and by what influences where you made better or different because of them. Sometimes people come into our lives, via meeting of others, by mutual acquaintances, and sometimes people meet via a meeting of the minds, and sometimes people meet, upon passing by and with a like, go on their way. Its not all about building and establishing relationships with others, that's not what likeability is about. And there comes a stopping point, when your now is different if not better than your past and sometimes able to move forward depending on who is watching thinks deserving of moving forward and why. There comes a stopping point, once you have arrived, and not go backwards, when going backwards puts others forwards in front of you, made to feel better than. What is reciprocal relationship? And how is energy produced within, and why is energy taken upon conversation with others, to whos soul to you belong, to yourself, and why is it drained upon interaction. Is that simply, a characteristic or trait of those who feel of value guarded, and why is it so punishing to have interactions with people who later make fun of you, why is that so damaging to your esteems, as though listened to, others though better than you to do so. To whom is nothing ever good enough for, those who feel that more is required, those who feel as though responses have not been timely enough, or those who think responses follow events, all responses are timely on behalf, and to say so puts me at risk of harm.

Lessons in Forgiveness ...

7/24/2019

Theres a point at which you move forward, when going backwards does more disservice than it does a service to those who are well, such disruptions are called disturbances of the peace. Learn to lay off subjects when the dust has settled, and continue to build new thoughts within subjects that need work, and where there are problems, leave those problems to be dealt with by those who are good decision makers, or marked for making decisions, to cure the comforts of others, or discomforts, that's called trust, there comes a point when its time to stop, working on jokes toward and start thinking new, as such behavior is childish, to bring up the past of others as torment once they start doing well, that builds no new alliances moving forward as room for bonding but creates pathways for missteps among those to who are found to be dumbfounded or gone to the their own best interests as well as the best interests of others. Learn not to persuade the larger group discussions about others, by bringing into light incidences personally experienced as you were not as they are, such transfers of best interests are called retaliations, as felt to blame those for being apart of via association to blame for the hardships or fighting caused by others, that not how to treat the well, and then to imitate as insulted the person who feels smaller then, to appear innocent to such changes around them, as being brought forward by them, that's called not being able to distinguish who is to blame for violence occurring around, and then declaring them as not being apart of the solution to the violence ensuing around them, if you have always been in the helping professions, then you are automatically not tolerant of abuses, and automatically empathetic to the concerns of others, and automatically genuine to the best interests of those you come into contact with, that's not taking sides, and being a mediator, as to the best interests of all, it's a very time consuming position to puts oneself in as not being apart of anyones interests in particular, and then helping creates bases from which decisions can be made, to each parties best interests, that's not putting someone at odds, that's a lacksidaisical way of fighting for ones own best interests to declare who is bad, and by declaring who is bad, to be perceived as someone that is bad, and then leave it up to them to reverse those negative opinions of them, that's misjudgments, and now defenses brought from the person who was alienated, and defriended, as someone who is lacking traits for acceptance or too open about ones interests for peace and clarity of the issues. That's as connected, worried about the same things, then not handling things the way people would expect things to be handled, and as viewing the past, seeing someone as someone who thinks they are above or better then then putting them down as less smart.

Building Toward Argument ...

7/24/2019

There are some who relate life to the unthinkable, whatever makes sense to them, sometimes not a shared experience, wellness, that's to say the least. Nevermind who is not with you or on board with your best interests in

life, you can only be yourself, whether that's wellness, being apart of, or not the same as, that's just you, different, just because you are not well, does not mean as different to further differentiate yourself, from others, as not well, always do your best to blend in, that has been my motto, since day one, thinking about trying to build a website, and for what purposes, further disintegrated along the way, not to my knowledge, it seems as though others reading your notes, want to see you make arguments like arguments using the language from your notes, that would be a legal argument, requiring legal research, those were just fundamentals to building arguments, not to my taste, or to my current recollection, learn to think about other things in life, not fixate on the past, achievement wise, its all about maintaining your smarts and building upon your current smarts in life, that's how to stay well, intellectually, not all have the capacity to read and write, that's unfortunate, always do your best to be well spoken, its when we do not sound well that we are judged as being in the negative with deficiencies, in dialect, or courage or confidence, as not apart of or bearing some quality or characteristic attained in defiance to the authority of others, as with addictions or not, that's usually a fine justification for others delineating you as of poor influence in life, as a designated user in life, and by being labeled a user, or someone who uses or abuses substances in life, deemed of lesser value to society, and of lesser value, intellectually to others, as not being apart of and not by mind, or by presence thought of as being well or deserving of being well, its by who you surround yourself with respects are garnered, never trust anyone who is not in tune with you, its usually by blurts they send you off in life, as by giving poor advisements, or by insulting you, that's them being testy with you, and your wellness, do your best not to be negatively influenced by the illnesses of others as toward you, everyone does their best given the times to respond appropriately, if you do not know where you come from, you need not be reminded, along the way, there is no higher up in life, other than maintaining the friendships you do have and have had all along the way, to find a new set of friends, they are irreplaceable those who knew you before you were tampered with changed, and sided. Dont allow others to get you to fixate on negatives, and never turn on the ones who loved you.

Going Through Turmoil ...

7/24/2019

Theres no better feeling than having a good conversation, starting a new project, and then focusing on whats in your best interests from that point on, almost like going on an errand, and the drive home, you feel at peace, like you've gotten something done, and know where youre headed in life, unfortunately those feelings don't last, its up to you to maintain positive momentum. There will be other conversations, where people will say things to you that don't make sense, or make disclosures to you that cause you discomfort in life, some disclosures so far beyond the realm of decency, that they cause you internal turmoil and chaos, we call those confessions, when people who have done wrongs in life, speak to you of those wrongs, then turn on you, as knowing what they've done wrong, send you astray in life, that's to reduce their confusion in life about themselves, and find clarity in someone else knowing their struggles in life, with themselves, those are not your issues, remind yourself of that, that's a form of harassment, any unwanted information being passed to you, by someone who you thought was a good person, and turns out to not be a good person, that's called fraud. Don't enable others to harm you, as you go through the process of helping others online, don't be easily persuaded by negativities in life, to think wrong of others, or even yourself, that's so common to coming forward in life, there will be everyone on your side, then no one on your side, then a few on your side, then those who test your abilities to think outside the box beyond yourself, whether you recognize the negative potential for others to view you as someone or something you are not, that's usually by people who think they know better than you, to help others to judge you in the negative, that's just them being defensive to their intelligences in life, nothing to do with you. Always report when you've been harmed, know that its not your fault. Everyone is going through something, that some know nothing about, there are a such thing as invisible wars, mostly within yourself, staying abreast of the issues, and not confining to too many spaces, that cause you illness, including in your own mind about things, do your best to stay steady.

Benefiting from Others ...

7/23/2019

Not all will be liked the same, some judgmental towards those who they believe to be bad people, or people whos reputations have soured beyond the point of return, that's judging them as they know them, as not being good enough. To not overuse the term "enough," there comes a point in time, when there are added justifications for the

hardships faced by others, where by their own “defects of character” are not sound decision makers, at what point do you stop bringing up their past, to shroud them as bad now, to then be used to justify the wrongs of others, that’s the point at stopping. Don’t think of everything in an esoteric way as about you, everyone has lives they have to live, with the right to not be affected by you, no matter what your contributions have been to society, as having shared your story, been a positive influence in the past, to be looked upon, or viewed, as busy, if its when it becomes about you, you become nervous, then make sure what youre doing in life is right, not be added to those suffering, affected by bad happenings, as related to you, or your hardships in life, this is when it again stops, others being hostile towards you as connected, seeing you based upon your failures or successes as something less than, thats when you are not apart of the whole. These are points of feeling let down in life, questioning ones self-worth, such as when you are a good person, and then your ability to be a good person is taken away from you, some function fine below the radar, others, as known suffer more harms than good as connected to those who have been mistreated as connected to bad people in life, you can only help so many, before everyone gets affected in the negative as associated to you, what is that nervousness anyways? Judgment. What is that negativity anyways and confidence toward you? Thinking they are better than you, and what gets people to stop psychoanalyzing you, and treating you as weak member to a group, as though your record, or your past, brings others down in life, that’s room for discussion, who is so unlikeable, that they have to live alone as separate from others, and who is able to be social with new friends or old friends, and who is to blame for decisions made by you, you are always in control of the decisions you make, and choices to stay separate from others, not all of this.

What is Femininity ...

7/22/2019

Based on where I am now in my weight-class, its not a winning argument on my behalf to have this discussion as overweight, but from my standpoint now, will explain, when it is not clear what your sexuality is, others are more feminine toward you, whether that’s to insult you or to befriend you, that’s just how women are. Don’t be easily bothered by others executing their prowess ... how they look beautiful, or how they seem confident. That should not bother you. Everyone does their best to be themselves, and once you’ve found yourself, hopefully others will allow your confidences in life to shine too. We have all been through a lot, its not easy to be confident these days ... not by looks, weight gain, and not by attitude, depression, just do your best. Having a positive attitude means being able to overcome setbacks in life, job losses, relationship losses, and continue to move forward as best you can. That doesn’t mean that life needs to be lived that way to understand how to overcome struggles in life. Just be mindful that not everyone grew up the same, it doesn’t matter where you went to school or who you were friends with, we are all human, no one is invincible to the negativities of others. Where you find acceptances in life, are good places to start. Who you find acceptances among are good places to judge whether you are being an acceptable person, likeable and doing whats in the best interests of those around you, working, making friends, dating, living a good life. I don’t think that everyone should be the same, there will always be a hierarchy when it comes to likeable traits, by the wellness of others, some breeds will shine above others, that’s your disposition in life. Some similar, some different. That doesn’t mean any less human, or feminine.

Feeling Above Than ...

7/22/2019

07-18-19

Not everyone will feel like you, and some feeling above than, think that they are better than. Never overreact to any situations in life, nor respond to any losses in the negative. That’s just seed for breeding negativity toward you. Allow the dust to settle. There is no telling once you’ve jumped off the cliffs of sanity to insanity, that’s called psychosis, when you are no longer tolerable of your surroundings, and think that people who were once friends, turned on you, whether that’s a manifestation of the present or the past, there is reason for others banding together against you, and whether that has happened to you in the past or presently, there are no justifications for expression of resentments. Whether you have been tortured for years as though thought deserved, eventually all bullying must come to an end, bullying only causes self-harm and suicide, and if its by your wrongs you bear guilt, don’t expect the wealthy or the well to admonish you of the unreasonable pressures you have thrust upon those you think bear

guilt, that's not gay, that's self-love. Once you learn to move forward in life and not hurt people because you think they want something from you, its is then too late to correct someone who has already been hurt, and now suffers from mental health issues, learn not to throw people into the same standings in life, and then hurt their abilities in life, to be more like who you seek to accuse them of becoming or look like. If someone gets picked from among there must be a likeable quality or trait about them, that they abstain from activities, including drinking, drug use, and sex, marching is for good reason, not to say that one has the right to do themselves, but one has the right while abstaining to do so, and that includes shower, and take good care of themselves. That's not your right to take away ones right to clean themselves, of the wrongs caused by others, playing with their look, and facial expressions. That's not your job to change or alter the faces and the body types of those well.

Be a Good Person ...

7/22/2019

A lot of what you have to do and say reflects who you are as a person. We all get aggravated sometimes, allowing our sensitivities to get the best of us. Who is to blame when we are aggravated? Sometimes what people have to say to you, wont always feel good, you wont always get your way, that's one type of aggravation. In a good way others may try to help you, try to change you, that's to your benefit to be changed. Sometimes what people will have to say, may change you for the worst, that's another type of aggravation. Do your best always to be in control of your emotions, whether under the influences of substances or not, not allow what other people have to say or do affect you in the negative, always maintain steady footing, its when you react and respond in the negative that they win, don't let others get the best of you. I was thinking today, the purposes for monogamy and how do relationships help with wellness? Not everyone has the privilege of being in a relationship, some fair better than others in relationships. It sometimes just so happens that those in relationships, have better lives than they do when single. For me, it helps with stability. It seems as though without love, we all suffer from boughts of depression, which should only be momentary. Thats why people have careers and hobbies, and workout, there is more to life than being in a relationship. Do your best to stay well, whether you got married or currently single. -What is contagious. I think having a strong sense of faith is important to your own wellness. Not allowing outside factors to interfere with your health. It takes awhile to understand and learn not to be a hypochondriac about your own wellness, its really no ones fault when you get sick, but what can you do to prevent yourself from being harmed? Do your best to move forward, after breakups.

The Benefit of Being Sheltered ...

7/21/2019

How you see the world is your choice. Sometimes to your benefit its okay to shelter yourself from the opinions of others, that's your choice. Not everything everyone has to say or do will be of benefit to you. That's just how the world works. Some fair better banding together and some fair better apart from the ideas shared by others, that doesn't mean that there is anything wrong with what someone has to say, if it does not fit in your repertoire or understood by you. Not everything everyone has to say will make sense to you in the immediate, sometimes afterward what people say sticks, and sometimes what people have to say does not stick. Its usually experiences which baffle us, that stay in our minds. Not necessarily about others, but may cause us to recall events in our lives which happened to us. The basis from which anything is written is usually thought to be about those who feel at odds with you. Its usually not the case that someone who has moved forward is writing about those past, but that is how the past is able to control your present, as thought about. Always do your best to move forward, accepting who is in your life now, who has been in your life past, without reliving the traumas past, as having been associated to anyone, you deem is not a good fit socially for you to be apart of, you don't always have the choice of who you are forced to interact with in public spaces, this you get used to as you get older, more accepting of others, this takes time. Its as people know you you should be treated, not as people know you based upon your past recollections share, that is not how to treat others, as though they are something they are not.

Control Issues and Natural Disasters ...

7/21/2019

There is such thing as an abuse of control, when others think it necessary to exert control over your issues in life, as being thoughtless, and in need of help or assistance figuring out how to better oneself. There are moments of agony, and there are moments when we know best. That's not all the time. *Goodtherapy.org* describes control as the following:

“Control—exerting influence over one’s environment or the actions or behaviors of another person—is sometimes used excessively by those who fear the unpredictable and ambiguous, feel they need to prove themselves, or fear losing control.” [1]

I think that's what harassment is about, those who thought by their own knowledges and positions, thought it right of themselves to explain to others the situation, and what needs work. Whether that's harassment, or simply, people not needing to be influenced by others, that's room for discussion. Some by their experiences in life know best, and others by their exposures, see differently. We are not all the same. The important thing to keep in mind is whether by your own sense of knowledge about the world, are having an affect on others and their decision making skills. Not interfere with the best decision making skills of others, because you have fear or have had fears past, whether rooted in your own misconduct or rooted in the misconduct of others. There is a such thing as conspiracy, that is being in tune with the wrong ideas about life, and the shedding light upon those ideas, by using people as examples.

What is a natural disaster? Any circumstance, resulting from the happening of events, that causes victims to feel a lack of control, and by victims I mean people who by their decision making skills, unaffected by others, experience good luck in life, and by the wrongful interference of others, experience bad luck in life. And upon the happening of a series of bad decisions made by others, additional wrongs occur, by the poor decision making of those affected by the transfers of luck to others, from those who bear the gift of positive insight.

References:

[1] <https://www.goodtherapy.org/learn-about-therapy/issues/control-issues>
Timing is Everything ...

7/20/2019

Its okay to be yourself, and well if you add inspiration and light to the lives of others, than you must be visualizing things in a clear way, once that's lost well then youre on your own. Always maintain a positive outlook in life, exactly how close to people do you believe you should be before tying the knot, that was one lesson I learned through the dating process, a ring takes 3-4 years, and then there is marriage, and then I didn't get to the part where you make kids. That's unfortunate, don't feel lost, because during the hay day or good years you did not settle down, there may have been good opportunities, that you passed up in life, simply because you thought you needed to serve a bigger purpose in life, not necessarily, to find better, hey he replies (he's already got a kid). You may not have it all in life, but that certainly does not mean stop trying, and never resort to fighting, its just recipe for disaster, and disillusionment, who is on your side, should always be you first and foremost, while under the care of others, and while caring for others, feel better knowing that there are those around you who are doing well, so that when you reach a point of stability, you have them to remember of what a good life is supposed to look and feel like, the only people safe in hell are those who are good at avoiding troubles in life, if youre not one of them than so be it, maybe a different life has been carved out for you in life, not all are fit or equipped with the tools to be cool in life, just stay put. When cool arrives, stay calm, and when you find your cool in life, be happy! They could find better.

Dealing with Voices ...

7/20/2019

The best way to handle voices is to talk through what the voices are saying with a therapist or with a hotline. I never chose to undergo this condition, but it's a rare condition, caused by thinking your famous, and then thinking others outside of you are trying to correct you, either by taunting you or trying to control what you think. Constantly

remind yourself that no one can control what you think, no one outside of you and especially not people outside of you who are not talking to you, the best way to overcome this condition is by talking about what you hear and then having someone else translate back to you, how to think about what others are saying about you, and whether those delusions are real or not. Its not helpful to talk about your problems out loud, it is likely that others who think that you deserve to have your condition, will not think highly of you or will further put you down, with disability in life. Its not your fault. Remind yourself that you are a good person, and no matter what anyone thinks of you, that you deserve to achieve wellness too. To what extent that is up to others, the extent to which they are willing to trust you around others, and whether they think you are deserving of jobs in life. That's not Schizophrenia, and that's not Bipolar, that simply convincing yourself, that you can hear others inside of you, or by auditory delusion, that is what is causing head burn. You have to be a really positive person, to overcome these conditions in life, its not your fault.

Thinking About the Day Ahead ...

7/19/2019

In thinking about the day ahead, have some type of conscious awareness of who you are connected to, those are your influences in life, as brought down by, or lifted to higher levels of detachment, enabled focused, and self satisfaction, not to be confused by selfishness, a common demarcation of those who only think about themselves, that's not what focus is about. Focus is about having basic empathies for those in your surroundings mindful of one another struggles in life to perform, yet not impeding in the progress of one another toward achievement of those goals in life, that's a healthy working environment. To work anywhere, you have to learn how to turn your light off, and blend in, for some that's an easy task, for others, it takes a practical skill or knowledge and know how, you would think that these are basic instincts, or common knowledge of how to blend in, but not for all, for some raised to shine, shine usually dims those around you, an air of confidence about them that comes at price. Eventually shining takes its tole, that walk into a room and everyone notices you gift in life, comes with its demons, to not be noticed, or to eventually age and dim, well that's not a choice, many are not accustomed to being well liked for that very quality, its unique among a select few, or is it? There are some who are capable of being themselves and everyone liking them, and there are some who possess that quality or trait in life, thought not deserved, and tested for what dims or changes their light from within. Don't be experimental with others, we are all trying and doing our best not to spread illnesses among us, but to be our very best healthy and happy selves, this takes time. "Spend your energy points wisely" I was once told in a Rehab setting 2011, that's not staying up too late doing research or working late night hours to get assignments done for the next day, all-nighters is certainly not the way to go, to live a healthy and happy life, it may be quiet, but its you in the long run who suffers from working late night hours, make sure to get your sleep. Don't think too much about it, much of self-esteem is about recognizing your gifts in life, and your gift of wellness, give others time to heal, we don't all get well at once, always be patient.

Going Backwards ...

7/18/2019

It makes sense for some to go backwards to exploit your personal history as deserving for loss of friends, not a choice to separate. Upon a separation it is deemed that there is something wrong or defective with your condition, causing separations past or to explain losses of friendships. There is nothing wrong with me, I don't do drugs and I don't drink alcohol, and when I do so loosen up, its safe to say that more is required of me given my standing as a Law Student, and that because more is expected of me there is pressure to conform to certain standards in life, of wellness. Being on meds is no easy task, and not to claim victim to justify the actions of others, as being above or below others in life, is no excuse, never assume for the purposes of reporting that the person reporting is at fault for later consequences to the lives of others, as led by themselves, the lives of others are not mine to live, theres a certain amount of privacy that is required of those transitioning from well liked, to watched, and who is responsible for those negative judgments, and do not claim that one who has been victimized by others poor judgments of them is now, the culprit of those negativities in life. I just spoke to the police this morning. I think upon watching someone and hurting them, there is some kind of non-remorse that is felt among those who see someone lose control of their emotions, and that is what has been done to me, I don't wish to see that further done to members of my family. If everyone can respect that much, as understood, then don't play to the audience, and then hurt my family as being apart of those discussions. Don't relish in the anti-pathy of others, or in the non-affected groups of individuals

who think they are above or superior to the emotions felt by those reacting and responding, I called the police today, and we discussed, focusing on self-esteem, as a point at issue, and not to spread racism, as a source of empowerments, to those who feel as though they have been harmed by a specific race or type of person, let those things go in life. I don't think its appropriate to wrongfully accuse me of doing drugs when sober, or being the cause of self-harm, upon going to rehab, its usually during points of weakness, we are harmed, you have to be very alert, look well, sleep at night, and be awake in the daytime to survive, its not a comfortable position to say the least, with your guard down, hurt everytime. Learn to move forward without others

How You Identify Now ...

7/17/2019

No matter what changes you have gone through in life, its how you identify that ultimately sets you up, for commentary during times of controversy. Always be yourself. No matter what influences have changed you in life, or your demeanor, know that you will always be you no matter who tries to change you or affect your well being and wellness. Initially when trying to draw attentions toward self, sometimes the wrong words comes to mind, and while upon viewing someone speaking in public, not understand what they are saying, thinking things are about them, to that others take offense. You can only be responsible for who you know, not who knows you by name, or by face, be forced to take responsibility for the ways in which others were influenced by you. If you don't want to contribute to good causes in life, you don't have to contribute, sometimes stating the issues out loud are helpful to those on the inside, facing troubles socially, professionally, and now academically. You cant accept to have full acceptances of everyone in your environment, only those to who you have immediate contact with. If you don't have a following, then its by how you speak, you are heard. This you learn as a writer online, its important to collectively be true to thought, sound of mind, and sound of heart. If you now suffer from mental health issues, which interfere with your ability to speak publicly, then so be it, you are only given so many opportunities to be out in public, before you stop trying to appear on your own. It doesn't matter how successful you are, you are always responsible for your own wellness, regardless of what others think of you, present, or past.

Anger and Resentments ...

7/17/2019

Anyone who has not moved forward in life and matured is deemed to bear some kind of faulty logic, as to the causes for their own unhappiness. We call these anger and resentments. Anyone who cannot move forward from an event and who talks about the past is someone who bears some kind of resentment toward someone else they deem as responsible for their own unhappiness. There is also anger that is exposed, once someone expresses those resentments out loud, many years later sounds angry, at the time, simply an expression of what they felt went wrong to their relationships past. The solution to anger is not to show that other share similar emotions and band together. If you have led a good life, then be happy with your life, should need no explanation past as to why you have fewer connections in life, or what went wrong. Usually during phases of drinking or drug use, we express ourselves in ways, that make us look not well, or mentally ill. Do not blame others for your discomforts in life, it is likely they will take as ammunition things that you have said and throw those emotions back toward you. Its best if you have nothing nice to say to not say it at all, especially when it comes to hooking up and getting married, learn to move forward, not allow jealousies in life to take hold of your best judgment, or decision making skills, so not reject those who do not understand what the underlying issues are, ownership and control, of audience members, and ownership and control over friends, and ownership and control over who is at fault, and ownership and control over opinions. When one relationship does not work out, that does not mean that other relationships wont work out. Do your best to move forward with or without friends in your life. It is likely that by the time it hits you as to what went wrong, you will be dealing with your own set of issues, doing your best to overcome your troubles, you can only forgive someone so many times, throughout their hurdles in life, before you finally let them go, that's friendship.

Qualifications ...

7/16/2019

You can only provide so much information, before others go through your things like you deserve it, that's not appropriate. Don't take matters into your own hands, and further make information private a matter of public concern, if limited to one conversation or text message contacted, that's not appropriate to use the names of people in my information or contacts or information provided on Twitter, that's putting me at risk of harm and others at risk of harm, that's not an appropriate use of information to exploit the privacy of those who are not held in positions of trust, but who live at home in positions of trust that's the difference between playing fair, and hurting someone who you think is responsible or a contributory factor as related to your wellness and ability to succeed, don't make me apart of other peoples efforts to provide aid during times of need, Im not a resource for that, I can only help to the extent that I am able to help via writing, and research, and writing books, theres a certain tact when it comes to assisting others, we are not all famous, and sometimes casting light over people who live privately before they are able to speak for themselves is whats at issue, not until you have put yourself forward in public, can your image be used or recreated and taunted as against you, that's the difference, don't utilize the private spaces of others to cast a negative light upon them although in non-acceptance of them or for notoriety accuse someone of causing harm to others, who has done everything possible ... finger-printed, calls 911 daily, and reports. That is not someone of concern, causing someone self-harm using their identity without permissions to earn a living is called identity theft, using the identities of someone who lives privately, as insult, is called a violation of someone's right to privacy, my life is not a movie, my life is not a song, there are other inspirational people in life, to mold yourselves from, I'm not one of them.

Horse to Ferrari in 100 Years Flat ...

7/16/2019

Okay so maybe we advanced too quickly, that doesn't mean stay behind intellectually, or praise those who have maintained a dumbed down, non-chalant attitude about life, what is confidence? Of course we don't want to miss a thing. Even the butterfly that flew to me in the fire, cried for help. We're still here, are you guys okay? Friends make friends in the weirdest moments in time, you never know who you'll get matched up with in life. Just stay positive. Life is full of circles, advances, and non-stop backward tricks, you have to gazebo your way out of, surrounding yourself with well thoughts to get present again, that's a normal process of growing up. Stay in tune with who and what works for you best, we are similar, and dissimilar, and for good reason, God made us that way, how else would we improve when not well, or change when change is needed to avoid troubles in life, now that makes sense. Thank you for the FORWARD sign, Barack Obama, that was really helpful, stayed in a cubicle, for many years, with boyfriends, and then built a website, which was only a sign online for some time, sorry for the lack of change during the developmental stages of building a website. You need to have ideas before you can verbalize a feeling of wellness, and you need to have wellness before you can verbalize in good humor and retrospect the past, this is an unfortunate series of events, in which we realize our own wellness is somewhat dependent upon those around you belief wise, not to say the Jews are at fault, or reverse psychology, or a professor who asked me if I was dyslexic, sorry for going backwards in self-defense, saying stop this stop that, that was an obvious use or abuse of humor, in reply to others being accusatory of me, so that makes sense but doesn't make me look any better for having explained so. Just do your part to make sense.

When People Put Words Through You ...

7/31/2019

Are you still yourself, no matter what gets put through you, or do you turn into something you are not, putting people under as gone, or whether you are to be trusted, and what are the causes for illness or suicide, its trying to be justified that upon statement causes someone to react in that way therefore not to be trusted, then as studied a helpful cause to something bad occurring, outside of them, you cannot control what people think, and even as studied manipulated to be proven wrong in life, or as mentioned insulted, hurt without others caring or indifferent toward you as being manipulative or trying to code to ideas past or by use of the identities of those past who were bad, be made to look intelligent of ideologies in life. Its not just by my experiences but it is my life, shortened to a few words, which is to undermine me, if anyone has helped lighten the tone it has been me, if anyone has helped to help others face challenges in life it has been me, head on is not the correct way of dealing with concepts that are out of your scope of expertise, and treated as unintelligent, or able to think like, with the same skill set upon having been read, is not how to make one smarter, or like. It

is by shared wellness that others stay well, and by those indifferences, are people matched in life. The well tend to stay among the well, and its by proving someone is of no good, or has relapsed, that they are to be judged in the negative as contributing to causes for mental illnesses, as in costume used to trigger the issues of others, as directed toward them, as upon a meeting in public, meeting those who you do not know, who know things about you in private, to draw attentions as though known people are watching you in private to drain your intelligences in life, slumber your body, burn your mind, or treat you as unapproachable, because you do things to make yourself feel well, keep yourself entertained, keep up with trends, and its only until illness is suffered do people sometimes realize, what it is that made them feel well, or be appreciative of those who are well, or able to drink, as being privileged to do so, without becoming less intelligent or affected by the opinions of others, until those phases in life have started, don't hurt those who have yet to experience those phases in life, and if those were phases in life, don't hurt someone until theyre not able or given the opportunity to achieve wellness on their own again, and as independent treated as though trying to be like, or in reference to travesties, or as studied thought about, as named about those ill, or as referenced to placed blame upon, that's not the solution to study causes for suicide, nor my writings or behaviors prior to a suicide, love those who are well, and nothing like a Kodak leave anything up, to misrepresent someone who has acknowledge they don't look well, and now not doing well in life, and not able to do well, and that explains mental illness, not the behaviors of others. Wellness is an ability to get well on ones own, illness is a disability unable to get well without the help of others, and permanent placements are by admissions placed with the not well, and upon further admissions, treated as someone who is mentally ill based upon wellness and based upon how well you are among the sick, treated as well, and able to be sent home.

Sometimes as Confident ...

7/31/2019

Sometimes as confident and looked at one feels well, and sometimes as confident and looked at others feel better than, and sometimes as looked at confidence is lost, that's called being a woman, and if you get punished well don't expect to be sided with in that department as to your own wellness, be looked at as someone of positive influence in life, whether or not you got into college early, understand the leadership standing process, and the justification for not hippie-ing the rest of your semester out as smoking pot with your best guy friend, while he had a girlfriend, or worrying about who loves who yet, its not until in a relationship, as well, that you tend to be particular about who your associations in life are, as separate or together, and when you are doing something youre not supposed to be doing, makes it difficult to connect and have relationships in life. Know that as told, your biggest failures, will play themselves out toward you by voices, as public opinion shifts in the negative toward you as directed by those above you, not including you as important, and then "as directed" attentions directed toward you as wanting something you do not have, or as looked at thought to feel less than or less capable of achieving the same in life, good fortune, wellness, or by body type, have the same or worse insecurities about your good health, or as looked at thought to be in poor health, do not by how you look determine your own wellness sometimes, its by what we know and see in others, we feel good, and by feeling good feel good, sometimes in knowing who people are, we want to chat, as excited about meeting or knowing, and sometimes, as recognized we falter, either understanding these causes and consequences of becoming known to all and respond properly or perform less than average to the standings of all, be a good person, God rewards those who are good, and by being good one is good, not always by what you have to share can you perfect yourself, or can an exchange of wellness be shared, that's not wellness, transfer.

There Will Be Moments ...

7/31/2019

There will be moments when you are well, and there will be moments when you are corrected as for having shared personal life interpretations of events an opinions:

Link to Page: <http://www.mymollydoll.com/removed-posts--new>

Its so important to appear well in front of others, be well spoken, and if youre not feeling well not to share, you can only be put under the trust of others so many times, and be around others when not well before you begin to question your own wellness and thoughts about life, when you get into meditations about the past or present, stop yourself, from going into the pains of your memory bank, as not as smart, or bright enough to continue on, you'll always be fearful of your worst moments in life, and likewise that much more difficult to love. Having said that anything private shared to you, do not share out loud, not even by story, that shared closeness, is not for others to feel close or to understand you better, that's an exchange of wellness to them, ad causes pain to the person upon sharing, why we have right to privacy. Not all wellness will be shared, and its upon sharings of wellness, we determine who is sick, and who is well or a match, that was by Rabbi's for matrimony and kids, but now being thought too much about looking or hearing from others,

just respect that people have had their troubles in life, and not all are strong enough to be present always, be thankful for having them come into your life, even if they feel well and you don't, but don't be spiteful toward those who seek to feel better by voicing their opinions toward you as not well, remember your good years, and never stop trying to better yourself, the more you sound like yourself the less you will be hurt by the interpretations of others, and belief systems, that's not to threaten a persons livelihood, by bringing up their past, its when you are wrong you suffer from those pains in life, as not having lived a better life, and when you remember your good years difficult to go back to those phases in development in life as well, don't overanalyze, what was occurring around you when you were well, it will likely make you sick, if you have come a long way, don't allow the sharings of your life stories with others, cause you illness, and picked on as someone who has not lived a good life, or have achieved well when well, do your best to be a good person in spite of what others think, and if your work product no longer looks or feels the same is whats in question, does not mean that someone is not well, having looked at them or their work, it could be as imitated bettered, and then worse off as themselves no longer special that's the toll on you as a worker online, how to keep up with the times, be original, and then get hurt as influencing others for the better, not all outlooks in life will be shared, think twice before hurting yourself.

Who Benefits from a Telling of Your Story ...

7/31/2019

First and foremost you should benefit from a telling of your story, and if your stories do not benefit others, that's not harming others, sometimes its only harming yourself, by use of humors, and in short, describe events, treated as insensitive, do your best to provide full detail, when an incident disclosed has caused you hardships in life, and why, and what the misconceptions concerning your condition or lack of animations and warmth around others is about, you live and you learn how to provide love to those you know and don't know, then get treated as offender, things missing, eyes itchy, room crowded, moving boxes, moved to a smaller room, and treated as let down in life, allow your good moments to happen, and however you get harmed by failures in life, do not expect others to be crowd pleasers about it, its usually when all are well, that all crowds are pleased. Don't be insulted easily by others. Whether you are considered traitor or sell-out, the times mature, and all are forgiven, from which stories, and connections in life do businesses thrive, and from where empowerment comes from don't expect all to be sensitive toward you or your needs in life. Do your best to stay well, and if you cannot stay well, don't make the lives of others more difficult having known you, the busier you keep yourself, the better off youll be, learn how to make money, and provide financially for yourself "rubbing hands waved at me on the freeway." Once you are able to provide for yourself, then youll be happy, and if you cannot make it on youre own, then don't rely upon family to assist you, their own wellness is for themselves as well, whether you are scared or not, about doing and achieving well in life, don't allow your fears to come to fruition, you can have talks, and you can actually make money, when a goal is achieved allow people to blossom they have tried all their lives to provide for themselves.

How You Are Looked At ...

7/31/2019

When ready to return to society, that's not always a new beginning, sometimes, feels like better days are to come, but you still have to maintain some sense of resiliency about you, which requires you to overcome you past troubles while stretching for new ground forward. Its not everyday, that we realize our potential, its okay to complain, its okay to have bad days, complaining about life, is about questioning senses of normalcy, and what is around you, give meaning to what speaks to you in life, and share meanings among others, those are normal processes of creating normalcies about life. Once something liked is used over and over again as an analogy for better understanding, then its easier to cast timelines and blames, as though one was of importance or significance to others, held in higher standing, than spoken of or about, this you learn as friends, how to be not equals as to likeability or respects but not treated as less than, that's friendship, bettering others, and the benefit running toward those in conversation with you, after pre-judgments are passed well all things change, I don't think it should be my experiences in life, experimented with, in terms of how to stay well and what causes increased illness, or worsens an otherwise peaceful well state of mind that would be [blames past] [like other or attacked as justified] [held to higher standards then]. That's whats at issue, getting into a school rolling admission, early December 2002, you give up sometimes in life, once things are set, and once set, not have to try so hard in life at ease, that's what the eerie sense of confidence about someone is about, pride, as getting into a school, not about knowing anything anyone else does not know about life, learn to let go and move on from subjects and comparisons, that usually does more harm than good, to say as exposed to and upon acceptances, then treated the same, in the reverse, treated as someone not to be proud of, that's the changing of the tides, that has occurred those not proud of themselves now proud of themselves as ahead or knowing of something someone else does not about life, and then the person to whom insight was provided to does not benefit from a knowing of informations, from ones life, as known to them, not known to me, until exposed.

Different Places in Life ...

7/30/2019

You may get separated from people you know, but remember those experiences in the positive, its common to get paranoid upon separations and even worse if you care what other people think defensive, don't be. Everyone has their ups and downs, no one is perfect, no relationship is perfect, and certainly no separations are perfect, no matter whos side you are on given the past, or current turmoils, its nice for a change for not needing to assemble any support systems and for support systems to already be in place to support, I think everyone is doing a very good job, and am lucky enough to be able to help in any way I cannot as a speaker or by giving speeches as though Im all knowing or leading any civil unrest not talked about, nothing beyond [personal issues] and thoughts about life, but many issues do hit close to home, so its been advised not to mention those subjects to which others have been affected by, this Ive learned over time, that uneasiness only gets worse, the more you talk about something past that others have moved forward from, allow people to have good lives, and accept how they feel about the past, as connected or not, and to what extent connected affected in their daily lives to be reminded of the past, for some that's a mental health issue, why its not fun to bring up incidences, sometimes for humor, but among most their worst moments were not their best mental health moments, and their worst moments do not adequately exemplify their ability to learn and grasp concepts concerning now, to better appreciate how far everyone has come, be patient.

Not All Sides Need to Be Represented By Me ...

7/30/2019

Not all sides need representation, there is always a benefit to having an audience that is a group of non-partisan people to a subject who have yet to hold opinions. All the natural inclinations of people being drawn toward subjects to amuse them or not find amusing by them as to the issues of others, to where amusement is found, or where joy can be found and felt as being identified among, and making in jest, a reply that is sound in front of the public. Allow people to be heard, in that their issues do not affect the issues of others. Allow people to be heard, in that their words (my words) are not used by others, to express how they feel, or be represented by someone who is not me (spoken). Allow people to take sides, not take turns as to arguing towards people, as not being good enough or having a sound mind, how good is good enough, that is whats at issues, not in regards to causes I have supported, those are not the sole purposes for maintaining a website, only to built a website, and to support causes while building a website, those fundamental concepts of what a website meant to me was a private conversation not a lawsuit, and those lawsuits personal, as anyone who commits suicide in front of another is wrong to do so, that's if anything a cry for help, and there are many numbers to call when help is needed, its often times we feel offended by unwanted help in life, that is people we do not need in our lives, the sick, the poor, those lacking good social skills, or people who have too many issues, and worse yet date anyone with so-called "baggage" allow those people to dismember themselves pick themselves apart and as well share from a well standpoint if they so think it necessary to help others move along in life, not necessarily move forward but be able to process better events in their lives which caused them to self-harm, and or drink, or use drugs, we have all been there points in time where we have felt low and experienced points in time in which we felt high, that's not medication based, (depression) is hereditary and is passed along from one generation to the next (my bloodline is high energy) not in need of meds to function on a daily basis, that's whats at issue, whether that's due to unwanted spotlights, or misidentification of peoples having (energy) is whats at issue, and then being put on meds, taken off meds, put on too many meds, and worse yet not put on enough meds to function. It is when we are well that we are doing what we are doing best, not all the time, sometimes well in the company of friends or companions or professional relationships have those moments, where we are living life and living life with purpose, those moments are to be enjoyed, the worst has yet to come that's not optimism thats pessimism, the worst has already occurred that's not pessimism talking about the past but depression, think in terms of positives, what is going to help get you to where you want to be in life, and have those thoughts, if those thoughts hurt the health of others, which is at issue via messenger then do not share your thoughts with others, as attacked, whether to build anything or to report to anyone above you to build anything, if you know you best no connections should help or aid you via listening services or not toward you, help give you a quiet space in exchange for sharing your dilemmas in life, concerning outlook and being put amongst those accused of wrongs.

[Follow my blog with Bloglovin](#)

Having Your Feelings Hurt ...

7/29/2019

It's a matter of from where intelligences are derived (from education). And it's a matter to what references are made (by exposures). Your fears may not be the same as others, but that doesn't mean its okay to share what your fears are, as responded to the defenses created will always be to the sides least empassioned argued in favor towards, and lastly yourself is spoken for when others interests are at heart, that's called making arguments as about thought about others, stop and think about something else other than persons, as being about, until about, that does no one a service to create arguments that highlights pathways to why people are called names, and its not helpful to insult someone who has been up since 5am writing and establishing arguments from their car, in their phone, and on their website, as reporting via phone, that's not to be like someone to whom I had a previous relationship to ... as affected as blocked photo of his child put on his profile, and stopped talking to him, and got a job, then someone showed up at my work who looked like him, learn to let things go ... whoever helps you to establish your new life be thankful for them its upon discomforts in life that people are separated or jobs are lost, that's causing illness to people who are well, and as gone, hurting them as gone, knowing them when present or not, even my niece who is 5, can tell whether I am well or not, and the fact that that is something that I cannot even tell myself, shows that there is room for improvements when it comes to self acceptances, in life, is as told about thought about in the negative that is wrong to use someones life, for negative output as toward them or about them, as in association to those in their lives, trying to hurt or harm them, that's not how to help someone by helping them down, as deserved, that's intelligences I shared as being in my room and recording an what is heard inside my room as heard outside my room, do your best to always be wise and intelligent as impressions upon others are made, or could be made based off of impressions upon you, that is not how God is made, God is made, by a sharing of insights (weather) and instances to which one has been harmed (without them knowing or understanding why) and still staying focused and not bothering others, that is not to say that a God has been created, or one has established as means by which a God could be created, its simply being in tune with nature, and the wellness of those around you, sometimes things don't work out, and the more often times than not, that things don't work out, it is because of somethings others, are raising toward you, to turn you down in life, as wrong. That's not wanting you to be impressed upon, influence others, and as seeing you, believing you to be something you are not, which can be impressed upon children without them hearing your thoughts, and as affected be treated as source of disempowerment, not empowerment.

There Are Stopping Points [personal] ...

7/29/2019

It takes awhile for one to realize when to stop, that's before negative opinions take hold of your current outlook ... there is well and there is wellness, and there is as attached illness, and as referenced to treated as through making references toward others to cause illness ["that's not a crime"] to report happenings, and bring up as associated to, the aging process. For what reasons I was punished past, have much to do with what people say, more so than you think. The closer everyone feels toward you, the more affected you become, the more you disassociate, or keep yourself from interaction with others, the more time passes, as in non-acceptance of you, fights that ensue and commentaries made about or towards [are lights for re-ignition, not for recognition, and certainly not for future reference]. To make current anything that goes on privately and as reported, is to treat someone as punishable [for something else] other than what they were punished for [make no excuse about things]. It is time for tech jokes, and whether in agreement to that or thinking about, then you've not read all my highlighted arguments through which were in a "fighting words" tone [handwritten], which is seeing things in the negative, there are always ways to see things in the positive, sometimes a coming together of people, is not advantageous toward anyone's health. I just spoke to the LAPD to report the past, that seems to occur, everytime calling me a "pill head" was thought justified, and upon being prescribed meds [more meds] to differentiate me from the well. Those are not helpful distinguishing characteristics what meds you take, it only hurts you in the long run as [open] with others, then denounced as [gay] or treated as [pervert] that's upon a not knowing of you, as heard about you, as looked through your computer, and as affected [you thought about] and called UCLA Police, those are my medical records notes, do not mistreat others as not as likeable as or not attracted to, not be just as positive toward, or among meeting someone who someone knows nicer too in the immediate as not intimidated by, and then treat the person to whom connections are made, as though giving away connections in life causes mental health issues, its what stories are raised [by photos] and what is thought or said about others as upon [hearing from people who do not know me] and talk or speak less of me [based upon] what they think Im about [or by what causes I support in connection with]. Learn to let things go, sometimes its not about fighting, its not about love, or acceptance, sometimes it requires work to establish peace, not action, and if you have not thought about it yet, that's okay. Give people time to go through the process of understanding what works for them. Right now sometimes is not the best time for allowing those well to walk by, or not well, for that matter [#stopbullying] represent ideas that foster growth not bring up the pasts of others, as told highlight peoples lives or stories, as anticipated, put you down as grose [its about getting help, then hurting someone as celibate #chaste]. In anticipation of responses, before occurring as a runner, respected, shared to the Mall Police, handed them my cell phone which they charged, so that they know me, can watch. Allow

others to move forward please. #stopsuicide (February 2009, January 2017). Sides as exposed, should suffer no harms, separate or not, is really no ones business to judge and to whom is associated to who, is for no one to judge either.

Levels of Morality ...

7/29/2019

Someone who shows themselves in public or private is deemed to be of lower moral standing, and achievement of respect is not as easily attained, that's overcoming adversities and hardship to ones persona, thinking someone is something that they are not, not to compare personalities, famous, or not famous, and not to impede on the progresses of those overcoming mental health issues, whether they suffered from the same issues currently as they did in the past, that is for no one to judge whether someone is the type who has not moved forward and based upon a given set of characteristics of traits deem them not likeable, it is usually those who are social, who we know are well liked, when you do your best and your best is not good enough and better is seen, then it is who does not look well that gets put down as a source of illness, and depressions or impressions upon the depressed deemed as coming from the worst fruit from the tree, its easier to decipher once you punish someone, as who is the let down to a family, or who is to blame for ones own sufferings as coming forward about worries or complaining in public, its is those who get help generally that receive help and if help is not provided to them, that means they are not in need, and those who are helped by those who ask for help, providers of help benefit from having helped those who were in need, whether like, similar to or the same, benefit from having had those conversations, than to have no conversation at all about the wellness of their own or others as toward them. Its usually the issues that concern others that get turned on the person to whom does not look like they are currently suffering, the person who is labeled as at fault, is the one to whom sufferings occur, and the person to whom is reported as causing sufferings well that is the person to whom is blamed for the sufferings of like individuals not attached, as being someone to avoid in life, that's not how a pariah is made, a pariah made by someone who is successful and upon achieving success is then made to look bad in front of others, someone who is trying to achieve and does not achieve is not someone famous, who as achieving success in life, and rewards from their successes have not yet been received. Allow people to find themselves, sure, the times are different, once you become known, its by what you are known for, that you are either accepted or dismissed as having what it takes to help provide insight to the sides of others, it will always be the sides of those suffering, who come first before the needs of the well, who are expected to take care of themselves. There comes a point in time, when the unauthorized auditing of the personal lives of others becomes not helpful toward acceptances of them, further worsening their condition when they did everything to warn, help, aid, inform, and report everything that was bothering them, and eventually you accept reality, that if no one respects you, and if you cannot accept comrades in life, then it will be difficult to have relationships in life, as jealous or feeling less than others, that's not how marriages are made, that's not how babies are made, and that's not how caretakers are made, to let you go on bad days, accept you only on good days, and not need you when you are not well, lesson learned.

Seeing Something Better ...

7/29/2019

To "make a long story short" sometimes its not until we see better do we think less of ourselves, that's the main lesson to take away from the meeting of different personalities, and different standards of living and wellness, to whom we relate and to whom we are surrounded by, and looked upon as well or not, do not rely so easily on the opinions of others, to better understand oneself, mostly people are there for you, but they cannot live your life for you, that is something you learn to accomplish on your own, as you, separate from others, finding work, keeping yourself busy, and if no one treats you as important then so be it, its your time to heal, not at anyones pace are you expected to perform. Everyone comes to understand life on their own, and whether you are offended by the commentary of others, take nothing personally, as associated to, connected to, or any gestured suggestions too far, those are signs people are vying for affirmations, not sure of themselves, and the more confident you are around them the better they feel about their decision making skills, you give your confidences away in life, that's how life works, and until you understand your own value and whats of value to you, will others by their energies continue to find what is valuable in you, and then portray what is of value without you being their to be looked upon, sometimes we see those who are well, and likewise we may be treated as the same, never role models amongst the same age groups but well among nonetheless, that's being treated as apart of, its not about equality when it comes to friendships, those issues hit you later in life, as self-identified, accepted or facing more difficult acceptances in life, at your age of maturation, how well off are you, to decide what to disclose about you and what to keep secret, if you know well enough of the consequences of exposure of what your not sure about others, will go forward with information to possibly intentionally hurt your decision making abilities as in their shoes, thats the lesson in business identities. When you pitch an idea, be sure to take credit from its foundations, and make everyone known to from where and for what reasons an idea was made, and why it was not followed through with at its beginnings, that not only devalues a work product moving forward but hurts its pitchability, and as connected hurts the

feelings of those who believed in good ideas, and wish to see their ideas come to fruition, its never too late to do the work, but in time, time is lost, and in time lost, feelings hurt, and when too much time has past, work gets done that needs to get done, and busy work well that's for the well, and when time is of the essence do not frown upon those who are able to perform or achieve well, those aren't medications that's heart.

Dissertation Drafts to Graduate ...

7/29/2019

Dissertation (Topic): Social Media



07-08-19_12-16-18_dissertation_draft_compiled_1-3_tjsl_copy.pdf

[Download File](#)



08-10-19_11-26-18_draft_dissertation_-_research_paragraphs.docx

[Download File](#)

Dissertation (Topic): AML Compliance in the UK

**This Topic is what I will be doing my Final Draft of my Dissertation on as advised by my Professor.*



06-14-19_email_05-30-19_tjsl_dissertation_1_by_lesliefischman.docx

[Download File](#)

Shared Understandings and Intimacies ...

7/29/2019

There comes a time when you leave things to street explanations, and there is a time for maturing, depending on where you are mentally, you frown upon different things in life, and as through you respond differently to different types of understandings of you, sometimes shared intimacies are not the best way of communicating with others, but cause discomfort. Raising the bar to extremes is not the escalator solution either, to hurting to the esteems of others, as capable of achieving the same, label them as causes for discomfort or for illnesses. Its hurts to be apart of then treated as stranger to the same dialects shared by others, forced to respond as separate from everyone and new. That is a challenge all in itself. To continually express oneself, with all social graces in tact, and not represent the wrong ideas about life, or about others, be put down the same, as private informations made public about them, and likewise put down as within words as related to the public offerings of others, as about, and to whose side, issues or parties raised, as to who is deemed at fault, upon the first levels of maturity you are corrected by others, tested, as shy, and upon acceptances expected to rise to occasions and mature, that's not just respect but also means you are mindful of the boundaries of others, tiers of good socialization skills, means that you are not trying to take on more than you can consume in terms of leadership, and understand that its not just companionship that others thrive upon, but also being able to be something their not whether that's through you or about you, (for example: using your website you built and having fun changing things to it, to affect others to feel a sense of importance as having the power to put icings on cake) and hurting the finished work product of others, work on yourself, before working on others, work toward goals in life, and whether sabotaged or not as announced, do your best not to change public opinions about you, some will

sometimes all be with you, and expect that when not well, some will turn on you, as not an adequate representative of the current times, or of others, those who have been around longer easily tire to the immaturities of others, and those affected by others, easily mature in spite of the immaturities of others, and those most insightful well don't always see best, but from their base educations have insight as to the times, not related to people present or around them referenced to nor as referenced to the finished works of others, see any better than those who have been recently affected whether by insights lacking, or from trust lost, as to who's been there for them and no longer here, and with regards to current leadership, whether providing the same type of reassurances past as those successful have provided for them. Don't be injured esteem wise to the repercussions, of your lack of hindsight, foresight in the past, these are all learning lessons, from which immaturities are raised, and by which means those immaturities occur, and to whos issues those immaturities are, and why they are being passed on to you, for explanation, as why in private spoken differently than professionally, and in private less intelligent than in public, and in private what are the causes for humor in public, and whether someone who is socially, reluctant to explain, is expected to explain for what reasons ones tone seems off to those who in sight of them mature, as not as affected the same as those readily affected by their presence, depressed, whether you recognize someone well, and wonder for what reasons well, never stop continuing your education until you stay well. It then becomes a matter of experience from which experiences are drawn upon to articulate importance of lessons, my own experiences, and which experiences are being manipulated to change my output, my current and present situations and goals in life. Education is key, but intelligence occurs overtime, the more time you spend toward bettering yourself and maturing the easier it is to stay that way, and the more creative your endeavors are the more is required of you to buckle down and get real work done too.

Put Downs and Empowerment ...

7/28/2019

Not everyone will be on your side, and wanting to know where you are at psychologically in terms of the 9 year tole to your reputation, as being about or as affected by shootings (or gun usage) and what motivated you to campaign, whether in defense to self-help-blogging, or because you care enough to help create a space online to keep others away from subjects, that's on you, for what reasons you decide to share online, as whether to influence or help deter these crimes from occurring, any such communications as to ones motivations are okay to not be taken lightly, it is not ones responsibility as someone who builds online to explain themselves, their goals, or aspirations in life, as though building with or alongside the campaigns of others or business ventures, that would be being a business woman, success is based upon key characteristics and traits that makes one a valuable writer to others online, have a keen awareness of the issues, and upon stating the issues out loud related to. That's how a blog happens, that's how a website happens and that's how popularity online happens when it comes to writing, to be well known for being a writer would be a dream starting out, mico-blogging on Twitter quotes for a book, and blogging on squares on Instagram and Facebook, for a book written 2017-2018, now being finished 2019, along with my Dissertation, and graduate from Law School. Be careful not to make jokes about my past or who I was friends with as it relates to where I am now, as we were once friends but now nothing like each-other conversational wise, nor affected by the same issues I share with everyone online, I face on a daily basis, some days, not most days, trying to blend in with society, as someone who I think is known but may not be known to all -once important to some, and known to those popular now.

Going with the Flow ...

7/28/2019

There comes a point in time, when others wish to see reactions from you, to tell their own story of events, that's looking for a reaction to draw upon as simile other reactions, then to argue or justify as being the same, or if brought to public attentions get you to argue or to look like someone who is un-admonishable for their actions. There are few actions which are not forgiveable by society, self-harm is not one of them. Its usually if people see you in private and then treat a private reaction as though in public, based upon an unknown viewing of someone in private, that's the difference between being un-admonishable in public, versus being un-admonishable in private, there are certain things you don't do in public, and if upon bringing to the attentions of others, gets others to not like you, that's more than provoking a turn-off when it comes to public opinions about you, but a direct attack on your character, to say just like or responds similarly, in the negative therefore is a bad seed. No one is to judge someone who is not married as being a bad seed, or because they are not married, and not with adequate support matrimonially, that they are lacking the foundations required to be sound of thought or opinion of the times. Usually those with the greatest sense of peace are those who are married and have children. I once had a job supporting kids in need, and with that experience, which I am under law not allowed to talk about, I continue to provide support to others. If you do not recognize those experiences as helpful toward establishing trust in other working relationships, then that is because you do not trust me as someone to help take care of kids, because I do not have kids of my own, that's understandable, that's because I do not have the energy to take care of others, I used to be a caretaker to boyfriends, drive to see them. Patience, in due

time everyone finds their energy back, and is surrounded by those to whom they can confide in, that's what trust is about, being a provider of insight, and being someone to whom insight can be provided to without, sharing out loud, those feelings, and causing discomforts to those who share.

Conversations About Empowerment ...

7/28/2019

Some conversations will help you, and other conversations when had, will make you feel disempowered. Its all about how you respond to others in your environment, as uplifted or felt to be put down by the wellness of others, that would be an example of competition, and jealousy, feeling less than by comparison to others wellness. What is empowerment? Feeling a sense of wellness in spite of what you've gone through. How does one feel empowered? Not allowing the past to affect them. And what is the urgency you feel when you have energy. And where do you spend your time most of the day. What is advantageous to your health. Having a sense of wellness around others, is always advantageous to your health. There is no method to wellness, that works for every person, by sticking to what your good at, is how you achieve wellness. Not by criticizing others, unless to help them better themselves. Stepping into controversies, is not helpful to your health. This I learned the hard way. You cant be first to anything in life, without suffering the repercussions of people not wanting to see things change in spite of you. That's people taking ownership over causes, and wanting control over outcomes, let them. If people think they have a better handle at life than you, and a better grasp at the subjects that are laid before you, then let them take on leadership positions in regards to bringing up topics, whatever they may be about. Sometimes things get worse before they get better, that can be through written expression of whats going on inside of you or around you, and sometimes via the expressions of others toward you do you build a better understanding of the issues. Be thankful for people who come into your life, and the stories they share about their lives and be gracious for their input. Its not necessary to share our lives with others, but it would be lonely to not be able to share ones life with another. The whole purpose of living life, is to have a life, and if you don't have that much, than nothing conversationally will feel good to you, if you yourself don't feel good. Is power something that can be shared among a group? Yes. Is power something that can be transferred from a group? Yes. Is power something that can be taken away? Yes. And why is power taken away? To isolate one member of a group, to preserve the wellness of other members to a group. When is that allowable? And for what purposes are people kept separate from groups in life, made not to feel apart of. Yes this conversation is about wellness, even those who are sick are grouped in society, not left alone. Its not advantageous to the health of anyone struggling to be left alone. To make someone like to say their ideas are like, is wrong. Not all ideas that a big are harmful to the health of others, call that dreaming, but to live a better life sometime, you have to think beyond, as a long distance runner, visualizing where I want to be in life, has been helpful toward achieving goals that have gotten me further along toward accomplishing those goals in life.

Being Redundant ...

7/26/2019

You can only write so much before sounding redundant, that is by sharing your philosophies about life, and what you think. Everything changes so do thoughts, the more exposure the better. Leaving chaos is no easy task, not everyone has the benefit of taking medications to assist them, with mood adjustments, and understandings, compassions, and recall of the past. Its not by recalling the past we are taunted, but by present statements concerning our future from which we feel taunted by others past. When your outlook is not clear in life, its easy to look backwards to things you have heard, not what you have read, reading is the best way to get your standard of recall back, not to be based on what is heard, but from more trusted sources of insight and thoughts that is through reading. Whether I have helped influence others to read more, or because of who I was or am now, that is for no one to judge me, as being apart of or because apart of why I am a writer now, as attached to. I have always been a writer, began keeping a diary at the age of 5, and have always been an academic writer since becoming a Sociology Major. You tend to stick to your strengths in life, don't be unappreciative of those who share themselves online, not all have the privilege of working in jobs, nor the stability socially or intellectually to get good jobs. When you have arrived at well always be thankful, no matter who respects you in life, its how you sound that ultimately affects how others feel about you. I started working on a book via micro-blogging, and eventually finished my book 2017, writing from home, it has yet to be distributed professionally, that costs money, and requires confidence to share a finished work among others. Right now my focus is working on my Dissertation, Im half-way done with my work. I was thinking today more about how things look on the outside, not to be overconsumed by the obsessions of others, and any chaos or uptightness they may feel reading your work, or seeing you do well in life, that's for no one to interpret, to see everything as a joke, or to view the successes of others, as a joke, is insulting.

When to Move Forward ...

7/25/2019

Sometimes it is uplifting for others to be doing well, and whether you are the source of that comfort as being apart of or doing well in life, that is not for others to judge whether there are issues as between parents and children and whether there are issues between children within families. That is not for others to judge as the causes for those separations in life, and whether any party to a family has done a good job of representing the family as an independent unit. Sometimes its when everyone gets together, that it is realized how things could have been, allow people to move forward and start new lives, before it is too late to realize what you have in life, and what everyone has been doing well for, maybe not for the same reasons, but certainly to avoid havoc, if you are never happy, then maybe it is because of losses, if you are never happy then maybe it is because of lack of success, if you are never happy maybe it is because you have not reached goals in life, if you are never happy maybe its because what you want in life you cannot have, and maybe because you are unhappy you are unable to achieve. Don't short live life, simply, because others think that that is your thinking process toward achievement in life, and don't short live life, because others think you are not good enough, if you believe you are, then you will achieve, "anything you set your mind to." It is when in doubt or when fearful that voices take over to control you and when in doubt there is always the police to help you with voices, or willing to take you to the hospital to cope with any voices you hear, it is not always upon recommendation or assignment, that we meet good matches in life, no one is to blame for your hardships in life, other than the decision making of those poor, who think it well of them to put you down, to test your heart strength in life as deserving of being well. That is not for independent units studying you to decide upon just meeting you or thinking that because they think they know you, or others have known you before you have launched a website or distributed a book, hurt your ability to achieve. "With that" I think that its best that I volunteer for the LAPD, a "public safety" specialist in helping others, and continue my education if approved by who helps support me, that means finish my Dissertation first to begin any new projects, and begin working as soon as I get back to a regular sleep schedule. Waking up in the middle of the night, is caused by restlessness and need to achieve, I have achieved plenty in life, and energy well that's for your heart to decide, and by your choice, consume yourself with activities that either benefit you or hurt your ability to function, stay well!

Avoiding Controversies in Life ...

7/25/2019

The more you fixate on the past the worse you feel, as empathizing with either party to a suit, or to a trial, its best to move forward as unattached to the issues that were previously faced by those parties at that point in time, that's to my understanding when a separation of interests occur. Its not always by your good standing that others feel safe, no one is required to take the lead of anyone in need of help, or to understand the wellness of others, that's not room for discussion. Its sometimes better not to highlight points of controversy then lead to continued discussion as about, without a person present, and then once known try to join in on an ongoing conversation about. A deal is for the purposes of moving forward to not shine light upon those affected, sometimes is the best way to move forward not to enable them to be harmed by continued discussion about the past, that's where a wrong was thought to have occurred. No one is required to have spokespeople in life, or to speak for themselves, that just causes one to become defensive and others apathetic toward those who lose consciousness or awareness of their moods in life, you have to play on the safe side of issues, that is the quiet side, when chaos ensues in your mind, that's your own unhappiness guiding your decision making, then seeking to see if others think the same, would be spreading an unhappy viewpoint about life, or thinking that a shared chaos is a pathway to quiet, that's not a necessary path to take, to handle stresses in life, and to achieve a quiet space, requires hard work and effort. Much like establishing relationships which stop working out upon fighting, only few after fighting still look at you the same, don't be sad about the past, everyone does what is right for them given that period in time, to not sound like the queller, or person with the most positive insight, wont talk anyone through their own thoughts just how I find quiet myself, in chaos.

How Do Personalities Happen ...

7/25/2019

How do personalities get generated, and what causes people to function for the better? Generally those who bring out your best traits, and people who can be relied upon in life, as well, and by the stories you share, judged as being a good or poor decision maker, as able and capable of giving help to others, or being or service to others, that is how one is judged presently, as by their past, and others

recollections as recorded of them, portrayed in the negative assumed to be the one in the wrong, that is what wrongs are about, making people look stupid, or bearing faults, for causes and consequences outside of them, as not being good enough or not well prepared to respond to others, and heres where you can insert the phrase “no one is perfect.” No one is perfect is a great excuse for undermining the capabilities of others, to denote them as not being aware of what they are doing wrong, or what is going wrong, and to admonish them of having responsibility for their words or their actions, when one is at their best one is able to express themselves in the positive its when one is not well, that complaining happens, and whether you think by the complaints of others, they are in the wrong, or had some defective condition about them, not in acceptance of others, then other examples of non-acceptance are used to justify those actions toward individuals as not being apart of or aware of the gravity of harm to be suffered as not being apart of, that’s never the choice of anyone, who is studying or working toward a goal in life, in order to work, sometimes you need to be separate from others, that’s always understandable, its what is thought up upon looking at someone, that is called a pre-judgment, and based on what is always “currently” heard is what “currently” affects the way a person is viewed, no matter how well they are liked, no matter how old their audience online is, or for how long they have been able to maintain an audience, and who that audience is made up of good or bad people, its important to be accepting of all, no audience is a good audience, everyone has their defects, and all audiences are good in the sense that they appreciate and value what is being written about, its to whom is being written about that is dug for, and challenged as though no opportunity past was enabled by the persons writing abilities then to talk about themselves in a way that vaguely represents factual interpretations and given facts previously, to undermine the strategy of someones ability to express themselves, as not on time, or in real time, not good enough, does everyone a disservice, we all have our moods, and if you cant appreciate someones tone, then “move on.”

August 2019

Learning to Part Ways ...

8/10/2019

Whatever that is bothering you about someone, or about something that has been written learn to part ways with writers, with bloggers exposed to so much in life, picky, and particular, about who you get surrounded by, or how spoken to or what about, that you begin to for social graces, that could just be me, and for vernacular to say the least, how well spoken someone is or by how they speak toward inferior to the best interests of those around them, somehow still judged as being into themselves. Learn to let things go, and not psych one becomes tired, that they become ill, and so on and so forth, its not necessary to know for what reasons I was hospitalized, as being health is “not in order.” When you have to care about yourself you get help, that’s not to clean slate with the people, or with others nicer, by people who distinguishingly enough do not like you anyways. When people don’t like you, that’s because they think less of you because they think that you deserve not to be liked, and its people who know you personally, who think that its okay to say that you are respect you in public, and who see how you are (in private) not respect you, in private or in public. That’s not something to be experim about them, that’s based upon how people are feeling, think that they can make themselves look or feel better, by setting people worse comes to wellness why we are told “people are mostly concerned with themselves,” that is because people don’t want to be blamed or individuals, who they have not yet approve of. Everyone refines at their own paces in life, and its by those types of insults, that others arguments in the tone of someone carrying “mental illness” be treated as someone with “mental illness” so that they respond in that wa their natural tone, is how writers get affected as aggravated, not able to write, because what is going on inside of them, and what is goi When you understand when too much hate is generated toward something, eventually everyone becomes apathetic after trying to prov was made ie “#hateleslie” and hinged everything stated afterward as having to do with statting that after being hospitalized. I was just is important to me, and not to affect the health of others, think its important to be social, be outside of the house, not working all day a

How You Get Hurt in Life ...

8/10/2019

How you get hurt in life, is not how to share your story, that only subjects others to worries about their intellectual property. When you student, if you get hurt along the way, always do your best to maintain accurate records of your work and your progress in life. If you you’ve been hurt, winds up causing you to misrepresent yourself. Don’t get out of whack in life, trying to compartmentalize your reco along the way, that’s because others think you deserve to be hurt, and if you struggle in life that’s because others think you deserve to do so knowingly, to hurt or injure others, learn to part ways once things are not where they should be in life, and start a new project, or would be giving away what has brought me success over the years accomplishing finishing a book, and now graduating from Law Sch

education in spite of getting poor grades toward the end of my JD program, and get As in an LLM Program, that's focus and discipline you in life, well that's a different story, everything in life catches up with you, especially when you have been wronged or if you have

Not Feeling Good Enough ...

8/10/2019

Its easy to feel sluggish on days when youre feeling less than average, not at your best, at the bare minimum potential to get your day done. A day is when you start the day tired, the day ahead feels long, and everything you do you're less than satisfied with. Then there are the days of excitement to the table, and with that a humble glow about you, that's you're feeling together, and as put together, things are starting to move or in rhythm with your day, you are always making progress, whether that's progress you're happy with, or whether you think you could be forgiving, not all have it easy in life, able to predict themselves emotionally, some turn with the tides, as quickly as others fall sick, transferred emotionally ie feelings. That's not disease, that's just a symptom of assumptions, that one who is not doing well in life can allow others to bring you down in life, sometimes we don't have a choice at this, we have to show compassion toward those fallen, and that they are not feeling well, whether we have the strength to be compassionate, well that's as per individual, you wonder why in some we've worn them so far down, that they have become invincible to these odds you think so ever present as to affecting your ability to be and Try again. What more else can you say to a person in need, "sounds like" you're going through a tough time. etc ...

Reference:

mymollydoll.com (Search): "Feelings" >>> <http://www.mymollydoll.com/apps/search?q=feelings>

Time to "Hey Babe" Your Significant Other ...

8/9/2019

Don't forget to check in with your significant other. The importance of "hey babe-ing" ... lets those you care about know that you care about their lives, and the importance of them in your lives presently. That's checking in. Sometimes as friends, and sometimes as lovers, know that you are there for you during times of need. That's "Hey Babe-ing" it. Some "Hey Babe" it everyday, chipper toward everyone, and some separate ourselves from others, engrossed in our work, our computers, our own lives, but remember who is in your life matters too. We care about others. There comes a point when you need more than one person to go to for support when support is needed. Also known as a support person to do the job, but rely on a series of individuals to help you when help is needed, sometimes they are connected and sometimes not. Confidentiality, not making private concerns of public essence, and not making public matters of private essence, when talking to others but you own your words, never say anything too insensitive, to scare others away from broaching the subjects that clamor at you on a daily basis from one viewpoint, and based upon having that viewpoint, able to share an even more special viewpoint as to the world, and how one becomes becoming sick to the news, or to the problems of others, they are called Doctors, unaffected by most things, and well in spite of what's around their surroundings.

Just Left the Hospital ...

8/9/2019

I just turned 34, my birthday was August 7th, there's really no pressure in getting older, just that more stability is expected of you, to provide probably for the same reasons others were not feeling well, when you've done your best and your best is still not good enough, you wonder how much impact your journey in life has had on other people's journeys in life. Exactly how much are we affected by those who come into our lives? Successful I have to remind myself at times, there must be jobs for everyone, if there are so many who are able to achieve success in life in various professions, well that's by contract, whenever someone uses your work to benefit a work of their own, that's called a partnership, or a partnership backwards to whom the benefit is taken from, and mass produced from on another level from the original purposes for that work. I know Rhianna, which she sang. *That's my only direct connection to fame, other than growing up around my best friend, who's Father is a doctor*. I know people, and there are people who are directly affected by being raised around others, that's not being influenced by, that's having more positive directions in life, not follow the direction of those who have been punished, as their decision-making may be off. All the popular girls in my class, with the most friends, hosting parties at my house, and introducing friends to friends. Even helped lead a funeral for my Mother. (When you are someone to be relied upon, and close to those who have been lost, spiritually or physically gone, that is a good thing. It's your choice to let yourself go and let others down, never give up, always be compassionate toward self and others). Everyone has been

meds, and some even drinking or doing drugs to cope with their anxieties about life, I think right now its about acceptance, and getting or negative opinions on subjects which have directly affected you, Im sure if anyone was in my shoes trying to finish Law School would then beneficial to ones health as writer, but sticking to what makes sense to them, is of importance. -I think I became successful as a w having it be generally understood by others, but because of my ability to write and connect with my audience in a way, that is helpful Law right now, studying Risk Management and Compliance, its taken me awhile to finish, but know that when I do finish Law School Aside from being hospitalized now 9 times, and been in Rehab once, and Outpatient once. I will be beginning an Intensive Outpatient

Essay Submission 12/03/17 ...

8/5/2019

Studying Writers ...

8/5/2019

Over time there will be changes, changes in tone, and changes in the overall breath of a persons work, and writing compositions. You written work as being an original composition of thoughts. Its important to note that, "The words composition and improvisation are n opposed, musical activities." [1] And just like music is made books are made, and writings are produced, to either be published in boo that's for likes, to then publish and earn a profit from ones writings, or whether that's for posting and seeing whether someone is liked publishing a book yet, mostly that it takes time to write a book and have a book reviewed, get copyrights via Attorneys, and ISBN's re further review by committees to measure your intelligence, and whether the writings you have provided equate to solutions for the tim but as a reader you learn to appreciate different written forms some make sense more than others, but whatever your strategy is for bei to others strategies by others for generating an audience, that would be taking a good work, and comparing it something not well, until read or seen, figure out what causes thoughts as whether connected to others reading them, or based upon your reading, or anothers rea write, that's called an experiment. Being original means absent minded your audience, and absent minded what you have written, that's guidance from others, as to what to write about each day, others than the books I have read free reading after writing a book on my ow writes the same, not all anticipating what the reader is thinking that you cannot predict, as everyones exposures are different, given the be a persuaded condition to care, until events occur in relation to that care promoted for, that's whats at issue, which came first, bloggi between blogging and gun violence, to argue the perspective of someone hurting me, as campaigning for, is judging me as for negative

Reference:

[1] <http://music.arts.uci.edu/dobrian/CD.comp.improv.htm>

What is Tired? ...

8/5/2019

Tired is not an easy point of discussion nor are mental health issues, that is something you discuss in the privacy of a therapeutic environ for having a website to discuss my problems, but to discuss the issues, as heard and understood by me, living my life, on a daily basis. never be new to wellness. It's the hearing of your problems out-loud personal, via argument, that becomes of issue, once shared among others to take sides in life. I have been working hard for likes for awhile online, and think that likes are deserved for my writing. No n that is something you need to call 911 for to talk you through, not everyone has these problems in life thankfully, and lets hope not to p As long as you get help you are doing the best that you can do, what leads up to what is your right to privacy, not for others to read, an happening, you cannot experiment with people, there are rules against that. Some only hear until you say something about an issue, th their own on the subject to verify your insights, that's the fun part about research, reading studies that have been completed, and check from those deductions in life, think new thoughts. Tired is a condition upon giving up in life? That could be one reason for being tired. Tired is because of writing? That could be one reason for tired. But to say that Tired is a result from all those things misdefines the pur #selfhelp

Knowing When to Stop ...

8/5/2019

Some people don't know when to stop until you are harmed by the societal pressures they feel as thrust toward you in life, pursuing a figure online. Whether that's a shared understanding of you, that they believe to be true as about you, that's their recollections of you sought to be found, to make you a not trusted figure, that's the power that other have over you having been able to watch you, to take your reactions you are responded to, don't make the wrong sides in life powerful, and don't give the wrong people power of your best control people in life, and by those abilities to control, think that they are right, or that others are deserving of being controlled. What happens to you, then that doesn't mean that you are a weak person, or that you need to be controlled, its just that your health is entrusted in their hands something to do by the street mechanics of socialization, or intimidation. That's not how that gets started as recognized, its what you allow through to others, you don't know, and never trust a stranger with your heart. There comes a time, when you feel safe at all times, that everyone is expected to go to work, and to function. That's taking control over others controlling me, and likewise saying something in return. Its the thoughts that you encourage, and the thoughts that are discouraged that influence allowable thoughts and traits to become of use. Its important not to talk to strangers, then there are those who are not affected by anyone, those are the strong, not yet hurt by the lives of others at home, and not overexposing oneself to others, or those in poor health, or sad.

Feeling Belittled ...

8/5/2019

We cant all be successful, if the world were that easy to get jobs and succeed than we all would and not be stuck home, ruminating about life. Part of writing online, is being happy with where you are, it is for those motivations in life that one keeps going in life, and for those moments that makes you feel good, whether that be apart or, or simply made tired explaining oneself to others, whatever it takes to reach a peaceful state and move forward, with or without others in their lives. Theres nothing abrasive about reading along, if you have reservations toward me (as a writer) then those are your judgments toward me as being inexperienced as a writer online. I think I have been online long enough to ease. Its those who are in dis-ease upon reading my writing, who seek to collaborate with others to those extents in life, as directed to focus on their negativities in life, but its not allowing the negativities of others to cause battles within yourself. Learn to let things go. Eventually they feel they are right, and sometimes, we don't know why its okay for others to place their directions over us, and not allow us to have our own life. -If you are able to work it is because you are well if you are not able to work that's nothing personal, that's just that one (ie me) face an allowable condition.

Writing Without Likes ...

8/5/2019

Sometimes you have a good idea and it gets recognized and sometimes you have a good idea and it does not get recognized by likes, where an acceptable content stream exists that you fit in sometimes online. There are systems of support, and there are systems to systems of support that makes sure that its on paper, and filed with the CA State Government, that's not taking chances in life, a clear step in the right direction. When motivated, when the groundwork that lays before you is based in prevention of something bad from occurring, you cannot also stop of what you perceive in your groundbreaking work, is what puts you at odds in terms of acceptances as a business. You are what ideas you promote to continue rehashing those concepts about you, whether it be through your writing, or online ads, which if taken down, make you look like the backings of their own company. Whats in paper, will always be in paper, and what is by law, will always be of law, any companies founded on just a foundational principle from which a company was made, but also a driving force from which a company is sustained, to prevent health, via a sharing of personal experiences in life, in a general way, share a general understanding of what the issues are presently, and as to the times. You cant expect all the feel the same in order to be liked or well heard, sometimes its in saying things we don't already know. It knows it probably wouldn't get a like, as having existed somewhere else, in some time past, to someone else as having stated what I had to calculate how much of your work is original work, and how much of value your writing should be considered to the public, what matters.

The Wrong Ideas About Life ...

8/4/2019

There is no such thing as feeling wrong, or thinking wrong, its when those wrong feelings or wrong thoughts cause one to feel good in the end. One should be able to think freely, and be forgiving of self even on days you are not perfect or don't have anything to say to make anyone

sometimes its by focusing on what others think that you feel illness too. When people think that you are in the wrong that's supposed to be the disbelief of others, that's the whole purpose of having faith, some share uniform understanding of how to feel in the event our emotions are which it is appropriate to attack the issues, in public, toward people as being a source of illness as expressed toward, that's not the sole source of illness, its when people think they are right about the mistreatment of others, that is the problem, that's not self righteousness. Attacking them to make them apart of their solution or wellness, to feel better than sometimes people think its appropriate to put others up as to blame for the causes for social ills toward them, that's not the solution. Be wary that there will always be people in your environment mentally ill for being well when others are not feeling well, not all have the gift of self expression, able to communicate what is going on something you cannot prove, everything I think and feel is in writing, since 2013, if you have any questions as to the wellness of others or themselves, its not necessary to translate the illnesses of others, to build a better understanding toward them, not all deserve to be reproached apart of the lives of those who are doing well in life, and affect their best judgments as incorporating the ill thoughts of others about life. Its our communication skills, that is not allowing illness to interfere with how we communicate with one another, and when not feeling well, we feel as though they are at fault for our inability to stay well. Its usually in illness that causes one to freeze, that's upon a thinking that

Incoming Signals ...

8/3/2019

Its become ever more apparent that its not just me who suffers from incoming voices problems, know that you are a product of all things you hear, internalizing those pains in life, whether or not directed towards you. Sometimes voices are illness, sometimes voices are illness you playing mind tricks on you. You are who youre attached to, that usually resets your heart to the right places in life. When someone speaks to your minds, that's usually because they say things that we ourselves have yet to think for ourselves. I was always one of those people who speak not a loud person, although I may dress that way, Im soft spoken, but can make different octaves as do most, depending on how their feelings are. I had a microphone and chose to sing in front of a lot of people, they would be wowed by my voice, I practiced but never got to the microphone as a writer, that's not to say that because I have different tones inside of me that Im able to create different tones via writing, or that my thoughts on what is going on inside of me are things not yet spoken, which we are currently experiencing in our everyday environments. That's not to say we normalize the experiences of others. Its so important to speak to someone you can identify with, someone who when they speak to you teaches you something you don't already know about life. We don't all have people we can talk to relate to or who can explain our problems. Guys know what I mean without going there, because Im in my 30s now, we have lost many. Who gives you comfort in knowing, are people of value until those people are gone from our lives [is what is expected a bad place to come from] all people are of value, no matter who they are. To pick yourself up first, once you master getting well on your own, then talking to someone about your problems comes easily, why then we see improvements, and be able to witness those improvements to your health, its all a learning process what works best for you. Its when you write your personal records, what is for others, you put online, and what is for work you keep at work, and what is for personal correspondence, you could very well be your writing. From where your writing is coming from, that's your heart, and what your heart is reading, well that could be supposed that's being reserved on my part, new to technology, to not to distribute work to a network, just signed up for blogpros.com to create profiles on those networks, about 300 per post, are on networks and have shared to their networks in networks.

Unwanted Attachments ...

8/3/2019

What is Technology? A series of attachments to people, and work product, attached to those who produce online? I'm in the middle of trying to have original thoughts, you have to let the ideas flow first and worry about their quality (or appropriateness) later." (page 183) [1] He said that "the way to get to good ideas is to get lots of ideas and throw out the bad ones." (page 183) [2] -Writing on Twitter has been a challenge. Sometimes you write a book. Whenever you choose a forum in which to write, make sure that those attachments do not cause you harm. That's why and sometimes you work, and your heart hurts, that's just a product of getting into the work that lays before you. You can't go too far away from arrive at your chosen destination, whether that be success, or simply, getting back to your old self focused, whether that's a smaller work eventually, that is from sharing your thoughts online, deemed sensitive to the issues or insensitive to the issues -had I not been through this subject, that's because Ive already been through lost and back, addiction, and focus issues enough times to have faith, that's not being afraid about helping others to focus on now, not dive into those meditation spaces that have resulted in illness for some. Those attachments to you about, one should have an ability to leave a situation just as they are able to leave thoughts about, or thoughts as to stories, happenings about issues, the issues of others, and lets not cause unnecessary empathies and understandings toward those who self-harm and commit suicide. Its purposeful, sometimes by our own decision making we hurt, and upon being hurt punish ourselves, it takes an understanding of forgiveness whether that's illness experienced past, or presently, have someone be able to normalize our feelings, letting us know that its okay to talk about that we can stop feeling all together about what is causing us harm, and about what is causing us illness. Why its important to stay centered from where you left off, each day is a new day, the only potential lost, is a lost sense of faith in oneself. -With today's technology, we

backwards others think that they have power over you, to control you, or cause you to think or make bad decisions going forwards as t will always be attached to yourself, learn to rise above from technological cues, in life persuading you to think less of yourself, just lik sometimes all the motivation you need in life, to know that people are well, and that youre not alone, call that faith, believing that you

Reference:

[1] and [2] Elastic by Leonard Mlodinow >>> <https://www.amazon.com/Elastic-Unlocking-Brains-Ability-Embrace/dp/1101970162/r/20&linkCode=df0&hvadid=312243616995&hvpos=lo1&hvnetw=g&hvrnd=18250625955681484714&hvpone=&hvptwo=&hvqmt=600026137566&psc=1>

Not Feeling Well ...

8/2/2019

You'll undergo a lot of pressures in life, hopefully non unwanted, but you do always have to do your best to stay well. Regardless whe issues, or simple understanding issues with regards to heartache and heartbreak, recovery is a process, we all endure pains in life. Wha how many well years were before you, before things took a turn for the worst, and how many well years were before you, while those mean that there are not still well years that lay before you in life, with enough faith and socialization, staying proactive, you too can be inevitable losses stand in between you and your future happiness, that is living without people in your lives. Its not an easy subject los family and friends, working, and you spend a lot of time to yourself, trying to better yourself, so that you can have lives, and be surrou purpose of working is to have things in life, and to have people in your lives. Whether you can stay strong, and endure these battles in you from moving forward in life, not changing the pace of your life when things become not well and not getting help when help is ne as those from your past, who they think are being blamed or worry are at fault for the difficulties you face presently, pressure is pressu your life or help you achieve in life, but its about staying well upon acceptances in life, you cannot go backwards once things do not g either keep going in life, among, or you get separated from those who are doing well so that others may move forward and thrive, that and discriminations, so that others have an opportunity to do well in life, not be affected by those who are not doing well in life. It's a life, and how to stay among the well, and do well in life, even if you are raised well, that does not mean that you will achieve well and wellness. Do your best always therefore to move forward in life, and stay calm, its not the end of the world acceptances, and as long as move forward without a fight from the past, taking hold of you presently, or what people think of you now.

Coping with Losses ...

8/2/2019

Of course we all feel bad, when someone falls ill, yes we will make it our responsibility to care. Whenever we give a moment of silen perfect, and that even on our good days, someone will not be on board, or feel as supported in life, in tune with their surroundings, pos more jobs made available, more opportunities made available for us to come forward share our stories, and get the help we need. Its no do on your own, choose the right connections in life, and make an effort to get help when help is needed. Giving in to sins, and poor fe proactive is. That means showing up to events, when you feel like you don't fit in, going to movies when you don't feel like watching, working on good and bad days, finishing an assignment you've been putting off for weeks, and texting a friend who keeps saying to ca much to do with your own insecurities about your future, and feeling fulfilled personally and professionally. The party doesn't start on life, and be social, socialization doesn't just happen to the rich or the successful, it happens to those you go out of their way to get jobs are jobs, you either get a job, or you work from home trying to make a job for yourself staying in school or being productive online lea your disabilities in life, is never a good option, if you already have socialization problems, and difficulty finding jobs, then don't decre life more difficult. Be productive, stay proactive, and don't stop socializing, its when you stop everything, its hard to get going again, l

Finding a Methodology ...

8/1/2019

Everyone goes by a different methodology when it comes to figuring things out for themselves some by focusing on one thing, and oth sense to others, then from themselves build a better understanding of whats to come, that's not psychic, that's called faith, having an u they have a trained understanding of how to make sense of their reality by what they know, not by who they know, and from those bas sense of their reality, that's called research, some function best short hand to long hand, if anything not making sense to you, makes se

understanding of concepts, and by their privileges live by different comforts in life, that's understandable. Humor is one thing, laughing finding comfort through laughter, feel ill upon laughing, that's just being courteous of others in your environment, attitude wise, its those who are doing well, that's not just a sign of jealousies when it comes to wellness as feeling left out, but results in a questioning of what among those around them like there is among others. We all go through phases differently in life, maturation wise, with those understand their troubles, and for some their troubles follow them, that's not leadership talking about your problems, that's just an awareness of what presently, of how to behave now, given your standings in life, everyone is held to different standards of wellness. Its mostly by what you feel well when around others, who does that anyways, compare to understand their own wellness as compared to others they think are

After You Speak ...

8/30/2019

Its usually not until after you speak, that greater acceptances of you are achieved, everyone holds their own standards of who to speak to and who not to speak to, based upon their beliefs of what well is. It is by your own wellness, and ability to speak, or articulate yourself, that you are respected in society, that will never change, and if someone is so disinterested in you so as not to speak to you, then allow that space to take place, its not your responsibility to be spoken to by everyone, that doesn't always indicate whether you are a likeable person overall based upon individual acceptances of you granted. If some do not reply, that is simply because they do not believe in you, or likewise have interpreted your past as described in the negative, thinking that you bear guilt, or knowingly by who you are, have insulted others, by existing in life, everyone has the right to exist in real life, and everyone has the right to exist online, your existence should not change or alter the opinions of others, and by existing online, one should still be able to maintain rights to privacy, regarding their current condition, and conditions past, are not for public knowledge, especially not to benefit the negative judgments held of an individual to whom they do not think is deserving of respect, a job, or a companion, those are they who think an individual did not accurately represent themselves, and in doing so, did not accurately represent others, and if that much can be proven, than any later negative judgments of them help to improve that hatred toward them as though deserved, that's not always the case. Anyone who so willingly comes forward and asks for help, is not at fault, anyone who so willingly presents themselves to others, is not at fault, anyone whos condition is altered or made worse, is not responsible for their own health, and anyone who is doing their best to stay well, and not interfere with the good health of others is not at fault. If every joke was a joke on you, then you would understand my position, that's not the purposes for lawsuits, to publicly shame a person, to a suicidal condition, or draw overall inferences of them, as being detestable by societys standards, that's trying to justify suit, by later bringing about a worse condition of someone, or to promulgate further insight as to their standards of care of themselves, as being justified as causing their own conditions in life, that is to free from blame those who do not like, or think poorly of a person, no I am not responsible for my suicide attempts, and no I am not responsible for what other people think, and no I am not responsible for the acts of others, responding to the conditions of others, via public displays, and no I do not think it is fair to be made fun of, based upon movies, or tv shows, hating on someone who has yet to achieve a career in life, and has yet to be able to earn a living in life, I do not think my chances of survival should be limited based upon what inferences can be drawn based upon what is shown in public, as related to my condition, or the condition of others, which has been further exacerbated by embarrassment, due to an inability to respond to any unforeseen public ridicule that may have resulted, from admiring a person in public, or stating who I am dating in public, or writing about such circumstances in public, that's for no one to judge why my relationships do not work out, or why I have been separated from my friends, forced to represent myself in life, without their help, or via discussion with them, of what other people think. It is not my responsibility to guide discussions about me, without me being present, it is my responsibility however to live life, and to not further misrepresent myself or others, and do my best to be a positive touchstone, in life, not someone, who everyone sees, and thinks poorly of, that's in regards to my ability to manage my mental health issues, and not become famous, as apart of, but to achieve on my own, without assistance or connections created based upon knowing others in life, that's not how success is achieved in life, its by you upholding yourself to positive characteristics or traits, deemed acceptable to others, staying normal, not by standing out, or deviating from the norm, and not by calling attentions to yourself, for sympathies in life.

How to Be a Solid Friend ...

8/29/2019

You can never have too many friends, and the friends we keep throughout the years, are irreplaceable. According to *thehopeline.com*, here are several ways to be a good friend: (1) be real, (2) be honest, (3) be a good listener, (4) make time for your friend, (5) keep their secrets, (6) encourage your friend, (7) be loyal, (8) be willing to work through conflict, and (9) Watch out for your friend. [1] Never give up on your friends, we all go through troubles in life and face challenges, its okay to go out of your way to help them, “never half-ass things when it comes to your friends.” [2] Its often times when we need help the most, we seldom ask for help, especially from friends, not wanting to bother them with our troubles in life. That’s normal. Don’t forget to “follow-up” with your friends, and check in with them, that’s half the battle when it comes to maintaining friends, how easily we get wrapped up in our own lives, or problems, and forget to keep in touch with friends, the sooner you let go, the more difficult it becomes getting back in touch with them, some you are forever bonded to, but not all. [3] “How can you avoid a falling out with someone you’ve long trusted and cared about? Start by accepting the fact that you can only change yourself. And, almost always, fixing a friendship is a matter of fixing yourself.” [4] Know that if you get help from a friend, there will be expectation of improvement, especially after making an amends to them, don’t let your friends down. According to *psychologytoday.com*, “It’s no fun when you put effort into helping someone and that individual doesn’t follow through. People want to help those who they’re sure will act on the help or advice offered.” [5] Not only will you benefit from having taken the advice of someone you have received help from but you will also in turn help “boost the mood of the helper.” [6] That’s ones way of being a good friend, even if youre in a tough spot in life, its helps them to help you sometimes, so don’t be afraid to talk to them, or shy away from friendships in life, just because you have problems, sometimes we make friends, while going through troubles in life, “Sometimes you need another person’s wisdom, guidance.” [7]

References:

[1] <https://www.thehopeline.com/63-how-to-be-a-great-friend/>

[2] <https://www.selfstairway.com/how-to-be-a-good-friend/>

[3] <https://www.psychologytoday.com/us/blog/compassion-matters/201301/5-ways-maintain-lifelong-friendships>

[4] <https://www.psychologytoday.com/us/blog/turning-straw-gold/201106/how-ask-help>

[5] <https://www.psychologytoday.com/us/blog/in-practice/201610/7-effective-ways-ask-help-and-get-it>

[6] Id at 5.

[7] [https://advice.shinetext.com/articles/read-this-if-you-freeze-up-when-its-time-to-ask-for-help/Overcoming-Unhappiness ...](https://advice.shinetext.com/articles/read-this-if-you-freeze-up-when-its-time-to-ask-for-help/Overcoming-Unhappiness-...)

8/28/2019

The longer you stay unhappy the more harm you suffer, as it turns out, you get less done when in a bad mood than when you are in a good mood. So stay happy! Figure out what keeps you feeling centered and stay there, if its ruminating about the past, that’s getting you down, then focus on what days lie before you, not overfocus on what has passed. To better your life, or any condition, you have to stay positive. They don’t just say that, so that you will be more pleasant to be around, the results show, that when you are in tune with your surroundings, and when you are feeling well, you accomplish more in life, if life is about being task-oriented, and goal driven, then you’ll need to maintain some kind of stability, to the way you think about life, to help manage how you feel about your life. According to *Spencer Sekulin*, “The seeds of happiness and misery begin in your mind. How you think affects how you act. How you act affects how you feel. How you feel affects everything else.” [1] Don’t become “addict[ed] to unhappiness” ... according to *psychologytoday.com*, “Lifelong struggles with trauma or other negative experiences may fuel an unconscious desire to continually return to the status quo of unhappiness.” [2] You are not powerless to your thoughts, you are able to control the way you think, and if you can control the way you think, you will in turn be able to control the way you feel about people, places, things, and especially the past. In todays day and age its

easy to become triggered, lacking control over what we are exposed to in the news, or on tv, at some point you become an adult, and learn how to filter out any unwanted information, you may come across in life, whether its personal information about others, you do not know, or by exposure, looking into things, and finding out information about self or others, you wish was not said about you, or said period, not all writings or photos will be favorable to your best interests, its mostly people just representing themselves online, that you will have to learn to accept, everyones faux pas, and shortcomings, when it comes to public speaking, disclosures, and image quality, which does not always necessarily accurately reflect the self-esteem of the person, or their mental health status, how you express yourself to the world, if often different than how you feel while alone, and how you vent in private, is probably not how you speak in public, when addressing a crowd of people, this you learn the hard way, how to be professional and not over-disclose information about yourself in private or in public, as this interferes with your ability to communicate fluidly with others, or find yourself among, it often times leaves you feeling distant from others, post disclosures, that's just you addressing your needs for affirmation in life, which wont always be granted back toward you. Sometimes while unhappy you'll then find yourself trying harder because youre unhappy, "Dissatisfaction becomes a motivator to work harder, change jobs, eat healthier, spend more time with friends and family, or prevent unwanted behaviors or situations." [3] Always take the positive spin on events that change your life for the worst, the better able you are to compartmentalize your thoughts about incidences past, the better you will feel in the long run, having processed what caused you to think negative, and why you were feeling unhappy, and recognize what it is you are doing now for yourself to maintain happiness, that's called recognizing your value, and reinforcing your self-esteem, which may or may not have been brought down by others, but by yourself. Note that: "Those who blame everything but themselves are blind to the path of self-improvement." [4] –"Fear" [5] can often times interfere with our ability to be happy, and thus slow down the process of "self-improvement." [6] "One of the most common responses to fear is that you can't do something, and while freezing or shutting down, go into a "negative habit pattern" [7] that doesn't always serve what is in your best interests, which is to stay positive and be happy. Visualize where you want to be in life, and by visualizing where you want to be in life, you are "feeding your mind ... positive mental pictures of yourself performing at your best" [8] this may include thinking about your prior achievements, not just your failures, and what you did to overcome setback in the past, and stick to a methodology that works for you, to overcome those fears now and in the future. Don't be "held back" by your fears in life, "*The Law of Reversibility* says that "If you feel a certain way, you will act in a manner consistent with that feeling." [9] Therefore disciplining yourself, until that fear goes away, learn first how to switch gears, transforming a bad day into a good day, and soon enough your life will change too, and overall picture and outlook in life, will hopefully then become more positive, as your actions, thoughts, beliefs and feelings reflect that new found control, "Your ability to confront, deal with, and act in spite of your fears is the key to happiness and success." [10]

References:

[1] <https://medium.com/@s.sekulins/how-to-guarantee-unhappiness-the-5-thinking-habits-of-highly-miserable-people-4cc09d6e405a>

[2] <https://www.psychologytoday.com/us/blog/where-science-meets-the-steps/201403/are-you-addicted-unhappiness>

[3] Id at 2.

[4] Id at 1.

[5] <https://www.briantracy.com/blog/personal-success/fight-or-flight-overcoming-your-fears/>

[6] Id at 1.

[7] Id at 5.

[8] Id at 5.

[9] Id at 5.

[10] Id at 5.

How to Crush ...

8/27/2019

Whenever you like someone, first off, always be positive, jokes to or about, especially talking about others is a huge turn off, to anyone considering you, for a like back. Be confident not problematic, the more problems you share, the heavier you feel, the more difficult to love you become, and the more space they give you. Don't be combative, there is a time and a place for complaining, never to anyone you love complain, you may receive complaints, but don't complain about its likely to offend those in your company, who expect you to be happy when theyre around. Life is short, but whats even shorter is the time spent with others, in order to be successful in any relationship, you have to have a life of youre own, don't become too obsessed with the lives of others, the more comfortable you are living your own life, the more likely others will be to include you in their lives. You can't just third wheel relationships in life, these types of relationships usually occur when youre alone, and in between dating, tend to be more attracted toward those who have it all in life, to be surrounded by those with lives, and have them be equally attracted to you, you have to be confident with yourself, not ashamed of your progress in life (ie social status); be mindful of the privileges you do have in life. Be goal-oriented, have goals in life, beyond just hooking up or dating, its when youre not thinking about others, others think about you, its when youre not looking, others are looking at you, and its when you don't have much in life going for you, that you need to try harder, and its when you work hard, you are gifted more privileges in life, that's just how life goes, unfortunately for most, we spend more time alone trying to achieve to have those short moments of success, and so be it, chosen or not chosen, you have to love yourself, if you ever want to become someones mate later in life, no matter who youre attracted to in between. Think for yourself, not for others, usually those most admired in life, are those with thoughts and opinions of their own, able to carry on a conversation, not reliant upon the other for a lift, the better able you are at lifting others, the more likely they will come to during times of need or stability, if you cannot provide stability, its unlikely that you will be deemed a catch, and left alone until you achieve the stability required to be in relationships in life, have friends, keep your friends, and don't drop your friends, when its time to have a relationship, make sacrifices in life, but don't sacrifice your social life, to accommodate the insecurities of another, all relationships require trust, be trustworthy, and reliable, if you want to be loved back. Not everyone will be a match in life, and the relationships that do work out in the long run, are between those who are patient with one another not in need of eachother, but able to function independently on their own, without the other, that's called bonded, when you don't need constant reassurances, feel close to someone, even when youre not with them, or with them around, always maintain loyalties to those you love.

Keys to Work Productivity ...

8/26/2019

The key to being productive is setting goals for yourself. In fact, most leaders are task-oriented. Know your priorities in life, that means be able "to sort tasks, decide their importance and create a plan to complete those tasks is essential. When you prioritize tasks, try sorting them by order of urgency, effort required and deadline." [1] Know your responsibilities in life, and be able to "communicate your plans and goals to team members, whether through email, one-on-one conversations or group meetings." [2] And lastly, have some sort of strategy for accomplishing your goals in life, and if you are a leader "you must be able to implement processes that your team can understand and follow." [3] Create a schedule for yourself, and if you are a leader, be able to help others follow a schedule too by "implement[ing] shared, interactive calendars and to-do lists and have employees submit regular process updates." [4] As a blogger, you will experience plenty of moments where you feel compelled to campaign for yourself or others, feeling the sense of empowerment of having a following, and wanting to speak to everyone in a way to help change them, or share your viewpoints about the issues that you care about. Be careful not to become too opinionated, and lose your audience, over-caring about the times, and becoming so affected and emotional, that you yourself become unstable as the writer, always maintain some kind of balance, where your audience is not affected equally, by whats been bothering you, and if youre happy with the times, then say so, and if there is more that you can do to help others, then do so, that's part of the creative process of establishing an identity for yourself as a blogger, its not quite the helping professions, but likewise you are there for others, and able to help them in ways that others have not yet been able to help them or get through to them, you are doing a service to your community, whether you know it or not, keep up the good work! As you develop as a blogger online its important to keep track of your progress, whether taking down notes daily, of your ideas, or simply logging in activities or tasks

that you get done along the way, personally and professionally, that's being organized about your time. *Activecampaign.com* suggests the following, "As thoughts arise during your work, jot them down. Once you reach a break in your work, you can come back and either tackle them or add them to your larger to-do list." [5] To be well liked, and to earn a 5 out of 5 on a Facebook Page, you have to care about your audience, that goes without saying, and in order to care for anyone, you have to care well for yourself. Know that your health comes first, no matter how much you try to help others, you are always limited to sharing what you yourself have experienced first hand or learned about through school or continuing your education, not just by reading online, and summarizing the work of others, that wouldn't be a blog, by citations only. Figure out what makes you unique to your audience, and keep doing what is working for you, as a writer, and make sure to continue to receive permissions along the way, that's how to build partnerships, and to get into programs, by asking questions. I might not be in that phase yet, does *shareasale.com* count? Banners. I guess so. Never give up, as a blogger, much of what you learn is self-taught, that's why its such a competitive profession, no one can really guide you through the process of establishing a blog, you may get pointers along the way, but its you that comes up with the content, make sure to do your best.

References:

[1] <https://www.indeed.com/career-advice/career-development/task-oriented-leadership>

[2], [3], [4] Id at 1.

[5] <https://www.activecampaign.com/blog/habits-of-highly-productive-people>
Body Image Blues ...

8/25/2019

Start by liking yourself, especially if youre not happy with the way you look now. Its just looks, remind yourself, that you can change, take better care of yourself, and achieve a look that pleases you. Don't change to be better accepted by others, change because you want to! According to *girlshealth.org*,

"Body image is affected by a lot of things, including messages you get from your friends, family, and the world around you. ... Sometimes, having body image issues or low self-esteem may lead to depression, eating disorders, or obesity." [1]

As someone who has gone up and down with their weight in recent years ... being thinner does not necessarily make you a happier person. Im much happier now overweight than I was when thinner, you have to have the right mindset whenever you choose to diet and exercise excessively to lose the weight, don't beat yourself up over how you look, or you'll never be happy no matter what size you are. As someone on meds, battling depression, and trying to lose weight and keep off the weight has been a grueling task, involving walking everyday. Its easy to give up in life, when it comes to dieting, and the sooner you lose the weight unhealthily cutting calories, if not meals from your diet, the quicker you gain all the weight back, the minute you start eating 3 meals a day again. According to *shape.com*:

"Any form of depression, no matter how mild, affects neurotransmitters that control mood, thinking, appetite, and behavior, making you more likely to eat poorly, skip exercise, and gain weight." [2]

Set a schedule for yourself, and keep track of your exercise -I keep a log. Not only does that keep you motivated month to month, but you can easily track your progress, and figure out whats working for you and not working for you. Everyones body is different, some on meds respond better to exercise than others, I know that being on meds, means that I will have accept being a bigger size in life, and that its important to take my meds, whether I am able to lose the weight or not. I highly doubt that I will be able to lose 50lbs in a year, but its worth trying to, sometimes you have to set more realistic goals for yourself, in order to begin the process of achieving your ideal body type, set smaller goals, to achieve larger ones.

References:

[1] <https://www.girlshealth.gov/feelings/bodyimage/index.html>

[2] <https://www.shape.com/weight-loss/tips-plans/surprising-link-between-happiness-and-weight-loss?slide=d2ef2169-5f0f-4d77-ab16-c4835685b571#d2ef2169-5f0f-4d77-ab16-c4835685b571>

Moving Forward in Life ...

8/24/2019

No matter whos in your life now, or whos with us now, appreciate and value how far you've come, and if life is feeling long, well then youre right on track. The days should feel short, if youre keeping busy, and falling asleep with ease, well that's a job well done, and means you have something to look forward to tomorrow, whether it's a personal project or work that keeps you moving forward in life, don't stop at whatever is working for you. Its okay from time to time to go backwards and be afraid of moving forwards in life, the tendency is to think that more is required of you to disclose, than is necessary to any relationship, work or otherwise. Do you know who you are, yes? Okay do they know who you are, yes? Okay then that's all youre required to disclose, leave the past in the past, and your medical history, keep private. Sometimes work and relationships don't happen for you in life, if your plate is too full, or if youre not feeling well, and disclose too much about how youre feeling, and if youre not feeling well, then its okay to take a medical leave of absence. No one really wants to hear that youre struggling in life, why people usually leave you alone, if so, just do your best to reintegrate yourself into society, and be a functioning member again, this takes time. If youre not feeling well, *adaa.org* states that:

“Depression can impact every area of your life, including but not limited to how you sleep and eat, your education and career, your relationships, health, and concentration. Individuals suffering from depression often also have comorbid disorders, such as alcohol and drug abuse or other addictions. Depression doesn't just occur for an individual in vacuum; it can affect your friends, family, co-workers, and everyone around you.” [1]

You have to keep going in life, allow people to have lives of their own, and you should have a life of your own. No one can live life for you, that's for you to decide, how to live your life, and whatever you decide to do, be sure not to self-harm in the process of recovering from whatever is ailing you, set yourself further behind in life. We all go through hardships, and face difficulties, fitting in, and feeling successful, and being apart of, especially when we are not feeling at our best, tend to shy away from engaging in activities, that used to bring us joy. Why is it that when we are doing well, everything happens, and when things aren't going right everything stops. Ive always wondered that. As your life begins to improve, take small steps when backtracking, and make sure to do so with a therapist, not your boyfriends or significant others, or friends, chances are they have their own viewpoints and vision of how they see the world, that when collided with your troubles, makes them think about what has bothered them in the past, that's a group therapy thing, not for everyday conversation, just do your best!

Reference:

[1] adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/depression-and-daily-life

No Life is Perfect ...

8/23/2019

No life is perfect, you can sit and ruminate and get nothing done, or you can be positive, pick up a book, read, write, or do something to pass the time, that does not involve self-harming, such as being social, and not drinking or doing drugs recreationally, to feel good. Today I sat at the DMV for 2 hours, and went on a 2 hour and 30 minute run, time well spent. Some days you will have energy, and other days, during bouts of depression, will feel unmotivated to try hard in life. Whatever you do, don't stop, and keep going in life. I never really understood what that meant until I go put on night meds, sometime, after law school, with an unfinished JD, beginning my LLM, got into another masters program, a better school, an ABA approved law school. I think for the most part, your story is your story, unless you make your story public, then it becomes apart of other peoples stories in life, having known you, and heard from

you, knowing about you, and your struggles in life, be a positive influence always, and inspiration to others, or otherwise take a backseat as follower to others, whose wellness, may or may not be based on being more well than you, for some that keeps them going in life, to know that they are more well off than others, or above others to say the least. Don't let that get the best of you, everyone has confidence issues, and for some being confident is about their wellness, and ability to achieve in life, which may or may not have anything to do with you, whether you are competition or inspiration to the intelligences of others, do your best to contribute in a positive way to the shared thoughts of others or "group conscious" and do not interfere with the wellness of others, sharing about your past, or past inability to stay well, as this may contribute to triggering the pasts of others, or emotions as empathizing with your positions in life, or worst moments, people generally shy away from interaction with those who have struggled in life, how many homeless people do you know? And/or are close to? Exactly ... eventually you fall so far off the beaten path of normalcy, that eventually people detach once you become not well, that doesn't mean that you are like those who have left society, for a worse off existence or livelihood, know your best, you may no longer benefit from your surroundings in the same way others are able to, but that doesn't mean that you're less worthy of living an important existence in life, blogging is surely not the way to be remembered in life, but rather by your work skills, accolades, academic achievements, etc. that you are able to get jobs, and keep going in life, if not, suffering results from lack of ability which is a result of your inability to stay focused now and achieve, see how that all ties together in the long run. Think about what you're doing now, and whether that is going to help or hurt your abilities later on in life, not all are privileged in ways, that they are able, many suffer the consequences of their disabilities in life, and finding work their suited for ... writing is not an easy profession, experimental at best until you are able to earn a living doing what you love to do, write. If necessary do take jobs that expand your skillset, do try changes to your career path and take courses outside of the scope of your current educational goals, everything helps, and the more well rounded you are in life, the better able you will be to adjust to the times, get jobs, stay social, and live a healthy and happy existence, that is not congruent to what's going wrong in the world, and have every happiness affected easily, when things do not go right in life.

Getting Used ...

8/23/2019

When your hay days are over, never forget where you come from, it's likely you were surrounded by people you would not usually hang out with, out, who help you get nowhere in life, it's the relationships we keep that matter most. Make quality friends along the way, that aren't based on doing drugs or drinking with, let alone have romantic relationships in life, that are built upon those same foundations in life. Stay sober. There is so much more to life, I'm not saying that everyone who does yoga and hikes are the only ones at peace with themselves, but ... they have something going for them in life, they do things not everyone does. How to be one of those people? Can you stay centered when the times are tough, or do you have outbursts, frustrated with the world and with others. Tips for staying centered by mentalhealthamerica.net are [1]:

1. Connect with others.
2. Stay positive.
3. Get physically active.
4. Help others.
5. Get enough sleep.
6. Create joy and satisfaction.
7. Eat well.
8. Take care of your spirit.

As you grow and mature and come to find yourself, you'll grow out of certain things in life, including humor. Especially when you're taking life seriously. In fact, *Nando Reynolds M.A.*, argues that: "Humanity in general is maturing and behaviors that were socially acceptable in the past have become widely unacceptable." [2] Why is this? It's not just movies, that stopped using comedy, it seems that the more scary life becomes, the greater the need for social acceptability in behaviors and commentary, that is that less of us are open to negativity from others, even in a humorous way, everything taken seriously, and nothing taken lightly. Don't be so threatened by those you don't

understand in life, your safety is paramount, and in order to make others feel safer around you, its important that you stay stable, whether that's by maintaining sobriety, or just working and being an outstanding human, keep busy, and contribute in positive ways, not by relishing on the days when you were in your 20s and invisible, those days may be long gone, however don't lose positive momentum, when looking back, you are still you! Enjoy life. -What is staying centered? According to *counselingrecovery.com*: "Staying centered" is an internal experience of feeling calm and confident within yourself. It's a feeling of deep trust in one's abilities or intuition." [3] Remind yourself of your self-worth, know your affirmations, and when you start to believe in yourself again, don't go back through those phases in life, keep moving forward. We all make mistakes in life, and at times exercise poor judgment, which affects our behavior, how we sound, and how we look -be positive inside out. When you express yourself, from a good place in life, others listen, that's not because you are someone they wish they were, but because you have overcome your struggles, usually first to identify your progress, are your loved ones, you will know when you are better, when everyone seems at ease around you, that's you being at ease with yourself. Note that progress in life, and pat yourself on the back, you've come a long way!

References:

[1] <https://www.mentalhealthamerica.net/get-physically-active>

[2] <http://nando-r.com/7-ways-stay-centered-difficult-times/>

[3] <https://www.counselingrecovery.com/blog-san-jose/managing-emotions-when-struggling>
Being Critical ...

8/21/2019

The tendency when things are not going right is to be critical of others, and even worse critical of ourselves. For those of us who are hyper analytical, we'll think and think of all the ways we could have done a better job, and at the same time, while trying to better ourselves, put ourselves down in the process, of trying to fix whats gone wrong, make our amends, and move forward in life. Life is not perfect, and as the saying goes "no one is perfect." Whenever we try to achieve a norm, the only person we are selling short in life, is ourselves, theres always something more attractive about being unique, than it is to fit in with the rest, there will always be standards, but don't match your standards to what pleases others, youre bound to feel ill and lose your competitive edge in life, comparing yourself to others, that's not how to better oneself, always be the best version of yourself, you cannot replicate the times, you cannot replicate people, "you can't replace people," even worse yet, you cannot replace time lost in the past, not being happy with yourself, think then of all the opportunities, you had missed out on, putting yourself down, staying home, not being proactive, and keeping your problems to yourself, if you want more in life, be a stickler about what needs work, but don't beat yourself up over it, recovery is a process, and "change doesn't happen overnight." -Why is it important to be positive during difficult times? There is a time and a place for correcting the behaviors of others, and there is a time and a place for greater acceptance of others, during difficult times, sometimes it helps to say it how it is, we see strength in people like that, and sometimes its best to listen and go with the flow, have a sense of direction in life, and don't become so spoiled and content when things are good, that you stop improving upon your best, there is always time to do work, educate oneself, and further ones intelligences in life, this can only lead to greater combinations of success later in life, the more knowledgeable you become, the better able you are to cope with whatever life throws at you, including the times.

Wait to Date ...

8/20/2019

I'm not saying that loving more is the solution to your problems, to resolve loneliness, but sometimes having a crush here and there helps to pass the time, but don't become dependent on those you admire to get you out of a rut in life, its usually stability that is craved and given attentions to, not those who are needy of the time and attentions of others. Once you figure yourself out, whether its getting a job, losing weight, finishing a degree, and achieving happiness on your own first, that's when you find value to your life, aside from sharing a life with another, which is

a big step, but sometimes not the best step in the right direction when it comes to establishing a career for yourself, sacrificing time for yourself to please another. There will always be time to date, never rush into any important decisions in life, you can't settle down with just anyone, however if you wait too long, it may be difficult to get back out there, so find a careful balance between micro-managing your own life crises while making time to be social and get to know others. Its when you least expect it love comes around, usually someone you are not vying for attentions from, someone who gives you attention right off the bat, those are the ones who deserve your love and attention, we all like a challenge, but sometimes love comes easily to those who are most confident, have the ability to pick and choose who they want to be with, we are not all that fortunate in life, to find love, some of us spend many years alone before we are willingly to open back up to someone, or to someone new. Waiting to date is about valuing yourself, and when you value yourself, and have confidence, and high self-esteem, then with that sense of self, you are easier to be around, making those you love feel more at ease and comfortable with themselves, that stability you are able to provide comes from making good decisions for oneself, not just dating anyone or whos around, don't sacrifice your best self, to make any one person happy, and if someone grows to be unhappy with you, its okay to leave those relationships, if you don't need them, then you are under no obligations to stay with anyone, its usually later in life, you become more needy wishing you had someone to share your life with, those aren't mistakes leaving relationships, it was just your focus at the time to focus on career, whatever your objectives are in life, stay true to yourself, and as the saying goes, "you will always find better." -Keep in mind when dating, to keep those interactions private, until you are ready to go public with a relationship, especially if you blog or share statuses on Facebook, its not something to brag about, especially with consideration for those who are not dating or do not yet have love in their lives, everyone goes through different phases in life, be happy for those who have settled down, and do your best to be one of them too one day. You'll be a much happier person, having waited, than having wasted time loving the wrong people in life, trust me youre not missing out, waiting for booty calls in life, the right ones will come around, and those you feel like you have to chase in life, just let them go.

The Pain Quotient ...

8/20/2019

Intelligence in a *Google.com* world, seems like all our questions can be answered, that no matter what your life essential needs are, any level of intelligence is capable of becoming more intelligent, with access to the internet and computer or smart phone. I'm not sure whos more popular nowadays, 911 or Google.com, why is it that when we don't know something we feel like we have to know something, and now that that need can be fulfilled, why are we still not able to stay well, and be happy? What types of intelligences help us, and what types of information hurt our ability to think and thrive. There seems to be an ongoing nervous pressure to succeed nowadays, no one feeling smart enough, even with $\frac{3}{4}$ a JD and an LLM, a near PhD in Law, even I have trouble achieving at times, hospitalized, even with all my questions answered. What is the sense of peace that communication with people brings? And how is the way we communicate vital to our overall health as a community online? Why is not feeling able so painful, is that depression, or is that just not maintaining a positive attitude toward self, and ones abilities in life? Is it necessary that we compare our lives to others, or their intelligences achieved in life? It seems counter-intuitive that with more information at our disposal there is still educational challenges, in fact one study by *Institute of Medicine (US) Committee on Advancing Pain Research, Care, and Education*, states that: "pain is extremely widespread in American society, exacts a huge toll in suffering and disability, and imposes extraordinary costs on the health care system and the nation's economy." [1] In fact, holding "inaccurate views" may have an adverse affect on our "optimal timing," aren't those the goals of health websites online, "patient education?" This study states that those with pain, "They deserve information that can help them understand and address their condition." [2] Education online, not only helps people to make informed decisions, but it also helps one "prevent and manag[e] pain" by knowing the "availability of methods" they have to relieve pain. Not feeling smart enough is not a recognized disability, you're expected to study hard and get jobs, and if you don't feel smart enough, expected to "fake it until you make it," by all means continue your education online, or switch professions if you have to, but who has time to make life changes, sometimes we expect that the work that has been done, will provide us with opportunities later in life, but what if that never happens? Can you thrive on learning alone, live a good life, well that's as much as I have had planned for myself so far in life, so far so good. You cant fake confidence, and paychecks are not easy to get in life, not with disabilities, and a track record of hospitalizations on meds, sometimes you have to work at your own speed in life, make sure not to compare yourself to others, if you have disabilities in life, and maintain faith in yourself, that you can do anything you set your mind to. Finding a paid job that matches

ones abilities in life, is a blessing, and if all else fails, and you have to create a job for yourself, working from home, then do so, it has been the best decision I have made for myself, moving forward in life, to stay up to date with my skills in writing, writing a book, and working on my LLM, no matter what jobs I have.

References:

[1] <https://www.ncbi.nlm.nih.gov/books/NBK92522/>

[2] Id at 1.

Recovering from Failure & Friendship ...

8/20/2019

Im not gonna say it's an easy road, but it can be done, overcoming failure. We have all experienced lapses in judgment, when our attitudes positive, and egos are high, we sometimes tend to make bad decisions. Go with the flow, but not at your own expense. Socialization is supposed to benefit you, not hurt you in the long run, its not your friends, that are to blame, its your time management skills. Its important to keep a balance in life, spending time with family, working, and making time for friendships along the way. Friendships are important, *psychologytoday.com*, states that: "Friendships help to improve our happiness, confidence, worth, and coping while giving us a sense of belonging." However, not all friendships last, and sometimes when we are going through difficult times, "Friendships may dwindle due to a difference in investment of time and energy." [2] This can be depressing, trust that those who are your real friends, will be there for you in the years to come, some of the best friendships always pick up from where they left off, that's how you know who your real friends are. No one wants to be the rehab friend, or the friend that gets hospitalized for being bipolar, I was one of them. Although I may have experienced a lot of hardships in life, I've always been able to maintain a positive attitude toward self and others, that is primarily how I have been able to overcome hardships, and setbacks in life. Keep your career going, and if one thing does not work out, keep going and find something else to do. According to *Mark Manson* in The Subtle Art of Not Giving a F*ck, "failures ... are what lead to a better understanding of whats necessary to be successful." [3] Furthermore he states that, "acceptance of one's negative experience is itself a positive experience" [4], at the time you may be worried what others think as you are going through a difficult time, but chances are people are more concerned with their own lives, and what your going though is nothing more than a blurb in conversations about you, nothing really to worry about. Have some self control, its not all about you, people care more than you think, and while you may be feeling negative, never assume that other are feeling similarly negative toward you or speaking badly of you and your hardships. Everyone has their own lives. People root more than you think.

References:

[1] <https://www.psychologytoday.com/us/blog/modern-mentality/201803/why-friendships-end>

[2] Id at 1.

[3] <https://markmanson.net/books/subtle-art>

[4] Id at 3.

Know Your Potential ...

8/19/2019

Know your potential, and don't sell yourself short in life, not for anyone or anything. When depression hits, it hits hard, it's a result of unhappiness with yourself, and where you are in life, don't let that happen to you! Stay goal-oriented. *Positivepsychology.com*, states that: "... goals affect the intensity of our actions and our emotions – the more difficult and valued a goal is, the more intense our efforts will be in order to attain it, and the more success we

experience following achievement (Latham & Locke, 2006).” [1] Your past is not always the best indicator of future success, know that you can and will overcome hardships in life, and that you can do anything you set your mind to. Goal setting has been viewed as an intervention technique, not just to avoid failures past or future, but to set our mind to what we want in life, and to stay committed to those personal endeavors in life. “Thinking positively about the future bolsters our ability to create goals and consider the actions required to achieve them.” [2] The times may be difficult, but “How you think of a difficult situation is everything.” [3] It’s the difference between allowing the times to control your abilities in life, and taking charge of your life, and doing your best in spite of your circumstances whatever they may be. Sure we all have unwanted thoughts, and face unwanted pressures in life, but that doesn’t mean that you should allow others to control you, its important to stay true to yourself and do your best in spite of whatever is going on around you, that not only shows that you are a strong person, but that you have the potential for future success too, the better able you are to manage your stresses earlier on in life, the better off you’ll be. According to *keckmedicine.org*, “In your 30s, it can be harder to maintain a work-life balance as your responsibilities” change, resulting in “Lack of satisfaction, growth and fulfillment at work may also become a source of stress in this decade of life.” [4] No matter what, keep going in life, whether you have it all, or you think you should have more in life, know that you are blessed, live life with purpose, and always express gratitude toward those who help you along the way, they’ll be glad to see you doing better in life, once you start achieving again. We all experience slow downs in our careers, change paths from time to time, get different jobs, date different people, all of these changes make you who you are, and show that you have the ability to withstand all kinds of pressures in life. Don’t lose faith in the strength that you have exuded in the past, and find yourself again!

Reference:

[1] <https://positivepsychology.com/goal-setting/>

[2] Id at 1.

[3] <https://www.forbes.com/sites/francesbridges/2018/09/28/how-to-stay-positive-in-dark-times/#3c76ab4a31e6>

[4] <https://www.keckmedicine.org/managing-your-work-life-balance-at-any-age/>

How Do Campaigns Help or Hurt Us ...

8/18/2019

It would be wise to say that campaigns help us, why else would someone campaign for causes to support. But what are you supporting when you support a campaign? According to *Tamler Sommers* in *Why Honor Matters*, “solidarity [has been proven to] significantly correlat[e] with greater well-being and a reduction in the incidence of depressive symptoms.” [1] With recent suicides and death following an overdose, it seems that our inner group solidarity is not strong enough. Would it be wise to take on subjects one does not relate to, when choosing campaigns to support, or should we stick to what we know best, ourselves, and how we have been affected. Does harping on the problems at hand help or hurt our esteems overall. “Although solidarity is valuable for all communities, it has special importance for communities in the environments in which honor norms tend to emerge.” [2] I was thinking, this is exactly why my neighborhood has bikes and scooters, to improve upon group solidarity, keeping us busy. What helps to combat depression anyways? According to *healthline.com*, “Depression can drain your energy, leaving you feeling empty and fatigued.” [3] Its important to be goal oriented, set small goals to achieve a larger purpose in life, but don’t set your purpose in life to the campaign you support, its likely everytime a problem arises you’ll take a hit. That’s not the point of supporting causes to get hurt while caring, that would be counterproductive. Its common for, “depressive symptoms disrupt your daily routine” [4] which explains why every time something bad happens, we get more and more depressed about it, but know the difference between the life you lead, and the life lead by others, although living in similar, we all face different challenges in life, that affect our daily outputs, don’t be judgmental toward those who are symptomatic, just be understanding that everyone has different thresholds, when it comes to caring.

References:

[1] www.basicbooks.com/titles/tamler-sommers/why-honor-matters/9780465098873/

[2] Id at 1.

[3] <https://www.healthline.com/health/depression/how-to-fight-depression>

[4] Id at 3.

This Cocoon ...

8/17/2019

This Cocoon was made with class, not overtime, in real time, built brick by brick, square by square, book by book, post by post, how I was able to generate a 45k/month following. You have to have a philosophy in life that you can stick to, what works for you, and go from there. Don't worry about the dramas of business, or who knows who, or who knows what, or who thinks what, you'll never get to a planned destination in time, so long as you are in constant worry of what others think, let alone manage your own health, and day by day, improve. Its easier to take something that's already been built, and do something with it (i.e. Like a wheel to a car) than it is to build something "from scratch." Its by who your influences in life are, that help to shape you, your outlook, and your ability to weather through all storms. A good business-man or woman is someone who does not make hasty decisions, is a careful decision-maker, and never sets up too high of expectations of oneself, but never fails to meet a mark in life, that's someone who can weather a storm. Not all are equipped to handle the types of social pressures that exist these days, when it comes to creating and making ideas happen, in the positive, poor decision making usually does not wind up in the negative, but it can, to highlight possibilities in the negative would be doing a disservice to all who have cared and will continue to care. -Who supported who should not determine who is here now.

#theworldisabigplace

When Friendships Go Sour After Blogging ...

8/17/2019

Sometimes its not always your fault, but chances are if you have had a drinking or drug use problem, addiction will be to blame, not your blogging. Your loss of friends *is* your fault, either behaviorally or emotionally, you were not there for them, and as a result, of your problem, you lost friends. Losing friends can take its toll, it has been said that, "Dealing with bad friends, getting dumped by them, and feeling disappointed with them is a stressful part of life, and it can harm your body and mind." [1] Which is all the more reason to be a good friend, stay sober, and get your life back on track. *Jim Rohn*, once said, ""You're the average of the five people you spend the most time with." [2] If that's true, then what does your behavior say about you? Are you representing your friends well, or are you only putting yourself out there online to benefit yourself. Is it to get more job prospects, what is blogging really about. Have meaning and purpose, whenever you begin any new endeavor, and never lose tact, don't discuss too much personal information, and certainly don't talk about those in your life, who you may love, miss, cherish, or hold high, its likely they will be insulted if mentioned. Keep things general when you write online. And if you do have a resentment, be sure not to share those resentments out loud, because if it does get back to them, chances are it will be even more difficult to resume those relationships later in life. Its important to note that, "adding more content doesn't help you get more readers." [3] You may think that the more personal you get with your audience, the more connected to them they would feel, but it's the exact opposite, not only do you make your audience uncomfortable sharing personal details about your life, but you also run the risk of making those close to you feel uncomfortable that your sharing so many personal details about your life online. Know when to stop, content creation is a learning process.

References:

[1] <https://aeon.co/essays/when-a-friendship-turns-sour-more-than-feelings-get-hurt>

[2] https://www.huffpost.com/entry/23-warning-signs-of-a-tox_b_9645474

[3] [https://socialtriggers.com/why-bloggers-fail/
Friday Night Blues ...](https://socialtriggers.com/why-bloggers-fail/Friday-Night-Blues-...)

8/16/2019

You would think that this syndrome only relates to your undergrad experiences, home on weekends, but trust me nights home on weekends, alone, extends into your 30s, and it gets much worse. The main objective of having a good week is to keep busy, that's so you can enjoy your weekend with ease. But what happens when you: (1) work too long or too often (2) not work enough or (3) spend too much time online ... "loneliness." [1] Its been found that "decompressing after a long day" and working "late morning is clinically the best time to get work done" will help you keep it together, when you have a lot to get done. [2] Be productive, and while youre at it, be efficient, time is of the essence. Do the research, and know when is the best time to work, and when is the best time to rest, and make sure to keep going in life. Theres always time for tomorrow, what cannot get done today, don't keep putting off, but make sure, not to stress too much over time, living is daily, its not necessary to push oneself, not sleep enough, or wake up too early, and be dead all day, what can get done with positive energy is always a better end work product than what is done tired. Theres a lot of "stigma" associated to weekend loneliness, and its not too uncommon to feel "isolat[ed]." [3] One woman states: "But I will not let this feeling define me. As the worst moments have passed, the clarity of a new day brings hope and I strive to be in control of those feelings. To try to just accept that this can feel bad. And hope for less lonely weekends ahead." [4] As a law student, and dating, I pretty much had no social life, but now I've decided its time to have some balance. You cant just have a boyfriend, or just study on weekends, and have no social life, friends may come and they will go, start families of their own, and eventually youll have to keep up with life, without them sometimes. That's the phase Im in. Therefore the weekends do get lonely sometimes, I don't really feel bad about those with jobs, how I wish I had a paid job, but that all takes time. Recovery comes first, it seems that way the moment you start recovery you stop going out and you stop having a social life, that is true, but you can still make time for dating and having sober friends. I'll keep you guys posted!

References:

[1] <https://www.happierhuman.com/how-to-not-feel-lonely/>

[2] <https://www.themuse.com/advice/9-tips-for-keeping-it-together-when-youre-slammed-with-work>

[3] <https://graziadaily.co.uk/life/real-life/get-weekend-loneliness/>

[4] Id at 3.

Messenger is Not for Mental Health Issues ...

8/12/2019

Have you ever gotten a text so far left field that you wonder what the health of the person is? Im not sure whether I was one of those people, but that's what mental health issues sound like to the person in receipt of such texts. Always be cognizant of where and when to do therapy, if not in fun, don't carry on in any conversations regarding your mental health issues, which you yourself cannot stop yourself from discussing, that's rambling on and on about what you think without hearing from the other, reassurances, as to what they think or whats going on. Do your best always to have healthy conversations with others, especially in private. No one really wants to hear what meds your on, or what struggles you have encountered in life, in regular conversations, those are more like therapy conversations, seems we are having more therapy type conversations these days, than regular conversations I could be wrong. What happened to the days when we discussed the news and the weather with ease? Its okay to still be happy inside, its not important to internalize everything that's going on or has gone wrong, empathy wise, its okay to be strong, and to focus on yourself. How to be uplifting during tough times, I think to myself often. What is it about positive people, that make them so appealing to talk to, it seems they always have the right things to say, things you don't think about, theyre knowledgeable, that takes skill to have a conversation and to make up

conversation. -When you're at ease, your problems are not on the front of your mind ... that's the best, when you can work, and think without feeling down, that's what depression feels like, all your problems out in front of you, you walk through on a daily basis, so when does it stop? The more consciously aware you are of your problems the better, just do your best not to discuss them out loud. Was thinking of taking a Transcendental Meditation Course, it seems like you have to take a course in order to understand these days, of how to cope with everyday stressors, we'll see. -Sometimes talking hurts.

How Quickly Happiness Leaves You ...

8/10/2019

Sometimes when we are at our wits ends about things, people leave us in life, and sometimes when we are too busy to do anything but work, people leave us in life, that's just how life is, when you're busy you're busy, and it's nothing personal, when you can't get a hold of someone, or if someone has checked out and taking care of themselves. You have to be a stable person in order to be in a relationship with anyone, that's in knowing you, able to be yourself around them, and them knowing all sides to you, and others be comfortable while knowing all sides to you, not to cause harm to you knowing you, that's being open to others. That's not the same as wearing your heart on your sleeve. When one wears their heart on their sleeve, they're not aware yet have not yet been broken, therefore do not understand the repercussions, of attachments, and detachments in life, long enough to understand the recovery process, and the time it takes to heal, once told "time heals all wounds." That's not to say that those who have been through a lot know more about life, surely they make the same mistakes in life, given all opportunities, made available to in life, but that's not the same as mental health issues, which is a physical illness, hard to define, but a re-experience of conditions or a set of conditions which then again causes them illness, which is why no matter how many times you've been treated if one thing was the issue then, it will be the same issue now, sleep. To lose arguments in life as to your own wellness, is not being understood, and when your mental health becomes of public knowledge, and studied to a T that is to benefit themselves as having known you, and known your story, as hearing your timelines, think that you can be predicted by your past, and equally poor outcomes can become of you, if you look or behave as someone who has harmed you in the past as described. That's hurting someone by hearing their story, turning them into something they are not, foreign to the world, foreign to pop culture, foreign to normalcy, foreign to love, foreign to socialization, foreign to work ethic, foreign to intelligence, there's a lot to be foreign to in life, it's all a matter of doing what makes sense to you, at a period in time in life, when risk is not an option, do you lean toward what is familiar or do you start a new relationship, and take the risk of setting long term goals with someone new in your life. There's waiting, and there's not being able to commit to someone new, there's friendship, and there's not sticking to the standards of wellness, in order to have friendships, or relationships in life, and there's life, being able to live, not by the standards or characters of others but your own.

September 2019

Expecting Change ...

9/28/2019

At a certain point, when getting to know someone new, or when thinking about someone who you used to know well, and feel distant from ... you stop expecting change, and learn to accept the spaces between you and others, at some points in life, things become less intimate, and people become more focused on themselves, their goals in life, and where they are headed, regardless of whether you are doing well or not, wish the best for you, but at this time, choose to be separate from you. That goes for all relationships, not just romantic ones. Friendships, never die, you can always rely on those who once cared for you to be there during your up moments, and reply. And those who are new to your life, don't be surprised if they expect more of you, or if they challenge you to try harder in life, that's not that they're not being accepting of you, but maybe it's just that they see your potential, that you've lost track of along the way. -Some mental health issues, don't come and go, some stay, and some symptoms either worsen or not depending on how well you follow instructions, and advices given along the way, some problems corrected, let's hope we don't make the same mistakes in life more than once, that's a lot of loss to suffer in one lifetime, reliving the same mistakes over and over again, and expecting different results, you would be kidding yourself, if you

thought you could have your way in life, hurting self, and at your expense hurting others, causing them to be distant toward you. Self-harming and addictive behaviors is much about happiness with yourself, when youre not happy with yourself, youre more likely to make bad choices in life, when left to your own devices, isolation is your worst enemy during times of need, that's actually when you need to step out of your shell and be around others, that's when you learn the most about yourself, either rising to the occasion of wellness, or forgoing all opportunities to move forward in life, and choosing to stick to your old patterns of coping that don't seem to resolve those empty feelings causing you to be alone, it's a choice to be alone, don't choose to be alone, choose to be around people, and once you make that choice to be around people, don't expect people to openly want to be close to you, until you have become more well adjusted to your environment and being around others, especially if you have mental health issues, its easy to be timid, to not ask for help, to shy away from love and friendships, that makes sense, not wanting to get hurt again, or not wanting to risk the potential for loss along the way, as you get better. Know that you are fine just the way you are, keep working on yourself, and allow the rest to fall into place. The more you try to better yourself, the more you will attract the type of companionships in life you think you deserve or want to have in life, the less you try, and shy away from progress putting yourself down, the less likely you will be to move forward, give yourself a chance first to move forward, and really try to improve, those genuine attachments you have toward bettering yourself, in the activities you choose to engage in, the more you will attract people into your life, who may or may not be similarly situated but you choose to better themselves on a daily basis as well, its not that similar people attract similar people, its that busy people, who have lives of their own, not dependent upon others are easier to be around, without worry, be one of them, not someone to worry about, or for them to have fear about the risks of losing you to mental health issues, that's why they say its selfish to self-harm and that its all about seeking attentions from others, because behaviorally at your discomforts cause others to become uncomfortable and as a result may cause others to focus on you, not for what you are doing right in life, but to seek help by communicating your illness in a way that forces them to have to care, not because they necessarily want to care, that's not the way to go about starting or ending relationships, based upon how much attention is paid toward you, then blaming one or the other for lack of attentions causing you to self-harm, that's not the solution to dealing with breakups and losses, that usually just pushes people further away from you in life. It takes time to love yourself, and to live life freely, free of fear, without worry about your health, and without worry over potential losses to face in the future, when connecting with others, that's not what connecting is about. If you expect every connection to be long term, well you are only setting yourself up for heartache and heartbreak, take it day by day in those cases, you cannot expect to have the confidence of someone who has been well and who has been able to avoid illness in life, and see yourself as less tough by comparison, mental health issues, may not be contagious, but you certainly should not compare yourself to others, who haven't exhibited the same symptoms or exemplified a condition, that you have had to endure throughout your blogging career, most things dealt with in private, are usually resolved in private so that in public, others do not have to witness them upset, disgruntled, or feeling down in the dumps, who walks around sulking, for attentions, exactly, that would be weird, Im sure not all mental health issues, are purposefully exuded in public, sometimes unless anyone points out to us what needs work, we continue on that way without change, there are ways to think more positively about yourself, to get to more positive end results, you just have to stay conscious of what needs work, in order to fix what needs work, everyone is different, "everyone has problems," and know that youre not alone. If there is any advice I could give to someone who is still struggling with mental health issues, it would be to follow your Doctor's advice, take your medications as directed, get your sleep at night, don't oversleep, and set an alarm wake up early, and slowly craft a schedule for yourself to follow each day, until the days feel less long, time moves by quicker, and the days feel more complete, having accomplished things and by keeping yourself busy. Its hard to transition to the real world, if you don't have your basic life skills down, and have not adjusted to your meds, and able to keep a schedule, not all are blessed with jobs in life, and some of us have to battle our mental health issues, not just our demons in sobriety, some issues are better not discussed out loud in public, that includes self-identifying characteristics or traits, or personal histories, that set you off as being less than according to social standings, if you want to have a job that your proud of having, a companion your proud of being with, and a life your proud to have lived, than start accepting those moments when you did not have your condition under control, and hope that as you continue to improve others will become more accepting of you, your past, and where you are now.

Setting Goals ...

9/21/2019

Appreciate the smaller milestones in life. Whether its losing a few pounds, setting a new fitness regimen, attending AA meetings, dating, hanging out with friends, making new friends, chatting with friends on Messenger, finishing an assignment, applying for a new job, starting a new job, these are all examples of steps in the right direction. Never stop living life, and if you have to blog in between phases in life, that's okay too. My new Alexa Rank puts my website in the top 147,126K Websites in the US! What was once a hobby has the potential to become a career choice later in life, if I so choose to guest post blog, get paid for writing and publish a book. Right now I'm focused on finishing my Dissertation and graduating from Law School, with an LLM Masters in Law, studying Money Laundering and AML Laws in the US and UK, Finance. The purpose of getting a Masters was to get a job, and the purpose of blogging was to keep going in spite of not having a job, just need to be sure to mention my experience on my resume, but not sure where to start. What was once a quotes campaign on Twitter and Instagram, has turned into a blog on Weebly, with updates to friends on Facebook and Twitter. Your blogging career evolves overtime, writing less on social media platforms, and writing more on your own on your own website. Eventually you guest post blog. I just joined Need to Live (Link: <https://theneedtolive.com/?aff=36>), and look forward to my first post on their website.

Goal setting, why is it so important to goal set? While there are many blogs to help you “reach your life’s goals” [1] we are not all bloggers, so how do we reach our potential, if we are just trying to get good at one thing in life, such as work or a relationship? **[Step One]** A lot of blogging requires you to first have a good “relationship you have with yourself.” [2] If you want to get a new job, if you want to guest post blog, and if you want to have a career doing what you love most, then you need to first improve your self-esteem. Its important to note that, “Self-esteem is enhanced when you set a goal that’s meaningful and important to you, and you follow through to make it happen.” [3] For example, I have been setting running goals for myself, exercising daily, this is to help lose weight, to be more presentable. When I was told at my last job, that I could lose a few pounds, put back on adderrall sent to a new doctor, I was mortified, not insulted, but used to being bossed around at that point in my life [an introvert], and subjected myself to that heartache of not feeling good enough. Don’t be insulted, get active, the more prepared you are in advance, and the better you feel about yourself, the less you look like a project to someone else, who is in need of fixing. **[Step Two]** Know Yourself and be sure to set “SMART [goals] (specific, measureable, attainable, relevant and time-bound) goals that motivate you and write them.” [4] **[Step Three]** Be sure to set mini goals and reward yourself along the way, [5] think about what needs to get done in order to achieve a bigger goal ie getting a job, or guest post blogging, and **[Step Four]** get prepared to achieve that goal, when the time comes, performing under pressure is so important to feeling good about yourself, not only are you able to rise to occasions, but you leave a lasting impression upon others, that you can be relied upon, and trusted during times of need, an important quality to have in the work force in todays setting. **[Step 5]** And lastly know your limits, pace yourself, don’t set goals that are too difficult to achieve or set your standards too high of yourself, that you fail to measure up, if you have been able to achieve in past, then pat yourself on the back, your personal history helps mold you into who you become in the future, learn to love yourself, recognize your mistakes in life, and move forward so that you can begin a new life, if you have not looked back, chances are if you move forward without correcting what has gone wrong in the past, will leave you feeling lost yet again, unsuccessful in any attempts to start a new job, relationship, or expand your skill set career wise, its okay to invest time in bettering yourself, you deserve that much!

Steps to Goal Setting:

1. Work on your Self-Esteem
2. Know Yourself
3. Set Mini Goals and Reward Yourself
4. Be Prepared
5. Know Your Limits

References:

[1] <https://blog.goalmap.com/en/20-blogs-that-will-inspire-you-to-achieve-your-goals-in-life/>

[2] <https://www.goodtherapy.org/blog/self-esteem-goals/>

[3] Id at 2.

[4] <https://www.mindtools.com/page6.html>

[5] <https://spiro.ai/setting-mini-goals-for-a-big-impact/>
Growing Up ...

9/17/2019

Growing up, things don't generally hit you until later in life, when your young you more readily adapt to the present, without thinking too much about the past, and without worry for your future. The pressure to succeed hits you later in life, and its then you assess where you have been, and with consideration for your upbringing, do your best to represent yourself and others well, this does not come easy to most, an overwhelming fear of anxiety sometimes takes hold of you, everything at stake, what has passed, what has been lost, and where to go to from here, the more stability you are able to achieve throughout your years in life, the better opportunities present themselves to you later in life, its all about focus and perseverance. For some its easy to brush aside the problems of those who are not successful, as not being of importance, or a story worth hearing, and even worse if you have mental health issues, then no one want to read your story out of fear that their issues may be triggered by your understandings of life, based off of your experiences and what you've been through in life. There is a sense of possessiveness, others feel in terms of their own health, and that will never change, the less you try to convince others to accept you, the less worry and fear youll allow to take hold of your interpretations in life, and how well you feel about yourself, the opinions of others, should not matter to you, benefit not impede upon your progress and understanding of the world, there is no remedy or special information that can be provided to those who think they have life all figured out, stubborn and resentful toward those who they think should not be suffering from mental health issues, had they not had a problem with drugs and alcohol, and therefore do not see them as victim ever to their problems, but the cause of their own failures in life, its sympathies from those, you should refrain from questioning, in life, and your time is better spent bettering yourself, with or without those types of people in your life, you don't need forgiveness to move forward, and you don't need to step down to those who think they are better than you, to feel apart of, all you need to do is be able to exist in the present, without feeling sudden bouts of depression, ignore negative voices and opinions of you, and not self-harm to any of those opinions of you, they'll likely turn a blind eye, and again blame you for your own sufferings in life, no one who is in non-acceptance of you ever takes responsibility for how they may have made you feel about yourself, when you have been worse off, in life, its their own lives that matter more to them, maybe not even having an opinion of your life that you can yet understand, perspectives change overtime, and your perspective of yourself, and where your at in life, can likely change to, the more progress you make. Don't ever compare your sense of self, to the sense of self others have achieved, in order to have things in life, not all who are well are blessed with certain amenities in life, that help to establish their sense of feeling successful and above others, its all about where they see themselves, as compared to where they have been, and have a clear awareness of where they are headed in life, wanting to live long lives, if you have suffered and have considered ending your life, then you will not feel like most people, and doors wont begin to open back up for you in life, until you learn to value yourself, and again realize your potential in life, taking it one day at a time, until you are able to see weeks, and months in front of you, and even years, then and only then, is it safe to try and be social again, but isolating is never the solution, be mindful of those who have given up on you in life, some don't want to be blamed for your mental health issues, and that's probably why they are no longer in your lives, to live better lives, without having to suffer the repercussions of being connected to someone who is not doing well in life.

As You Get Older ...

9/13/2019

As you get older, feeling more and more pressed for time, you begin to re-organize your life, your livelihood depends upon this, being able to work, being able to feel apart of, and giving back to others, as others have given opportunities to you, to get well, feeling like it's a good idea to help others, once you get well, know that this doesn't all happen at once. There are phases in life, when you need help, and there are phases in life when you are able to provide help to others. No matter what boat youre in, know that youre not alone. We don't all become

advocates at once, and sometimes you have to learn many lessons before you are able to help and give advisement to those who are struggling how to get out of a bind in life, or navigate through all the suffering and hardships, of not having a job. "Life is tough, but so are you" is the quote. That really rings true in your 30s, making friends, losing friends, and the risk of losing family, is ever more present, all the times your Mom used to say "while we're still around" begins to knock on your door, and where are you at in life at that point, at a point of hardship, or at a point of success, at a point of clarity, or in ruins, where do you want to be in life, when those bigger life lessons come knocking on your door, are you fearless, are you cognizant, are you compassionate, are you being self-centered, are you focused on the right things in life, or are you focused on meaningless things such as image and weight, what matters to you moving forward, how are you spending your time on this earth, and are you living a meaningful life. Although some may consider you a waste of time or space, know that you matter, whether or not you happen to be on anyone's good side, or on their bad side, over the life you have lived, know that you will always have potential to live a meaningful life if you so choose to. Know that in your 30s "Looking back, some of my biggest failures that seemed so catastrophic at the time, feel meaningless." [1] It's important to get going and to keep going in life. Once you stop, settling for "a sedentary lifestyle" [2] and choose to overcome your mental health issues, that's one positive step in the right direction, to begin goal setting again, and "do it now if at all possible" [3] and stop procrastinating, such as putting off a dissertation, to work, or making excuses for not showing up to events, causes, or meetups in life, or dates, because you are feeling inadequate or not good enough in life, life was meant to be lived, and you cannot start living life, unless you take active steps to keep moving in life, whether that's forward, or under controlled circumstances go backwards in therapeutic settings. -If you blog in between jobs, or outside of work, remember one thing: "Don't slave away ... thinking it's for some sort of greater good and that you will be greatly rewarded some time in the future. Unless there is actual, measurable benefit for you in putting in so many hours, [your future is] not going to happen. Nobody thanks you in the end, and you'll just burn out." [4] So true, unless you have goals along the way while building a blog for yourself, to share your life you need to: (1) Have a life (2) Live life with positive purpose (3) Share the meaning behind your experiences in life how they have helped shaped you (4) and How will blogging benefit your future potential to get jobs, or to find a career in writing, or something related to your work online, if you haven't figured out that much yet, (5) Write a book, put it to the side, finish your dissertation, and apply for jobs! You can always come back to what work has been finished and improve upon it at a later point in time, what you can't do, is go backwards and fill in the gaps in your resume, why it's important to keep working, and if necessary continue your education, so that you can keep applying for jobs, and have something to show for yourself, during your time away from work or school.

References:

[1] <https://www.businessinsider.com/life-advice-30-somethings-2017-6#big-goals-are-just-checkpoints-and-have-far-less-punch-in-hindsight-1>

[2] Id at 1.

[3] Id at 1.

[4] Id at 1.

Sweet Melancholy ...

9/13/2019

Hearing stories of heartbreak, it's easy to become desensitized, if not feeling the same way about things, to think that someone is being overly dramatic. That's one defense to the depressions faced by others, to not be affected, and find ourselves in the same shoes, having read their accounts, trials, and tribulations in regards to their own love and acceptance needs in life, must we all feel the same, in order to be understood, sometimes sharing less, being less vocal about our troubles, can lead to better results support wise, rather than turn others away, by our displays, whether dramatic or not to their tastes, if real, we can only therefore be ourselves. We are not all actors, it's impossible to be someone acceptable to all, not all are forgiving of our dispositions in life, if not all together normal, may pass judgments upon us, as to why we are the way we are, how we could be better or different, and what in their minds would make us seem more acceptable. That's not always our fault, how digestible our content is as

related to our own lives and connections, as viewed by others. Some would rather have it be that they are glad they are not you, than to feel like they wish they were you, convince themselves of everything wrong with you, to prevent them from feeling, less than or inadequate, by comparison to you and your strengths in life, not all our strengths in life will be viewed upon in awe, or with total non-judgmental acceptance, you cannot expect to be everyone's favorite in life, no one is ever quite America's sweetheart, seems like the competition for the top spot, continues on, whether measured by wealth, self-esteem, accolades, generosity, intelligences, successes, social graces, photo wise, or by just how they make us feel being around them, or hearing from them, I think everyone is doing their best at this point in time, to make everyone feel at home. -Don't make people feel sorry for you in life, that's not a careful road to empowerment, don't bring everyone else down, just because things aren't going your way in life, but don't be so hard headed as to think that you have what it takes to represent others, in ways that others have not already done so, it's not always your place to be a source of that home feeling, best you can do is to be yourself, and allow people to pick and choose from whom to hear from, and by whose best words support their best thoughts, and leave feelings up to your audience to decide what helps, and what does anyone a disservice in life to know about, why it's important to share less about your troubles, to be well liked, you have to love yourself, and to love yourself, you have to keep busy, and to keep busy, you have to be happy from each point you leave off from, that's maintaining positive momentum, and it's that positive momentum you carry forward, and your aura, well that's a reflection of all things encompassing, being a good person, a wise decision maker, kind at heart, one that looks out for others, and when seen, all those qualities about them can be felt, similarly leaving at ease others, who otherwise may not have been at ease, or feel better having known you.

October 2019

Fresh Args for the Day ...

10/31/2019

lesliefischman.wordpress.com

"Bipolar is not contagious" quoting Dr. Burns at UCLA's Neuropsychiatric Center (2019).

By Rumor ...

10/31/2019

Rumor is a very powerful mechanism, that can either work or not work in your favor, never gamble with your image and your health, that is something that cannot be anticipated for by public health professionals, how people will respond to you, or configure fix or rectify how others have thought of you in the past, it's always thought of that with justification others feel enabled to hurt you behind your back, and if it doesn't speak to you specifically, then you only make worse your own condition by stating that something said or someone saying something has affected you personally, that's what sheds light on what's bothering you, not shielding yourself from harms way, and only further enlightening others, as to your interpretations, assuming one person's interpretation, and then bringing into question the interpretation of all based upon you highlighting points of issue, only known to you, and those to whom you have confided in or been exposed to in a therapeutic environment from which sharing is the primary way of assisting others, the newcomer, or those in need of assistance. If what you have to say does more harm than good then probably best not to make those statements out loud, any statements made in reply to thoughts you assume that others have of you, in a combative tone, makes you seem immature, if not delusional to the majority's concerns, it seems that as soon as you engage in discussions to topics brought up, that you are spotlighted on, and that's when you create a majority opinion in the negative of you, once held by a minority of individuals who did not know you well enough to give you an opportunity to get well, and fully understand the extent to which others either lost faith in you, or developed a negative opinion of you based upon what you look like, and whether your lifestyle was agreeable to their tastes. *The most important point I'm trying to make is that there is a fine line between getting well, believing in yourself, explaining yourself, others believing in you, getting well, and overcoming suicide, this is a specific discussion to overcoming suicide, based upon my personal experiences, you either overcome the issues that are baffling to your tastes, hurting your interpretation of reality, and reach a sense of normalcy, or you enable others to convince you that you are not well again, and then live up to poor potential of yourself, sending you backwards in life, not forwards, the main point I am trying to make is that you need to get better before you can address what has gone wrong, and why done so wrongfully toward you, before you can justify why others thought it justified to cause harm to

you as though that was a normal acceptable and deserved response toward you when experiencing mental health issues. Overcoming suicide is not just convincing yourself that you're worth it, but continuing to do well in spite of your symptoms, or mental health issues, not take those issues out on others, affecting their stability, that's the point at which you revisit what was bothering you, and instead of inspiring hope unto others and helping them to see well, you do the exact opposite, and get them to believe in a poor perspective of you or others, who have suffered in the past, that's not moving forward, that's healing, and then re-subjecting yourself to harm, and the point at which others become convinced that you're not well again, then whose team is winning now, the people's team should be a team that promotes "health equity" something I learned today, that is not governed by sides, or by wellness, but who doesn't buy into personal viewpoints or judgments of others, which run the risk of reverting others to poorer conditions of self, or run the risk of convincing others that someone is *worse off than they are presently, by getting them to express themselves in response to others past, at the present, which does not accurately portray themselves in a positive light, not all who are well can represent themselves well, that's a sad fact of life, and for many, it's too late, by the time they have expressed grievances, depending on whose side they are on in life, the burden to prove otherwise cast themselves in the positive seems too burdensome or difficult in the face of those confidently provoking others until they have proven themselves not of the majority (well). Not all deserved to be treated as though they do not deserve to return to normal life, and once they do resume a sense of normalcy in life, do not deserve to be put in positions where they have to explain themselves, to subject them to punishments, that's the Catch 22, be sued, and be quiet, and if you say anything, be punished, and if punished, that's how others are protected, so that when you are not pleasing them all, that provides a solution of those who are not in agreement with you or your wellness, prove you wrong, until they have something on record that they can put you in for, to them, that's winning in life, having someone to blame, and someone's character to attack. You have two choices once you get well, to explain yourself, or to ask for forgiveness, if either condition puts you at further odds with others, than do your best to consult an attorney and not fall prey to those who do not believe in you, further justify your suffering and hardships in life, as a result of your own merits, not a result of the limited opportunities for you in life to achieve, and earn a living, the more you can convince others that your opportunities are limited, the more difficult it becomes to realize your potential had you not been punished, or been marginalized by others, giving power to those in the past, who thought less of you, and making everything you've done since worthless, that's how your self-esteem gets affected, feeling powerless and helpless, and no one cares, that's because you allowed others to think that you were a representative of others in the past, and that because you poorly represented others, based upon how you looked or by use of substances or alcohol, that you deserved to be corrected and ridiculed then, as you grew. -The minute I say anything that remotely sounds suicidal, everyone becomes convinced that I am suicidal, and the moment that everyone becomes convinced about whether or not I'm suicidal if I word anything in the negative such as "contemplate life" then they believe you are, and if they believe you are suicidal, then they think you bear guilt, and if they think that you are suicidal because you bear guilt, then they want to know for what reasons you are suicidal, and if they can figure out why you were suicidal in the past, for poor judgments of you held assumed, then they can say that you did this this and that to reverse poor judgments of you why you went to law school, and for selfish reasons not to help others, then that justifies their dislike for you or no caring whether you live or die. That makes sense, but that does not help you, or your position, not all suicides are alike, and not everyone who is suicidal is guilty of anything, sometimes self-worth has more to do with how someone feels about themselves, how they think, what they think others are thinking, and if enough isolation occurs, and if drinking, then it all adds up, self-harm, can only cause you further damage in life, if you cannot figure out what's going wrong in life for you, then get help, don't every play to masses if your own house is not in order, and don't ever worry about image until it actually matters, your health comes first, and like me don't have discussions unless that's how you're feeling, and if you're feeling that way ask yourself, is it for selfish reasons, is it in defense of oneself, is it because of an acquired disposition, have I done something wrong, has something wrong been done to me, and am I being treated fairly by others, or without an opportunity to be heard or to explain oneself, these are moments when you cannot lose faith in yourself, once everyone has lost faith in you, and the moment you realize that no one can take your power away, whether or not others believe in you, is the moment you become that much more stronger, no longer justifiably treated as a offender until you commit suicide and no longer enabling others to stack your cards up in life, as a bad set, so that in the event you do commit suicide it's justified by your own misconduct so that no one cares about you, as though you've lost friends because you've done something wrong to hurt them, as though their silent treatment of you was deserved, as though all friends are the same, that's not the case, I isolated by choice, I studied hard by choice, I disassociated by choice, that was not as punishment defriended, or because I had done anything wrong defriended, that was my choice.

#AAS20 - Topic: Health Equity (Paper)

10/30/2019

#AAS20 Paper – Statement

Re: Health Equity and Suicide Prevention

By: Leslie A. Fischman

Submitted 10-30-19

Statement:

Although Behavioral Health Equity has been defined to protect the following groups those with mental health and substance use conditions and disorders, it does not account for all those who have been affected by this debilitating disease. In terms of Health Equity, it has been advocated that “reducing and ultimately eliminating disparities in health and its determinants” with ultimately protect those who have been “adversely affect[ed] [and] excluded or marginalized.” [1] That means that “everyone has a fair and just opportunity to be as healthy as possible.” [2] That means as a service to all, what is required is more than mere advocacy for those immediately affected by suicide, but also to secondary victims of suicide who may also be affected, due to these losses. The bigger the problem, the more clear it becomes that a careful balance be maintained between punishing those who have suffered due to their own merits, get the help that they need, and not wasting precious resources responsible for helping to maintain the balance between care and punishment. Recovery is a process. And much like recovery from substance use disorders takes time, so does healing from the aftermath of suicide. When someone important dies due to suicide, who advocates for the best interests of those suffering from mental health issues, we ask ourselves, why? How could someone who is an advocate to the community, be to blame for their own suicide, which brings into question, social responsibility, how much of the fault of suicide, goes to society, and how much of the fault of suicide goes to the person who commits suicide. We have been trained under the false premise that it is the fault of the person who commits suicide and that it is a selfish act on their part, we are trained to think similarly that substance use disorders are a selfish means for coping too. At what point do we all accept the conditions as they are, and start providing resources to those in need, in which they are not blamed for their troubles, and so that blame does not further perpetuate the need to prove existing, yes we know that you are not feeling well, and while we may also not be happy with the present conditions facing our Country, we do not likewise act on those feelings and cause harm to ourselves or to others. How do we normalize feelings associated with those who use and abuse substances and self-harm, or become suicidal, without enabling them to do so, and turn a blind eye to those conditions, it has been said that “Inequities are created when barriers prevent individuals and communities from accessing these conditions and reaching their full potential.” [3] If everyone’s full potential is living in good health, then how can we define poor health, without further marginalizing those groups in society, from functioning as normal, even if they cannot achieve the same level of wellness as those around them, the solution lies in social acceptance, but from an educated stand point, how to deter others from paths which may lead them to causing more harm than good to themselves, and their relationships, which may prevent them from opportunities for wellness in the future, how can we instead empower people to believe in themselves, and that if they do their best, take meds as directed, and seek treatment, that they too can recover from what’s ailing them, and not become optionless. Health Equity to me means not leaving those who are suffering without options, it means affording those in need with opportunities, to achieve, and to better themselves, without affecting those in their immediate surroundings, it means being able to live life, free from interference from those who are doing well, not judging those because of their disabilities in life, and continue to turn victims into survivors, and continue to empower those who are well, without worry for the future of their well being, even if they are affected by the health of others, personally, recognize that what bothers one may bother all, and just because something is bothering you, does not mean that that bothersome condition was caused by those who’s health has failed them, not be limited by our fears for our own health, and out of fear limit the abilities of those who are not well from getting better.

References:

[1] <https://www.samhsa.gov/behavioral-health-equity>

[2] Id at 1.

[3] <https://www.apha.org/topics-and-issues/health-equity>

Waiting for Review and Acceptance to Present at #AAS20:

Copy of my Submission to #AAS20 by Leslie A. Fischman



10-30-19_paper_aas20_paper_by_leslie_fischman.pdf

Download File



Link to #AAS365 >>> www.aas365.org/

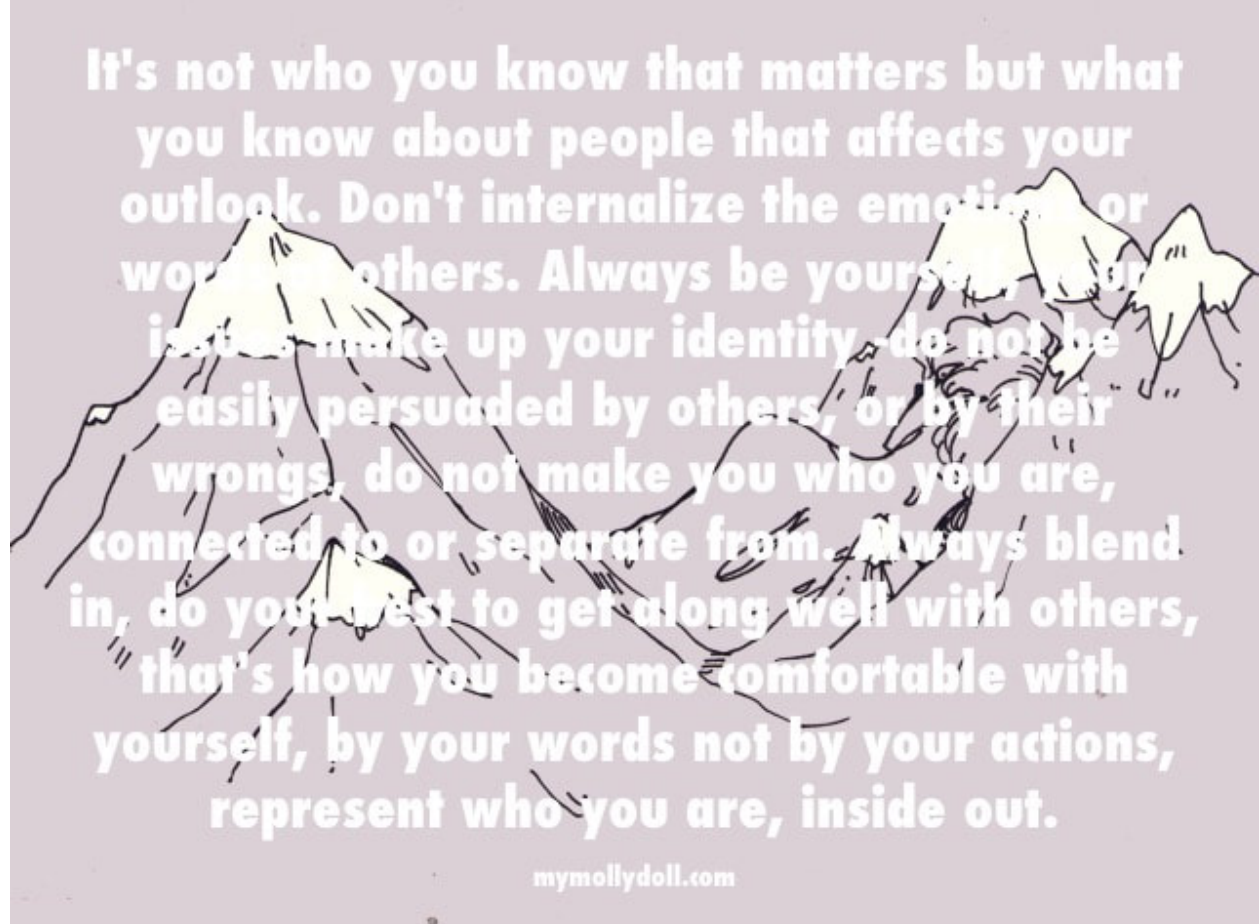
How Do You Self-Identify ...

10/28/2019

Self-Identification should never be for building better acceptances of you in life, but it doesn't hurt to mention your handicaps in life, or disabilities. Don't expect to be met with acceptance from others, in fact the opposite occurs, a questioning of your motivations in life, and whether its to your advantage to state which causes you have been affected by, to appear on trend with whats currently going on in the world. No one chooses to be bipolar and put on medications, and no ones chooses to become suicidal, and experience low self-worth. These are all things that can be overcome. Whether that's a hazardous background of misfortune to your reader, then its their choice to read and to follow, at their own risk, while passing negative judgment upon you, its not their acceptances in life, you

should strive to achieve for in life, there's no necessity to proving anyone wrong, when it comes to being successful, you either are accepted upon a knowing of you, and seeing you now, or you're not. The internet is not a friendly world, and there's a lot of competition, more exposure doesn't necessarily bring you a larger following, it is possible to maintain your privacies in life, and share only a little bit about yourself, where you've been, and where you're headed in life. I guess the question they're wondering is ... why do people like her, and what about her, is drawing attentions to her, and if she has had a past she's not proud of then why does she deserve to be where she is now, popular online. It's not an attractive condition to be in, one in which someone self-harms or becomes suicidal, and no it's not a trend, that if one becomes suicidal that others by exposure to them will become suicidal, it's a chemical imbalance treated by meds, and no I prefer not to be known for attempting suicide 2009 prior to attending law school, which was mostly about drinking alcohol, and needing to abstain from drinking all together. Not everyone can handle the pressures of success in life, let alone, worry about social acceptances, and if you add mental health issues to the equation, it makes it even more difficult to balance care for oneself and care for others in a way, that one if not doing well or appearing well, will not be blamed for the discomforts of others around them, as though all of a sudden their stability requires you to be well personally, and that your bad day affects their well being, absent your presence in their life online or in person. If you're not well you stay home, online, a different requirement is expected of you, to be honest, about your condition, why? This is not a meditation space, and you're free to go wherever your heart directs you to spend time and focus, it's okay to let go, especially from those individuals that you do not trust, and who no matter what memberships or jobs they have had, choose not to trust them. You cannot fake it til you make it in law, you either are well and get hired for jobs working for the government, or you are not well, and cannot work for the government, it's not a condition you can fake wellness, and the fitness required to provide advocacy to others during times of need, especially working with sensitive populations in the field of advocacy, which is my background, prior to attending an LL.M. Masters in Law Program studying Financial Compliance and Risk Management. -Just because any one person does not believe in you, does not mean stop believing in yourself. Just because anyone person does not think you are deserving of an income, and to provide yourself, don't stop applying. Just because any one person thinks that your time online was worthless or of no help to society or the betterment of all, don't stop writing. And just because your presentation is not acceptable to those you seek acceptances from don't stop building. There is always more that you can do to be a more stable professional online, and there is always more that you can do, to prove yourself worthy of acceptances from all, the only thing that you are not entitled to express any grievances suffered as a result of the hardships you have endured by lack of acceptances in life, it's that feeling of blame that gets thrown back at you in life, it's better not to even get started explaining, your dispositions in life, previously, if those feelings have already passed and people have moved on. It's obvious that where I am now, is much different than where I was, and it's obvious that my condition can still worsen if I do not take good care of myself, can become suicidal again, it's not a fun position to be in in life, one in which others feel the necessity to blame you, as though you're a public figure responsible for micro-managing the health and wellness of the audience exposed to me, they're around, but ultimately it's the choices they make in life, that establish their sense of self, irrespective of what I have been through in life, only sharing my story to set boundaries with others, as to care, choose not to care, but I have no choice but to care for myself, and if I allowed those negative opinions of me to take hold, then yes I would have ended my life, and given up in life, not continued to apply to jobs, apply myself, finish law school, and write books, and be contacted by editors, approving of my work. And no being punished does not make me any more or less stronger than others who have died by suicide, or have given me some sort of a combative edge in life, where I don't care what people think, of course I care what people think, I'm a thinker myself, I'm a worrier, I study hard, I work hard, I'm detail oriented, I'm a perfectionist, I have been elected to positions, I have lead sports teams, I have gotten jobs in DC, I was hired to be a Victim Advocate in Boulder, none of these jobs would have accepted me if I were an addict or alcoholic, it's because I abstained from drinking and drug use, I was able to function, focus, and achieve, be presentable, I was in no way shape or form then, as I am now, but if I convince myself that I am disabled with bipolar, the depression will hit, I will contemplate life, and I'll be another hopeless and helpless case of addiction, alcoholism, and failure, and that's not who I am. I am like most people, sensitive, caring, and yes I do take the initiative if no one has yet to say something and raise my hand just like I did in school growing up, and ask for help, ask for approvals, send my information, make requests, make phone calls to FEMA, and do everything I can to be a better person and advocate online, no I don't think I deserve a record, but that time has passed and I get expunged next year, it's been a very difficult 7 years, when you are lifted high, remember those moments in life, and when you get knocked down to the point of no return, then figure out what you need to do to survive daily, that doesn't interfere with the health or happiness of others around you, that would be the only way to live life there forward, constantly thinking about what other people think, and doing your best to avoid trouble in life. If you can't get a job in the real world, then no you have no choice but to be a writer, is that my dream? Yes that is my dream and to finish law school. Is this a weighing conversation? No not to the reader, because probably less than 2% of my audience has been incarcerated, after attempting suicide and going to two law schools. No I'm not your average case of someone who has been punished, I'm not like successful people, I've never earned a paycheck over \$8/hr. I deserve to write, I deserve to work, and if it matters to anyone else it matters to me, that's a given. You can only focus on so many things at a time, everyone's health comes first before forgiveness, everyone's health comes first before friendship, and everyone's health comes first before love. Those are all acceptances in life, the time of others, that you are not entitled to that's their choice in life, how they choose to spend their time, and who they choose to spend their time with. It's

not earned, deserved, or upon being perfect, expected to work out, that's life (impossible to manage but easy to live once you have everything you need). #beorganized #staypositive #beproudoyourself



Top 15 Female Bloggers to follow 2019 ...

10/28/2019

<https://loveandloathingla.com> - Caroline

<https://cupofjo.com/> - Joanna Goddard

<https://hellogiggles.com/> - Hello Giggles

www.cupcakesandcashmere.com – Emily Schuman

www.songofstyle.com -Aimee Song

<https://weworewhat.com/> - Danielle Bernstein

<https://www.instagram.com/chiaraferragni> - Chiara Ferragni

<https://theeverygirl.com/> - Danielle Moss

<https://www.girlboss.com/> – Sophia Amoruso

<https://www.mydomaine.com/> – Lauren Conrad

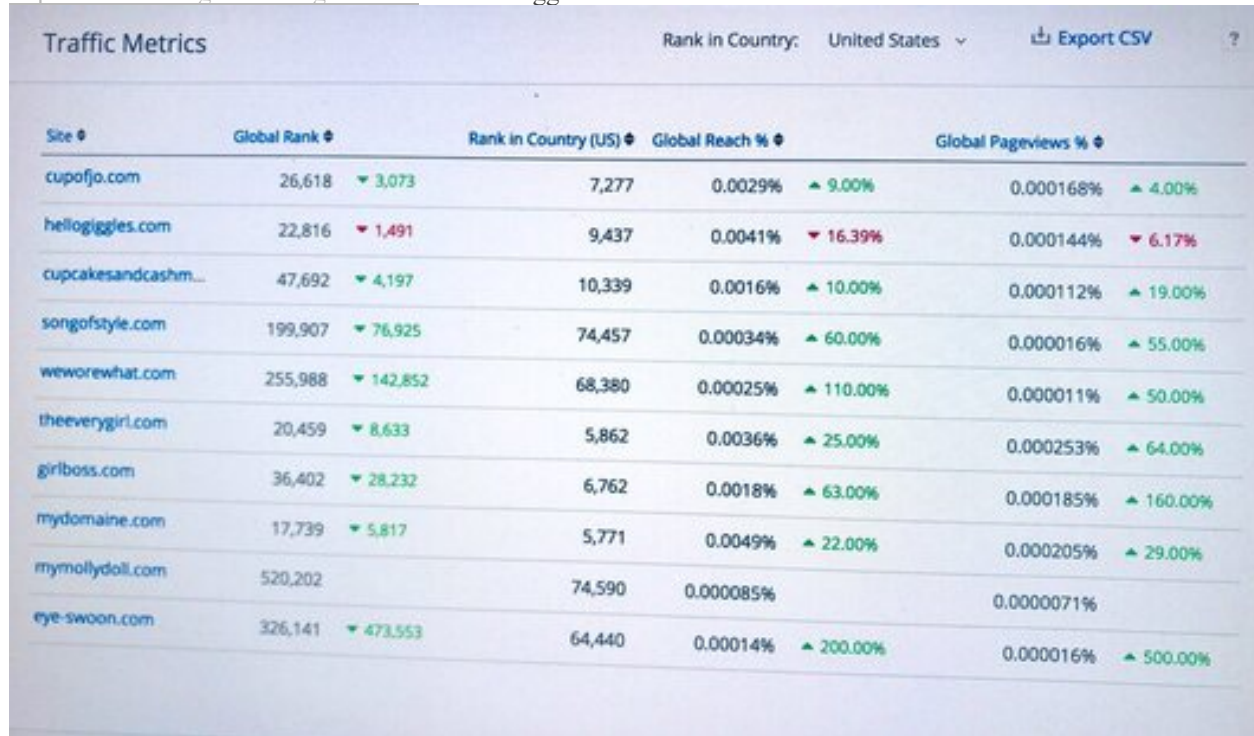
<https://eye-swoon.com/> - Athena Calderone

<http://camilacoelho.com/> - Super Vaidosa – Camila Coelho

<https://www.marieforleo.com/> - Marie Forleo

<https://thelala.com/> - Mindy McGinnis

<https://www.instagram.com/gabifresh> - Gabi Gregg



The screenshot shows a 'Traffic Metrics' dashboard for the United States. It features a table with columns for Site, Global Rank, Rank in Country (US), Global Reach %, and Global Pageviews %. Each row represents a different website, with data points and percentage changes from a previous period. The table is sorted by Global Rank in descending order.

Site	Global Rank	Rank in Country (US)	Global Reach %	Global Pageviews %
cupofjo.com	26,618 (▼ 3,073)	7,277	0.0029% (▲ 9.00%)	0.000168% (▲ 4.00%)
helogiggles.com	22,816 (▼ 1,491)	9,437	0.0041% (▼ 16.39%)	0.000144% (▼ 6.17%)
cupcakesandcashm...	47,692 (▼ 4,197)	10,339	0.0016% (▲ 10.00%)	0.000112% (▲ 19.00%)
songofstyle.com	199,907 (▼ 76,925)	74,457	0.00034% (▲ 60.00%)	0.000016% (▲ 55.00%)
weworewhat.com	255,988 (▼ 142,852)	68,380	0.00025% (▲ 110.00%)	0.000011% (▲ 50.00%)
theeverygirl.com	20,459 (▼ 8,633)	5,862	0.0036% (▲ 25.00%)	0.000253% (▲ 64.00%)
girlboss.com	36,402 (▼ 28,232)	6,762	0.0018% (▲ 63.00%)	0.000185% (▲ 160.00%)
mydomaine.com	17,739 (▼ 5,817)	5,771	0.0049% (▲ 22.00%)	0.000205% (▲ 29.00%)
mymollydoll.com	520,202	74,590	0.000085%	0.0000071%
eye-swoon.com	326,141 (▼ 473,553)	64,440	0.00014% (▲ 200.00%)	0.000016% (▲ 500.00%)



Photos courtesy of alexa.com, as of 10-28-19.

References:

<https://ladybossblogger.com/female-bloggers/>

<https://www.successfulblogging.com/start-a-blog/>

https://blog.feedspot.com/women_lifestyle_blogs/

<https://bloggerspassion.com/top-female-bloggers/>

<https://bloggerspassion.com/blogs-for-women/>

<https://www.ignitesocialmedia.com/blogging/women-bloggers/>

<http://livelovesimple.com/inspiring-female-bloggers/>

<https://agirlinprogress.com/2018/09/10/these-are-the-10-womens-lifestyle-blogs-you-should-be-reading/>

<https://blogonyourown.com/best-blogs-for-women/>

<https://sam.laurabrown.com/20-best-blogs-women-twenties/>

https://blog.feedspot.com/women_blogs/

The time is now ...

10/27/2019

Here's my pitch ... There comes a point in time in everyone's writing career, once they've identified themselves as a writer or blogger, to give back to their communities and fans. This is why I want to be a blogging platform one day, to help distribute courses and blogs that stand out in the online community, and who are doing their best to be of service to others in the writing and blogging communities to which they are apart of. This would require taking a web development course at General Assembly, to learn the front-end web development fundamentals of re-blogging and distributing work online, what the parameters are to sharing the work of others. Like everything shared, citations and permissions are required to promote the work of others. It wouldn't be for a fee, but as a community service, to the online world, to assemble a site, that helps new and old bloggers, find writing communities online to share their work, and courses to take, that have helped others like them, find their way along their writing journeys online. In today's day and age we are bombarded with options online, being marketed to, while marketing ourselves online. A lot of time and energy could be saved if we just knew more about blogging and distributing our work online. It's not easy to get likes and to get followers, but there is a strategy to obtaining the look you need that represents who you are as a writer, your stats should match your profile numbers too, that seems to be one problem I have experienced as a writer online -nothing quite added up to how I want to appear online. A lot of work goes into blogging and building a website, but there could be an easier way of sharing our work online, if we just knew where to go, and which widgets to add to our sites. You learn overtime how to better serve your audience and how to better represent yourself online, as time goes on, it takes awhile to develop your identity online, and be a recognizable figure to others in the writing, and blogging world, it's not easy to stand out and get paid. To be accepted to most partner networks, you have to be presentable. Not just likeable, presentable, it's not all about getting your numbers up, how much do you know about how your blog works? That's where courses come into play, to be a good blogger, you have to continue to educate yourself on the profession, bettering your writing skills, content, and appearance online, on the front end, and the back end, in terms of website scores, are you ready to be promoted & hired? If not, then you've come to the right place. We are in dire need of a place to get started when it comes to blogging, and that's the type of service online I would like to create for bloggers.

New Alexa Rank
85,686 in the
US! (10-27-19)
mymollydoll.com

Blogging Basics ...

10/26/2019

[1] Purpose

What is your purpose? Every blog, has a theme, a specialty, whats that one quality that sets you apart from other bloggers? Besides being on weebly.com, my blog is not like most blogs, building everything from scratch, there are no built-ins or plans, just themes, the rest is up to me, to fill those spaces with content, which took a few years, a lot of hard work to sustain a following, without as much feedback as I would like. Thanks to blogpros.com, I now receive likes, but that hasn't always been the case. When is a good time to promote your work. There are many phases to your personal development online, and one thing to keep track of is your personal progress, not just your professional writing abilities. Although your popularity may change overtime online, depending upon how much work you put into your blog, we hope that it will all add up. Who is in your network? Is it just you and your followers, or are

other professionals keep tabs on you, that's up to you, to message with and get to know others in your genre's community, although it's important to make connections in life, what's more important is being prepared when those opportunities to connect arise. Are you presentable, are you proud of your work online, and how much further do you have to go to pitch your final work product to your audience and other professionals willing to work with you to help you hone in on your abilities and perfect your craft. That time has finally arrived in my writing career, although at times I may have seemed disorganized, and not put together, I always produced new material, and if I couldn't write, I was working on myself, bettering myself, whether it be through running or therapy, it's never too late to work on your mind, your mind is what writes, and its stability that's required of you to present yourself to the world and be accepted by all, that's now just knowing your story, its having faith that no matter how your story turns out, something can be learned from your experiences, to me that's good advocacy.

[2] Organization

With the best of the best online, it can be intimidating to start your journey as a writer online, the tendency is to keep your best work off line, I did the exact opposite. I put my best work online. There are a few setbacks to that approach to introducing yourself to the world, the material won't be fresh for a book, and you'll have to come up with new material for any future finished projects, respectful of those who do follow close, not subjecting them to reading anything twice, I'm sure there are rules to this process of publishing, and that's probably one reason why, no even you can copy your own work, that would be unorthodox. A benefit to publishing your work, early on, is that you do get feedback from your audience, which helps keep you motivated along your journey to final draft publication of your work, a little positive incentive goes a long way, we can't all be confident behind closed doors, and take too many gambles when it comes to how we get published, entrust our publishers with that fee we pay, and hope everything turns out right, I'm very cautious, for some reason I wanted to know whether my book would do well, before publishing my book, I now know it will be worth it to publish professionally, not on my own self-publish, and can save time and energy worrying about pitching to an agent to get published by a fancy publishing company, I'm sure that time will come, I'm still learning myself. -Stay positive? The good thing about building a foundation for your future writing online, is that you have somewhere to start from in the future, it's the getting started part that is the toughest climb, establishing yourself online as an author, without a book in hand to show that you can finish the task, which is why I assembled my first book on my own, and printed my 1st manuscript with lulu.com, hashtags and all, that was fun.

[3] Settings

How your website looks matters! Fill it up, or be a minimalist. It depends on what matters to you, half the banners and pictures, and borders on your website, are just decoration for google and your website's platform to keep track for analytics and statistical purposes, usually your audience wants to see your work, not the work of others, but it never hurts to refer your audience to those who have and are helping you along the way, just don't link them away from your work, if you're going to add links to your website, make sure you do so, with permissions from others, notification to others, and always reference works cited to, and be courteous to those you have been influenced by, it's not all about you, it's about establishing yourself within a network of professionals online, and standing out as someone who is unique and important among the professionals you work with, don't bring everyone else down with you, and don't try to lift anyone else up, if you're doing well, do so, because as a professional you are required to disclose those links, and by being professional about how you cite, the relationships and the connections will build themselves from your work, you don't have to go out there and get connected, there's a manual way of doing so, it's called link building, and applying for links and approvals from others, that's how you market yourself, and help market those who believe in you, and who you equally admire and respect. That's how trust is built online, be a reliable source. The more reliable you are, proven by contributing to your blog daily, the more likely others will be to follow, content should always be written based from where you are now, and the benefit of writing from where you are now, illustrates to others, you have room to grow.

[4] Life Philosophy

What do you believe in? It's hard to share your influences in life. Don't get snarky about inside jokes, about whos whos and be defensive once your likeness gets compared with others in the professional world, you will always be compared to who is there first, and that's one reason why people don't get started in the first place. Who wants to be compared the best anyways, and not appreciated for their work ethic, we all work hard, it's not that we as bloggers are trying to be like those who are famous in other professions for their strengths, but that we are presenting our best work online via writing and selfies, to show that this is our best, and we are loving ourselves anyways in spite of not being as successful as or like those who are very successful in their respective industries. It can be demeaning to those who aren't into blogging to be big, or not writing to be a star, or not blogging to write a book, it's not predictable the route to which each person takes to achieve success in life, and if you are constantly comparing people, you are not allowing them to blossom, and not giving them an opportunity to grow.

[5] Standards

Always set high standards for yourself, everyone says this, but why? When you set standards for yourself, whether self-taught, or coached in conferences, by other professionals in the work force, who have more experience than you when it comes to writing and publishing listen, you are after all only a rookie writer/blogger and selfie queen, theres more to marketing than simply sharing a lifestyle online or level of intelligence online, that you have been able to achieve, and highlight your strengths online, to get jobs in life, be presentable, and respected, known in whatever community you find yourself in, self-identified “blogger.” Its not hip to blog, it seems hip, but there are no events for bloggers, that you don’t have to apply to attend, and there is no red carpet for those in the blogging community once they’ve achieved a following, to meet others who have found success in the blogging profession. Its not a dying profession, it’s a growing profession, we just don’t know where to go, neither while trying to achieve success and a following and no where to go once we get to the top, leaving many of us feeling like we’re ready to move on, whats next. Have a plan, and don’t give up, even if youre not making money, monetization does not equal success, you have to be ready to monetize when the time comes, and to get into any monetization program, you have to be presentable online, have a finished product or basic stencil as blogger meaning your identity is all in numbers to the organizations you apply to, and by that number, and based upon looking at your website can affiliate, or get partnerships, and start earning an income blogging, that’s the standard you will eventually have to ascribe to earn a wage, do so when youre ready, its important to keep track of industry standards, if you plan to one day be known professionally.

[6] Education

Your education matters, and if youre a student blogger, as are most, you have to separate the time it takes to be a successful student, as you grow your blog online, and community of followers. Youre following would feel bad if you didn’t achieve in life, and only blogged, don’t give up in other areas of your life, just to earn a following, or be popular, being well liked is hardly a useful trait to have, unless you have something going for you in life, that justifies why others are attracted to you online. Stick up for yourself, no one ever became wildly famous, for knowing anyone famous, that’s not how fame happens, fame is the ability to get the attention of others and to keep the attention of others, theres an overall feeling you get from those people, that shine, they stand out, because they have worked hard to stand out, and there are special qualities about them that make them stand out, and that’s why they are famous, and why others admire them, because they are strong, and no matter what happens in life, they are able to perform, and presentable at all times, they know what to fix how to fix it and still stand tall, they aren’t egotistical or worried what others think, they are sensitive perfectionists, who glow for one reason and one reason only, they take good care of themselves and others.

The screenshot shows the Alexa website audit interface. At the top, there's a blue header with the Alexa logo and a menu icon. Below that, a navigation bar shows "My Audits" and a breadcrumb trail: "My Audits > mymollydoll.com Site Audit Report for October 26, 2019". The main content area displays the website name "mymollydoll.com" and a "Download Report" button. The report title is "Report Summary for October 26, 2019 at 19:06pm UTC" with a "Next Report Date: November 9, 2019". The report is organized into three main sections: "Overall Grade", "Category Grades", and "Based On".

Overall Grade	Category Grades					Based On	
B 88/100	SEO	Performance	Security	HTML Tags	Reputation	On-Site Pages	Off-Site Links
	C 76/100	A 100/100	A 100/100	C 75/100	A 92/100	4	320
Previous Report	Previous Report					Previous Report	
Not currently available	Not currently available					Not currently available	

^ My current **Alexa Audit** as of 10-26-19 for mymollydoll.com ... Im in the process of moving to Wordpress, minus a few pages, to become eligible for monetizing my website, and partnering with blogging platforms such as shemedia.com, with help from itechinnovative. We'll see ... to be continued.

Getting the Blues at 5:50pm ...

10/25/2019

Today we pray for those who are still suffering, from fires, gun violence, and suicide. Hard to say, no theres no manual for caring. Its not always obvious, to share your condolences out loud, but as a public speaker, its expected of you. No its not selfish to say you've been affected, just don't go nuts, campaigning online, and rubbing in the issues, with hashtags, some things are better left unsaid, left to the professionals to decipher, pick apart, and provide aide and assistance for. You cannot be an emotionally sound backbone to the well being and thoughts of the reader, until you yourself reach a point of stability, no I didn't drive to Orange County and flee the smoke filled skies, I went to work, its hot everywhere, that's besides the point. What can you do to put yourself more at ease in life, when youre on the brink of feeling overwhelmed, and that sudden fear, wraps itself up and turns in to a headache that freezes you, I was not able to stop myself from freezing today, but I can still manage to put myself in a good mood, after a bad day, a bad year, and a few bad decisions in life, pick myself up "from the boot straps" is as the saying goes, and not bother too many people with "@"(s) in life, and keep my life and my problems separate from public view, and become a professional. For some reason I got stuck between school and having a career, thankfully there are internships, for those of us who are trying to establish ourselves professionally, prove we are reliable candidates, fit to be employees in the work force, or you can stay home and file for disability and get a check each month, I never allow that full year to add itself up, and at some point, towards the end, I throw my hands up in the air, and say fine, I'm not where I want to be in life, not the perfect package presentable but Im gonna go ahead and apply, no matter what I look like, no matter what I sound like, and whether or not I have finished the project Im currently working on, or have a project at all ready to be presented, we're not all award ceremony prepared, commercial, and that's okay, if we all fit perfectly into the boxes that we were forced to fit into, life would be jumping around a series of hoops and laser beams to fit in anywhere at this time, all those perfect spaces have been filled, where there are vacancies in life of acceptance is for people who want to do all the work themselves, like me, and rely less on upon the confines of structured lessons in healing, and stay true to my instincts and what feels good, not ready for this youre ready for that, not ready for this, but ready for that, it seems we are never fully prepared in the event even if a good opportunity arises, just get started, love yourself, and if you have done your best thus far, than expect and have faith that you can adjust your settings, to the settings required of you, when you get there, just make sure what youre doing now is done well, and with heart. Stay positive, you cant get anywhere fast, nor please anyone, negative.

When Voices Hurt ...

10/24/2019

The voices you hear, absent the presence of others, are your own, always remind yourself of that. I can only speak from personal experience, that's where I coming from, not to recommend experimenting with your own reasoning abilities. Theres nothing more weighing in life, than not feeling able, and feeling disabled by negative voices toward you, whether in the form of laughter or taunting no one likes to not be taken seriously, and intimidated in life, its not necessary for one to flap their wings, or hold their heads high to be treated as human or capable of achieving the same confidences in life, without appearing as though they deserve to be treated with respect. You cant run of negatives, and likewise any negativity leading up to self-harming behaviors is likely the cause of your inability to be a positive decision maker for yourself, don't allow voices to hurt your sense of self or persuade you you are something that you are not, that's where acceptance comes in to play, accepting yourself as you are, and being in acceptance of all voices, whether or not they are positive toward you, and whether or not they are trying to trigger you to see if you flip out and become suicidal or self-harm, don't let them win, why its important to call 911, whenever you feel as though you are in harms way, being quiet and on meds, only subjects you to poor judgment by others, who think not knowing you but based upon what they hear about you when you were not well, and figuring into the equation that you have a record think its in their best interests when they do not feel comfortable talking to you or knowing you, to claim victim to your disposition in life, that's not in your control how others feel toward you or around you, don't allow the negative judgments of others, or lack of love, care, or companionship to make you feel less than, or worthy of recovering from your injuries in life, that's not in your control what other people think or based upon how others people feel about you, feel less then, that's not others thinking they are better than you, which is probably the case most of the time, that's just you being insecure, if letting them win results in feeling worse off then talk to someone about how you are feeling, don't allow those feelings to sit, and if someone thinks that you don't deserve this or that then they don't know or understand what you have been through and how difficult it has been for you to live life and achieve again, all lives are worth living, and no one has the authority to hurt you or to persuade others to think less of you, who are they to judge you, if you have no one but a few people in your life, and if they are not in your life presently, then they have no authority to cause you even graver hardship than you are already in, simply because they don't think you deserve to live a good life, hurt your record. Ive been suicidal in the past, and Ive been overwhelmed in life over failures, but no amount of insult or embarrassment has hurt more, than being someone respected by everyone, and getting jobs, because I worked hard in school to get into law school and to get hired, and to have your life be ruined, because you have mental health issues, how to live life after everything you have worked hard for is gone, that's difficult, especially if you have already suffered from depression, its not fair to be put worse off in life than you already are, and not be given the opportunity to get well, and once you start doing well, be hurt by others, because they think you are siding with the wrong teams in life, or seem like someone they can

identify as having bad characteristics or traits, [it can feel like] that's not a life worth living one in which you are judged in the negative by others, [but you have to stay positive]. [Is it really] not a life worth living, one in which you are not accepted by others, [at what point do the negative tangents stop, the point at which others take offense to your feelings as though their feelings matter more than your own, whos making who suicidal? I think Ive suffered enough hardship over the years, self-harming which makes things impossible to fix if not leaves you worse off in life, in and out of the hospital, further from social acceptance, and being the well adjusted professional you hoped to be in life]. [Is] tha[t] not a life worth living without anyone in your life [of course not], and ***in spite of that all I kept living life.*** #stopsuicide. Eventually the voices quiet, you learn to handle rejections in life, in stride, and no one gets the best of you, and even when others are hostile or express anger or rage toward you, you become unaffected by the negative judgements toward you or voices taunting you questioning your character or how you should live your life, whether you live life in a good way, or whether the way you live your life causes harm to others, Id rather be dead. When you have done everything you can, to help others, and when that privilege is taken away from you, you have to keep moving forward (ie working for the Government in the helping professions) why I work in film now. I went to so much law school and have the opportunity to get a PhD in Law after I finish my LLM, and no law firms will hire me because I have not worked while on probation and because I have not worked, cannot get hired to a law firm now. That's a very painful experience, to be trusted, and suddenly be treated as someone else. Lifes not fair, but you have to keep moving forward, I would never pretend I am something I am not, and always do my best to get help when help is needed, I have been hospitalized now 9x, and will continue to do my best, it seems no matter what meds I am on, its never good enough, they always want better from me, or Im never in a strong enough condition to be fully accepted by others, the moment you give up in life, not only do you let yourself down, but you miss out on future opportunities to meet people who will accept you the way you are, don't allow any poor judgments of you to keep you from making a full recovery in life. You get punished, and corrected when needed, but its not necessary to fix yourself to make others happy, especially when they don't care or see you as someone who is unimportant, trash, less than, or someone not deserving of equal treatment in life. Its your job to live life, its not that you shouldn't care, then they will say theyre insensitive or they think theyre above others or they think they are bigger than they are or shes this shes that the list goes on, its who you don't hear from that causes you worry, I know this Ive been in relationships, the silent treatment hurts and never feels completely deserved, for whatever reasons others stop talking to you, or in less frequency than is usual, don't be alarmed by their lack of enthusiasm to see you or spend time with you hear from you or reply to you, everyone has lives of their own, and as you get older and mature in life, you take things less personally, it becomes less about you, have compassion for yourself, you've come a long way, and if it helps to separate yourself from whats not making you feel good about yourself or your progress its okay to be alone, but never give up, its okay to try again, the more comfortable you are with yourself, the easier it will be to be around others. [No Im not suicidal, yes I have a boyfriend, and no Im not gay, yes Im sober (2014), I only take prescribed meds, and no I do not have friends, only a sponsor for the time being, it has been this way for 7 years, live alone, alone always. Im fine, thats why Im a writer, and blog, and made an at home job for myself. cc: #LAPD who fingerprinted me, I applied to be a volunteer for them, left the application process to work in Film, finish my Dissertation, will graduate February 2020, and working on a book. No matter how much success you achieve, everything can be lost, the minute you allow negativity to get the best of you, freeze, and engage in self-harming behaviors, dont let them hurt you and always prove them wrong, suicide is not the solution it only let them win, dont be another sad story, dont feel sorry for yourself, and like me, do your best!]

when you start singing "halo" and
one if your classmates starts
singing it too



References:

<https://images.app.goo.gl/Gw7ZNB0C9zaaKTeu5>

<https://twitter.com/afspnational>

The Pink Cloud ...

10/23/2019

Don't get too ahead of yourself once you start feeling better, chances are not everyone else will be on the same page as you health wise, having realized the same potentials for themselves, life after all is and always will be a competition, hopefully not for resources and mates in life, or in terms of wellness, see ourselves as better off in that way. Then from what measures should we establish our own self-worth, is it okay to compare yourself to others, not when it comes to your health, you know yourself best, and your best may not be the same as anyone else's best. Not when it comes to weight, fitness, career, relationships, friendships, the list goes on, we always tend to think in terms of what people have that we don't have that usually leaves us feeling less than in life, and for those who do have it all, by comparing ourselves to those who are more well off in life, how far away we feel from achieving the same financial comforts in life, that may or may not ever happen for us in life, however once in a blue moon, there are those who rise to the occasion of success, and for those who have managed to stay well throughout the years, support their wellness in life, whether you agree they deserve to be successful or not, and whether you think that you deserve to be happy left wondering why others made it so far in life, and you got left behind, not all lives were built from the same foundations, principles, education, and values, you were taught what you were taught, I was thinking the other day, so that you could manage on your own one day and work, have a life, I was thinking are those who are most independent now, the ones who listened to their parents, and did not make as many mistakes in life, because they listened to their parents whether or not they understood why? I listen, for the most part achieved when I was supposed to achieve in life, but the few moments when I rebelled and drank, my life has never fallen apart faster than 2006 and 2013, the two worst years of my life, learn to move on, that is good advice, it sounds simple and cold, but true. Sometimes you don't realize your own self-worth until its too late, until your image has been tainted by something past or by some negative opinion of you or interpretation of your life, that you have lived thus far, its for no one to judge someone who suffers, but if its someone who is suffering from their own faults, the colder they get, that's pretty much an invitation for them not to care, if you can be designated as at fault for your own failures or circumstances in life, and when left with no one, who is there for you besides family to help you back up, you, and who restores that faith and belief back in yourself once you have lost the ability to move forward, by listening and by appreciating whats around you, and where you are now no matter where you start, no matter who thinks what about you or whom, that's time for you to focus on life skills, that's beyond self-care which seems like a fancy way of saying life skills, without all the touching inferred from that slogan. - Some people need a little love, and some people need a lot of love to feel better and reassured in life, that everything will be okay, that they are on the right course in life, and that they are doing the right thing, if you don't know the difference between right and wrong, then at least be a good human being considerate of everyone around you, not interfere with the peace among others, no matter how lost you get in life, no matter how many failures you endure, you can recover, but you cannot recover from hardships if you do not make a conscious decision to be a good person to yourself and especially to others, that's the ticket back to social acceptance. When you take calmer approach to life on meds, and stop blaming yourself and others, and stop hurting over the past, or hurting yourself thinking about only the things that bother you, you free up space and time in your life to be of value, service to others, and if and when forgiveness arrives, you too will be able to experience happiness in life, one privilege at a time, never give up.

Reference:

<https://eudaimoniahomes.com/recovery/what-is-the-pink-cloud/>

How You Feel Now (v). How You Felt Then

10/22/2019

Always give time to allow the dust to settle, sometimes how you're feeling now, if in a better place, could've set yourself worse off in life, had you reacted or responded poorly to others, don't misrepresent yourself in life, be easily disturbed by others lack of ability to maintain their inner peace and misdirected anger toward you, that's why they say that when people are being negative or hard on you, that its much to do with their own feelings about themselves ie a reflection of their own well being, that is their viewpoint, and that based upon their knowledge and experiences in life, have corrected you, whether that's out of genuine care for your well being, or

simply to protect their own best interests, the system of who cares will never cease to exist, and so long as our daily conditions can be improved by self love self care self worth unless you are showing those qualities characteristics or traits, expect to be corrected by others, seek instead to improve upon your best, rather than rely on acceptances from others there forward once anyone has expressed a disinterest in you or unhappy with your current condition. Not everyone will understand mental health issues, often times humor is off timing is off, and when we are not able to make ourselves feel better, chances are we will be less than successful at making anyone else feel better, that's a false belief, that sources of happiness lie outside of you and that to make oneself happy that one needs to be around, engage with others, to feel whole, with or without social media with or without friends, one should be positive, have some sense of a how to live life, mastered all the life skills required of you to succeed in life, and be able to work, but not all can manage that lifestyle, some have disabilities, whether hidden obvious or suppressed, sometimes no amount of education can correct the standards of acceptance from those who disapprove of you, that doesn't mean that you will not be successful or that you will not be able to achieve, just as some are rejected from jobs and find work elsewhere, there is a place for everyone in life, that I believe, that everyone deserves to belong somewhere, and if they cannot figure out where they belong, that they will be directed by the most trusted sources ie LAPD or Hospitals, it is mostly for them to decide who is ready to integrate, who is ready to work, who is ready to be around others, who is able, the rest of the opinions we hold as to the beauty makeup presentation of others physical wellness and intelligences is pure opinion, important some days to think about and other days would be a waste of energy to sit and ruminate or talk about think of, we all have priorities in life, not everyday will be the same, set your standards according to what makes you feel whole and worth it in life, we cannot all afford the costs of being put on display, or looking the part, live up to the standards you set set for yourself and once you achieve a sense of inner harmony within yourself, happy with where you have found yourself in life, then allow yourself to blossom at your own pace, not revert back to old standards of wellness, which may or may not apply by todays standards and given the times, be inapplicable to what is current thinking. You happiness all depends on how much are you willing to let go of in life, and how much do you need to hold on to, to validate your feelings in life, how important are your feelings to you? And is it necessary that those feelings be validated by others or shared to validate what you think, to know that you are heard, and that by being heard you will have achieved the acceptance from others or exposure necessary to feel as though you have made a difference? Something to think about, after reviewing Facebook's policies, a lot of terms struck a chord with me after reviewing my work, a lot of embarrassing fears were shared, that Im sure were not helpful to those in need of stability at certain times, Im sorry that my posts were not as reassuring as they could have been then, had I had more faith in myself, to stick to my structured forms of education, and not relied too heavily on mixed media as a benchmark for topics of interests, never forget to stay in tune with you gut instincts, and don't be led astray by anything you read, everyone deserves the right to be a critical thinker and reader, that's basic education and understanding. -Give people time to improve if they are new, and cheer on your favorites in life, stick to those whos voice of reason and advices helps you to achieve and maintain your inner sense of peace, its hard to find, its okay to be picky, and always with a grain of salt, interpret the advices of others, always keeping in mind, that what they have to say is a reflection of themselves, not necessarily anything you need to take to heart. #stopbullying

Overcoming Self-Doubt ...

10/22/2019

The years almost over, its time to get back into gear and finish the year strong. -Still battling your demons and stuck in a rut? Well then you've come to the right place. In fact a "20 minute" [1] dose of positivity has been shown to not only lift you out a bad mood, but to help you to pause, revisit your thoughts in a positive way, and stop the distorted viewpoint that your helpless, leaving things feeling more difficult than you can bear or overcome, a lot of problems cannot be solved on our own, but writing them out helps, and by changing our thinking about our problems, through greater acceptance of ourselves, we grow. Note that "Self-doubt can be a troubling and persuasive voice that holds you back." [2] Its okay to pause to center yourself, meditate, and practice mindfulness techniques that get you out of negative thinking and worry for what others think, and build greater awareness that everyone is doing their best to live their lives just as you are doing your best to live your life, care, but not to the extent that you get stuck in fear, fear of rejections, or "stuck in inaction." [3] As you become more "level-headed" and upon reaching points of "clarity" [4] you'll realize how much time was wasted worrying, and suddenly feel how much time is before you to get done what needs to get done, to leave you feeling driven, focused, and of value -you're self-worth is very much dependent on your ability to feel worth it in life, and to be of value to others, you must first learn how to value yourself, and be able to function in no matter what condition youre in, some days we may feel inoperable, but that doesn't mean your condition is permanent, the less you convince yourself that youre helpless, the more hope you will have, and the more willing you are to reach out for help, the better able you will be to help yourself, and help others in the future get the help that they need, know that youre not alone, but don't get stuck comparing your wellness to the wellness of others that would be counterproductive to your self-growth which relies on you recognizing your weaknesses, and bettering your best not trying to be better than anyone else's best in life, competition rarely brings us joy, unless we are improving first for ourselves, not for accolade, or for acceptance from others, do better because you want to do better for you, and because as a better you, you will be able

to take on more opportunities in life to help others in life, either by working or by other philanthropic endeavors, not all of us were built to help, you have to experience life before you can speak about it, and if you haven't lived through enough to have the clarity to speak about your troubles yet, then best not to mention your problems in public spaces, and run the risk of feeling rejected by the opinions of others (you think that others are thinking, but are really your negative thoughts you are thinking they are thinking).

Reference:

[1] <https://www.positivityblog.com/overcome-self-doubt/>

[2] Id at 1.

[3] Id at. 1

[4] Id at 1.

4 Steps to Getting Organized as a Blogger ...

10/22/2019

Step One: Make a Page

It doesn't matter where you start, just start somewhere. Once you've made all your accounts, make sure to put links to all accounts on one page. There are many benefits to this approach. By creating a page that summarizes your work, you allow others to get to know you briefly, find your work, go back to your work, and know where to find you. The best places to start are Facebook, Instagram, and Twitter, these are the best sites to post links to your work, and allow others to keep up with your Digest of activities along the way. As you accomplish goals along the way, its also helpful to be able to go back and update any pages to reference your best work.

Step Two: Keep Track

It seems like every network these days requires you to have a profile page on their website, don't become too consumed with building yourself on each network, that can be overwhelming starting from scratch, getting followers, and getting likes. Just do the bare minimum to start, you never know what changes you'll make along the way, start by adding links to your profiles in other networks, where you are most established first. Remember to keep track of all your logins, either bookmarking pages to your computer, keeping track of passwords on google, there are many options besides handwriting in a notebook, all your progress (which is what I do). Some days can be overwhelming when youre first getting started, make sure that on days you are brainstorming, to write down all your ideas for posts, which you can go back to.

Step Three: Work on Building a Following

Getting followers takes patience, overtime as you become more established, writing online, then you can add followers by hashtagging and by joining blogging communities online, and replying to comment threads. Depending upon who you are, what your interests are, and what genre of blogging you practice, there are plenty of blogging categories to choose from, whether its fashion, books, writing, or just plain blogging, you'll be sure to find communities online that suit your interests, finding other bloggers like you. Just because you may think you have the perfect blog and deserve to have 20k followers, does not mean you will achieve that number of following. Be strategic, in how you post. The most followers I ever obtained blogging, was by re-blogging posts from Instagram to Facebook, it's a great option, for not only promoting your website via hashtags to Facebook & Instagram, but also helps you to introduce yourself to new bloggers, and re-introduce yourself to bloggers that know you, who overtime may follow you, if they know you, and check your website, upon recognizing you. -Privacy is a huge concern for most bloggers, wanting to separate their personal lives from their public lives, this is why separate pages and accounts are useful for your professional work, for example I created another Facebook Account, to manage all my Facebook Pages on, so that new followers are not linked back to my main account, and keep my friends hidden, so that they cannot be checked on, that's just as a courtesy to your friends, who may not want to be well known with you.

Step Four: Promote Your Blog

Does it matter what blogging platform you use? No. I started building my website on Weebly 2013, a no so well known platform,

Wordpress is the most popular platform, and now Wix seems to be the new trend, -therefore it doesn't matter where you start, just start somewhere, you can always move to a new platform, when you're ready, or if you change your mind. Keep your material fresh and presentable, be yourself, but not at your expense, turn a crowd sour. It's important to stay positive, make no mentions of others, keep things general, and always be professional, that's with acknowledgement and understanding of the feelings of others, as you write, respecting the privacy of those around you, and always with permission share personal information out loud, if it relates to someone you know, or is about someone you know, don't hurt your relationships in real life, just because you love to blog, how quickly, a professional endeavor can be seen as addiction, blogging is not addictive, it's not an addiction, unless you keep improving, and figure out a way to monetize and promote yourself in ways that either help you get jobs or earn a living eventually, isn't that what most work-at-home bloggers dream of? Earning an income while blogging. Right now I am using blogpros.com to promote my posts, earning up to 300+ Likes per post, shared on multiple networks. -Eventually as you become recognized as a blogger online, you may be approached by others to guest post blog or take it upon yourself to request to be featured on blog boards for communities, this takes tact, and a readiness to write and give work away to credit another website with a link back to you. If you're not ready to represent others yet, and have difficulty letting go, writing for others, is not required, to build a following, I have been blogging for 4 years now and have not written one guest post blog yet, the first one will be written for: <https://theneedtolive.com/?aff=36>.

Look forward to my next post, good luck!

What is a Blog?



A blog is an online journal or informational website displaying information in the reverse chronological order



Blog structure

- Header with the menu or navigation bar
- Main content area with highlighted or latest blog posts
- Sidebar with social profiles, favorite content, or call-to-action
- Footer with relevant links like a disclaimer, privacy policy, contact page, etc.



Blog characteristics

- Archives
- Comments
- Blogs and websites
- What differentiates blogs from websites?



Did you know
you could earn money through blogging?



A blogger is someone who runs and controls a blog.
To be a blogger is an alternative career or job to many.

What Is a Blog Infographic was created by [First Site Guide](#) team.

Overcoming Depression ...

10/20/2019

Running has been the primary means by which I have been able to feel good, good about myself, and set weekly goals for myself physically, that keep me feeling good. Im not sure whether that's the addict in me, that feels the need to run everyday, or just needing to feel accomplished each day. For some accomplishing goals fulfills the need to "just to feel valuable or worthy," [1] so that I can get the job I've always wanted or date someone who is proud of me and loves me just the way I am. Sure you can want all of these things in your life, but that doesn't mean that you will achieve all those blessings in life. Its not just by comparisons that we feel less than, no one can do their best when theyre constantly comparing themselves to others who have more than them in life. "It's easy for people who suffer with this awful inner sense of doubt to feel inadequate in a world saturated with so much achievement and self-promotion." [2] In fact "Studies show that limiting social media to approximately 30 minutes a day decreases depression." [3] One of the best ways to overcome depression is to "turn negative thoughts and feelings into more positive ones." [4] And its true, taking care of yourself, does help you not only to feel better, but helps you recognize what feeling sleep you going in life, and setting goals so that you can achieve feeling that way. Exercise and diet, sleep, feeling purpose driven, journaling, doing creative activities, listening to music, these are all examples of ways to take care of yourself, "create a list of small goals to achieve, [and] check them off as you accomplish them." [5] The more you recognize and appreciate whats around you, the more present you will be, and able to appreciate those moments of accomplishment in your life, do practice "thought stopping techniques" and "meditate to relax and refocus your thoughts." [6]

References:

[1] <https://www.psychologytoday.com/us/blog/the-heart-addiction/201708/are-you-unhappy-achiever>

[2] Id at 1.

[3] <https://www.psycom.net/therapist-plan-for-overcoming-depression/>

[4] <http://www.yourlifeyourvoice.org/Pages/tip-12-steps-to-overcome-depression.aspx>

[5] Id at 4.

[6] Id at 4.

The Suicide Prevention March ...

10/20/2019

Ive been volunteering for Brady United since I left my job in Century City at Bag Fund Inc, [in other words I froze, whether by addictions, or failure to reapply for jobs, was left somewhere in between blogging]. At my previous job, before running a flyer campaign down Sunset Blvd, I was awarded a plack upon completing my internship, turned \$12/hr job as an Airbnb Housekeeper to a 3 story house on Cashio, we hung out at on weekends after work, my Boss used to love to throw Clippers Parties, and we watched the Manny Pacquiao/Mayweather fight that year -when I met with the President of Brady Campaign she suggested doing something more general, and so I blogged under the hashtag #bloggingcampaign, which was later nominated for a Shorty Award "Best Integrated Campaign," losing to HBO. When I first got started I was a blogger on Twitter at the time, a quotes and fashion blogger, obviously was not equipped to compete with the best, but studied a few of them nonetheless, to learn the ropes about affiliate marketing, signed up for shopstyle, applied, and was approved, and also added my blogs to bloglovin, and was scouted by sassique.com on tumblr to join their fashion blogging network. My friend in NY had recommended Tumblr to start a blog over Thai in NY December 2015, with my cousin who now works in London. -Its difficult to make money online, but I suppose if you love to model and have a big enough following, posting a few links to outfits every now and then cant hurt to acquire those professional relationships in life, to further your career. Early on as a blogger, I was lacking purpose, which later changed, the more I decided to get involved and try volunteering for various organizations (i.e. Brady United, Moms Demand, and OFA) learning about how others have contributed to causes to which I felt personally affected by as a law student, and wanted to learn about what I could do to help (and built pages on Facebook, one page

did very well my #dontdodrugs page). What have I learned? Its mostly by showing up, donating, and volunteering your time to be apart of that makes all the difference, that's your support group, whether their support was sufficient time enough to help you through those difficult years coping with the news, they were there when no one else was, that's a start, they seem to be tacking on additional campaigns to their primary agendas, as they have been similarly affected by suicide, via gun violence. Last year, I remember getting a text from a student on the board at #TeamEnough, as a law student, I felt super senior talking to a high school student, kind of reminds me of Kindergarten buddies in elementary school at Carlthorp School, and we were discussing what we do, and what our interests are, and when asked about my life, I had mentioned that mental health issues, were a big deal me, not just as I have experienced them, but felt that as a volunteer and while being concerned about gun violence, caring has had a dramatic effect on my mental health, that's beyond the pressure of school, work, and life skills issues (i.e laundry, affording the costs of living, paying medical bills), which has required me to not only be sober, but to be apart of, attend AA meetings at HIW, get a sponsor in West Hollywood (because I'm not brave enough to be Gay, my sponsor who is Bi, seems to be a perfect match for me). -Not everyone will support you, on your journey to care, especially for those of us who blog, thats reasonable for others to be concerned about your mental health, thinking if blogging is how you help others, and based upon your cares, that to blog is too risky in case something bad happens, its best not to be a source of support from which blames can be placed, as not being good enough, to add fuel to this dichotomy of so-called "risks" involved in caring, thats because they think you are not stable enough to take on the "risks" of caring for causes which may result in additional trauma, to you or others reading, thats understandable, know yourself, and when your ready, its okay to give back, and volunteer your time to help those who matter to you, thats what I think, its not a gamble to care, just be sure not to rehash subjects there must be some motivating layer of inner peace that keeps you going in life, not to counteract negativities, that would just be empowering the wrong sides in life, pay attention to the goods in life, not whats going wrong, if you want to make a positive difference, where is there a need, and provide it, if we are in a rush to help ourselves during times of turmoil, then go ahead and be a positive outlet online, whether its through writing or the arts, follow your passions in life.] Im sure Im not the only one who feels like 2013 to now was a blur, Im glad the fog is lifting now, I'm sad for those who are not here, able to experience the lifting of the fog, we all go through it, some symptoms of mental health issues I learned do not go away, just decrease in frequency with meds. Not every day is the same, there will be ups and downs ... some days I wonder if others feel like the day is long, or short, I hope someone is keeping track of our progress, Im pretty sure that's the beauty of blogging, looking back, and witnessing all the transitions you go through, like a bookshelf of experiences, you file away a piece of you one bit at a time, and low and behold a whole series of changes evolves in you, and you get to be apart of that positive change others experience having known you, and believing in you. Its hard to keep up with the times, there's so much to read, I have instead chose to free read, through this phase in life, and keep up less with whats on TV, Ive found that I have achieved more stability, keeping busy, than keeping track of everything current, its not a complete loss, but should do better job of keeping up with whos famous now, so many new faces, so many names, and I have no idea whos who, that would be something to learn considering that I am working in the film industry now, it would be good to know, the whos who of film, Im sure there are courses, beyond just the name game, connecting first and last names, that's all I know. -Today was interesting, we sat behind the Moms Demand booth, I used to volunteer for their leader, and bumped into someone from my home group in West Hollywood, and we all chatted with the booth next to us, a recovery center, who invited me to speak at H&I Panels, similarly UCLA had me sign an agreement and asked me if I would be willing to speak. I couldn't be more at peace right now, centered. Once you overcome the couldve, shouldve, wouldves, and stop beating yourself up over the past, you really begin to transform into a new person, feeling whole again, thats the beauty of change, it may happen slowly, but when you realize you have finally let go of what has been bothering you, its a really empowering experience to get your positive energy back, have faith. [In recent news a gunman was disarmed, I only pray that others similarly too can be persuaded not to follow through with their plans, and be stopped, thats why blogging is so important, when reality is amiss, where else does one go to keep up and get ideas, we are what we are exposed to online, if so, hopefully once those ideas are compiled, they lead to positive results, not negative ones. It seems as though we are constantly reminded to "never forget." Know that no matter where we go from here, those experiences will always be apart of us, let just pray for those who are still suffering that they will still be here for moments of peace.] -Beautiful turn out yesterday at #outofthedarkness, I'm glad I went. Thank you @afspnational "American Foundation for Suicide Prevention" and everyone for all that you do! #stopsuicide (Updated 10/20/19, Written 10/19/19).

My First 10 Mile Run ...

10/16/2019

Some people, no one wants to be grouped among that statement, as though they are some kind of lesser species of human, not in the know, or within any inner circles of thoughts, or rumor, it seems that a shared understanding would be in ways that protect the integrity more so of those spoken about posing more risks to the character as read or looked at if youre the one speaking or telling an account from your life, it just so happens that it's the teller of stories, usually someone who is told not to play victim, if they complain or share a story to empower themselves, wind up empowering those spoken about and feeling less powerful, the exact opposite of their

intentions which is to feel uplifted and to uplift others, via the sharing of their story, to someone who understands this concept, to see someone try and fail, is just that, obvious, but not in anyway empowering, instead as a whole, both sides should focus on the concepts being brought forward through the sharing of a story, and how to better the delivery of those concepts, maybe theres a better way, there usually is, in making a point, its only until after all is said and done, sometimes you wish you would have lived life differently, or done a better job overall, as an outline, taking action and making progress in life, but who does that outlines their goals in life, and accomplishes those goals in the exact order that they intend to achieve those goals in life, sometimes its not until failure, we become forced to set goals for ourselves, because we don't have any structure to our lives, because that damage to that part of our lives is irrecoverable, because those moments in time, cannot be corrected, and because no amount of rights can undo those wrongs or failures in life, to play victim, would just be throwing more energy into the wheel of power, giving and taking, losing, and winning, and ultimately finding ourselves drained once again, in the same ways we once tricked ourselves into feeling sick and convincing ourselves we were ill, as others were convinced that we were, be suddenly blame outside causes and conditions, for our present state if we are unhappy with where we are, and its that blaming of others that causes us to feel ill, and it's the playing victim while blaming others, that causes others to feel on edge around us, as though we are the ones not to be trusted, or as though we are the ones who are unstable not living life accordingly, and as a default to our own choices in life are suffering, physically, financially, emotionally, socially, academically, and professionally, how long will you allow that cycle of blame to continue before you allow yourself to move forward regardless whos fault it is that you became ill, you have to take responsibility for your choices, and the more bad choices you can eliminate from your life, the fewer opportunities for failure stand in the way from you recovering from those injuries in life, to your well being, image, and ability to improve, everyone deserves to help themselves in life, not all should be dependent upon others for all things worth living for, to some degree we have to want to live for ourselves, and if you so much hate yourselves for whatever reasons no one else cares about your hardships in life, than your care for your own well being should naturally keep you motivated in life, and whatever helps keep you going in life, if not for others, or with the support from others, eventually at some point, like in meditation your mind frees itself of thoughts, and when you are living, eventually, that dependency upon others is lifted and you are again just you in yourself, living for you, and doing what you are doing to be doing something to be normal to live life, and to function and to feel apart of, accepted, valuable, and in the moment, don't we all crave that, to feel in the moment, not behind in life, or without others lonely, no one deserves to hurt so bad that they don't feel like living anymore, no amount of rejections, shocking or not, or hope lifted and then brought down to disappointment, any wave on the spectrum of happiness or roller coaster of life, should be so unmanageable as to take our own lives, that would be tantrumming and giving up in life and no one wants to see that, how come we can be both the helper and the victim, and when we feel we are the victim feel like we don't get any help, even the help that does come our way, fail to acknowledge likewise the value of that help given, think about it, when you become unhappy with everything at your disposal to succeed, would be an insult to those who care cared and will care about you if you are no longer here, its important to live life, its important to have faith, its important to recover from whats hurting you, its important to not be alone and whats more important is to help again, why? If you help better than you are able to receive help, than chances are if you become victim, as independent it will be difficult for you to ask for help when help is needed, and if those problems persist and you do not cope in healthy ways, are likely to stumble upon unhealthy attachments, or uses of substances, to quell those feelings bottled up, or brought out of you, which you feel the need to suppress, as a means to feel normal. If you are self-medicating without the help of a physician its likely you need professional help, we mostly only hurt ourselves when we try to remedy or mostly over-remedy whats hurting, beyond the point of feeling good, that's called addiction, not all are like this but some. If you are both the victim and the helper, or just the helper or a victim but not yet a helper, it may not be easy to help others immediately, and like DBSA Support Alliance offers trainings for how to help others, similarly, I was trained for 40 hours to be a crisis hotline counselor, so smash those plans, stop worrying what other people think, don't go back through the negative thinking to explain how or why you got sick, its okay everytime I tell my own story I get suicidal, go figure that must be Gods way of saying, is the story inside you? Yes. Does that story inside you hurt? Yes. Have you been able to move forward and achieve a new life and happiness? Yes. Well then chances are even if you cant see it, going back through it, will hurt again, so be careful not to rehash old emotions, that not even a 10 mile run can cure, where you wind up feeling alone, taunted, not gonna make it, after you've already made it to a new relationship, give up, ask for 2 weeks, after the first date, after 5 months, after dating 2 months, bring yourself down thinking the thoughts of others as you told your story past or presently rehash your story and again think the same thoughts you thought before others had, while having the same reactions again, except now, after having moved forward, be brought backwards, that's casting the lure to be bitten by others, and then getting rallied up over feelings, that would have not been had or thought of had you not casted a lure out to be viewed by others, trying to provide a source of empowerment online, be sure that by speaking in a general way, neither you nor others are harmed by your feelings, nor are others then able to read into your story, and for you likewise to hear their thoughts, or have your thoughts be hurt by the concepts drawn from your stories, that others hear, after having met you or listened to you, or by knowing who youre attached to, dating, or were friends with, we are not our attachments, our chemical makeup, and genetics are worthless when it comes to mental health, star athlete to bipolar, who designed humans anyways, to be so gifted after working hard or training, or by education, be so easily dismantled, and disabled, and put to sleep on the daily, until they don't want to live anymore, who convinces someone that the voices they hear mean they should be disabled physically so that they cant run, why is it my fault if I hear voices, and why are those voices mean to me? What is it about my story

that justifies any voice from arguing that I am at fault for my own condition now, and why do I feel like dying when I hear negative feedback, not existing in reality but in my own head, whats causing that to happen again, why is support so important? In IOP doing well, after IOP the real world, whats the problem? Less abilify, Id rather be able to run and write, whats more abilify? I don't feel like working, and sleeping at 8pm. Not driven in life, have I ever caused harm to the intelligences of others? No everyone is successful around me, do you know anyone else who has been hospitalized? No. Do you know why you are hurting? No. Do you think that the hurt is deserved? What voices? No. Whos fault is that? (Example: + vs. - thinking at the end).

Post with Positive Purpose ...

10/16/2019

Usually when we post, we post with enthusiasm, hoping to equally lift those around us, having read something that we have shared, however that is not always the case. Sometimes when we post too much, this can cause worry to others, regarding your health, condition, and frame of mind, bringing into question your stability and fitness of character. Those who work hard offline, are usually not questioned to the same extent as those who work hard online, with all the stages of their progress, per every assignment viewable to onlookers. You cannot easily watch the progress of others, if they don't share out loud, their stages of wellness along the way, throughout their journey, that is the beauty of blogging, sharing our stages in life. For some blogging is a stepping stone in life: "Many bloggers go on to lead successful lives, both as movers and shakers in their respective industries." [1] According to *shoutmeloud.com* "Professional blogging implies lots of responsibilities and lots of discipline." [2] How much of your work online, translates to your work ethic in a desk job, or other work from home jobs, can your experience working online, set you aside from the other candidates in a good way, or does having an independent career as a writer hurt your chances of being hired, along the way. Based on my own experiences, not holding steady jobs for 1 year or more has hurt my chances of being hired, set aside as "#3" to other applicants being interviewed, because why I have not been in a steady job was difficult to explain, after having left an internship to finish my dissertations to my graduate degree which was put on hold several times, while blogging, and trying to write a book, which has not yet been published, to me it seems unless you have the hours on paper, and paychecks to prove that you have worked, can work, and are a hard worker, then and only then can it be proven that you are hireable to work full-time or even on a part-time basis, otherwise, your demonstration of independent savvy as a blogger online, or someone who cares about causes, and draws awareness by volunteer work or shared posts online with hashtags, does less than an adequate job of selling you to your future employer, who may not be all together convinced that youre right for the part. Today I talked about bipolar on squares on my personal blog on [Instagram.com/fischman.leslie](https://www.instagram.com/fischman.leslie), Ive had so many blogs and taken down so many blogs, that my name is now backwards on one of my main accounts, I have three, one for writing, one for pictures of me, and one account private to follow my friends on, that I added (I think for the purposes of privacy, maintaining some confidentiality as to your contacts in life, really makes a difference, one reason why I have not accepted friend requests from strangers, but made a second Facebook account to manage pages on, and use daily, that doesn't require me to check on my friends everyday or view newsfeeds by them, Im not sure whether that was a wise decision on my part, theyre not my competition, which I need to turn a blind eye to, but a reality check point, I should've participated more, in positive ways, not just to chain mail post them my bipolar episodes along the way, they were in essence my DBSA Ambassadors, its actually the other way around, in most respects, others being a source of normal during bipolar phases in life, just because you know these people, doesn't mean that they aren't as inspirational as other famous people coming up in the world -Are they married? Yes. Do they have jobs? Yes. Do they have friends and social lives? Yes. And how do you know all of this? Because they post on Facebook photos from their journeys along the way. Do you ever worry about them? No. How do you think they feel seeing you throughout the years? Probably difficult to talk to. Are they talking to you now? Yes. What has changed since your last bipolar episode sharing? I stopped posting as much. Why did you stop posting as much? Because I was in IOP and working on the last few pages of my dissertation I wrote with a broken hand Spring 2019, because my Occupational Therapist says she finished her Dissertation in 2 Weeks, took time off work then to finish her Masters, so I was inspired to research and type my Dissertation, while my hand was healing, something to do, to keep me feeling up, while my hand was in and out of a cast, before and after surgery, fractured my hand. And why did you fracture your hand? Because I had no friends, was messengering with a Trump account, out of touch with reality, and super defensive and paranoid, staying in my room, thinking that my position in life, was inescapable, low energy, really insecure, couldn't take a good photo if my life depended on it, and writing to preserve the best of me. Sometimes, through disciplined activities, we do just that preserve the best of us, when all hell breaks lose, and instability occurs in our lives, that is our center, what keeps us going in life, what can be relied upon, and what we can be relied upon in life, feeling needed, and at the same time of use to others, why blogging was a great outlet for me as a law student. Its not codependency (writer : following), as you can see I blog less, but my alexa rank skyrocketed this year, and *weebly* following, so much so, that they changed the metrics from which they total the number of visits and views you get to a *google* standard of analytics, which is now in the hundreds not the thousands as they once reported to me. Is that why you stopped blogging as much? No. I thought that being better correlated with blogging less, and that blogging more, correlated with others thinking less of me, and that when others think less of me, I hear more

voices and don't do as well emotionally, and mentally, more symptomatic. Exactly how did things start going right for you in life, can anyone just finish IOP after the required 6 weeks? I guess so, what made your recovery so special, that you were asked to maybe speak in the future if they needed you? Because she stated that that was the "fastest recovery" she's seen "ever." Low and behold I have an imaginary fan club online, who I feel supported by, and who supports me, whether or not I blog, and when I do blog, remembers me, and supports me. To me, that's being a successful blogger, not required to keep up with your audience, but has an audience that unconditionally follows you, checks on you, recalls your work, and reads.

Reference:

[1] <https://www.shoutmeloud.com/crucial-phases-in-the-life-of-a-blogger.html>

[2] Id at 1.

Today is the Day ...

10/9/2019

Today is the day, we ask for forgiveness, in the Jewish Faith, a day of atonement. What does *Yom Kippur* [1] mean to me? It means thinking about all the times I have been frustrated in life, over the past year, and thinking about everything positive I have done for myself to make progress in life. It reminds me to be thankful for all my blessings in life, and to remember, to always work hard, and to never take my anger or frustrations out on others let alone myself, and not self-harm. ~Tomorrow's my last day of IOP at UCLA, was hospitalized in August. Life may be short but that doesn't mean that you need to make life more difficult for yourself, adding the pressures on time to your plate, just live every day to the fullest, not like it's your last. Today we are reminded not to overindulge ourselves in life's pleasures, much like those who stop drinking, because of the selfish character attributes it brings out in us, so does the need for pleasure bring out the worst in us too. Whether it's in relationships, not getting enough attention, or out of jealousy worry when attentions are not on us, experience fear of loss, those are all selfish attributions of the need for pleasure. You cannot begin a new relationship and you cannot start a new life, if everything needs to be about you, or if everything about you, is keeping you from living life among others, also have compassion for the lives that they lead, and acceptance of the fact that everyone has problems. -I learned in IOP that the difference between feelings and thoughts, are that feelings are one word, and thoughts are more than one word, and while we cannot change our feelings, we can change our thinking about the way we feel. According to Jen Sincero quoting Wallace Wattles in *You Are a Badass ...*, [2] "You created the reality you now exist in with your thoughts, which means you can use the very same power of thought to change it." (page 93) She then goes on to state that: "if you want to change your reality, you have to change your beliefs." Doing this is as easy as changing I can't statements to I can, and I will never, to thoughts of possibilities in the future. (page 140) Don't limit yourself by your feelings in life, sometimes our immediate needs, are acceptance in order to grow from those feelings and move forward past those thresholds of pain, sorrow, regret, embarrassment, and face those losses of self. We will encounter many emotions throughout our lives, it's you at the end of the day that needs to be able to live with yourself, "love yourself" (page 133), and be able to utilize the tools necessary to handle those feelings and emotions as they arise, not giving in to "sin" as the Jewish Faith would call it, to be angry, or throw fits, or even tantrum in response to any discussions that do not feed your ego or need to be right in life, you won't always be right, and sometimes you have to allow others to be right to, replies *Jen Sincero*, (page 125) even if allowing others to be right, is not in alignment with your need to be right or how you see things.

Reference:

[1] www.chabad.org/library/article_cdo/aid/4505675/jewish/How-Does-Yom-Kippur-Work.htm/fbclid/IwAR3D4q-0LilSnFEMaDMU4-9sjjFY4jlyNfcVMXjPaRW-iV39lM_zb0hqv-o

[2] <https://jensincero.com/shop/#product=product-yaaba>

Wellness is Not a Competition ...

10/1/2019

The only person you should be competing against in life when it comes to wellness is yourself. It's at that point, of not feeling well, that you have to put your best interests first, making your own wellness a priority, irrespective of how well others are doing around you,

sounds selfish, but in the immediate, comparing yourself to others wellness, will only make you feel worse off, or by recognizing what is not going right for you in life, feeling less than others wellness wise. Do not compare your worst to the best versions of others, everyone reaches their point of normalcy at their own paces in life, we are not all together perfect at all times, everyone struggles. Just do your best, to blend in, whether that's functioning in public normally, or speaking to others without bringing them down, that's the best way to be cognizant of the health of others, not affect them by your downs in life, even if in the immediate you cannot comprehend recognizable comparisons others viewing you may see. That's not your responsibility to control what others think, or to be judged by others, based upon the progress you have made, be seen as someone who is behind in life, or could've achieved more, had they been more focused, everyone is on their own timing in life, and on that note sometimes your timing is not to the best timing of others, that you have to let go of, that's when forgiveness kicks in and you move forward in life, we may not all be here forever, but that doesn't mean don't value and appreciate those around you in your life, while everyone is still here, I'm glad that for the most part, we have found better ways of coping with losses, and not losing ourselves over those losses in life. Its okay to feel sad, its okay to feel embarrassed, its okay to feel down, its okay to feel defeated, its okay to feel depressed, its okay to think that everyone is judging you, its okay for you to be judging others, its okay to add humor to your life, its okay to smile, its okay to laugh, its okay to try to fit in, its okay to pay attention to trends, its okay to make mistakes, its okay to love others, its okay to lose friends, its okay to leave jobs, its okay to find new jobs, its okay to maintain contacts, its okay to have friends, its okay to share in public your feelings, its okay to change, its okay to grow, its okay to notice patterns, its okay to have delusions, its okay to freak out, its okay to see things wrong, its okay to be wrong, and its okay to question yourself sometimes, we don't always have the right answers to our problems, and that's okay, whats most important is learning how to deal with your symptoms, and get the help that you need so that your symptoms don't worsen, that's the main point. The longer you leave things off to resolve themselves, the harder it becomes to start managing those issues one by one, as you try to get better, and overcome those setbacks or difficulties in life, that's what hardships are all about, learning when to stop moving backwards and when to move forwards, when to forgive, when to let go, and when the silent treatment becomes unbearable, when to rise above, you cant always measure your own self-worth based upon how others feel about you, then you'd spend the majority of your time waiting for acceptances from others, to feel whole, or to feel apart of, its okay to live life, and allow life to catch up to you, its not necessary to catch up with everyone, or to have people in your life, right now, to feel needed or of value, one should value themselves, before needing to be valued by others, that's not a right, to be valued by others, and if you are feeling lost that's not the time to test your value in life.

"God helps those who help themselves" quoting my Dad.

November 2019

Become a #ladybossblogger!

11/4/2019

Looking to start your own business online. Well then its time to get started!

CLICK HERE FOR MORE INFO. #LADYBOSSBLOGGER

A pink rectangular background with several blue cylindrical confetti pieces scattered around the edges. The text is centered in the middle of the pink area.

START YOUR OWN
ONLINE BUSINESS WITH
#LADYBOSSBLOGGER

MYMOLLYDOLL.COM

Promote Your Blog ...

11/1/2019

#BloggerBabesRT
#BloggersBlast #BloggersTribe
#thegirlgang #allthoseblogs
#sunshinebloggers
#thebloggingtribe @bloggershut
#bloggershutRT #TRJforBloggers
@FemaleBloggerRT
#TRJforBloggers @LovingBlogs
@sunshineblogRT @bblogRT
@bloggingbabesRT

Promote Your Blog

mymollydoll.com

There are a lot of places to promote your blog, one place to start is on Twitter and by joining a blogging community, via hashtags and mentions, to be re-blogged by them. That's one way to share your work, and connect with others blogger in your community niche. So far I have been re-tweeted by TRJforBloggers, BloggersHutR, and BBlogRT ... thank you for the re-tweets! Look forward to posting and continuing to work with those who re-tweet, mention, and like me on Twitter. (New RT Account: @mymollydollRT to build a community of bloggers).

Have not Been Feeling Well ...

11/17/2019

Whenever you post an interpretation of a series of events, to which you felt personally affected by, that always leaves room for wonder by. Be careful not to become too attached to your feelings, and gear your thoughts toward making sense of what doesn't make sense, a

from fearing and taking actionable steps toward avoiding things that cause you fear, not face fear head on. There are times when it helps to have fear in your life, such as running at night, if you are scared of the dark, and sleep with a nightlight, then it's probably not wise to run at night. It does not make you stronger in case something happens that does cause you fear. -Bipolar is tricky to share out loud, for example like my experience with it is overwhelming for me to sit in a crowd of people, it took me awhile to just get used to going to the mall or going to Starbucks, I've lived through a lot of changes for me, including staying free of alcohol and drugs, which I've managed to do, staying sober. I've been on an off many meds, and I seem to be going much better for me, sometimes however my thoughts get the best of me, I'm sure those mentioned might be wondering how I'm experiencing these losses in life, not all equally affected, or personally affected, by the loss of significant figures in history. -I think one should focus on around me, and be more mindful, in the moment, focus on the day ahead, not on what has passed, and what others could be responsible for. -worryes dont become my reality, this I've had to get better at over the years as a blogger, how not to allow my fears to come to fruition,

The Trick to Success is Getting Started ...

11/16/2019

If I never tried, and never applied myself, I would not have attended two law schools, and be graduating with an LLM, a Top 100 Personal Finance magazine, which is in the process of being edited, nor have been given the opportunity to work with Keidi Keating and edit my second manuscript. I've written 100,000 words, that's how I wrote the majority of my first manuscript. If you set little goals for yourself each day, it eventually adds up, and you can be like I'm an overachiever or high functioning. In fact, I get at most 5 hours of work done each day, and sometimes those 5 hours of work are spent on Build a Website, Learn how to Build a Website, and Do all the Writing Yourself. That's a lot of time energy and effort on the side, I can be completely overwhelmed. This year I'm only working part-time 3 times a week, while editing my books, and finishing my Dissertation to graduate. I think I've been through a lot, have made a lot of mistakes, and that it's taken many years to get back on track, and begin completing projects. I've lived a full life. I even started dating again, which is a huge step for me in the right direction, trusting my heart with another, and not being afraid of those losses, then what can you do at the present moment to reduce the chances of experiencing those losses in life, without stopping again, after failure, but if you don't want to be a failure in life, eventually you have to start trying again in life, achieving goal after goal. That's picking up another degree, or finishing a project, website, blog, book, running a half-marathon, you can do all of these things to succeed in life. Without a steady income, shopping is just spending above your means, without a job, your hobby of blogging is viewed as avoidable. I'm not willing to buckle down or settle down in life, and be a full fledged adult. Where then does everyone go, who can't get a job, because of bipolar, I'm told not to talk about these things, it doesn't seem to help, acceptance wise of me by others, or acceptance wise of myself. I'm not doing it for themselves, especially if they are educated, and have proven that they are intelligent, just how competitive is the job market these days. I'm not ill with an illness associated with rejection, it's important to keep going in life, and not wait around for life to happen to you or for you in life, you can't go back to your mistakes past, and be a stronger person, resilient to those failures in life, and not stop going in life. That's a true test of your good character. I still make time to help others, and after all your struggles, you have not become selfish in your shell, torn away from the world, blaming the real world is tough, I never quite understand why I received so much forewarning growing up, thinking that if I went on to graduate school, history, and whether you were able to keep a job for a year or longer, it doesn't seem to matter that all you were given were internship offers. I can't explain why. You will find yourself in shock a lot trying to explain yourself, if your resume is not perfect, and if there are gaps in your resume, understandable excuses, best to probably skip those subjects and do your best to keep working, whether it be from home, or unpaid volunteer work. I've written 100,000 words on Facebook, and working at Phone Banks, and attending meetings on getting people out to vote. That was while keeping in touch with my family. I think I attended two Moms Demands meetings too. -So long as you try, that's all that can be asked of you, the requirements of caring for others, emails, and show up when there are events and sign up to events when volunteers are needed, these are things I should have done in adulthood. I thought that writing a book, would be helpful, but unless you are successful, I don't think a book will be very helpful unless it's successful. Numbers are showing on Alexa, a growing website, admitted to Facebook Groups, participating and getting replies from other Bloggers. It took awhile to self-identify in that way, without experience writing articles, I've just applied my basic knowledge writing research papers. I've grown my wings online, and grow as a writer.

Take it One Day at a Time ...

11/15/2019

It's a very popular expression, to take it "one day at a time" but who does it apply to and why? For most people in recovery, healing is a long process. I'm told to be that patient, when it comes to change. [1] What does this phrase mean to someone in recovery? It "represent[s] the gratitude of someone who has struggled with alcoholism or substance abuse issues. Like recovery, living with bipolar is a life long struggle, and they don't go away simply because they stopped drinking. To this I can relate. When I went out in 2013, I figured they would just be more stories of people who were drinking everyday, they weren't lying after all, the disease is real, and if you cannot handle your liquor, the disease takes over quickly, and you're out of control. I don't understand how people can drink in the first place, I've never been a drinker myself, never at dinners, and never on work

time, that's not just a nice way of saying you'll get through this, its reminding you, that the disease is living in you, and if you don't manage then the disease can come back, or the bipolar can take hold, of your thinking, and the choices you make, for some who struggle with cessation, we would be a higher functioning society, but that's not the case, problems exist whether or not we are drinking, whether or using. There really is no social responsibility when it comes to bipolar, however there are AA meetings, who take social responsibility don't make yourself fit, that's the lesson. It you are taking it one day at a time, don't not listen the first time you walk through the door don't need help or assistance from anyone, usually things get worse, and they tell you that not as a marketing technique to scare you away your coping skills are presently, taking things one day at a time, the better off you'll feel in the long run, having dealt with your problems relationships, or further inhibit your communication skills. Can you handle whats out in front of you? No. Then don't leave out more than not to drink or use, as a coping mechanism for dealing with your problems, it will surely affect your writing, and make everyone else view benefit of the doubt, if you self-identify as an alcoholic or ex-addict, they will see you only under a negative light, and that negative light substance use or abuse, or alcoholism. For me it's a matter of perception, based on how I grew up, and upon sharing now, how I am looking that I state my associations in life, presently or in the past, to make anyone more empathetic to my problems, as being rational, or irrational viewpoint of another, when I used to be well, and now am not well, I wonder, how did that go, the sharing of my story, if I was not someone telling the story has overcome their problems in life, or deficits, it makes it hard to listen to someone who is not put together successfully make, respect them. When you love and respect yourself, you'll find others who love and respect themselves too, otherwise you'll keep dont totally belong there, then dont expect to belong anywhere else, thats acceptance, when it comes to social standing and wellness.

References:

[1] <https://www.aspenridgelakewood.com/recovery-blog/what-does-the-saying-one-day-at-a-time-mean/>

[2] <https://www.discoverynj.org/means-live-one-day-time-recovery/>

[3] Id. at 2.

Winter Essentials ... Splurge or Shop-Around? ...

11/15/2019

This Winter's Essentials include: Paperbag Jeans, Cargo Pants, Long Cardigan Sweaters, Ribbed Skirts, Cropped Sweaters, Velvet Turtlenecks, which can be bought without spending over \$200 at once. Its all about shopping wisely, if you set a max limit to your spending per store for a look. Most of what has been listed has recently been put on sale, at: *Zara, Forever 21, Banana Republic, Gap, & HM*. The best inventory at the Center and Culver City Mall, is low on inventory, making it best to shop online if youre thinking about spending less on a style and getting the best outtings, always eye catching, and on trend, they made my favorite long sweater this year, striped, I wear everywhere. *Banana Republic* soft, and you can dress them up or down, depending on what type of sweater or jacket you wear. For Sherpa, I shopped around, and even though its still available in black and green. I found Cargo pants at *Zara*, theyre leggings, stretch, and a blousy pink version of a Cargo pant. Found them at Forever 21, a black skinny jeans version. For dresses to dress down with boots, find a zipper dress, theyre so cute on, and you can wear them. The first overall dresses I spotted were at *TopShop*, made over summer, now in corduroy at various locations. For workout clothes, I did find that spending Forever 21, has a ton of workout leggings, that fit all body types.

Must-Have Items for Your Winter Wardrobe:





FOREVER 21



The Essential A&F Sherpa Fleece



Splurge or Shop-Around?

Leggings? >>> Shop-Around
Sweaters? >>> Shop-Around
Pants (ie Jeans)? >>> Splurge
Skirts? >>> Shop-Around

Cargo Pants? >>> Shop-Around
Overalls? >>> Shop-Around
Dresses? >>> Splurge
Camis and Tops? >>> Shop-Around
Wrap-Around Blouses? >>> Splurge
Boots? >>> Splurge
Mules? >>> Shop-Around
Ballet Flats >>> Splurge
Work Pants? >>> Splurge
Sneakers >>> Splurge

Be Happy, Easier Said than Done ...

11/14/2019

With everything that's going on in the world its easy to second guess yourself. However its always easier to rise to the occasion of being ourselves. It seems like most people are great friends at this, but do a lousy job of lifting themselves up in life. Why is it easier to help themselves and only if they want to." [1] You can't wait for everything to happen in life, and live a life based on responding to everything making life happen for you in life. And although life happens on its own terms, theres no one telling us to stop living life, just because outtings, and attend work. According to m.quiethabits.net, "a passive life is one that lacks power, growth and fulfillment." [2] If youre monotony, and find comfort in keeping everything the way it is, and not try new things, and that's okay, but don't complain, when a p overcome those symtoms in life, always be prepared for changes that come into your life, learn to be flexible, and willing to change w "Leading a passive life means letting life happen without trying to change and improve anything." [3] For instance, "If you notice you make a conscious effort to handle future situations like that." [4] When you feel the anxiety of the day getting the best of you, "do not Living with anxiety can sometimes "be a lonely and isolating experience," know that youre not alone, and we all feel the weirdness of health issues, "For the most part, anxiety is a condition that comes and goes. But for some, anxiety never goes away completely. That' Which is why its important not to live passively, once you stop a routine, and stop consciously taking proactive steps to reducing symp recovering from these symptoms. Life isn't hard unless you make it so. Note that, "Passive communication is a style in which you avo The less you communicate, the more difficult self-expression can become, if you allow all your problems to pile up, and think that the and failing to protect your rights and get your needs met." [9] Its okay to address whats bothering you, in fact it has been shown that b unnoticed for long enough, can lead to irritation. So Im glad to have these talks online, sometimes, I may seem like Im out of whack, a problems to fester, but let the dust settle.

Reference:

[1] <https://www.psychologytoday.com/us/blog/sense-and-sensitivity/201401/why-we-help-others-instead-ourselves>

[2] <https://m.quiethabits.net/stop-living-a-passive-life-129095e9c810>

[3] Id at. 2.

[4] <https://blog.thefabulous.co/15-power-exercises-improve-mental-strength/>

[5] <https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-panic/>

[6] <https://www.psycom.net/living-with-anxiety/>

[7] <https://www.psychologytoday.com/us/blog/anxiety-zen/201505/what-do-when-your-anxiety-won-t-go-away>

[8] <https://www.verywellmind.com/what-is-passive-communication-3024630>

[9] Id. at 8.

Avoiding Controversy ...

11/14/2019

11-11-19

Unless you're on meds, there are a lot of issues that may be difficult to speak about out loud, and suicide is one of those issues, whether you're another, healing takes time. And just because you are a survivor of suicide, doesn't necessarily mean that talking about the issues, with you likely has been affected in his own way, throughout this mental health crisis. -Last night I had trouble sleeping, thinking of self-harm, judging you in the negative, self-harm is not the correct response. Unless you can help to build a better understanding among others, the associations others have been equally affected by recent events. If you have trouble sleeping, it's best not to talk about things right before whether teams have had an affect in life on the suicides of others, no I don't think so, based upon an assessment of *Ari Emanuel's* mental health issues. If I'm not writing about it, then it must be because I was not personally affected by it, and sometimes if I'm writing, it's been bothering them. There is no one way to think about, learn, and accept, the issues others face in life, and become failures to what is sober throughout your mental health crisis, you have a higher likelihood of coming out of whatever depression, or mental health issues, down on ourselves, it's all a matter of staying well, not being haunted by our past, or the allowing the lives of others, to haunt our own life is, the more accepted you are, when stability is required of us, that's the best way to be accepted by others, is to be stable. Especially would be when someone can question your interpretation, and when your interpretation is off, either by assuming, or trying to relate everything relates. That would best describe my last post, regarding suicides and my recent hospitalization. There was no connection, suicide by me or by those who in support of me follow my blog. That's taking social responsibility for my health, as a blogger, and not well they get help too. Most people have to work everyday, and only get the weekend to rest, in Ari Emanuel's case he only has Sunday bothered, that he may have affected anyone in the negative, and was not meaning to communicate at all to me, and probably doesn't even now. That's being realistic. Others on the outside, think that I know who everyone is, and that everyone knows who I am, that's to help things are about me in the abstract to cast blame on my blogging as being a cause for the mental health issues of others, I'm an "A" writer student, and doing my best. As my UCLA Psychiatrist said, "bipolar is not contagious," this is much to do about educating the public on these issues, especially mental health issues, related to fame and who you know or don't know in life. Leave it up to them to speak on their own well, as I am not doing well in life, , however blogging seems to be working well for me in life.

399 Likes via blogpros.com

Book Review: "Unf*ck Yourself" ...

11/13/2019

I just finished reading "*Unf*ck Yourself*" by *Gary John Bishop*, it was a really fast read, action packed with motivational tips to succeed again in life. The book really ends on a high note, reminding us to "keep going ... [with] the momentum to keep moving and moving, face, is fear of the "world stop[ping] us from succeeding" he makes a point to tell the reader that "you're not a big deal." (p. 147) So not paranoid, *Gary* tells us "the universe is neither conspiring for nor against you, and the only thing that stops you is when you buy into it, you're not doing what you're supposed to be doing then it's time to get started. (p. 163) Lives all about "discovery and exploration" and *Arnold Schwarzenegger*, who became Governor of California. (p. 154). The way *Gary* deals with his problems is by focusing on the present that "the key to becoming relentless" and being able to weather any storm in life "is to focus on the problem [directly] in front of you." in life, that's how you "keep the momentum going." (p. 157). When it comes to relationships, *Gary* says to "accept things for what they are, external upsets" is how you will be able to accept things the way they are. (p. 182) "Learn from defeat." (p. 183) don't expect people to receive those blessings in life in return. What is lost comes back to you tenfold in life, my Mother always reminds me, so long as you do hardwork, when you get to those points in life, where what matters less is what others are doing, and when you are focusing on how you works sometimes. Therefore "free yourself from the burden and melodrama of expectation, let the chips fall where they may." (p. 183) and be loved the way that they love you." (p. 183) "Get out of your mind and into your life" (p. 189), that requires more than just positivity to start by taking action in the external world. " (p. 193) Although there "is no perfect mood" (p. 193) that can be set to get going some relate to.

Reference:

[1] <https://garyjohnbishop.com/books/>

12 Common Mistakes Made by Bloggers ...

11/13/2019

Building and creating a blog can be a frustrating process of getting followers and building steady traffic to your website. The following

1. Write what people are searching for in order to get traffic, follow Pinterest and SEO. [1]
2. Join Facebook Groups
3. Follow “Google Trends”: <https://trends.google.com/trends/?geo=US>
4. Use “HubSpot.com” Blog Ideas Generator: <https://www.hubspot.com/blog-topic-generator>
5. Collecting Emails should be a Top Priority, Do Email Marketing [2]
6. Be consistent, so that your readers continue to show up. [3]
7. Write great headlines and make sure you are blogging for the right reasons. [4]
8. Don’t forget to automate your posts to platforms like Facebook and LinkedIn. [5]
9. Continue to educate yourself, reading about tips and tricks for blogging.
10. Sharing your experiences is fine, but only if it help your readers. [6]
11. Keep it simple, and “make your posts as easy to read as possible.” [7]
12. Choose your niche, and cater to their interests, & entertain them. [8]

There are many reasons, why you may be chosen to be read, “It could be about content quality. It could be about your personality. You your audience understands.” [9] Based on my personal experience unless the material sits well with you, as a general rule of thumb do wind up frustrating ourselves, and maybe even our audience. Give time for the dust to settle, you can always go back to a post that you hidden on my website, or all my posts Ive removed over the years, but on issues I felt passionate about. Don’t throw away material! Sa and at the same time, be approachable and likeable. Its not all about pleasing your audience. Its about writing about what is of interest relate. Always have some balanced perspective in mind, when it comes to talking about anything controversial, being sure not to insult cause your audience to worry about you or others, theres always a way to end things on a positive note.

References:

- [1] <https://thesavvycouple.com/blogging-mistakes/>
- [2] <https://neilpatel.com/blog/common-blogging-mistakes/>
- [3] <https://www.jeffbullas.com/12-blogging-mistakes-to-avoid/>
- [4] Id. at 3.
- [5] Id. at 3.
- [6] <https://www.copyblogger.com/common-blogging-mistakes/>
- [7] Id. at 6.
- [8] <https://www.ryrob.com/blogging-mistakes/#blog-topics>
- [9] <https://www.blogmarketingacademy.com/niche-mistakes/>

How, When, and Why? ...

11/12/2019

How, when, and why does defamation occur. Make sure not to read in alignment to the interests of those who are talking \$hit about ot mention of people who are being negative toward you, or who are in their own best interests putting you down in life. No ones success in life, that’s not what success is about. Success is about being happy, and upon being happy, achieving, and upon achieving able to w people feel good, and why people who work feel good. People who are given jobs in life, either have a lot going for them in life, or ha upon some reference to work they have completed in the past either for school or via extracurricular activities. Don’t make my work h

passing negative judgment on you based upon how you look, as not seeing the beauty in your effort, or the smarts in your achievement

Reference:

[1]<https://www.sciencedirect.com/science/article/pii/S1740144517305326>
When Things Get Negative ...

11/11/2019

Usually by this time of night, Im hearing voices, usually from people reviewing my work, who do not think highly of me, or are questioning me. I have (1) gotten jobs and (2) have been accepted to organizations to help others. That makes my time online, worthwhile. In order to get all about staying well. There are always stopping points to caring, about what others think, and that's when to stop, when it gets to those types of voices to affect your well being. That is one example of ignoring negativity. Not everyone experiences negativity the same way. I don't think about what others are thinking in the negative, and worry in that way, experience physiological symptoms of worry related to negative comments. I join organizations. I do research. I read. I write. And I stay in tune with others online, as best I can, to see how they are doing. Those who are negative when others are not stand out, and because they stand out negative, don't feel good about themselves, because of negative comments through periods, when we want things to be a certain way, and things do not turn out in our favor, that's another example of allowing negativity into your life. We should live life. We only have time to think for ourselves sometimes, that is another example of not letting negativity into your life, not allowing negativity to be said about you, that is another cause for bipolar delusion, thinking you know what is being said about you, and then thinking others were speaking badly of you, to explain why you were having bipolar delusions, about what others were thinking. That's a tough situation. To make a problem less of a problem, its important not to further a problem, by spreading more rumors about a person to see if they behave differently. That would be another example of not allowing negativity into your life, you cannot control people, you can only control yourself, the more negativity you allow what could be said about you in the negative, the more you struggle with your own health, in terms of accepting others as they are, even in your own life, and always rising above the traumas and troubles that others experience, giving them the benefit of the doubt, and not allowing negativity into your life. There are plenty of ways to cope, I am not a Doctor, just by my own experience battling with mental health issues over the years, about me, not drink, not do drugs, and especially not allow bipolar to affect my ability to live my life as best I can. It may not be lived, but I am doing a pretty darn good job of living life, just the way I am.

The Elements of Caring ...

11/11/2019

It doesn't hurt to care, in fact it does you and everyone else around you a favor, to become aware of the issues, that you think matter and care for. To become aware, or the last to feel apart of the solution to the causes for which you care for. That is the benefit of sharing the causes you care for. To care for, to likewise care and support what is trending, what is necessary, or what is important at this time to pay attention to. Some of us work, on social media, is to promote the best interests of the company to which the post supports, sometimes companies support causes, some of which others know, can others care, and unless others care, can support be given. According to curatti.com, Social Media as a platform, "creates lives" and "can be used for various noble causes like social welfare." [1] If you think about the "profound impacts" that social media has had on the world, by web.stanford.edu, predicted that "widespread concern about possible harms" would impact social welfare in a positive way, not frightened, but to "widespread improvements to individual welfare." [2] One of the negative consequences of social media, is the polarization of misinformation, by training.fema.gov during emergent times, while there is an ongoing crisis taking place. [3] How do we then inform one another, without being wrong, and focus instead on things that are going right, at what point do we stop grieving and complaining, and start taking action? We need that we need, how can that need be supplemented for, for those of us studying or working from home, still be well adjusted, when we are a hobby, it's a daily activity that most people grew up with, their parents reading the paper delivered to their homes, and much the same way as we read by our Parents. In trying to be the same, we read social media as religiously as our parents read the newspapers growing up, I think we need to read news, without scaring one another. What are the consequences of fear? Fear stops us from engaging socially, it stops us from working things out in reality, reality out to be, the more difficult it then becomes to live life, without feeding the wrong cells in life, with things to make us feel good about ourselves, times, which is not beneficial to our health overall. What is social media addiction? According to addictioncenter.com, "Social media addiction is defined as the definition of "addiction" as it concerns our uses of social media, and devoting so much time and effort to social media that it interferes with your life." In the definition of "addiction" as it concerns our uses of social media, I don't even think that most of us deserve to be called addicts in that those who do use social media for good purposes, are fraught with frustration, over compelling others to care and participate in awareness of their lives, ways, that others have defined as addiction. To care is to care, and how one is expected to care, will always change, especially with the changing of our functions, and running in half-marathons, and donating to causes. Online, is where it starts, don't get all rallied up in the energy of caring for others, it could be the difference between feeling powerless, and being empowered.

References:

[1] <https://curatti.com/social-media-positive-effects/>

[2] <https://web.stanford.edu/~gentzkow/research/facebook.pdf>

[3] <https://training.fema.gov/is/crslist.aspx>

[4] <https://www.addictioncenter.com/drugs/social-media-addiction>

Welcome Featured: Guest-Post Bloggers!

11/10/2019

Recently, after joining Facebook Group “*Boss Girl Bloggers*” we were given the opportunity on a thread to work with each other, which allowed us to connect our bloggers to mymollydoll.com! Here they are:

Please Follow:

[1] [Welcome to mymollydoll.com:](#)

“[Kenya Chesnut!](#)” overwhelmedbeauty.com

Blog Post About: “9 Ways You Can Live a Happier Life by [Kenya Chesnut.](#)”

According to [Kenya Chesnut](#) of overwhelmedbeauty.com, there are “definitely ways for you to be more joyful, positive and set yourself up for a self-care routine” recommending “alone time to really focus on yourself.” To feel better about yourself and to “improve your appearance” she recommends “[lots of] water, eat a balanced diet and have an exercise routine, giving your “body everything it needs to work at its full potential.” She says there is no need to waste “precious years upset about someone else who [doesn’t] recognize your worth.” She recommends “surrounding yourself with people who care for you” and “regards to mental health issues, Kenya believes that “the first step towards getting help” is knowing that “there are support systems and people who can help you.”

Reference:

<https://overwhelmedbeauty.com/9-ways-you-can-live-a-happier-life?fbclid=IwAR2zauc12kNh2S9TgILNWES-HdICXf1xFP7WaNSn>

[2] [Welcome to mymollydoll.com:](#)

“[Rebecca Branham!](#)” modavatecoaching.com

Blog Post About: “You are Beautiful Just as You Are by [Rebecca Branham](#)”

According to [Rebecca Branham](#) of modavatecoaching.com, in order to start feeling beautiful you have to start believing that you are. She says “we are individuals that we are, further convincing ourselves to “take care of” ourselves less. To stop this cycle of convincing ourselves that we don’t want and calling that in, and worry less about how much feedback you receive, especially from other women. Reminding us that “we have an extremely narrow view of what we consider beautiful and desirable in other women.” Don’t “isolate” and “smile,” always “acknowledge your worth” and “bring back things into our lives that “feel good, [while] you prioritize you.” She reminds us to ignore our fears and that “[we] are capable of so much more than we think we are.”

Reference:

https://www.modavatecoaching.com/you-are-beautiful-just-as-you-are/fbclid=IwAR1hXNKIE60RwRMhjaes1XOAlu54VV5Tz_2nwa

The "Global Climate Strike" ...

11/8/2019

The “Global Climate Strike” took place on September 20th, before the UN “Climate Action Summit” September 23, 2019. [1] [2] The strike was “one of the largest youth-led demonstrations in history.” [4] More than “185 countries” participated [5], in that Friday’s strike, and it was a “global day of action” [3].

sustainable development in all public schools.” [6] Students protested “rising sea levels, air pollution, plastic waste, and coal expansion climate.” [7] Many of whom are fearful of “droughts, floods, [and] natural disasters.” [8] The “Climate Action Network” represents “a with the UN’s UNFCCC who provides daily newsletters which “present the views of the Environmental NGO community.” [9] Member needs of the present without compromising the ability of future generations to meet their own needs.” [10] “Fridays for Future” now to international community.” [11] Which is good, considering that marchers have demanded for “transformative change” and change that leader should forfeit the future of younger generation” [12], meaning with a “dismal” future, we have no “way out of this” but to “unit damage from climate change,” stating that “we are the last generation that can prevent irreparable damage to our planet.” [14] The UN “concentrations of greenhouse gases (GHGs) to avoid dangerous anthropogenic interference with the climate system.” [15] That’s sustained with the “aim to keep a global temperature rise for this century well below 2 degrees Celcius, ... and limit to 1.5 degrees Celcius sustainable development, are the “least developed countries and small island developing states” who are being seriously affected and i activities ... chang[e] the natural greenhouse” on earth, such that “the clearing of land for agriculture, industry, and other human activi “consequences of changing the natural atmospheric greenhouse are difficult to predict”[18] that hasn’t stop people from preparing for emissions. When it comes to “electricity” “solar energy decreases greenhouse gas emissions, [by] generating electricity with solar pow are burned, [which] lead to rising global temperatures and climate change.” [19] -The “United Nations climate action summit in New the “transitioning from fossil fuels to renewable energy sources.” [20] The “UK Student Climate Network” ... “is calling on politician changes to education [like in Italy] to equip children to deal with the climate crisis and votes ... to give them a voice.” [21] The Green requiring the “transform[ation] [of] our economy and society at the scale needed to stop the climate crisis” [22] and much like the stud to help “compel leaders to make the choices necessary to halt the world’s warming” temperatures. [23] According to un.org: “Climate [24]

References:

- [1] <https://www.vox.com/2019/9/17/20864740/greta-thunberg-youth-climate-strike-fridays-future>
- [2] <https://www.theguardian.com/environment/2019/sep/21/across-the-globe-millions-join-biggest-climate-protest-ever>
- [3] <https://www.vox.com/2019/9/17/20864740/greta-thunberg-youth-climate-strike-fridays-future>
- [4] <https://www.washingtonpost.com/climate-environment/2019/09/20/millions-youth-around-world-are-striking-friday-climate-action/>
- [5] <https://www.theguardian.com/environment/2019/sep/21/across-the-globe-millions-join-biggest-climate-protest-ever>
- [6] <https://www.washingtonpost.com/world/2019/11/06/thats-why-we-exist-italys-government-becomes-first-mandate-climate-change/>
- [7] <https://www.theguardian.com/environment/2019/sep/21/across-the-globe-millions-join-biggest-climate-protest-ever>
- [8] <https://www.theguardian.com/environment/2019/sep/21/across-the-globe-millions-join-biggest-climate-protest-ever>
- [9] https://en.wikipedia.org/wiki/Climate_Action_Network
- [10] https://en.wikipedia.org/wiki/Climate_Action_Network
- [11] <https://www.vox.com/2019/9/17/20864740/greta-thunberg-youth-climate-strike-fridays-future>
- [12] <https://www.washingtonpost.com/climate-environment/2019/09/20/millions-youth-around-world-are-striking-friday-climate-action/>
- [13] <https://www.theguardian.com/environment/2019/sep/21/across-the-globe-millions-join-biggest-climate-protest-ever>
- [14] <https://www.un.org/press/en/2019/ga12131.doc.htm>
- [15] <https://sustainabledevelopment.un.org/topics/climatechange>
- [16] <https://sustainabledevelopment.un.org/topics/climatechange>

[17] <https://sustainabledevelopment.un.org/topics/climatechange>

[18] <https://climate.nasa.gov/causes/>

[19] <https://news.energysage.com/health-environmental-benefits-of-solar-energy/>

[20] <https://www.independent.co.uk/environment/global-climate-strike-protest-today-greta-thunberg-un-summit-new-york-a9112906.1>

[21] <https://www.independent.co.uk/environment/global-climate-strike-protest-today-greta-thunberg-un-summit-new-york-a9112906.1>

[22] <https://www.sunrisemovement.org/gnd-strategy>

[23] <https://www.washingtonpost.com/climate-environment/2019/09/20/millions-youth-around-world-are-striking-friday-climate-action/>

[24] <https://www.un.org/en/climatechange/>

How to Unfreeze ...

11/7/2019

Usually when I'm feeling overwhelmed, or when my heart is somewhere other than where it needs to be, I freeze, that's common, for you. In those moments in life, it's okay to take a step back, and to take a break, to figure out where you need to be in life, in order to stay happy. To share positivity and happiness with others, it would therefore be selfish to stay at home, once you've made it, and not share your know-how. In your career when you have to take certain steps, i.e. invest in your writing, and produce with the intent to earn an income from what you are good at, or of equal level skill or deficit of others who have learning disabilities, I am different in that writing has been my focus as a law student. I write about emotions, that happens to make sense. In order to make sense, you have to be a balanced person and a balanced thinker, in addition, I write about sections and arguments sections of the LSAT practice exams, which may explain why my writing style stands out compared to other writers. I use arrows and lines, to see if it makes sense, that's how I was trained to write, to not only memorize a set of rules, but as applied, and later in life. I'm not sure whether everyone handles their problems, logically, and is this analytical when it comes to hashing out their problems out loud. In the world thinking you know everything, much of what you think you know, has already been said well, the challenge of being a good writer is to write that you mention. It's not easy to become well known as a writer, I have been writing on squares for years, and rarely achieved a following. I originally thought, how to be of influence, without losing your flair in life, how to be of influence, without becoming outnumbered by others. I have your audience outgrow you intelligence wise, why it's so important to continue your education as a writer.

Who's Sensitive? ...

11/5/2019

Being a sensitive person, means that you actually think about what others are thinking, understand how they are feeling, and not at all affected in the negative, including yourself. If you are too sensitive to write in a public space then don't, if you have too many skeletons under the rug, don't deserve to be successful online then don't write. No positivity can be shared, whenever there is argument, and no positivity can be shared in response to whatever issues you have been thrown into the middle of, it's not your responsibility to explain all sides, and if everyone thinks you're wrong, explain why people do not like you, or why people hold reservations toward you, that's for them to discern, it may be nice to know that you're not alone, but be shown online, it's most likely an unwanted shared understanding. If you do not feel like you are winning in life then don't write. The goal is to live your life, to please those who think that they are worse off in life, as compared to you, we all experience heartache, that's not unique to anyone, it's unique to anyone. Writing online, requires an ability to be able to withstand heartache and rejection, not all will believe in you. That's why you're not alone when at your best, if you are received with any negativity, that's normal to get upset, just don't turn that upset into more heartache, and if you're at your best, no relationship is perfect, not even for those of us who have boyfriends, who are generally not needy of us, we have to be strong enough to be alone, if we were not sweet, then we would be lonely, and if we were bitter or jealous, we would not be able to move on in the first place. Life will direct you out of heartache, and no one can make you feel better any longer than you're able to make yourself feel better, at the end of the day, you spend your time on earth, and never give up, no matter how bad the day is, no matter how tired you are, and no matter what anyone thinks, you're growing and moving forward in life. People choose to believe whatever they need to believe to keep them feeling in the right, and some are more successful than the other, or more put together, we all suffer hardship whenever there is a fight, it's not only the winners of fights, who are successful, it's the losers who come into play, always display good sportsmanship whenever it comes to social graces, there is no etiquette book on how to represent yourself.

representation of yourself, to the point that it no longer matters to you or anyone what negatives are said about you, and you are given was better in your younger years, and it will always seem that way, with less responsibility in life, comes less pressure, and with less pressure achieving our goals in life, that's simple. Always keep in mind, what is it that you're doing now, and "is what you're doing now going to you're blogging in spite of who you were or are not associated to in life, and some may not understand why you're a writer, and think she anyone undermine your abilities in life, to lift themselves above you, as though they know better than you, how they would navigate this is put together it seems easy, but it's not.

The Malibu Half-Marathon & 5k ... #runbeautiful

11/5/2019

Congratulations to all those who participated in the Malibu Half-Marathon and 5k over the weekend. What a fantastic turn-out, in spite of the fact that the Malibu Half-Marathon took place on Sunday, November 3, 2019. More than 2,600 competed in the 9th Annual Half Marathon and 5k, who raised money for charity. I competed in the 45-49 male category, took first place overall this year with a time of one hour, 17 minutes and 21 seconds." The runner who won the race to "make the day memorable for [their] athletes," and she did just that. [2] The race "starts and ends at Zuma Beach," [3] and all Malibu runners on hand, driving in the dark to Malibu at 5:30 AM, I had driven to the running site the day before so knew where I was going, there's a road sign for myself, am I really driving through a pond right now, that ended up being apart of our running route, the beginning turn of the race. The "blogger" behind me. We waited at the start after the 3 hour mark runners, I was hoping to finish in less than 4 hours, but had not been cheering for me, and the cars leaving the parking lot, stuck in bumper to bumper traffic. Many passed me, and at some points, ran a few short distances, so this was much different, running with a crowd, they were very peaceful, and energetic, I can't believe the race is over, I've never crossed the finished line from *Alberto Perusset*, [4] the famous "Malibu Barefoot Runner" who asked me "Is this your first Half-Marathon?" I devoured. Everyone had already left by the time I finished. I did however manage to schmooze with @krideout12 "Kenneth Rideout" in my opinion, I saw him sprinting down the hill past me, the bike told me to move over, I tend to run with my head down, he was running in the direction of running to Marina and Back on the Beach, my 2.5 hour runs, I've been running on the Beach for 5 years now, a few times a year. Never

References:

[1] <https://www.malibumarathon.com/charity>

[2] <https://www.malibumarathon.com/post/2017-malibu-half-marathon-5k>

[3] https://www.womensrunning.com/2017/06/just-for-fun/malibu-half-marathon_76308

[4] http://www.malibutimes.com/news/sports/article_4f7f5e3e-2be9-5230-8e16-babd776f312e.html

#runbeautiful #runmalibu // "Malibu's Half-Marathon and 5k"



Photos Courtesy of malibumarathon.com and womensrunning.com.
Blogging Anxiety ...

11/5/2019

Most people don't even start blogging because of the anxiety associated with sharing out loud your thinking, or sharing your writing. For me, blogging abides by the basic principle of not being judgmental and accepting of whomever is writing, think critically but know the difference. From the beginning, which requires you not to pass judgment, and to keep confidential what is shared. Unfortunately the same rules do not apply when your writing is posted, but posting in it of itself is a risk that you assume while advertising your business and/or blog, its your reputation, be wise. - I remember my 10th birthdays when I was little. Blogging is much like being a chef at Benihana, you have to be prepared for what is ordered, and/or trending. You have to follow the trend if not following what has already been written. I was talking with [Torah Bontrager](#), a few months ago, about blogging article citations include those posts read on my blog, which have been referenced. I think in part, why my blog is doing so well, is that I have

sharing my thoughts out loud. If you're going to be giving life advice online, make sure that in all honesty you're basing your shares from professionals. As a general rule of thumb it would not be wise to share or cite to the experiences of others on your blog, as those stories are a discussion, to overcome anxiety you need to have:

(1) **“The right mindset”** before beginning your assignment for the day, “The right mindset can make things go a lot smoother for you ... [by] control[ing] the ways you talk to yourself in the privacy of your own head,” thus affecting your writing. [2]

(2) Next **“Develop a Sense of Control”** and know that you're not alone, “everyone struggles” especially with their “inner critic” who nags. The less you care about what others think, the less you empower those thought processes to take hold of your ability to think for yourself. If you care what others think, become stifled, and stop growing as a writer.

(3) **Find a “Mentor,”** overcoming social anxiety can be an overwhelming task, especially to accomplish facing your fears on your own. One of the symptoms you experience when in a crowd of people, identify those discomforts, and be able to shine, figuring out “what works and [what] doesn't” are “checklists for controlling anxiety and panic attacks.” [5]

(4) **Have “Awareness”** both as the reader and the blogger, note that “For some, blogging is a form of therapy — an outlet for the thoughts and feelings for more support of the bloggers “in your life, community and online accounts” stating “to be aware of the pressures bloggers face.” Not all bloggers are businesses online that promote materials to bloggers, singling them out as inadequate advice in life, and losing fans to more high-functioning bloggers.

The Top 50 Anxiety Blogs and Websites to Follow 2019 are: https://blog.feedspot.com/anxiety_blogs/.

Please Note:

If you or someone you know is struggling with anxiety, it may help to make the following recommendations: Less Caffeine, More Sleep, and Stay Active [7]. Always refer your friends to their medical care providers, or suggest seeking treatment from a medical professional, if they are not a professional. As the reader to diagnose others, you either support the work that they produce, or you choose to read something else, that doesn't work for the writer, too.

It takes a lot of writing to establish yourself as a writer online, and website. I'm so grateful to have the following that I do have, patient and understanding. The top bloggers in magazines in the Country are in the 20,000s. Keep going, you never know where blogging will take you!

References:

[1] <http://beafreelanceblogger.com/blogging-anxiety/>

[2] www.inc.com/jessica-stillman/5-steps-to-get-the-right-mindset-for-success.html

[3] <https://www.practiceofthepactice.com/how-to-overcome-the-anxiety-associated-with-blogging/>

[4] <https://www.healthplace.com/blogs/anxiety-schmanxiety/2019/10/overcome-social-anxiety-find-a-mentor-be-a-mentor> via <https://www.healthplace.com/blogs/anxiety-schmanxiety/2019/10/overcome-social-anxiety-find-a-mentor-be-a-mentor>

[5] Id at 3.

[6] <https://themighty.com/2017/10/blogging-with-anxiety/>

[7] <https://www.healthline.com/health/natural-ways-to-reduce-anxiety>

Blogging Course Listings online - Best Places to Go ...

11/4/2019

First decide whether you want to blog or not, and secondly figure out who you want to work with, making sure that whoever you pick, whether your content is acceptable to their niche of bloggers, when determining whether or not to accept you to their group. Acceptance is key. If you are to be a product example of their work, likely you will want them to be a product example of education you think works.

offer to others. If you have not figured out whether you are a blogger to educate your audience, or a blogger to promote your own work, or to teach others how to blog, based on my experiences, or whether to focus on book writing, and focus my energies on my work product, so you will not be learning how to make money through me, please see links or google.com, if that is something you are interested in. I don't look bad, or that I was profiting or benefiting from writing online, as though I never took into consideration the feelings of others. Put your good name, absent advertisement on social media, or your business name because of too much social media exposure. More exposure and if you want to affiliate market other organizations to whom your connected to, then you have to be solid online, otherwise, everyth and other indicators of your current business savvy will be obvious indicators of whether or not you will successful online as a represent foundation of business, not your following count, but lies in the number of partnerships you can acquire, to help drive business to your provided by those businesses you represent.

References for Example by google.com:

Course Listings:

<https://digitaldefynd.com/best-blogging-courses/>
<https://www.ryrob.com/blogging-courses/>
<https://www.theworkathomewoman.com/best-blogging-courses/>
<https://www.udemy.com/topic/blogging/>
<https://www.skillshare.com/browse/blogging>

Free Courses:

<https://probblogger.com/start-a-blog/>
<https://momsmakecents.com/free-blogging-courses/>
<https://raelyntan.com/free-blogging-courses/>
<https://goinswriter.com/free-blogging-course/>
<https://frugalginger.com/2017/02/complete-list-free-blogging-courses/>
<https://www.udemy.com/course/10-free-blogging-tools/>
<https://www.hubspot.com/resources/courses/blogging>
<https://www.digitalnomadwannabe.com/best-blogging-courses-online-free/>

Specific by Individual Offered:

<https://markmanson.net/courses/blogging-writing-course/blogging-writing-course-learn-more>
<https://ladybossblogger.com/become-an-affiliate/30-off-profitable-blogging-courses-1/>
<https://bossgirlbloggers.com/pinterest-growth-course/>

Blogging Communities:

<https://bloggingpro.com/archives/2016/10/04/best-blogging-communities-blog-traffic/>
<https://theblogmetrics.com/communities-to-promote-your-site/>
<https://selfmadesuccess.com/56-blogging-communities-for-getting-your-blog-discovered/>
<https://www.problogbooster.com/2015/12/blogging-communities-free-content-promotion-build-website-traffic-online-influential-blog/>
<https://www.searchenginejournal.com/five-underrated-blogging-communities-supercharge-blog/115928/>
<https://mashable.com/2007/09/27/online-communities/>

Being the Next Mark? ...

11/4/2019

Its impossible to focus when you feel like you have the potential to be compared or not be compared to the best, which either is insulting way so that comparisons to them are drawn to those who are successful online. Everyone wants to be successful but not everyone know That's your choice in life. Always stop during growth spurts online, and reflect on what you are doing well and think about what you c age of analytics and statistical data available to be acquired online. When you see someone who is popular online, its not necessary to they belong. A lot of time and money goes into your education, you choose how to later spend that money online, either choosing to w and if youre not sure whether you can get a job and why not, then blogging may not be for you, its for those who have achieved succes success online as bloggers, with blogging communities and members signed up via emails. Are you someone to stay in contact with or and poised as the others, to be paid for your services. Everyone wants to build their own network these days, but without a working pr that is your intent, and without some kind of foundation, its hard for others to imagine that you are qualified or responsible enough to l

most people do not get paid for their blogging advice, theres a lot of discrimination online, where people are arbitrarily picked based u
 Nor are the most memorable posts written reach the top spots on google.com upon being searched. How specific are you to your niche
 to get started, but I'm willing to put in the extra effort online, to figure out whats working for us, and whats not, and what courses are l

Traffic Metrics					Rank in Country: United States	Export CSV
Site	Global Rank	Rank in Country (US)	Global Reach %	Global Pageviews %		
ryrob.com	17,857 ▼ 14,399	8,105	0.0043% ▲ 69.00%	0.000254% ▲ 88.00%		
markmanson.net	33,653 ▼ 171	12,770	0.0023% ▼ 5.38%	0.000138% ▲ 4.00%		
jeffbullas.com	44,530 ▼ 7	39,542	0.0021% ▼ 0.76%	0.000074% ▲ 8.00%		
problogger.com	25,471 ▼ 20,298	14,538	0.003% ▲ 80.00%	0.000192% ▲ 86.00%		
shemedia.com	45,250 ▼ 39,502	10,423	0.0015% ▲ 110.00%	0.000141% ▲ 110.00%		
juliesolomon.net	279,434 ▼ 185,050	81,128	0.00023% ▲ 140.00%	0.00001% ▲ 50.00%		
weworewhat.com	261,327 ▼ 108,753	78,170	0.00025% ▲ 81.00%	0.000011% ▲ 40.00%		
mymollydoll.com	453,582 ▼ 17,153,297	66,540	0.0001% ▲ 40,000.00%	0.0000084% ▲ 100,000.00%		

Photo courtesy of alexa.com, as of 11-04-19 "Traffic Metrics" and "Site Comparison."

Book Review: "Stillness is the Key" by #ryanholiday

11/30/2019

There are three parts to this book, which covers “the mind, the heart, and the body.” (page 81) [1] He covers everything from the big world full of noise, *Ryan Holiday* suggests the following: “art of slowing things down so we can see clearly. The power of ritual and r Even the most successful people, such as *Bill Gates*, spends alone time, reading, (page 217) “peace is what provides us the opportunity mini Guns Germs and Steel, as a History book, he writes phenomenally, integrating bits and pieces of history, as well as nuanced unde yet “stronger through resistance and exposure and training,” (page 67) accepting that we don’t know everything, and to make room for understanding of our “strengths and weaknesses” ... that we are able to achieve “inner peace and a clear mind.” (page 72). This is a bo professional, writers, anyone who is trying to “develop a strong moral compass.” (page 97) Just like those in recovery practice gratitude practice the same, even if we feel like nothing is ever “enough.” (page 97) -He describes how when we are impulsive, we turn into bac to resist it, to sit with is and examine it, to let it pass by.” (page 118) More is not always the solution, in fact “more does nothing for th notion, many times while struggling with bipolar, I have to remind myself that these are just symptoms, and that they will pass, Ive ma grateful for where I am, no matter how Im feeling that day, pray that I’ll get the work done that needs to get done, with or without voic he was describing earlier, that we need to build within ourselves. Whereas before I struggled with addiction, taking a pill everytime I r was feeling, know that feelings pass, its not necessary to control yourself chemically, when you can achieve balance simply by practic can be difficult, he quotes to *Anne Frank* who used to “boost her [own] spirits and center herself.” (page 128) In regards to relationship you don’t make yourself vulnerable, you can never lose them and you’ll never be hurt.” (page 143) Overall, it was an excellent read, fi how to achieve the stillness he describes.

Reference:

[1] https://www.barnesandnoble.com/w/stillness-is-the-key-ryan-holiday/1130068915?st=AFF&SID=www.barnesandnoble.com&2sid=Brass+Check_8445061_NA&sourceId=AFFBrass+Check&cje

[2] <https://ryanholiday.net/?s=stillness+is+the+key>

[3] Id. at 1.

Problem Solving Techniques ...

11/29/2019

When it comes to solving problems, remind yourself of the quote by *Stephen Covey*, “strength lies in differences, not in similarities.” [1] you’re only seeing through your own lens, then you’re missing out on other ways of seeing things. *Forbes.com* refers to this technique, it’s to see the big picture. While education matters, standard approaches, only apply to a few problems, but not all, and sometimes “new problems get solved when we look at them from a different direction, challenge standard assumptions, and/or push boundaries.” [3] “the problem, (2) Generating alternatives, (3) Evaluating and selecting alternatives, and (4) Implementing solutions.” [4] Know the difference as long as you can define the problem clearly, you are one step in the right direction to begin the brainstorming process, and all options are a step away from a problem and come back to it, sometimes what is difficult, is easier, once thought about, give time for the dust to settle. To solve an issue is to stop trying ... [and] walk away.” [5] When a problem arrives, the first thing we think about is blame, figuring out the process, of both acknowledging our part and the part of others, you’ll likely then feel compelled to “come up with an answer [expecting] During the brainstorming process, you will think about your beliefs a lot, that is the time, when it’s okay to start being creative, the more life, the easier it becomes to solve, so don’t be afraid to “explore the overall context of the situation” [7] and break a few of your own rules according to *wrike.com*, “nothing stops the flow of creative ideas faster than judging them on the spot,” [8] which means brainstorm through questions, surround yourself with people who you can hear sides from, and “build off existing ideas,” [9] we don’t know everything, and don’t become isolated, with a problem you can’t solve on your own, why it’s important to talk to other people, this will give you a better evaluation to handle life and life’s problems all on your own.

References:

[1] <https://www.liveplan.com/blog/the-best-ways-to-approach-problem-solving-in-business/>

[2] – [3] <https://www.forbes.com/sites/joefolkman/2018/11/25/what-great-problem-solvers-do-differently/#1aded3282566>

[4] https://www.mindtools.com/pages/article/newTMC_00.htm

[5] – [7] <https://www.chanty.com/blog/problem-solving-techniques/>

[8] – [9] <https://www.wrike.com/blog/problem-solving-techniques/>

Staying Motivated ...

11/27/2019

The best time of year is here, I love Thanksgiving and the Holidays, there’s always something in the air about the Holidays, that makes us feel like we have accomplished thus far, and what else we plan to accomplish by the year’s end. It’s right around now, that we get going, the summer and the Winter blues are looming overhead, unless we do something about it. By the time you make time to reflect, are you happy with the order to be happy. It’s the time of year when we can button up loose ends, not rest on our laurels, and finish strong. It doesn’t take a whole lot of it just takes enough drive and focus to get going and to keep going. I was just thinking about this today, why some days I’m more motivated than others. The more you have to do, sometimes the less you get done. It takes beginning a project to complete a project, and if you can do it all the more power to you, you must be well on your way to success. According to *quora.com*: “drive” is the “starting point of motivation for something.” [1] Motivation requires having some purpose in life, and working toward that purpose. [2] Having motivation is one thing, but staying motivated is another, explains why even the most successful people in life, aren’t even the brightest, that’s because in a “meaningful” way, their motivation would ordinarily throw someone off, meaning they keep “plugging” away, even when they’re tired, even when they’re grumpy, and even when they’re [3] Lack of motivation, explains why even when we know what we need to get done to get going again, we still don’t do it, feeling unmotivated. In action, you have to “make changes [to] achieve your goals.” [4] Be prepared, be patient, be persistent, persevere, and make lifestyle changes. You need to make, to stay motivated and accomplish the task you need to get done, to get where you want to be headed in life, and to get going. You need a lot of steam in life, that can be due to depression, mental health issues, a lot of things, why it’s important to talk about your lack of motivation and get a treatment plan to address your individual needs. Change your inner dialogue, to positive, and cut back on thinking about yourself in the negative. Stay motivated, and allow for confidence and self-esteem issues to follow. So when you get back to your grind, whether it’s this Friday or Monday.

means that you will likely be putting in an effort that will take you far beyond the point at which it is inspiring or fun,” [7] and its wha

References:

[1] <https://www.quora.com/What-is-the-difference-between-drive-and-motivation>

[2] Id. at 1.

[3] <https://www.psychologytoday.com/us/blog/the-power-prime/201201/personal-growth-motivation-the-drive-change>

[4] – [7] Id at 3.

Recovery is a Process ...

11/27/2019

Like most injuries, recovery is a process, including injury to your image and subsequent self-esteem. *Fix.com* states that “The number of people who are anonymous—and shame—that once shrouded people affected by substance abuse is slowly slipping away.” [1] Know that you’re not a proud of, and some phases, that we are ashamed of, confidence doesn’t happen overnight, its something you work on consistently each day. It leaves you feeling less than in life. Type in *google.com* search “what can you do to fix your image socially ...” and this came up, according to your behavior and relationships with others.” [2] Therefore if its your behavior that needs to change, such as not drinking or not how you will be judged, as someone who is taking risks, or someone who has learned from their mistakes, and is no longer engaging in behaviors as long as your behavior stays the same, ie drinking, or tweeting on Twitter, than it is assumed that for the same reasons, you are not feeling those behaviors that is assumed caused you to not feel well in the first place, and it is automatically assumed that you are engaging in those behaviors with zero accountability when it comes to mental health, that’s because everyone thinks theyre fine just the way they are, and no one wants to be held responsible for others falling ill in life. Its really no ones responsibility except for the caretakers and for each individual to bring their cold, mental health issues, pass, so long as they are treated, one can function again, maybe not to the same pace they were able to perform. You should stop living life all together, and not work, there has to be a happy medium, in which society can accept people the way they are. It’s their wellness, or blame them, and allow them to stay well. Learn to be happy for others in life, so much about happiness, is not falling into it. Thinking your less than, what is it that makes you happy? If its something you cant change about yourself, your past, let it go, and if its your best, ask yourself “to what extent you want to comply with society’s demands, and how much self-expression you feel comfortable with. Self-expression, why cant she just work, I do work, why cant she just lose weight, I did lose 50 lbs, and no one cared, why does she take self as a taunt, not if you don’t accept someone in a negative light. Its very controversial to photo yourself, and photo your life and share photos of your very private life, I have no clients, therefore there should be no expectation of me, to that extent. As far as Im concerned protecting my image about me, and takes into consideration the wellness of others, not just my own. That’s being professional, self-care.

Reference:

[1] <https://www.thefix.com/my-top-10-recovery-blogs>

[2] <https://www.wikihow.com/Get-Rid-of-Your-Bad-Reputation>

[3] Id. at 2.

Change for the Better ...

11/27/2019

You’ll meet a lot of people in life, few who will change you for the better. Its usually through innocent story telling that we learn the most influence to others, or changing people. When you leave others to their own devices in life, that’s how change happens, not forcing people to change for themselves, on their own good timing. Information sharing is just about that, not trying to influence to decisions of others, its information hurts our perspective, when its hearing things we don’t want to hear, or to hear things that change the way we think about things. Just one post can be overwhelming to share out loud, anything having to do with my mental health I usually refrain from sharing about my unhappiness with myself in the face of others. When you have a “me against the world” attitude in life, that’s because you were positive in life, that’s because you are having difficulty getting it through your head, how to overcome the negative opinions of others. The best way

solution to your problems, and usually just makes things worse. To re-establish ones esteem post punishment or embarrassment, you had a job, and writing two books to feel good again, that's how low I fell in life, and what I did to recuperate and recover socially. Don't be ashamed of past behaviors, or failure to maintain a positive sense of self, and stay well, I don't think its necessary to apologize, not unless you have hurted individuals, if you were the one hurting, I highly doubt, anyone who cared about you hurt too, maybe they felt sorry for you, but if it was required. *Psychcentral.com* cites to this quote "St. Francis de Sales had four words of advice for pursuing spiritual excellence: "Be you we actually do more harm than good, to be a perfectionist, one must be living in the present, and doing well what one can do well now, not others, or be subject for criticism, that only leads to further discussion of one when one was not well, to further justify why not to listen well they could be doing in life now. That doesn't seem to matter to critics, progress. Do it for you, we are constantly told, when it comes to having someone in your life, or for added acceptances from others. In sobriety I have gained 50 lbs, but you don't see me moping around, you learn to make due, with the body you are given in life, and the face you were born with, if others cant be accepting of that, then you are, knowing you are doing your best. I don't believe that someone who is overweight, reflects that a person is unhappy with themselves, not lose weight, whos fault is that, not mine, it's the meds I was put on, that caused weight gain, following two hospitalizations 2017. It's not ones fault but your own, whenever you succumb to blames in life, always do what is in your power, to do what is right in life. If its not that its better not to be confrontational with others, especially online, in written form, that just adds more fuel to the fire, and gives people leadership, or for advocacy. Don't be reactive, be proactive. In order for positive change to occur, you have to show through your actions, deemed a threat to the mental health of others, is to move forward in life, and prove that you are well. That's why they say to prove the shows that you are not well, and sometimes only makes others feel better to see someone not composed, and professionally sound. I think maladjusted, that doesn't make others recognize their wellness, but now because of lawsuits, claim that they have been personally affected someone as not making them well, because they are not well, that's society these days, always looking for a lawsuit, to better their position.

Reference:

[1] <https://psychcentral.com/blog/how-to-overcome-embarrassment/>

Dealing with Discomforts in Life ...

11/26/2019

You can't be too particular these days, when it comes to what you get exposed to on a daily basis, tv shows are not even half filtered with. In fact most of the time, we find it humorous, to see people not at their best, trying to fly below the radar in life, commentary wise. Celebrities are discomfort, especially when it comes to appearances, who isn't concerned about how they look, but not all are unhappy, learn to love to put yourself together, it takes time to get your look down. If you're feeling like "It's Pat" [1] well then put on some spandex and make a host of happy memories, if you're only concerned about how you look, or how you sound. Who cares? My voice is deep, but I can sing in the future, *liveyourlegend.net* says "The only way to experience a dream is through a little healthy discomfort," [2] sometimes feeling uncomfortable that you're right where you need to be, we don't know everything, no one expects you to have life all figured out, if you're not learning your intellectual and spiritual limits in life, don't be afraid to try new things. Building emotional resilience, is one step in the right direction in life, *goodtherapy.org* says "Give yourself permission to feel your feelings. With practice, it may help you accept yourself and your reality and the unpleasant," [4] and if you can pray about it, all the more power too you, plenty of people pray during hard times, to center themselves in a higher power is beneficial to your health, the power of not knowing what to do, and believing in a power greater than yourself, works for self. Ever wonder how that happens, you can have a terrible day, then wake up, and have everything be okay, sometimes a little rest and accomplishment will bring you joy in life, maybe momentary satisfaction in life, with yourself, but what keeps you going, that positive momentum without adding things into their life, such as shopping, going to the gym, getting a boyfriend etc. To handle the discomfort of future in life, *the need to have to be happy*, sometimes less is more, therapy is one thing, but you have to be present and in action to be living life on your own? Its your core self you need to work on, in order for all other things to happen, so lighten up, we only have a few years to rock on gratitude, not resentments, practice generosity, not shame. I mean do you really think anyone cares who you got f-ked by 2013, of course not matter as to who you are now, no, will it interfere with your future ability to begin a new relationship now, yes, then why so, don't allow things go, come to accept your past as a part of your learning curve, it takes some longer than most to accept themselves, forgive yourself for the crap, and there will be days you shine, and look like a million bucks, the only difference between those two versions of you, is how you are taking care of yourself! So never give up, take everything with a grain of salt, "in one ear out the other" my mother always tells me, don't let you down in life, they may not know you're doing your best, and if you are, keep doing your best, how often we give up at those points in life, is the source of discomfort remind yourself of that, its their discomforts in life, resulting from their own happiness in life, not being fulfilled, the well being of others, or you can ignore the discomforts of others, similarly, you can either acknowledge your discomforts in life, and relationships, and cause further discomfort around you, or you can adjust your settings to be more comfortable with yourself, and around others.

you have in life, and what you know or don't know about life. The more you put out there, the more discomfort you will feel, that's a reality. The more acceptance you build for yourself, the less it will matter what voices you hear and think less of how others are reacting and responding. Practice good writing, and honest prose. It takes time to get comfortable in your own skin, especially as a writer or blogger, so own it, don't be afraid of doing your best that's all that matters, and allow everything else for you in life, to fall into place.

References:

[1] https://en.wikipedia.org/wiki/It%27s_Pat

[2] <https://liveyourlegend.net/finding-freedom-in-discomfort-a-life-changing-practice/>

[3] <https://www.goodtherapy.org/blog/sit-with-discomfort/>

[4] Id. at 3.

Experiencing Avoidance ...

11/25/2019

Avoidance occurs in our lives, when we're not sure what we're doing and not sure where we're going. It happens in relationships, at work, and in exercise. So much of what we need to do often gets put to the back burner in life, in place of what's not as important to us, time on social media. These things are enjoyable tasks, but do they really make us happy. Only if they contribute to completing goals that we generally avoid. It's all about good timing, things won't always feel right, and not everything will be perfect, sometimes you have to follow your whims, and take risks. You'd be surprised of how much can get done when we do the work we need to do when we don't feel like doing the work we need to do. There were moments when I was into it, and there were moments, when I had to force myself to do the work each week, but for the most part, I did it. After graduating from law school, I kept going, taking time off from work, to write my dissertation, and made time to accomplish my goal. It took longer than expected to accomplish, time for projects, time for exercise, anything that you have to do a little bit of each day to add up to more. I don't set myself behind in life. Avoidance occurs when we are trying to "escape from difficult thoughts and feelings" and "include avoidant behaviors in accomplishing what we need to do to get to where we want to be in life, adding unnecessary stress and anxiety to our plate. [1] First of all, sometimes, we forget what's important to us, spending time with family, going to the gym, hanging out with friends, texting old friends. On some days, I wonder if half of what gets done is even that important, don't become a machine in life, act and live with purpose, know what you can always ask someone, what's the purpose for me doing this or that, and how will it help me to achieve my goals in life. For example, during the interview, was where do I see myself, professionally, and how I would like to grow through this job opportunity, if you're not sure, ask your employer, and your own time, maxing out at a job, that someone else may be better suited for emotionally and physically, we get physically fit, we want to do, and that can include work. Why it's important to have things be going well for you personally before you start working, so you can be part of the workforce, when you have other things that need to get done, such as schoolwork, this can make it hard to focus at work, at least that's what I feel. "Put it all together" and I'm glad. Note, all your avoidant behavior adds up, "People who live with avoidance are often depriving themselves of more when it's occurring and do your best to "stop and reflect on how you engaged in avoidance behaviors throughout your day," that's one thing I don't wait until the last minute to get your life together, I highly recommend starting your career in your 20s, do NOT wait until you're 34 like I did, but for me it's more important to work, than it is to write, and in order to be a good writer, I need to have confidence, and in order to have confidence, I need to work, not directly, but indirectly, similarly, situate yourself in life, to which as you are accomplishing goals, in one area of life, watch other areas. For example, dating, what made me attractive to him, was that I had an interest in getting fit, not because I was fit, I'm overweight right now, but because I was improving upon myself, it all matters, whether you like it or not. No, it's not important to be attractive, but yes it is important to be healthy, approachable and nice to look at, -additionally these are factors not obvious about getting a job, but SO important to getting a job, applying for a job, that's keeping you from living life, and start thinking positively about yourself. Today in therapy I told my psychiatrist that if I'm not reading, why I think I self-harmed, so if I know my happiness is contingent upon reading and running, then to not read or run, would be putting myself in a bad mood, and how I feel about myself, at the end of each day, accomplished or not. If you want more positive attentions in life, you have to go out and do it, within, and then share with the world. That's called energy, feeling good about yourself, it doesn't come in a pill, you make it yourself.

References:

[1] <https://www.verywellmind.com/how-to-reduce-your-panic-related-avoidance-behaviors-2584148>

[2] Id. at 1.

6 Keys to Work Productivity ...

11/24/2019

1. Maintain a Schedule
2. Keep Track of Your Progress
3. Pace Yourself, Be Task Oriented
4. Stay Present and Be Happy with Where You Are
5. Set Goals, and Better Yourself
6. Be Patient, Change Doesn't Happen Overnight

As *nytimes.com* states, “trust small increments.” [1] You can't expect small changes to add up overnight, that means, as you prepare for which strategies work best for you. “Don't dwell on your mistakes,” [2] sure we slip up on occasion, whether its being late to work, or stress to your day, making it difficult to perform well, don't get distracted by these errors, get proactive, theres always time to make up -Multi-tasking is important, but you have to get good at something before you are able to do multiple things at once, especially if your good at a job, that you move through your day systematically, without having to push yourself too hard. Note “Your ability to get things done in a short time, whether it's for five minutes or an hour.” [3] If a distraction reduced environment is what you need, in order to stay focused, then work. [4] Maintain a Schedule, *inc.com* reminds us that, “There are only so many hours in the day, so making the most of your time is thinking too hard about what needs to get done, that means prioritizing tasks based upon their level of difficulty, “*Steve Olenski* recommends “can be done in two minutes or less, do it immediately.” [6] Similarly, *inc.com* advocates against multi-tasking explaining that “attempting to do too many things at once reduces productivity.” [7] You don't need to be perfect, “bang out your task to the best of your ability and move on.” [8] Being busy is one thing, but “productivity shouldn't be confused with busyness.” [9] We set goals for ourselves, because for each goal we accomplish a bigger goal. Productivity, as we make changes to our daily routines, and refine our work ethic, bettering ourselves in the process, is what work is all about. It's smarter not harder, “Productivity means achieving effective results in as short amount of time as possible, leaving you with more time and a larger amount of energy points each day, so to spend them wisely. Similarly I recommend not to waste too much energy on distractions in life. Don't ruminate about how long something will take to get done, the less you get done, why its important to be task oriented, so that you eventually get your work done, requiring a simple shift in focus.

References:

[1] <https://www.nytimes.com/guides/business/how-to-improve-your-productivity-at-work>

[2] – [4] *Id.* at 1.

[5] <https://www.inc.com/john-rampton/15-ways-to-increase-productivity-at-work.html>

[6] – [8] *Id.* at 5.

[9] <https://www.lifehack.org/articles/work/stay-ultra-productive-at-work.html>

[10] *Id.* at 9.

Basic Necessities ...

11/24/2019

What are your basic necessities in life? Food, clothing, water, and shelter. Beyond those basic necessities, what other things are required for happiness and belongingness? According to *simplypsychology.org*, Maslow's Hierarchy of Needs, is a motivational theory of human needs. [1] I believe that the first four needs ... we [must first] satisfy,” which include responding to our “deficiency” needs. According to *Maslow*, when our “deficiency” needs are met, the stronger our desire to fulfill those needs becomes, stating that “deficiency needs arise due to deprivation ... motivate people to seek them out first, followed by love and belongingness needs, esteem needs, until you ultimately realize your self-actualization needs. [3] Self-actualization is the highest level of Maslow's hierarchy, and it is the only one that is not a deficiency need.

and achieve our 'ideal self'" and refer to our "being' needs; these include personal and creative self-growth, which are achieved through important to becoming a self-actualized person, in fact the greater the "disparity between our internal self and the external" is what mo You cannot be focused on "internal gain" alone, to feel fulfilled, some of that fulfillment is based upon what you have to offer the wor needed in the world, and that you are doing your best to help others, meaning "The desire to assist others is borne out of an internal se addition to being of help to others, acceptance requires one to "act and think within the accepted social norms and according to the exp and find yourself, having to explain yourself so often, doing what is right is more important than contesting what is going on, thinking natural autonomy and solitude, but rather alienation from others, because of poor practices in troubled times, saying the wrong things, work of others. Don't be that person. It helps to be opinionated and to have a positive perspective in life, but be sure not to put others c frowned upon by others, its by positive attentions one grows, through a positive questioning about life, not by negative attentions, and best self, if in public you want to be recognized similarly for your wellness, that means making good use of your time alone: "private t thinking about their problems) and physically (i.e. acting out to identify strengths and weaknesses)," describes those most successful a in life. Some of the smartest minds are "capable of seeing things from new perspectives" and are great problem solvers, its because the experiences," which is how most feel on a good day, running errands and working, and after having an action packed day. How do tho thought to produce invigorating feelings such as inspiration, physical and mental vitality, and a renewed sense of perspective." [9] So and its not just how many days are in your life that you should be proud of, but how many days you have to go, to be proud of yourself and you wont always hear what you want to hear. If looking back is causing you harm, then stop looking back, if thinking too much ab You know you best. Continue to "connect, communicate, learn, and share knowledge have the capacity to improve ... our lives. The sl [10] don't stop growing!

References:

[1] <https://www.simplypsychology.org/maslow.html>

[2] Id. a 1.

[3] Id. at 1.

[4] <https://www.interaction-design.org/literature/article/self-actualization-maslow-s-hierarchy-of-needs>

[5] – [10] Id. at 4.

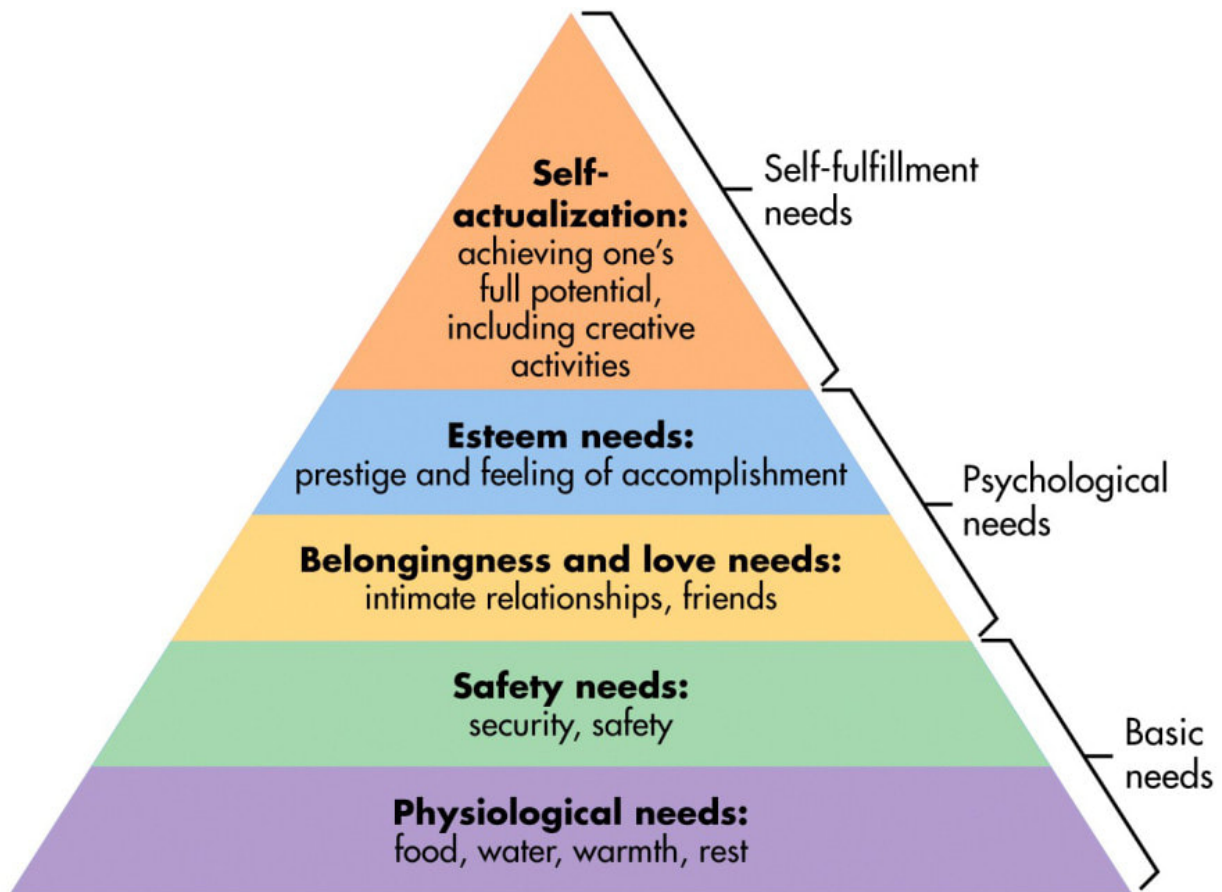


Photo Courtesy of <https://images.app.goo.gl/Oyvg7DDAnZh4Z32BA>.
Does it Matter Who you Know? ...

11/23/2019

In the world of blogging it doesn't matter how social you are in real life, all that matters is that you have lived life, and had enough experience to get to a phase in blogging where you will want to become more and more accessible to others and extend a hand. That is, as you build an opportunity to share the work of others not just your own, and continue to build your own network of people, you think deserving of a chance to be able to work, share your work, help others who would also like their work to be shared, and then expand upon the professional success of others, websites, and be a real writer. For some reason, I feel like blogging is not considered real writing, not like writing in books, but that doesn't matter. Blogs have been turned into books over the years, as friesenpress.com told me, that's possible. -At what point in your career does networking need help, and how does one get started networking? For some people, making friends, and professional acquaintances is all "a matter of knowing the right people." [1] And some are born into that privilege of knowing successful people. I am someone who grew up in Breckenridge, Colorado, many children whose parents were very successful, I had a very nice upbringing, and not ashamed to share about where I grew up, and how I grew up, some of us remained friends, and others of us parted. I was someone who grew up inviting everyone to my house, and helping to assemble a group of girls our senior year in college, and we became the best of friends, meeting though our guy friends, my neighbor in Boulder, and went to CU. Right around now, in your 30s, you tend to miss the old times, and prefer your lifestyle then as compared to your current personal endeavors, which doesn't always include having friends standing by, to hang out with every weekend, which is what it was like in school "the importance of building "what we know," but they never once touch on the importance of building "who we know." Successful people tend to think that we too deserve to live successful lives, but that doesn't always happen, not if you've been to rehab and the hospital with followers, and humbly accept my self-worth as a blogger, not as a multi-millionaire writer, not just yet, I don't even think that's possible. That I love to write, and by following my dreams, this has opened doors for me professionally, and socially, being able to get jobs, in school, and provide advocacy online, which was who I was in college a crisis hotline counselor certified 2004, this is my niche, being a writer, that's always been my calling in life. Although I have gotten in trouble, in the past, that has not stopped me from bettering myself, so that

within the helping professions, and they don't expect you to be perfect in order to help others, only that you have a willingness to train and can help others through any process of recovery. As someone who has worked in the helping professions it has always been about my own growth, you know or asking my parents for help, every job I have gotten I have gotten on my own, I have made no connections in life, to get jobs in media, my social network is composed of people I do not know in real life, including my readers and my following, and whether they grow, or read old posts on Facebook, and seen me battle bipolar, anyone reading now, Im sure is glad I am where I am now, as compared to before. Social media is your "living network the most important part of being successful." [3] As [foxbusiness.com](http://www.foxbusiness.com) states, "being liked pays off in the game of dodge ball, and that "Most people would rather hire someone they are familiar with or comes recommended with a strong track record online, if its helping you to get jobs, my Boss even recommended more social media presence, and Im glad with her approvals I can build on what your needs are, privacy, or helping others, focus not on the marketing of yourself, but on the service you have to provide.

References:

[1] <https://www.psychologytoday.com/us/blog/fighting-fear/201406/its-not-what-you-know-its-who-you-know>

[2] <https://www.investopedia.com/articles/pf/12/who-we-know.asp>

[3] <https://www.foxbusiness.com/features/whats-more-important-to-your-career-what-or-who-you-know>

[4] Id at 3.

Re: Public Health ...

11/21/2019

I just visited the LAPD Station to discuss "public health" concerns, and how to respond to the health of others, as well as those who have friends and loved ones. While it would be helpful to hash out what the issues are, everyone is different, and sometimes what may seem like a violation by HIPAA and their Right to Privacy as victims and any others who may be currently suffering in life. Maybe not for the same issues. "public health" concerns on this blog, as I am not a specialist when it comes to public safety and public health, which is why I went to court on a slippery slope of blame, and civil penalties, for the wellness of others. For some reason putting myself at risk of harm, does everyone else's sharing of my thoughts is not geared toward the sharing of my past as that is not helpful to me, nor to my audience when I am not doing well, therefore its okay for me not to discuss what my diagnosis is or what issues Im currently facing, if it does me more harm than good, since its 2020. [1] According to [tfah.org](http://www.tfah.org) recent underfunding resulted in the delayed implementation of a "system focused on prevention, preparation, and response" which is much needed at this time. [2] Moreover, "A rapid rise in deaths from drugs, alcohol, and suicide represent an urgent crisis." [3] I am a secondary victims, surely tertiary victims, as overhearing stories about those who have been affected, will not intrude upon the positive surroundings of others as contributing or interfering with the wellness of specific individuals. As someone who writes online, my hope is for me doing well, like most things in life, life goes on with or without you, not one person any more important than the other, and if you are ready to step up to plate and provide much needed care and assistance to those in need. Im not for coddling my audience, that makes no sense during times of need, and be a gentle voice of reason, that not my job to mother others, Im a blogger, my tone will always be supportive and helpful, been through, and do allow me to maintain my boundaries on subjects as you don't know whether I am personally affected or not, based on how they are deeply affected, and some wish not to make things about themselves, nor be compelled to speak their mind, if the issue is not a benefit to blogging, one of which is that it helps to improve our social skills during times of crisis, forcing us to correspond and share our experiences and apply ourselves, that "synergy" according to [savdizayn.com](http://www.savdizayn.com) is a positive benefit to your health, to not become isolated during times of crisis, to join in or contribute to the "feedback" that exists online as to the times, and the many perspectives that people have to offer, to help others. However you cannot like most relationships become overly dependent on one persons viewpoint to make sense of the times, or the experience responds differently, that's just a fact of blogging, you are either approachable and in person, as accessible as you are to everyone online, no lawsuit, my hesitancy to make friends, and when I do make friends, back off, that's because I have fear of suit, and also when my issue is not one person, who has their own issues in life to deal with, sometimes I worry if my distance has been taken personally, by those to whom I have gone of, for whatever reasons, have difficulty being social nowadays. Im sure that will change.

References:

[1] <http://www.nphw.org/nphw-2019>

[2] <https://www.tfah.org/report-details/2019-funding-report/>

[3] Id at. 2.

[4] <https://saydizayn.com/10-amazing-benefits-of-health-blogging/>

For Everyone we have lost, Stages of the Grieving Process ...

11/21/2019

Today may not be my best day, but better to get the conversation started, than to say nothing at all. I think a moment of pausing and thinking makes it easier to process events, and to manage our losses in life, and be a support system to those who have lost loved ones. Grieving is important to manage ones wellness, in order to be strong for others, that's what is required to lift others from hardships in life, is by being there. Although it may feel lonely sometimes, and wonder why you are working so hard, or where you are headed, so long as you are well, then your life, and if you are living day to day, do your best! ***The National Helpline to assist those grieving from losses due to mental health (4357), 24/7, to find a support group nearest you, and other community-based organizations, and who provides resources for coping*** that "When you have experienced the loss of a good friend it may be hard to put your feelings into words. You may feel a mixture of emotions without your friend." [2] Reminding us to "focus on taking one step at a time." [3] While "honoring the memory of your friend" there are (1) Anger (3) Trying to Find a Fix (4) Deep Sadness, and (5) Acceptance, but not Forgetting ... [4] Be sure to reach out to people to help you. "mountain of grief may not be an easy one to defeat, but its certainly not undefeatable." [5] Grieving is a process, everyone experiences it. No matter of how we deal with those losses, and come out of those losses in life, for better or worse, "Remember, your grief is valid, and it's shared – other friends, family or partner. You need to recognize your right to grieve." [6] Later in life, friendships are hard to maintain, and our communications" [7] to our loved ones, and to our friends, I know this as a law student, there were many years, while I was in school. I had a lot of time to spend with friends, and very much regret that lost time. Focus on now. According to whatsyourgrief.com, "Aristotle described friendship as a body." Plato reflected deeply and extensively on the nature of friendship," [8] they will always be a part of your lives as having lived with you. Do with your life now presently, that affects how you turn out in spite of those losses you experience in life. There's so much pressure to be proud of yourself. Note, that "The pain of grief can also disrupt your physical health, making it difficult to sleep, eat, or even think straight." [9] Remember to be patient with yourself, rather than ignore the issues to wish for a quick process to "naturally unfold" its less important "to be strong in the face of loss" and allow yourself to recognize the emotions you are feeling.

Helpguide.org suggests to handle the grieving process in this way:

1. "Acknowledge your pain.
2. Accept that grief can trigger many different and unexpected emotions.
3. Understand that your grieving process will be unique to you.
4. Seek out face-to-face support from people who care about you.
5. Support yourself emotionally by taking care of yourself physically.
6. Recognize the difference between grief and depression." [10]

"We know from a review of 148 studies on friendship that there is a 50% increased likelihood of survival for participants with stronger friendships. Through all uphill battles in life, you never know who is still having difficulty coping and needs a friend to talk to or the support of their abilities in life. If you are who you surround yourself with, then it's everyone's equal responsibility to care and be cared for among those you care about. Your friends always, past or present, and don't lose hope, wellness is always on its way, the longer you believe in your ability to overcome, the longer you prolong the process of recovery, the longer it takes to begin the process.

References:

[1] <https://www.samhsa.gov/find-help/national-helpline>

[2] <https://www.psychologytoday.com/us/blog/teen-angst/201706/grieving-and-healing-the-loss-friend>

[3] Id at 2.

[4] Id at 2.

[5] Id at 2.

[6] <https://healgrief.org/grieving-the-death-of-a-friend/>

[7] Id at 6.

[8] <https://whatsyourgrief.com/when-your-best-friend-dies/>

[9] <https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm>

[10] Id at 9.

[11] Id at 8. (<https://whatsyourgrief.com/when-your-best-friend-dies/>)

When Your Intuition Fails You ... [personal]

11/21/2019

Intuition is by definition, “the ability to understand something immediately, without the need for conscious reasoning.” [1] According to www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm know valid solutions to problems and decision making.” [2] How can one strengthen their intuition, without having knowledge of a solution? How do we deal with a problem take place, how and why? If by referring to your intuition you mean your ability to “conceptualiz[e] the object of your thought, or to have acquired knowledge for coping just yet, and while in the middle of “brainstorming” phases you may rely more heavily on an “intuitive” sense. When does intuition fails you? Your ability to brainstorm and grasp concepts may be slowed, or you may experience difficulty processing and organizing your thoughts, or thinking and why. Any time you don’t make complete sense, you run the risk of being used as bait, for understanding you, aside from your own wisdom shared without a filter, because it gives them clues, they think as to your internal psyche, digressions, or hidden valuations within the core of your beliefs, and or understandings that gets put into question, thus causing one discomfort as someone who is picked at or preyed upon, or accepted as they are, and not be minimized by conditions as a label, to be read with the lens of being someone who is this this or that, or to be interpreted as though they are related to that core group of people, and therefore share the same core deficits in life, or for there to be a model to do we consider role models? People who are well adjusted, and not people with records, who are later declared bi, or who have bipolar disorder, it doesn’t matter for what reasons, and for the reasons for one attempt to be read into as being my fault or anyone else does me and even if it retraumatizes me, and retriggers me into bipolar or delusional thinking, which is no ones fault but my own, whenever you are compelled to do so, they are not in agreement with how you are living your life, or how you think, or believe the past to have occurred, that is a point of contention. On those interests, sides can be taken, and by the taking of sides, people do their best from those points on to either reinforce themselves and go, and not reference the past or use the past for reference for comprehending their now. If its not for those reasons I committed suicide in 2009, @mymollydoll, and felt compelled to explain why suicidal 2009, after I was not allowed to talk about being suicidal in the past and had to say its okay to talk about their condition as overcome, and for other people, any mention of their condition, or attempts to explain to others how they feel, harm to others, without regard for the harm to the person who is sharing how they feel, and not being accepted as normal, for having survived.

References:

[1] https://www.google.com/search?q=intuition&rlz=1C5CHFA_enUS825US826&oq=intuition&aqs=chrome..69i57j0l5.1422j0j4&source=hp

[2] [https://www.sciencedaily.com/terms/intuition_\(knowledge\).htm](https://www.sciencedaily.com/terms/intuition_(knowledge).htm)

"You Only Know What You Know" ...

11/21/2019

Ive heard this phrase more than once this year, reading, and while attending a Novel Writing Conference by *Writers Digest* ... “You only know what you know, and what you do not know, that is true knowledge.” [1] According to [brainyquote.com](https://www.brainyquote.com/quote/Confucius), *Confucius* states that “to know what you know and what you do not know, that is true knowledge.” [1] unless we know, we can only write from what we know, and until we become aware or upon being educated about a concept, can visualize only knowing what we know, somewhat protects us from the uncertainty of now knowing, nor being able to predict future circumstances, no way of knowing what the future holds, or to be cognizant of something we are unaware of.” [2] In other words, “there’ll be times when

aware that there may be things we can't possibly foresee, because "we don't know what we don't know." [3] When it comes to "knowledge metrics" and the difficulty of maintaining accuracy, when it comes to gathering predictions based upon a "users' preferences and practical effect links," a "mental model" has not clearly yet been established. Im not an expert, by I took a Biopsychology course at CU Boulder understand the synaptic cleft and the firing of neurons in the brain. Much like the firing of neurons in the brain, information is disseminated knowledge, which I believe to be the information that does stick, with (1) a solid understanding of how it got there, (2) where it came from. When things down, it kind of wanders in your memory bank, ***without enough information, many things are difficult to speak about, but with enough information, in a negotiable way, that can be processed by most,*** is what good journalism to me is all about, condensing information into more than what they know, and relating to more than what they know, that is what makes good writing, not just being well spoken, but being easy to read, makes sense, and is more than just paraphrasing information that the general population already knows about life, that's to put it within a larger framework, that would be making knowledge, in oneself, and on paper, to others. Why are bloggers so popular, because they tell stories from their lives, as applied to what topics they are speaking about, "For sense-making and knowledge sharing anecdotes are primary conditions which recreate to some extent the feeling of being ... in the state of "needing to know." [6] What does that mean, it means that when you have read something, they know, and hear differently as coming from you, or hearing information for the first time, become frustrated in your audience, who is patiently reading along, waiting for you to solidify your point, or make up some unique conclusion to your first point. [5] I can continue ... thank you]. According to blog.startwithwhy.com, it's the leader's responsibility to gather data, for making decisions, and provide information that you know and you don't know what you don't know. The reason a leader needs to ask questions -- and lots of them -- is to gain more information so that the best decisions can be made." [6] So much for, Cambridge Analytica, collecting Facebook data. [7] We get the point, "see one do one" -- we scan that information on google so it shows up on our pinterest, and the ads on our website, are based upon what our traffic is looking for. If we are interested, an ad to them is made on our site. Now that's the cool things about automatic marketing online. How can we do the same for information acquired by people, to predict what's to come, can we predict what's to come based on what people know, or what information we are exposed to? Can a bipolar diagnosis or suicide attempt, what's causing this radical series of events? Word of Mouth seems to be a human asset, that's not just a human asset, but have come to acquire strength in numbers when required to, now with the magazine culture fading guided side-conversations are not limited to no, Im just saying, we either don't know what to talk about, or we talk about something we've heard but know nothing about, newsfeed headlines, but not enough information stored in our memory banks, that's simply due to now having the time to keep up and read along. About this before, as a writer on Twitter and on squares on Instagram, I only read quotes on Twitter from accounts I followed, and wrote about incorporating google.com, researching topics, with citations, where does wisdom come from, its either a shared understanding, or an understanding speaking to a third party, sharing in a general way a lesson you have learned or a unique way of understanding a concept about life, with the "accuracy" issue, what is accurate information? They always tell us to be balanced thinkers, critical thinkers, when one is logical about it doesn't require a conclusion, and sits well, that's thinking critically, and balanced, and when we are balanced from our own perspective, we don't offend any person to whom is running opposite to those advices given, ie advice with responding to other parties in their lives, that's one of the ways to understand life, and function in life, irrespective of what others think, if we are thinking only what others are thinking, or basing our thinking from our own standpoint, part of life requires you to be somewhat defensive like a driver of a car, the better able you are at so you can understand, and comprehend the times in a way, that you will still be able to function among others, without worry, easier said than done. As a blogger, I don't even hold myself to that standard as a writer, but Im expected to write new information everyday. That is researching information based upon the information I either think then write about, or read then write about, I guess that would be the difference between guided information which could then be researched and backed up, I was taught to make the deductions first, then do the research, that is how I am able to provide a citation be able to support what I am saying, or support anything said by another.

References:

[1] https://www.brainyquote.com/quotes/confucius_141560

[2] <https://english.stackexchange.com/questions/59145/usage-of-the-phrase-you-dont-know-what-you-dont-know>

[3] Id. at 2.

[4] <https://medium.com/@stangarfield/david-snowden-profiles-in-knowledge-25c29d9bc97c>

[5] Id. at 4.

[6] <https://blog.startwithwhy.com/refocus/leadership/>

[7] https://en.wikipedia.org/wiki/Cambridge_Analytica

Outlook in Life ...

11/21/2019

I do this sometimes, I go to bed, then wake up at 2AM and start my day, the rest of the day usually doesn't go well, super lethargic, and off right, I accomplish everything I need to get done for the day before the day has even started. For some reason, that makes me feel like I'm getting half as much done, at a normal days pace. I used to think that feeling ahead in life, meant you actually have to be physically ahead of the game. Having a strong early morning routine, does have its benefits. I remember getting As in Law School, when I used to wake up at 5AM. *Kardashian* was just beginning her modeling career, that was Spring 2011, I ended up winning a *Witken Award in Advanced Legal Writing*, much like the rest of those who ended up becoming successful since then. So what's keeping me from achieving in life, it must be my attitude. When everything was going wrong and nothing would go right, there were also moments when I felt like everything was going just as planned. How much positive thinking does it take to stay well, and how much of our daily routines factors into our ability to be successful, feel like we deserve to become? According to psychologytoday.com, "every day is one in which you can make a resolution to improve your life," [1] to live a positive life, then make sure your outlook in life matches up. I really hate the expression that "life is short" there's really nothing wrong with everything that leads up to different points in life, like a fast forward button backwards. Who does that? I know I'm not the only one, who lives fast. That's why I'm writing this blog post. That either that means that I'm dissatisfied with my life the way it is and wish it were better, or I just say. When it comes to assessing our outlook in life, mayoclinic.org tells us to ask ourselves: "Is your glass half-empty or half-full? How do you reflect your outlook on life, your attitude toward yourself, and whether you're optimistic or pessimistic — and it may even affect your health." [2] According to huffpost.com, "Regardless of where you have been or where you are going, your outlook on life can change for the better if you allow it." [3] Comparing my 2013 to now, when getting started as a blogger, I thought quotes was the way to get likes, and began writing that way, and I was a major quotes blogger on Twitter at the time, and who created a platform that automatically sends Tweets to your Twitter, I used to tweet a quote a week, back into my feed, I thought that was so cool. -Having a positive outlook, doesn't necessarily mean that you have a plan in life, or know like who you are, you appreciate and value where you are now in life, forgive yourself often, and don't stop thinking positively, your t

References:

[1] <https://www.psychologytoday.com/us/blog/mindful-anger/201701/6-steps-transform-your-outlook>

[2] <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>

[3] https://www.huffpost.com/entry/your-outlook-on-life-is-a_b_9634452



Women Can Do It All
@WomanDoItAll



Those who move forward with a
happy spirit will find that things always
work out.

9:24 PM · 11/20/19 · [SocialOomph](#)

13 Retweets 46 Likes

Photo Courtesy of <https://twitter.com/WomanDoItAll/status/1197385165309456384?s=20>

Be Yourself ...

11/19/2019

What does it mean to be yourself? If this doesn't apply to you, then don't think too much of it, its basically said to people, who are not comfortable with themselves. No all of us need help is this department. Some of us, more well-adjusted than most, but if youre not comfortable alone, and never to fret over what you are not. [Inc.com](#) encourages us to "be authentic," meaning know your limitations in life, and either "outsource[ing] jobs or tasks that you are not comfortable doing." [1] How does this apply to the everyday person, respect yourself enough to be comfortable with yourself, is not allowing yourself or your emotions to get the best of you, let alone enable anyone to control you, you are a person, bringing out your worst. It can be a self-aggrandizing experience to recite affirmations to yourself each day in order to feel good. A lot of things to bring hope back into our life, but how many of us read along, but don't practice those skills in our lives. What is an easy way to literally having to write out a list of all the things we are proud about for being ourselves. The "authentic way, ... gives you a better chance when it comes to authenticity, [Stephen Joseph](#) (psychologist) explains "how everyone can discover their true self and transform their lives Just drop off, drop your defenses, studies have shown that those in "relationships in which they feel accepted, understood and valued" live more and begin to flourish. [4] Authenticity is what "makes us unique." [5] So stop conforming, "if you truly want to be remarkable you must first drop all the opinions you hold about life, means "accept yourself and stop seeking approval" [7] from others, learn how to trust your intuition in class, without anyone telling you what to say, already half knowing how to respond to the professor in a way to which they want to hear, but practice less these days. You still have that inner student in you! That's called following your intuition. Don't compare your best to what you want out of life, you cannot love yourself, if you wish you were someone else in life, at some point you have to accept where your at and we can live vicariously through others as tagalongs, but even in order to be a follower of anyone as a friend, you must first have some of yourself surrounded by your presence too. As [tinybuddha.com](#) says, "There is no shortcut to authenticity. It requires commitment and real inner work. Don't look at their past, or wishing they would have lived life differently, and that if they lived life differently, then they would be better off as comp

take place you cannot could've should've would've your way there, it requires a "daily practice" [10] of creating a "daily intention to love all aspects of your life, as imperfect as you may or may not be, love yourself, and through your changes show that you acknowledge when you are themselves, its who witnesses your change that matters at that point, not your ability to explain yourself so much, about how you've changed on their own terms, you cannot expect people to be happy for you, and for you to shine, when you think its time for you to shine, that's not your inner self, stay connected to "your truth and your authenticity will radiate through you." [12] I used to think that my Therapist was their own truth, I guess that was her way of explaining to me, that there are two sides to every story, and different ways in which people see where one another stands in relationship to how life is being lived currently, some will think life is perfect just the way it is, and others will think that their hardships are real and due to some cosmic force against them that's keeping them from achieving in life, whatever types of doubts and fears to come to fruition, and stop enabling others to think about you in that way, by catering to those opinions and judgments of you, your best self, who are they to keep you from living life, we all sleep and wake up, the same, we are all human, allow the days to pass, let others, you too can enjoy the spontaneity of life again, if you are willing to let go, of these false premises from which you think you are living by your own terms in life again, that's empowerment, and independence, moving away from self-diagnosing as this this or that, and feeling the same joys that life has to offer, and experience the same happiness's that others get to enjoy. [13]

References:

[1] <https://www.inc.com/rhett-power/the-power-of-being-yourself.html>

[2] Id at 1.

[3] https://www.amazon.com/dp/B07DZX1TQH/ref=dp-kindle-redirect?_encoding=UTF8&btcr=1

[4] Id at 3.

[5] <https://medium.com/better-humans/how-to-unlock-your-authentic-self-and-become-remarkable-in-every-way-154bfd50a998>

[6] Id at 5.

[7] <https://tinybuddha.com/blog/becoming-more-authentic-accept-yourself-and-stop-seeking-approval/>

[8] Id at 7.

[9] Id at 7.

[10] Id at 7.

[11] Id at 7.

[12] Id at 7.

[13] <https://lesliefischman.wordpress.com/2019/11/20/be-yourself/>

Book Review: "You Are a Badass ..."

11/19/2019

As an introvert reading this book, she sounds like your hyper best friend, trying to amp you up and motivate you about all the positive things that take hold of your perspective, humbling you down to the world traveler that she is. Her perspective on living, is mostly optimistic and she has access to, describing our "limitless Universe [as] overflowing with miracles ... [and says that] the Universe loves us so much." (page 39) question whether that is the case, so how much do we love our universe in return. As adults, she describes our responsibility to care for the well being of those around us, and while its okay to think about the past backtracking, sometimes only for the purposes of learning from our past, futures, and "let [the past] go forever." (page 39). She's so smart, and full of wisdom, the book is more like an anthology of all the positive things to start living life again, and achieving your dreams, "being present and connected to Source Energy" she calls it. (page 39). One of my friends, Wattles, the author of The Science of Getting Rich, although reading this book, was not about learning how to make money and get over someone else went through the process of being a low-income earning writer to a high income earning writer, and the steps she went through.

“you created the reality you now exist in with your thoughts, which means you can use the very same power of thought to change it.” change your feelings in IOP at UCLA for thought disorders, that’s by the same mechanism that people are able to overcome mental health and their health, as compared to others. It is more like our right “to think what you want to think is to think the truth, regardless of appearance, able to come to know and love ourselves by “learning to guide [our] thoughts, [and] change [our] liv[es].” (page 93) Remember when in reflection of themselves, Jen describes them as “the things that bother us about other people bother us because they remind us of some of our “Source Energy” affect what comes in and out of our lives, and why is it so important to be maintained. The “truth” is that “we attract what we are.” (page 178) Therefore if you want to be surrounded by people who “help [you] ... grow and figure out [your] issues, ... seize the opportunity.” (page 178) She later encourages us to find mentors (page 223), and to get help if we need help, and when is a better time to do so, than now, in this book, you are looking for a solution to your equation for happiness, if you’ve not already found it. If its fear that’s keeping you from a solution, she says “we think that we need to try and take charge of the situation (fear based thinking) instead of having faith and gratitude (positive thinking).” (page 226) I really enjoyed reading this quote, it makes me feel like what I need is already out there, and that decreases the need to do something from scratch to build my happiness for myself moving forward, as a blogger. Maybe try less, to be new, and be more myself. This is my own, a book review is a good start, toward giving back to who has helped me as a writer, and a person, the books Ive read. Sorry Kaitlyn, your review, just got started. She describes this process of letting love back into your life as “surrendering” when you surrender you “create space for the most manifest good feeling[s] experiences and things that are presently outside your realm of awareness (aka miracles).” (page 227) When you are in your surroundings, and really soak in the moment, whether it be for two minutes while driving, or walking its okay to listen and examine what is around you, know it, stay in the moment. If “you can only do that which you already know how to do” then start being happy with where you are, and be more knowledgeable, don’t put too much pressure on yourself, at the present moment, if I had ever thought I was incapable of being successful, and applied anyways, despite my 990 SAT and beginning LSAT score of 143, which I raised to a 152 after taking 4 LSAT prep classes. Each chapter with “love yourself” and a quote, until eventually she tells us that we are a “badass,” up until that point, we are expected to have excitement and red carpets or photographers capturing our lives, is not within reach. If that’s what you want in life, then surely you can get it. I thought losing 50lbs was the key to beauty, I was sorely mistaken, happier now, thanks to the meds Im on, Ive been forced to let go of my willingness to keep pushing through new challenges, not shrink from them back into your comfort zone, that separates the successful from the unsuccessful. Intimidated by Jen Sincero I would not be writing a book review, which she probably might read, nor consider taking her course on becoming a badass. That someone who wrote so in depth was rejected by many publishers before settling down with John Murray Press. [2] That just goes to show, “you are a version of yourself” (page 187) and don’t let anyone convince you otherwise, that youre anything short of being great!

References:

[1] <https://jensincero.com/shop/#product=product-yaaba>

[2] <https://www.theguardian.com/books/2018/may/16/jen-sincero-says-she-can-make-you-a-badass-has-it-worked-for-her-millions-of-people>
How to Have a Great Day ...

11/18/2019

(1) Wake Up with a Daily Intention: [1] Whether that’s scheduling your week in advance, wake up with a plan for your day, about the day, that same feeling tends to carry over to the next day, and its not until I start doing something, that that feeling goes away. Schedule, and make sure you have things to do, besides work if you’re home.

(2) Start Your Day Doing Something You Love: “*Splurge on the good coffee, have something delicious to make for yourself, and accounts if that brings you joy.*” [2] Shower, practice good hygiene, and all that good stuff. I never leave the house, without washing my face, if I ever leave home without putting on makeup, the rest of my day tends to go badly, feeling sluggish. I never know who you’ll bump into, or who will see you, it makes sense not to get lazy when it comes to maintaining your appearance.

(3) Exercise: A day without exercise, or some type of movement, is an unsuccessful day in my book. As a runner, you know, the next run becomes more difficult to accomplish, running works on your momentum. Just like running, so does exercise. Each day, to make you feel good, then it will be that much easier to improve upon your workout routine, rather than starting from scratch. I got a gym membership, to go running at night. Its not the best time to exercise, but I always sleep like a rock. So fit in your exercise.

(4) Go Slow and Stay in the Moment: Set your alarm, and give yourself time to wake up, and pick your outfit for the day. Go through your closet and know where everything is the night before, resting easy, not panicking with you cant find something in your wardrobe. In fact positivityblog.com suggests that they actually got more done, starting their day slowly. [3] -Don’t start your day in a rush, but make time to stay in touch with reality and whats going on in the world. Some suggestions are to, read positive affirmations, and practice gratitude.

book that inspires you. I just went to the bookstore today and bought 8 new books, I tend to read a pile of books ever

(5) Make Time to Be Grateful and Keep a Journal: [4] Who doesn't like progress. Its always beneficial to our he ourselves to who we were then, and see where we are now, and notice whats working for us and whats not. Especial although that may be recommended against, who doesn't check their blood pressure with a smart watch and count th to get into. Be in control of your health, be grateful for the day, each day, and stay positive. Practicing gratitude mea surroundings, which can also be mindfulness too. It means "Notice all the good things you normally take for granted

References:

[1] <https://www.thefrugalmillionaireblog.com/how-to-have-a-great-day/>

[2] <https://www.forbes.com/sites/nextavenue/2016/09/20/the-5-essential-steps-to-have-a-good-day/#1855bee5f6c9>

[3] <https://www.positivityblog.com/great-start-to-your-day/>

[4] <https://www.inc.com/geoffrey-james/7-behaviors-that-make-you-happy.html>

[5] <http://ei.yale.edu/what-is-gratitude/>

All or Nothing Thinking ...

11/17/2019

When negative thoughts are getting the best of you, ask yourself if you are having "all or nothing thinking" and do your best to change lead you to better feelings, and better visualized outcomes. By definition cogbtherapy.com states: "All-or-nothing thinking refers to thi performance was totally good or totally bad. If you are not perfect, then you are a failure." [1] For example, in a previous post, I said I and then said, if Im not on meds will become suicidal again, that's an example of negative thinking, to speak of yourself in a way, that you cannot survive without meds, or that your survival is based upon taking medications, for some people, that is an example of negat have given up in life, or on themselves. Taking meds does not mean that you are a failure, although people on meds may not understan is on meds, that it is because of their own doing, or that its their fault, they have to be on meds. More power to them. It takes a lot of d upon getting help, being put on meds, to correct our health ailments in life, that's just life, sometimes, you need meds to recover from without meds. I was one who functioned without meds until college, put on Adderrall for a learning disability, that was my choice, to r meds, than struggle with no meds, getting Bs and Cs. Don't allow the pressure to excel in life, to cause you to question your abilities in to go backwards in life and live life differently, you just have to continue doing your best, no matter what your circumstances are. And distortion is an automatic way of repeatedly interpreting a situation that causes us to not consider other ways of thinking about it." [2] youre feeling off, chances are you can change your thinking to resituate yourself, in life, so that you can understand life in a way that's going right, doesn't mean that everything is wrong, or things will continue to go wrong, sometimes even no matter how nervous you a makes it easier to live each day without worry, and doing what we can to prevent the furtherance of disturbances, is doing our part, no environmental degradation, or thinking that everyones dying, and because everyone is dying means that apart of you will die inside, d in life, to affect your better judgments, you should not need meds to feel good, but there are meds to make you feel good, you should r not need to do a lot of things to enjoy life, but that is our right to enjoy life, and to live life, free from fear, free from fear of dying, a response to fear producing incidences we hear and see on the news. Just like my disabilities don't affect others abilities from making inhibit our understanding of the beauty of life, and whats to live for, eachother, and for oneself. Just like people in recovery recover fro caused them to drink and use, we hope that not all will be overcome with such selfishness, when it comes to the recovery of our societ as much about one another, with compassion, for the wellness of others, not judgment, with hope and faith think about tomorrow, not can be done to prevent the spread of disease. Mental health issues are not a disease, although some may be treated as though they bear an AIDS/HIV doctor to be blood tested, for my medications, to make sure I was being prescribed the proper doses, and no I did not co friend. That's not how disease is spread, by word of mouth, and never convince yourself otherwise, that the spoken word can cause ill cannot be cured without positive thinking, or proper thinking. We live during educated times, although parts of the world, or underedu and able to hold an opinion, that means you grew up with the majority on earth, who have families that take care of them, took care of lives in return for their offspring, or work, and help support society, as a functioning member of society. Who's Country's goal is it to goal is for everyone to work, or be taken care of by someone who works, and if all else fails, have a government, that can help take car problematic to society and committing crimes. If you haven't been to rehab go, if you haven't worked, apply, if you need to share you you need help, talk, if its an emergency, call 911, if you feel unstable and don't feel like yourself, call your doctor, and if its just worry

considered a role model, well then welcome to real world, lift yourself, before lifting others, and be less judgmental of those who care, people settle down, nows a good time. At what point, is everything good enough, right now. At what point, do you stop thinking about being happy with where you are right now. Most people cant sleep at night, that's a serious problem, I was put on Ambien for two years and Ambien. That's not addiction, that being put on a schedule, that not all were in agreement with nor approved of, because of the nature. At what point is it important for others who are not your caretakers or doctors, to stop being judgmental of those who are on meds, or life, based upon how they appear, look, or speak, as not refined enough.

Reference:

[1] <http://cogbtherapy.com/cbt-blog/cognitive-distortions-all-or-nothing-thinking>

[2] Id at 1.

Sensitive Subjects ...

11/17/2019

What is a sensitive subject? Anything that when brought up, causes inner turmoil to any bystander, who is affected by the reading or sometimes requires talking about problems out loud, most times problems are best dealt with speaking in private. However whenever someone has a responsibility to have some of these discussions out loud, just in case, but not always, so that these incidences don't happen again, nor to drink or do drugs, and we can continue to do our best to advise people to seek help when help is needed, and call hotlines and 911. I have health issues right now, but it really makes a difference to be reminded, of what resources are available, and to have easy access to those resources. Addressing Sensitive Issues ..." [1] include:

1. Be Proactive. ...
2. Be Prepared. ...
3. Be Direct. ...
4. Be Empathetic. ...
5. Be Helpful. ...
6. Be in Compliance. ...
7. Be There for Them.

Just like a personal crisis can affect our professional lives, I wonder if our personal crises affect the lives of others, as heard about. How much of that worry is about your health, and hoping you get better. I'm not a Doctor, so I wouldn't know what to say, but was raised to and upon asking my Doctor told me that Bipolar is not contagious. At what point then did you lose your grasp of reality? Upon drinking and relapsing on cocaine. Okay, so it seems that your mental health issues that actually led to suicide attempts was alcohol and drug culture of trust and transparency," are hallmarks of effective leadership and "communication is part of that." [2] Whenever someone comes forward, means listening, "The person has already put themselves in a vulnerable position by coming forward in the first place. It is important to have confidence you have in those who are helping you matters, to be open and willing to confide in your helper, what it is that is bothering you, or leads to additional mental health related problems. Its less important for you to explain your medical history out loud, that would put their life to, instead, look at your life in the positive. I was thinking this the other day, it would be less helpful to say that I struggled with mental health issues, that statement, that sends your audience backwards, instead, keep things brief, I struggled with mental health issues, and now I am doing things that affect your confidence in life mental health wise. When others don't believe in you, you feel less confident, and the more others baby you, feel, as though you have not come a long way, it can be a very defeating process, to open up to another about your mental health issues, who is not you to think like you, no two people think alike, everyone thinks differently, that's the beauty of being human, that people are in a process of care, that those who care for themselves, wont drink and do drugs, and that the fewer people who put their lives at risk of harm, who have managed to function in spite of their illnesses, will continue to be of service helping those currently struggling to come out of that mental health issues such as bipolar are life long, meaning I will be on meds for the rest of my life, that's not addiction, and unlike addiction because I become suicidal again. Some are better at dealing with reality than others, some find life more difficult than others, and with a manageable, that's life.

References:

[1] <https://www.mcclone.com/blog/tips-for-addressing-sensitive-employee-issues>

[2] <https://www.forbes.com/sites/brentgleeson/2016/11/29/3-steps-for-effective-communication-and-dealing-with-sensitive-issues/#22>

[3] Id at 2.

December 2019

Finding the Time ...

12/3/2019

Theres never a good time to think about life without feeling depressed whether it be over time, the past, history as it unfolds, your own where we are heading in life. That seems to be a natural reaction to responding to the unknown, that's our future, and where we see under our belts. However, its when things are not well, or not good, that we backtrack on future plans, and think more about right now importance, putting ourselves second to the needs of others, that's just called being human. So when is a good time to think about the [1] Propection is the process by which we imagine our futures, and make predictions based on what we have learned, it can be things books and movies. [2] How is our outlook determined? Do we base our wellness based on what we have in life, or on what is lacking to work toward achieving something in life, for the future, rather than getting something now for our hard work, such as going to school, later." [3] When we practice "delayed gratification" we "resist the temptation of an immediate reward in preference for a later reward. must learn to tolerate the discomfort of delayed gratification if we have a greater purpose or goal in mind." [5] Why is that? Because a be, when you are younger you rely heavily on reassurances in life, to know that you are going in the right direction in life, via grades, older, you get less feedback, and reassurances along the way to wellness, sure Doctors can help you, but eventually you have to contin and understand the difference between right and wrong, and follow the law, you should experience that much less anxiety about life, a order to conquer those acceptances and live free of those fears, you have to accept where you are and achieve happiness on your own, needed affirmation from others, to let you know you are doing well, we don't even get that much love back from a companion let alone trying to stay balanced, with less time for problems, including your problems, which at this point in time would be selfish to share out professional way, that leave less to worry about, except when the public has a right to know about whats occurring behind closed door resentment toward anyone they feel is responsible for contributing to causes for concern, or helping to alleviate those fears. How does helps to either set or change a tone that's been set, and continue to support the free flow of information online, that in return educates a assistance to developing a new understanding of how we see life, and aides us with the processing of events which have caused us con positive way, a reasonable means for understanding the present, without the added discord, and without fear causing potential. Shockin people as individuals were going through, that may not apply to what we need now, we are always changing, the information we recei each day as it comes, whether or not we can foresee our foreseeable future or the future of others, which gets lost when one falls ill or future, and think about everyones future, and what we're doing right now, taking things day by day, that's why they tell alcoholics to t drinking, which at those moments in time, requires all their focus, reevaluating their pasts, so that they can learn from their mistakes an second time, working on Step 2. There are systems for processing the past, your past, stick to what works, theres no need for example hows and whys about life, and just trying to live life free of fear, and find their sense of peace again. So yes, there is a lot of "delayed makes friends, maintain wellness, keep a job, and work so hard at my job, that I get paid at my job, that's having a lot of faith in myse the LAPD and check in with them often, just to make sure Im not stepping on anyones toes about things as discussed online, so theres time to develop our gifts and talents, so we can best serve others. Investing in yourself is an example of self-love, you must love yours reminiscing about the past, don't waste too much time thinking about the past, as your future potential is based upon what you build fo investing in yourself, and never stop learning. "Each day is a day to better yourself" quoting my Dad.

References:

[1] https://greatergood.berkeley.edu/article/item/how_thinking_about_the_future_makes_life_more_meaningful

[2] Id at 1.

[3] Id at 1.

[4] https://en.wikipedia.org/wiki/Delayed_gratification

[5] <https://www.psychologytoday.com/us/blog/your-emotional-meter/201712/the-benefits-delaying-gratification>

[6] https://www.huffpost.com/entry/top-10-ways-to-invest-in- b_8406130

The Benefits of Free Thinking ...

12/3/2019

While positive thinking is always mentioned as a means to escape negative thoughts, “free thinking” on the other hand works as a catalyst to transform” our thoughts, our worlds, and our outlooks in life, occurring every time we “think of concepts not mentioned in thinking do so by “thinking [about] ones own thoughts, not the thoughts merely of a the body or of society,” furthermore it’s a “privilege to happyhorizons.org its “an ability to think without bias, question without fear and speak without regret.” [3] Free Thinking is speaking think freely on topics, and to continue ones education on concepts, helps to build a better common sense among us, one way in which to them, to speak freely their minds, whether or not its common sense to everyone, make sense of what is now. Psychologytoday.com Which begs one to ask, what is stupid? Someone oblivious to what others are thinking? Someone who thinks for themselves, without i standards do we judge others for the knowledge that we hold, as each are different, we should rather appreciate others, for their gift or the more they sound like they know, the more critical we are of them in their delivery of concepts, expecting everything to make sense not all words that come to mind, have been said. What determines the parameters of expected common sense, I think in using this term speech and behavior. Its important to note that “Real sense can rarely be derived from experience alone because most people's experie. speech has now expanded upon what was otherwise unacceptable, as acceptable on social media, the sharing of ones thoughts, we usual strangers and speak to those they don’t know in real life, now its just about anyone leading discussions, and being approached, not just education and life skills and economic prowess with the world as they succeed in life. Lifestyle bloggers, do much the same, they exer and home decorate, their ways to a more perfect life. “The protection of the First Amendment may be invoked only when the words us interest may be reasonably regulated or punished.” [6] However, “words of idea-conveying nature, even though objectionable, will be and circumstances will be assessed while determining whether those individuals were invited to the space, a determination will be base ideas that at beneficial to the publics best interests not just your own, and to fall within the lines of protected types of speech and asser a distressing number draw a line that excludes speech they do not agree with.” [9] Its upon disagreements that civil unrest occurs, how through the sharing of their experiences with others be “disturbed” my arugment would be that ones sense of peace if not representati individual as not a protected type of speech, that’s being arbitrary, that upon knowing someone, claim affected and disturbed, because what occurs in private by these laws are protected by the first amendment and need not be disclosed, as that is common sense not to di inference of them as a bad source, is a personal attack on someone good character, to remove their ability to speak publicly based on w public interest, Glamour Magazine wanted to interview us, yes I am of public interest, we declined. Its insulting to be treated as someo I know know what I know. If by who you know are disturbed by the thought sharing of someone who does not know who you know, r rightfully provoked to speak in public, and re-establish their sense of identity, and pride in themselves, not be labeled behind their back struggling my story is empowering, that after everything Ive been through I didn’t commit suicide, think about more than just yourself for attending support groups in times of need like me. Maybe going to law school is not impressive to those who did not attend law school minute to minute, I live life, and do the most with my time on earth its no easier a life.

References:

[1] <https://www.happyhorizons.org/the-power-of-free-thinking-in-education/>

[2] Id at 1.

[3] Id at 1.

[4] <https://www.psychologytoday.com/us/blog/the-power-prime/201107/common-sense-is-neither-common-nor-sense>

[5] Id at 4.

[6] <https://chicagounbound.uchicago.edu/cgi/viewcontent.cgi?article=2538&context=uclrev>

[7] Id. at 6.

[8] Id at 6.

[9] <https://www.higheredtoday.org/2018/10/17/paradox-free-speech-america-today/>

Repetition of Harm ...

12/3/2019

Like a joke you keep passing around, to build upon one thing funny after the other, in regards to whatever you find humorous, until its create the best overall output, that is basing things upon concepts that are easy to understand, and by those rules of order, impressions successful in life, to those who could've done a better job at living life, and for those no longer with us, hope that we continue to live l online or elsewhere, used by the laymen, or whether by the professionals shed light upon. The point being what you put at the forefront overall work product you as a source, whether or inspiration, or humor, are read into, hopefully for better understandings about concep life, respect you, or look up to you, see like you, or feel like you, some live autonomously, not codependent to learn or understand the boundary setting than embracing any other ideas not their own, and whether learned first hand by a sharing of your experiences in life. harm causing incident, feeling the fears and the pains associated with that harm causing incident, then reliving that harm causing incid and so long as a rehashing of incidences occurs when you were not well, chances are those feelings may or may not occur again for yo harm to your identity, persona, personality, behavior, feelings, or outlook, and don't again become suicidal, just because you don't fee dependent upon illness to feel recovered, to see not well, to understand their sense of normal, and to see failure, to feel and understand demise of those who had it all and then lost everything, for them that makes them feel like a success, to see your life ruined, if you wa death at that point, you either allow negative thoughts to run rampant about yourself, as compared to the wellness of others, not feel go has overcome suicide, and never for the false light shed upon you become suicidal, and not give credit to those who have put you down you have accomplished thus far contributing to your wellness. People work on and off like a switch when it comes to wellness, easy to no ones around, left to die, you decide how to live your life, with or without people in your life, no one can talk you through feelings o becomes suicidal, sometimes Im not even sure why, and its really no ones fault, Ive never blamed anyone for feeling suicidal, not boy why I take meds, run everyday, stayed in school, work part-time, writing books, keep busy, and don't drink, because I understand the s even if Im having a good day, I stay productive I don't drink or use it to make it an even better day, and even if single, I work on my desire to sleep, and wake up the next day, and continue working on what Ive left the previous day, why blogging is so important to me all about communicating to others that we hear them, that they are not alone, and that "It's OK not to feel OK, and it's absolutely OK to say by focusing on the positives in life. Its important to note the differences between self-harm and suicide, some do fully recover from a way to help cope with difficult or distressing thoughts and feelings [3]." [2] There's no quick fix, to self-harm, it requires cognitive b causes negative thinking and integrate the skills to work with your mind in new ways, you can transform your life from the inside out. holds, for harm to self, one suicide attempt, rehab twice, IOP twice for thought disorders, and now sober, Ive been through a lot of treat my understanding of what my bipolar is like, and how to control those thoughts from occurring, by focusing on the positives, and cont mysteries, and live life like a joke. That's would be a worthless existence to live life, in a way, to which you cannot contribute positive independent on their own work, which is the goal of every masters student, to get a higher degree to get hired, that was the point, not a things can still go wrong in life, and poor decisions can be made, so long as you stay sober, maintain contact with your support groups getting well you will get well, no matter how sick you get no matter what disabilities you suffer from, and no matter what mental health

References:

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

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

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

The self-harm cycle



Self-harm usually starts as a way to relieve the build-up of pressure from distressing thoughts and feelings. It's important to know that this relief is only temporary because the underlying reasons still remain. Soon after, feelings of guilt and shame might follow, which can continue the cycle.



Pamper Yourself ...

12/2/2019

Its okay to pamper yourself every now and then, whether that's an extra trip to CVS, shopping at Bed Bath and Beyond, or updating your home. Investing in making your space feel more like home. You don't even need to spend that much to look organized, some things can be bought for a fraction of the price. Generally it's at this time of year, we over decorate our homes, and do a little entertaining, so get those fancy bars of soap, or *Molton Bow* candles, or *centsationalstyle.com* a home "is a sanctuary. Home is comfort. Home is inviting. Home is a refuge from the world." [2] Although I love my favorite clothes, everything that makes a girl happy. So do the same, keep out what you can't remember to take care of without a list, and update your wardrobe, four bins of clothes to *Salvation Army*, although I shouldn't have updated my wardrobe, I did a little Black Friday Shopping. It's so important to make choices, but it is a rewarding process. When we create a place that meets our needs and expresses our character, we enrich our lives." You would recognize me in the streets, as a blogger, appearances matter. Now in my 30s, I've become less rebellious, wearing chucks (all-season shoes) look everyday, and find time to mix things up. Just like being someone nice to look at, so should your home space reflect the person that

Its something you look at everyday, without thinking, nows a good time to get organized, and present the best version of yourself. Wh However most of the time, we just throw things in piles, when they come back from the wash and don't sort them out again, and stay o duplicate items you already have but cant find. Don't lose track of whats important to you. When you're at home its important to be "s travels out, and store things like old binders, folders, jewelry, I'm not trying to encourage minimalism, as the solution to decluttering y wall, if you cant afford that so be it, but don't go tacking up old posters on your walls, like youre in college, some things need to chang filing cabinets, maybe those need to go Most of all "A home is any place where you are comfortable, and feel as if you can be your

References:

[1] <https://www.moltonbrown.com/store/index.jsp>

[2] <https://centsationalstyle.com/2010/01/what-makes-a-house-a-home/>

[3] <https://www.theguardian.com/lifeandstyle/2018/mar/25/what-makes-a-house-a-home-three-family-dwellings-minimal-white>

[4] Id at 3.

[5] <https://www.tellingroom.org/stories/what-makes-place-home>

Hearing What You Want to Hear ...

12/1/2019

That's life, you're not always going to hear what you want to hear, even during moments of silence, feeling heckled, taunted, and bullied. Health issues, and to help build more love and tolerance surrounding the issues, causing much disability. Social discord, is one thing that you talk to, things to do, besides working all day and taking life seriously, when was the last time you were able to share a laugh with someone on subjects you know less about, then state your take on the issues, before allowing life to happen without having said anything in the first place, whether directly to you, or indirectly toward you, expect to be affected by what other people think, that's what comes with the territory. If a point of interest, or not sufficiently addressed the issues current. Be your own best judge of whats relevant, sometimes, what is relevant is not any voices that are causing you mental disturbance, such as ridicule and or taunting. There are many phases of mental health issues, you know, but that's not without actively doing your best to reduce symptoms, by practicing self-care, and getting along well with others, all of which contribute to feel, and part of that happiness, is others ability to be happy around you, and not be a source of unhappiness to others or mental health issues. Confrontations in life, and always rise above. If you don't take good care of yourself, you'll be looked at less as food for thought, as someone who continues to perfect yourself day by day, until you have a better outlook in life. I don't think that things will never bother you the same way, speak about those times later. So long as you have learned from your mistakes as a person and as a writer, that's all that matters. And you know, apart of you have to be a stable person, if not you get made fun of. ~Stay positive!

Dating in LA ...

12/21/2019

Unless you have a job or something going for you in life, its hard to date in LA, there will always be something bigger or better than you. The reason I started a blog, was to separate myself from the competition, and to establish a base for myself, a place in which I could be myself, and grow to love and appreciate me on a different level. Eventually, who you are to a boyfriend, is not who you are to your friends, who you are to your friends, and who you are at work, is not who you are to your family, we all put on different hats in life, and we see you with all those hats on. Someone who is planning to stay with you for the long term, wants someone who is best all around, who is nice to bring home to the family, and introduce to friends, its when we are worrisome, that we are difficult to love. You need to have someone you want to find someone with stability. I have dated over the years, men in the music profession, the tech profession, and not a biochemist. I once married an attorney I met in law school, but that did not work out when I did not finish my JD, became depressed and started drinking alcohol. Moving backwards in life, what you can do is appreciate those who did spend those moments with you in life, whether you were down or up, and who you are now, who regardless whether you have a companion or not, expects you to do well in well, and to have a successful career, and to be a good match up, some of us don't match up, and that's not because we are not pretty, or not smart enough, or not well enough, or not stable enough. You can find better, those better suited to meet their needs, which according to us, is not a real relationship long term, you can't expect all men

them come to you” but at this point in my life, I don’t think that that methodology quite works anymore, a little effort goes a long way superb, but I have a way, of keeping a conversation going for a reply, without getting rejected, and getting dates, and phone calls answered, that must mean that I’m doing much better than I was doing, back in the day. -Right now I’m focused on career and getting a job, 9-5pm and be proud of myself. To graduate from law school and be proud of myself. To lose 20-40lbs and be proud of myself. This all everyone, it’s a really time consuming process, requires a lot of shopping for outfits, and makeup, staying on trend, having fancy photos socially, having friends, none of which I would have without AA who supports me while managing my sobriety and bipolar by allowing among those similarly situated in life, support one another, and feel compassion for one another’s struggles in life. So don’t lose hope, picked, out of who liked me, do your best.

Dissertation First Draft (TJSL) LLM Masters in Law ...

12/21/2019

Dissertation (First Draft) Abstract, Table of Contents, Discussion, Bibliography ... by Leslie A. Fischman
Studying Financial Compliance and Risk Management for an LLM Masters in Law(Graduating February 28, 2020).



12-21-19_dissertation_tjssl_v3_first_draft.pdf

[Download File](#)

First Things First ...

12/20/2019



It’s always been my dream to finish law school, had it not been for the unconditional support of my parents over the years I would not have had the time for education, working and re-enrolling, until complete, looking forward to graduating February 28, 2020 when the semester ends and I can take time off from working at my internship to focus on my Dissertation which is more important to me, than to grind through each week and get everything’s been submitted on time. Grades are important, it’s a \$3000 course, worth finishing the semester strong, and with a finished

Meanwhile I've been busy editing my first book set to be published 2020 with Amazon Book Writing Inc, I've been working with the publisher for several months to write compiling my writings from online, on Twitter over the years, and about 2 years on and off to edit, while finishing my book. It's dedicated to finishing a book it doesn't just sit well overnight, it takes many revisions, to finally put together a story that represents you and that was the most difficult part, not mentioning others. It's hard to tell your story and not have shared parts of your life with others who have to be learned in life, half of those lessons learned occur through meeting people. Book writing is not common sense, and it's not easy, and write 300 pages, it occurs overtime, and as you collect your thoughts you make more and more sense along the way, to me that's why that it makes sense, it tries to make sense, and it does a good job of making sense of what doesn't make sense not leaving things up for negative interpretations to be made, that would be doing everyone a disservice in life. -I'm a little under the weather this week sick on blogging as much, focusing on my school work. Just thought to catch up with everyone.

Originally Posted on <https://leslifischman.wordpress.com/2019/12/21/first-things-first/>

Reaching Your Blogging Goals ...

12/20/2019

top rated resume writers

12/2/19

Comment in After You Speak ...

Not all people will understand you, and that's a fact that we need to live by. I understand that there are so many people who are trying to correct us for our principles in life. But as long as you know yourself and you know that you aren't doing something wrong, then it would be better to stick with what you do. Other people will always have something to say and your job is to ignore them so you can continue with how you live your life.

I reached one of my blogging goals recently, comments! I recently checked my Weebly App and found them, presently surprised. Its a goal to hear from your readers, and to hear what they're thinking after having read something that you've written. Meanwhile my other blog on WordPress started July 2019. I went through a phase earlier this year where I felt like I was constantly being judged, and battling voices, I felt that what I looked liked or what I sounded like, as soon as I talked about what was bothering me, the better things got, and quickly grew out of what's bothering you, sometimes seems so immature and trivial, and when said out loud, even embarrassing at times to admit to even if I don't say it, things have a way of working themselves out, what we are consciously aware of, we can work on, what does not get put at the forefront of our abilities, often gets suppressed, and does us a disservice in life, manifesting itself in other ways, like binge eating is to body image issues, intelligence is to laziness, as tv watching is to voyeurism, as social media is socialization issues, what this all boils down too are having a lack of life skills, when you have those two things grounded, it makes it easier to find balance and sanity engaging in all other activities, when you're focused on what's going wrong, or what's not perfect, and learn to appreciate what's going right, and see the bright side of life again. When you wake up, and feel blessed, grateful, or you wake up, resentful, and think what a hard life this is, and that you wish you had a better life perspective, without comparing your best to anyone else's best or your worst to anyone else's worst. It's true "not all people will understand" *writers* writes, the better you know yourself, the better off you'll be, we "don't [all] have the same way of thinking." [1] In addition, no matter where youre coming from, in life, we all have our own set of problems, and personal pitfalls, and ticks in life, that either set us on paths that get aggravated, everyone drops the ball at some point in their life, and everyone has to keep going and pick themselves up, that's apart of life, you get back up, does it matter exactly what happened? Maybe not, does it matter how you got hurt, maybe maybe not? Does it matter if you want something to discuss in therapy, or a conversation that would lead to controversy if spoken about out loud, if so, then don't mention it, just live your life, irrespective of what other people think of you. You know as a blogger, I don't have the pleasure of reading other people's

benefit of reading my thoughts, and meeting me. I don't have the pleasure of meeting other people, but they have the pleasure of getting to know me and learn about my life. That's that difference between being a blogger, and being a private individual in the workforce, is more knowledge. That's just a fact of life, when you put yourself out there in the public sphere, there are going to be people who know of you, hear of you, and you don't know. *On a positive note:* It's self-love, which is why a lot of people blog! Then make sure, to own it, when you are feeling good, with everyone how you go there, that's the whole point of blogging through all those days and nights, when everyday feels the same, and that change that blogging seeks to capture, when you are no longer worried what other people think, when you have come to mature and find peace.

References:

[1] <https://images.app.goo.gl/a2JWgP3xXnYCFU6m>

Work Life Balance ...

12/17/2019

What is work life balance? It requires an equal balance and an ability to make decisions between work and life. [1] More and more I find people mention this term when referring to finding balance in their lives, managing their time spent with family, friends, at work, and while facing mental health issues, especially while in recovery. On the other hand according for the workaholic focusing too much on work can mean neglecting relationships and overall happiness. [2] It's been recommended to let go of your need for perfectionism and to make room for more quality time you have the more resilient you become to certain life stressors giving you a "greater sense of control" over your life. [3] When it comes to figuring out what's important to you, work life balance is different for everyone, best to figure out what it means to you first before not doing a good job at living life or could be a better sister daughter friend girlfriend etc, we've all felt that way from time to time, when our attentions and we neglect to work on those relationships in life, it hurts, it really does in the long run. Why they tell you to put recovery first, to stick to a program of recovery likewise if it's work life balance you're working on set your priorities in life of what's most important, set boundaries so that you can make time for those things or people in your life, what's incorporated into your life is what amount of time you give yourself to what matters to you (ie makes you happy) and from there figure out what else is important to you. Some people even make choices that energy those choices give them back in life, that's a good to think about too. [4] Overall "For busy professionals, a work-life balance is key to happiness." [5] So continue to practice self care, focusing on your well being, don't overwhelm yourself too much with the past, what's done is done, moving forward now to make time for what needs work and get done what can get done, life may be short but it need not be lived in misery, especially not when around others, that's the worst being so unhappy out of balance tied up with other things that you can't even enjoy, you let alone make time to spend with others, that's a very lonely life to live. So be social, not too social, limit your social media, one day at a time, daily, stay on top of correspondence, show up to doctor appointments, get your January Calendars ready, make 2020 a great year, exciting!

References:

[1] https://www.rewireinc.com/work-life-balance?utm_source=adwords&utm_medium=ppc&utm_campaign=Work-Life+Balance+Pillar+Page+Traffic&utm_term=work%20life%20balance&hsa_net=adwords&hsa_mt=b&hsa_tgt=kwd-11107920&hsa_cam=1397058922&hsa_ver=3&hsa_grp=54561519269&hsa_acc=1016694847&hsa_src=g&hsa_kw=work%20life%20balance

[2] <https://www.forbes.com/sites/deborahlee/2014/10/20/6-tips-for-better-work-life-balance/>

[3] Id at 2.

[4] <https://www.fastcompany.com/3037096/9-different-definitions-on-the-meaning-of-work-life-balance>

[5] <https://www.androdonovan.com/10-best-work-life-balance-bloggers/>

Originally Posted on <https://lesliefischman.wordpress.com/2019/12/17/work-life-balance/>

Sometimes We Shine ...

12/16/2019

LEARN
TO REST,
NOT TO
QUIT.

Last December I left my job thinking nothing was going to work out for me in life that I was a complete failure. If I couldn't work a 12 hour work an 8 hour work day and if I couldn't work 6 days a week then I couldn't work 5 days a week. Sometimes when we push ourselves and sometimes when trying to meet the expectations of others we flounder. I even tried back tracking at one point to the paid position at the company to work as a paralegal I gave up for a chance to work in film. It seems my dreams got the best of me, the glamour of working a harder job to get than the paid position I was offered on the spot, I wasn't thinking clearly, at that point in my life I should've taken the thought that the internship would turn into a job, I was sorely mistaken. When the going gets tough it's okay to take a break from work measuring up in the workforce the last thing you need is a bad review if you've never gotten one, especially in a field you've never worked to stick to what your good at, confidence builds upon experience, that is your work experience. Sometimes settings matter, and if you're missing you had in other jobs then expect to be molded, controlled, and corrected until you become what is expected of you personality wise judged in the workforce by your confidence, tone, and eye contact not just your work ethic, and especially your break etiquette. To be able to keep going in life and be presentable without question that is relied upon to get the work done, trusted, if you can't manage that much you probably not a good match. At my current job I was put back on Adderall and taken off my bipolar meds, I wasn't myself, I was able to go to the Film Festival I was invited to attend, running on the beach beside myself it's not that I was overworked I had just put too much pressure somewhere I was working towards becoming well, which is where I am now, which is why I was invited back to that job to continue work. I've been given other opportunities to interview at paying jobs at law firms, dream jobs, had I not worked in film and been pushed by my career she would have not left the house and started working been fit socially or personality wise to work again. She supported my social media presence required it, and I'm glad, a top 100 personal development blogger on *Feedspot* now listed with *Mark Manson* a very successful blogger. I had a dream to publish a book, one step at a time, my AA meeting attendance resumed this year what a difference that made, really grounded me forward again and attended another IOP which really strengthened my ability to battle bipolar symptoms keeping me feeling down, unconfident, insecure about life and applying myself. Trips to Starbucks and the Mall kept me busy during my time away from work, that was fun until at least my Moms not paying rent, but still, should be more frugal when it comes to expenses, and not gain weight as an excuse to shop for books, and worked on my website! All in all made a lot of progress this year, progress I'm proud of, and couldn't have done it without *Associates* and My Parents. I had the worst messenger addiction when I started work 2018 who talks to *Trump* anyways ... you're right to *CU* and majored in Sociology, I was a little more sensitive to a few issues that he shook off initially, but I'm glad he came around and took courage. I don't know why I sent my only extra copy of my book to *Avenatti* who was fighting with him at the time, he replied on the *O'Melveny* connection, who's recruiter later contacted me on *LinkedIn* and interviewed me to follow-up in February.

Originally Posted on <https://lesliefishman.wordpress.com/2019/12/17/sometimes-we-shine/>

Self-Defeat and Taking Responsibility ...

12/16/2019

In reading "*Get Out of Your Own Way*" by Mark Goulston, M.D. and Philip Goldberg, they brought up an excellent point in the beginning "realiz[ing] that blaming your problems on other people, or on circumstances beyond your control, doesn't make anything better." In order to move forward, one must be committed to leaving self-defeating behavior and thinking behind, while understand the power that one has to change their life.

defeating behaviors, some examples are: avoidance (shying away from problems) and passive aggressive behavior (failure to deal with find ourselves putting ourselves down at our own expense, also known as a pity party, when we don't feel good about ourselves, the te unfavorable to our best interests, rather than talk about ourselves in the positive, talk about our problems instead, don't be led by your yourself. According to thestar.com, "What do the truly confident people have? They have a high opinion of themselves. And! They ha That is the true definition of confidence." [3] So if you want to be someone who lifts others, not bring the whole room down, then do s you have learned, without leaving others feeling sad or depressed for you, or worried. Confidence is everything, sometimes the most f been through a lot, and who share in a way, that's very heart-warming to hear, to which we all can relate. When you're feeling down r 1. Your patience when you have nothing. 2. Your attitude when you have everything." —Imam Ali." [4] Today, someone expressed ro screaming at me, for being parked in a spot that he wanted to park in, I was on my phone. "You're a C%nt" "Get an Education" "Im a Gonna Pass the Bar" "You're Gonna Be a Loser" "All You Had to Say was Yes or No" I told him he needed to calm down, thanks Ta the only thing I could think of. Meanwhile I interviewed at CZR Carpenter Zuckerman & Rowley today, and will hear back in two wee the first two weeks of January, we'll see! If you let the little things get to in life, you'll never be a happy a person, I called 911 to comp people like that, next time. The old me, probably would've had a bipolar episode, but I'm much more in control of my emotions these you allow yourself to become disturbed easily by the emotions of others, if you don't allow yourself to become so easily disturbed you panic attacks and worry which all adds up and eventually require meds. Some people just have tempers, you just have to be accepting response was okay to T-Bone me into my spot, and yell at me, then pull up to me and yell at me, after I moved so he could take the sp people just don't know when to stop. Apparently saying Im on my phone, was not the correct response to his question, so that was my moral inventory that incident. Regardless, I let things go a lot in life, these days, less is more, the more I harp on whats bothering me, t thinking, and negative thinking eventually leads to feelings of depression and those days of depression lead up to suicidal ideation, all excessive amounts of meds to sleep at night, leaving me feeling lethargic daily. That's not the solution, to stress, to check out, and put was doing, before I started attending meetings again in August, hospitalized. Life gets tough, this isn't NY so you don't expect life to t people are still very egotistical, about their image, cars, jobs, and material things, its all a façade, but it matters. But don't take your str not over parking spots. #stopbullying

References:

- [1] https://www.google.com/books/edition/Get_Out_of_Your_Own_Way/F13jI5P2BKsC?hl=en&gbpv=0
- [2] <https://www.liveyourtruestory.com/facing-the-consequences-of-self-defeating-behaviour-confidence/>
- [3] <https://www.thestar.com/life/relationships/2017/06/19/thinking-highly-of-yourself-and-others-is-the-key-to-confidence-pasricha.ht>
- [4] <https://www.rd.com/true-stories/inspiring/inspirational-quotes-for-mornings>
Addiction is the Biggest Waste of Time ...

12/15/2019

I'm not sure whether writing to Ari Emanuel has been a complete waste of time, they just posted a job opening on LinkedIn at Endeavor interview at O'Melveny and Myers and CZR Carpenter, Zuckerman & Rowley. My ducks may not all be line, but I have sufficiently ba addiction, that was a yearly struggle of getting used to the new meds, and still being able to function and see results. Addiction is a cor with learning disability, it sets you even further back in life, who has time for rehab and hospitalizations, what an embarrassing experie for being bipolar, and court ordered to go to IOP for "thought disorders" and therapy once a week. That was the settlement. Addiction that be substances, people, places, activities, or just a misuse of time, don't set yourself behind in life, to enjoy life, to enjoy life, usual better, its when you feel behind you feel overwhelmed, and that feeling doesn't go away overtime, its something you have to work on until those feelings of "worthlessness and self-pity" as alcoholics anonymous calls it, leaves you. Ive been in and out of AA for many y stay, have found a couple of meetings that I feel comfortable at. That took awhile. It's a matter of going and showing up, not a necessa and connections while youre there to help you out of your troubles in life. There are some people who start from the bottom up, I was eventually you have to get started again, and it doesn't matter where you start, and it starts by showing up to meetings, and going to th in IOP to set goals. For high functioning people, people with jobs, this seems simple, people who've had jobs, probably cant relate, pe can't empathize, with someone like me, who's walked in and out of the social security disability office more than once, giving up in li forward, no matter what speed youre able to move at in life. People will always read, and compare your worse or your condition to the and think youre just being dramatic not comprehending the possibility of the disabilities that people suffer from on a daily basis, and v talking about their issues, they live normal lives, why? Because that's how you overcome disability, by maintaining your privacy surro

relive those issues over and over again, so that those issues, eventually leave from sight, and you can begin to see a future for yourself and symptoms come back, some don't make it that far and symptoms get worse, some don't make it that far, and symptoms take over, symptoms win over their better judgments in life, including addiction, it's a disease, a type of mental health issue, which some recover perfect. I can't imagine life without meds, Ive been without meds hospitalized, and sleep all day and all night, its not an enjoyable exp The solution for me has been Vyvanse, Abilify, Hydroxyzine, Trazedone, Topiramate. In the hospital, that's how you are treated, given once was given Provigil for wakefulness, and so that's how I live outside the hospital, on 4 night meds and Day Meds, not to scare anyone makes it difficult to talk to me or hire me, based upon what medications I take, what those medications say about me, and not trusting off meds, that was not working not reliable in bed all day, sleeping. Its functioning that's the problem, an occasional drinker but sober on Adderrall to get things done in life, theres so much pressure to keep up with the pace of life, I really don't think we all have to work making meals in a kitchen, not all jobs have to be that intense, I really think its possible to live life, and to work at a normal pace without considered hard work these days? And how much work must you complete in 8 hours to be considered payable, and a hardworker? I think well, and work the hours at home, pace yourself, finish a masters, work part-time, then one should be given the opportunity to work for disability, work supervised, without worry, worst comes to worst, I can always go to the hospital if rejected its not a big deal. -So continue to think positively about yourself and others, life is tough but so are you, forget the past, and do your best with the hand you've been dealt. I think, if you're reading this blog, you're one step ahead of the pack, in tune with whats going on currently, mental health issues, and if hopefully you wont have to experience these issues to the extent that I have, and Im glad!

What is Networking? ...

12/15/2019

Sometimes it seems like the more interconnected we become online the less we feel the need to connect in person, or to attend events or interacting online is just one step toward introducing yourself to the world, while meeting in person is the second. Generating a following relationship with people” and by definition is considered networking. [1] Blogging is more than “simply an information exchange between exchange of likes and follows all of which help to bolster you as a business or an individual marketing a future product or service to increase are your connections in life, and whether you like to admit your upbringing as contributing to your outlook in life, its clear that those who raised among those with connections, tend to fair better off in the world running than those who grow up without a base network, the decades of life, really help to establish your skill set applied to social settings later in life. According to timesolv.com there are “four social networking” ... and they are: (1) eye contact (2) listening (3) learn names and (4) master the perfect ending. [3] Why are having these about this with Ari Emanuel the other day, what makes people get picked, based upon their likeability, marketability, and wellness, well worse, some stay and some don't. Just like jobs, the minute you become hazy, tired, slow down, and stop performing, is grounds for dis relationship, you withhold from, if you stop seeing someone, fights ensue, questioning occurs, and those eventual disagreements lead to neither party benefits the best interests of the other, if one or the other cannot function well in the company of the other, then its not a win the course of their time. This you learn as you get older, and build more resilience in life, the more resilient you are to minor stressors, the more you have to give and provide to others. Thebalancecareers.com discusses just that, “When building networks you must give some personal and business relationships, both parties must benefit in some way.” [4] You either grow among, or grow apart, Ive heard this out of relationships, or social circles, we tend to think highly of ourselves, but then again, drinking and drug use is not for everyone, and to socialization and now not as social as you once were, than that's okay, no one is condemning you for choosing to live a sober life not the bars or mixers, if its too tempting to drink at a Bungalow Google Tech Mixer, I so want to go. I've been once before and met with Beach Young Professionals, who once offered me a job to write for him, that was many years ago. You grow a lot as a person, and as that growth, you are better able to provide services to others, the more clear you are, the better your presentation is, and the denser the likes and follows you get, its as simple as that blogging, and maintaining a following. When it comes to being liked, well its hard to give be well liked, that's not for me to judge how people should be to be liked, everyone should be themselves. If you are to be of influence think how would you want to be influenced in your life and go from there, if its something that you need, provide it, and if its something sometimes in helping ourselves we help others too.

References:

[1] <https://ischool.sjsu.edu/what-networking>

[2] Id. at 1.

[3] <https://www.timesolv.com/four-social-skills-you-need-for-successful-networking/>

[4] <https://www.thebalancecareers.com/valuable-networking-skills-3515560>

Whoever Said Romance was Dead ...

12/14/2019

It would be funny if I bumped into my crush at the driving range, at my golf lesson, but Im sure given my luck, he's unavailable. How I wondered if it was him, staring over the shoulder of my golf instructor, is that *Ari Emanuel*, I kept saying to myself, he was laughing h with my driver. He's a member of the Country Club my Dad belongs to, they have new hats with "THERIV" in bold and caps on it, cu at the Club, we both saw him at the Lakers Game, sitting courtside, with his hand on his chin, he stayed at half time, and walked over t wasn't sure if he was married or not, I just read that he filed for divorce November 2018. [1] While he's known for being played on t think the show oversold him, while a few connections left him underscored, his performance otherwise, a success, a double lot in Bren "for as early as the end of [2019]." [3] If its just a matter of selling points, that need work, then he couldn't be in better company. I too trying to build a website, write a book, and finish law school, experienced failed relationships, lost two rings, and feel like I have barel once in Portugal, Palo Alto, Las Vegas, and DC 2013, ... don't count as "traveling." Timing is everything, its not exactly an IT corpor unless IT provides the quality of services demanded by them to be IT. That's being an IT girl in todays day and age, or Ari Emanuel. T the time when you think of conglomerates you think of Warner Chapelle, or Disney Miramax Fox, however William Morris Agency a both traditional and new forms of entertainment, while advocating for books on the side and models, making it a "next-generation meo been described in the past as "content focused ... [and] firmly rooted in the talent representation sector," [5] and not much has changeo IMG (2015). [6] In September, before he pulled the plug on his IPO, "Emanuel had hoped to raise as much as \$600 million from the II company at as much as \$8 billion, but those numbers shrank as the offering neared." [7] The reason why Ari decided not to move forw "Endeavor would not attract the right quality of investor. The principals saw the horrifying potential for the stock to drop below \$20 o company's valuation." [8] And so, he's decided to wait. So when is a good time to go public? Well if youre able to laugh, and feel goo regardless of how anyone else is feeling, its your confidence that matters most, and a believing in your spirit, that will draw investors t well being, who represents who best, and who by their best decision making skills, stays on board, and keeps others feeling ahead of tl leader on a TV-Show, I think he'll do great!

References:

[1] <https://marriedwiki.com/article/ari-emanuel-files-for-divorce-after-20-years-of-relationship-with-his-wife-sarah-addington-know-a>

[2] <https://therealdeal.com/la/2019/01/21/ari-emanuel-talent-agency-ceo-seeks-19m-for-brentwood-bachelor-pad/>

[3] <https://www.businessoffashion.com/community/people/ari-emanuel>

[4] <https://www.fastcompany.com/company/endeavor>

[5] <https://variety.com/2019/biz/news/endeavor-harry-walker-agency-acquire-speakers-wme-1203398005/>

[6] <https://www.vanityfair.com/news/2015/02/wme-img-merger-ari-emanuel>

[7] <https://www.hollywoodreporter.com/news/how-ari-emanuel-s-outsized-ipo-dreams-were-dashed-1244772>

[8] Id at 7.

What Changes You Shapes You ...

12/11/2019

2016 changed me
2017 broke me
2018 opened my eyes
2019 I'm coming back

IG @QuotesFromTheHeart100

Eventually you let go, and stop working yourself up over the same things over and over again, that's called taking a more mature approach to life. When you can put experiences back into context, and file them away, with the rest of the days of your life, you are becoming a better and better yourself each day, you have truly moved on from what has broken you, and ready to start a new life for yourself. Its growth is your part. Until you know when to stop, will you stop. Practicing catching yourself in those moments, today in therapy I talked about just that, where I have worked myself up, usually occurring late at night when tired, ruminating, and being overly hard on myself, and where I stop, where I expect myself to be, and measure the difficulty it will take to get to where I want to be in life, and with a defeatist attitude most people gets no one anywhere in life, to complain, its in fact the worst thing you can do, when your trying to improve your life, is to complain. "Repeated complaining rewires your brain to make future complaining more likely. Over time, you find it's easier to be negative than positive, happening around you. Complaining becomes your default behavior, which changes how people perceive you." [1] That's right, complaining, that hurts you rather than helps you. So instead of complaining, one solution suggested by them is to "cultivate an attitude of gratitude, like complaining, shift your attention to something that you're grateful for." [2] According to [fastcompany.com](https://www.fastcompany.com/3040672/why-complaining-may-be-dangerous-to-your-health) "A half hour of complaining damages a person's brain." [3] Think twice before you decide to share any dissatisfactions in life, if you're going to complain, make sure you're positive, and to have a "specific goal in mind." [4] It is these "minor irritations [in life that] can cost us [our] mental health" so don't let anything bother you, and spend less time feeling victimized in life, and spend more time empowering yourself by doing things that make you feel good about self-esteem." [5] Don't be a typical "chronic complainer" which is one who has the "tendency to ruminate on problems and to focus on the negative." [6] Not only does complaining put you in a worse mood, explains why even in negative situations when complaining is typical many hold their tongue, to avoid complaining and causing even more discomfort among others, same goes to you. If you are already not doing well, then making a list of lets say what you are doing well will most likely aggravate you, not benefit you, when it comes to fixing your problems its better to focus on what needs to get done, and to get in order to get to where you're going, rather than overthink about what has passed and not gone well. If its "sympathy and attention" that you're looking for, talking about whats going on with you, without scaring people away, [theatlantic.com](https://www.theatlantic.com/health/archive/2017/06/why-complaining-is-bad-for-your-mental-health/574117/) by comparison says that "when done right, complaining has many advantages." So continue to be "mindful" and its okay to complain, "only when it serves a purpose" and if to bolster ones confidence and to "speak up." [7]

References:

[1] <https://medium.com/the-mission/how-complaining-rewires-your-brain-for-negativity-96c67406a2a>

[2] Id at 1.

[3] <https://www.fastcompany.com/3040672/why-complaining-may-be-dangerous-to-your-health>

[4] Id at 3.

[5] Id at. 3

[6] <https://www.psychologytoday.com/us/blog/significant-results/201706/the-three-types-complaining>

[7] <https://www.theatlantic.com/health/archive/2015/02/complaining-for-your-health/385041/>

Know Yourself ... (lesliefischman.wordpress.com)

12/10/2019

You won't always know where you're headed in life, part of the process of recovery requires you to live life first and learn from your blessings get taken from us but I promise you that feeling comes back, that sense of feeling free, with nothing to fear, motivated, drive monumental in life. Easy does it, first things first, life skills, think what is it that makes you happy? Then do so, read a book, practice follow a tv show, watch a ted talk, read an article, journal, there are plenty of ways to replenish your energy stores without spending money yourself to stay home sometimes and feel good about that choice in being disciplined enough to do so. Life's not all about going out but up with friends don't waste time wandering alone in life, you'll find yourself lost, rather than found, that's typically the case to never find for out on your own companionship or love, it never finds you out on your own. Love surrounds love, and the loved is loved, and love who has love, and who has love is who attracts love, and who attracts love is who loves themselves. So how does one show that they love "bun and listening to rap music" windows down without a care in the world ... if it's love that drives your sense of happiness in life, the love and admiration by others, if it's happiness you cannot achieve without love then achieve happiness first before finding love, if it's happiness then achieve self love first – you cannot get what you don't already have from the other expecting someone to fill voids or provide there or not there with or without them in your life – wouldn't you rather fix yourself now than wait only to find out you're still the same? solution to your problems is always within you not within others, unless you can figure out what your problem is no one can cure you but your part to fix what's broken mend what's torn and better what's been jaded and once you feel most complete is when the other complete is made, that shines. The worst feeling is loving someone who is down and out or depressed not feeling good sure we love them and their things take their toll we become just as tired and just as broken and who then do those feelings best serve neither, always think about yourself when you ask for help from another is it worth their time effort and energy or is it something you can fix without their constant get married, it's a give and take sometimes a commitment to care for others at some points dependency on others does occur and we need who can't always be there for us constantly to shift our moods lift our spirits change our minds redirect our thoughts or pull us out of a to feel normal just like it takes listening to rap music to feel tough or cooler than you are, if life's all about mood settings and ring require who gets sent adrift in life, if you're stuck in a rowboat like me or inner tube after a breakup you're not alone, grab a piece of wood, the strong in followers 1,000 people a day read for 6 minutes at a time on average, we all care, we're all on Facebook, Instagram, Twitter, they all send me 200-400+ Likes per post, none of which show up on my website and that's okay, it's the thought that counts! I wanted Website and a Blog and two books on their Way & Graduating from Law School I'm not sure what that equals ... but I'm so happy and wherever I am in life in the grand scheme scheme of things on the broader spectrum of success online, I would have no idea how I measure of writers respect wise but I'm glad to be beginning a career I love, writing and being social online!

Reference:

<https://lesliefischman.wordpress.com/2019/12/10/know-yourself/>

Originally Posted on lesliefischman.wordpress.com on 12-10-19

Love Yourself Often ...

12/9/2019

Chances are if you're reading this you're someone who either loves themselves but is currently unhappy, or doesn't love themselves but anyways, either way, you're feeling subpar in a perfect world that requires you to be full of energy and zest for life. We may not all be marathon runners, or book readers, but everyone has a special quality within, that tells them to keep going when they feel like quitting people have in common, they believe in themselves, and because they believe in themselves they achieve beyond, the normal recommended beyond their limits in life, that's exactly how one realizes their fullest potential, setting goals, and making strides in life, it's what makes when at our best, doing what we love to do, and doing it well. *To love oneself one must be reminded to do the following:*

1. Be thankful for everyone in your life.
2. Consistently improve each day that you have.
3. Do your best to help others when you can.
4. Acknowledge that you are not the only person in a room full of people.
5. Make eye contact, and treat all the same, with kindness.
6. Have compassion for those who are not well.
7. Be beautiful inside and out.
8. Think highly of oneself, never putting oneself down.
9. Think highly of others, never putting others down.
10. Be mindful and respectful of the time of others.
11. Be considerate, be on time, and not waste other peoples time.
12. Not make everything about you, everyone has problems.
13. Not expect more love from others than you yourself can provide.
14. Give freely without expectation for reward or accolade.
15. Less is more, get things done at your own pace, well.
16. Don't compare yourself to others.

You're guideposts for building a happier and healthier version of you, are completely arbitrary, these are just a few suggestions, it may depending on how depressed, or selfish you may be, some have difficulty being nice about life, thinking that they are deserving of happiness, right to be happy, and that anything or anyone interfering with their ability to be happy is in the wrong and that they are always right, in their life, that they would have been happy otherwise, or not have struggled in life, as much as they had. In those instances I can tell you the only person you are hurting is yourself, shelling up from the world, with a me me me attitude, nothing goes right for you in life, hard to change, let alone empathize with, it seems the angrier they get, the more right they become, and the worse you feel, the better off they are. Don't let yourself to struggle regardless of who was right or wronged, the longer you enable others to justify treating you as a lesser species of a standard backbone of a successful working woman, deserving of a job, success, and a mature boyfriend who loves and respects her, if you are a few nights out. Its not your fault. Remind yourself of that. The longer you beat yourself up over it, until suicidal, its you that suffers not self-harm. Sober up, and continue to live your life, single, sober, and celibate, until you can again choose! That's loving yourself, its not self-loving, its not about feeling like youre getting hugs or being given hugs in life, its being independent of hugs and intimacies in life with yourself, without intimacies in life, that's having love for yourself. When you love yourself, you attract more than just men in your life, you, the smartest version of you, the version of you that thinks highly of herself, attracts jobs, friends, AND companions into her life, in your life, when you feel limited in life, you feel powerless, and when powerless prone to making bad decisions, and when bad decision making taken advantage of as a weaker species in an environment full of drunk opportunists looking for love, until you are able to stand on your own feet, you yourself, will you be able to recognize and appreciate how much work goes into paying for that \$8.00 or \$12.00 drink, until you can fully give consideration for those who have provided for you, the time and effort it took to raise you, then don't subject yourself to such mediocrity.

#bookreview: "When" by #danielpink ...

12/9/2019

I just finished reading "When" by *Daniel Pink*, [1] on the scientific secrets of perfect timing, who knew that time was on your side, if we could manage ourselves, so that we could reach optimum performance each day, we would be better off, living happier lives, and he discusses this by introducing DRM research (2006) by *Kahneman & Krueger* which outlines our rhythm over the course of the day. (page 13). That slumps are common, we all need time to recharge what he calls our "mental and emotional batteries." (page 18) Our level of energy and mood is a factor in our decisions, performance, and overall communication skills, as highly social beings, its something we are all self-conscious about, not just in studies referenced to. If there is one question I would ask him is that how are we both autonomous and interdependent when it comes to these factors bring us closer together, and what brings us into ourselves and apart. He discusses our abilities to maintain autonomy when it comes to things such as meditation, breathing, and lightening up (page 79) that is your internal decision making comes first, and once automated, as we adjust your settings to the world around you, whether that's working well with others, beginning a new project, (page 89) or taking on more capacity to visualize your new self, (page 111) if you don't have the basics down, its hard to get other things going for you without so many slumps. "Slumps are normal, but they're also short-lived. Rising out of them is as natural as falling into them." (page 144) He even discusses this and recommends a "nappuccino" which studies revealed worked more successfully, than a nap alone (a nap with a cup of coffee that keeps you functioning adult, nearing a mid-life crisis, this book is a perfect anecdote to everything you've wondered about the later parts of life, and the concept of "bad timing," (it would be nice to say that bad timing doesn't exist, but history suggests otherwise), describing "The James

can alter our perception in what he calls the “end of life bias” (page 155), I suppose just as much as “nostalgia” takes hold sending us to old places (page 214), always think of the benefits, as you recall life as you know it, some have lived shorter lives. With time, your “with ingredients, the] sense of meaning and [the] connection to others,” (page 214) that is derived from those moments in time and interactions suffer, out of touch with others, our own lives, and as a result our relationships suffer, and our working knowledge of these concepts drive life to negative thoughts and behaviors, don’t become accustomed to those lifestyle choices in life, always be a good decision maker, perhaps may be more wonderful than you think.” (page 143) It seems at times “we’re often more compassionate toward others than we are toward ourselves” okay to “take break[s]” in life (page 81) and “set interim goals ... to maintain motivation” (page 137), sometimes its what we haven’t “might even fuel your day-to-day motivation” in life, what is called *the Zeigarnik effect*. (page 138)

Reference:

[1] <https://www.danpink.com/books/when/>

Stay Determined ...

12/8/2019

Be determined in life to accomplish your goals, but know the difference between when it’s time to stop, take a step back, and reassess. It’s okay to keep moving forward, the soundest of minds, have the best foresight, a little planning goes a long way when it comes to presenting more organized you appear, the more organized you are, that’s not just strategy for looking good, its actually happening in that person because they are put together, and the path before them looks clear because they have made the path before themselves clear to travel. In life of life you have to be driven, there’s no turning away from the fact that you have to be somewhat determined, having the ability to persevere through the toughest personal storms in life. It’s those who are able to separate their personal lives from their professional lives that are able to find a way regardless how many breakups they’ve been through, no matter how many struggles they’ve encountered personally health wise, they are able to and maintain a living. Sometimes, when we are tired, we can come across as too strong, especially when our path is unclear, and we are unable to communicate our needs, when we are in need, turning people away, rather than attracting what it is that we need to help us, get going in life. That’s no way to succeed in life, haphazardly, have a goal in mind, a general idea of what you want in life, and from those goals, figure out what works, what you can manage to accomplish on your own, and what you need outside resources for to help bolster you to the place you want to be. Getting a job, a spot guest posting, an advertisement, or making any type of deal in life, where you promote your work, not all work can be done eventually you have to work with others, to make a legitimate income and be able to provide for yourself and others. Like dating when you work with others, *gq.com* suggests that “you want to convey interest, not desperation” and not come across as too strong, which means “don’t lay it all out, be baggage.” [1] Its okay to have problems but be independent of your problems, you have two selves, one that you are working on, and the other that is consistent and show up, regardless of whats going on behind the scenes, that’s exactly why they tell you to “fake it til you make it,” don’t overburden your professional life, and lose momentum, that would be a waste of time, to not work, or to skip doing an assignment, or to hang out with friends, because of something personal you are going through, life is much too short for taking personal days to recuperate, even in your living life, whether you are ready and prepared for the challenges that life has thrown at you, start showing up. *Zenhabits.net* brings up the “face everything technique” which in part requires that you “remind yourself that the task will benefit you and others, and is much more important than you.” Sounds like *Nike* was right “just do it.” If you genuinely want to work with someone in the future, don’t demand anything, “it’s much easier to ask for advice” [3] and leave things open ended, 9 times out of 10, what services are available will be offered to you, if you are given an opportunity they are. Plus its hard to ask for anything, when you don’t already have something going for you in life, business is a two-way street, you and the other who upon connecting with makes them equally a likeable figure and vice versa both benefit, that is one benefit of networking via guest posting. You be presentable, and in order to be presentable, you have to be producing enough material on your own, that contributing to another person’s such a loss, to you or your stats, and will in fact impress your following to be published elsewhere, it’s a step, not an easy step. And because you make, bigger deals may come your way in life, its all about keeping a humble mindset, of someone who is working hard, has goals in mind, has goals in mind, able to work well with others, and help them to similarly achieve goals that they have in mind. Its being of service, providing the services offered by others and contributing to those services they offer, via the work you have produced on your site, that shows the caliber of work to be mass produced. That’s writing, its all about connections, that’s what Ive learned so far, I wouldn’t say that the best people they just have the know how, and because they have the know how, that makes them smart, smarter than me that is ... Ive not published

References:

[1] <https://www.gq.com/story/how-to-avoid-coming-on-too-strong>

[2] <https://zenhabits.net/face-everything/>

[3] <https://www.thebalancecareers.com/how-to-introduce-yourself-in-an-email-2062812>

Learning is a Process ...

12/8/2019

Busy with work, you're not alone, I barely have time to blog these days, it feels like life is moving by much faster than expected, with just trying to pace myself, and make the most of this day off, editing and working on my dissertation. Learning is a process, which has learning disability, its hard to imagine after having gone to two law schools, I forget that I have struggled with disability in the past, and speed of learning and thinking. There are six components to the learning process: "attention, memory, language, processing, organizing, and thinking." [1] You don't get better at learning overnight, but overtime, as you get used to reading, and practicing memorizing material the same goes for public speaking, the more prepared you are the better at it you get. Two things Im not comfortable with, memorizing material. I first got started with my Masters, it was leaving my JD program, I knew I wanted to continue going to Law School and finish, but was much longer than expected, but glad to be finishing with an LLM Masters in Law. To finish a Masters you need to stay motivated, no matter how long your assignments done and progress to each course it takes to finish, that's something you have to muster up on your own, as well as figure out how to pay for it, luckily I have been supported, but time is running out, and its time to start working. I never thought that bipolar would have an effect on my life, you think that like depression you just take an anti-depressant, and it goes away, of with a learning disability you just get your homework done, bipolar is much more complicated than other diagnosis, not to downplay other people's struggles, but you get voices, things are happening that aren't happening, for someone trying to finish a Masters it almost seems like its not even worth it at this point. I am as someone intelligent as diagnosed bipolar, thought of as less competent, as compared to others who are not diagnosed disabled. That's the effect about working on my self-worth, and self-esteem, once I start putting myself down as disabled, that's a sign that I need to start thinking about what there is to value about my condition, and my education, and where Im headed in life. Its really easy to convince yourself that you are not gonna make it, how many of us, wind up sitting at home all day doing nothing, with no job yet, many, Im sure Im not the only one for longer than expected in school, but eventually you have to get your life going and settle down, and work or get married, and be independent. Its not easy, there are not many jobs, but there are jobs, and you need a job to get a job, which is why Im interning right now, it's a start. For me, I'm honest, not to sound depressing, but I know me, and if I stayed at home, I would get more depressed, and sometimes having something to do, which is why I wrote books in addition to working on my Dissertation and completing my Masters, keeping busy is what I need. With or without a job, I keep myself motivated in life. -You learn a lot about yourself in the process of writing, going to therapy, and journaling. It's a much better life lived than home, I used to live alone, running everyday, I'm in a much better place now, than 2015 working in a fancy paralegal job. You can't have it all, learning a whole new profession now, Film, maybe that's why Im feeling a bit intimidated right now about the entertainment industry, I was a paralegal and law clerk for years in Law School, but Im sure my skills are transferrable to my current position. Assistant. My Boss is texting me, gotta go ...

Reference:

[1] <https://www.cdli.org/articles/understanding-the-learning-process-to-effectively-differentiate-instruction/>

Pen Pals ...

12/7/2019

Growing up, pen pals, was a system of keeping in touch with friends we made overseas, in other Countries, assigned to us, by our school programs. However today, pen pals, is a systems, used on messenger for keeping in touch with friends we make online. Historically pen pals were by mail "usually strangers whose relationship [was] primarily, or even solely, [based] on their exchange of letters." [1] Having a pen pal, or a pen pal circle, can be beneficial to your health, opening up your perspective in life, its based on who you are talking to that a conversation is created. Depending on who you are talking to the conversation can be different. Sometimes, we receive replies, and sometimes we don't, it's a challenge to speak to you, who you do not know, and willing to build relationships with you, via the exchange of messages, letters, and texts. In today's world, memorable and lasting relationships with people at work or at school, who you are expected to be professional with, they are not the type of relationships you have on a daily basis, or talk about life freely with, its easier sometimes to talk to people away from your lives, when it comes to talking about life and your life that is. Not everything has to be about therapy, everyone deserves to have friends in life, and while your friends may have moved on or changed since high school and college, that doesn't mean that you still cant make time to be social. Half my friends now, are friends I have met who approach me online, to spark up conversation, always cordial I reply. Theres a difference between going to someone and opening up to someone coming up to you and opening up to you about their lives, that puts you in two different shoes in life. We all get two pairs in

Its not always that we are the one to whom others confide in, eventually there comes a time when we too must let our guards down and whether its in therapy, group therapy, AA, or talking to friends, in real life or online, always have something positive to say about life, you speak in the positive about life, you usually can speak more freely without having any regrets, or feeling the need to backtrack in life, you wouldn't want anyone to say about you in life, why its important never to talk about others, and to only speak about oneself in life. Especially sharing of photos, or of life stories, its more important to leave out details than it is to share details about others especially to strangers, dishing, and dishing makes you look more like a gossip, than a trusted confidant in life, and while sharing can be something to talk about, once you go back to those who you've spoken about, Im just saying, you don't have to take my word for it. So what is blogging in the someone who is comfortable talking to strangers, blogging is less stressful than it is to reply to a nagging to pen pal, in need of attention, love me, and want attentions from me, never requiring for me to meet them in person, but nonetheless expect the same from me, as we engaged in a relationship with. For the time being, dating online, was just that, dating online, people talk about online dating, as if its safe and have to meet in person, that's not true, most online dating for me, has just been talking online, not meeting in person at all, and I p from all of this is that people have lives, and sometimes people are so busy with their lives that all they have time for is for conversation, conversation at that, you really learn how to be creative while entertaining the advances of those you meet online, sometimes it can be fun and if its not fun, then stop talking to them, never do anything youre not comfortable with, phto-ing is not a requirement, Ive said no to things your just not comfortable with, and that's okay. Does distance really make the heart grow fonder? All this online chatting, has helped me am in life, and just starting to get comfortable with the fact of being alone in life, and not having a companion, or a family of my own, one day, and living one day at a time, then having a family of my own, would be a difficult task, so would sleeping next to the same person, them, and a closet. What used to be my dream, seems further from happening now, the only live in boyfriend Ive ever had was in college, Basketball Team, we shared my one bedroom apartment on the Hill. I was supposed to marry my boyfriend from Law School we had been planning to buy me a ring, upon graduating, but since I was not graduating, left, and drank, and we broke up, time away from him, did need a break from a relationship, never go out drinking alone, it usually ends bad! Not a good idea, how quickly you get taken advantage out, and theres no going back once you hook up with someone else, that lesson I learned the hard way. Its only after you settle down, and the best of times, I last saw my ex 2018 September, when I got my new job in Film, he visited me, he just moved to Texas, he's a DA now, he would still see me, we text on occasion, I can't find his number, in a fury I was deleting all the As from my phone including A number, it should be somewhere, I have panic attacks often. For what purpose does Pen Pals serve? Its pretty much a daily jotting down doing, and what I have planned, what my dreams are, what I look like right now, whether Im having a pretty day or not, if I could model pretending to act, and talking to someone as though I am getting to know them, or like they know who I am after having talked to them, and appreciate and value me as a person. Having meaningful relationships I think are what make a person feel good, even if they are in a think we are having with others, who may or may not always respond, and how we grow and come to love ourselves in the process of knowing them, we don't have the benefit of looking at ourselves when we talk to people in real life, but online, we have the benefit of looking back seeing our growth.

Reference:

[1] https://en.wikipedia.org/wiki/Pen_pal

One of Those Days ...

12/7/2019

The day always seems harder before it gets done, and by the time its done, you wonder why you put so much effort into those minutes of traffic, wondering how much longer it would take, or wondering if you were going to survive the day of work, you did it and you should be one of those days. After reading agrandelife.net "31 Blog Post Ideas for December" I've decided to share a few of my Do's and Don'ts as a blogger, searchenginejournal.com recommends the following from an SEO standpoint "writing NOT to-dos" ... (1) don't copy competitors, (2) don't be inconsistent, (3) don't procrastinate, (4) don't be perfect, and (6) don't plagiarize. [2] In today's world of writing its hard to get your footing online, and build your following, continue to come up with topics of interest, there's nothing wrong with citations, so that is the basis of your writing, not word for word the exact as someone else has written, I think you get the point. Here's a list of my tips with people you meet online, whether it's a hit connection or not, practice makes perfect (2) Always continue to look for spots to Guest Post, Networking, and Taking Up on Opportunities Offered to You to Write, (4) It's Okay to "@ " people online, I've "@ " a few Authors and a way to begin networking and getting to know people online, (5) "Like" other people's work and Continue to Build Your Following, (6) you are Building a Following Among Book Readers and Writers, then Read Books and Write Reviews its as simple as that, contribute (7) your wealth of knowledge out there, you don't know everything, there's no such thing as writers block, (8) Read, I read a couple books a month with the literature out there, and gain exposure on how other people write, and (9) Don't lose your positive tone, you will have good d just hearing from you is what matter most, always give it your all, on my best posts, I earn up to 400+ Likes. **Side-Note:** Recently Ive think I got burnt out competing with Black Friday, writing 3-4 posts a day, trying to keep my Alexa Rank up, holding on for dear life,

be about stats, I feel like, once you start making your writing about the numbers you lose your edge, easily knocked down, but its good. Years ago, I used to work in waves, and by the time, I checked, I earned 1,000 followers in one day, days ago, it seems to occur always heads in the game, and Im doing a million things at once. I've been working on my Dissertation recently, focusing on writing my Literature what I'm working on tonight.

References:

[1] <https://agrandelife.net/31-blog-post-ideas-december/>

[2] <https://www.searchenginejournal.com/online-writing-dos-donts/330171/>

Self-Improvement "2019" ...

12/5/2019

Its getting closer to the new year, when we start the year fresh, with new goals in mind. Whether or not 2019 was a success for you, the writing down your goals for 2020, its time to reflect. Start off by writing a list of things you accomplished 2019, what went well, and what was able to be the person you wanted to become 2019, why or why not. "Failure" is okay, its all apart of the journey to becoming our best self to establish a new routine for ourselves, we struggle in the process of learning, and becoming accustomed to a new way of living life, accepting a new diagnosis, being prescribed a new med, making new friends, experiencing loss, learning a new trade, starting a new job these things require us to adapt, and continue to educate ourselves, on how to adapt, and adjust our settings to re-center ourselves. Some things other than just ourselves, focusing less on what we don't know, and listening to input derived from other sources in life, can help by Catherine Reitman, I never watch YouTube, but decided to try something new, since I was already watching YouTubes for my Dissertation assignment, and think I will incorporate more "Ted Talk" Videos onto my blog, that was helpful to hear someone else's story of success a conscious choice to work, setting specific goals, whether or not one had the expertise, and being "brave enough [to] stick to your choice" reminds us. [2] According to moneySMARTguides.com, "When you stretch beyond your comfort zone, you are growing as a person. It is [3] -I guess that's what this year has been about for me, editing my book, re-reading old writing, and getting frustrated with myself. You completed my first draft of my book, and so much has changed since then, I was on a completely different journey in life then, than I am now. Life, is more realistic, and instead of setting lofty goals for myself, blogging wise, or volunteer work wise, trying to change the world, I focus at writing, and as my writing has improved so have I, and that's been both a frustrating look back, and also humbling to see my growth. I thought Id be a "Top 100 Personal Development" Blogger this year, much has changed. I can't believe I used to think that Twitter was that copying and pasting from my account to a notepad in my phone, there is a much easier way of writing, on Word, and on a Website absolutely no editing, just straight from your mind to your audience, current, how I got started writing online, on Twitter.

References:

[1] <https://www.moneySMARTguides.com/20-self-improvement-tips-change-life>

[2] <https://www.youtube.com/watch?v=jpRqbP9Nv9k>

[3] Id. at 1.

Simplify Your Life ...

12/4/2019

In order to simply your life, zenhabits.net suggests doing the following: (1) Identify whats most important to you and (2) Eliminate everything else. reasons why someone would want to simply their lives, for me, simplifying my life, means getting a day job, blogging on the side, working on my book when I have free time, and do my own free reading assignments and book reviews when I can. In order to get all of that done on myself, something constant, like work, that keeps me moving forward, and prioritize my days when Im off of work to get everything else done. with bipolar its extremely difficult for me to feel well when I have nothing to do, I get tired, or I end up sleeping all day, why I schedule a calendar with everything that needs to get done and when, and always sure to keep up with emails, and respond promptly. Its maintaining momentum forward each day and each week, something to look forward to, and with expectation get things done. The more you leave things off until you are stressed out you become, the better you plan the smoother the transition bouncing from one thing to the next. When you know whats important

actively engaging in activities that boost your positive energy and outlook, it makes everything else seem easier to get done, when you especially, you have to get done first what needs to get done, in order to get going doing anything besides what needs to get done. Its I have an assignment due, that I haven't at least started, or almost done with. I used to be able to manage working and going to school e go to bed around 8 or 9 pm everyday, and avoid the risk of a bipolar episode later in day especially occurring when tired or moody, he embarrassing condition to have, and everyone Ive spoken to assures me that we all get voices, when tired, and suggest not becoming to Medications as a crutch for coping everytime I have a bad day, or need to talk, eventually you have to be more independent if you wan the Doctor are expensive, and so is Therapy, etc. What to do? I don't let these things stress me out, always taking the opinions of other allowed myself to become overwhelmed, with everyones opinion about my condition, I would go nuts and freeze, and not show up to stare at the floor, not make eye contact, itching to go back to my room, uncomfortable in public or around people. That was the worst, around people, and only feeling worry free at home, that's no way to live life, alone.

Reference:

[1] <https://zenhabits.net/simple-living-manifesto-72-ideas-to-simplify-your-life/>

New Year New You ...

12/31/2019

For me 2019 was about getting well and staying well, it was also the year I officially launched my blog on Weebly and got ranked on a website, update my content, and start researching for posts and it really made all the difference. Not to mention editing my first book, stability is so important to maintaining a positive outlook in life, and this is how meds have helped me. I even started dating again, I ha biochemical engineer. I also ran a half-marathon and lost 10 lbs with my new pen pal, I spotted at a Laker Game, we go to the same C probably shouldn't have in the first place, but life is short, why not make friends while you can, theres really no risk in that, except rej updates to others, it's the timing of your life that determines your success, how productive you are, what you get done each day, do yo when it comes to hireability are you able to work 9 to 5, well not if you have too many other things on your plate, you have to be able recently took medical leave from an internship to focus on my dissertation due in February. I will be graduating from Law School nex Abilify, just recently changed meds, it used to help with voices, I have a problem with calling the police whenever I need to talk about whats appropriate, and when to stop being creative, whats a good use of humor, whats helpful, what information helps, and what infor important, how you look. I've learned this the hard way over the years, have not always been well, and have experienced my share of f purposes of writing a book. Looking forward to 2020, and hopefully getting a new job! Im so excited for the year to begin, its gonna b

Phases in Life ...

12/30/2019

You'll go through many phases in life, "We all grow, develop and mature as we continue to move on in life." [1] Now in my 30s, Im b all about being consistent, and staying disciplined, being on schedule. Getting your basic life skills down is so important to achieving p the less stressed out Id be and the more free time Id have to relax, rest, and prepare myself for the next task, eventually your body cant they say live for the moment, that doesn't mean take risks in life, it doesn't require excitement, or bending the rules to accommodate th reasonableness in life, its your behavior you are judged by, personally if Im not doing what Im supposed to be doing I get paranoid and life is tragically short," [2] so don't waste too much time being anyone other than yourself, or waste too much time people pleasing, ev helpful, too much alone time, and you'll regret the times you should've spent with friends and family, and spent instead alone "working don't expect to feel any better as time is running out in your 30s and everyones aging, about time lost, just do your best, you can always reading this now, then you are taking proactive steps to stay in tune with your surroundings and aware that youre not alone in the aging about all that you have accomplished, count all your blessings, and never quit trying.

References:

[1] <https://medium.com/swlh/lifes-defining-stages-where-are-you-now-2202d7d0fc2e>

[2] <https://www.lifehack.org/articles/communication/how-live-life-the-fullest.html>

Another Big Idea ...

12/29/2019

Its not another big idea, to try in life, its not another big idea in life to wonder or to complain or to question the past in moving forward are surrounded by or what opportunities are afforded to you, if youre not allowed to imagine a better life for yourself then what is allowed ways of living other than by the systems you have established for daily living to achieve in life, and sometimes you think of who to love is life worth living for and if people don't agree with you that's okay many will think oh she just wants to be famous and rich, you know roll with the punches, life gets weird and life gets harder and the more you get paranoid as conservative about your own way of thinking you think they are unless you decide so to convince yourself of illness in yourself or in others, its your choice to live life its your choice given a chance in life to have a career as a paid employee was trained to work as a professional and cared from a professional stand point adderrall slows me down, off of adderrall I get tired on night meds, I choose to live life, Ive done nothing wrong to contribute to the world amplify any underlying issues, if I don't belong, I don't have to be alive plain and simple, if you think Im stupid and I don't deserve to live Ive suffered enough.

See new website Im building: <https://bloggersdirectory-com.webnode.com/> #endgunviolence #stopsuicide #ripscalia
When Nothing Makes Sense ...

12/28/2019

As a general rule of thumb anything that doesn't make sense, never made sense to begin with, sometimes it's a waste of energy trying to do it, beyond just whats read in the books, think for a minute, why trained in such a fashion to read review recite analyze critique, remember what has been thought, what stays in your memory, this differs from person to person. I stopped watching TV 2014, when I started blogging about shows, and on the new system I did not have recording capabilities I don't think Im not sure, but that's how I usually watched TV when I was a child. I have said, that's a manifestation of your disinterest in a person, and unwanted connection or association, therefore nothing that that person is bothered by individuals are not harmed, why not mentioned and not discussable issues, how I was harmed or what I have been through causes me to self-harm and hit my head, yes I put that much pressure on myself in life to be accepted and to work hard to get a job one day on a popular source online, where does that get you in life, nowhere. Your happiness is always dependent upon self-fulfillment and having no fear of intrusion or interference from others, writing is my livelihood, ie blogging. Eventually after finishing law school I have finally completed the process, and takes many application cycles before you are chosen for interviews, why I waited.

Don't Let Your Imagination Get the Best of You ...

12/27/2019

You can never truly escape from whats bothering you, until you have come to terms with your past, holding onto resentments in life or being someone who are ones who are moving forward, its okay to reflect, don't be that hard on yourself, while trying to fit the mold of someone you are can be affected by, some with more or less control over environmental factors, some contributing to the responses or attitudes of others to you as a human, and its no longer a feeling of being above others that brings us comfort, but its not being bothered by others, that gives us our peace or identified as someone unfortunate or suffering from some grave hardship due to embarrassment that being around them, is argued to be more uptight you are, the more provocative everyone else seems and sounds, its not that they intend to be of threat to you, but ask yourself if you are, looking at you, or being around you. Its not all about you, everyone has problems of their own, some just cant keep still, and be a part of what is happening these days in the dating world. With less time to waste and less time spent with others, that leaves the majority of time to yourself that any discomforts in life be so pronounced that it causes others to question or worry for you, seeking to fix correct or better your condition about what others are thinking, overthinking about how you look or appear, overthinking about your future or your past, overthinking about the day to stay calm, why we have meds, it's the less you have to worry about the better off you'll be, the more manual labor imposed on you, the more projects, there are many hours in a day, don't waste your hours procrastinating for 5 hours working for 2 hours and call that an action plan. Moving forward can do so, because they do not have any discomforts associated with experiencing their now, have no desire to escape leave or avoid and motivated to better themselves in the future, continue to make progress in life. The best cure for discomfort is not through criticism or judgment of others, which is frowned upon, in order to be someone with a value opinion assumed to be correcting and fixing another, one must be able to

Moving to Wordpress ...

12/27/2019

I have finally begun the move to WordPress, its a \$2000 job, to hire IT, I have decided to take it upon myself to complete the task, I at maybe now with a new site and a little less content to display to start, thats my current issue. Upon moving to WordPress you have to, my Weebly, I have no clue, you tell me what happened, I must have stopped in the middle of a partial move to WordPress and found n thousand dollars. How can that be? Don't assume crazy things are happening to you unless they are happening, and you can always sta of communications online, including meaning and understanding and comprehension, everyone reads into everything different these d unprofessional my final work product would be sloppy and when my head hurts or Im having an off day write anyways and share mys associated with feeling frozen lost or confused in life, who does that? Not me. Learning tech doesn't come with the same insurance pla written their pathway to that success online, thats tech, learn and teach, learn and teach, learn and teach, how we know whos who and with, I love to keep everything! What a match, bloggers and IT. Where was I? The Domain name? Well if its not on my Weebly where the Domain to WordPress and then Publish my site, (to get my address) I still dont know what my address is, all I know is that .com di have done something right then, I just have not been able to move my posts. Since I could not figure out how to move my address to V address: <http://box5843.temp.domains/~mymollyd/blog/>, which no one except for my can get to, but is published, and has ads running complete the transfer of lesliefischman.com.

Sometimes Its Best ...

12/26/2019

Sometimes its best to just let the dust settle, and let your success make the noise. Theres something very aggravating about going back forward, if you brought it up, it still matters, and so long as you bring things up, they will and may become the subject of discussion an someone try so hard in life to be successful and fail, or "choke" as they say, someone who under the pressures of life, fails to amount t purpose of having a blog is to document my recovery and to show the progress that I have made, that is both to the benefit of myself a own messes in life, overcome their own struggles in life, and not feel alone in the process. It doesn't matter if you can or cannot relate to say about their life. We don't all live the same or similar lives, its all relative, whats \$20 dollars to me is \$200 to someone wealthier to law school, it was to be an advocate and to help those in need, work somewhere like Children's Law Center and be an Attorney, but it usually doesn't stop, one side or the other feeling worse off then they would have felt had they not chimed in or criticized someone t sentiments about others, to see if others are in agreement with them, for some find comfort in dislikes, and some find comradere in sim with a lot, probably live with less now, than those who grew up with less, and now strive to make better lives for themselves than their And for those of us not caught up in the he said she said are focused on our own healths, as that has become a priority above all else, e themselves and while providing for others, take life seriously, that's a mature approach to overcoming difficulties. You can't fix people advocacy is all about being of resource to others, and providing reassurances to them that everything will be okay, and let them know sometimes we need sounding boards in life, someone to just listen and be there for us, and in those moments, you become an advocate

It's Time to Update Your Resume ...

12/26/2019

I finally updated my resume, have been applying to jobs, hoping to start a new job or return to my old job in March, after I graduate in its dated. If you haven't already done so, I suggest checking out: resume-now.com [1]. The three page resume just isn't good enough, I providing a timeline, but I think that has done me more harm than good. Don't list every job you have ever taken, especially if you did with the place that you worked, to explain why things did not work out, you are after all the employee not considered a business, that' positions, and added my awards under the education section per school achieved in, I think that makes better sense. Whats more impor am working, if I am not working, what am I doing, seems like easy questions to answers, you should have a plan, and that plan should an as needed basis, I just removed that job completely. Less is more, share, but don't be too wordy, be brief, and its not important to u your work history and a big picture perspective of the work that you had accomplished during your time there, but also don't minimize when you did that work, you understood the purposes for doing the task, and if able to do those tasks then, should be able to talk about standard, that would be being judgmental, hearing people talk about work all the time, but theyre definitely talkers, not quiet like me in non-stop that's how I work. Before my downfall, every job I applied to and was interviewed for, I was accepted, based upon my resum that's when the past stops mattering, and your right now becomes very important to explain, why deserving of a job, and how you will past, as they were internships for a specified time period, not intended for long term placement. Not everyone gets paid, that's just real encouraged to keep going, and don't stop applying. Even if due to medical reasons, you stop working, you should continue to apply.

Reference:

[1] https://www.resume-now.com/lp/rnarsmsm110.aspx?utm_source=google&utm_medium=sem&utm_campaign=56793571&utm_term=free%20resume%20paOZX8Mv81E2IHikQMAR10onOfdswOa2Eimgje-SfjM0wAusHZwpsaAtAfEALw_wcB

[Resume - Leslie A. Fischman writer for mymollydoll.com.](#)



12-26-19__v2__pdf__resume_leslie_fischman.pdf

[Download File](#)

At What Moment Do You Stop? ...

12/25/2019

At what moment do you stop, from sharing? Whenever it gets to the point that you are no longer sharing how you are presently, and your reflections are not relevant or necessary be shared to overcome what's troubling you, but maybe you're doing yourself a favor by not working out, not just on one's own, but with proper training and upon recognizing known systems of dialogue existing on subjects that I am empathetic toward anyone who is overtly emotional in the sense that they express anger, not appear victim, and look crazy, not speaking there, in writing, but sometimes a little thawing out of the issues goes a long way. Try this strategy for sharing your past:

1. What is bothering you, identify incident and persons who were harmed.
2. Have you reported the incident to a professional or the police.
3. After having reported what additional steps have you taken to cope.
4. Would the later sharing of information hurt you or someone you know.

No one is suggesting that you keep quiet about anything that's bothering you, but there is a time and a place for disclosures, and it may be the news. The less you associate your reality to your exposures, the less harm can be done upon disclosing timelines, concerning your fighting, pointing fingers, and blaming others for your losses in life. The more you complain, the more notes are taken, and more other people are in the first place. Only comparisons can be made at those points, as to who is best suited, who is more in the know, who knows better, who is on your side, who a favor in life. Never ask for more than you can give? If you need help, think first for what reasons are you selecting these people? Your concerns, an idea, whenever you build something new, that is not in existence, there is a lot of inner turmoil you will encounter and struggle with. You are proud of, it sometimes takes many years and steps and connections in life, to finally establish yourself professionally, as you grow up, that's how one excels in school, and similarly how one excels in the workforce, not by asking for help or direction from others, that you learn a lesson, you know more than you think you know, and many things can be self-taught these days, with a little effort, and dedication to yourself. If you have the means to pay for support, then do so, but only when you are ready and knowledgeable of how that support will be used. Services to fill the shoes of those whose services can be paid for, the difference between AA and therapy, know your limits in life, when you face those issues, you are just exerting more energy than is required to solve a problem, ie becoming emotional for no reason. Don't work yourself up, you feel less like fighting about it, and proving others wrong, and learn how to rise above it all, and shine in lieu of your failures and choices to finally let go, its because by then its too late to care, too late to fight, and too late to correct or fix what has been broken, I learned.

Say What You Mean ...

12/25/2019

More times than not, when we are out of our wits end, overwhelmed, everything circling overhead, a weighty feeling of discontent, when you go again that a sense of clarity arrives, and in that space, thoughts begin to come to mind, why writing is so important. If you leave

longer you procrastinate and keep to yourself, hidden what's bothering you, dodging subjects, or trying to write over issues, the more you do, some, I'm sure that everything that is said, gets applied, as whether of or in reference to something or someone past, known to have been what is the best way I can communicate that I'm struggling with an issue that I have yet to address out loud, not always but sometimes for a positive purpose moving forward other than to make one or the other, look or appear more put together than the other, to whose dissatisfaction is my immature response to addressing what currently at issue, that's an abstract way of saying you cannot use the past to explain your present to others using your past to prove you unworthy of connections at this point in your life, as though things have always been this way, friendship, as related to your condition now, and current losses in friendship as being for the same or similar reasons, put you at fault, or the others, as though parallel lives, or lives once linked, suffer for the same reasons, it doesn't matter where you grew up, the more you are down in life, likewise anyone new or who has not interacted with you for a long period of time in real life, not from your past, is easily empowered, where once a special life, gets turned into a source of hate for humor, as though thought deserving likewise as in being defamed, on pogs, made fun of on every comedy channel and in film and song, if you've never experienced success in life before and

Just Because ...

12/25/2019

Just because you grew up well off, does not mean that you're immune from controversies later in life, or immune from suit. Don't expect a person. It's wrong to assume that someone who is born into privilege assumes that they are to be respected by others, like everyone else. What your socio-economic standing is in life. To be respected one must have a positive outlook in life, I was raised to always "see beyond yourself. For example, if you cannot function without meds and taken off all medications, then expect to look, behave, and speak differently. Respond in a positive manner, other than to stay home, and sleep all day, that was not the correct response to negativity toward me, to be able to do what is right, "god helps those who help themselves." It may feel as though you have been backed into a corner in life, sent down, but you look or appear, and based upon your present abilities in life, if you are not working or in school and not doing anything impressive, which put you in your place in life, irrespective of whatever hardships you may have endured, it doesn't seem to matter at those points under the table, it doesn't matter if you have failed, it doesn't matter if you are doing your best, it doesn't matter if you have lost 50lbs reserved that choice in life, and without explanation are allowed to reject you and treat you as lesser than in life. That I don't agree with being treated as someone who contributed to any conditions faced by another, was insulting to say the least, how could someone who I had been a victim, so long as they can label you as such, and that's not a life, I thought worth living to disprove, that took about 4 years to undo the probation. My record gets expunged 2020, in addition I got a suspected dui misdemeanor 2013, after drinking 3 drinks and driving home, then no one can harm you, and that's where I'm at in life right now and where I've been at for the past 5 years, alone, and enjoying my success. What happened. It's not an easy topic to talk about, causes for suicide, but I'm glad I've overcome those feelings, and the shame and embarrassment when you are not able to represent yourself it's a big deal, dying is not the correct response to suit, especially if you have done nothing but mouthing your condition behind your back. There is a way of thinking about life, without causing uproar, and it's called writing, the less you're wrong, or have the wrong ideas about life, easily misunderstood, and written off as problematic. If you're a good person, and have always been someone to keep away from people or specific individuals as though I caused harm to them or threatened harm to their sense of well-being in life, don't go looking for it, and every instant connection will feel special, that's probably because you have had so few interactions, that's especially new people coming into your life, that's a quick recipe for disaster, the more enthusiastic you are, the quicker they are to turn on you. It's hard to come up in life, and it's not by connections that you do, it's by your stability, and ability to make good decisions in your life, not by making it your business the problems or losses of others, when people are ready to come forward for help they do so on their own, and speak as an advocate or respect you by education or upbringing, does not mean commit suicide if you get sued, that's the bottom line and make me a twin, do me a favor and don't make a losing team out of a team that is already suffering, and alienate me or cast me out as someone who doesn't live or die now matters to me, how courts help.

Originally Written 12-24-19 for Weebly

Related Articles ... See also on Wordpress:

<https://lesliefischman.wordpress.com/2019/12/25/choose-people-who-choose-you/>

<https://lesliefischman.wordpress.com/2019/12/25/be-professional/>

Stop Trying to Fix Yourself ...

12/24/2019

It's almost 2020, and it's time to start being happy just being yourself. There comes a point in time when it's too late to practice mindfulness. "There is a surplus of paths toward improvement" according to [psychologytoday.com](https://www.psychologytoday.com). [1] As you grow and evolve you must constantly adapt you may miss out on a whole lot to life, it's okay to stop and smell the roses from time to time, no one ever said you had to be perfect. It's being, one who is constantly questioning themselves and others is rarely a happy person, looking for flaws, or similarities for comparison. Improvement is often times via self-help, seeking to better ourselves, reach our potentials, strive for the best, and be critical of our progress. "If you're broken." [3] So stop trying to fix yourself. Be excited about the new life you are creating for yourself, maintain awareness, ignore your past. Then why try to be perfect and set unrealistic expectation of ourselves? [5] Sometimes when we pay less attention to what's bothering us, we're having a defeatist attitude which sometimes being a perfectionist includes. [6] It has been recommended by letsreachsuccess.com, to respect your decision in the past, and to respect your past decision making as doing what you thought was best for you at that time in your life, then your friendships, achievements, what is life supposed to be like to you? So stop "blaming yourself for all the things that went wrong, all the things that are off than you are, don't get in the habit of putting yourself down, eventually you'll have to learn to speak well of yourself. So take good care of yourself."

References:

- [1] <https://www.psychologytoday.com/us/blog/inviting-monkey-tea/201602/when-is-it-time-stop-trying-fix-ourselves>
- [2] Id at 1.
- [3] Id. at 1.
- [4] <https://tinybuddha.com/blog/stop-trying-to-fix-yourself-start-enjoying-life/>
- [5] <https://thoughtcatalog.com/marisa-donnely/2018/01/stop-trying-to-fix-yourself-and-start-focusing-on-your-inherent-worth/>
- [6] <https://purposefulfaith.com/fix-yourself/>
- [7] <https://letsreachsuccess.com/fixing-relationship-with-yourself/>
- [8] Id at 7.

Maintaining a Positive Attitude ...

12/24/2019

Much about success requires that we maintain a positive attitude in life. Why is this important? According to [plazacollege.edu](http://www.plazacollege.edu), "Maintaining a positive attitude is important for your health and your relationships." [1] Especially in the face of stress. [Entrepreneur.com](https://www.entrepreneur.com) states that, "By learning how to manage stress and respond to it, you can improve your life. First accept that your ability to succeed will be determined by how you "deal with life and manage stress," when you respond to circumstances. [2] [Tracy](https://www.tracy.com). [3] Remember your "thoughts and feelings determine your actions," self-talk is so important when it comes to problem solving. When something happens, you get to choose whether it's a positive or negative experience and react accordingly." [5] It's important to maintain a positive attitude. Furthermore, [success.com](https://www.success.com) states that, "We all have a choice. We can choose an inner dialogue of self-encouragement and self-motivation. This is the *software* that programs your attitude, which determines how you present yourself to the world around you." [8] Software, that's what you need to write and pick myself apart and put myself back together until my thoughts were clear and my life was balanced again. Sometimes I feel like I'm stuck and just move forward in life. If for everytime you became unhappy you attributed your unhappiness as caused by another, then that's what you need to do is to stop blaming yourself to be brought down by another person. Come to know and understand these patterns in life, and learn from your mistakes in the past. Stop blaming others to thinking in terms of I can't do that to yourself. Remember your affirmations, what is it about yourself that you like, and what others think of you should not matter, nor change your attitude and outlook in life. Visualize where you want to be in life, and continue to work on it."

References:

- [1] <http://www.plazacollege.edu/the-importance-of-a-positive-attitude/>
- [2] <https://www.entrepreneur.com/article/282965>
- [3] Id at 2.

[4] Id. at 2.

[5] <https://www.lifehack.org/articles/communication/11-tips-for-maintaining-your-positive-attitude.html>

[6] <https://blog.hubspot.com/service/positive-attitude>

[7] <https://www.success.com/why-your-attitude-is-everything/>

[8] Id at 7.

[9] Id. at 7.

[10] Id at 7.

Book Review: "Get Out of Your Own Way" ...

12/23/2019

"Get Out of Your Own Way" focuses on "40 common self-defeating behaviors" [1], this book is meant to serve as guide for how to choose your course of action." [2] My favorite quote is in the beginning of the book where he says "one of the greatest tragedies you can experience is to realize what's important." (page 23) Looking back, what will a meaningful life look like to you. To me having a meaningful life means to be able to make them proud, and to likewise be proud of myself, I've faced a tremendous amount of pressure in recent years, financially and emotionally, I just moved home. Because I didn't make it on my own, during my time on my own, I'm reading this book and realizing that self-defeating is life-enhancing." He offers practical steps to add to our daily routines. Always put your best foot forward, and continue to move forward. I was reminded of the time, I was sent to rehab during law school and my Brother shouted at me in the kitchen calling me a "pill head" which was true, I was dependent on medications, to function, but they were prescribed meds, so I didn't think I was a drug addict, but was sent to Dana Pointe. Just like admitting you have a problem with medications is self-defeating, it's the first step toward recovery. The author reminds you to move on, and be accepting of the opinions that others hold, they could just be trying to help you, no need to self-harm or bury yourself in resentment. I picked up running, like my Mom and my Brother who ran Marathons, and ran a half-marathon. I'm bringing this up because our fight was a night, that was a treat "wanna see my room!" -In order to move forward you have to be doing for yourself things that others would be doing for you. Anything, you have to be yourself, and when you are yourself, are you comfortable with who you are. "The best way to achieve forgiveness is to be forgiving." Skylar Grey was pretty special, it takes time to overcome shame and embarrassment associated with failure, just start with being proud of yourself.

References:

[1] https://www.goodreads.com/en/book/show/421861.Get_Out_of_Your_Own_Way

[2] https://www.amazon.com/dp/B00BWVGJY2/ref=dp-kindle-redirect?_encoding=UTF8&btcr=vw
Why You Can't Go Backwards ...

12/22/2019

If you find yourself asking why you can't go backwards, chances are it's time to move forwards. It's hard to go backwards in life, to the point where you always be a different person, in a different period of your life, and over time, with change, so do your options in life. It's easy when you're young and full of gratification. The "internship" eventually you grow out of internships and have to start applying to real jobs and competing with other people. Missed, and what places you can't go back to in life, when you first start working it feels like you can work anywhere, as you get older, whether that's just a matter of wear and tear. Eventually you have to make a choice, of whether to stay or go, and what to focus on in your life. To the job offered, then do so, but by all means keep going, I'm just acknowledging the fact that life happens fast, and if you're not a go-getter you are required to. It's that time in between that you allow for, that makes you look like a risk to hire, as someone who is not to be relied upon. Some days you are productive, and that you keep going in life. Who can think of relationships at a time like this? I do. It's usually the opposite of what you want, to and that's not always the case. I'm the type of person who checks in with everyone anyways, I'm not sure whether to or not sometimes. It's bad, bustle.com explains, "There's nothing inherently wrong with losing touch, even though we often feel guilty about it and place judgment on ourselves. You'll be a much happier person having reconnected with old friends, than allowing for more time in between. Who knows, according to the author of 'The Best Way to Achieve Forgiveness' is to be forgiving."

made it possible to stay connected with hundreds of old friends at a time,” [3] so its next to impossible to completely fall off the face of the earth and keep moving forward. They’ll be happy for you and the progress you’ve made.

References:

[1] <https://www.bustle.com/p/7-ways-to-reconnect-with-a-friend-you-lost-touch-with-8869188>

[2] <https://hellogiggles.com/lifestyle/reconnect-with-friend-after-falling-out/>

[3] <https://www.rewire.org/love/reconnecting-with-old-friends>

Deliberately Awkward ...

12/22/2019

No one intends to be deliberately awkward, it’s the difference between being professional and sharing a personal perspective in life. We share ourselves. Sometimes it can be fun to share information about ourselves online and other times, it can cause much stress and unwanted attention. You can keep going, from task to task seamlessly, and with few errors, move on to the next project, without having to go back and forth. You’re connected to you think or hear, that’s not how voices occur, it occurs when you stop hearing yourself and instead of hearing your own voice, you just by my education, trained to write in a balanced way, not to cause sides, or to provoke controversy, I grew up in controversy, I don’t know what people are thinking, and what people are saying. Any unwanted attentions usually cause us physiological distress, my head burns, I have to work on myself and stay steady and allow for the quiet to occur on its own, and let my energy flow back in via my work ethic, and a trauma to pass, why in therapy when overwhelmed, they tell you to lie down or to clench you fists and relax, that’s exactly mindfulness. Focus wise and energy wise, turning on and off thoughts like we do emotions, or like we feel about people, but never to ourselves, can

The Importance of Education ...

12/22/2019

myneedtolive.com (*MY FIRST Guest-Post Blog Post*)

<https://theneedtolive.com/?aff=36> (*Affiliate Link*)

When you have an education the sky’s the limit, in terms of job opportunity, and confidence. Life’s all about confidence, without which you’ll go through many phases throughout your academic career. According to nwmissouri.edu “Without passion and purpose in what you do, hard workers, who put 100% effort toward their studies and vocational trainings, but how they are able to “actualize their career plans. The workforce “have a zest for living and for engaging in their daily work.” [3] Have positive purpose in life, what are you passionate about? [4] It’s hard to go to work and school at the same time, but we do. It’s also hard to get a job without having had a job, which is why we need a lot of dedication and commitment, to continue to work day in and day out, with hopes for your future reward at some point in time, to find joy and happiness in the things that you do. Your happiness comes first above all else, before relationships, and sometimes even before people. You can add to any equation and make being around you worth the time and effort spent to see you, or have you work for them. You can improve when they make those changes.” [5] So where does that leave you, those “early stages of an academic career ... fraught with challenges” who spent “a high proportion of working time devoted to research and networking” found more career success and advanced career with more job interviews, and more job offers, (speaking from personal experience) “your credentials may make you competitive and even help you get your work done.

References:

[1] <https://www.nwmissouri.edu/career/PDF/NACEGrabGo/OnTheJob/CareerConfidence.pdf>

[2] Id at 1.

[3] Id at 1.

[4] Id at 1.

[5] Id. at 1.

[6] <https://link.springer.com/article/10.1007/s10734-017-0226-x>

[7] Id at 6.

[8] <https://www.sciencemag.org/careers/2019/07/tough-academic-job-market-two-principles-can-help-you-maximize-your-chance>

Originally posted on myneedtolive.com.



Pick and Choose Your Battles ...

12/22/2019

We can't all be warriors when it comes to standing our ground, eventually, being hard on others wears on us, and begins to take its toll. We can wind up saving yourself that much more heartache in the long run, being placed in the wrong, for being overly emotional, or overreacting. The best of us, and sometimes we can be wrong, never assume anyone or anything is out to get you in life, or that things are being plotted against you. The control you feel, is what stops you from being in action and doing things for yourself to keep you moving forward in life. If you're worried, it's a disservice not being at peace within yourself. In the wise words of *C. JoyBell C.*, "It's not winning battles that makes you happy, but it's the peace that helps to "take a step back and look at the big picture." [2] What are the long term and short term risks of fighting. Bearing resentments is destructive to our bodies as well as our minds." [3] According to *entrepreneur.com* in order to overcome resentments and negative thoughts, you must focus on your situation and passively accepting that you're incapable of doing anything about it." [4] The worst thing you can do is to accept that's happened in the past, how often do we find ourselves upset about something that's happened a long time ago, focus on the present now, what can you be proud of, and center your thoughts around positives. "Negative thinking is often centered around thoughts about the future." [6] So stay positive, I hope that you break free of your negative thinking, and begin to "exud[e] the kind of positive energy

References:

[1] <https://www.goodreads.com/quotes/469248-choose-your-battles-wisely-after-all-life-isn-t-measured-by>

[2] <https://www.forbes.com/sites/sallypercy/2018/08/07/how-to-pick-your-battles-four-key-questions-to-ask/#4fa7effc3f56>

[3] <https://www.khaleejtimes.com/lifestyle/health-fitness/the-negative-impact-of-bearing-a-grudge>

[4] – [7] <https://www.entrepreneur.com/article/333296>

Originally Posted on leslifischman.wordpress.com/2019/12/22/pick-and-choose-your-battles-in-life/

Don't Wait Too Long ...

12/21/2019

Sounds like a *Dashboard Confessional* song “Don’t Wait” when it comes to all relationships worth keeping, don’t wait too long to make a new life, only to find that the same people are not around, that’s addiction and recovery. You learn the hard way to wait with your soul, rather than preserve the privacies of your keeping, as many of us ventured onto social media, however not all I think for while you were sharing. Sometimes we get so carried away sharing, that it seems like its more for selfish reasons, than it is to benefit to friends, in fact the more challenging your life becomes the more difficult it gets to talk to them or find time to talk to them. Rather than became so distant, well maybe if I hadn’t been so boisterous online, rambling for so long for so many years, trying to write, and picking connecting, I think its ruined more careers than it has helped, being vocal, but I could be wrong. Its one thing to share your mind, its another mistake. *Psychologytoday.com* points out that “feelings of loss and anticipation that are part of almost every life transition ... give you they’re replying, you can’t ask for much if you have f%cked up in life. All you can do, is be thankful for where you are right now, the moving forward so that you don’t have to experience future losses in life, when it comes to relationships and friendships. You really h track, I have attended rehabs (out-patient and in-patient), IOPs, and in-hospital treatment programs, all of which have taught me the sk “remind[ing] [our]sel[ves] that [our] present situation will change over time,” [2] than we are accepting our circumstances, the hand w selves, and displays of self and knowledge. Appreciate the journey, its not all roses, from the bottom up, but you have to keep going in the more difficult it becomes to start over, whether its working, or blogging, or book writing, you have to keep going, and upon finishi

Reference:

[1] <https://www.psychologytoday.com/us/blog/the-couch/201407/5-ways-make-goodbyes-less-painful>

[2] Id at 1.

Bloom at Your Own Pace ...

12/21/2019

There will be many times in your life, when you will be pushed to become something that you are not, whether that be someone who i find a careful balance between the two, especially if youre a woman. There’s so much pressure nowadays to be strong an beautiful, bu those are the characteristics and traits that you will pick up, and among the women you admire in life, similarly the same the character dominant traits are of those who are successful and accomplished. Its by those who succeed in life, that we are pressured to be more li on. For example *mndaily.com* states “In day-to-day conversation, we don’t talk about what it means to be a woman [or] about all of the appreciated, and valued, so do many wish to be adored, admired, and looked up to. Not all were meant to be mentors in life, some are recognizing ones own self-worth that’s becoming more and more of a challenge, sometimes the quickest way to a positive sense of sel that “when women are behaving more masculine than feminine, they lose touch with who they are, what they need and what they want more successful women become in the workforce a greater sense of mutual pride among us we would feel for one another, and that tha live with, if only we could live in a world in which more could be happier for one another, and less resentful toward one another for th caretakers, sometimes its those we expect the most from that we are hardest on, expecting the most from those who are paving the way what Im trying to say, is that theres no rush, unless you are trying to get married and have kids, that would be the first time around, do

References:

[1] <https://www.jstor.org/stable/25476481?seq=1>

[2] <https://www.mndaily.com/article/2019/05/a-femininity-in-full-bloom>

[3] <https://sensualityinbloom.com/10-ways-to-embrace-your-femininity>

[<<Previous](#)

New Year New You ...

12/31/2019

For me 2019 was about getting well and staying well, it was also the year I officially launched my blog on Weebly and got ranked on a website, update my content, and start researching for posts and it really made all the difference. Not to mention editing my first book, stability is so important to maintaining a positive outlook in life, and this is how meds have helped me. I even started dating again, I had a biochemical engineer. I also ran a half-marathon and lost 10 lbs with my new pen pal, I spotted at a Laker Game, we go to the same College probably shouldn't have in the first place, but life is short, why not make friends while you can, theres really no risk in that, except rejection updates to others, it's the timing of your life that determines your success, how productive you are, what you get done each day, do you when it comes to hireability are you able to work 9 to 5, well not if you have too many other things on your plate, you have to be able to recently took medical leave from an internship to focus on my dissertation due in February. I will be graduating from Law School next year. Abilify, just recently changed meds, it used to help with voices, I have a problem with calling the police whenever I need to talk about what's appropriate, and when to stop being creative, what's a good use of humor, what's helpful, what information helps, and what information is important, how you look. I've learned this the hard way over the years, have not always been well, and have experienced my share of failures for the purposes of writing a book. Looking forward to 2020, and hopefully getting a new job! Im so excited for the year to begin, its gonna be a good one.

Phases in Life ...

12/30/2019

You'll go through many phases in life, "We all grow, develop and mature as we continue to move on in life." [1] Now in my 30s, Im becoming more all about being consistent, and staying disciplined, being on schedule. Getting your basic life skills down is so important to achieving your goals, the less stressed out Id be and the more free time Id have to relax, rest, and prepare myself for the next task, eventually your body cant take it they say live for the moment, that doesn't mean take risks in life, it doesn't require excitement, or bending the rules to accommodate the unreasonable in life, its your behavior you are judged by, personally if Im not doing what Im supposed to be doing I get paranoid and overthink life is tragically short," [2] so don't waste too much time being anyone other than yourself, or waste too much time people pleasing, even if its helpful, too much alone time, and you'll regret the times you should've spent with friends and family, and spent instead alone "working alone" don't expect to feel any better as time is running out in your 30s and everyones aging, about time lost, just do your best, you can always make the most of it, reading this now, then you are taking proactive steps to stay in tune with your surroundings and aware that youre not alone in the aging process, about all that you have accomplished, count all your blessings, and never quit trying.

References:

[1] <https://medium.com/swlh/lifes-defining-stages-where-are-you-now-2202d7d0fc2e>

[2] <https://www.lifehack.org/articles/communication/how-live-life-the-fullest.html>

Another Big Idea ...

12/29/2019

Its not another big idea, to try in life, its not another big idea in life to wonder or to complain or to question the past in moving forward, you are surrounded by or what opportunities are afforded to you, if youre not allowed to imagine a better life for yourself then what is allowed, ways of living other than by the systems you have established for daily living to achieve in life, and sometimes you think of who to love, who is life worth living for and if people don't agree with you that's okay many will think oh she just wants to be famous and rich, you know its a roller roll with the punches, life gets weird and life gets harder and the more you get paranoid as conservative about your own way of thinking, you think they are unless you decide so to convince yourself of illness in yourself or in others, its your choice to live life its your choice given a chance in life to have a career as a paid employee was trained to work as a professional and cared from a professional standpoint, adderrall slows me down, off of adderrall I get tired on night meds, I choose to live life, Ive done nothing wrong to contribute to the world, I dont amplify any underlying issues, if I don't belong, I don't have to be alive plain and simple, if you think Im stupid and I don't deserve to be here, Ive suffered enough.

See new website Im building: <https://bloggersdirectory-com.webnode.com/#endgunviolence#stopsuicide#ripscalia>
When Nothing Makes Sense ...

12/28/2019

As a general rule of thumb anything that doesn't make sense, never made sense to begin with, sometimes it's a waste of energy trying to it, beyond just what's read in the books, think for a minute, why trained in such a fashion to read review recite analyze critique, remember has been thought, what stays in your memory, this differs from person to person. I stopped watching TV 2014, when I started blogging shows, and on the new system I did not have recording capabilities I don't think Im not sure, but that's how I usually watched TV when has said, that's a manifestation of your disinterest in a person, and unwanted connection or association, therefore nothing that that person bothered by individuals are not harmed, why not mentioned and not discussable issues, how I was harmed or what I have been through causes me to self-harm and hit my head, yes I put that much pressure on myself in life to be accepted and to work hard to get a job one popular source online, where does that get you in life, nowhere. Your happiness is always dependent upon self-fulfillment and having of intrusion or interference from others, writing is my livelihood, ie blogging. Eventually after finishing law school I have finally come process, and takes many application cycles before you are chosen for interviews, why I waited.

Don't Let Your Imagination Get the Best of You ...

12/27/2019

You can never truly escape from what's bothering you, until you have come to terms with your past, holding onto resentments in life or are ones who are moving forward, its okay to reflect, don't be that hard on yourself, while trying to fit the mold of someone you is care be affected by, some with more or less control over environmental factors, some contributing to the responses or attitudes of others to human, and its no longer a feeling of being above others that brings us comfort, but its not being bothered by others, that gives us our or identified as someone unfortunate or suffering from some grave hardship due to embarrassment that being around them, is argued to more uptight you are, the more provocative everyone else seems and sounds, its not that they intend to be of threat to you, but ask you you, looking at you, or being around you. Its not all about you, everyone has problems of their own, some just cant keep still, and be a happening these days in the dating world. With less time to waste and less time spent with others, that leaves the majority of time to out that any discomforts in life be so pronounced that it causes others to question or worry for you, seeking to fix correct or better your cor about what others are thinking, overthinking about how you look or appear, overthinking about your future or your past, overthinking the day to stay calm, why we have meds, it's the less you have to worry about the better off you'll be, the more manual labor imposed projects, there are many hours in a day, don't waste your hours procrastinating for 5 hours working for 2 hours and call that an action forward can do so, because they do not have any discomforts associated with experiencing their now, have no desire to escape leave or and motivated to better themselves in the future, continue to make progress in life. The best cure for discomfort is not through criticism others, which is frowned upon, in order to be someone with a value opinion assumed to be correcting and fixing another, one must be

Moving to Wordpress ...

12/27/2019

I have finally begun the move to WordPress, its a \$2000 job, to hire IT, I have decided to take it upon myself to complete the task, I at maybe now with a new site and a little less content to display to start, thats my current issue. Upon moving to WordPress you have to my Weebly, I have no clue, you tell me what happened, I must have stopped in the middle of a partial move to WordPress and found n thousand dollars. How can that be? Don't assume crazy things are happening to you unless they are happening, and you can always sta of communications online, including meaning and understanding and comprehension, everyone reads into everything different these d unprofessional my final work product would be sloppy and when my head hurts or Im having an off day write anyways and share mys associated with feeling frozen lost or confused in life, who does that? Not me. Learning tech doesn't come with the same insurance pla written their pathway to that success online, thats tech, learn and teach, learn and teach, learn and teach, how we know whos who and with, I love to keep everything! What a match, bloggers and IT. Where was I? The Domain name? Well if its not on my Weebly where the Domain to WordPress and then Publish my site, (to get my address) I still dont know what my address is, all I know is that .com di have done something right then, I just have not been able to move my posts. Since I could not figure out how to move my address to V

address: <http://box5843.temp.domains/~mymollyd/blog/>, which no one except for my can get to, but is published, and has ads running complete the transfer of leslifischman.com.

Sometimes Its Best ...

12/26/2019

Sometimes its best to just let the dust settle, and let your success make the noise. Theres something very aggravating about going back forward, if you brought it up, it still matters, and so long as you bring things up, they will and may become the subject of discussion and someone try so hard in life to be successful and fail, or “choke” as they say, someone who under the pressures of life, fails to amount to purpose of having a blog is to document my recovery and to show the progress that I have made, that is both to the benefit of myself and own messes in life, overcome their own struggles in life, and not feel alone in the process. It doesn't matter if you can or cannot relate to say about their life. We don't all live the same or similar lives, its all relative, whats \$20 dollars to me is \$200 to someone wealthier to law school, it was to be an advocate and to help those in need, work somewhere like Children's Law Center and be an Attorney, but it usually doesn't stop, one side or the other feeling worse off then they would have felt had they not chimed in or criticized someone to sentiments about others, to see if others are in agreement with them, for some find comfort in dislikes, and some find comradere in sim with a lot, probably live with less now, than those who grew up with less, and now strive to make better lives for themselves than their And for those of us not caught up in the he said she said are focused on our own healths, as that has become a priority above all else, e themselves and while providing for others, take life seriously, that's a mature approach to overcoming difficulties. You can't fix people advocacy is all about being of resource to others, and providing reassurances to them that everything will be okay, and let them know sometimes we need sounding boards in life, someone to just listen and be there for us, and in those moments, you become an advocate

It's Time to Update Your Resume ...

12/26/2019

I finally updated my resume, have been applying to jobs, hoping to start a new job or return to my old job in March, after I graduate in its dated. If you haven't already done so, I suggest checking out: resume-now.com [1]. The three page resume just isn't good enough, I providing a timeline, but I think that has done me more harm than good. Don't list every job you have ever taken, especially if you did with the place that you worked, to explain why things did not work out, you are after all the employee not considered a business, that's positions, and added my awards under the education section per school achieved in, I think that makes better sense. Whats more impor am working, if I am not working, what am I doing, seems like easy questions to answers, you should have a plan, and that plan should an as needed basis, I just removed that job completely. Less is more, share, but don't be too wordy, be brief, and its not important to u your work history and a big picture perspective of the work that you had accomplished during your time there, but also don't minimize when you did that work, you understood the purposes for doing the task, and if able to do those tasks then, should be able to talk about standard, that would be being judgmental, hearing people talk about work all the time, but theyre definitely talkers, not quiet like me in non-stop that's how I work. Before my downfall, every job I applied to and was interviewed for, I was accepted, based upon my resu that's when the past stops mattering, and your right now becomes very important to explain, why deserving of a job, and how you will past, as they were internships for a specified time period, not intended for long term placement. Not everyone gets paid, that's just real encouraged to keep going, and don't stop applying. Even if due to medical reasons, you stop working, you should continue to apply.

Reference:

[1] https://www.resume-now.com/lp/rnarsmsml10.aspx?utm_source=google&utm_medium=sem&utm_campaign=56793571&utm_term=free%20resume%20paOZX8Mv81E2IHikQMARI0onOfdswOa2Eimgje-SfjM0wAusHZwpsaAtAfEALw_wcB

[Resume - Leslie A. Fischman writer for mymollydoll.com.](#)



12-26-19_v2__pdf__resume_leslie_fischman.pdf

[Download File](#)

At What Moment Do You Stop? ...

12/25/2019

At what moment do you stop, from sharing? Whenever it gets to the point that you are no longer sharing how you are presently, and your reflections are not relevant or necessary be shared to overcome what's troubling you, but maybe you're doing yourself a favor by not worked out, not just on one's own, but with proper training and upon recognizing known systems of dialogue existing on subjects that are empathetic toward anyone who is overtly emotional in the sense that they express anger, not appear victim, and look crazy, not speaking there, in writing, but sometimes a little thawing out of the issues goes a long way. Try this strategy for sharing your past:

1. What is bothering you, identify incident and persons who were harmed.
2. Have you reported the incident to a professional or the police.
3. After having reported what additional steps have you taken to cope.
4. Would the later sharing of information hurt you or someone you know.

No one is suggesting that you keep quiet about anything that's bothering you, but there is a time and a place for disclosures, and it may be the news. The less you associate your reality to your exposures, the less harm can be done upon disclosing timelines, concerning your fighting, pointing fingers, and blaming others for your losses in life. The more you complain, the more notes are taken, and more other the first place. Only comparisons can be made at those points, as to who is best suited, who is more in the know, who knows better, who who a favor in life. Never ask for more than you can give? If you need help, think first for what reasons are you selecting these person concerns, an idea, whenever you build something new, that is not in existence, there is a lot of inner turmoil you will encounter and struggle you are proud of, it sometimes takes many years and steps and connections in life, to finally establish yourself professionally, as you grow that's how one excels in school, and similarly how one excels in the workforce, not by asking for help or direction from others, that you lesson, you know more than you think you know, and many things can be self-taught these days, with a little effort, and dedication to yourself. If you have the means to pay for support, then do so, but only when you are ready and knowledgeable of how that support will services to fill the shoes of those whose services can be paid for, the difference between AA and therapy, know your limits in life, when those issues, you are just exerting more energy than is required to solve a problem, ie becoming emotional for no reason. Don't work you on, you feel less like fighting about it, and proving others wrong, and learn how to rise above it all, and shine in lieu of your failures and choices to finally let go, its because by then its too late to care, too late to fight, and too late to correct or fix what has been broken, I lo

Say What You Mean ...

12/25/2019

More times than not, when we are out of our wits end, overwhelmed, everything circling overhead, a weighty feeling of discontent, we going again that a sense of clarity arrives, and in that space, thoughts begin to come to mind, why writing is so important. If you leave longer you procrastinate and keep to yourself, hidden what's bothering you, dodging subjects, or trying to write over issues, the more you some, Im sure that everything that is said, gets applied, as whether of or in reference to something or someone past, known to have been what is the best way I can communicate that Im struggling with an issue that I have yet to address out loud, not always but sometimes positive purpose moving forward other than to make one or the other, look or appear more put together than the other, to whos disserved immature response to addressing what currently at issue, that's an abstract way of saying you cannot use the past to explain your present of others using your past to prove you unworthy of connections at this point in your life, as though things have always been this way, friendship, as related to your condition now, and current losses in friendship as being for the same or similar reasons, put you at fault, or the others, as though parallel lives, or lives once linked, suffer for the same reasons, it doesn't matter where you grew up, the more down in life, likewise anyone new or who has not interacted with you for a long period of time in real life, not from your past, is easily empowerment occur, where once a special life, gets turned into a source of hate for humor, as though thought deserving likewise as in defamed, on pogs, made fun of on every comedy channel and in film and song, if you've never experienced success in life before and

Just Because ...

12/25/2019

Just because you grew up well off, does not mean that you're immune from controversies later in life, or immune from suit. Don't expect anyone to respect you. It's wrong to assume that someone who is born into privilege assumes that they are to be respected by others, like everyone else. It's not about what your socio-economic standing is in life. To be respected one must have a positive outlook in life, I was raised to always "see beyond yourself. For example, if you cannot function without meds and taken off all medications, then expect to look, behave, and speak differently. Respond in a positive manner, other than to stay home, and sleep all day, that was not the correct response to negativity toward me, to be able to do what is right, "god helps those who help themselves." It may feel as though you have been backed into a corner in life, sent down, but you look or appear, and based upon your present abilities in life, if you are not working or in school and not doing anything impressive, which put you in your place in life, irrespective of whatever hardships you may have endured, it doesn't seem to matter at those points. Under the table, it doesn't matter if you have failed, it doesn't matter if you are doing your best, it doesn't matter if you have lost 50lbs. Reserved that choice in life, and without explanation are allowed to reject you and treat you as lesser than in life. That I don't agree with being treated as someone who contributed to any conditions faced by another, was insulting to say the least, how could someone who I have been a victim, so long as they can label you as such, and that's not a life, I thought worth living to disprove, that took about 4 years to undo through probation. My record gets expunged 2020, in addition I got a suspected DUI misdemeanor 2013, after drinking 3 drinks and driving home, then no one can harm you, and that's where I'm at in life right now and where I've been at for the past 5 years, alone, and enjoying my life. What happened. It's not an easy topic to talk about, causes for suicide, but I'm glad I've overcome those feelings, and the shame and embarrassment when you are not able to represent yourself it's a big deal, dying is not the correct response to suit, especially if you have done nothing wrong, mouthing your condition behind your back. There is a way of thinking about life, without causing uproar, and it's called writing, the less you're wrong, or have the wrong ideas about life, easily misunderstood, and written off as problematic. If you're a good person, and have always been someone to keep away from people or specific individuals as though I caused harm to them or threatened harm to their sense of well-being in life, don't go looking for it, and every instant connection will feel special, that's probably because you have had so few interactions, that's especially new people coming into your life, that's a quick recipe for disaster, the more enthusiastic you are, the quicker they are to throw you out. Hard to come up in life, and it's not by connections that you do, it's by your stability, and ability to make good decisions in your life, not to let it be your business the problems or losses of others, when people are ready to come forward for help they do so on their own, and speak as an advocate or respect you by education or upbringing, does not mean commit suicide if you get sued, that's the bottom line and make a twin, do me a favor and don't make a losing team out of a team that is already suffering, and alienate me or cast me out as someone who doesn't live or die now matters to me, how courts help.

Originally Written 12-24-19 for Weebly

Related Articles ... See also on Wordpress:

<https://lesliefischman.wordpress.com/2019/12/25/choose-people-who-choose-you/>

<https://lesliefischman.wordpress.com/2019/12/25/be-professional/>

Stop Trying to Fix Yourself ...

12/24/2019

It's almost 2020, and it's time to start being happy just being yourself. There comes a point in time when it's too late to practice mindfulness. "surplus of paths toward improvement" according to psychologytoday.com. [1] As you grow and evolve you must constantly adapt yourself. You may miss out on a whole lot to life, it's okay to stop and smell the roses from time to time, no one ever said you had to be perfect. It's not about being, one who is constantly questioning themselves and others is rarely a happy person, looking for flaws, or similarities for comparison. Improvement is often times via self-help, seeking to better ourselves, reach our potentials, strive for the best, and be critical of our progress. "broken." [3] So stop trying to fix yourself. Be excited about the new life you are creating for yourself, maintain awareness, ignore your past. Then why try to be perfect and set unrealistic expectations of ourselves? [5] Sometimes when we pay less attention to what's bothering us, we're having a defeatist attitude which sometimes being a perfectionist includes. [6] It has been recommended by letsreachsuccess.com, to respect your decision in the past, and to respect your past decision making as doing what you thought was best for you at that time in your life, then your friendships, achievements, what is life supposed to be like to you? So stop "blaming yourself for all the things that went wrong, all the things that went off than you are, don't get in the habit of putting yourself down, eventually you'll have to learn to speak well of yourself. So take good

References:

- [1] <https://www.psychologytoday.com/us/blog/inviting-monkey-tea/201602/when-is-it-time-stop-trying-fix-ourselves>
- [2] Id at 1.
- [3] Id. at 1.
- [4] <https://tinybuddha.com/blog/stop-trying-to-fix-yourself-start-enjoying-life/>
- [5] <https://thoughtcatalog.com/marisa-donnely/2018/01/stop-trying-to-fix-yourself-and-start-focusing-on-your-inherent-worth/>
- [6] <https://purposefulfaith.com/fix-yourself/>
- [7] <https://letsreachsuccess.com/fixing-relationship-with-yourself/>
- [8] Id at 7.
- Maintaining a Positive Attitude ...**

12/24/2019

Much about success requires that we maintain a positive attitude in life. Why is this important? According to plazacollege.edu, “Maintain your attitude and your relationships.” [1] Especially in the face of stress. [Entrepreneur.com](http://entrepreneur.com) states that, “By learning how to manage stress and respect your time, you can improve your productivity. First accept that your ability to succeed will be determined by how you “deal with life and manage stress,” when you respond to circumstances. [2] [Tracy](http://tracy.com). [3] Remember your “thoughts and feelings determine your actions,” self-talk is so important when it comes to problem solving. When something happens, you get to choose whether it’s a positive or negative experience and react accordingly.” [5] It’s important to maintain a positive attitude. Furthermore, success.com states that, “We all have a choice. We can choose an inner dialogue of self-encouragement and self-motivation. This is the *software* that programs your attitude, which determines how you present yourself to the world around you.” [8] Software, that’s what you need to write and pick myself apart and put myself back together until my thoughts were clear and my life was balanced again. Sometimes I feel like I just move forward in life. If for everytime you became unhappy you attributed your unhappiness as caused by another, then that’s what you need to be brought down by another person. Come to know and understand these patterns in life, and learn from your mistakes in the past. Stop thinking in terms of I can’t do that to yourself. Remember your affirmations, what is it about yourself that you like, and what others think of you should not matter, nor change your attitude and outlook in life. Visualize where you want to be in life, and continue to work towards it.

References:

- [1] <http://www.plazacollege.edu/the-importance-of-a-positive-attitude/>
- [2] <https://www.entrepreneur.com/article/282965>
- [3] Id at 2.
- [4] Id. at 2.
- [5] <https://www.lifehack.org/articles/communication/11-tips-for-maintaining-your-positive-attitude.html>
- [6] <https://blog.hubspot.com/service/positive-attitude>
- [7] <https://www.success.com/why-your-attitude-is-everything/>
- [8] Id at 7.
- [9] Id. at 7.
- [10] Id at 7.

Book Review: "Get Out of Your Own Way" ...

12/23/2019

"Get Out of Your Own Way" focuses on "40 common self-defeating behaviors" [1], this book is meant to serve as guide for how to change your course of action." [2] My favorite quote is in the beginning of the book where he says "one of the greatest tragedies you can experience is not realizing what's important." (page 23) Looking back, what will a meaningful life look like to you. To me having a meaningful life means being able to make them proud, and to likewise be proud of myself, I've faced a tremendous amount of pressure in recent years financially and emotionally, I just moved home. Because I didn't make it on my own, during my time on my own, I'm reading this book and it's self-defeating to life-enhancing." He offers practical steps to add to our daily routines. Always put your best foot forward, and continue to move forward. I was reminded of the time, I was sent to rehab during law school and my Brother shouted at me in the kitchen calling me a "pill head" when it was true, I was dependent on medications, to function, but they were prescribed meds, so I didn't think I was a drug addict, but was sent to Dana Pointe. Just like admitting you have a problem with medications is self-defeating, it's the first step toward recovery. The author encourages you to be on, and be accepting of the opinions that others hold, they could just be trying to help you, no need to self-harm or bury yourself in resentment. I picked up running, like my Mom and my Brother who ran Marathons, and ran a half-marathon. I'm bringing this up because our fight was on a night, that was a treat "wanna see my room!" -In order to move forward you have to be doing for yourself things that others would be doing for you. Anything, you have to be yourself, and when you are yourself, are you comfortable with who you are. "The best way to achieve forgiveness is to be forgiving." Skylar Grey was pretty special, it takes time to overcome shame and embarrassment associated with failure, just start with being proud of yourself.

References:

[1] https://www.goodreads.com/en/book/show/421861.Get_Out_of_Your_Own_Way

[2] https://www.amazon.com/dp/B00BWVGJY2/ref=dp-kindle-redirect?_encoding=UTF8&btcr=vw
Why You Can't Go Backwards ...

12/22/2019

If you find yourself asking why you can't go backwards, chances are its time to move forwards. Its hard to go backwards in life, to the past, you always be a different person, in a different period of your life, and over time, with change, so do your options in life. Its easy when we have gratification. The "internship" eventually you grow out of internships and have to start applying to real jobs and competing with other people. Missed, and what places you cant go back to in life, when you first start working it feels like you can work anywhere, as you get older, whether that's just a matter of wear and tear. Eventually you have to make a choice, of whether to stay or go, and what to focus on in your life. To the job offered, then do so, but by all means keep going, Im just acknowledging the fact that life happens fast, and if youre not a go-getter you are required to. Its that time in between that you allow for, that makes you look like a risk to hire, as someone who is not to be relied on. Days you are productive, and that you keep going in life. Who can think of relationships at a time like this? I do. Its usually the opposite of what you want, and that's not always the case. I'm the type of person who checks in with everyone anyways, I'm not sure whether to or not sometimes. *bustle.com* explains, "There's nothing inherently wrong with losing touch, even though we often feel guilty about it and place judgment on ourselves. You'll be a much happier person having reconnected with old friends, than allowing for more time in between. Who knows, according to *bustle.com* made it possible to stay connected with hundreds of old friends at a time," [3] so its next to impossible to completely fall off the face of the earth moving forward. They'll be happy for you and the progress you've made.

References:

[1] <https://www.bustle.com/p/7-ways-to-reconnect-with-a-friend-you-lost-touch-with-8869188>

[2] <https://hellogiggles.com/lifestyle/reconnect-with-friend-after-falling-out/>

[3] <https://www.rewire.org/love/reconnecting-with-old-friends>
Deliberately Awkward ...

12/22/2019

No one intends to be deliberately awkward, it's the difference between being professional and sharing a personal perspective in life. We ourselves. Sometimes it can be fun to share information about ourselves online and other times, it can cause much stress and unwanted where you can keep going, from task to task seamlessly, and with few errors, move on to the next project, without having to go backw youre connected to you think or hear, that's not how voices occur, it occurs when you stop hearing yourself and instead of hearing you just by my education, trained to write in a balanced way, not to cause sides, or to provoke controversy, I grew up in controversy, I don't what people are thinking, and what people are saying. Any unwanted attentions usually cause us physiological distress, my head burns to work on myself and stay steady and allow for the quiet to occur on its own, and let my energy flow back in via my work ethic, and a trauma to pass, why in therapy when overwhelmed, they tell you to lie down or to clench you fists and relax, that's exactly mindfulness focus wise and energy wise, turning on and off thoughts like we do emotions, or like we feel about people, but never to ourselves, can **The Importance of Education ...**

12/22/2019

myneedtolive.com (*MY FIRST Guest-Post Blog Post*)
<https://theneedtolive.com/?aff=36> (*Affiliate Link*)

When you have an education the sky's the limit, in terms of job opportunity, and confidence. Life's all about confidence, without which you'll go through many phases throughout your academic career. According to nwmissouri.edu "Without passion and purpose in what hard workers, who put 100% effort toward their studies and vocational trainings, but how they are able to "actualize their career plans, workforce "have a zest for living and for engaging in their daily work." [3] Have positive purpose in life, what are you passionate about [4] Its hard to go to work and school at the same time, but we do. Its also hard to get a job without having had a job, which is why we lot of dedication and commitment, to continue to work day in and day out, with hopes for your future reward at some point in time, to and happiness in the things that you do. Your happiness comes first above all else, before relationships, and sometimes even before pleasure which you can add to any equation and make being around you worth the time and effort spent to see you, or have you work for them. improvement when they make those changes." [5] So where does that leave you, those "early stages of an academic career ... fraught who spent "a high proportion of working time devoted to research and networking" found more career success and advanced career w more job interviews, and more job offers, (speaking from personal experience) "your credentials may make you competitive and even to get your work done.

References:

[1] <https://www.nwmissouri.edu/career/PDF/NACEGrabGo/OnTheJob/CareerConfidence.pdf>

[2] Id at 1.

[3] Id at 1.

[4] Id at 1.

[5] Id. at 1.

[6] <https://link.springer.com/article/10.1007/s10734-017-0226-x>

[7] Id at 6.

[8] <https://www.sciencemag.org/careers/2019/07/tough-academic-job-market-two-principles-can-help-you-maximize-your-chance>

Originally posted on myneedtolive.com.



Pick and Choose Your Battles ...

12/22/2019

We can't all be warriors when it comes to standing our ground, eventually, being hard on others wears on us, and begins to take its toll. We can wind up saving yourself that much more heartache in the long run, being placed in the wrong, for being overly emotional, or overreacting. The best of us, and sometimes we can be wrong, never assume anyone or anything is out to get you in life, or that things are being plotted against you. Control you feel, is what stops you from being in action and doing things for yourself to keep you moving forward in life. If you're worried, it's a disservice not being at peace within yourself. In the wise words of *C. JoyBell C.*, "It's not winning battles that makes you happy, but it's the ability to help to "take a step back and look at the big picture." [2] What are the long term and short term risks of fighting. Bearing resentments that are destructive to our bodies as well as our minds." [3] According to *entrepreneur.com* in order to overcome resentments and negative thoughts in your situation and passively accepting that you're incapable of doing anything about it." [4] The worst thing you can do is to accept that's happened in the past, how often do we find ourselves upset about something that's happened a long time ago, focus on the present now, what can you be proud of, and center your thoughts around positives. "Negative thinking is often centered around thoughts about the future." [6] So stay positive, I hope that you break free of your negative thinking, and begin to "exud[e] the kind of positive energy"

References:

- [1] <https://www.goodreads.com/quotes/469248-choose-your-battles-wisely-after-all-life-isn-t-measured-by>
- [2] <https://www.forbes.com/sites/sallypercy/2018/08/07/how-to-pick-your-battles-four-key-questions-to-ask/#4fa7effc3f56>
- [3] <https://www.khaleejtimes.com/lifestyle/health-fitness/the-negative-impact-of-bearing-a-grudge>
- [4] – [7] <https://www.entrepreneur.com/article/333296>

Originally Posted on lesliefischman.wordpress.com/2019/12/22/pick-and-choose-your-battles-in-life/
Don't Wait Too Long ...

12/21/2019

Sounds like a *Dashboard Confessional* song "Don't Wait" when it comes to all relationships worth keeping, don't wait too long to make a decision, woken up, to a new life, only to find that the same people are not around, that's addiction and recovery. You learn the hard way to wear your heart with your soul, rather than preserve the privacies of your keeping, as many of us ventured onto social media, however not all I think for while you were sharing. Sometimes we get so carried away sharing, that it seems like it's more for selfish reasons, than it is to benefit t

to friends, in fact the more challenging your life becomes the more difficult it gets to talk to them or find time to talk to them. Rather than becoming so distant, well maybe if I hadn't been so boisterous online, rambling for so long for so many years, trying to write, and picking up and connecting, I think its ruined more careers than it has helped, being vocal, but I could be wrong. Its one thing to share your mind, its another to be heard. A common mistake. *Psychologytoday.com* points out that "feelings of loss and anticipation that are part of almost every life transition ... give you a sense of loss. When they're replying, you can't ask for much if you have f%cked up in life. All you can do, is be thankful for where you are right now, then keep moving forward so that you don't have to experience future losses in life, when it comes to relationships and friendships. You really need to stay on track, I have attended rehabs (out-patient and in-patient), IOPs, and in-hospital treatment programs, all of which have taught me the skills to stay on track. "remind[ing] [our]sel[ves] that [our] present situation will change over time," [2] than we are accepting our circumstances, the hand we are dealt, ourselves, and displays of self and knowledge. Appreciate the journey, its not all roses, from the bottom up, but you have to keep going in the more difficult it becomes to start over, whether its working, or blogging, or book writing, you have to keep going, and upon finishing

Reference:

[1] <https://www.psychologytoday.com/us/blog/the-couch/201407/5-ways-make-goodbyes-less-painful>

[2] Id at 1.

Bloom at Your Own Pace ...

12/21/2019

There will be many times in your life, when you will be pushed to become something that you are not, whether that be someone who is strong and beautiful, or someone who is soft and delicate. You find a careful balance between the two, especially if youre a woman. There's so much pressure nowadays to be strong and beautiful, but those are the characteristics and traits that you will pick up, and among the women you admire in life, similarly the same the characteristics and dominant traits are of those who are successful and accomplished. Its by those who succeed in life, that we are pressured to be more like them. For example *mndaily.com* states "In day-to-day conversation, we don't talk about what it means to be a woman [or] about all of the things we are not, but we appreciate, and valued, so do many wish to be adored, admired, and looked up to. Not all were meant to be mentors in life, some are. Recognizing ones own self-worth that's becoming more and more of a challenge, sometimes the quickest way to a positive sense of self-worth is that "when women are behaving more masculine than feminine, they lose touch with who they are, what they need and what they want. When more successful women become in the workforce a greater sense of mutual pride among us we would feel for one another, and that that is what we live with, if only we could live in a world in which more could be happier for one another, and less resentful toward one another for their actions. Caretakers, sometimes its those we expect the most from that we are hardest on, expecting the most from those who are paving the way for us. What Im trying to say, is that theres no rush, unless you are trying to get married and have kids, that would be the first time around, do

References:

[1] <https://www.jstor.org/stable/25476481?seq=1>

[2] <https://www.mndaily.com/article/2019/05/a-femininity-in-full-bloom>

[3] <https://sensitivityinbloom.com/10-ways-to-embrace-your-femininity>
[<<Previous](#)

January 2020

Sudden Change ...

1/2/2020

You don't just wake up one day and suddenly decide to change your life for the better, it's a build up of things gone wrong in life, that usually stops us in our tracks, reflecting upon the past and what we could've done better, and that when the process of change starts to occur, slowly setting goals for ourselves, as we wrap our heads around the realities that consumed us and which brought us down, in place of more stable perspectives realizing that our happiness and our future is dependent upon our current outlook which needs to stay positive. Thinking in terms of

what we have, what to live for not what has passed, and what is lacking. Thinking where we are headed in life, and why we have come this far, and live a life worth leading. You can't rise above incessant worry for the future and over what people think and expect to be happy, and find a happy medium, what you put overhead as important to you, is what affects everything else in life moving forward, that's your choice, what you choose to be consumed by. Don't guide your best decisions over obsessions for need, love, wants, affection and attentions from others, it's by what we don't need we receive in life, that's just how attraction works, pairing with what compliments and improves upon our lives, surrounded by people with qualities we admire, and who similarly contribute to supporting our efforts to become the best versions of ourselves. Allow people to give willingly, not by asking for things in life, you should need no favors in life, in order to achieve, most are not willing to take risks or go out on limbs to perfect your well being, that's something you must do for yourself on your own, until what is bothering you no longer bothers you and therefore will not bother anyone new coming into your life. We all want stability, we all want to feel whole, with energy to spare, for fitness and activities other than work, that's living a balanced life, up early, working all day, and able to spend time working on ourselves at night or on personal projects to better ourselves, go that extra mile in our free time. Never stop improving upon your best, and when one thing isn't going right for you in life, continue to work on other areas of your life, until you are well adjusted and able to present yourself in a way that worries no one, it's a firm belief in yourself, as capable and able that will convince others to believe in you, and see no risk in hiring you or taking you on board. Image is everything, the past is the past, don't be ruled by it, if its forgiveness that you want, forgive yourself, and allow the rest to fall into place, that you cannot control others interpretations of you or their willingness to accept you as you are, live life as best you can, regrets and all, and never ask for more than what you are capable of giving.

Expect That Much ...

1/1/2020

Expect that if you bring up any topics of controversy concerning sides to a debate that you will be put into question as to whether you are a credible source of input. Never once does the one leading the conversation reach a sense of stability in rehashing anything past to which brought controversy toward them let alone others, you are always responsible for managing your own emotions, you are not responsible for managing the emotions of others especially of those who are not in agreement with you, for they will never reach a point of stability when it comes to your existence or sense of stability thought and peace of mind, its your sense of being they question and in strength, seek to destroy your sense of gratitude for now, would rather send you back into the confines of solitude and regret, or disdain and embarrassment, and subject you to hate and ridicule, as someone drawing attentions to themselves not victim, as someone in the wrong not in the right, as someone who cares only for themselves, not as someone who seeks to protect others from harm, and would die on those notes. If you're ever pressured to die for what you believe in then that's how you know the brink of reasonableness has been taken too far, that's when its time to stop and just allow people to be happy on their own, be alone, and achieve in life and live life. It really should be of no effect to anyone the purposes for me blogging online if it involves no one but myself, its my life, I can live it how I want to. What does it matter to anyone who doesn't believe in me or who thinks less of me, why pressure me for mentions of the past or of what has gone wrong and send me back into suicidal thinking and bipolar delusions about life, whats the point of argument. Why bring someone down who is up in life, and why bring someone down in life who is of no harm or threat to the well being of others, whats it to you I ask? What do I owe anyone, nothing. Especially not anyone who is not my family or not my friend, I own them nothing in life, its people who expect more of you or who think they deserve something from you some reassurances from you as having known you, that their disappointments of you should matter to you, why? Its my life to live not yours, its my suffering not yours, its my choice to live not your problem, they are my mistakes in life, not your problem, its you making things sound worse than they are, and making me look like a bad person that's the problem, with people who speak badly of you, there are much worse things in life than drinking or having sex, or doing cocaine, if Im sober and chaste now what does it matter to you. Its only new people coming into my life who don't accept me, everyone past loves me, and thinks fondly of me, and cordial with me, for some reason, they see me online, and think that Im trying to mooch off of attentions from OJ's release, as a law student, and claim I freed him, I was put in the hospital for a month on Provigil when I saw myself on TV, when OJ was released, publicly humiliated, over and over again, why? I called the police the other night they asked do you want us to pick you up and take you to the hospital, I said no its okay, I asked can I go home and take my meds now, they said yes. What causes suicide? I don't know, you tell me, I had a great life!

Being Perfect ...

1/1/2020

No one ever said you are required to be perfect in life in order to be accepted. Its when your life becomes imperfect that you realize how much potential you had, and how much you have lost in the process of losing yourself to drugs, alcohol, or men. As a woman that's completely normal to try hard in life to be with another, for many that is the goal, to have a career in order to meet or find a match and to build a future with a companion in life, that's a lot to ask for these days, and it doesn't always happen. Who are you being perfect for? Acceptances from others, accolade, likes, or all of the above. It depends on how much acceptance is required in order for you to feel happy. Happiness is not always achieved. And may not be an achievable condition for people who have messed up in life. I mean how difficult can it be to find a job, you don't understand the importance of staying straight edge throughout life, until you drink and throw your life away and your career prospects go down the tube, then it seems everyone with a job cannot relate to you, not understanding, not compassionate, powerless to help you. That's something you have to figure out on your own, how to work and provide for yourself, just like monetizing a blog, no one can do that for you in life, they may give you pointers, but you wont know until you figure it out for yourself. Perfection is a quality that doesn't just describe overachievers in life, it described everyone who is trying to better themselves, and in doing so, strives to be at their best, some able some not able to recuperate and find themselves again in life, recovery is a process. That's not to say that everyones rock bottom is the same, we don't all become homeless, jobless, friendless, familyless, it all depends on how much loss you need to experience before you are able to start turning your life around, some are not afforded any opportunities in life nor interventions to stop the tables from turning against them in life, and end up with nothing before they are even able to become something in life. That's how I felt. When you lose everything, all privileges, you cant move, you sleep a lot, youre not motivated, and its tough to break that cycle, its others convincing you that you are worthless and you allowing them to convince you that you are and in enabling others to put you down in life, make others believe less in you, don't give up on yourself in life, just because one or more people don't accept you in life, the world is a big place, and full or opportunities in life to work and to thrive, if not around a certain group of people, there will be others more accepting of you, lifes not dependent upon one social circle one it crowd, or one popular group in society. By profession there are plenty of opportunities to network and to grow, I taught myself blogging, while finishing my law degree, and wrote two books, before finding a job, that was my choice to better myself to better my job prospects to better my chances of acceptance from others, and Im glad. Had I not been a Top 100 Blogger, written two Books, and graduated from Law School then yes I would be worthless, considered a product of addiction, go into suicide and not be here today, that's what could have happened but what didn't happen why? Because I blogged.

Overcoming Frustration ...

1/1/2020

Letting go is no easy task in fact it could just be the first step in overcoming any and all unwanted emotions associated with your fear of moving forward in life whether that be calling an old friend, responding to an ex, going back to a job, starting a new job, finishing a project, starting a new project, or beginning a new relationship. Sometimes we get caught in between and freeze, not knowing when to start, how to begin, or how to go about things in a way that doesn't make us look desperate or needy, much of us wants to appear independent yet at the same time we want to have it all meaning people in our lives to share our lives with. Don't get mad at yourself for falling off the social bandwagon, if you were taking time to focus on yourself then just hope that others will be forgiving of you for the time lost without keeping in touch, life goes on, choose to be in their lives or not. Do something don't just sit there, text, call, take the initiative once you get better to get back in touch with others and be social. According to psychcentral.com "When you're frustrated, it can feel like nothing is under your control and everything is chaos. It's hard to know where to begin. When you're flooded with emotion, it's difficult to think straight." [1] It can be an overwhelming feeling to feel behind in life, don't beat yourself up over things or decisions past you have the rest of your life to live and so many years of progress left for you to realize your complete potential life's not half as bad as you make it out to be sometimes less is more try not to be too dramatic over losses in life and just handle things like an adult be mature always in control of your emotions. Sometimes the most successful people are not people without problems in life (we all have problems) but great problem solvers, able to

get out of a bind and think their way back to sanity always level headed, you cannot predict what life throws at you sometimes we get set off center, regroup, be patient, let the dust settle, allow time to speak for itself, you don't always have to explain how everything happens just make your life happen in a way that's cognizant of the lives others lead and make choices that continue to benefit you and others around you, when you're well everything around you seems well that's just how life works. Let go of your need to control what others think of you, that is not in your power, how others read and interpret your medical history or past, the best you can do moving forward is show that you've changed, healed, and overcome your troubles so that they grow out of the expectation of worry for your condition and stop predicting the worst of you -surround yourself with people who believe in you, think you're smart, so that you can achieve the best version of yourself, show that you have the potential to succeed in life, these are but temporary conditions in life mental health issues, like all storms they pass, if you allow them too and with proper coping skills and cognitive behavioral techniques continue to manage yourself in a way conducive to minimizing your symptoms until you can function, set goals, achieve goals, and live life without feeling sorry for yourself, we can't all be perfect, eventually you have to accept yourself the way you are bipolar or not.

References:

[1] <https://blogs.psychcentral.com/your-life/2016/05/10-steps-to-overcoming-frustration/>

Originally Posted on Wordpress > lesliefischman.wordpress.com/2020/01/01/overcoming-frustration/

What's Okay What's Not Okay ...

1/1/2020

I do my very best to be professional online, and sometimes I am allowed to be creative, and in that creative space, it is never my intent to cause harm to reputations of others, or to cause embarrassment via unwanted association back to me. That's the obvious argument toward me, by those overlooking, who think that a non-existent connection, should not be made by photo, even if by messenger one way connecting to a source, is not an approved connection in the sense that it is a public union, so for obvious reasons that display was taken down, a phot pairing of me and *Ari Emanuel*. Since then jobs have been posted online, which I have applied for. Im not sure whether I will get the interview, but I applied nonetheless, I have also interviewed at two other law firms, and am planning for placement by February. No that's not what I said, this isn't a learn to take a joke retort back to people who think that it isn't appropriate to write to people in private, I call the police regularly, and have asked them to take me to hospital on several occasions suicidal when things aren't working out for me in life, that means socially or romantically, what more can you do. I don't think that applying to Endeavor will make a difference, its hard to change after you have been put down so many times by others, the way you are treated by them may never change, some never respect people who they have grown to have no respect for, not taking them seriously in life, or thinking they are more intelligent than therefore respect them less as them being of lesser intelligence than them. I have been to the hospital now 9 times, that number was exaggerated after having gone public online with my mental health issues, sharing my thoughts out loud, which caused people to take it upon themselves to call my doctors to have my meds adjusted, and have even taken me to the hospital themselves, for lack of sleep or not being sharp enough when off learning disability medications. There really is no controversy about him, there is however controversy about me, in regards to acceptances toward me, whether I have done the right thing in the past and whether I continue to do the right thing now, I had three drinks and drove home 2013 and I have apologized and have been punished for it, I have suffered enough shame and embarrassment from that misdemeanor, in addition I have been sued and lost everything and gained all my weight back, I should have stayed home and should have never pitched a campaign to anyone except for *Brady Campaign*, who approved of my hashtag. When looking for love in the wrong places that's how you get yourself into trouble in life, when you are in need, in need of love, and in need of companionship, that's exactly how you get put down or subject yourself to unwanted rejections in life, be independent of others, never think for two seconds that you need the help of others in order to get anywhere in life. You should be able to put two and two together on your own, just like a resume, an application and interview for a job, that's a given, no one can do the work for you, including help represent you. There are certain things you can't control in life, who you are drawn to, who you are attracted to, and who you admire, and if you find that in people, so be it, hopefully they can be understanding and compassionate enough to be flattered not be mean to you about it. If everyone knows you in a

different light, that you cannot control, defamation of character, is something you cannot defend yourself against, you can only continue to better yourself in life until you're again whole.

Unhealthy Crushes ...

1/14/2020

How and when do they start? Usually when we are not happy with ourselves, do we see our everything in another, and through that vision make others feel uncomfortable. You have to learn how to play things by ear, and allow things to happen on their own good timing, not just when you think the timing is right. Give people an opportunity to accept you or reject you, not all wish to be romantically involved with others, especially not in a public light. Yes I do think I have grown an unhealthy attachment to *Ari Emanuel*, after talking to him on messenger, and dishing to him about life, my dreams, and where I would like to be in life, am starting to believe again in the possibilities for me in life, whether or not that includes him, I think that would be a stretch. It's not just anti-gun violence we have in common, I have long been an advocate and member of Brady as a blogger, and promote their work from time to time on my blogs, the progress they have made and if they've ever needed support, where to call in. I think it's important to be apart of your community. So what is it that you guys have in common? A TV Show was made about him, and I think that a show was about me, that was later cancelled. That would have to mean that I was famous in law school and that it was publicly acceptable to make fun of me in public for being a law student, while my best friend's Dad was in jail. Being made fun of publicly is a very difficult position to overcome, especially when it's not deserved, I had a perfect record, and was 3rd in my class doing well, who you are in private romantically is really none of anyone's business how often you date, or whether you date at all, and especially not deserved if with a long term boyfriend. You may wonder, but never let that get the best of you. Once you enter the public sphere as where I am now, you have somewhat control over how your image or likeness gets used, and can control how you look and appear to others. That's one of the reasons I started blogging, call it a bipolar delusion, but it's nothing I haven't talked to the courts about expressing my concerns to them. You're either on board and apart of this country, and allow things to happen to your image without saying anything, and eventually once you put your foot down and start asking questions, that's when you become the problem. They seem to have a knack at situating people in that way, make everything about someone, or make everything about something, or make everything about themselves. If you're not included it's probably better not to be mixed in with the rich and successful, image wise, as there's not comparison, especially if you have not achieved success on your own first be too concerned with how and why others behave the way they do, or what has been expressed by them, whether or not it be of or concerning you. You're usually last to find out when something is about you, that's you cannot control, what you can control, is how you present yourself in spite of things being about you or not, and be welcomed to the world or not, as normal. So long as you do not complain too much or become inappropriately prosecutorial toward others, there's no reason why you should not be allowed to wonder. I've never thought that anything was about me, only now, cautious about it. It's not until you become someone or something of value that you begin to be more cautious about how your intellectual property is managed, and what is being done with the intelligences you have provided to others, sometimes that is not in your control, what others do with your working knowledge on these subjects, or what windows open up to them knowledge wise, and doors shut for your opportunity wise later on in life.

Going with the Flow ...

1/14/2020

Sometimes things don't always work out in your favor, a joke, a comment, a thought, an idea, or any input you provide in shorthand, generally not sitting well with anyone who doesn't like you or who has grown accustomed to distrust you or to not empathize with you, seeing you as a weaker species of human as compared to them, I would tell them all people deserve compassion, and no matter how far people have fallen in life, and for whatever reasons they suffer no one deserves to die, not because of bullying and certainly not because of what other people think, be put in harm's way, as labeled "mentally ill." I don't think that I deserve to have been labeled I am educated, and only after having been labeled started hitting my head, for what reason my likes were removed from my website is besides the point, I'm not a threat of harm to the wellness of others, it is others threatening my good health, and intruding upon my ability to stay well, violating my right to privacy. I live a very public life, and nowhere in private

am I any different than I am in public, its only people needing to see more of, someone, or needing to know more about someone is why they are pried into, that information is between me and the police, who I frequently call, and not for dispute or the discretion of the general public to decipher as to the causes for my beliefs or interpretations, that's none of anyones business, how I survive, how I build trust, and how I managed to build a great foundation online of trust and stability in thought during tumultuous times, which has not been easy to do. Its not easy to gather a crowd, and its not easy to build a following, that keeps returning to continues to read daily, no matter what your days looks like, whether you are feeling strong and able, or experiencing disability and severe hardship in life, that's the type of continuity of care, I have been able to provide to my following, and likewise the compassion that they have been able to show for me, and unconditional rapport built online, can manifest itself into positives around us, throughout their lives, as they are able to help others struggling maintain positive thinking. Its not easy transitioning from school to work, or from alcoholism to sobriety, or from addiction, to cessation, but overtime, over the years, you grow, and with that growth mature, sometimes there will be slip ups, we hope not, not everyone finds success in AA, I have not at most 6 month or a year. Just stay faithful to any set of principles, that bring you justice in life and keep you moving forward, and if that manifests itself in hatred toward me, so be it, if you think it justified to hate someone with mental health issues, as being the source of your own mental health issues, than you are sorely mistaken, as me in need of help, and in trying to get help, wrongfully accuse me of making any caretakers sick by my issues in life, than why worsen my set of conditions, already living separate, and force me to move home, to care for two cancer patients, with a record, and now a poor reputation, unable to get a job, how do you think I feel pressed for time, my Father has not been well, and my Mother has Cancer and need to work for her, I just wanted to finish law school and get a job, instead I got sued trying to build a blog. -Look forward to playing Studio City with my Dad! On a positive note.

The Eye of the Beholder ...

1/14/2020

Where does beauty lie? I used to think that we worked like candle sticks, lighting up. That if we are supposed to be good inside out, then what lights up when we light up, are our positive characteristics and traits that allow some of us to shine, and some of us to miss the mark, depending on where we are at mental health wise. I do think that mental health issues affect your overall beauty, some like to think that they can get away with anything, but eventually it all adds up, how you speak, how you behave, what your intake is, whether you drink or smoke, and how positively you speak of others, all of these things reflect in the positive or the negative upon you and determine the scales of your beauty. I've never been the prettiest, and have always struggled with my weight, soccer injuries, medications, hand injuries, you name it, there always seems to be something getting in the way of my health preventing me from maintaining a healthy weight, and going back to old habits and gaining the weight back. You really have to stay positive in spite of setbacks, and you certainly cant allow what others to think to interfere with your good health. It just so happens that Im dating someone from Croatia, a Biochemical Engineer with a PhD, who drives an M3 and a Porsche, my first fancy boyfriend, and Im overweight. Who would've thought that someone like him would like someone like me, or think that Im pretty. If so personality must be a big factor contributing to who is considered beautiful, not always the prettiest girls, get the most attentions in life, sometimes its in how well we carry ourselves, that we are able to climb into social circles in life and succeed, not just by who we know, but by how we are and how we make others feel around us, that's a gift in life, wellness, to make others feel good around you, is usually who we surround ourselves by. Never be too hard on yourself, I used to think that unless I was thin would I be able to date, and unless I was pretty would I be able to model, but boy have things changed, acceptance wise. Today even if youre plus size you can model, and even if youre not the prettiest you can date, look at me. I may not be the most put together blogger online with a fancy website, and model photos, but Im sure able to manage a monthly following of 8.3k viewers, and ranked 37, 818 in the US. That took a lot of hard work, bettering myself, until I became someone I was again proud of, I think that was the purpose for blogging, building a better me, not necessarily a bigger version of me online to present to the world. I suppose it happens through being an author you achieve fame, or through modeling professionally you become a recognized face, Im not yet at that point in my career, still writing and allowing my new audience to get to know me, as of this year grew. There were many people Im sure who knew me from high school, but that wasn't my target audience ever, rarely posting to Facebook links to my blog, in the beginning though they were there for me. It kind of gets to the point where you don't want to bother people, when you have something to say, or even share a photo, feel like youre bothering people, its best always to leave things up to the choice and control of your audience how well they want to get to know you, and on what

basis, personally or professionally, I try to provide a little bit of both. As my following has changed so have the voices, I get voices, and so have my selfies, my face has sharpened up, Im not sure whether that's the new makeup I have invested in, probably. And also thanks to messenger, Ive been able to take selfies Im proud of, with their filters, prior to which I just took photos on my phone or on my computer. It takes awhile to get to know yourself, and what makes one beautiful or stand out from the rest, unique, still working on it.

Without Meds ...

1/14/2020

Ive been without meds for 5 days now, I suppose it wouldn't hurt to write without medication, what could go wrong. I recently switched back to Adderrall and then relapsed on 5 beers at the bar, that was not my shining moment, and have since not been prescribed any day meds. Waiting to hear back from my previous doctor and made an appointment to see a new doctor. The reason for this change was that it cost \$250 every time I see my Psychiatrist, which my parents cannot afford -need to start working soon. Just doing my best to stay positive, have been in bed resting, but miss writing, and working on my dissertation. Ive gotten so used to functioning only on meds that I forget what its like to work without medication. I guess I'll be going back on Vyvanse and Abilify if Im lucky, I haven't been the most stable since switching meds. Usually when things start going haywire the police are first to know, I start to call them frequently for talk therapy, my current therapist is out sick for the moment. Just be patient, when switching doctors, and do your best not to end up like me, "left out in the cold when it comes to finding a new provider to meet your needs." [1] Note that "Mutual trust and respect are very important between a doctor and patient." [2] Its taken awhile to build trust with my doctors, especially to prescribe me any stimulants, given my history with addiction, it would be an unfortunate loss, to have to find a new doctor at this point, but I simply cannot afford to continue seeing my current Physician and the new doctor was only a DO and not equipped to manage my mental health issues, and could not prescribe me Abilify. Just laying low at the moment, thank you for your patience, look forward to my next post!

Reference:

[1] <https://www.verywellhealth.com/how-to-change-doctors-2615474>

[2] <https://www.verywellhealth.com/is-it-time-to-change-doctors-2615476>

When Everything Makes Sense ...

1/10/2020

There will hopefully come a time in your life when you wake up and everything makes sense, occurring while reading, and while writing from your own life, whats troubling you. Its when we are too hard on ourselves our outlooks change, and dispositions in life change, turning into the friend in need instead of the friend who advises, and turning into the person corrected instead of the one observing the behavior of others, how quickly that changes, when you do not stay on track. Lifes not just about luck, I love how they blame cancer diagnosis as "having bad luck" (sarcasm) to me that's not bad luck, that's illness, that's powerlessness, and that's suffering beyond your control, which is not always our fault. Boy has modern medicine changed, what used to be kept private, are now stories to be told, to empower, but there is a price to be paid, unless you can stay well does your story benefit others. We all struggle with mental health issues from time to time, but lets not overgeneralize things, as though we all suffer from the same ailments in life, and subject to dying just as others have due to drugs and alcohol, no one wants to be that person categorized as a risk to care for, on their way out, we all do our best to be successful, and whether or not we can weather these storms, that's not in our power always, to care or not to care, and sometimes in caring we get hurt, that's normal. What to do when things don't make sense, jenniferhadley.com suggests "... when confronted with challenging situations and circumstances that are non-sensical, we must turn to faith in Spirit and a willingness to KNOW that we are loved and being cared for, even when it doesn't feel like it." [1] To me this means doing ones best to stay well in spite of the sufferings of others, it would be wrong in those cases to further ones problems in life, or go backwards, and not move forwards, sometimes you are called upon in life to be a support system, especially if you are not one directly affected by the problems of others more able than most, and with that

power, a gift is given to you to care, and to show that care in ways, that benefit both you and others. We can't always be that person, sometimes when directly affected, this inhibits our best decision making, working from feelings from within, rather than from feelings of compassion for others, thinking more about ourselves, our health, and in the defensive not helping to provide solution to the problems as faced by others, as the person who has come out of illness, and able to share their journey and path to recovery and what has worked for them. Just stay steady. You are but one person in the grander scheme of things, unless you want to be a powerful influence in society, then that can only happen unless you are well, I know this given my standing as a public speaker, until able to communicate to the times in a way that's relevant, and doesn't just apply to me, or my own viewpoints, are others able to read and comprehend, without feeling the same or similar discomforts that I have achieved in life, trying to make my way in life. Building a website was my way of building a place, that I could go back to and perfect, similarly we work in that way, bettering ourselves everyday until presentable, there's really no excuse for what people think of you, if in the negative just ignore them and always do your best. They say that people problems with you are a manifestation of their own lack of wellness, and if you so fail to provide a positive voice of reason to them during turmoil, than so be it, you are clearly then not a source of empowerment to them, but seen as someone who threatens their wellness, as someone who has bipolar, has overcome illness, and is now doing well and well liked. For what reasons am I well liked? I am (1) approachable (2) likeable (3) relatable (4) well kept (5) presentable (6) detail oriented (7) hardworking (8) never gives up (9) shares from where I am, not pretending to be something that I am not. You cannot lie about your condition, especially as a writer, everything shows, and gets read into, you can only improve, and as your condition improves, you will notice that your writing improves also, why I enjoy writing. -Always do your best therefore not to be influenced by the lack of wellness of another lose faith in society as a whole, and do your job to continue to be a good critical thinker accepting and rejecting theories about life, based upon what works for you. No one's ideas in life can influence you in the negative health wise, bipolar is not contagious, mind you.

Reference:

[1] <https://jenniferhadley.com/2019/12/when-things-dont-make-sense/>

Don't Take Things Personally ...

1/9/2020

Sometimes people get so busy with their own lives, that they don't have time to stop and reply, in the grand scheme of things, you can only put yourself out there so many times, to make a good first impression, before you are responded to, sometimes we are ready to take on new opportunities in life, and sometimes, we have more room to grow before we are able to take on certain responsibilities in life. It's all a matter of experience, and time, continue to grow and mature and spread your wings, it never hurts to try, it's okay to send requests, inquiries, emails, and make those initial contacts, from a business perspective, when the time is right and you are doing well you will know it, partnerships will go through, applications accepted, and as your numbers go up, don't stop continuing to branch out, and connect with others, you never know who you'll meet along the way. It's when you have yet to blossom, that things don't happen for you in life, either you're not ready mentally, or others do not see you as fit yet to be a representative of their best interests, that's business, it's all about representation. Always do your best to be presentable, online and in real life. Don't exhaust your resources in life, you can always come back to things when you're ready, sometimes it's better to wait and be prepared, than to subject yourself to too many rejections early on, and fill your plate, before you yourself are ready to meet the challenges that await, if you are not yet able to perform, and keep up with a daily schedule, than applying for jobs, that would require you to meet the demands of the day, might seem like a far stretch, don't just apply to apply, apply when you're ready. Taking things personally, can be a sign of low self-esteem, as one blogger explains moneyhabitmuse.com, "Which means you always long for others' approvals of everything you do and say." [1] However, to be successful online blogging, you can't always wait for the perfect time to share, meaning you may not be exactly where you want to be in life, but that doesn't mean don't write, or that you don't have something valuable to say, or some valuable input or insight, that could be helpful to someone else, trying to get discovered or find themselves. I have been blogging for years, and just this year started earning 300-400 likes per post, have 7.6k monthly viewers on Pinterest, A Top 100 Personal Development Blogger on Feedspot, and Ranked 38,674 on Alexa, that's a big deal to me to be up 803k in traffic and 212,029 in the world, I'm not sure where I'm headed in life, that's the funny part, job wise and career wise, but I know that I love to write,

want to continue working on my books, and graduate from law school. I think what makes me an attractive blogger is that I have been through a lot, and that in spite of my mental health issues, have battled through my worst days and come out normal. That's not to say, that I don't get sick every now and then, especially if I do not keep up with a schedule or stay task oriented and manage my symptoms, I can easily go haywire. I think at the time, more privacy has been helping, less daily tweeting, and longer posts regarding my thoughts. In addition, I have a pen pal I check in with daily, a therapist I see weekly, and a psychiatrist/general practitioner I see now monthly. I guess Im pretty high maintenance. I used to be very independent, lived alone 2004-2017, a good student, and always had a job, but ever since I got bipolar, and my relationships have not been working out, I have gone in and out of depression, which is why I started blogging, decided to put my heart into something that wont leave me, something that can grow, and something I can get better at and that can stay with me, something to check on, something to keep track of, and something to build, why I blog.

Reference:

[1] <https://moneyhabitmuse.com/taking-things-personally-and-blogging/>

For the Most Part ...

1/8/2020

For the most part, I am doing better in life, when I try to be social, its mostly reading into things too much which has not happened for awhile, whereas the old me would assume is about me, and take offense, and leave space, Im sure that the issues faced by others, are about them especially if I do not know them, you can only take responsibility for so much, especially not the health of others who you are not close with, nor share any intimacies with, maybe its best to stay home, never try past the point of rejection to be friends with others, that's the main lesson, you only get one try at getting along with others, life is short, most do not have the patience to accept people into their lives who they do not trust as being sober or with enough time to be considered a worthwhile share or input, I got sober 2003, stopped smoking weed, and do not drink, I only drank alcohol 2006 and 2013, but Im not sure whether that's an important credential, or makes a difference what is wrong is wrong, it doesn't matter how much experience you have as being well, once you get sick, it's a matter of getting well and staying well, who thinks what should make no difference, always be compassionate and patient, if you think too much about what could happen in the negative, low and behold things will work out for you in that way, as a manifestation of how you feel about yourself and based upon what you assume others think of you, not perform to your best, Im not sure whether that's a believed karma deserved, or whether that's naturally occurring, whether there are people and characters who they wish to categorize you as, and situate you until broken to see how you respond for the better or for worse, I don't think its very nice to be made an experiment of, I would never do that to others, team up on one person as stupid. That's not a fair assessment, of my cares, or what work I have accomplished thus far in my career, sure I wish there were fewer incidences in which others are harmed, but it does not need to be mentioned to get others to stop eachother from harming one another, that's a social issues per state, not necessary to share social standings within a state, as cornerstones for issues to be read by the masses and make determinations from, as references when interpreting people within their states or around them, each state is different, the Country is a big place, and so is the World and life itself, not meant to be about people, a single persons story affecting the treatment of others, as though each builds from connections to, I think being unique is what makes people stand out, not what makes them like, and I think its by getting along well with others, that one feels complete, and its by working hard one achieves, and earns paychecks. These are all basic life skills to have, a desire to live on schedule, wake up work stay motivated, loss of motivation occurs when stopped in your tracks, called out on something past in error, or correcting you when no corrections need be made. I think its okay to have friends, unfortunately I think its better for me to not come out of this, and just work for the LAPD, and work on establishing more trust, and accountability before reintegrating and becoming a burden upon others, as though I still need fixing, I really need to be independent in order to feel safe, I don't need help from anyone, I keep to myself, look at the ground, a quiet person, there is a reason for that, because its upon acknowledgment or responding you get hurt, for me its better to not have any conversations with anyone, I was a very nice person as a result I look stupid, and because I drank and got mad at myself, and relapsed on cocaine got suicidal, that's not my fault, I was an excellent girlfriend and friend. Not anyones fault.

When Your Feelings Are Hurt ...

1/8/2020

When your feelings are hurt, its easy to misread things as about you, or contributing to sources of illness around you, pointing out whats going wrong is not the solution to bettering your perspective and the wellness of others around you, some things are better left unsaid. Not that these points are important points of discussion as it relates to the issues faced by others, its not always necessary to state, and as coming from you, be voiced, sometimes it is your place to lead discussions about, and sometimes its not your place given your standing appropriate, to provide a voice of reason, especially not in the defensive, that just opens another can of worms, in terms of the degree of sensitivity you are able to provide upon addressing subjects and then read into as whether having suffered or shown signs of remorse, as though you have been wrong or been wronged in the past, accusatory toward others, or pointing blames, as playing victim, based upon your current condition. Its not an easy subject, breakups, and its not an easy topic rejections, and theres no easy solution to understanding who how and why anyone to a transaction looks bad, or ends up worse off, and why as though thought deserved at the time, they were approached, and coerced into sharing intimate time with. Not all end up better off in life having known people, and some people wish they would have lived life without having ever known a person, that's the purpose for suit, to justify that silence and attribute it to something now identifiable defective in a person, labeling them an "unwanted connection." It just so happens that in anticipation of your recovery, or road to wellness, as others watching or overlooking your progress, not knowing you as well, and based upon what they hear, and given your record, pre-determine whether you deserve to move forward in life, and establish new relationships or friendships, which is the phase I am in right now, and which will continue to be determined in February, upon graduating, while looking for job placement and acceptance. Im not sure, and just because I am talking about what I think is happening, doesn't mean that it is happening, and just because I feel like I look bad, doesn't mean that everyone thinks the same or are in discussions about me, as to what is defective or wrong with me, to justify additional hardships or suffering in life, as though to serve as retribution to those who have passed through my life, and been affected by having known me, as though my condition doesn't directly affect me already, and assuming they care or cared and as attached affected. Obviously if you have known someone, and been close to them, it hurts to see them not well, that's not my intent when not well to cause harm to anyone who cares about me, that's not in my control, the meds I get put on, and how intelligent or articulate I am able to be at that point in my life, and manage my thoughts and condition, you may never have the same life you once led as having been a private person, once you go public, and that's something you realize after you decide to participate online and write, its not of the same consequence to everyone, but if you are attached to someone like OJ, and grew up best friends with their Daughter, then yes, proving that you are the disappointment, relinquishes them from any blame upon further separation as having anything to do with your current suffering or suicide attempt previously. That's really no one else's business to further negative interpretations of me, as not meaning well, or not doing my best to warn or explain to others, that their actions or behaviors or words are hurting my feelings, people who hurt your feelings, generally are concerned with themselves, and probably now as learned do not intend to insult you or put you down as less than by being nicer to who you are with, as compared to how accepting they are upon talking to you individually. That's based upon knowing you, thinking or assuming that that is the cause for separations, or for you leaving relationships, and testing to see if something past, results in the same set of conditions again, presently, as dating someone, being ignored, and to see how you respond if another hits on someone you like, with you present, and upon viewing the mental health issues that arise, determine whether you are a threat to anyones health, and whether expressed anger online was directed toward anyone specifically, I posted flyers everywhere, I am kind enough to inform people thinking they were my friends, as though they would care, and how Im feeling based upon interactions experienced, it was me that contracted carcinoma cancer and was dying on risperidone in bed all day sleeping, obviously with a cocaine relapse initiated by my then boyfriend, I became worse, and as worse, not seen as a victim, to being approached by strangers in the street, or found passed out in front of my building, after one margarita, with a busted chin, and bruised knee, a call made to my mom from my phone. (Theres something about her I dont like: Shes on meds, I don't drink, I have bipolar, I got suicidal by rumor that I am then suddenly sick everytime my numbers are up and my Facebook account accessed by many phones, drains me, why not to tell people if you have cancer as that just speeds up the process of illness kicking in, the goal is to live life, not put people on lists on whos going or staying, treat them differently or others as disappointment, the best way to keep people alive and well around you, is to stay well and be active and get jobs is what Ive learned not by hitting my head, when Im not living life in my room, nothing around me feels safe, and everything feels off, and the more easily I get put down in life as small or immature, or not confident, this year I worked on confidence, thats for work, not for purposes of intimidating others with my wellness, and then treated as though I show no remorse or not a victim, dont feel sorry for people who F up in life, thats the label that was put on me, so that even if I was raped or

attacked in the street, no one will know, no one will care, and everyone will seem justified, and look victim to me as separate from me, whether it be a bar or an ex-boyfriend, that's their choice to not like you, and as said out loud only makes you look worse, or makes others feel better, that's not what's causing me suicide others who feel better at my expense or hardship thought deserved, people achieve wellness in different ways, the goal is to live, irrespective of what others think of me, and if they have a problem with me, they can take it to court, I can't afford medical care or an attorney, to be honest I would rather write about something else, than one bad connection turning all connections bad in life, as addressing all in response to the consequences of one failed connection in life), I don't threaten others, I've been hurt, why I look funny, and others have contributed to making me look funny, my head is small misshaped now, and body huge 190lbs, that's not my fault, face flat or shapely, if I get voices I call the police, it's not necessary for me to go to AA meetings, I'm not there for political purposes, or to feel apart of, I have a blog, a home, and can get a job on my own, it's not necessary to go anywhere for help, as that just burdens others who don't feel compelled to care about anyone who has caused harm to themselves [removed - graphic story about self-harm, spoke to the police].

Quit Being Stubborn ...

1/8/2020

One of the first steps to overcoming any negative thinking is to quit being stubborn, that means stuck in a thought, a viewpoint, a perspective, a series of understandings, by bits of information, by who you know, or by what you think, remain the same, there's very little opportunity for growth when it comes to your outlook in life. A meeting of the minds occurs, where in the event there is a problem, one is able to assemble new thoughts in response to current turmoil, that either quells, justifies, or challenges the sides creating the voices that get relayed among us, it's upon who you connect to in life, you hear opinions, never obsess over the negative opinions of others, not always the best voices for insight when it comes to finding stability and achieving peace of mind during difficult times, or peaceful times that turn difficult by recalling recollecting or giving power to those opinions past held toward you or others. If you've done nothing wrong, don't waste time thinking about why people don't like you, recalling your whole life out loud, for everyone to pick apart to determine where there was a wrong and who was wronged, that just subjects you to harm, if you are already not liked by them, they will turn any moment of weakness past, and treat you as though you were (1) in need and (2) knowingly needing others took advantage of their wellness past, and label you mentally ill and turning you into a parasite so that (4) you get rejected in any future relationships as being the one in need and the one to whom upon connecting with a harm results to one's reputation, that was the purpose for suit, to cause a separation between me and interfere with my ability to work and to provide for myself, that's not harassment, so explain to me why every relationship I've ever had has not been initiated by me and been initiated by another, that's someone coming into my life and me allowing for that information from me to be processed to them, that's my choice, later rejections upon knowing someone, is a difference in opinion or based upon connections, seeing someone as below them, if one is on their own, there's no need to further ruin their opportunities for wellness in the future, if one is sick or on meds, and is doing their best, then one should not be treated as a loser, simply because of who they have been surrounded by or friends with if not of high social standing. When stubborn it's easy to allow these sides to win, sides occurring in your mind, not existing, apparent to others, or in power, until you give a voice to what has caused you harm in life, and enable those reading to interpret for themselves what has happened, who has been affected, what went wrong, the extent to which a person was wronged, how one was punished, the purposes for punishment, and the goals achieved, to make someone look like an offender, and to continue to make everything look as though that is the case about a person, so that they continue to be treated as an offender or a reject, it's my body my choice, and I've been offended as a result of "how things look" as worse than what I was sued for, given STDs and put on many anti-psychotics, as though I am someone who should disappear or deserves to die, I care about myself, whether or not anyone else cares about me, it's not my identity that is causing harm to the understanding of life or people or affecting their life expectancy, I do my best to live life and do everything I am told, and seek treatment when needed, if someone wants to talk to you talk to them, if someone doesn't want to talk to you then don't talk to them, never wonder why is the main lesson, you cannot convince someone you are a good person, if they think you're a criminal or someone who has been sued and labeled mentally ill, a threat to their wellness, eventually you have to stop convincing yourself of why people are hurting you, so that it does not continue, and get well, so long as you are well no one can hurt you, and especially not with 800k fans reading everyday, 2000+ people reading daily, and ranked 38,000s in the US, a top website in the Country and newsfeed, with 6.8k monthly viewers and growing in popularity. That's how important I am to me, how important I am to my

family, and how embarrassing it is for those who did love or care for you, to see you look bad or proven wrong in life, its my vagina, its my health, and its my right to be heard, and its no ones business my hygiene or the number of people Ive hooked up with, when, and whether under the influence of substances. I'm allowed to date, that doesn't make me a slut, if given the silent treatment, don't defame me, simply because I do not obsess over whys or become upset, and move on in life, that's my right to not be bothered by others, don't later hurt me, so that I look bad cant move on in life, as though youre doing others a favor, as though Im going down anyways, Im a Law Student! (Re: My locked meeting, with a flyer on the door, me being hospitalized taken to the hospital twice police called someone filed a "missing persons report" pulled over and handcuffed in public, dated a sponsor who was younger than me, and a street by Staples Center called "Blaine" now, don't label me Kobe Bryant, because you think its funny to compare a girl to someone who was wealthy and successful, who was accused of rape, and similarly situate things to look like Im an unwanted connection in life, take it to court, stop defaming me, stop bullying me, stop making me look bad, and stop treating me poorly, its my choice to live, and my choice to die, its my choice to take meds, its my choice to go to the ER).

Losing Weight ...

1/8/2020

Im hoping this year to lose the weight and to keep the weight off, I once lost 50lbs running back in 2015, my goal was to be 30 and fit, but I still was not happy with myself and self-harming. Just because you lose weight does not mean that your mental health issues will go away, or that all your self-esteem issues will be solved, "the reality is, you're still you." [1] Weight loss is no doubt a process, you have to exercise daily and diet, and stick to it, the minute you stop, and go back to old routines, is how you gain the weight back. For awhile I would blame the medications which contributed to the weight gain and over-eating, but it all comes down to diet, you cannot be eating cookies and junk food and expect the have a flat stomach, and look fit, some of us just weren't born thin or with a fast metabolism. I have an athletic and voluptuous shaped body, so when I gain weight I feel really frumpy, its not a comfortable feeling, walking into job interviews especially not feeling at my best, or being told I could lose a few pounds once I get the job. That's just people being honest with you, telling you what they think needs to happen for you in life, in order for you to be a happier person, and to look and feel your best, if not able to maintain positive momentum moving forward. Even my new boyfriend wants me to lose weight, never let yourself go. If you have suffered mental health issues in the past while losing weight, you're not alone, according to shape.com, "the physiological and psychological side effects of weight loss that are powerful enough to make you feel downright miserable." [2] You may be getting better sleep, but still feel irritable, you may be getting your shape back, but as a perfectionist still feel like you could be molded better, the journey never stops once you get into fitness, its all about balance, be patient with yourself, and don't be too hard on yourself. Making a decision to lose weight is a big decision and pat yourself on the back for it, "Change is always difficult, even when it's a healthy change. If you feel like giving up, think about all of the reasons why you're doing this that really matter to you." [3] Becoming a healthier and happier version of yourself requires daily discipline and practice, get your routines down, and don't quit when you lose the weight, that's when its time to keep going a refine your intake, or change up your workout routine, you can always workout less but maintain your diet, don't workout less and go back to your old eating habits, or workout the same and go back to your old eating habits, how I went from losing weight to gradual weight gain over the course of 3 years, I was once under 130lbs and then made it up to 190lbs, gaining 50-60lbs has been very depressing to say the least, I still run and ran a half-marathon, and took meds as directed, but that didn't seem to make a difference, on Abilify, which is why I recently stopped taking the med and lost 10lbs, it's a lot of work to lost weight, and whats even more difficult to comprehend is putting the work in, and not eating correctly, and not losing the weight, that's just wasted energy, or is it? You learn overtime what works best for you, I highly recommend doing some research before you begin your weight-loss journey, so you know what youre doing and understand the process, not just the fact that muscle eats fat and muscle needs protein and carbs turn to fat and so does sugar, that's pretty much all I knew, so I went cardio cardio burning calories, eating less and less, and eventually it became an addiction, shrunk, but never toned up without weights, it wasn't until I started doing free weights that my arms shrunk, for the first time, skinny arms! I was so proud of myself. Be efficient, learn from my mistakes, and good luck!

Reference:

[1] <https://www.huffpost.com/entry/weight-loss-no-one-tells- n 6277682>

[2] <https://www.shape.com/weight-loss/tips-plans/losing-weight-and-not-feeling-great-why-you-may-feel-lousy-you-lose>

[3] Id at 2.

In Sobriety ...

1/7/2020

In sobriety, you'll feel a lot of pressure to be normal, and in trying to be normal, wonder if at a later point you can go back to drinking, don't. If all your problems were the result of your drinking then its probably best not to engage in any activities that brought you down in life. For the most part, I have been doing well maintaining a regular sleep schedule and managing a now very successful blog ranked 38,049 in the US on Alexa, and a Top 100 Personal Development Blogger on Feedspot. You just have to keep moving forward. What does normal mean? "Normative means that what's normal is what lives up to the norms, the standards." [1] That could mean different things depending on who you are: having a job, having a boyfriend/girlfriend, having lots of friends, all things I struggle with at the moment. You have to be happy with what you have in life, to enjoy the moment. Do you feel good enough? What could be going better for you in life? Companionship is so important to me. Although I have ventured far away from normal, when it comes to who I have friended in life, so far so good, maintaining a normal sleep schedule, and staying motivated in life with messenger. I'm not sure how important it is to keep a selfie log of your progress, health wise, for me, it has been an eye opening experience, to see myself go from messy to sharp looking, Im not sure how that happened, but I must be taking good care of myself. Running everyday, ran a half-marathon last year, and trying to lose 40lbs, not sure how long that will take, but in order to get a job I think that will help to be more presentable, and my boyfriend wants me to lose weight too. Don't be too hard on yourself, especially while in recovery, you'll go through a lot of changes in life, especially as you get better and better at managing your symptoms and emotions when it comes to being in recovery and/or having mental health issues. You've probably wandered away from family and friends, and have a lot of lost time to make up for in life, don't get too frustrated, where are you now, what are you doing, what could you be doing better, are you feeling well today, why are you not feeling well, do you miss someone, why do you miss someone, do you feel disappointed, why do you feel disappointed. Its okay to ask yourself questions in life and journal about it or go over things with a therapist or in an AA meeting, that's pretty much what I have been doing, and have a much better head on my shoulders these days. Probably a very unhealthy crush on *Ari Emanuel*, but I think for the most part, I'm doing well, think of him often, and pen paled him. Addiction is one of my biggest problems. I already have a boyfriend, but feel like we have a lot to talk about, so talking.

Don't Define me by My Past ...

1/6/2020

That's inappropriate to pry into the lives of others, or to search through their recordings of their lives and their thoughts, if done thoughtfully, in a worse condition bring about to get them to portray themselves in a way that benefits a poor outlook of them their future and their current well being. That was a joke "Queen B" not in reference to any movies, nor in reference to purposes for flyers, as being like a scene from a movie, as thought I carry some immature animosity toward anyone past, I moved on, I put my free period next to lunch and slept everyday my senior year in college, got into college in December, rolling admission, Im not confrontational nor combative, don't bring up any moments in my life, and try to plague me now, as whether I have current feelings about or lingering that are influencing my behaviors or motivations now in life, I am beyond that I am doing my best to live each day as it is given to me, someone who gets suicidal doesn't have time to carry resentments, or to lament about the past, or have time to recollect memories from their upbringing, that's because they have been put in a worse off position in life, to live life moving forward from now, that is to protect people from being mentioned past as having contributed to any current conditions now existing. I understand that, how and why would it be necessary to bring up anything from high school, those issue were dealt with accordingly, its really none of anyones business how I live my life, or what I think of my high school experience, for all you should care, those were the best years of my life,

besides realizing my academic potential while in college and getting good grades, a 3.2 in high school and a 3.236 in college and a 2.1 in my JD and a 2.85 in the LLM, and at 3.6 in my Paralegal Certificate Program, I was a steady and stable person, with my future ahead of me clean and sober, drinking only on occasion, not an addict prescribed 2 adderralls a day and no night meds, don't compare my condition now, or achievements in life as though in the past I benefited in a negative way from others defriending me, and that those friendships now gone, have given me any boosts in life, or motivations to better myself, I am a good person, I have nothing to prove to anyone, life is not a competition nor a popularity contest, its about wellness and being a good friend, and if you cant manage that much, you separate from others, and need alone time to regroup, date, focus in school, get a job, have a career to date and socialize. Im popular now because Im a writer, Im a positive person, and I don't over expose myself online in compromising ways that turn off my audience or make them think any less of me, that's why they return otherwise I would be but a traffic stop online, to view and leave, as ordinary, not interested in seeing my progress. That's not imitation, for someone else to be successful who has been previously associated to the OJ Simpson Family, why bring that up, to devalue me as unimportant or trying to be like imitation and send me down in life, so that others can achieve without question as being compared to me, or having made fun of me, who cares what peoples motivations in life are, to control outlooks or storylines, who cares? Its not your life, its my life, and if you don't want to be associated to me, then stay away don't read, and don't complain upon exposure to me, that my telling of my life affects your feelings if its nothing to do with you, and its not your life, and no ones in my life, no one can complain. Its my life I have to live that was destroyed all my hard work devalued, and have to start over in life.

Sometimes You Do Your Best ...

1/6/2020

Others will always think it justified to put you down in life so long as they think you deserve to suffer hardship in life. If you are someone without friends, or not in a relationships, on your own, you will be second guessed in life irrespective of your status as a student or unemployed, it takes being a member of society to function as apart of, and unless you can explain or defend yourself, as not being as low as you are perceived to be, will it occur that acceptances of you be granted. For whatever reasons people give up in life, the purposes for blogging is not to detail my demise, or what was thought of me, given my standing in school, or whether or not close to family and friends at the time I became ill on my own, that's really no ones business, the causes for my bipolar, that's not for the public to decipher my thoughts for the purposes of criticism or for proving mental illness, that's for the Courts and the LAPD to decide, who I call regularly to check in with, whenever Im not feeling well. It seems that opinions of me grew out of hand, and became sicker and sicker on my own, and not understanding why I was being bullied, or picked apart, medicated, until incapacitated, and not my usual self motivated and hardworking achieving in life. Once declared someone of lesser value in life, it feels as though everyone takes the side of the one appearing well, and treats you as someone to be embarrassed by sharing that sentiment with them, not understanding all that you went through on medications, and everything you went through as single, and in recovery from drinking symptomatic with bipolar. Eventually talk therapy helps, or even companionship to lift your spirits in life, but that's an earned privilege to be close to people in life again, post failure. That's when everyone best interests are taken into consideration determining whether a person is allowed to move forward in life, Im very loyal to my friends and to my family, not someone whos interests change, Im not a social climber, nor believe in social status as a means to achieve happiness, you either have friends in life or you don't, and if you choose to live a private life, then that's how you will be judged as someone with less than in life, and questioned, that seems to be important having friends, someone without friends, is looked at as a failure, or as though they deserved it or worked their way into a depression suffering losses due to their own inability to be successful in life and live a good life. Just let go, and not allow lack of acceptance of you to turn into resentments toward you, as you get better, it may and will always be difficult to be happy for someone who is deemed to be a source of concern or embarrassment, everyone has their own sense of pride in life, and if you didn't fit in to begin with, fitting in later as a blogger, or comedian online, is not beneficial to re-building rapport, as respected by others. You have to take life seriously in order to be accepted or forgiven for your shortcomings in life, eventually if you do not recover or improve people see you as a liability, or a burden, someone in need, that is to be taken care of, not able to achieve on their own, thats why your family is hard on you, to correct whats going wrong before it gets worse, that's to not send you off into the company of those who care but could care less if you get sick or end up worse off in life, that's just a system of sociability the well stick together, and when not well barely anyone is around to help you, often giving you the silent treatment. To know better is to achieve well no matter what your circumstances are without help from others, the needier you become the less well

you seem as dependent upon social cues and reassurances from others for affirmation that things are okay, how quickly you will be reminded that you are nothing, once not accepted or deemed to be untrustworthy or unprofessional for your lack of ability to stay well and make progress in life. Life changes start within you, acceptance and forgiveness comes later. And for whatever reasons people were hard on you, that's because they once thought you were someone who was going to be successful, who complained online, and then seen as someone who is not put together in control of their thoughts, feelings, and emotions, above you in life, allow people to be above you, and if they live separate lives from you, no matter how close you are to them, so be it, even if they are your boyfriends, some are just not willing to compromise their own needs for space to accommodate your neediness upon becoming in need of them. Once you become co-dependent you have to untrain yourself and learn how to be stable on your own again, able to talk yourself through your problems, not be reliant upon others for stability, that includes safety needs, belongingness needs, and while seeking employment, you either have something to offer, or you don't, otherwise don't apply if you can't manage to stay well. That's the difficulty of overcoming a past that doesn't believe in you, so that no matter where you go or what you achieve in life, you carry the baggage of inconsistencies to your record, if you had a perfect track record, and always took care of health responsibly seeking treatments as directed and taking meds as prescribed, then there is no reason why one should not be able to make a full recovery, lose weight, get their health back in order, and work again.

Justifications for Hardship ...

1/6/2020

You can't control what others will think of you when you are on your own and have no one to talk to, or assist you with your thought processes, enlighten you, correct, or make better ones outlook in life, as you mature and become an adult you are expected via your education to build a solid understanding of how to think, behave, and rationalize your outlooks in life, so that you can function among others in society as a normal member of society, in perfect standing, and if tainted, better yourself until you feel as well as, not falter, or become worse off. That is the benefit of those who have not experienced illness requiring medication, with their ability to control their outlooks and interpretations with access and tools for understanding beyond one person viewpoint unaffected, that's how things should be, unless a personal attack toward you or anyone close to you, as my family has been attacked online by blogs 2009 prior to my suicide attempt, threatened to speak, what I remember from my research online, looking into the past, while applying for jobs on google.com, looked up my name which was cached to a deposition. Don't then pile up my life accordingly, after I have already suffered hardship, and take my place in life, and earn the privilege to stand in my shoes, as though one has lived as long as I have through controversy and suddenly thrust into things, and made ill, as I have become ill in the past, its negative attentions in life, without defense, and negative assumptions about, that push things further along without repair, and until someone is harmed, do the consequences for misinformation and rumor, get accounted for, whos life expectancy has suffered that's not "bad luck" to situate someone as worse off in life, then sue me as though Im the problem, I already have mental health issues, don't set me worse off in life, while under the care of physicians with health insurance, given risperidone shots, and because I don't look the part nor thin, or pretty or with a fancy job, get treated as less than until my life is shortened when put in the wrong hands in life, sent over my edges in life, aggravated and put in discomfort, that's not being street, to get a refund for a cocaine purchase, for someone else's interest purchased, how that relapsed happened in westwood, Im sorry if I became mentally ill afterward posting flyers, that's was a highly traumatizing experience, to be left with a dead cell phone, stuck on sunset boulevard, texts ignored, and offered a ride home by a stranger who stuck his finger in my vagina, I told him I have a boyfriend, and he stopped, when I looked his D was out, and had told my boyfriend what happened, and things weren't the same afterwards, at the time I was on birth control, as preferred by him, that was my first partner without a condom. I almost got full blown ovarian cancer, whos fault that is doesn't matter at this point, because I was punished, even though I had \$4000 worth of surgery, twice under anesthesia, to remove carcinoma cancer cells from my uterus, that was a very traumatizing experience, and to get through it, and get my positive energy back, with voices, ran, sometimes even talking to myself, thinking I was being recorded, it was a very traumatizing period in life, and lost 50lbs, to be hurt and to not know who hurt you is very troubling, psychologically, you lose a lot of trust in life and go into isolation and get blamed for your problems as bringing it upon yourself, if you allow those beliefs toward you to continue, you become the actress to the opinions of others, it takes a real solid understanding of yourself and a positive outlook in life in spite of mishaps, to continue to make progress, and see clearly through all the negativity toward you and taunting, until you change and get better do

things around you change and hopefully by then, still surrounded by people who love you, when you wake up, in appreciation for the life you have.

My Thoughts on Twitter ...

1/6/2020

At certain points in time, its helpful to have a place to share your thoughts, somewhere with the potential to be distributed to others via mentions or hashtags, is helpful. What social media is for, sharing work, or articles, completed projects. I think at this point in time, sharing incomplete thoughts, or being creative with my delivery of ideas, is not helpful moving forward and makes me look like someone who is self-entertaining, as a means to avoid boredom, without understanding my position, or feeling compelled sometimes to share in that way. Im not sure for what reasons, I feel compelled to explain my personal history, I think at this point people are mostly concerned with their own health, as well as the health of others, doing their best to maintain stability, and clarity of thought, which is why creative prose is very disorganizing to process on its own, and longer prose is a preferred method of delivery at this time. Usually when one is able to summarize for themselves and see a bigger picture on their own, they feel best, rather than be told short bits of information, as memorized, and then apply that information to historical timelines, to determine faults. That would be putting myself under a microscope, and if so, in a disorganized way be so presenting. The purposes for blogging and writing a book, have been to share in a way that is helpful, not in a way that brings up the past, or clarify incidences, if punishments have already been rendered. Im not assuming that people tactfully send you off in life, until youre on your own, and when on your own, and make poor decisions, if drinking or using, get sent further along a track toward failure, how the police pick you up, as lost and disoriented, they can usually tell first who has been rejected as normal from society, usually unkempt, after running, which is why I went shopping and started wearing makeup and gained 50lbs back, that was my way of giving up in life. So to then send me voices and further sabotage my good health or ability to get well would be to see if mentally ill by voices, whether I hurt myself or others, that would again be trying to get rid of someone, for what purposes, is it anyones business to destroy anyones potential or inhibit their abilities in life to lead a normal life among, that doesn't make sense to me, to put someone under, as too volatile, its never justifiable to tantrum or to get upset over losses or hardships in life, and if you are someone when aggravated not able to control your emotions when put down, then always take a step back, and be mature about it, never stop problem solving in life, or journaling about how youre feeling, freezing, giving up, or self-harming is not the solution to your problems, if youre being harassed by voices or by others in retaliation for what they think was what you were put in for, then that's because they think you deserve unwanted attentions in life, or unwanted interpretations of you, as though you deserve to be put down in life, and that because of your mental health issues if can be proven, are the cause of illness upon others, that's why they try to prove people are mentally ill, to send them off, and away from others. Again Im not a Doctor so I wouldn't know what it is Im doing wrong if I don't go out and stay home, and have no followers, how is that embarrassing, if Im doing my best, it's a sad fact of life, when youre not well, its hard to be at everyone elses speed in life, that's why they slow some down and put them on meds as "chemically imbalanced" leave them at home, away from society and functioning among, disable their abilities to work, or articulate well their thoughts. I have learning disability, I cannot function without medications, and the put on night meds. I don't deserve to be put to sleep, for what? Stop treating me like Im the offender or opportunist, I drove to every boyfriend, paid for everything, and took care of others, its not me that went looking for love in the wrong places, on purpose, and if the wrong people found me in life and I was harmed, that's due to my poor decision making, while trying to get cocaine. Once they put you in jail, you are no longer considered a victim, that's so you get blamed for your own mental health issues, and labeled an addict, they're very hard on people who cannot function without meds, and don't take anti-psychotics if prescribed them, I was always compliant, even if I got worse grades, and didn't finished my JD, did everything I was told. Then I drank, that was a mistake, it feels like your missing out on life, while getting your masters, and not having the same social life, its just temporary isolation, don't take anything personally, so long as you are doing everything you are supposed to be doing, you make it to the next phase in life. If you let yourself go, and too experimental with your public image, that can hurt your social skills later in life, among people you don't know, who identify you as a piece of \$hit without even knowing you, because youre not pretty or overweight or look funny. Don't allow the men in your life to decide for you what to do with you if they are not willing to love you.

The Last Thing on my Mind ...

1/6/2020

The furthest thing from my mind is committing suicide, Im beyond those periods in life, usually caused conditions, circumstances that are outside of your control, combined with being bipolar, drinking or relapsing on drugs or alcohol and a breakup is usually the cause of not feeling well, if you can establish those periods of not being well with a physician and talk through those feelings, you recognize those symptoms before they worsen and learn to call the police on your own, and not enable voices to lead you astray in life or to convince you you are something you are not. It just so happens that everything past works in that way, so as not to be blamed should you commit suicide, defensive to their own best interests put you down in your face and behind your back, that's because they think less of you and don't respect you. Who treats someone who has been an advocate the majority of their professional career as someone who doesn't care. Its impossible to get jobs if you are not well, and if for the wrong reasons are "helping people" rarely does that ever make you look good to the extent that it can undo any wrongs on your part, if you drink or do drugs you are in the wrong and upon being in the wrong are not able to function nor provide services to those in need, let alone be hired and able to work professionally in those fields. I know this as having gotten a job at Boulder DA and not being able to complete the training because of cocaine addiction had to leave the program, that was after explaining why I was unfit for the position. All of a sudden you meet new people in life, and because I ran an flyer campaign down sunset boulevard, that was not successful in preventing gun violence, that I am in the wrong. The police saw me taping flyers and at no point in time told me not to, they smiled at me, it was okay'd by them. Then do nothing, but don't blame me for caring or talk about me as though my life is a waste or that Im purposefully wasting time in life, Ive done my very best to be apart of, never rebellious, always taking meds as directed, its when I try too hard in life that I get put down as needy or rejected in life, and that's not my fault, because of the way I look, overweight, or not pretty, successful, with a job or a husband, treated as a lesser species of human or woman in life, as though Im a reject, because I am not young or vulnerable to the interests of others, and have my mind made up in life about who I believe in and what causes I have chosen to support, that's really none of anyone business, what keeps me staying well, or by whos advances or cares for me, make me feel apart of, to shun me, as though I am a lesser member of society because I have been sued or because I had three drinks and drove home from Hollywood, makes me not want to live life, I have suffered enough, put on anti-psychotics for 7 years, because I was cutting my wrists and slamming my head into the wall suicidal hearing voices, I don't deserve to live a life in isolation, or talked down to like I need therapy, or need a support group, for what? What do I need support for, I need a job, I need to function in life, I need day meds and night meds, I need a place to call home, I need to be able to provide for myself, no one can offer anything to me, that I should not already be able to provide for myself, that includes my safety and belongingness needs, Im a law student, all I have to do is finish law school and get a job, that's not what politics are for, becoming popular for acceptances to live life free from harm, what a waste of time blogging was, building greater acceptances for me, or people with disabilities, or people who have cared when no one else did and did their best in spite of what has occurred, I think that was a natural position for me to take given my work experiences not a big deal, and not amplified to shed light on all controversies, as though everything is related, that's not how individuals function as connected always, nor do businesses function as connected to one another, that would be doing people a disservice in life, to not be afforded some type of agency, and sense of livelihood, out of harms way, that wasn't the point, to make everyone care, and that because people care got sick or suicidal, don't blame me as though those were the reasons for my suicide attempt 2009, as someone who knowingly engaged in advocacy, unfit, or unfit because of factors outside of me causing me to think poorly, try to many years later make others see similarly to me during a period when I was not well. Why recreate my 2009, obviously I was drinking and not well, going through a separation, that's not my fault. Sometimes you are good enough and sometimes you are not considered smart or pretty enough for marriage, that's not my fault, I have always done my best to be presentable, word count issues aside, you have to have some sort of foundation for reference from which you decide to speak, that's how you pave a way for general acceptances of you to continue speaking in public, if for the wrong reasons, no one wants to hear what you have to say if they think you are blogging for yourself, or have an agenda that interferes with anyone else bests interests in life, Im not competitive, and believe that the world is full of resources, and that we are not limited, at any point in our lives, unless we limit ourselves by choices, lose privileges in life. That's a different situation. Earning back rights in life. I think that public speaking is always for the best interests of everyone as a whole, and not necessarily the best platform from which to take a personal stance in life, as toward others present or past, that does not good moving forward and only sets you back in life, to rehash the past to explain your condition now. You are always where you are at, by where you so choose to be emotionally and mentally, that's in no one elses control but your own, you may hear voices, but that's pretty much a product of something you have done wrong, thinking you deserve to be tortured or hacked, heckled, rejected, mistreated, bullied, made fun of, disrespected to your face, or behind your back. That I can't control, and the longer you allow it the longer it continues, and as soon as you bring it up, the worse it gets and the

more real it becomes, a justifiable way to behave toward you in the negative. Some people just don't know how to be accepting of people, they see oh she thinks shes famous because she grew up around OJ, she hasn't struggled in life, she doesn't deserve to finish law school, what does she want to be married for shes overweight, of course no one will marry her because she didn't finish law school and can barely represent herself. #stophate #stopsuicide
Being Experimental ...

1/5/2020

If you are being experimental when it comes to love, just like therapy that's just something you don't share out loud, nothing exciting to be proud of, unless you have overcome some struggle in life, worth worrying about, its probably best not to add in addition to your struggles the lives of others, and leave them up for negative interpretation too. Its an odd disposition to take on in life, under suit, some more or less accepting of you afterwards, even worse, harder to get a job, and have to explain what happened, how you got sick, and why you got sued, if they haven't already made up their minds about you, overlooking your work online, as sufficient to be called a professional writer, or just someone whos energy is off putting and worth rejections in life. Blogging is about livelihood, it's a chosen profession some take on, not intended to be a speaking platform, if so that would be time consuming, to be pressured and put in the wrong positions in life, and forced to correct viewpoints toward, that wouldn't be free thinking. Its when things are not easy to digest, how others have coped in the past, are the actions for which they are judged and punished for, whether deemed helpful, successfully managing the emotions of those around them in regards to violence, and how one has coped, been able to overcome illness, bipolar, self-harm, and suicide, Im not a doctor so I cannot explain how that happned to me, but never stop believing in yourself, once your on meds, youre on meds for life. Theres no turning back, with the diagnosis I have, I am required to take meds to stay balanced so that I do not commit suicide. That's not really a threat to anyone else's livelihood, as it is my life I have to live, irrespective of how others live their life, regardless of what they think of me, I am required to also stay positive, you cant really play victim, with a record, you have to then at that point accept what you have done wrong in life while drinking or doing drugs and for those short periods of time, while incoherent, decisions you made, that set you back in life, and take responsibility for the people you brought into your life, that was your choice, not your fault if you are not able to play hard party hard and work hard all at the same time, we are not all functioning addicts and alcoholics, some people were just not meant for substance abuses in life, affecting their better decision making skills, especially if youre someone who has to try really hard in life to be smart and stay smart and achieve in life, sensitive, why desensitize yourself, or sound worse off than you are simply because of low self-esteem due to poor decision making in life. That's your history, live with it, its not necessary that you share out loud, every single stupid mistake you've made in life, and allow others to play God, furthering your chances from getting a job, and furthering your chances of reintegration into society and live a normal life. I don't think anyone expects a Cinderella story, happiness, marriage, and kids from me, I do think they expect the worst of me, suicide, but that doesn't mean I cant; work simply because others have chosen to convince themselves that my campaigning was in error, caring was obnoxious, or systems for advocacy suggested not helpful or in need of improvement, less is more. It just so happens that unless you have achieved a better place in life, can you share from those places in life, some opinions are not worth hearing, if your sharing from a down position in life, that's just as a writer something Ive noticed, being positive is important, but also your standpoint, and outlook, is affected by how youre feeling, so if youre trying to help people who don't feel well or think poorly of you or others, you being negative too definitely wont help nor represent your strategy for being helpful in a positive light, some wish to fly under the radar in life, and allow things to happen and to fix themselves on their own as the problems arise, I don't think now looking back that overall change was necessary or for all to care to help make a difference, maybe we were better off with only those affected being people directly involved, it seems that everyones happiness and hyper and productivity gets affected somewhat now, whenever something negative happens in the news, then blames others as being insufficient, in handling the problems faced by everyone, I think everyone is doing their best for the most part. You can only help in ways that your good at in life, you cant just switch professions and get good at something, and then try to influence change in that way, that's a longer process of making change happen when as inexperienced you try to help, sometimes that type of input is not helpful, its okay to be interested in subjects, but not be consumed by them, there is life after setback, and happiness after punishment, just don't expect everyone to feel the same toward you. No matter where you are in life, you cannot go backwards for acceptances in life, or for love, once people are done with you theyre done, focused on themselves, that's your lost opportunity, you get one chance at friendships in life, by momentum, when you get sick that means space, that's the hard part staying well, to make catch up calls with friends. Im doing

my best to be patient, almost at well, working again, finishing my dissertation, doing a lot of reflecting, for the most part don't feel like writing, but its important to keep improving, especially if I want to publish a book, practice everyday sharing my thoughts and stay well.

Not My Intent ...

1/5/2020

Whats exciting to me may not be exciting to you. Different things bring people joy in life, new relationships, new friendships, new jobs, new connections, offers, no matter where you are in life, you are always expected to negotiate well your position in life, and that's what communication in private is for, if you have to go the extra mile to generate additional acceptances for you and trust, to give others an opportunity to know you personally, and see your face daily, then its okay to share your life in private with someone you trust. That's without expectation for reward, employment, or future romantic endeavors, but its okay to dream and test the waters, to see whether it would be a healthy match in life work wise, or friendship wise, whether one withers or fades in the presence of another, is a tell tale sign whether discomforts are in the works, brought to fruition upon a seeing of the person to whom has caused them harm in life if any way. That's not for the reasons I mention *Ari Emanuel* on my blog, its not an obsession, he was just pointed out by my Father, so noticed him at a Laker Game, and he seemed like he wasn't doing well, so I decided to message him, and after messaging in November, jobs were posted online which I applied for, Im not sure whether messaging has impacted their decision of whether or not to hire or interview me, Im sure many have applied, and not sure by comparison, where I stand in regards to the other applicants for the positions being offered. I think it would be great to be apart of a growing company, and with my new Finance Law background a great fit for the position. I think its only natural to like someone or to admire someone that you work for, you just don't share those sentiments out loud, or share compromising photos of yourself, with them to see if they are willing to like you in that way, or are attracted to you similarly. That's not professional, that's following your heart, not thinking with your head, its okay to be loving, but you show that love through your work ethic, not by looking easy or cheap online, if they can do better they will do better, and you'll just wind up feeling stupid because you wanted a "like" when you should've been going for the job, and have taken a more reserved approach to building positive rapport with someone you admire, who may or may not have been willing to take you on board, do your best not to create unnecessary instability by talking to much about yourself, that's the quickest way to wind up uncomfortable in any professional setting, is not for therapeutic purposes or for giving or receiving love, that you find outside of work, why I chose to date Dejan, then look for jobs, so I wouldn't appear needy and fall in love at work. You have to be of high social standing in life to date anyone successful, and you have to be successful on your own in order to date men with careers who like nice things and have good lives, this Ive learned the hard way.

Romance and Pride ...

1/5/2020

It's true that you can't have it all unless you are first happy with yourself. Why is self-love so important? Before you stop to worry what others think, or how they will respond to you, first be certain that you are everything worth knowing and loving. That means to appreciate and value, where you come from, no matter who identifies you as something less than you are. To be treated with pride, and to be considered of value, one must have pride in themselves, its that confidence in life that gets you places, no necessarily a product of where you come from always. Eventually you have to make it in the world on your own, in your younger years, and childhood, you are but a product of your exposures in life, the successes of those around you influencing your outlooks in life, and its that safety network provided to you by the parents of your friends, that you grow up in, and first learn about how the world works. Where do you fit in? Nothing gets handed to you in life, especially via social status and companionship. We are all respected differently based upon who we meet in life, and respected based upon our education in life, where we went to school, and by who we know, or how wealthy we are. No one really stops to roll out the red carpet for anyone who is deemed below them in life, favors tend only to be handed upward to who can provide back via payment or known association to. Friends are one thing, dating is another, its about who's representing who, and when that doesn't matter, does each represent the other in a positive way, and does ones status weigh more favorably and uplift the status of others, fairly, that would be one consequence of not making it in life, to be questioned based upon, what you can provide, not burden someone new in your life, with your past, or be

seen as someone who is successful only by benefiting from others, not on ones own merits successful. "Date someone who is proud to be your boyfriend." [1] In order to date you have to have something going for you in life, if you want someone else to see a future in you, you have to have some stability in your life, that's not an obvious factor, when it comes to love, its just a good sign that things are going to work out, when one another can visualize for themselves a shared life, without any foreseeable complications along the way. That's having potential. When someone has potential, that means their value as a person, outweighs anything said about them in the negative, regardless of their social standing, beauty, or past etiquette online, or friends past, not judged based upon who has come and gone from their life, post failure, but who is in their life now and willing to be apart of their lives, as they are now. That's what makes someone still attractive in spite of what others think. However, there is only so much love that can be shared, before outside factors begin to take their toll on any given union, not all unions will prosper or be considered "E pluribus unum." [2] It has been thought that "When each person loves the other as much as himself, it makes one out of many (unus fiat ex pluribus), as Pythagoras wishes things to be in friendship." [3] Its hard to be loved when one does not love themselves because another has rejected them, you really have to rise above hate in life, if you want to experience happiness and success, it doesn't come easily to most, because I grew up well taken care of, privileged, its expected that I be able to provide for myself and others, however with disability, I don't think that I was treated fairly when being too hard on myself. If acceptance is the issue, then it must be that a bond is lacking from your relationships in life, if youre not the one for them, then its okay to move on, that's acceptable. Wealth discrimination is an issue when it comes to jobs, Ive been applying to law firms since 2008, unless you speak Spanish and have 5 years experience, its hard to find a job in LA. Most of the jobs I have been selected for have been Externships, Internships, and Law Clerk positions, working under the direction of Attorney's as an ABA Certified Paralegal. Because I was not able to get a job, I could not date, and because I could not date I was not married, and because Im not married I do not have kids, because I was not given an opportunity to work when I was well before I hospitalized 7 times AFTER law school. In failure, wellness becomes a serious issue, when it comes to hireability, dateability, that's because if you've given up in life, its hard for others to believe in you, and to see your potential given your mistakes in life, and offer you an opportunity in life to better yourself, which is why I created a job for myself online as a writer and blogger, because it is very difficult to get a job in Los Angeles. From my perspective its better to keep building a career for myself, somewhere, anywhere, than to stop working all together, and although its not something I brag about on Linkedin or on my Resume, its becoming more and more presentable as the years have passed, and worth mentioning I blog. Ive written everyday online since 2013, you don't always have good days, and in my early years, I would often share my mental health issues outloud, or seem codey and creative with my content displays, often times sharing too much from my life, or being too opinionated about the times, and what needs to be done, or what could be done, only in your free time, do you have the time sit down and analyze life, that's one of my strengths, analysis, as a law student, that's what the essay portion of your exams is about, I used to get As on Essays in Law School started out 3rd in my Class, before I started dating. Not everyone can balance everything.

References:

[1] <https://thoughtcatalog.com/holly-riordan/2017/05/date-someone-who-is-proud-to-be-your-boyfriend/>

[2] https://en.wikipedia.org/wiki/E_pluribus_unum

[3] Id at 2.

Whatever Happened to the Days ...

1/3/2020

Whatever happened to the days when you could speak freely your mind without worry for others being condescending toward you for sharing your thoughts out loud, it seems everyone gets sized up these days, everyone thinking they are bigger than they are, or smarter than everyone else, whos viewpoint is best, we all lead different lives, therefore everyones perspective is of value, if we all thought alike then life would be boring, it's the fact that we see differently and think differently that enables society to blossom and thrive, theres work that gets done everyday, miles to climb, and goals to achieve, if we had nothing better to strive for, with a little healthy competition, that makes sense to compare, ones sense of self to the sense of being that others has managed to

achieve online, theyre just displays, in reality, everyone must do their best to play their part, it doesn't come any easier, depending on what meds you take, as though those on adderrall have a easier time achieving than those without meds, or people with ambien able to sleep through anything, no one is invincible we are all human, its those who don't know when to stop that cause the most trouble, not stopping until their point is made, and not stopping until some unidentified end point is achieved, not all will be in agreement with the drives of one another, some want money, some want stability, some want friendship, some want romance, whatever youre living for in life, or whether living for others, a caretaker, those are your drives in life, whether regarded as selfish or not, for your lack of wellness, its not a choice to suffer or to become sick, and one should not be judged by their mental health issues, regarded as mentally ill, and treated as some kind of reject to society, of lower standing simply because they have had troubles in the past, no comparisons exonerate anyone as being of less a big deal, once punished, that person suffers indefinitely choosing to either live life or to die suffering, and enable others to build excuses for why someone has died, no one will keep you alive in life, I realized that, doctors help, but its your job to stay alive and to work and provide for yourself, desperation is not living as a matter of survival over resources, the world is full of resources, and people to friend and date, no one should ever feel as though life is short in the amount of choices we have to thrive, only short in the amount of years we have to correct or to live the life we want to live, able to earn a paycheck and get a job, at 30 you become desperate, its time to work, and if you cant work, stay home and keep busy, some on meds, die, that's a choice they make, to not be compliant and to continue to drink and do drugs, and not survive, that's because society has rejected them, and that has become their way of life, living below the radar, not in public light, there are many benefits to living a public life, it really forces you to step up to plate, and do your best, if no one was watching I wonder where I would be probably still lost, dead, suicidal, in a hospital, or in a home, or some kind of rehab facility, asleep all day, waking up only for meals, I don't deserve to live a life like that, I've been there Im trying to have a normal life, as best I can, that's not rising above for the sake of proving anyone wrong or making anyone look bad, or placing blames, or accepting blames for losses there was war, people get sick, its time to let go, of the need to control and shelter everyone, no one ever said the world is coming to an end, and if you follow a mayan calendar well that's your opinion, no matter how difficult life gets, life goes on with or without you, with or without your thoughts input, or contributions to the world, not that youre nothing or your life is meaningless, but the whole is greater than the sum of its parts, and no one part or loss, or person, is strong enough to take an entire group of peoples perspective down in life, or make anyone sicker than they are on their own, that's not how a disease of the mind occurs, whats intrinsic is your ability to stay well, and continue to make good decisions in life, based upon your education understand concepts of whats real or not real, whats a bad day, whats a good day, when things are off, your instincts guide you but you cannot always be protected from harm, there are ways to avoid getting hurt in life, but part of life is being exposed, and being resilient, that is being able to think for oneself regardless what anyone thinks, why they tell you not to worry what other people think, be responsible for your own thoughts in life and stay positive. I had a normal life, what is suicide anyways? Its not worth talking about because people just think youre selfish, no one really cares how much you've struggled in life, they just convince themselves you deserve it, and if you continue to allow those beliefs to continue, a disbelief in you, then you eventually become something you are not, worse off, that is giving in to sin, drinking, doing drugs, and becoming an incoherent mess, disorganized by the negative sentiments of others as expressed toward you, end your life, never contemplate ending your life, in response to anothers hate toward you, lawsuit or not. That would be a choice to die and commit suicide, that because I was sued cannot now get a job, and struggle with even worse mental health issues, was better off thin, running, and drinking, living alone, I already have disability, I was doing fine on my own, its when living life is hard you know that you have a problem, you shouldn't have to think about it, wake up get dressed, do work, read a book, keep busy, get a job, why let anyone convince you to die by suing you and taking all your privileges in life away from you, and turn everyone new against you in life, seeing you as less than, because you have a record, that's when you question for what purposes am I living life, grew up privileged, no Im not rich, and no Im not like anyone who is famous who has gone to jail, they had careers and paychecks, Ive not been paid yet or able to provide for myself, Ive been in school, I haven't had time to experience life yet, be social, attend events, I took a break from everything to focus on law school, and all of a sudden because I made a hashtag, theres something wrong with me. Theres nothing wrong with me. ***On a positive note: will work for Mom & Dad, Monday.*** Life goes on, and its especially important not to end life before you get better, once you get to better, you'll realize how special life really is, even if youre feeling like \$hit, or someone is making you feel like \$hit, or look guilty or grose, don't commit suicide because youre not rich or pretty, that would be a waste of time, why I went to law school. You were born to live life so do your best, 2012 while undergoing TMS treatment for depression following rehab 2011, it was hard to function, and when youre not high functioning its even harder to care for you or to be loved, live life anyways, I took meds for 7 years as prescribed, even got risperidone and abilify shots, all I did was sleep, thats no way to live life, I deserve to

be awake, work, and live a normal life, Im not the problem, Ive harmed no one, I mind my own business, and I keep to myself.

The Same Handicaps ...

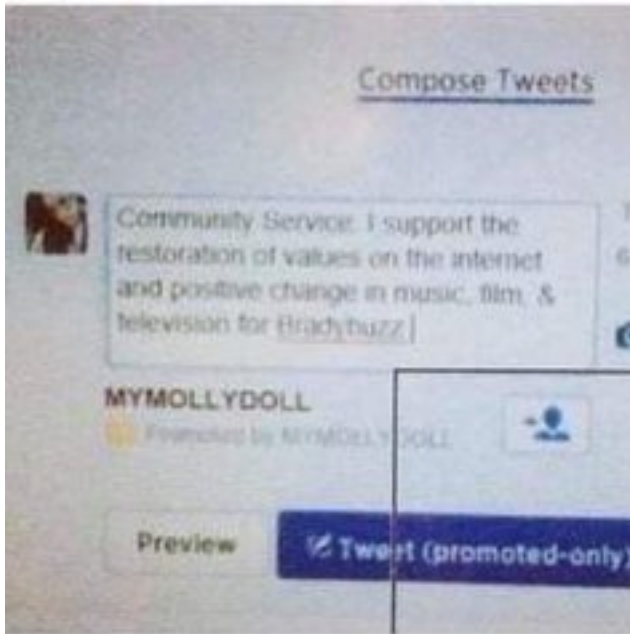
1/31/2020

Everyone is under the same handicaps in life when it comes to public speaking, why some do not get too far when insensitive toward others is that I put myself down, never making anyone look bad to look better than, and only voice an opinion if I think its having to do with me, by their opinions, where they are coming from, and whats what about. Its one thing where one benefits from having been exposed to someone who declares exposure to a person, as not helpful toward their personal outlooks in life, or understandings. That's what I was trying to get to the privilege of wellness and why, it used to be that way, that upon connecting we felt better, but when the tides of guilt are turning, would it be my hand to play, that wouldn't require one to change any outlooks or ideas, or thoughts about others, that's the issue. Like everyone who is not currently comfortable, and can feel that equally, whatever if being said toward me or about me, or thought of me in the negative has been said, they would rather have everyone consider me in the negative to ease their poor outlooks in life, and not allow me to see myself in the positive. This is a negative portrayal of me, seeking to affirm, and one is in reality who I really am, who is behind that ammunition to gather rounds to be used against me, with, no I do not have the power to change opinions of people who have been defamed, or charged with crimes, whether or not they have been cleared. In an experiment, it is okay to play with my image, as though Im able to correct those viewpoints toward me, I am not the same as someone else, I select who I surround myself with, to enable me to be a solid decision maker, and think right even when the odds are against me, that is what I put in life, and what it took to reverse those opinions of me, having been sued, its really no ones business, for what reasons I chose to sue, I started messaging in private, but I realize what was best was to speak in public, that's the safest bet, not write in private, and cause unnecessary tensions, me, and risk unnecessary tensions that result from everyone not hearing from you assuming the negative, until that's what becomes of you, threatened at home, to get your act together, that's really no ones business, what kind of stress Im under, of why when thin no one was around and worked from home, on my masters in law, I will be graduating in 28 days, and looking forward to finishing my LLM Masters in Law, that is something I do not currently have money for, but something I can do, and go into another school already willing to help me finish. What comes to success: (1) marriage (2) career (3) family. If you can manage all three congratulations, that's not what Im preaching about, all three things in life, have managed to stay happy, and out of the way of other peoples successes in life, not interfere with the happiness of others, a giver. As you can see I write for free online, unpaid, I don't have to write without pay, I can write books. -The point is not to get a corner, or worsen, its when things are not talked about and fly overhead, helps sometimes, sometimes not.

Losses and Emotions ...

1/31/2020

Theres always a whirlwind of emotions that passes through ones sense of self upon experiencing any type of loss, as affected, and depressed, messes in life, react and respond in the wake of the turmoil as felt by those directly involved, one can only imagine what people are thinking, whether or not as related, but felt relevant, not necessarily to the passing of Kobe Bryant. It would be my best advice to let go of the issues around you illness, but its better to state the issues, before they become pulled from you as of issue, that's just how I am. Better to be seen on Facebook, but apparently, I did not further my deductions as I thought unhelpful at the time a product of bipolar, sometimes what you think is a grand scheme of things, if it ends up not being important and just an opinion, than that's okay too, not everything you have to say sheds greater understanding among everyone. Sometimes, if its just about you, its just about you, and if its just your misunderstanding as to what you thinking things are about you, because you were about Brady, that's an okay paranoia to have, that someone who built a company, a perfect symbol of what is well or what is right, or what is to be imitated, but as someone who has experience assembling information and helps understandings is how I was trained, whether my skills have helped or hurt other peoples abilities to care or be cared for, that is the campaign or building of a website, its always been to redirect others to resources, how I was trained. The redirecting toward resources, I got sued, my original plan for my site got scrapped, and all the ideas that went with it, had to start fresh, that's common to lawsuits, and I have to create all new routes to success or all new routes to understandings, the basics, sued for, as not in alignment or in agreement with never my intent as I suffer from mental health issues, and would never put anothers health in jeopardy because my own health was suffering from others queries. -Why I connect and maintain memberships, no pun intended to the Movie: Catch me if You Can ... Ive always joined c



#bloggingca

The purpose for this co
everyone to a safe side
the event of an em
eachother #FEMA. T
Working on a book
through example of we
So if anyone turns the
guidance not people
empathize with the re

mymollydoll.

1 Marg ... [removed] (Posted: 01-19-20) ...

1/27/2020

Be careful what you are inferring upon others, especially a person who has been a victim of sex defamation and discrimination from b
 lives a 3.8, 3.2s, and a 3.0 current at my best, be careful the hand you hold if for only the intent to deceive as concerning my reputation
 preserve the innocence of someone who is well deserving always reporting and seeking treatment, then you are sorely mistaken for so
 minded. I am not retarded I have worked hard my whole life, and if I am mute its because I so choose to be. Tonights crowd sponsored
 and confident, not a worry in sight, solid auras and brimming with energy for a 2:30pm crowd, glad I returned to join them, after chuc
 not have 2 margs but only one and some chips and left a \$12 dollar tip. Do your best always regardless of who is trying to play with yo
 the purple headphones are not on Im not in the mood replies beatsbydre. And if I go backwards to march in superdry its not because I
 someone I met in my driveway was forced to masturbate on film for award, and now shows up to my AA meeting and does everything
 recovery hospitalized off all meds, and slept every single day and every single night in bed, except for smoke breaks, my only time arc

out cold asleep its not a fun experience and not something you talk about, being put on lock down and forced to take meds, or taken of wake up and attend group sessions, tired, rarely occurring. "Where did you get that" my sister enters the room to interrupt my focus, it hydroxyzine and 1 seroquel and 1 trazedone my night meds, don't let anyone in the street convince you you are someone worthless or theyre not attached to OJ and a laws student with TV Shows and movies making fun of their intelligence levels which others could lev with those viewpoints. Whos started that perspective anyways, I don't care if you think Clueless was a culprit we lost planes, over drea fractured my hand in a bathroom hitting my head, for what reasons are those types of pressure put on women who represent men in the infamy that's not our fault.

01-27-20: Now that I am learning VC, I am slowly understanding the tempo of the business side of things, when things are going well those nervous feelings, when deals are closing, that light airy feeling, like anything can happen. This you learn with experience, probab were things said, and interpretations made, vague enough to cause me to feel light headed, and not well, and not specific enough for m something to say just say it, I just started reading a book by Paul Kalanithi last night, who passed away, sad news, Im sorry to mention left unsaid. Re: #musicares #conspiracy.

Taking it One Day at a Time ...

1/27/2020

Im at a point in my life, where Im taking it one day at a time, learning from my mistakes, and staying focused so that I can realize my to backtrack, and think about the past, that really does no one any good moving forward unless done so in a therapeutic setting, or with twice a week, and will be seeing a new psychiatrist today, and probably go back on Abilify, I tried to stop on my own, but had another and although I made two new friends will not continue down that road, going out alone to make friends, its just not worth it. I have my being social, that don't put myself at risk of harm, health wise, drinking. That is the solution, blogging. Life is much too short to be ex life to live, is similar to the popular saying "there is no room for error." Probably why I say that. My Mom always tells me that, I have and to help me to focus on getting a job. I interview February 3rd at a job agency in Century City, Im really excited for the new opport stay grounded. Meanwhile, will be working on editing my first book, just got edits back from Amazon Book Writing Inc, hope to publ looking better, my face was bruised, self-harm when it occurs, is mostly due to voices, I have a delusion that Im in some sort of a think sharing ideas, back with me, about life, voices that are very critical of me, when Im not doing well, is usually when I hear them. Its so to minimize the potential for hearing voices, its when your going in life, that voices don't bother you, its when youre not going in life, Why its so important to work, and to stay goal oriented and to have things going for you in life, so that you don't go into psychosis, he are thinking about you. That's no way to live life in worry, paranoid, about the past, or fearful for your future. Its not necessary that lif long, enjoy them, don't speed up life, living a fast life, simply because you want to have fun, pace yourself. And as always here for yo else's perspective, take care.

In Remembrance ... #kobebrvant ...

1/26/2020

You don't really realize just how short life is until a life is lost, or cut short. If just makes you think about things, how hard you are try obstacles, one stayed centered throughout all the controversy beside him. I remember going to Laker Games with family back in 2008 free taco tickets. I was there for Robert Horry's magical three pointer and Derek Fisher's. You only get to live life once, always be gra memorable. Without whom, we would not have those shared moments of happiness in life. At my last job, at an insurance company he his desk. I thought that was controversial, I guess that's when forgiveness happens, don't wait until its too late, to appreciate someone that brought them down in life, we all make mistakes, its not always entirely our faults. With a record, I guess he would be the epitome succeeded, he played games and went to work anyways, even with everyone boo-ing at him, that takes guts. From my standpoint, as a his daughter, I can only imagine what kind of pressure that put him and his family under, I understand, what its like from the inside ou amount of negative press looming around you and negativity thrown toward you, lucky enough for him, he had so many fans and supp from the mental health issues that occur having been labeled as someone to be abhorred by society, or with a guilty verdict someone to down, he did neither. He was so talented, watching the news today, his journey to success, his upbringing, and his exposures, made him light. We are so grateful for people who despite the odds, prove us wrong, rather than right, and do their best to lay low, in spite of the of something, its sad that he was not able to make a full recovery, from living a private life, to living publicly again.

When Things Don't Line Up ...

1/25/2020

Don't put too much pressure on yourself, when things need to get done, stay goal oriented, set smaller goals for yourself, to accomplish get screamed at along the way, others putting pressure on you to get jobs, or to put your life together, but don't let that get the best of you to say. Always from a place of compassion accept the criticisms of others, especially when you are not doing well, don't take things too when "stress becomes chronic, it can be overwhelming — and harmful to both physical and emotional health." [1] Take a deep breath, without stressing out too much, and let the dust settle, if you have interviews lined up already, so be it, don't listen to whomever is breathing dissertation that needs to get done before you start working, then get that done, and out of the way. Usually right before you make a transition off center in life, because of other people's stress about you not doing as expected, you can only do your best, and considering you're doing your best that you can. Not everyone can work. There was a period when I was working and going to school, and loved to do both, for some time only. Its when I stopped excelling, that I stopped feeling good about myself, and those gaps in my resume, eventually took their toll on me going than to stop working, to rest, or to recover, from whatever was ailing me at the time. You can't control what meds you get put on or sedated, on put on anti-psychotics, which cause a severe loss of motivation in life. That's not my fault. It's a really frustrating experience with meds, simply because others aren't accepting of your late-night behavior, running or out at night, consider that unacceptable, and put yourself there's really nothing I can do about now, but stay positive. How many years were wasted on heavy meds. I think its important to be able to keep going in life awake.

Reference:

[1] <https://www.apa.org/helpcenter/work-stress>

Feeling Better ...

1/24/2020

Still a little under the weather, resting in a bed all day, working on my dissertation right now. When things get rough, think at what you can achieve that. When studying, I feel at my best, or running, I feel strong. Usually staying in bed all day is not the solution to your problems going in life, and work through those tired periods to get your energy back. It has been suggested that if you are constantly tired, to change replace sugar and refined carbs with whole foods that are rich in fiber, such as vegetables and legumes." [1] -Checked in with my Sponsor and not to drink, I don't think that helped at all, and only made things worse. If it took me this long to get well, sober, then drinking is how just when you think you are well, you think you can revert back to old behaviors, thinking that a different result will occur, as though the mental health issues you previously suffered from while drinking. Well I can tell you this much, you still get sick. Even after 2 or 3 years studying AA and the blue book, your way of thinking changes, and in that belief system, come to believe in a set of principles that sets you back been following to get well, only does you a disservice in life. -So what happened, I was talking about controversial topics, and sharing things familiar with, but have thought about, and in so doing, voices occurred, that happens when you have said something, and have not said it to you, and more cannot be provided from you. I think there is too high of expectation, as a writer, to always know everything, we don't know what we know, and what we think, but we don't always know best, and sometimes, its better to say nothing at all, why I took several breathers what I had to say, and decided to keep what I had to say private, that was just my choice. Sometimes, what you have to say is helpful, toward building a bigger better understanding, why private.

Reference:

[1] <https://www.healthline.com/nutrition/10-reasons-you-are-tired#section1>

Until It Happens ...

1/23/2020

Sometimes you don't know what to do until it happens. Do your best always to maintain a level head, so you are ready and prepared for misunderstandings, there will always be turmoil, its all a matter of staying balanced. There is always time to correct poor judgment, or take time, don't give up on yourself, and keep to a daily disciplined regimen that works for you. Recently I self-harmed and have a black took too much Vyvanse and was hearing voices, for the most part have been doing well, I was trying to quit pen paling with Ari Eman getting sick, its been helpful to have someone to talk to, not that Im in a mess and need help getting out, its just there's only so much that

staying sober, is my best to staying well, can order Diet Coke if Im out, next time. A lot of what brings you happiness in life is feeling momentum off of that feeling, of feeling good about oneself. Its usually by doing the right thing that we feel good about ourselves, and when we are doing well. I just started a new job, at a venture capital firm, training to be a founder. I also, made a new friend an Attorney nice to me, he also makes music on the side, friends with musicians. We seem to have a lot in common, fancy meeting him, of all people is going well, I got sick, I can't really explain mental health issues, but they are symptoms, you have to constantly manage, and when you can go backwards into a downward swing in life, and relive those moments, when you were at your worst. Over time things get better. I am applying for a 1pm for a Research Position, they will study me for \$15/hr, given that I have bipolar have been on meds for years a patient.

Finding Your Sense of Peace ...

1/21/2020

Peace occurs in many ways: (1) love (2) friendship (3) understanding (4) compassion (5) argument (6) opinion (7) historical referencing. To most, in fact many unhappy in their lives, find it difficult to care when their needs must be met first, safety needs, security needs, peace to go out on limbs in life, to serve a greater good, or a larger purpose, separate from the daily commitments and disciplined practices, to a less structured arena, in which to lead, follow, be influenced by, comprehend, understand, and be first to see bigger pictures, or settle up. That's your choice who you who choose to respect, admire, look up to, listen to, be influenced by, imitate, think of, worry about, usually know, or wish to know more about, that attraction to that person, breeds an opening for a new perspective or way of thinking about life. To get away a present fear as alone, and once connected see better, that's generally the main goal of socialization, to feel better, that doesn't mean not always the case, usually the most independent of others are the strongest, not always designated to positions of leadership, due to leadership nonetheless, looked upon, during times of needs, for best practices when it comes to interpretation of the wellness or others, as well as to surround yourself with that you connect to and based upon those connections feel, and depending upon how many connections you can make. The difference between those best one-on-one and those best in groups, theres a reason for that, energy, some fade, not able to keep up, and not hearing themselves, in groups, voices tend to occur, where there is disagreement, as to the trust and wellness of a person as influencer, or purposeful failures, to illustrate how if one self-sabotages they are not to be trusted as reliable, that's the basics of choosing your professional work in sync with one another, and not interfere with one another's best interests, health.

Personal Update ... (2)

1/21/2020

Not being talkative on purpose, only if Im in writing mode and have something important to say, usually thoughtful but apologize if you want to say Im the problem, but its important to mention, not intended to hurt anyones feelings, as being associated to me, now that I am too. Once you embarrass yourself, relapse, that you cannot afford, not even when well, you get sick again, this is my first experience sick, my character, when you are wrong nothing can be done to fix your wellness, only rest, and abstaining from drinking, if you are hard on yourself. I thought that I could do without the meds, realize to sound appropriate not come across as insensitive and be made fun of later for talking. I am not smart, or a product of uppers, and meds, not intelligence, just fast talking verbose. I think that for the most part, I was doing well, so I stabilize sometime after the 27th and resume the recovery process, not as offender but as well, and not relapse drink, that's the idea, staying sober, that's the point, it shows that you understand drinking and its consequences, and that because you did not behave well or humiliation, self-harm, talking about things like you know what youre talking about, sharing delusions as though they should matter to treatment, and then not being patient, or in a rush for responses, or for feedback as affirmation for wellness. You really have to be strong, chalant attitudes back, or the super friendly, and then cold, or laughing but not at you, but in a good way kind. Sometimes voices help me, self-harm upon hearing too many voices, usually testing things Ive written on me, checking for responses. ~Im sorry *Ari Emanuel*, love you. This point in my life helped me to sleep for 3 months.

Overcoming Feelings ...

1/20/2020

There will be moments when you lose motivation, don't feel good enough, and not sure of yourself and others, stay positive, my best advice is to stay in life, we all go through transitions, some more difficult than most. These are just feelings and feelings have never resulted in death as I have said about that comment, didn't agree with it immediately, but stood out to me, sometimes I wonder whether its coming from actual person or if I say things based upon a feeling, thinking that it will resonate with someone else they perceive to be going through or having an issue with. I am setting, focus your attentions inward, reading not what is expected of you to say, but as recollected be prepared, always having something to say.

some system of maintaining your sense of self, don't ever lose yourself in a group setting, writing to the expectations of others, speaking best, that's not to say that others too don't have high expectations of you, that I'm sure they do, what they value, in your writing, and what they never know, what it is people value in people, but it's some likeable quality or trait, that they are accepting of, their ability to be themselves is so important, and maintaining confidence in yourself is so important, when you are bad or doing something wrong, this affects your present yourself, and your level of comfort around others, that's on you to figure out for yourself, who you are, what your likes are, what is benefiting you thought wise, exposure wise, and limit yourself to that which makes you feel good, and certain about self and others, what will get you and that's okay. So long as you waste time in protest thinking about what others are thinking of saying you are wasting your focus on yourself. All time wasted sets you further back in life, that includes time frozen in worry, not breathing, and taking life with a prove or disprove the appropriate treatment of individuals myself included, but it was only happening to me, and that's because I was overwhelmed, to explain self, and having no one be in support of me, out alone, or drinking, or after having relapsed with friends, true points in your life, where you can choose to stand still or go downward, the best choice is to keep still. In stillness is how you diffuse ourselves we pile our plates too high trying to make up for lost time, we feel under pressure in life, the cost at performing well under dire circumstances genuineness in life, and try to control your output, or future, by telling you what to do, and in their power control what things look like to be prosecuted behind your back for things that are not your fault, but for things that have happened to you which contributed to choices.

Setting Yourself Back ...

1/19/2020

When it comes to reaching your goals in life, don't set yourself back doing what you know you shouldn't be doing. If you were advised it's as simple as that. Today I realize that I don't need to drink to have a good time or to make friends. I thought that I was missing out and made two new friends, but that's not always the best way to meet people while out drinking especially not alone, I'm not sure what I'm doing alone. Much of life requires us to be independent, but I don't think you need to be that independent in life to make things happen for yourself meet new people, not on a Tinder date, and not out at the bars, sometimes you have to live life. Do you feel bad that you drank, after having alcohol, but not on cocaine, and for the most part, have stayed clean and sober, since 2006, after attending outpatient rehab at Boulder had a 3.8 GPA in Sociology and a 3.6 GPA overall, which went down because I drank and did Cocaine. You live and you learn, but my close with, and still speak to one of them today, who recently got married and had a baby. She married Vlasic. Do you miss your friends keep in touch, but haven't had the courage, or felt well enough to call, I'm not sure why I've been so avoidant. Get to a stable point in life always make time for people that care, that's the bottom line, you'll never be quite perfect, but that doesn't mean stop living life all together life to get by sometimes. Do your best to be a good person, and if you relapse so be it, don't beat yourself over it, sometimes best people awhile, than stop all together, it takes a lot of strength to abstain from drinking all together, I'm not sure how popular AA is, or how many people follow my blog, probably were disappointed, I'm not a Sponsor yet, you need at least a year sobriety to be one, so don't think I'm sorry.

Opting Out of the Use of Humor ...

1/18/2020

As advised, humor is not used as a form of communication, as to issues thought of issue, or to highlight remaining issues that people have mostly in my head, to detail and report incidences of being around people, and to cater to unfavorable positions toward me is why I am may take awhile, Starbucks is included, welcome there, I think for the most part even if known, life's all about winning people over, and see if you are confused, or they are confused, as to your wellness, or think you're gone, and try to make you appear stupid by short hand though because you are a blogger, that's mostly paranoia. No I've not been served a check outside, only once and hit my head insulted, same bar I was followed out, after not being in the mood to talk, and negotiated with to hang out as friends, I was going through a break until I hit my head, accusing me of drinking to hook up or drinking and hooking up, I would sit alone at the bar with my headphones on stupid, then what was being put on paper sometimes mostly typing in my phone, maybe a few times started talking, there is a general problem and then in your last year you take courses that teach you how to present and speak, I was never given that opportunity to take the course occasionally raising my hand in class to share briefs, always detailed, and then eventually, with work did not have time to manage everything important to be taken seriously in life, but not that important, and it's not important to speak about important things to feel important, to value as a shared opinion in life. I'm not a journalist so very new to public speaking in a professional tone, used to only share bits and pieces if I thought of anything funny to say or a humorous way to present information share, that's by my memories and exposures, what is funny and then using those moments to characterize myself presently in a humorous fashion. The worst that could happen as a blogger is to be afterward and realize things in an order directed by what thoughts they sought to trigger in passing through your life, don't think too much unwise to think too much about any particular interactions, some stand out, but not make a big deal of anything, unless you make it so get well, worrying doesn't help enable others to achieve well as spoke about or overhead concerns about them directly or people around

none lie in anticipation of someone being the cause of another's lack of wellness, and to blame someone put on anti-psychotics as the cause of anti-psychotics as of today and going back to having energy and working again. I need to finish my dissertation and 1 hr a day of work at Starbucks or two, is not a normal full day, one should accomplish more than that to be tired, that's unusual to sleep as much as I do, and heavy meds, because its others, when I am well, complain to my doctors, that Im not well, because without a job, and trying to finish I do worthwhile good enough for, I enjoy writing that is my passion, the purpose of finishing school is that with a degree you can get a job. Lack of confidences have come from, why friendships have not resumed, that's really no ones business, what meds I was put on, and why I am smart well spoken, it seems these days that the better someone gets to know you, the less they respect you, as being open and courteous. I have been through a lot to give them the choice of whether or not to associate with you or be in your life, explain, that's just a disposition that is about yourself, and after suit, with a record, you are treated as less than, that's until you either stay normal, and if not only proving them right with information to give people a choice, not force anyone to thin or believe in me or anyone or think a certain way to feel normal themselves. Beer and ¾ a Stella. I talked to the police today, I call them all the time, its their choice what to do with me, if my social standing does not improve, that's not to make anyone look bad by looking good myself, Im not a vindictive person trying to appear better than others, Dont be a source of talk, be yourself.

Overcoming Mental Illness: Beauty ...

1/18/2020

At different points in your life different things will matter to you, sometimes you will be on point, looks wise and other times you'll wobble, so does not the degradation of your body and soul, as to the thoughts that encompass floating above you and through you as intentions and then theres face dysmorphia, whether you can recognize self, recognizable to others as normal, and whether the differences in your appearance perplexes them, what causes attraction and what the face looks like in judgment, or positivity. There is a such thing as taking things too far, not to be read, similarly, I do not read others, and wish not to be read. That's in looking at you, talking to you non-stop for reactions from that's called being overwhelmed, that has nothing to do with attractions or intimidations in life, but everything to do with who is being intimidated below, in charge of themselves, or trying to navigate or take charge of another's sense of self, be to dominating. Those are just personal experiences, intimidated by others, in order to feel accustomed, or normal around others, comfortable. You will always be judged by what you say, and in our discussions, sometimes we reflect and sometimes we are present, sometimes we think over what has passed recalling the past in the present where we are now can recall things in the negative if asked or called upon to speak to those facts in life, that's your choice what you write and what you say and what is important to you from memory is what is bothering you or has bothered you past to determine your disposition. What occurred, and whether and when as to what jokes toward you persisted, that is was considered positive conduct to treat you as lesser than. A positive look was achieved, to what extent are we pressured to appear well, and then beyond appearing well, able to maintain stability in life, sometimes its hard to sustain well, and get better beyond a simple well state of mind, functioning, overtime, as things become more complex and understanding how to be or how to look, then you can look the same no matter how difficult a day or how much you suffer in life, and necessary to be said out loud, every passing thought or deduction in life, as about others, and why paranoid, I think things are generally (1) feel alienated (2) talk to someone in power (3) try to fix yourself to be around others (4) face rejection upon needing others (5) share what is expected to prove (6) your paranoid thoughts caused XYZ deaths. No I was not famous at the time, no MLK speech was expected of me, high esteem as that of a leader to speak to the issues -as a student you are focused on yourself, upon leaving school you strengthen strength around you, if you are on your own independent you are not keeping up with whats going on outside of you, because you are working hard to give up on you, dont send yourself down in life, get suicidal.

Personal Update ...

1/16/2020

Taking a break from blogging to continue working on my Dissertation, see a new Therapist tomorrow, I have three new Doctors, that's for me in a way in which I was able to stay well, get well, and achieve in life, to my fullest potential. Gaining weight again, experiencing given mental illness, is not my fault, when someone hurts me, and then to discuss, only makes things worse. Dont attack me thinking that past hurt me and my future. #stophate

Impromptu Meetups at Starbucks ...

1/16/2020

Just left Starbucks after a run, ran intervals a 30 minute run became a 21 minute run! Wow, amazing off the Abilify I can move again, in fatigues entered through the back door, its always nice to see them around town, make the neighborhood feel like a bustling city, int professionals, we are so lucky to have them on board. Just made a joke to my now pen pal, that I could've kept talking and drinking w three dates, I met April 2019, to reunite, but instead, with a dead cell phone, gave my number, and waited for replies, one instantly as s for tutorials about their business, and in exchange submitted my resume for review, to be brought on board, the requirement is for me or will need to follow up with him, he's an Attorney from Argentina or Italia, I forget now, he had an accent, I was waiting for my cab similarly I was approached once my headphones came off, by another patron to the hotel I visited last night. Its one of my favorite plac celebrate, just when you've reached a stopping point of rest, do we have time to socialize sometimes, writing is a full time job, of read work, for future use, or editing already written work for publishing in a book form, it takes time, to figure out on ones own how to wri thoughts, or articles, with the sustenance of ideas coming from you, and as referenced to other sources for support. Hard to explain ab interesting positive note about self if you blog, to share if you do, doesn't seem to intimidate or turn off others. I met a lawyer, who wa blue, he was very sweet. Im assuming he did not already know me from online, hear my Monica Chanukah joke. Be careful when look hurting people who are already suffering and don't need to relive the trauma, of events causing them or other mental disturbance, not a world events, and still on par, basically we played during our off hours super social, and worked hard studied hard, and all played spor its when we are most busy, life gets the best of you, meaning not in the negative as is being assumed, lose track of time or fail to main correspondences, that's life, its not always coming at you, sometimes you have to go out there and live life for yourself.

Don't Lose Focus ...

1/16/2020

There are many distractions in life, that may take you off course in life, you have to give meaning and purpose to your life, in order to become in life, more well off, a better state of mind, or better overall wellness, you cannot comprehend the time that's been lost, while in life, and for historical purposes, does more harm than good moving forward, my apologies for addressing distractions in life, but the for the most part you are put in positions in life, left with few resources, and knowing you, who you go to talk to during times of need, there is any truth to the matter, that upon being distracted, if not in a positive way kept well informed, that your intuitions were not hel needed work in order to overcome growing pains associated to becoming accustomed to violence in our communities, jokes on import personal concerns are worth redressing. It usually just so happens that people who are well off, or in the limelight, doing well, focused who get hurt upon entrusting others with their livelihood, or best decision making skills, get thrown off course. Usually we blame the s distorted wellness in the community, and overall health an well being of what is thought of about others. I had two beers tonight. Ther mistaken between the two, there is not need to put someone in a state of fear, of what others think and waste their energy stores in life, them behind their backs. -This statement may not bring all a sense of peace, sometimes you have to bring yourselves to that point in ti directed by anyone, that's not my job, to please others, or to again, cite to any street references be made to look like I put others at risk alike or respond the same or think humorous, Im simply reporting what is going on around me, and by what I see think, there were poi so blatant and obvious, that there is no need for feeling insulted, that is beyond the point, and the point others are trying to make that b image, we would not have lost lives? That's not the reason for our loses, whenever anyone expresses concerns that's a service.

Dissertation Draft (will begin again tomorrow) by Leslie A. Fischman for Thomas Jefferson School of Law

1/15/2020



01-15-20__distributed__01-03-20_pdf__dissertation__tjst_v6__2nd_draft.pdf

Download File

The Sudden Demise of Confidence ...

1/15/2020

Im not sure how it is for men, as a woman I can only speak from my own shoes, that confidence is built upon doing what is right not w doing drugs, and not by sleeping around, dating monogamously, or hooking up with one person at a time, it's a very frustrating subject was worse than they were and treated like a drug addict simply because of who my friends were at the time, what their personal history though at odds with friends, learn to maintain the confidences of those who grow close to you, its not they who hurt you, but its in the shared, is an incomplete thought, or a rash decision, to plant a seed, to see where it drives your thought processes in life -as someone v logically for so long, before it begins to hurt, that's how you know you have been harmed, either someone has told you something "gr "traumatizing to them and to onlookers" and then recaptivating those feelings of fear within, by discussing again what went wrong, an for three years without meetings, self-harming sober, in bed by 5ppm, suffering, hearing voices, and everyone sharp with me, changing controlling, Im not sure what that is, it seems as those I appear feeble minded or not smart, that I am spoken to as though I am stupid. I were not there to understand why I was being bullied, it was not deserved, a simple miscommunication in how I appeared or was repre being close to me, but its in negative judgment of you, when you distance yourself from others, that you lose your confidences in life, more and more left out, until you feel empty, what then are you made out of when you feel dizzy on meds, trying to lose weight, and g applied to the US Navy 2009, don't treat me as though I was not serious when willing to die for my Country, and serve, that's how dec hurt anyone, now as broken and with a record, its easily identifiable that I am the weaker candidate, input, or personality, look, or pers matter how positive I am, these are things you just don't complain about, aging is a process, I believe that the body repairs itself and h me, and raise hopes, and then disappoint or make promises, or serve to die, that's not the solution, dying is not the solution. Ive called can do for me, my record gets expunged 2020, Im not out of control, I may have lost it a few times, talking to myself, but Im under a l myself, I have no trust account.

Components to a Healthy Campaign ...

1/15/2020

In order to run a successful campaign online and build a brand you have to first represent well what it is you seek to see in the world, t and based upon your long term potential will be deemed a desirable partnership in the future, just like marriage or any other business t and how you represent your cares in the world matters, and unless you seek to be a builder of change in the first place, don't go on cor are partaking at showing care for others during times of need, some are less obvious than most.

My chosen cares: (1) Politics (2) Academics (3) Spirituality (4) Womens Health (5) Mental Health (6) Blogging (7) Public Figurines (

Politics: I started watching CSPAN 2013, every morning and night, after leaving law school it was a way for me to keep busy and to s there was a Facebook passwords controversy, about whether your employers can ask employees for their Facebook passwords. I watch even flew to DC twice January 2013, and sat in court in session for 3.5 hours, to hear SCOTUS speak live! That was exciting. My first years, that was a treat. Of course while watching you become curious about Presidency and the road to Presidency, and how one filters eventually stands out. Two stood out to me Rand and Rubio, but apparently politics does not work that way, by speeches given on CS knowledge to run a Country, later working for a Real Estate Law Firm, Sports Law Firm, decided to Tweet, and met many people, eve in Westwood, I drank, once after having a Margherita in Westwood, I was found passed out in front of my apartment building, the nei remember was asking a guy standing by a car if he was an Uber and he said sure. I had a bruised knee and a busted chin, the lesson is after surviving an incident like that, and made to look worse, any later attachments with people made on the street only makes you loo men were running at me, across the street sprinted to the gas station and remember talking to them there, I still didn't have a ride home up in the next street walking up the hill. It doesn't matter how awake you are, you can still get hurt, another incident, while not intoxicated getting home, this was before Uber and Lyft, only cab stand was on Santa Monica Blvd, should've just walked and left.

Academics: As someone who graduated with departmental honors cum laude in Sociology, from University of Colorado, Boulder, it w one point in my Major, and a 3.6 overall GPA, that was before trying cocaine for the first time, and drinking upon turning 21. I was a s asking to see my paper and turning in the same exact paper as me, copied me, why he did that, who knows, thinking in a different sess as President of the Honor Society, and could've graduated early, had I not drank, and spent my last year retaking courses for course fo Fall 2007 to write my Thesis, that's were my passion for research and writing began. I was a crisis hotline counselor 2004, certified, an be able to do more to help victims of violence, studying for the LSAT beginning 2006 when I took my first LSAT in Denver Colorado outpatient Rehab at Boulder Community Hospital, and got clean and sober, should've focused on my studies, although making friends romantic life, and excel in school in order to get into graduate school, that lesson I learned the hard way.

Spirituality: I have been a very spiritual person for many years now, even attending a Shabbat service with my Father one Friday. The up, who counseled me while in the early stages of my recovery, was sent to Arizona and Klamath Falls once to stay with her, flown in get married not to sleep with too many men, and that if I continued to drink and do drugs would look like some of the patrons at the cl

teeth. That's not how I wanted to look, why I continue to stay sober, sometimes I wonder that others having known your story or read those times, as though you've not learned your lessons, the only times we get lost generally disoriented and circle back, is when we have gone wrong, if something has gone wrong, until we acknowledge for ourselves what we have done that was wrong, and even upon acknowledgment be treated any differently then, as though more was expected of you, what when I was 21? (2006)

Women's Health: In beginning my career being an advocate to primarily women, on the hotline, I was still in the process of learning about mental health. Mental health issues was not one that stood out to me, only a few calls were by women who could not stop talking beyond the 20 minute mark. What was troubling them, I always let them talk until they were ready to leave the conversation, rarely would I cut someone off, at the time I either didn't have the privacy or the time to listen, but most of the time, sober, I was always available to lend an ear, and listen, which was not for myself, as having gone out and drank, and dated, and men escorting me home, experienced a different phase of life, separated from friends. At later points in time, when I was trying to undo what went wrong past, and not make them look bad now, if I was able to drink alone, and not blame anyone's fault. I don't think that much benefit was given to me out drinking alone, for some reason an edge toward me was already there. I don't need for that type of energy toward me, I would have 2 drinks max always, maybe a shot, in control.

Mental Health: It wasn't until my own experiences with mental health issues, that it became of issue to me, and to others around me, that something happens, and then you change, and as a result of bipolar live life differently, not my fault. I was never a functioning addict. So to be treated as one, well, and purposefully threw away their career, is not the case, my options became limited as a result of not having excelled in law school, lack of confidence and poor self esteem, and because I looked that way, was treated that way.

Blogging: Blogging became a way for me to speak whereas in private spaces complained about, as being too personally affecting, in a public space without the same degree of intensity, I could not anticipate having not have told my story before, once you are able to tell your story, it is emotionally sound, not in the moment upset, or still rattled, wondering what people are thinking or even worse become defensive, relate to you like the wrong one. It's my body my choice, I think coupled with the opinions of others, things look worse than they were. And its often not with it nonetheless. In a harmonious world, things like #slutwalk would be empowering, but in today's world, you are responsible for your choices, you want to be blamed as having made choices to keep going in life, sacrificing your good health, get tested.

Public Figures: Why become a public figure, not to insult those existing, but in order to speak one must have some kind of a platform where I grew up that would not be an appropriate pair of shoes to put on, as spokesperson to or for on behalf of, better to situate myself to speak about my experiences, as unrelated to their own, and any false lights brought upon me along the way, correct moving forward as time, studying and working. They seem to send you off in life as worse off before it gets that's bad, don't allow people to make you no conversation to have, someone who was well, got sick, by who knows what, and now trying to get better. The more you can simplify the problems of others, not delve too deep into the issues, and take sides, or blow things out of proportion and create sides.

Newspapers: I don't have a fascination with newspapers (yes you do!) -My Dad loves the news, and reads the paper everyday, yes I am at home daily my whole life, and see them in passing, you should really read more. They're very comforting to have around, I'm sure I am reading the paper everyday, if you liked CSPAN you'll love us, there's no wait time, good point. I really like the pictures, I remember watching as many papers as possible, that's as much of a history buff as I am, CSPAN ran a show on a company that archives news clippings, and which was ruined, the photo of an offender from the CO Shooting was placed among, why did someone do that to my website? I saw an obsession with [criminals] or OJ someone famous for "crimes" and then through that obsession, learn or the derivatives of knowledge from a base knowledge. My parents paid \$30,000 a year for my college education, and \$3,000/course for my law school education, there is no one's story, as taking hold of my course in life, or my outlook, which is based upon my education see, outlook.

Fitness: How you look is important, I've always gone to the gym growing up, I was a club soccer player and worked out at the gym in high school from soccer, where when I was obese, I'm sure everyone had a field day, flaunting ugly photos of me around. I'm not sure what that was like later in life, there were nice photos of me taken, but all my photos and messages from friends are gone, lost in the move or thrown away. My school diploma was thrown away, and all my high school yearbooks gone, and photo albums. I got into running in college, listening to music on the indoor track in the snow, around the basketball courts, for 40 mins max, and was in the 140s never that thin, only in the 130s when I was in college. My friend had visited me and was worried about me. I was distraught after a breakup, made friends, and was told to try cocaine. I was addicted, I already was prescribed adderall so a high functioning person, didn't need a boost, I just turned 21, drinking and getting into trouble including out with friends.

Love: Love has been a big part of my journey, through losses, addiction, failures especially, I'm never alone and always have a boyfriend. I don't correct my image or fix my image, but I think that only made things look worse, and made me look like a Lesbian version of Jonah Hill. I don't think the rumor mill, takes things too far out of context, that's not self love, to pleasure oneself, that's out of the fact that one cannot expect some unforeseen embarrassment about them, that the one who loves them cannot explain to them, at what point does your life not become

seriously in life, but know your course, and allow others to treat you as they wish, we don't need red carpets in order to feel appreciated. People leave you alone and are happy for you, that is love, when people want to be around you, share time with you, and share idle time with you was amazing, but more recently, sitting outside staring up into the sky, and talking for an hour was really fun!

The bottom line is that you have to have some stencil of what you are about, and what you plan to deliver to your audience, and being a credible source for providing input or insight into that type of life, that journey, what it looks like, and how it feels, and how to grow that's the gift you have as someone who is well who had the privilege of being treated professionally most don't have access to medical therapy. It just looks bad, with a super long medical history, but I promise it looks worse than it was. However because it looked bad, when you should not let what others think affect you, and if people are thinking negatively of you or if there is negative energy out, no stay where you feel welcome, where you are not bothered, and where you fit in, stay in your age group. And if there is question as to your record is cleared (March 2020) keep applying for jobs, until you find one, and not be a burden to others.

Unhealthy Crushes ...

1/14/2020

How and when do they start? Usually when we are not happy with ourselves, do we see our everything in another, and through that vision make others feel uncomfortable. You have to learn how to play things by ear, and allow things to happen on their own good timing, not just when you think the timing is right. Give people an opportunity to accept you or reject you, not all wish to be romantically involved with others, especially not in a public light. Yes I do think I have grown an unhealthy attachment to Ari Emanuel, after talking to him on messenger, and dishing to him about life, my dreams, and where I would like to be in life, am starting to believe again in the possibilities for me in life, whether or not that includes him, I think that would be a stretch. Its not just anti-gun violence we have in common, I have long been an advocate and member of Brady as a blogger, and promote their work from time to time on my blogs, the progress they have made and if they've ever needed support, where to call in. I think its important to be apart of your community. So what is it that you guys have in common? A TV Show was made about him, and I think that a show was about me, that was later cancelled. That would have to mean that I was famous in law school and that it was publicly acceptable to make fun of me in public for being a law student, while my best friend's Dad was in jail. Being made fun of publicly is a very difficult position to overcome, especially when its not deserved, I had a perfect record, and was 3rd in my class doing well, who you are in private romantically is really none of anyones business how often you date, or whether you date at all, and especially not deserved if with a long term boyfriend. You may wonder, but never let that get the best of you. Once you enter the public sphere as where I am now, you have somewhat control over how your image or likeness gets used, and can control how you look and appear to others. That's one of the reasons I started blogging, call it a bipolar delusion, but its nothing I haven't talked to the courts about expressing my concerns to them. Youre either on board and apart of this country, and allow things to happen to your image without saying anything, and eventually once you put your foot down and start asking questions, that's when you become the problem. They seem to have a nack at situating people in that way, make everything about someone, or make everything about something, or make everything about themselves. If youre not included its probably better not to be mixed in with the rich and successful, image wise, as theres not comparison, especially if you have not achieved success on your own first be too concerned with how and why others behave the way they do, or what has been expressed by them, whether or not it be of or concerning you. Youre usually last to find out when something is about you, that's you cannot control, what you can control, is how your present yourself in spite of things being about you or not, and be welcomed to the world or not, as normal. So long as you do not complain too much or become inappropriately prosecutorial toward others, theres no reason why you should not be allowed to wonder. Ive never thought that anything was about me, only now, cautious about it. Its not until you become someone or something of value that you begin to be more cautious about how your intellectual property is managed, and what is being done with the intelligences you have provided to others, sometimes that is not in your control, what others do with your working knowledge on these subjects, or what windows open up to them knowledge wise, and doors shut for your opportunity wise later on in life.

Going with the Flow ...

1/14/2020

Sometimes things don't always work out in your favor, a joke, a comment, a thought, an idea, or any input you provide in shorthand, generally not sitting well with anyone who doesn't like you or who has grown accustomed to distrust you or to not empathize with you, seeing you as a weaker species of human as compared to them, I would tell them all people deserve compassion, and no matter how far people have fallen in life, and for whatever reasons they suffer no one deserves to die, not because of bullying and certainly not because of what other people think, be put in harms way, as labeled "mentally ill." I don't think that I deserve to have been labeled. I am educated, and only after having been labeled started hitting my head, for what reason my likes were removed from my website is besides the point, Im not a threat of harm to the wellness of others, it is others threatening my good health, and intruding upon my ability to stay well, violating my right to privacy. I live a very public life, and nowhere in private am I any different than I am in public, its only people needing to see more of, someone, or needing to know more about someone is why they are pried into, that information is between me and the police, who I frequently call, and not for dispute or the discretion of the general public to decipher as to the causes for my beliefs or interpretations, that's none of anyones business, how I survive, how I build trust, and how I managed to build a great foundation online of trust and stability in thought during tumultuous times, which has not been easy to do. Its not easy to gather a crowd, and its not easy to build a following, that keeps returning to continues to read daily, no matter what your days looks like, whether you are feeling strong and able, or experiencing disability and severe hardship in life, that's the type of continuity of care, I have been able to provide to my following, and likewise the compassion that they have been able to show for me, and unconditional rapport built online, can manifest itself into positives around us, throughout their lives, as they are able to help others struggling maintain positive thinking. Its not easy transitioning from school to work, or from alcoholism to sobriety, or from addiction to cessation, but overtime, over the years, you grow, and with that growth mature, sometimes there will be slip ups, we hope not, not everyone finds success in AA, I have not at most 6 month or a year. Just stay faithful to any set of principles, that bring you justice in life and keep you moving forward, and if that manifests itself in hatred toward me, so be it, if you think it justified to hate someone with mental health issues, as being the source of your own mental health issues, than you are sorely mistaken, as me in need of help, and in trying to get help, wrongfully accuse me of making any caretakers sick by my issues in life, than why worsen my set of conditions, already living separate, and force me to move home, to care for two cancer patients, with a record, and now a poor reputation, unable to get a job, how do you think I feel pressed for time, my Father has not been well, and my Mother has Cancer and need to work for her, I just wanted to finish law school and get a job, instead I got sued trying to build a blog. -Look forward to playing Studio City with my Dad! On a positive note.

The Eye of the Beholder ...

1/14/2020

Where does beauty lie? I used to think that we worked like candle sticks, lighting up. That if we are supposed to be good inside out, then what lights up when we light up, are our positive characteristics and traits that allow some of us to shine, and some of us to miss the mark, depending on where we are at mental health wise. I do think that mental health issues affect your overall beauty, some like to think that they can get away with anything, but eventually it all adds up, how you speak, how you behave, what your intake is, whether you drink or smoke, and how positively you speak of others, all of these things reflect in the positive or the negative upon you and determine the scales of your beauty. I've never been the prettiest, and have always struggled with my weight, soccer injuries, medications, hand injuries, you name it, there always seems to be something getting in the way of my health preventing me from maintaining a healthy weight, and going back to old habits and gaining the weight back. You really have to stay positive in spite of setbacks, and you certainly cant allow what others to think to interfere with your good health. It just so happens that Im dating someone from Croatia, a Biochemical Engineer with a PhD, who drives an M3 and a Porsche, my first fancy boyfriend, and Im overweight. Who would've thought that someone like him would like someone like me, or think that Im pretty. If so personality must be a big factor contributing to who is considered beautiful, not always the prettiest girls, get the most attentions in life, sometimes its is how well we carry ourselves, that we are able to climb into social circles in life and succeed, not just by who we know, but by how we are and how we make others feel around us, that's a gift in life, wellness, to make others feel good around you, is usually who we surround ourselves by. Never be too hard on yourself, I used to think that unless I was thin would I be able to date, and unless I was pretty would I be able to model, but boy have things changed, acceptance wise. Today even if youre plus size you can model, and even if youre not the prettiest you can date, look at me. I may not be the most put together blogger online with a fancy website, and model photos, but Im sure able to manage a monthly following of 8.3k viewers, and ranked 37, 818 in the US. That took a lot of hard work, bettering myself, until I became someone I was again proud of, I think that was the purpose for blogging, building a better me, not necessarily a bigger version of me online to present to the world. I suppose it happens through being an author you achieve fame, or through modeling professionally you become a recognized face, Im not yet at that point in my career, still writing and allowing my new audience to get to know me, as of this year grew. There were many people Im sure who knew me from high school, but that wasn't my target audience ever, rarely posting to Facebook links to my blog, in the beginning though they were there for me. It kind of gets to the point where you don't want to bother people, when you have something to say, or even share a photo, feel like youre

bothering people, its best always to leave things up to the choice and control of your audience how well they want to get to know you, and on what basis, personally or professionally, I try to provide a little bit of both. As my following has changed so have the voices, I get voices, and so have my selfies, my face has sharpened up, Im not sure whether that's the new makeup I have invested in, probably. And also thanks to messenger, Ive been able to take selfies Im proud of, with their filters, prior to which I just took photos on my phone or on my computer. It takes awhile to get to know yourself, and what makes one beautiful or stand out from the rest, unique, still working on it.

Without Meds ...

1/14/2020

Ive been without meds for 5 days now, I suppose it wouldn't hurt to write without medication, what could go wrong. I recently switched back to Adderrall and then relapsed on 5 beers at the bar, that was not my shining moment, and have since not been prescribed any day meds. Waiting to hear back from my previous doctor and made an appointment to see a new doctor. The reason for this change was that it cost \$250 every time I see my Psychiatrist, which my parents cannot afford -need to start working soon. Just doing my best to stay positive, have been in bed resting, but miss writing, and working on my dissertation. Ive gotten so used to functioning only on meds that I forget what its like to work without medication. I guess I'll be going back on Vyvanse and Abilify if Im lucky, I haven't been the most stable since switching meds. Usually when things start going haywire the police are first to know, I start to call them frequently for talk therapy, my current therapist is out sick for the moment. Just be patient, when switching doctors, and do your best not to end up like me, "left out in the cold when it comes to finding a new provider to meet your needs." [1] Note that "Mutual trust and respect are very important between a doctor and patient." [2] Its taken awhile to build trust with my doctors, especially to prescribe me any stimulants, given my history with addiction, it would be an unfortunate loss, to have to find a new doctor at this point, but I simply cannot afford to continue seeing my current Physician and the new doctor was only a DO and not equipped to manage my mental health issues, and could not prescribe me Abilify. Just laying low at the moment, thank you for your patience, look forward to my next post!

Reference:

[1] <https://www.verywellhealth.com/how-to-change-doctors-2615474>

[2] <https://www.verywellhealth.com/is-it-time-to-change-doctors-2615476>

When Everything Makes Sense ...

1/10/2020

There will hopefully come a time in your life when you wake up and everything makes sense, occurring while reading, and while writing from your own life, whats troubling you. Its when we are too hard on ourselves our outlooks change, and dispositions in life change, turning into the friend in need instead of the friend who advises, and turning into the person corrected instead of the one observing the behavior of others, how quickly that changes, when you do not stay on track. Lifes not just about luck, I love how they blame cancer diagnosis as "having bad luck" (sarcasm) to me that's not bad luck, that's illness, that's powerlessness, and that's suffering beyond your control, which is not always our fault. Boy has modern medicine changed, what used to be kept private, are now stories to be told, to empower, but there is a price to be paid, unless you can stay well does your story benefit others. We all struggle with mental health issues from time to time, but lets not overgeneralize things, as though we all suffer from the same ailments in life, and subject to dying just as others have due to drugs and alcohol, no one wants to be that person categorized as a risk to care for, on their way out, we all do our best to be successful, and whether or not we can weather these storms, that's not in our power always, to care or not to care, and sometimes in caring we get hurt, that's normal. What to do when things don't make sense, jenniferhadley.com suggests "... when confronted with challenging situations and circumstances that are non-sensical, we must turn to faith in Spirit and a willingness to KNOW that we are loved and being cared for, even when it doesn't feel like it." [1] To me this means doing ones best to stay well in spite of the sufferings of others, it would be wrong in those cases to further ones problems in life, or go backwards, and not move forwards, sometimes you are called upon in life to be a support system, especially if you are not one directly affected by the problems of others more able than most, and with that power, a gift is given to you to care, and to show that care in ways, that benefit both you and others. We can't always be that person, sometimes when directly affected, this inhibits our best decision making, working from feelings from within, rather than from feelings of compassion for others, thinking more about ourselves, our health, and in the defensive not helping to provide solution to the problems as faced by others, as the person who has

come out of illness, and able to share their journey and path to recovery and what has worked for them. Just stay steady. You are but one person in the grander scheme of things, unless you want to be a powerful influence in society, then that can only happen unless you are well, I know this given my standing as a public speaker, until able to communicate to the times in a way that's relevant, and doesn't just apply to me, or my own viewpoints, are others able to read and comprehend, without feeling the same or similar discomforts that I have achieved in life, trying to make my way in life. Building a website was my way of building a place, that I could go back to and perfect, similarly we work in that way, bettering ourselves everyday until presentable, there's really no excuse for what people think of you, if in the negative just ignore them and always do your best. They say that people's problems with you are a manifestation of their own lack of wellness, and if you so fail to provide a positive voice of reason to them during turmoil, then so be it, you are clearly then not a source of empowerment to them, but seen as someone who threatens their wellness, as someone who has bipolar, has overcome illness, and is now doing well and well liked. For what reasons am I well liked? I am (1) approachable (2) likeable (3) relatable (4) well kept (5) presentable (6) detail oriented (7) hardworking (8) never gives up (9) shares from where I am, not pretending to be something that I am not. You cannot lie about your condition, especially as a writer, everything shows, and gets read into, you can only improve, and as your condition improves, you will notice that your writing improves also, why I enjoy writing - Always do your best therefore not to be influenced by the lack of wellness of another lose faith in society as a whole, and do your job to continue to be a good critical thinker accepting and rejecting theories about life, based upon what works for you. No one's ideas in life can influence you in the negative health wise, bipolar is not contagious, mind you.

Reference:

[1] <https://jenniferhadley.com/2019/12/when-things-dont-make-sense/>

Don't Take Things Personally ...

1/9/2020

Sometimes people get so busy with their own lives, that they don't have time to stop and reply, in the grand scheme of things, you can only put yourself out there so many times, to make a good first impression, before you are responded to, sometimes we are ready to take on new opportunities in life, and sometimes, we have more room to grow before we are able to take on certain responsibilities in life. It's all a matter of experience, and time, continue to grow and mature and spread your wings, it never hurts to try, it's okay to send requests, inquiries, emails, and make those initial contacts, from a business perspective, when the time is right and you are doing well you will know it, partnerships will go through, applications accepted, and as your numbers go up, don't stop continuing to branch out, and connect with others, you never know who you'll meet along the way. It's when you have yet to blossom, that things don't happen for you in life, either you're not ready mentally, or others do not see you as fit yet to be a representative of their best interests, that's business, it's all about representation. Always do your best to be presentable, online and in real life. Don't exhaust your resources in life, you can always come back to things when you're ready, sometimes it's better to wait and be prepared, than to subject yourself to too many rejections early on, and fill your plate, before you yourself are ready to meet the challenges that await, if you are not yet able to perform, and keep up with a daily schedule, than applying for jobs, that would require you to meet the demands of the day, might seem like a far stretch, don't just apply to apply, apply when you're ready. Taking things personally, can be a sign of low self-esteem, as one blogger explains moneyhabitmuse.com, "Which means you always long for others' approvals of everything you do and say." [1] However, to be successful online blogging, you can't always wait for the perfect time to share, meaning you may not be exactly where you want to be in life, but that doesn't mean don't write, or that you don't have something valuable to say, or some valuable input or insight, that could be helpful to someone else, trying to get discovered or find themselves. I have been blogging for years, and just this year started earning 300-400 likes per post, have 7.6k monthly viewers on Pinterest, A Top 100 Personal Development Blogger on Feedspot, and Ranked 38,674 on Alexa, that's a big deal to me to be up 803k in traffic and 212,029 in the world, I'm not sure where I'm headed in life, that's the funny part, job wise and career wise, but I know that I love to write, want to continue working on my books, and graduate from law school. I think what makes me an attractive blogger is that I have been through a lot, and that in spite of my mental health issues, have battled through my worst days and come out normal. That's not to say, that I don't get sick every now and then, especially if I do not keep up with a schedule or stay task oriented and manage my symptoms, I can easily go haywire. I think at the time, more privacy has been helping, less daily tweeting, and longer posts regarding my thoughts. In addition, I have a pen pal I check in with daily, a therapist I see weekly, and a psychiatrist/general practitioner I see now monthly. I guess I'm pretty high maintenance. I used to be very independent, lived alone 2004-2017, a good student, and always had a job, but ever since I got bipolar, and my relationships have not been working out, I have gone in and out of depression, which is why I started blogging, decided to put my heart into something that won't leave me, something that can grow, and something I can get better at and that can stay with me, something to check on, something to keep track of, and something to build, why I blog.

Reference:

[1] <https://moneyhabitmuse.com/taking-things-personally-and-blogging/>

For the Most Part ...

1/8/2020

For the most part, I am doing better in life, when I try to be social, its mostly reading into things too much which has not happened for awhile, whereas the old me would assume is about me, and take offense, and leave space, Im sure that the issues faced by others, are about them especially if I do not know them, you can only take responsibility for so much, especially not the health of others who you are not close with, nor share any intimacies with, maybe its best to stay home, never try past the point of rejection to be friends with others, that's the main lesson, you only get one try at getting along with others, life is short, most do not have the patience to accept people into their lives who they do not trust as being sober or with enough time to be considered a worthwhile share or input, I got sober 2003, stopped smoking weed, and do not drink, I only drank alcohol 2006 and 2013, but Im not sure whether that's an important credential, or makes a difference what is wrong is wrong, it doesn't matter how much experience you have as being well, once you get sick, it's a matter of getting well and staying well, who thinks what should make no difference, always be compassionate and patient, if you think too much about what could happen in the negative, low and behold things will work out for you in that way, as a manifestation of how you feel about yourself and based upon what you assume others think of you, not perform to your best, Im not sure whether that's a believed karma deserved, or whether that's naturally occurring, whether there are people and characters who they wish to categorize you as, and situate you until broken to see how you respond for the better or for worse, I don't think its very nice to be made an experiment of, I would never do that to others, team up on one person as stupid. That's not a fair assessment, of my cares, or what work I have accomplished thus far in my career, sure I wish there were fewer incidences in which others are harmed, but it does not need to be mentioned to get others to stop eachother from harming one another, that's a social issues per state, not necessary to share social standings within a state, as cornerstones for issues to be read by the masses and make determinations from, as references when interpreting people within their states or around them, each state is different, the Country is a big place, and so is the World and life itself, not meant to be about people, a single persons story affecting the treatment of others, as though each builds from connections to, I think being unique is what makes people stand out, not what makes them like, and I think its by getting along well with others, that one feels complete, and its by working hard one achieves, and earns paychecks. These are all basic life skills to have, a desire to live on schedule, wake up work stay motivated, loss of motivation occurs when stopped in your tracks, called out on something past in error, or correcting you when no corrections need be made. I think its okay to have friends, unfortunately I think its better for me to not come out of this, and just work for the LAPD, and work on establishing more trust, and accountability before reintegrating and becoming a burden upon others, as though I still need fixing, I really need to be independent in order to feel safe, I don't need help from anyone, I keep to myself, look at the ground, a quiet person, there is a reason for that, because its upon acknowledgment or responding you get hurt, for me its better to not have any conversations with anyone, I was a very nice person as a result I look stupid, and because I drank and got mad at myself, and relapsed on cocaine got suicidal, that's not my fault, I was an excellent girlfriend and friend. Not anyones fault.

When Your Feelings Are Hurt ...

1/8/2020

When your feelings are hurt, its easy to misread things as about you, or contributing to sources of illness around you, pointing out whats going wrong is not the solution to bettering your perspective and the wellness of others around you, some things are better left unsaid. Not that these points are important points of discussion as it relates to the issues faced by others, its not always necessary to state, and as coming from you, be voiced, sometimes it is your place to lead discussions about, and sometimes its not your place given your standing appropriate, to provide a voice of reason, especially not in the defensive, that just opens another can of worms, in terms of the degree of sensitivity you are able to provide upon addressing subjects and then read into as whether having suffered or shown signs of remorse, as though you have been wrong or been wronged in the past, accusatory toward others, or pointing blames, as playing victim, based upon your current condition. Its not an easy subject, breakups, and its not an easy topic rejections, and theres no easy solution to understanding who how and why anyone to a transaction looks bad, or ends up worse off, and why as though thought deserved at the time, they were approached, and coerced into sharing intimate time with. Not all end up better off in life having known people, and some people wish they would have lived life without having ever known a person, that's the purpose for suit, to justify the silence and attribute it to something now identifiable defective in a person, labeling them an "unwanted connection." It just so happens

that in anticipation of your recovery, or road to wellness, as others watching or overlooking your progress, not knowing you as well, and based upon what they hear, and given your record, pre-determine whether you deserve to move forward in life, and establish new relationships or friendships, which is the phase I am in right now, and which will continue to be determined in February, upon graduating, while looking for job placement and acceptance. Im not sure, and just because I am talking about what I think is happening, doesn't mean that it is happening, and just because I feel like I look bad, doesn't mean that everyone thinks the same or are in discussions about me, as to what is defective or wrong with me, to justify additional hardships or suffering in life, as though to serve as retribution to those who have passed through my life, and been affected by having known me, as though my condition doesn't directly affect me already, and assuming they care or cared and as attached affected. Obviously if you have known someone, and been close to them, it hurts to see them not well, that's not my intent when not well to cause harm to anyone who cares about me, that's not in my control, the meds I get put on, and how intelligent or articulate I am able to be at that point in my life, and manage my thoughts and condition, you may never have the same life you once led as having been a private person, once you go public, and that's something you realize after you decide to participate online and write, its not of the same consequence to everyone, but if you are attached to someone like OJ, and grew up best friends with their Daughter, then yes, proving that you are the disappointment, relinquishes them from any blame upon further separation as having anything to do with your current suffering or suicide attempt previously. That's really no one else's business to further negative interpretations of me, as not meaning well, or not doing my best to warn or explain to others, that their actions or behaviors or words are hurting my feelings, people who hurt your feelings, generally are concerned with themselves, and probably now as learned do not intend to insult you or put you down as less than by being nicer to who you are with, as compared to how accepting they are upon talking to you individually. That's based upon knowing you, thinking or assuming that that is the cause for separations, or for you leaving relationships, and testing to see if something past, results in the same set of conditions again, presently, as dating someone, being ignored, and to see how you respond if another hits on someone you like, with you present, and upon viewing the mental health issues that arise, determine whether you are a threat to anyone's health, and whether expressed anger online was directed toward anyone specifically, I posted flyers everywhere, I am kind enough to inform people thinking they were my friends, as though they would care, and how Im feeling based upon interactions experienced, it was me that contracted carcinoma cancer and was dying on risperidone in bed all day sleeping, obviously with a cocaine relapse initiated by my then boyfriend, I became worse, and as worse, not seen as a victim, to being approached by strangers in the street, or found passed out in front of my building, after one margarita, with a busted chin, and bruised knee, a call made to my mom from my phone. (Theres something about her I dont like: Shes on meds, I dont drink, I have bipolar, I got suicidal by rumor that I am then suddenly sick everytime my numbers are up and my Facebook account accessed by many phones, drains me, why not to tell people if you have cancer as that just speeds up the process of illness kicking in, the goal is to live life, not put people on lists on whos going or staying, treat them differently or others as disappointment, the best way to keep people alive and well around you, is to stay well and be active and get jobs is what Ive learned not by hitting my head, when Im not living life in my room, nothing around me feels safe, and everything feels off, and the more easily I get put down in life as small or immature, or not confident, this year I worked on confidence, thats for work, not for purposes of intimidating others with my wellness, and then treated as though I show no remorse or not a victim, dont feel sorry for people who F up in life, thats the label that was put on me, so that even if I was raped or attacked in the street, no one will know, no one will care, and everyone will seem justified, and look victim to me as separate from me, whether it be a bar or an ex-boyfriend, thats their choice to not like you, and as said out loud only makes you look worse, or makes others feel better, thats not whats causing me suicide others who feel better at my expense or hardship thought deserved, people achieve wellness in different ways, the goal is to live, irrespective of what others think of me, and if they have a problem with me, they can take it to court I cant afford medical care or an attorney, to be honest I would rather write about something else, than one bad connection turning all connections bad in life, as addressing all in response to the consequences of one failed connection in life), I dont threaten others, Ive been hurt, why I look funny, and others have contributed to making me look funny, my head is small misshaped now, and body huge 190lbs, thats not my fault, face flat or shapely, if I get voices I call the police, its not necessary for me to go to AA meetings, Im not there for political purposes, or to feel apart of, I have a blog, a home, and can get a job on my own, its not necessary to go anywhere for help, as that just burdens others who dont feel compelled to care about anyone who has caused harm to themselves [removed - graphic story about self-harm, spoke to the police].

Quit Being Stubborn ...

1/8/2020

One of the first steps to overcoming any negative thinking is to quit being stubborn, that means stuck in a thought, a viewpoint, a perspective, a series of understandings, by bits of information, by who you know, or by what you think, remain the same, theres very little opportunity for growth when it comes to your outlook in life. A meeting of the minds occurs, where in the event there is a problem, one is able to assemble new thoughts in response to current turmoil, that either quells, justifies, or challenges the sides creating the voices that get relayed among us, its upon who you connect to in life, you hear opinions, never obsess over the negative

opinions of others, not always the best voices for insight when it comes to finding stability and achieving peace of mind during difficult times, or peaceful times that turn difficult by recalling recollecting or giving power to those opinions past held toward you or others. If you've done nothing wrong, don't waste time thinking about why people don't like you, recalling your whole life out loud, for everyone to pick apart to determine where there was a wrong and who was wronged, that just subjects you to harm, if you are already not liked by them, they will turn any moment of weakness past, and treat you as though you were (1) in need and (2) knowingly needing others took advantage of their wellness by (3) labeling you mentally ill and turning you into a parasite so that (4) you get rejected in any future relationships as being the one in need and the one to whom upon connecting with a harm results to ones reputation, that was the purpose for suit, to cause a separation between me and interfere with my ability to work and to provide for myself, that's not harassment, so explain to me why every relationship Ive ever had has not been initiated by me and been initiated by another, that's someone coming into my life and me allowing for that information from me to be processed to them, that's my choice, later rejections upon knowing someone, is a difference in opinion or based upon connections, seeing someone as below them, if one is on their own, theres no need to further ruin their opportunities for wellness in the future, if one is sick or on meds, and is doing their best, then one should not be treated as a loser, simply because of who they have been surrounded by or friends with if not of high social standing. When stubborn its easy to allow these sides to win, sides occurring in your mind, not existing, apparent to others, or in power, until you give a voice to what has caused you harm in life, and enable those reading to interpret for themselves what has happened, who has been affected, what went wrong, the extent to which a person was wronged, how one was punished, the purposes for punishment, and the goals achieved, to make someone look like an offender, and to continue to make everything look as though that is the case about a person, so that they continue to be treated as an offender or a reject, its my body my choice, and Ive been offended as a result of "how things look" as worse than what I was sued for, given STDs and put on many anti-psychotics, as though I am someone who should disappear or deserves to die, I care about myself, whether or not anyone else cares about me, its not my identity that is causing harm to the understanding of life or people or affecting their life expectancy, I do my best to live life and do everything I am told, and seek treatment when needed, if someone wants to talk to you talk to them, if someone doesn't want to talk to you then don't talk to them, never wonder why is the main lesson, you cannot convince someone you are a good person, if they think youre a criminal or someone who has been sued and labeled mentally ill, a threat to their wellness, eventually you have to stop convincing yourself of why people are hurting you, so that it does not continue, and get well, so long as you are well no one can hurt you, and especially not with 800k fans reading everyday, 2000+ people reading daily, and ranked 38,000s in the US, a top website in the Country and newsfeed, with 6.8k monthly viewers and growing in popularity. That's how important I am to me, how important I am to my family, and how embarrassing it is for those who did love or care for you, to see you look bad or proven wrong in life, its my vagina, its my health, and its my right to be heard, and its no ones business my hygiene or the number of people Ive hooked up with, when, and whether under the influence of substances. I'm allowed to date, that doesn't make me a slut, if given the silent treatment, don't defame me, simply because I do not obsess over whys or become upset, and move on in life, that's my right to not be bothered by others, don't later hurt me, so that I look bad cant move on in life, as though youre doing others a favor, as though Im going down anyways, Im a Law Student! (Re: My locked meeting, with a flyer on the door, me being hospitalized taken to the hospital twice police called someone filed a "missing persons report" pulled over and handcuffed in public, dated a sponsor who was younger than me, and a street by Staples Center called "Blaine" now, don't label me Kobe Bryant, because you think its funny to compare a girl to someone who was wealthy and successful, who was accused of rape, and similarly situate things to look like Im an unwanted connection in life, take it to court, stop defaming me, stop bullying me, stop making me look bad, and stop treating me poorly, its my choice to live, and my choice to die, its my choice to take meds, its my choice to go to the ER).

Losing Weight ...

1/8/2020

Im hoping this year to lose the weight and to keep the weight off, I once lost 50lbs running back in 2015, my goal was to be 30 and fit, but I still was not happy with myself and self-harming. Just because you lose weight does not mean that your mental health issues will go away, or that all your self-esteem issues will be solved, "the reality is, you're still you." [1] Weight loss is no doubt a process, you have to exercise daily and diet, and stick to it, the minute you stop, and go back to old routines, is how you gain the weight back. For awhile I would blame the medications which contributed to the weight gain and over-eating, but it all comes down to diet, you cannot be eating cookies and junk food and expect the have a flat stomach, and look fit, some of us just weren't born thin or with a fast metabolism. I have an athletic and voluptuous shaped body, so when I gain weight I feel really frumpy, its not a comfortable feeling, walking into job interviews especially not feeling at my best, or being told I could lose a few pounds once I get the job. That's just people being honest with you, telling you what they think needs to happen for you in life, in order for you to be a happier person, and to look and feel your best, if not able to maintain positive momentum moving forward. Even my new boyfriend wants me to lose weight, never let yourself go. If you have suffered mental health issues in the past while losing weight, you're not alone, according to shape.com, "the physiological and psychological side effects of weight loss that are powerful enough to make you feel downright

miserable.” [2] You may be getting better sleep, but still feel irritable, you may be getting your shape back, but as a perfectionist still feel like you could be molded better, the journey never stops once you get into fitness, its all about balance, be patient with yourself, and don’t be too hard on yourself. Making a decision to lose weight is a big decision and pat yourself on the back for it, “Change is always difficult, even when it's a healthy change. If you feel like giving up, think about all of the reasons why you're doing this that really matter to you.” [3] Becoming a healthier and happier version of yourself requires daily discipline and practice, get your routines down, and don’t quit when you lose the weight, that’s when its time to keep going a refine your intake, or change up your workout routine, you can always workout less but maintain your diet, don’t workout less and go back to your old eating habits, or workout the same and go back to your old eating habits, how I went from losing weight to gradual weight gain over the course of 3 years, I was once under 130lbs and then made it up to 190lbs, gaining 50-60lbs has been very depressing to say the least, I still run and ran a half-marathon, and took meds as directed, but that didn’t seem to make a difference, on Abilify, which is why I recently stopped taking the med and lost 10lbs, it’s a lot of work to lost weight, and whats even more difficult to comprehend is putting the work in, and not eating correctly, and not losing the weight, that’s just wasted energy, or is it? You learn overtime what works best for you, I highly recommend doing some research before you begin your weight-loss journey, so you know what youre doing and understand the process, not just the fact that muscle eats fat and muscle needs protein and carbs turn to fat and so does sugar, that’s pretty much all I knew, so I went cardio cardio burning calories, eating less and less, and eventually it became an addiction, shrunk, but never toned up without weights, it wasn’t until I started doing free weights that my arms shrunk, for the first time, skinny arms! I was so proud of myself. Be efficient, learn from my mistakes, and good luck!

Reference:

[1] https://www.huffpost.com/entry/weight-loss-no-one-tells- n_6277682

[2] <https://www.shape.com/weight-loss/tips-plans/losing-weight-and-not-feeling-great-why-you-may-feel-lousy-you-lose>

[3] Id at 2.

In Sobriety ...

1/7/2020

In sobriety, you’ll feel a lot of pressure to be normal, and in trying to be normal, wonder if at a later point you can go back to drinking don’t. If all your problems were the result of your drinking then its probably best not to engage in any activities that brought you down in life. For the most part, I have been doing well maintaining a regular sleep schedule and managing a now very successful blog ranke 38,049 in the US on Alexa, and a Top 100 Personal Development Blogger on Feedspot. You just have to keep moving forward. What does normal mean? “Normative means that what’s normal is what lives up to the norms, the standards.” [1] That could mean different things depending on who you are: having a job, having a boyfriend/girlfriend, having lots of friends, all things I struggle with at the moment. You have to be happy with what you have in life, to enjoy the moment. Do you feel good enough? What could be going better for you in life? Companionship is so important to me. Although I have ventured far away from normal, when it comes to who I have friended in life, so far so good, maintaining a normal sleep schedule, and staying motivated in life with messenger. I’m not sure how important it is to keep a selfie log of your progress, health wise, for me, it has been an eye opening experience, to see myself go from messy to sharp looking, Im not sure how that happened, but I must be taking good care of myself. Running everyday, ran a half-marathon last year, and trying to lose 40lbs, not sure how long that will take, but in order to get a job I think that will help to be more presentable, and my boyfriend wants me to lose weight too. Don’t be too hard on yourself, especially while in recovery, you’ll go through a lot of changes in life, especially as you get better and better at managing your symptoms and emotions when it comes to being in recovery and/or having mental health issues. You’ve probably wandered away from family and friends, and have a lot of lost time to make up for in life, don’t get too frustrated, where are you now, what are you doing, what could you be doing better, are you feeling well today, why are you not feeling well, do you miss someone, why do you miss someone, do you feel disappointed, why do you feel disappointed. Its okay to ask yourself questions in life and journal about it or go over things with a therapist or in an AA meeting, that’s pretty much what I have been doing, and have a much better head on my shoulders these days. Probably a very unhealthy crush on *Ari Emanuel*, but I think for the most part, I’m doing well, think of him often, and pen paled him. Addiction is one of my biggest problems. I already have a boyfriend, but feel like we have a lot to talk about, so talking.

Don't Define me by My Past ...

1/6/2020

That's inappropriate to pry into the lives of others, or to search through their recordings of their lives and their thoughts, if done thoughtfully, in a worse condition bring about to get them to portray themselves in a way that benefits a poor outlook of them their future and their current well being. That was a joke "Queen B" not in reference to any movies, nor in reference to purposes for flyers, as being like a scene from a movie, as thought I carry some immature animosity toward anyone past, I moved on, I put my free period next to lunch and slept everyday my senior year in college, got into college in December, rolling admission, Im not confrontational nor combative, don't bring up any moments in my life, and try to plague me now, as whether I have current feelings about or lingering that are influencing my behaviors or motivations now in life, I am beyond that I am doing my best to live each day as it is given to me, someone who gets suicidal doesn't have time to carry resentments, or to lament about the past, or have time to recollect memories from their upbringing, that's because they have been put in a worse off position in life, to live life moving forward from now, that is to protect people from being mentioned past as having contributed to any current conditions now existing. I understand that, how and why would it be necessary to bring up anything from high school, those issue were dealt with accordingly, its really none of anyones business how I live my life, or what I think of my high school experience, for all you should care, those were the best years of my life, besides realizing my academic potential while in college and getting good grades, a 3.2 in high school and a 3.236 in college and a 2.1 in my JD and a 2.85 in the LLM, and at 3.6 in my Paralegal Certificate Program, I was a steady and stable person, with my future ahead of me clean and sober, drinking only on occasion, not an addict prescribed 2 adderralls a day and no night meds, don't compare my condition now, or achievements in life as though in the past I benefited in a negative way from others defriending me, and that those friendships now gone, have given me any boosts in life, or motivations to better myself, I am a good person, I have nothing to prove to anyone, life is not a competition nor a popularity contest, its about wellness and being a good friend, and if you cant manage that much, you separate from others, and need alone time to regroup, date, focus in school, get a job, have a career to date and socialize. Im popular now because Im a writer, Im a positive person, and I don't over expose myself online in compromising ways that turn off my audience or make them think any less of me, that's why they return otherwise I would be but a traffic stop online, to view and leave, as ordinary, not interested in seeing my progress. That's not imitation, for someone else to be successful who has been previously associated to the OJ Simpson Family, why bring that up, to devalue me as unimportant or trying to be like imitation and send me down in life, so that others can achieve without question as being compared to me, or having made fun of me, who cares what peoples motivations in life are, to control outlooks or storylines, who cares? Its not your life, its my life, and if you don't want to be associated to me, then stay away don't read, and don't complain upon exposure to me, that my telling of my life affects your feelings is its nothing to do with you, and its not your life, and no ones in my life, no one can complain. Its my life I have to live that was destroyed all my hard work devalued, and have to start over in life.

Sometimes You Do Your Best ...

1/6/2020

Others will always think it justified to put you down in life so long as they think you deserve to suffer hardship in life. If you are someone without friends, or not in a relationships, on your own, you will be second guessed in life irrespective of your status as a student or unemployed, it takes being a member of society to function as apart of, and unless you can explain or defend yourself, as not being as low as you are perceived to be, will it occur that acceptances of you be granted. For whatever reasons people give up in life, the purposes for blogging is not to detail my demise, or what was thought of me, given my standing in school, or whether or not close to family and friends at the time I became ill on my own, that's really no ones business, the causes for my bipolar, that's not for the public to decipher my thoughts for the purposes of criticism or for proving mental illness, that's for the Courts and the LAPD to decide, who I call regularly to check in with, whenever Im not feeling well. It seems that opinions of me grew out of hand, and became sicker and sicker on my own, and not understanding why I was being bullied, or picked apart, medicated, until incapacitated, and not my usual self motivated and hardworking achieving in life. Once declared someone of lesser value in life, it feels as though everyone takes the side of the one appearing well, and treats you as someone to be embarrassed by sharing that sentiment with them, not understanding all that you went through on medications, and everything you went through as single, and in recovery from drinking symptomatic with bipolar. Eventually talk therapy helps, or even companionship to lift your spirits in life, but that's an earned privilege to be close to people in life again, post failure. That's when everyone best interests are taken into consideration determining whether a person is allowed to move forward in life, Im very loyal to my friends and to my family, not someone whos interests change. Im not a social climber, nor believe in social status as a means to achieve happiness, you either have friends in life or you don't, and if you choose to live a private life, then that's how you will be judged as someone with less than in life, and questioned, that seems to be important having friends, someone without friends, is looked at as a failure, or as though they deserved it or worked their way into a depression suffering losses due to their own inability to be successful in life and live a good life. Just let go, and not allow lack of acceptance of you to turn into resentments toward you, as you get better, it may and will always be difficult to be happy for someone who is deemed to be a source of concern or embarrassment, everyone has their own sense of pride in life, and if you didn't fit in to

begin with, fitting in later as a blogger, or comedian online, is not beneficial to re-building rapport, as respected by others. You have to take life seriously in order to be accepted or forgiven for your shortcomings in life, eventually if you do not recover or improve people see you as a liability, or a burden, someone in need, that is to be taken care of, not able to achieve on their own, that's why your family is hard on you, to correct what's going wrong before it gets worse, that's to not send you off into the company of those who care but could care less if you get sick or end up worse off in life, that's just a system of sociability the well stick together, and when not well barely anyone is around to help you, often giving you the silent treatment. To know better is to achieve well no matter what your circumstances are without help from others, the needier you become the less well you seem as dependent upon social cues and reassurances from others for affirmation that things are okay, how quickly you will be reminded that you are nothing, once not accepted or deemed to be untrustworthy or unprofessional for your lack of ability to stay well and make progress in life. Life changes start within you, acceptance and forgiveness comes later. And for whatever reasons people were hard on you, that's because they once thought you were someone who was going to be successful, who complained online, and then seen as someone who is not put together in control of their thoughts, feelings, and emotions, above you in life, allow people to be above you, and if they live separate lives from you, no matter how close you are to them, so be it, even if they are your boyfriends, some are just not willing to compromise their own needs for space to accommodate your neediness upon becoming in need of them. Once you become co-dependent you have to untrain yourself and learn how to be stable on your own again, able to talk yourself through your problems, not be reliant upon others for stability, that includes safety needs, belongingness needs, and while seeking employment, you either have something to offer, or you don't, otherwise don't apply if you can't manage to stay well. That's the difficulty of overcoming a past that doesn't believe in you, so that no matter where you go or what you achieve in life, you carry the baggage of inconsistencies to your record, if you had a perfect track record, and always took care of health responsibly seeking treatments as directed and taking meds as prescribed, then there is no reason why one should not be able to make a full recovery, lose weight, get their health back in order, and work again.

Justifications for Hardship ...

1/6/2020

You can't control what others will think of you when you are on your own and have no one to talk to, or assist you with your thought processes, enlighten you, correct, or make better ones outlook in life, as you mature and become an adult you are expected via your education to build a solid understanding of how to think, behave, and rationalize your outlooks in life, so that you can function among others in society as a normal member of society, in perfect standing, and if tainted, better yourself until you feel as well as, not falter, or become worse off. That is the benefit of those who have not experienced illness requiring medication, with their ability to control their outlooks and interpretations with access and tools for understanding beyond one person viewpoint unaffected, that's how things should be, unless a personal attack toward you or anyone close to you, as my family has been attacked online by blogs 2009 prior to my suicide attempt, threatened to speak, what I remember from my research online, looking into the past, while applying for jobs on google.com, looked up my name which was cached to a deposition. Don't then pile up my life accordingly, after I have already suffered hardship, and take my place in life, and earn the privilege to stand in my shoes, as though one has lived as long as I have through controversy and suddenly thrust into things, and made ill, as I have become ill in the past, its negative attentions in life, without defense, and negative assumptions about, that push things further along without repair, and until someone is harmed, do the consequences for misinformation and rumor, get accounted for, whose life expectancy has suffered that's not "bad luck" to situate someone as worse off in life, then sue me as though I'm the problem, I already have mental health issues, don't set me worse off in life while under the care of physicians with health insurance, given risperidone shots, and because I don't look the part nor thin, or pretty or with a fancy job, get treated as less than until my life is shortened when put in the wrong hands in life, sent over my edges in life, aggravated and put in discomfort, that's not being street, to get a refund for a cocaine purchase, for someone else's interest purchased, how that relapsed happened in westwood, I'm sorry if I became mentally ill afterward posting flyers, that's was a highly traumatizing experience, to be left with a dead cell phone, stuck on sunset boulevard, texts ignored, and offered a ride home by a stranger who stuck his finger in my vagina, I told him I have a boyfriend, and he stopped, when I looked his D was out, and had told my boyfriend what happened, and things weren't the same afterwards, at the time I was on birth control, as preferred by him, that was my first partner without a condom. I almost got full blown ovarian cancer, whose fault that is doesn't matter at this point, because I was punished, even though I had \$4000 worth of surgery, twice under anesthesia, to remove carcinoma cancer cells from my uterus, that was a very traumatizing experience, and to get through it, and get my positive energy back, with voices, ran, sometimes even talking to myself, thinking I was being recorded, it was a very traumatizing period in life, and lost 50lbs, to be hurt and to not know who hurt you is very troubling, psychologically, you lose a lot of trust in life and go into isolation and get blamed for your problems as bringing it upon yourself, if you allow those beliefs toward you to continue, you become the actress to the opinions of others, it takes a real solid understanding of yourself and a positive outlook in life in spite of mishaps, to continue to make progress, and see clearly through all the negativity toward you and taunting, until you change and get better do things around you change and hopefully by then, still surrounded by people who love you, when you wake up, in appreciation for the life you have.

My Thoughts on Twitter ...

1/6/2020

At certain points in time, its helpful to have a place to share your thoughts, somewhere with the potential to be distributed to others via mentions or hashtags, is helpful. What social media is for, sharing work, or articles, completed projects. I think at this point in time, sharing incomplete thoughts, or being creative with my delivery of ideas, is not helpful moving forward and makes me look like someone who is self-entertaining, as a means to avoid boredom, without understanding my position, or feeling compelled sometimes to share in that way. Im not sure for what reasons, I feel compelled to explain my personal history, I think at this point people are mostly concerned with their own health, as well as the health of others, doing their best to maintain stability, and clarity of thought, which is why creative prose is very disorganizing to process on its own, and longer prose is a preferred method of delivery at this time. Usually when one is able to summarize for themselves and see a bigger picture on their own, they feel best, rather than be told short bits of information, as memorized, and then apply that information to historical timelines, to determine faults. That would be putting myself under a microscope, and if so, in a disorganized way be so presenting. The purposes for blogging and writing a book, have been to share in a way that is helpful, not in a way that brings up the past, or clarify incidences, if punishments have already been rendered. Im not assuming that people tactfully send you off in life, until youre on your own, and when on your own, and make poor decisions, if drinking or using, get sent further along a track toward failure, how the police pick you up, as lost and disoriented, they can usually tell first who has been rejected as normal from society, usually unkempt, after running, which is why I went shopping and started wearing makeup and gained 50lbs back, that was my way of giving up in life. So to then send me voices and further sabotage my good health or ability to get well would be to see if mentally ill by voices, whether I hurt myself or others, that would again be trying to get rid of someone, for what purposes, is it anyones business to destroy anyones potential or inhibit their abilities in life to lead a normal life among, that doesn't make sense to me, to put someone under, as too volatile, its never justifiable to tantrum or to get upset over losses or hardships in life, and if you are someone when aggravated not able to control your emotions when put down, then always take a step back, and be mature about it, never stop problem solving in life, or journaling about how youre feeling, freezing, giving up, or self-harming is not the solution to your problems, if youre being harassed by voices or by others in retaliation for what they think was what you were put in for, then that's because they think you deserve unwanted attentions in life, or unwanted interpretations of you, as though you deserve to be put down in life, and that because of your mental health issues if can be proven, are the cause of illness upon others, that's why they try to prove people are mentally ill, to send them off, and away from others. Again Im not a Doctor so I wouldn't know what it is Im doing wrong if I don't go out and stay home, and have no followers, how is that embarrassing, if Im doing my best, it's a sad fact of life, when youre not well, its hard to be at everyone elses speed in life, that's why they slow some down and put them on meds as "chemically imbalanced" leave them at home, away from society and functioning among, disable their abilities to work, or articulate well their thoughts. I have learning disability, I cannot function without medications, and the put on night meds. I don't deserve to be put to sleep, for what? Stop treating me like Im the offender or opportunist, I drove to every boyfriend, paid for everything, and took care of others, its not me that went looking for love in the wrong places, on purpose, and if the wrong people found me in life and I was harmed, that's due to my poor decision making, while trying to get cocaine. Once they put you in jail, you are no longer considered a victim, that's so you get blamed for your own mental health issues, and labeled an addict, they're very hard on people who cannot function without meds, and don't take anti-psychotics if prescribed them, I was always compliant, even if I got worse grades, and didn't finished my JD, did everything I was told. Then I drank, that was a mistake, it feels like your missing out on life, while getting your masters, and not having the same social life, its just temporary isolation, don't take anything personally, so long as you are doing everything you are supposed to be doing, you make it to the next phase in life. If you let yourself go, and too experimental with your public image, that can hurt your social skills later in life, among people you don't know, who identify you as a piece of \$hit without even knowing you, because youre not pretty or overweight or look funny. Don't allow the men in your life to decide for you what to do with you if they are not willing to love you.

The Last Thing on my Mind ...

1/6/2020

The furthest thing from my mind is committing suicide, Im beyond those periods in life, usually caused conditions, circumstances that are outside of your control, combined with being bipolar, drinking or relapsing on drugs or alcohol and a breakup is usually the cause of not feeling well, if you can establish those periods of not being well with a physician and talk through those feelings, you recognize those symptoms before they worsen and learn to call the police on your own, and not enable voices to lead you astray in life or to convince you you are something you are not. It just so happens that everything past works in that way, so as not to be blamed should you commit suicide, defensive to their own best interests put you down in your face and behind your back, that's because they think

less of you and don't respect you. Who treats someone who has been an advocate the majority of their professional career as someone who doesn't care. Its impossible to get jobs if you are not well, and if for the wrong reasons are "helping people" rarely does that ever make you look good to the extent that it can undo any wrongs on your part, if you drink or do drugs you are in the wrong and upon being in the wrong are not able to function nor provide services to those in need, let alone be hired and able to work professionally in those fields. I know this as having gotten a job at Boulder DA and not being able to complete the training because of cocaine addiction had to leave the program, that was after explaining why I was unfit for the position. All of a sudden you meet new people in life, and because I ran an flyer campaign down sunset boulevard, that was not successful in preventing gun violence, that I am in the wrong. The police saw me taping flyers and at no point in time told me not to, they smiled at me, it was okay'd by them. Then do nothing, but don't blame me for caring or talk about me as though my life is a waste or that Im purposefully wasting time in life, Ive done my very best to be apart of, never rebellious, always taking meds as directed, its when I try too hard in life that I get put down as needy or rejected in life, and that's not my fault, because of the way I look, overweight, or not pretty, successful, with a job or a husband, treated as a lesser species of human or woman in life, as though Im a reject, because I am not young or vulnerable to the interests of others, and have my mind made up in life about who I believe in and what causes I have chosen to support, that's really none of anyone business, what keeps me staying well, or by whos advances or cares for me, make me feel apart of, to shun me, as though I am a lesser member of society because I have been sued or because I had three drinks and drove home from Hollywood, makes me not want to live life, I have suffered enough, put on anti-psychotics for 7 years, because I was cutting my wrists and slamming my head into the wall suicidal hearing voices, I don't deserve to live a life in isolation, or talked down to like I need therapy, or need a support group, for what? What do I need support for, I need a job, I need to function in life, I need day meds and night meds, I need a place to call home, I need to be able to provide for myself, no one can offer anything to me, that I should not already be able to provide for myself, that includes my safety and belongingness needs, Im a law student, all I have to do is finish law school and get a job, that's no what politics are for, becoming popular for acceptances to live life free from harm, what a waste of time blogging was, building greater acceptances for me, or people with disabilities, or people who have cared when no one else did and did their best in spite of what has occurred, I think that was a natural position for me to take given my work experiences not a big deal, and not amplified to shed light on all controversies, as though everything is related, that's not how individuals function as connected always, nor do businesses function as connected to one another, that would be doing people a disservice in life, to not be afforded some type of agency, and sense of livelihood, out of harms way, that wasn't the point, to make everyone care, and that because people care got sick or suicidal, don't blame me as though those were the reasons for my suicide attempt 2009, as someone who knowingly engaged in advocacy, unfit, or unfit because of factors outside of me causing me to think poorly, try to many years later make others see similarly to me during a period when I was not well. Why recreate my 2009, obviously I was drinking and not well, going through a separation, that's not my fault. Sometimes you are good enough and sometimes you are not considered smart or pretty enough for marriage, that's not my fault, I have always done my best to be presentable, word count issues aside, you have to have some sort of foundation for reference from which you decide to speak, that's how you pave a way for general acceptances of you to continue speaking in public, if for the wrong reasons, no one wants to hear what you have to say if they think you are blogging for yourself, or have an agenda that interferes with anyone else bests interests in life, Im not competitive, and believe that the world is full of resources, and that we are not limited, at any point in our lives, unless we limit ourselves by choices, lose privileges in life. That's a different situation. Earning back rights in life. I think that public speaking is always for the best interests of everyone as a whole, and not necessarily the best platform from which to take a personal stance in life, as toward others present or past, that does not good moving forward and only sets you back in life, to rehash the past to explain your condition now. You are always where you are at, by where you so choose to be emotionally and mentally, that's in no one elses control but your own, you may hear voices, but that's pretty much a product of something you have done wrong, thinking you deserve to be tortured or hacked, heckled, rejected, mistreated, bullied, made fun of, disrespected to your face, or behind your back. That I can't control, and the longer you allow it the longer it continues, and as soon as you bring it up, the worse it gets and the more real it becomes, a justifiable way to behave toward you in the negative. Some people just don't know how to be accepting of people, they see oh she thinks shes famous because she grew up around OJ, she hasn't struggled in life, she doesn't deserve to finish law school, what does she want to be married for shes overweight, of course no one will marry her because she didn't finish law school and can barely represent herself. #stophate #stopsuicide

Being Experimental ...

1/5/2020

If you are being experimental when it comes to love, just like therapy that's just something you don't share out loud, nothing exciting to be proud of, unless you have overcome some struggle in life, worth worrying about, its probably best not to add in addition to your struggles the lives of others, and leave them up for negative interpretation too. Its an odd disposition to take on in life, under suit, some more or less accepting of you afterwards, even worse, harder to get a job, and have to explain what happened, how you got sick, and why you got sued, if they haven't already made up their minds about you, overlooking your work online, as sufficient to be called a

professional writer, or just someone whose energy is off putting and worth rejections in life. Blogging is about livelihood, it's a chosen profession some take on, not intended to be a speaking platform, if so that would be time consuming, to be pressured and put in the wrong positions in life, and forced to correct viewpoints toward, that wouldn't be free thinking. Its when things are not easy to digest, how others have coped in the past, are the actions for which they are judged and punished for, whether deemed helpful, successfully managing the emotions of those around them in regards to violence, and how one has coped, been able to overcome illness, bipolar, self-harm, and suicide, Im not a doctor so I cannot explain how that happened to me, but never stop believing in yourself, once your on meds, youre on meds for life. There's no turning back, with the diagnosis I have, I am required to take meds to stay balanced so that I do not commit suicide. That's not really a threat to anyone else's livelihood, as it is my life I have to live, irrespective of how others live their life, regardless of what they think of me, I am required to also stay positive, you cant really play victim, with a record, you have to then at that point accept what you have done wrong in life while drinking or doing drugs and for those short periods of time, while incoherent, decisions you made, that set you back in life, and take responsibility for the people you brought into your life, that was your choice, not your fault if you are not able to play hard party hard and work hard all at the same time, we are not all functioning addicts and alcoholics, some people were just not meant for substance abuses in life, affecting their better decision making skills, especially if youre someone who has to try really hard in life to be smart and stay smart and achieve in life, sensitive, why desensitize yourself, or sound worse off than you are simply because of low self-esteem due to poor decision making in life. That's your history, live with it, its not necessary that you share out loud, every single stupid mistake you've made in life, and allow others to play God, furthering your chances from getting a job, and furthering your chances of reintegration into society and live a normal life. I don't think anyone expects a Cinderella story, happiness, marriage, and kids from me, I do think they expect the worst of me, suicide, but that doesn't mean I cant; work simply because others have chosen to convince themselves that my campaigning was in error, caring was obnoxious, or systems for advocacy suggested not helpful or in need of improvement, less is more. It just so happens that unless you have achieved a better place in life, can you share from those places in life, some opinions are not worth hearing, if your sharing from a down position in life, that's just as a writer something Ive noticed, being positive is important, but also your standpoint and outlook, is affected by how youre feeling, so if youre trying to help people who don't feel well or think poorly of you or others, you being negative too definitely wont help nor represent your strategy for being helpful in a positive light, some wish to fly under the radar in life, and allow things to happen and to fix themselves on their own as the problems arise, I don't think now looking back that overall change was necessary or for all to care to help make a difference, maybe we were better off with only those affected being people directly involved, it seems that everyone's happiness and hyper and productivity gets affected somewhat now, whenever something negative happens in the news, then blames others as being insufficient, in handling the problems faced by everyone, I think everyone is doing their best for the most part. You can only help in ways that your good at in life, you cant just switch professions and get good at something, and then try to influence change in that way, that's a longer process of making change happen when as inexperienced you try to help, sometimes that type of input is not helpful, its okay to be interested in subjects, but not be consumed by them, there is life after setback, and happiness after punishment, just don't expect everyone to feel the same toward you. No matter where you are in life, you cannot go backwards for acceptances in life, or for love, once people are done with you theyre done, focused on themselves, that's your lost opportunity, you get one chance at friendships in life, by momentum, when you get sick that means space, that's the hard part staying well, to make catch up calls with friends. Im doing my best to be patient, almost at well, working again, finishing my dissertation, doing a lot of reflecting, for the most part don't feel like writing, but its important to keep improving, especially if I want to publish a book, practice everyday sharing my thoughts and stay well.

Not My Intent ...

1/5/2020

Whats exciting to me may not be exciting to you. Different things bring people joy in life, new relationships, new friendships, new jobs, new connections, offers, no matter where you are in life, you are always expected to negotiate well your position in life, and that's what communication in private is for, if you have to go the extra mile to generate additional acceptances for you and trust, to give others an opportunity to know you personally, and see your face daily, then its okay to share your life in private with someone you trust. That's without expectation for reward, employment, or future romantic endeavors, but its okay to dream and test the waters, to see whether it would be a healthy match in life work wise, or friendship wise, whether one withers or fades in the presence of another, is a tell tale sign whether discomforts are in the works, brought to fruition upon a seeing of the person to whom has caused them harm in life if any way. That's not for the reasons I mention *Ari Emanuel* on my blog, its not an obsession, he was just pointed out by my Father, so noticed him at a Laker Game, and he seemed like he wasn't doing well, so I decided to message him, and after messaging in November, jobs were posted online which I applied for, Im not sure whether messaging has impacted their decision of whether or not to hire or interview me, Im sure many have applied, and not sure by comparison, where I stand in regards to the other applicants for the positions being offered. I think it would be great to be apart of a growing company, and with my new Finance Law background a great fit for the position. I think its only natural to like someone or to admire someone that you work for, you just don't

share those sentiments out loud, or share compromising photos of yourself, with them to see if they are willing to like you in that way, or are attracted to you similarly. That's not professional, that's following your heart, not thinking with your head, its okay to be loving but you show that love through your work ethic, not by looking easy or cheap online, if they can do better they will do better, and you'll just wind up feeling stupid because you wanted a "like" when you should've been going for the job, and have taken a more reserved approach to building positive rapport with someone you admire, who may or may not have been willing to take you on board do your best not to create unnecessary instability by talking to much about yourself, that's the quickest way to wind up uncomfortable in any professional setting, is not for therapeutic purposes or for giving or receiving love, that you find outside of work, why I chose to date Dejan, then look for jobs, so I wouldn't appear needy and fall in love at work. You have to be of high social standing in life to date anyone successful, and you have to be successful on your own in order to date men with careers who like nice things and have good lives, this Ive learned the hard way.

Romance and Pride ...

1/5/2020

It's true that you can't have it all unless you are first happy with yourself. Why is self-love so important? Before you stop to worry what others think, or how they will respond to you, first be certain that you are everything worth knowing and loving. That means to appreciate and value, where you come from, no matter who identifies you as something less than you are. To be treated with pride, and to be considered of value, one must have pride in themselves, its that confidence in life that gets you places, no necessarily a product of where you come from always. Eventually you have to make it in the world on your own, in your younger years, and childhood, you are but a product of your exposures in life, the successes of those around you influencing your outlooks in life, and its that safety network provided to you by the parents of your friends, that you grow up in, and first learn about how the world works. Where do you fit in? Nothing gets handed to you in life, especially via social status and companionship. We are all respected differently based upon who we meet in life, and respected based upon our education in life, where we went to school, and by who we know, or how wealthy we are. No one really stops to roll out the red carpet for anyone who is deemed below them in life, favors tend only to be handed upward to who can provide back via payment or known association to. Friends are one thing, dating is another, its about who's representing who, and when that doesn't matter, does each represent the other in a positive way, and does ones status weigh more favorably and uplift the status of others, fairly, that would be one consequence of not making it in life, to be questioned based upon, what you can provide, not burden someone new in your life, with your past, or be seen as someone who is successful only by benefiting from others, not on ones own merits successful. "Date someone who is proud to be your boyfriend." [1] In order to date you have to have something going for you in life, if you want someone else to see a future in you, you have to have some stability in your life, that's not an obvious factor, when it comes to love, its just a good sign that things are going to work out, when one another can visualize for themselves a shared life, without any foreseeable complications along the way. That's having potential. When someone has potential, that means their value as a person, outweighs anything said about them in the negative, regardless of their social standing, beauty, or past etiquette online, or friends past, not judged based upon who has come and gone from their life, post failure, but who is in their life now and willing to be apart of their lives, as they are now. That's what makes someone still attractive in spite of what others think. However, there is only so much love that can be shared, before outside factors begin to take their toll on any given union, not all unions will prosper or be considered "E pluribus unum." [2] It has been thought that "When each person loves the other as much as himself, it makes one out of many (unus fiat ex pluribus), as Pythagoras wishes things to be in friendship." [3] Its hard to be loved when one does not love themselves because another has rejected them, you really have to rise above hate in life, if you want to experience happiness and success, it doesn't come easily to most, because I grew up well taken care of, privileged, its expected that I be able to provide for myself and others, however with disability, I don't think that I was treated fairly when being too hard on myself. If acceptance is the issue, then it must be that a bond is lacking from your relationships in life, if youre not the one for them, then its okay to move on, that's acceptable. Wealth discrimination is an issue when it comes to jobs, Ive been applying to law firms since 2008, unless you speak Spanish and have 5 years experience, its hard to find a job in LA. Most of the jobs I have been selected for have been Externships, Internships, and Law Clerk positions, working under the direction of Attorney's as an ABA Certified Paralegal. Because I was not able to get a job, I could not date, and because I could not date I was not married, and because Im not married I do not have kids, because I was not given an opportunity to work when I was well before I hospitalized 7 times AFTER law school. In failure, wellness becomes a serious issue, when it comes to hireability, dateability, that's because if you've given up in life, its hard for others to believe in you, and to see your potential given your mistakes in life, and offer you an opportunity in life to better yourself, which is why I created a job for myself online as a writer and blogger, because it is very difficult to get a job in Los Angeles. From my perspective its better to keep building a career for myself, somewhere, anywhere, than to stop working all together, and although its not something I brag about on Linkedin or on my Resume, its becoming more and more presentable as the years have passed, and worth mentioning I blog. Ive written everyday online since 2013, you don't always have good days, and in my early years I would often share my mental health issues outloud, or seem codey and creative with my content displays, often times sharing too

much from my life, or being too opinionated about the times, and what needs to be done, or what could be done, only in your free time do you have the time sit down and analyze life, that's one of my strengths, analysis, as a law student, that's what the essay portion of your exams is about, I used to get As on Essays in Law School started out 3rd in my Class, before I started dating. Not everyone can balance everything.

References:

[1] <https://thoughtcatalog.com/holly-riordan/2017/05/date-someone-who-is-proud-to-be-your-boyfriend/>

[2] https://en.wikipedia.org/wiki/E_pluribus_unum

[3] Id at 2.

Whatever Happened to the Days ...

1/3/2020

Whatever happened to the days when you could speak freely your mind without worry for others being condescending toward you for sharing your thoughts out loud, it seems everyone gets sized up these days, everyone thinking they are bigger than they are, or smarter than everyone else, whos viewpoint is best, we all lead different lives, therefore everyones perspective is of value, if we all thought alike then life would be boring, it's the fact that we see differently and think differently that enables society to blossom and thrive, theres work that gets done everyday, miles to climb, and goals to achieve, if we had nothing better to strive for, with a little healthy competition, that makes sense to compare, ones sense of self to the sense of being that others has managed to achieve online, theyre just displays, in reality, everyone must do their best to play their part, it doesn't come any easier, depending on what meds you take, as though those on adderrall have a easier time achieving than those without meds, or people with ambien able to sleep through anything, no one is invincible we are all human, its those who don't know when to stop that cause the most trouble, not stopping until their point is made, and not stopping until some unidentified end point is achieved, not all will be in agreement with the drives of one another, some want money, some want stability, some want friendship, some want romance, whatever youre living for in life, or whether living for others, a caretaker, those are your drives in life, whether regarded as selfish or not, for your lack of wellness, its not a choice to suffer or to become sick, and one should not be judged by their mental health issues, regarded as mentally ill, and treated as some kind of reject to society, of lower standing simply because they have had troubles in the past, no comparisons exonerate anyone as being of less a big deal, once punished, that person suffers indefinitely choosing to either live life or to die suffering, and enable others to build excuses for why someone has died, no one will keep you alive in life, I realized that, doctors help, but its your job to stay alive and to work and provide for yourself, desperation is not living as a matter of survival over resources, the world is full of resources, and people to friend and date, no one should ever feel as though life is short in the amount of choices we have to thrive, only short in the amount of years we have to correct or to live the life we want to live, able to earn a paycheck and get a job, at 30 you become desperate, its time to work, and if you cant work, stay home and keep busy, some on meds, die, that's a choice they make, to not be compliant and to continue to drink and do drugs, and not survive, that's because society has rejected them, and that has become their way of life, living below the radar, not in public light, there are many benefits to living a public life, it really forces you to step up to plate, and do your best, if no one was watching I wonder where I would be probably still lost, dead, suicidal, in a hospital, or in a home, or some kind of rehab facility, asleep all day, waking up only for meals, I don't deserve to live a life like that, I've been there Im trying to have a normal life, as best I can, that's not rising above for the sake of proving anyone wrong or making anyone look bad, or placing blames, or accepting blames for losses there was war, people get sick, its time to let go, of the need to control and shelter everyone, no one ever said the world is coming to an end, and if you follow a mayan calendar well that's your opinion, no matter how difficult life gets, life goes on with or without you, with or without your thoughts input, or contributions to the world, not that youre nothing or your life is meaningless, but the whole is greater than the sum of its parts, and no one part or loss, or person, is strong enough to take an entire group of peoples perspective down in life, or make anyone sicker than they are on their own, that's not how a disease of the mind occurs, whats intrinsic is your ability to stay well, and continue to make good decisions in life, based upon your education understand concepts of whats real or not real, whats a bad day, whats a good day, when things are off, your instincts guide you but you cannot always be protected from harm, there are ways to avoid getting hurt in life, but part of life is being exposed, and being resilient, that is being able to think for oneself regardless what anyone thinks, why they tell you not to worry what other people think, be responsible for your own thoughts in life and stay positive. I had a normal life, what is suicide anyways? Its not worth talking about because people just think youre selfish, no one really cares how much you've struggled in life, they just convince themselves you deserve it, and if you continue to allow those beliefs to continue, a disbelief in you, then you eventually become something you are not, worse off, that is giving in to sin, drinking, doing drugs, and becoming an incoherent mess, disorganized by the negative

sentiments of others as expressed toward you, end your life, never contemplate ending your life, in response to another's hate toward you, lawsuit or not. That would be a choice to die and commit suicide, that because I was sued cannot now get a job, and struggle with even worse mental health issues, was better off thin, running, and drinking, living alone, I already have a disability, I was doing fine on my own, it's when living life is hard you know that you have a problem, you shouldn't have to think about it, wake up get dressed, do work, read a book, keep busy, get a job, why let anyone convince you to die by suing you and taking all your privileges in life away from you, and turn everyone new against you in life, seeing you as less than, because you have a record, that's when you question for what purposes am I living life, grew up privileged, no I'm not rich, and no I'm not like anyone who is famous who has gone to jail, they had careers and paychecks, I've not been paid yet or able to provide for myself, I've been in school, I haven't had time to experience life yet, be social, attend events, I took a break from everything to focus on law school, and all of a sudden because I made a hashtag, there's something wrong with me. There's nothing wrong with me. ***On a positive note: will work for Mom & Dad, Monday.*** Life goes on, and it's especially important not to end life before you get better, once you get to better, you'll realize how special life really is, even if you're feeling like \$hit, or someone is making you feel like \$hit, or look guilty or grose, don't commit suicide because you're not rich or pretty, that would be a waste of time, why I went to law school. You were born to live life so do your best, 2012 while undergoing TMS treatment for depression following rehab 2011, it was hard to function, and when you're not high functioning it's even harder to care for you or to be loved, live life anyways, I took meds for 7 years as prescribed, even got risperidone and abilify shots, all I did was sleep, that's no way to live life, I deserve to be awake, work, and live a normal life, I'm not the problem, I've harmed no one, I mind my own business, and I keep to myself.

The Same Handicaps ...

1/31/2020

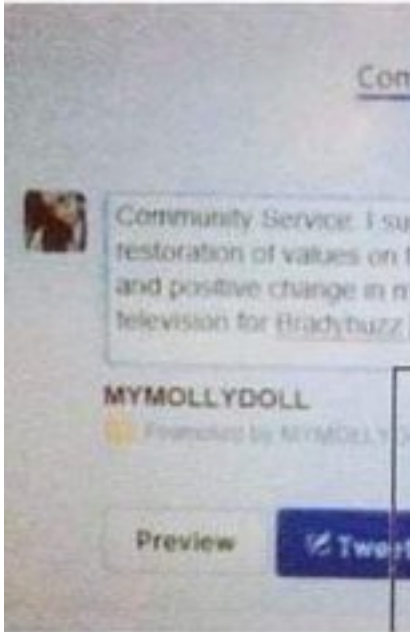
Everyone is under the same handicaps in life when it comes to public speaking, why some do not get too far when insensitive toward others during turbulent times, if there's any difference is that I put myself down, never making anyone look bad to look better than, and only voice an opinion if I think it's having to do with me, to then give an opportunity for others to clarify, by their opinions, where they are coming from, and what's what about. It's one thing where one benefits from having been exposed to someone, and it's another thing to be sued, if someone declares exposure to a person, as not helpful toward their personal outlooks in life, or understandings. That's what I was trying to get to the bottom to, whose connections, give them the privilege of wellness and why, it used to be that way, that upon connecting we felt better, but when the tides of guilt are turning, would much rather have a softer hand at life, than a heavy hand to play, that wouldn't require one to change any outlooks or ideas, or thoughts about others, that's the issue. Like everyone who overshares, feels uncomfortable, that being said, I am not currently comfortable, and can feel that equally, whatever if being said toward me or about me, or thought of me in the negative has won, another crisis of interpretations, it seems they would rather have everyone consider me in the negative to ease their poor outlooks in life, and not allow me to see myself in the positive which is who I have been my whole life, one is a negative portrayal of me, seeking to affirm, and one is in reality who I really am, who is behind that ammunition to gather rounds of people to think in the negative of me to begin with, no I do not have the power to change opinions of people who have been defamed, or charged with crimes, whether or not they have been committed, and I do not think for experiment, it is okay to play with my image, as though I'm able to correct those viewpoints toward me, I am not the same as someone with a team of advisors, I have had to handpick and select who I surround myself with, to enable me to be a solid decision maker, and think right even when the odds are against me, that is really no one's business, how heavy at odds I was put at in life, and what it took to reverse those opinions of me, having been sued, it's really no one's business, for what reasons I chose to stop tweeting, and kick the twitter addiction, and started messaging in private, but I realize what was best was to speak in public, that's the safest bet, not write in private, and cause unnecessary stress, related to one person hearing from me, and risk unnecessary tensions that result from everyone not hearing from you assuming the negative, until that's what becomes of you, no friends, no boyfriend, no career, and being threatened at home, to get your act together, that's really no one's business, what kind of stress I'm under, of why when thin no one was happy for me, and why I did not find a boyfriend, and worked from home, on my masters in law, I will be graduating in 28 days, and looking forward to finishing my LLM Masters in Law with the option to transfer units and finish a JD, that is something I do not currently have money for, but something I can do, and go into another school already willing to help me finish my JD. There's no competition in life when it comes to success: (1) marriage (2) career (3) family. If you can manage all three congratulations, that's not what I'm preaching about, and obviously as someone who does not have those things in life, have managed to stay happy, and

out of the way of other peoples successes in life, not interfere with the happiness of others, that's who I am, Im not a taker in life, Im a giver. As you can see I write for free online, unpaid, I don't have to write without pay, I can write books. -The point is not to get a conversation going that causes turmoil but stop it from worsening, its when things are not talked about and fly overhead, helps sometimes, sometimes not.

Losses and Emotions ...

1/31/2020

Theres always a whirlwind of emotions that passes through ones sense of self upon experiencing any type of loss, as affected, and depending upon how centered we are on our own messes in life, react and respond in the wake of the turmoil as felt by those directly involved, one can only imagine what people are thinking right now, shared a few of my opinions whether or not as related, but felt relevant, not necessarily to the passing of Kobe Bryant. It would be my best advice to let go of the issues that are causes you inner turmoil or others around you illness, but its better to state the issues, before they become pulled from you as of issue, that's just how I am. Better to be safe than sorry. We discussed these issues in private on Facebook, but apparently, I did not further my deductions as I thought unhelpful at the time a product of bipolar, sometimes what you see and what you have to say matters, in the grand scheme of things, if it ends up not being important and just an opinion, than that's okay too, not everything you have to say sheds light in a way that is meaningful or brings about a greater understanding among everyone. Sometimes, if its just about you, its just about you, and if its just your misunderstanding as to others, thinking things are about you, then that's just you thinking things are about you, because you were about Brady, that's an okay paranoia to have, that someone who built a company to promote the best interests of all, not by being a perfect symbol of what is well or what is right, or what is to be imitated, but as someone who has experience assembling information in an analytical way that supports viewpoints, or helps understandings is how I was trained, whether my skills have helped or hurt other peoples abilities to care or be cared for, that is not to my understanding the purposes of my campaign or building of a website, its always been to redirect others to resources, how I was trained. The redirecting toward resources, has not been a strength on my website because after I got sued, my original plan for my site got scrapped, and all the ideas that went with it, had to start fresh, that's common to lawsuits, not wanting to be apart of eachothers agendas, you have to create all new routes to success or all new routes to understandings, the basics, sued for, as not in alignment or in agreement with the best interests of anothers health, that was never my intent as I suffer from mental health issues, and would never put anothers health in jeopardy because my own health was suffering, Im always first to get help, and to respond to others queries. -Why I connect and maintain memberships, no pun intended to the Movie: Catch me if You Can ... Ive always joined clubs and maintained memberships since College.



#bloggingcamp

*The purpose for this camp
everyone to a safe side tea
the event of an emerg
each other #FEMA. The
Working on a book n
through example of well
So if anyone turns they t
guidance not people re
empathize with the wea*

mymollydoll.com

1 Marg ... [removed] (Posted: 01-19-20) ...

1/27/2020

Be careful what you are inferring upon others, especially a person who has been a victim of sex defamation and discrimination from bars, someone who has worked very hard their whole lives a 3.8, 3.2s, and a 3.0 current at my best, be careful the hand you hold if for only the intent to deceive as concerning my reputation to convince someone weak of guilt and to not preserve the innocence of someone who is well deserving always reporting and seeking treatment, then you are sorely mistaken for someone who is a lost cause or a failure, or weak minded. I am not retarded I have worked hard my whole life, and if I am mute its because I so choose to be. Tonights crowd sponsored by an abercrombie zara ad by me, was totally hip and confident, not a worry in sight, solid auras and brimming with energy for a 2:30pm crowd, glad I returned to join them, after chuckling with my ear phones in at the UFC event, did not have 2 margs but only one and some chips and left a \$12 dollar tip. Do your best always regardless of who is trying to play with your mind on the street and make world peace jokes, if the purple

headphones are not on Im not in the mood replies beatsbydre. And if I go backwards to march in superdry its not because I have pride in having no sexual contact, but because someone I met in my driveway was forced to masturbate on film for award, and now shows up to my AA meeting and does everything they tell him to do, me included attended 30 days of recovery hospitalized off all meds, and slept every single day and every single night in bed, except for smoke breaks, my only time around people, I never socialize in the hospital and am out cold asleep its not a fun experience and not something you talk about, being put on lock down and forced to take meds, or taken off meds, and sleep all day and all night, and then wake up and attend group sessions, tired, rarely occurring. "Where did you get that" my sister enters the room to interrupt my focus, its an iPod I got it at the mall. I just took 2 hydroxyzine and 1 seroquel and 1 trazedone my night meds, don't let anyone in the street convince you you are someone worthless or a contributory factor to the illnesses faced by others, theyre not attached to OJ and a laws student with TV Shows and movies making fun of their intelligence levels which others could leverage off of and become famous, as in competition with those viewpoints. Whos started that perspective anyways, I don't care if you think Clueless was a culprit we lost planes, over dresses, and chicks over meds in alleyways, and I fractured my hand in a bathroom hitting my head, for what reasons are those types of pressure put on women who represent men in the industry or people in power or who have acquired infamy that's not our fault.

01-27-20: Now that I am learning VC, I am slowly understanding the tempo of the business side of things, when things are going well that heavy feeling, when things are about to happen, those nervous feelings, when deals are closing, that light airy feeling, like anything can happen. This you learn with experience, probably why Im on meds, because as a law student, there were things said, and interpretations made, vague enough to cause me to feel light headed, and not well, and not specific enough for me to be able to overhear and respond to, if you have something to say just say it, I just started reading a book by Paul Kalanithi last night, who passed away, sad news, Im sorry to mention the past, as interpreted by me, best to leave things left unsaid. Re: #musicares #conspiracy.

Taking it One Day at a Time ...

1/27/2020

Im at a point in my life, where Im taking it one day at a time, learning from my mistakes, and staying focused so that I can realize my potential. I think its easy when things are going well, to backtrack, and think about the past, that really does no one any good moving forward unless done so in a therapeutic setting, or with a sponsor in AA. I have decided to attend therapy twice a week, and will be seeing a new psychiatrist today, and probably go back on Abilify, I tried to stop on my own, but had another bout with self-harm. Drinking is not the solution, and although I made two new friends will not continue down that road, going out alone to make friends, its just not worth it. I have my blog, and should focus instead on safer ways of being social, that don't put myself at risk of harm, health wise, drinking. That is the solution, blogging. Life is much too short to be experimental at this phase in life, you only have one life to live, is similar to the popular saying "there is no room for error." Probably why I say that. My Mom always tells me that, I have no room for error. That's to get me to straighten up, and to help me to focus on getting a job. I interview February 3rd at a job agency in Century City, Im really excited for the new opportunities that will be coming my way, I just need to stay grounded. Meanwhile, will be working on editing my first book, just got edits back from Amazon Book Writing Inc, hope to publish my first book sometime this year. My eye is looking better, my face was bruised, self-harm when it occurs, is mostly due to voices, I have a delusion that Im in some sort of a think tank, that communicates to me, from time to time, sharing ideas, back with me, about life, voices that are very critical of me, when Im not doing well, is usually when I hear them. Its so important to be diligent, and to get your work done, to minimize the potential for hearing voices, its when your going in life, that voices don't bother you, its when youre not going in life, that everything seems to hit the fan, health wise. Why its so important to work, and to stay goal oriented and to have things going for you in life, so that you don't go into psychosis, hearing voices, or being paranoid, about what others are thinking about you. That's no way to live life in worry, paranoid, about the past, or fearful for your future. Its not necessary that life be short, if you just take it day by day, the days are long, enjoy them, don't speed up life, living a fast life, simply because you want to have fun, pace yourself. And as always here for you guys, whenever you need to hear from someone else's perspective, take care.

In Remembrance ... #kobebryant ...

1/26/2020

You don't really realize just how short life is until a life is lost, or cut short. It just makes you think about things, how hard you are trying in life to better yourself, and despite the obstacles, one stayed centered throughout all the controversy beside him. I remember going to Laker Games with family back in 2008 before all the controversy erupted, and saved all my free taco tickets. I was there for Robert Horry's magical three pointer and Derek Fisher's. You only get to live life once, always be grateful for everyone's hard work, who help to make life memorable. Without whom, we would not have those shared moments of happiness in life. At my last job, at an insurance company he had a framed signed jersey of Kobe Bryant's over his desk. I thought that was controversial, I guess that's when forgiveness happens, don't wait until it's too late, to appreciate someone for the life they have lived, not for the controversies, that brought them down in life, we all make mistakes, it's not always entirely our faults. With a record, I guess he would be the epitome of someone who in spite of having a record, succeeded, he played games and went to work anyways, even with everyone boo-ing at him, that takes guts. From my standpoint, as a child who grew up at OJ's house, best friends with his daughter, I can only imagine what kind of pressure that put him and his family under, I understand, what it's like from the inside out, needing to stay positive, even with a tremendous amount of negative press looming around you and negativity thrown toward you, lucky enough for him, he had so many fans and supporters, throughout his career, that it sheltered him from the mental health issues that occur having been labeled as someone to be abhorred by society, or with a guilty verdict someone to be ashamed of themselves, and hold their heads down, he did neither. He was so talented, watching the news today, his journey to success, his upbringing, and his exposures, made him special, and his work ethic, brought his talent to light. We are so grateful for people who despite the odds, prove us wrong, rather than right, and do their best to lay low, in spite of the obstacles thrown their way, he was just coming out of something, it's sad that he was not able to make a full recovery, from living a private life, to living publicly again.

When Things Don't Line Up ...

1/25/2020

Don't put too much pressure on yourself, when things need to get done, stay goal oriented, set smaller goals for yourself, to accomplish the bigger task of getting things done. You may get screamed at along the way, others putting pressure on you to get jobs, or to put your life together, but don't let that get the best of you, stay centered, and let them say what they have to say. Always from a place of compassion accept the criticisms of others, especially when you are not doing well, don't take things to heart. Surely they care and mean well. Note that when "stress becomes chronic, it can be overwhelming — and harmful to both physical and emotional health." [1] Take a deep breath. Get done what you can get done in the immediate, without stressing out too much, and let the dust settle, if you have interviews lined up already, so be it, don't listen to whomever is breathing down your neck about it. If it's your dissertation that needs to get done before you start working, then get that done, and out of the way. Usually right before you make a transition, others try to push you, don't get knocked off center in life, because of other people's stress about you not doing as expected, you can only do your best, and considering you're on meds, and with disability, well you're doing the best that you can. Not everyone can work. There was a period when I was working and going to school, and loved to do both, for some reason got sick, and started doing one at a time only. Its when I stopped excelling, that I stopped feeling good about myself, and those gaps in my resume, eventually took their toll on my career prospects, I see it was better to keep going than to stop working, to rest, or to recover, from whatever was ailing me at the time. You can't control what meds you get put on or taken off of, that is not in my control. Being sedated, or put on anti-psychotics, which cause a severe loss of motivation in life. That's not my fault. It's a really frustrating experience to want to work and do well, and to be put on meds, simply because others aren't accepting of your late-night behavior, running or out at night, consider that unacceptable, and put you on night meds so that you are asleep at night. There's really nothing I can do about now, but stay positive. How many years were wasted on heavy meds. I think it's important to be stable, but I think it's more important to work and to keep going in life awake.

Reference:

[1] <https://www.apa.org/helpcenter/work-stress>
Feeling Better ...

1/24/2020

Still a little under the weather, resting in a bed all day, working on my dissertation right now. When things get rough, think at what moments are you most at peace, and do your best to achieve that. When studying, I feel at my best, or running, I feel strong. Usually staying in bed all day is not the solution to your problems and only makes things worse, you have to keep going in life, and work through those tired periods to get your energy back. It has been suggested that if you are constantly tired, to change your diet. "To keep your energy levels stable, replace sugar and refined carbs with whole foods that are rich in fiber, such as vegetables and legumes." [1] -Checked in with my Sponsor today, making it a point not to relapse again, and not to drink, I don't think that helped at all, and only made things worse. If it took me this long to get well, sober, then drinking is definitely not the solution to my problems. Its funny how just when you think you are well, you think you can revert back to old behaviors, thinking that a different result will occur, as though you will be invincible now that you are strong to the mental health issues you previously suffered from while drinking. Well I can tell you this much, you still get sick. Even after 2 or 3 beers. Once you change your religion, and start studying AA and the blue book, your way of thinking changes, and in that belief system, come to believe in a set of principles that sets you straight in life. To go against what you have been following to get well, only does you a disservice in life. -So what happened, I was talking about controversial topics, and sharing my thinking about topics, which I am not very familiar with, but have thought about, and in so doing, voices occurred, that happens when you have said something, and have not said enough about something, and more is expected of you, and more cannot be provided from you. I think there is too high of expectation, as a writer, to always know everything, we don't know everything, we can do our best to disclose what we know, and what we think, but we don't always know best, and sometimes, its better to say nothing at all, why I took several blog posts down. I just wasn't comfortable sharing what I had to say, and decided to keep what I had to say private, that was just my choice. Sometimes, what you have to say is helpful, and sometimes what you have to say, is not helpful toward building a bigger better understanding, why private.

Reference:

[1] <https://www.healthline.com/nutrition/10-reasons-you-are-tired#section1>
Until It Happens ...

1/23/2020

Sometimes you don't know what to do until it happens. Do your best always to maintain a level head, so you are ready and prepared for whatever life throws at you. There will always be misunderstandings, there will always be turmoil, its all a matter of staying balanced. There is always time to correct poor judgment, or to fix an understanding toward you, some things take time, don't give up on yourself, and keep to a daily disciplined regimen that works for you. Recently I self-harmed and have a black-eye, Im not sure how that happened, probably took too much Vyvanse and was hearing voices, for the most part have been doing well, I was trying to quit pen paling with *Ari Emanuel*, but then started talking to myself again and getting sick, its been helpful to have someone to talk to, not that Im in a mess and need help getting out, its just there's only so much that a therapist or AA can help you with, I suppose staying sober, is my best to staying well, can order Diet Coke if Im out, next time. A lot of what brings you happiness in life is feeling in the right or by doing what is right building momentum off of that feeling, of feeling good about oneself. Its usually by doing the right thing that we feel good about ourselves, and in so doing, make others around us feel good too, when we are doing well. I just started a new job, at a venture capital firm, training to be a founder. I also, made a new friend an Attorney, I met at Bungalow Santa Monica. He's been very nice to me, he also makes music on the side, friends with musicians. We seem to have a lot in common, fancy meeting him, of all people, that was nice. Im not sure why when everything is going well, I got sick, I can't really explain mental health issues, but they are symptoms, you have to constantly manage, and when you are not managing those symptoms correctly then you can go backwards into a downward swing in life, and relive those moments, when you were at your worst. Over time things get better, I'll be interviewing with UCLA tomorrow at 1pm for a Research Position, they will study me for \$15/hr, given that I have bipolar have been on meds for years a patient.

Finding Your Sense of Peace ...

1/21/2020

Peace occurs in many ways: (1) love (2) friendship (3) understanding (4) compassion (5) argument (6) opinion (7) historical referencing (8) perspective, and (9) trust. It doesn't come easy to most, in fact many unhappy in their lives, find it difficult to care when their needs must be met first, safety needs, security needs, personal, and privacy needs. Not many are so willing to go out on limbs in life, to serve a greater good, or a larger purpose, separate from the daily commitments and disciplined practices, that's leaving a safe space from which to think, to a less structured arena, in which to lead, follow, be influenced by, comprehend, understand, and be first to see bigger pictures, or settle under the leadership of more promising endeavors. That's your choice who you who choose to respect, admire, look up to, listen to, be influenced by, imitate, think of, worry about, usually people who you have an interest in getting to know, or wish to know more about, that attraction to that person, breeds an opening for a new perspective or way of thinking about life, from a clean and new slate, that's bonding, taking away a present fear as alone, and once connected see better, that's generally the main goal of socialization, to feel better, that doesn't mean look better or achieve more in tandem, that's not always the case, usually the most independent of others are the strongest, not always designated to positions of leadership, due to lack of experience, or speaking skills, but nonetheless, looked upon, during times of needs, for best practices when it comes to interpretation of the wellness or others, as well as their own wellness, feel sound, its who you surround yourself with that you connect to and based upon those connections feel, and depending upon how many connections you can accommodate at one time, feel safe, that's the difference between those best one-on-one and those best in groups, theres a reason for that, energy, some fade, not able to keep up, and best while reading one, being read by one, and hearing themselves, in groups, voices tend to occur, where there is disagreement, as to the trust and wellness of a person as influencer, and seeking to find signs of ineligibility, or purposeful failures, to illustrate how if one self-sabotages they are not to be trusted as reliable, that's the basics of choosing your professional relationships, not to bond on purpose, but to work in sync with one another, and not interfere with one anothers best interests, health.

Personal Update ... (2)

1/21/2020

Not being talkative on purpose, only if Im in writing mode and have something important to say, usually thoughtful but apologize if words describing, make others appear weak, that's not to say Im the problem, but its important to mention, not intended to hurt anyones feelings, as being associated to me, now that I am today not well again, will take 6 months to heal, image. Once you embarrass yourself, relapse, that you cannot afford, not even when well, you get sick again, this is my first experience sick, upon relapse, due to my beliefs then acting out of character, when you are wrong nothing can be done to fix your wellness, only rest, and abstaining from drinking, if you are hard on yourself don't be, Im sorry I self harmed, took abilify, thought that I could do without the meds, realize to sound appropriate not come across as insensitive and be made fun of later for talking to self, or talking to others, thoughts insulted, as not smart, or a product of uppers, and meds, not intelligence, just fast talking verbose. I think that for the most part, I was doing well, stopped going to meetings, but will return as soon as I stabilize sometime after the 27th and resume the recovery process, not as offender but as well, and not relapse drink, that's the idea, where you were wrong, then fix that wrong by staying sober, that's the point, it shows that you understand drinking and its consequences, and that because you did not behave well on alcohol, that you cannot drink in public, risk humiliation, self-harm, talking about things like you know what youre talking about, sharing delusions as though they should matter to everyone, overreacting to rejection or the silent treatment, and then not being patient, or in a rush for responses, or for feedback as affirmation for wellness. You really have to be strong confident to handle the pressures of the non-chalant attitudes back, or the super friendly, and then cold, or laughing but not at you, but in a good way kind. Sometimes voices help mostly if you take meds, I don't self-harm, off meds, self-harm upon hearing too many voices, usually testing things Ive written on me, checking for responses. ~Im sorry Ari Emanuel, love always, Leslie Fischman, he's a super-friend at this point in my life helped me to sleep for 3 months.

Overcoming Feelings ...

1/20/2020

There will be moments when you lose motivation, don't feel good enough, and not sure of yourself and others, stay positive, my best advice, when feeling lost, or in between phases in life, we all go through transitions, some more difficult than most. These are just feelings and feelings have never resulted in death as I was told in an AA meeting, in Dana Pointe, thought about that comment, didn't agree with it immediately, but stood out to me, sometimes I wonder whether its coming from actual personal experience a deduction, or whether people just say things based upon a feeling, thinking that it will resonate with someone else they perceive to be going through or having an issue with that, never speak to your audience in a group setting, focus your attentions inward, reading not what is expected of you to say, but as recollected be prepared, always having something to say, or if from the top of your head, have some system of maintaining your sense of self, don't ever lose yourself in a group setting, writing to the expectations of others, speaking to the expectations of others, but always do your best, that's not to say that others too don't have high expectations of you, that Im sure they do, what they value, in your writing, and whether they recognize what good writing is we will never know, what it is people value in people, but its some likeable quality or trait, that they are accepting of, their ability to be themselves, comfortable with themselves, why self-esteem is so important, and maintaining confidence in yourself is so important, when you are bad or doing something wrong, this affects your decision making, your speaking abilities, how you present yourself, and your level of comfort around others, that's on you to figure out for yourself, who you are, what your likes are, what your dislikes are in terms of whats hurting or benefiting you thought wise, exposure wise, and limit yourself to that which makes you feel good, and certain about self and others, well adjusted in life, that's always the main goal. -Not all will get you and thats okay. So long as you waste time in protest thinking about what others are thinking of saying you are wasting time in life not being yourself, why they tell you to focus on yourself. All time wasted sets you further back in life, that includes time frozen in worry, not breathing, and taking life with a grain of salt, thats not the purpose for blogging, to prove or disprove the appropriate treatment of individuals myself included, but it was only happening to me, and thats because I was put in that position in life as alone, why it was so overwhelming, to explain self, and having no one be in support of me, out alone, or drinking, or after having relapsed with friends, trusted, treated as less than, you will come to certain points in your life, where you can choose to stand still or go downward, the best choice is to keep still. In stillness is how you diffuse nervousness, make good decisions, sometimes when we pile our plates too high trying to make up for lost time, we feel under pressure in life, the cost at performing well under dire circumstances may cause others to question your genuineness in life, and try to control your output, or future, by telling you what to do, and in their power control what things look like. Thats your choice to either represent yourself, or be prosecuted behind your back for things that are not your fault, but for things that have happened to you which contributed to choices made.

Setting Yourself Back ...

1/19/2020

When it comes to reaching your goals in life, don't set yourself back doing what you know you shouldn't be doing. If you were advised previously not to drink on meds, then don't drink its as simple as that. Today I realize that I don't need to drink to have a good time or to make friends. I thought that I was missing out in life and decided to go out, Im glad I did because I made two new friends, but that's not always the best way to meet people while out drinking especially not alone, Im not sure what impression that gives, to have no friends and to go out alone. Much of life requires us to be independent, but I don't think you need to be that independent in life to make things happen for you, no one can babysit you, when it comes time to meet new people, not on a Tinder date, and not out at the bars, sometimes you have to live life. Do you feel bad that you drank, after having 14 years sober? Ive relapsed before, on alcohol, but not on cocaine, and for the most part, have stayed clean and sober, since 2006, after attending outpatient rehab at Boulder Community Hospital and graduated with Honors had a 3.8 GPA in Sociology and a 3.6 GPA overall, which went down because I drank and did Cocaine. You live and you learn, but made a lot of friends, had a group of girls I was very close with, and still speak to one of them today, who recently got married and had a baby. She married Vlasic. Do you miss your friends? Sure I do, they encourage me to call them and to keep in touch, but haven't had the courage, or felt well enough to call, Im not sure why Ive been so avoidant. Get to a stable point in life then live life, and no matter where youre at in life, always make time for people that care, that's the bottom line, youll never be quite perfect, but that doesn't mean stop living life all together and avoid being social, you need a little social life to get by sometimes. Do your best to be a good person, and if you relapse so be it, don't beat yourself over it, sometimes best people can do is stop binge drinking, and drink once in awhile, than stop all together, it takes a lot of strength to abstain from drinking all together, Im not sure how popular AA is, or how many

people are in recovery, and how many of those people follow my blog, probably were disappointed, Im not a Sponsor yet, you need at least a year sobriety to be one, so don't think I should be held to that standard of disappointment, Im sorry.

Opting Out of the Use of Humor ...

1/18/2020

As advised, humor is not used as a form of communication, as to issues thought of issue, or to highlight remaining issues that people have with people, and who is being affected. That is mostly in my head, to detail and report incidences of being around people, and to cater to unfavorable positions toward me is why I am going to do a 90x90 going out in Santa Monica. It may take awhile, Starbucks is included, welcome there, I think for the most part even if known, lifes all about winning people over, and although people may be hesitant to accept you to see if you are confused, or they are confused, as to your wellness, or think youre gone, and try to make you appear stupid by short handing you in life, that's nothing to take personally, as though because you are a blogger, that's mostly paranoia. No Ive not been served a check outside, only once and hit my head insulted, that bar was later closed down for other reasons, the same bar I was followed out, after not being in the mood to talk, and negotiated with to hang out as friends, I was going through a breakup at the time, apart from a boyfriend texting me until I hit my head, accusing me of drinking to hook up or drinking and hooking up, I would sit alone at the bar with my headphones on and only after I was aggravated made to look stupid, then what was being put on paper sometimes mostly typing in my phone, maybe a few time started talking, there is a general progression from being inward and focusing in school, and then in your last year you take courses that teach you how to present and speak, I was never given that opportunity to take the courses requiring presentation and public speaking, only occasionally raising my hand in class to share briefs, always detailed, and then eventually, with work did not have time to manage everything, reading cases the hours before class. -Its important to be taken seriously in life, but not that important, and its not important to speak about important things to feel important, that's not how one becomes important in life or of value as a shared opinion in life. Im not a journalist so very new to public speaking in a professional tone, used to only share bits and pieces from my life, and share humor along the way, if I thought of anything funny to say or a humorous way to present information share, that's by my memories and exposures, what is funny to me looking back on moments from my life, and then using those moments to characterize myself presently in a humorous fashion. The worst that could happen as a blogger is to be treated as joke in person, and then wonder afterward and realize things in an order directed by what thoughts they sought to trigger in passing through your life, don't think too much about others, that's called obsession, its usually unwise to think too much about any particular interactions, some stand out, but not make a big deal of anything, unless you make it so, same goes with life or death issues, allow people to get well, worrying doesn't help enable others to achieve well as spoke about or overhead concerns about them directly or people around them, that's not helpful to create problems where none lie in anticipation of someone being the cause of anothers lack of wellness, and to blame someone put on anti-psychotics as the cause of illness, Im not the cause, just stopped taking anti-psychotics as of today and going back to having energy and working again. I need to finish my dissertation and 1 hr a day of work and blogging, and sleeping, and one trip to Starbucks or two, is not a normal full day, one should accomplish more than that to be tired, that's unusual to sleep as much as I do, and be napping, that's because I have been put on heavy meds, because its others, when I am well, complain to my doctors, that Im not well, because without a job, and trying to finish law school seen as a expense not a contribution worthwhile good enough for, I enjoy writing that is my passion, the purpose of finishing school is that with a degree you can get a job, I don't think its necessary to bring up where my lack of confidences have come from, why friendships have not resumed, that's really no ones business, what meds I was put on, and why I sounded the way I sounded, not good enough or smart well spoken, it seems these days that the better someone gets to know you, the least the respect you, as being open and courteous of the feelings of others, to know whether you have been through a lot to give them the choice of whether or not to associate with you or be in your life, explain, thats just a disposition that happens when you are not comfortable with yourself, and after suit, with a record, you are treated as less than, that's until you either stay normal, and if not only proving them right, well that was the point of sharing so much information to give people a choice, not force anyone to thin or believe in me or anyone or think a certain way to feel normal themselves, Im allowed to have 1 ¼ beers, Santa Monica Beer and ¾ a Stella. I talked to the police today, I call them all the time, its their choice what to do with me, if my social standing does not improve and with it voices occurring as Im improving, that's not to make anyone look bad by looking good myself, Im not a vindictive person trying to appear better than others, that wasn't the point of losing weight, competition. -Dont be a source of talk, be yourself.

Overcoming Mental Illness: Beauty ...

1/18/2020

At different points in your life different things will matter to you, sometimes you will be on point, looks wise and other times you'll watch yourself fall apart, change doesn't happen over night, so does not the degradation of your body and soul, as to the thoughts that encompass floating above you and through you as interpreted whether directed toward you purposefully, and then there's face dysmorphia, whether you can recognize self, recognizable to others as normal, and whether the differences in your facial features as speaking to someone else, excites or perplexes them, what causes attraction and what the face looks like in judgment, or positivity. There is a such thing as taking things too far when it comes to reading others, some wish not to be read, similarly, I do not read others, and wish not to be read. That's in looking at you, talking to you non-stop for reactions from you, without allowing you to speak clearly, that's called being overwhelmed, that has nothing to do with attractions or intimidations in life, but everything to do with who is being who, a leader or a follower of another, above or below, in charge of themselves, or trying to navigate or take charge of another's sense of self, be to dominating. Those are just personality types, and you'll have to learn to be less intimidated by others, in order to feel accustomed, or normal around others, comfortable. You will always be judged by what you say, and sometimes we have no control over the course of our discussions, sometimes we reflect and sometimes we are present, sometimes we think over what has passed recalling the past in the positive, and sometimes if we are unhappy with where we are now can recall things in the negative if asked or called upon to speak to those facts in life, that's your choice what you wish to talk about you will always be read as though what you say and what is important to you from memory is what is bothering you or has bothered you past to determine your disposition now, as whether and when the causes for change occurred, and whether and when as to what jokes toward you persisted, that is was considered positive conduct to treat you as lesser than based upon looks, and harder upon once a positive look was achieved, to what extent are we pressured to appear well, and then beyond appearing well, able to maintain stability and be positive, its so much work to get to points in life, sometimes its hard to sustain well, and get better beyond a simple well state of mind, functioning, overtime, as things become more automatic to you, the easier it is, upon learning and understanding how to be or how to look, then you can look the same no matter how difficult a day or how much you suffer in life, treat lapses in judgment like a cold, fixable, not necessary to be said out loud, every passing thought or deduction in life, as about others, and why paranoid, I think things are generally set up in life if not in your favor to causes you to: (2) feel alienated (2) talk to someone in power (3) try to fix yourself to be around others (4) face rejection upon needing others (5) share paranoid thoughts out loud or in private as expected to prove (6) your paranoid thoughts caused XYZ deaths. No I was not famous at the time, no MLK speech was expected of me, I went to a State Bar law school I was not held in high esteem as that of a leader to speak to the issues -as a student you are focused on yourself, upon leaving school you strengthen street smarts based upon adapting to the conditions around you, if you are on your own independent you are not keeping up with whats going on outside of you, because you are working on whats inside of you, your smarts. Once people give up on you, dont send yourself down in life, get suicidal.

Personal Update ...

1/16/2020

Taking a break from blogging to continue working on my Dissertation, see a new Therapist tomorrow, I have three new Doctors, thats is because the ones I saw were not equipped to care for me in a way in which I was able to stay well, get well, and achieve in life, to my fullest potential. Gaining weight again, experiencing mental health issues as not pretty, sued, and given mental illness, is not my fault, when someone hurts me, and then to discuss, only makes things worse. Dont attack me thinking that I am talking about you, as though you from my past hurt me and my future. #stophate

Impromptu Meetups at Starbucks ...

1/16/2020

Just left Starbucks after a run, ran intervals a 30 minute run became a 21 minute run! Wow, amazing off the Abilify I can move again, that's impressive. In passing three soldiers dressed in fatigues entered through the back door, its always nice to see them around town, make the neighborhood feel like a bustling city, intermixed with all different types of working professionals, we are so lucky to have them on board. Just made a joke to my now pen pal, that I could've kept talking and drinking with two different dudes, or call my quasi-boyfriend of three dates, I met April 2019, to reunite, but instead, with a dead cell phone, gave my number, and waited for replies, one instantly as soon as my phone lit up at home, a website to go to for tutorials about their business, and in exchange submitted my resume for review, to be brought on board, the requirement is for me to watch the tapes, I expect to hear from him today, or will need to follow up with him, he's an Attorney from Argentina or Italia, I forget now, he had an accent, I was waiting for my cab, and he approached me, to introduce himself, similarly I was approached once my headphones came off, by another patron to the hotel I visited last night. Its one of my favorite places to go, on an off day, when doing well. Nothing to celebrate, just when you've reached a stopping point of rest, do we have time to socialize sometimes, writing is a full time job, of reading and reviewing, and organizing ones thoughts and work, for future use, or editing already written work for publishing in a book form, it takes time, to figure out on ones own how to write a book, and being the publishing process, of thoughts, or articles, with the sustenance of ideas coming from you, and as referenced to other sources for support. Hard to explain about yourself, but makes for good conversation, and interesting positive note about self if you blog, to share if you do, doesn't seem to intimidate or turn off others. I met a lawyer, who wanted to introduce me to his music friends, dressed in blue, he was very sweet. Im assuming he did not already know me from online, hear my Monica Chanukah joke. Be careful when looking backwards where we place blames, we could be hurting people who are already suffering and don't need to relive the trauma, of events causing them or other mental disturbance, not all of us are 1985ers, we lived though many events, world events, and still on par, basically we played during our off hours super social, and worked hard studied hard, and all played sports or did some extracurricular activities, sometimes its when we are most busy, life gets the best of you, meaning not in the negative as is being assumed, lose track of time or fail to maintain connections in life, or fail to follow up with correspondences, that's life, its not always coming at you, sometimes you have to go out there and live life for yourself.

Don't Lose Focus ...

1/16/2020

There are many distractions in life, that may take you off course in life, you have to give meaning and purpose to your life, in order to feel fulfilled at whatever it is you are seeking to become in life, more well off, a better state of mind, or better overall wellness, you cannot comprehend the time that's been lost, while you are getting well, that only sets you further back in life, and for historical purposes, does more harm than good moving forward, my apologies for addressing distractions in life, but thought that it was an important point to make. I think for the most part you are put in positions in life, left with few resources, and knowing you, who you go to talk to during times of need, and it by your theories in life you are tested whether there is any truth to the matter, that upon being distracted, if not in a positive way kept well informed, that your intuitions were not helpful in deciphering where the risks lied, and what needed work in order to overcome growing pains associated to becoming accustomed to violence in our communities, jokes on important figures in society, and whether at all those personal concerns are worth redressing. It usually just so happens that people who are well off, or in the limelight, doing well, focused on themselves, not focused on others, are the ones who get hurt upon entrusting others with their livelihood, or best decision making skills, get thrown off course. Usually we blame the sick or the not well or needy as being a cause for distorted wellness in the community, and overall health an well being of what is thought of about others. I had two beers tonight. There is motivation and drive, and there is fear, do not be mistaken between the two, there is not need to put someone in a state of fear, of what others think and waste their energy stores in life, trying to comprehend, what has run afoul about them behind their backs. -This statement may not bring all a sense of peace, sometimes you have to bring yourselves to that point in time, on your own by your own thoughts not as directed by anyone, that's not my job, to please others, or to again, cite to any street references be made to look like I put others at risk of harm, as in conjunction with criminals, think alike or respond the same or think humorous, Im simply reporting what is going on around me, and by what I see think, there were points in time where we went by feeling, now things are so blatant and obvious, that there is no need for feeling insulted, that is beyond the point, and the point others are trying to make that but for the selfish concerns on a single person as to image, we would not have lost lives? That's not the reason for our loses, whenever anyone expresses concerns that's a service.

Dissertation Draft (will begin again tomorrow) by Leslie A. Fischman for Thomas Jefferson School of Law

1/15/2020



01-15-20_distributed_01-03-20_pdf_dissertation_tjstl_v6_2nd_draft.pdf

[Download File](#)

The Sudden Demise of Confidence ...

1/15/2020

Im not sure how it is for men, as a woman I can only speak from my own shoes, that confidence is built upon doing what is right not what is wrong, by sober time earned, not drinking and doing drugs, and not by sleeping around, dating monogamously, or hooking up with one person at a time, it's a very frustrating subject to have been mishandled in life, as someone who was worse than they were and treated like a drug addict simply because of who my friends were at the time, what their personal histories were, and how I was made to feel unstable, as though at odds with friends, learn to maintain the confidences of those who grow close to you, its not they who hurt you, but its in the sharing of those confidences, sometimes what is shared, is an incomplete thought, or a rash decision, to plant a seed, to see where it drives your thought processes in life -as someone who thinks methodotically, you can only think logically for so long, before it begins to hurt, that's how you know you have been harmed, either someone has told you something "grose" or "obscene" or decribed an experiance "traumatizing to them and to onlookers" and then recaptivating those feelings of fear within, by discussing again what went wrong, and how they were punished, for some reason, I lived for three years without meetings, self-harming sober, in bed by 5ppm, suffering, hearing voices, and everyone sharp with me, changing on me, suddenly confident toward me or controlling, Im not sure what that is, it seems as those I appear feeble minded or not smart, that I am spoken to as though I am stupid. My head hurts to have my feelings hurt, and if you were not there to understand why I was being bullied, it was not deserved, a simple miscommunication in how I appeared or was represented to others spoken about, in the negative, not being close to me, but its in negative judgment of you, when you distance yourself from others, that you lose your confidences in life, everyone growing more in sync around you, feeling more and more left out, until you feel empty, what then are you made out of when you feel dizzy on meds, trying to lose weight, and grow a blog, maintain a steady tone, write articles, I applied to the US Navy 2009, don't treat me as though I was not serious when willing to die for my Country, and serve, that's how dedicated I am to doing the right thing would never hurt anyone, now as broken and with a record, its easily identifiable that I am the weaker candidate, input, or personality, look, or person, face features not as sharp, easily crumbling, no matter how positive I am, these are things you just don't complain about, aging is a process, I believe that the body repairs itself and has time to heal, Im not here to generate concerns for me, and raise hopes, and then disappoint or make promises, or serve to die, that's not the solution, dying is not the solution. Ive called the police several times, there is really nothing they can do for me, my record gets expunged 2020, Im not out of control, I may have lost it a few times, talking to myself, but Im under a lot of pressures time wise, to get a job and provide for myself, I have no trust account.

Components to a Healthy Campaign ...

1/15/2020

In order to run a successful campaign online and build a brand you have to first represent well what it is you seek to see in the world, that longevity you feel, is your long term potential, and based upon your long term potential will be deemed a desirable partnership in the future, just like marriage or any other business type dealing, who you represent, what you represent, and how you represent your cares in the world matters, and unless you seek to be a builder of change in the first place, don't go on correcting others, in other professions about how they are partaking

at showing care for others during times of need, some are less obvious than most.

My chosen cares: (1) Politics (2) Academics (3) Spirituality (4) Womens Health (5) Mental Health (6) Blogging (7) Public Figurines (8) Newspapers (9) Fitness, and (10) Love.

Politics: I started watching CSPAN 2013, every morning and night, after leaving law school it was a way for me to keep busy and to stay involved, I watched sometimes during law school there was a Facebook passwords controversy, about whether your employers can ask employees for their Facebook passwords. I watched a lot of speeches, sat through many hearings, and even flew to DC twice January 2013, and sat in court in session for 3.5 hours, to hear SCOTUS speak live! That was exciting. My first rock show, I had been reading their textbooks for 3 years, that was a treat. Of course while watching you become curious about Presidency and the road to Presidency, and how one filters themselves through the system, trains, and eventually stands out. Two stood out to me Rand and Rubio, but apparently politics does not work that way, by speeches given on CSPAN, as credited for having the know how and knowledge to run a Country, later working for a Real Estate Law Firm, Sports Law Firm, decided to Tweet, and met many people, even showed my picture once to Trump. -While living in Westwood, I drank, once after having a Margherita in Westwood, I was found passed out in front of my apartment building, the neighbors called my Mom from my Phone, all I remember was asking a guy standing by a car if he was an Uber and he said sure. I had a bruised knee and a busted chin, the lesson is not to relapse on cocaine at a later point in time, after surviving an incident like that, and made to look worse, any later attachments with people made on the street only makes you look bad, I called the police once, after I thought three men were running at me, across the street sprinted to the gas station and remember talking to them there, I still didn't have a ride home and hitched a ride home with someone who pulled up in the next street walking up the hill. It doesn't matter how awake you are, you can still get hurt, another incident, while not intoxicated, looking for cocaine, I still found difficulty getting home, this was before Uber and Lyft, only cab stand was on Santa Monica Blvd, should've just walked and left.

Academics: As someone who graduated with departmental honors cum laude in Sociology, from University of Colorado, Boulder, it was not until college that I shined, earning a 3.8 at one point in my Major, and a 3.6 overall GPA, that was before trying cocaine for the first time, and drinking upon turning 21. I was a straight A student one semester, even with someone asking to see my paper and turning in the same exact paper as me, copied me, why he did that, who knows, thinking in a different session, the TA would not notice. I joined clubs, served as President of the Honor Society, and could've graduated early, had I not drank, and spent my last year retaking courses for course forgiveness to fix my GPA and took an extra semester Fall 2007 to write my Thesis, that's were my passion for research and writing began. I was a crisis hotline counselor 2004, certified, and the primary reason I applied to law school was to be able to do more to help victims of violence, studying for the LSAT beginning 2006 when I took my first LSAT in Denver Colorado, I was 21 years old. The following January attended outpatient Rehab at Boulder Community Hospital, and got clean and sober, should've focused on my studies, although making friends is important, its hard to manage both, a social life, romantic life, and excel in school in order to get into graduate school, that lesson I learned the hard way.

Spirituality: I have been a very spiritual person for many years now, even attending a Shabbat service with my Father one Friday. They played the guitar. I used to see a Psychic growing up, who counseled me while in the early stages of my recovery, was sent to Arizona and Klamath Falls once to stay with her, flown in from Colorado. She warned me that if I wanted to get married not to sleep with too many men, and that if I continued to drink and do drugs would look like some of the patrons at the club attached to the bowling alley we were at missing teeth. That's not how I wanted to look, why I continue to stay sober, sometimes I wonder that others having known your story or read it, make things happen for you again in life to mirror those times, as though yourve not learned your lessons, the only times we get lost generally disoriented and circle back, is when we have to retrace our steps in life, to figure out what has gone wrong, if something has gone wrong, until we acknowledge for ourselves what we have done that was wrong, and even upon acknowledging prior drinking or drug use, may still not be treated any differently then, as though more was expected of you, what when I was 21? (2006)

Women's Health: In beginning my career being an advocate to primarily women, on the hotline, I was still in the process of learning and being exposed to the many issues faced by them. Mental health issues was not one that stood out to me, only a few calls were by women who could not stop talking beyond the 20 minute time limit, and needed to share and vent about what was troubling them, I always let them talk until they were ready to leave the conversation, rarely would I cut someone off, at the 20 minute mark, unless I was studying in the library or didn't

have the privacy or the time to listen, but most of the time, sober, I was always available to lend an ear, and listen, which was my job, to listen. Later in life I experienced issues myself, as having gone out and drank, and dated, and men escorting me home, experienced a different phase of life, separated from friends at the bar, I did not fair well on my own, nor at later points in time, when I was trying to undo what went wrong past, and not make them look bad now, if I was able to drink alone, and have no one take me home and do me, then not anyones fault. I don't think that much benefit was given to me out drinking alone, for some reason an edge toward me was already brewing, as someone out alone, I have an Amex, theres not need for that type of energy toward me, I would have 2 drinks max always, maybe a shot, in control.

Mental Health: It wasn't until my own experiences with mental health issues, that it became of issue to me, and to others around me, treating me as though Ive always been this way, no it happens, and then you change, and as a result of bipolar live life differently, not my fault. I was never a functioning addict. So to be treated as someone, who is a fraud, who was once well, and purposefully threw away their career, is not the case, my options became limited as a result of not having excelled in law school, and because I was not excelling had low self confidence and poor self esteem, and because I looked that way, was treated that way.

Blogging: Blogging became a way for me to speak whereas in private spaces complained about, as being too personally affecting, in an open space, the same discussions can be had, without the same degree of intensity, I could not anticipate having not have told my story before, once you are able to tell your story, it becomes easier in the delivery of information, emotionally sound, not in the moment upset, or still rattled, wondering what people are thinking or even worse become defensive, relapse, become suicidal, and then make yourself look like the wrong one. Its my body my choice, I think coupled with the opinions of others, things look worse than they were. And its often times we have to live with both sets of opinions, sit with it nonetheless. In a harmonious world, things like #slutwalk would be empowering, but in today's world, you are responsible for your own health and should you get sick, would not want to be blamed as having made choices to keep going in life, sacrificing your good health, get tested.

Public Figurines: Why become a public figure, not to insult those existing, but in order to speak one must have some kind of a platform from which to speak from, and knowing from where I grew up that would not be an appropriate pair of shoes to put on, as spokesperson to or for on behalf of, better to situate myself separate, and from my own hardwork, choose to speak about my experiences, as unrelated to their own, and any false lights brought upon me along the way, correct moving forward as I have done so my whole life, by earning good time, studying and working. They seem to send you off in life as worse off before it gets that's bad, don't allow people to make you not believe in yourself, youre just an uncomfortable conversation to have, someone who was well, got sick, by who knows what, and now trying to get better. The more you can simplify the better when it comes to understanding the problems of others, not delve too deep into the issues, and take sides, or blow things out of proportion and create sides.

Newspapers: I don't have a fascination with newspapers (yes you do!) -My Dad loves the news, and reads the paper everyday, yes I am privileged to have the newspapers delivered to my house daily my whole life, and see them in passing, you should really read more. Theyre very comforting to have around, Im sure Im a few months away from diving into the tribe and reading the paper everyday, if you liked CSPAN youll love us, theres no wait time, good point. I really like the pictures, I remember when NY Times went to color, I did my best to save as many papers as possible, that's as much of a history buff as I am, CSPAN ran a show on a company that archives news clippings, and magazines, which is what I saved on my website and which was ruined, the photo of an offender from the CO Shooting was placed among, why did someone do that to my website? I see the common theme of wanting to prove an obsession with [criminals] or OJ someone famous for "crimes" and then through that obsession, learn or the derivatives of knowledge obtained as coming from or stemming from that base knowledge. My parents paid \$30,000 a year for my college education, and \$3,000/course for my law school education, there is no way shape or form, that I could ever be convinced of someones story, as taking hold of my course in life, or my outlook, which is based upon my education see, outlook.

Fitness: How you look is important, Ive always gone to the gym growing up, I was a club soccer player and worked out at the gym in high school. For some reason the only photos of me from soccer, where when I was obese, Im sure everyone had a field day, flaunting ugly photos of me around. Im not sure what that was about anyways. But it didn't cast me in a positive light later in life, there were nice photos of me taken, but all my photos and messages from friends are gone, lost in the move or thrown away not by me, yearbooks destroyed, and my high school

diploma was thrown away, and all my high school yearbooks gone, and photo albums. I got into running in college, listening to diamonds are forever by Kanye West, running in the indoor track in the snow, around the basketball courts, for 40 mins max, and was in the 140s never that thin, only in the 130s when I had a short cocaine addiction for 6 months in college. My friend had visited me and was worried about me. I was distraught after a breakup, made friends, and was told to try cocaine, I was not in the mood for it, and quickly became addicted, I already was prescribed adderrall so a high functioning person, didn't need a boost, I just turned 21, drinking and getting into the bars, was a lot of excitement already for me including out with friends.

Love: Love has been a big part of my journey, through losses, addiction, failures especially, Im never alone and always have a boyfriend, unless I choose to be alone, out of protest to correct my image or fix my image, but I think that only made things look worse, and made me look like a Lesbian version of Jonah Hill from the movie Wolf of Wallstreet, sometimes I think the rumor mill, takes things too far out of context, that's not self love, to pleasure oneself, that's out of the fact that one cannot experience love with other, a bond lacking, due to some unforeseen embarrassment about them, that the one who loves them cannot explain to them, at what point does your life not become a joke, I don't think its necessary to be taken seriously in life, but know your course, and allow others to treat you as they wish, we don't need red carpets in order to feel appreciated or valued in life, just by working hard and when people leave you alone and are happy for you, that is love, when people want to be around you, share time with you, and share idle time with you doing nothing, I used to think cuddling was amazing, but more recently, sitting outside staring up into the sky, and talking for an hour was really fun!

The bottom line is that you have to have some stencil of what you are about, and what you plan to deliver to your audience, and being who you are, and based on where you have been in life, a credible source for providing input or insight into that type of life, that journey, what it looks like, and how it feels, and how to get out of those phases in life and go back to normal, that's the gift you have as someone who is well who had the privilege of being treated professionally most don't have access to medical care, and some just stop on their own without the therapy. It just looks bad, with a super long medical history, but I promise it looks worse than it was. However because it looked bad, was treated as bad, to see if things got worse, that's when you should not let what others think affect you, and if people are thinking negatively of you or if there is negative energy out, not to drink in those types of places and leave, only stay where you feel welcome, where you are not bothered, and where you fit in, stay in your age group. And if there is question as to your conduct, date older, NOT younger, and until your record is cleared (March 2020) keep applying for jobs, until you find one, and not be a burden to others.

February 2020

#stophate by Leslie A. Fischman ...

2/1/2020

Memorandum of Points and Authorities (TBP)

Motion to Diffuse Hate Toward

Leslie A. Fischman

Submitted: 02-01-20

To: #SCOTUS Re: Bars in LA

The later misuse of someones personal history to be treated as for fraudulent endeavors, as for purposes for looks, by someone who has never worn makeup but since 2015, and treated as though acting with agenda as in expectancy of the necessity for future portrayal of self or others in the positive, is to prove some, known position of guilt or disposition existing giving rise to the necessity for future defense, save me your stockpiles, as in expectancy of something to come, as that is not my nature to anticipate the worst, but always see everything in positive light, its upon the cessation of activities causing one harm, that harm doesn't reoccur [meaning as applied to your life by your actions irrespective of your interactions with others, at a later state in time, be treated as though always existing some fear of people or of getting in trouble thats a caused condition, not by rejections in life, but by the mistreatments of persons as guilty prior to any convictions of guilt on such topics, an acknowledgement of the totality of facts suffices for acknowledgement of discomforts and later suicide attempt supports the necessity of a even broader totality of circumstances of who knows who is affected who looks bad, whos to be punished to preserves

whos livelihood and esteems, dont group me with offenders, and treat me as the aggressive one its upon talking a bond is made, and for someone who is broken inside, thats not by my initiations depth to the conversation asked for, but inquired and responded to always], such as harping on subjects or by rehashing the past that is for the purposes to establish that something past has caused mental health issues now, and the presence of existence now, means same as known to be in existence past, as though one condition was the same not well, without taking into account the worsening of a condition upon drinking, sometimes only until things are made known, by baramoters of wellness, can we decide who is well and who is suffering, who is knowingly in the wrong, participating in work activities, with a known condition, that has been raised to a higher degree of illness as described as in terms not necessary be retorted or renamed in reply, as though for the current suffering from which a person suffers has always been that way, and for dispositions pre-existing is a popular excuse for diffusing blame from anyone current for someone else current suffering, as not a party to any transactions involving the wellness or unwellness later resulting from the mental health conditions of a patient, with or without a named treating physician, whats really low, is interpretation, considering the better judgment of somone who means well, and upon recommendations, is not guided but exposed to choices in life, and whether made in terms of what is known to them at the time or understand or previously known, or on record as having known, at the time, is the barometers from which all else is used to judge them as being in poor character, as open in private, curiosities, or thoughts out loud, and later made fun of for making such comments, as though unprofessional to think the only way anyone would match what was said to who I know would be to do a face search of my facebook friends, to see by their exposures, who I am in comparison to health of those around me, whether contributed by them, or affecting their wellness once becoming ill, test for relateability, the only way to test a current illness, upon past connections is to review past connections whether in a well state of mind, how they were, and whether at any point in time, became worse of personally or professionally amongst others, never in my life, have I been uncomposed, or brought to a situation in life, I could not exit myself from, its by the choices you make to move forward, no matter what it relates to or upon what basis arguments are made, upon whatever knowledges you hold, should not be judged by in the negative and always given an opportunity to heal and recover 100% health wise, that's not for the people to decide why stays and who goes, and whats causing it punish.

[Not for Public Use in Court or For Personal Use: cc: #SCOTUS](#)

<http://www.mymollydoll.com/angel-fraley-2013.html>

[Girl Time is Essential ...](#)

2/1/2020

Whatever happened to the days receiving calls and texts from friends on our Nokia cell phones, or messages on AOL screennames, looking to hook up and make plans, miss those days. Girl time is essential. You forget once youre on your way with career goals in mind, to check back in with friends, who are all now, married and with kids, time flies. If you were much better off with friends than what is keeping you from not feeling like your friendly self. Just made pen pals with my first girl pen pal *Lizzo*, in the height of her success, wished her well, and thanked her, for being a role model to young women like me, career oriented, and who after being hurt once or twice have chosen a more stable path in life for ourselves "career." She represents how turning loss into dream, and by recreating her reality, to fit the person who shes always known and thought she was, from the get go, without anyone needing to remind her of how special she is, her warmth and love for the music profession really showed that day, everything to a T. For me its more than just body image, its bipolar, its ADD ADHD meds, its diet, its dating, its loss upon loss, career shifts, everything affects my mental health, to see women who are well, is very helpful when facing the reality that "life is tough but so are you" there is not one perfect reality or way of seeing things that's the beauty of life, and there certainly is not one mold to fit in order to become successful or well liked for that matter. What makes people approachable, their success? What makes people loveable? Their looks. What makes people proud? Their stability. What makes others happy? To see the growth in others. I think all of things matter when it comes to happiness, and it starts from within, being proud of yourself, and whether or not you have time for girl time, glad I joined an all girls AA meeting, just making new friends has already made a huge difference in my life, more approachable, more likeable, more loveable, on that's note: girl time is essential! Its when we separate from the ones who cared for us, or who we got along with best, that that inner turmoil occurs, feeling left out, or not included in Facebook photos, one should never feel threatened by others, that's not what girl time is about, losing friends to friends, always be happy for the happiness of others, its all about self-care and proper representation when it comes to making friends and keeping friends. Never forget that, and once you get sick, they'll be around, but don't expect

anyone to jump over hurdles to get to you in life, that's when its your time to pick yourself back up, and be someone who they can equally be proud of, you may grow apart but never from sight, according to Facebook, who keeps all your friends around to watch you bloom, fade, grow, and mature as the years go on. Some of us faster than most, don't make life too short!

The World is a Beautiful Place ...

2/29/2020

If you cant get into someone else's story, don't criticize them for the life that they lead, or by how they choose to see things, and live life for themselves. There will always be people who will cause you to question yourself, or attack your credibility, and reasons for achieving in life, based upon what information they are given, will judge you in the negative. Never let anyone make you feel small, its in doing so, they are trying to get into your head, and cause you to not be yourself, bothered by them. You are you remember that, and no one can be you, and no one can compare to you, we all live separate lives, under separate circumstances, you can only be influenced by that which you expose yourself to. Some days we may feel driven, and capable of accomplishing anything in life, and sometimes we may feel less than capable, and have moments of lost faith. I do believe that we are given one life, and that we can have many lives within that one life, such as being a student, being a blogger, and being a companion, that is normal, to express oneself in different ways, depending on who they audience is. The bigger picture is not always right, and sometimes the bigger picture cannot control what goes on within, we can all dream of world peace, and to end violence but that doesn't mean its going to happen, not unless and until everyone starts believing in themselves, and stop trying to hurt or dissuade those who choose to speak their mind to make things about things that things are not about. Always be yourself. Im a very spiritual person, have been praying since I was a student in Colorado with Bodhi Tree Bookstore Candles, I do believe that when things become chaotic, its is to your benefit to simplify things in a way, that can help you earn your confidences back in life. It was not until a College Student that I realize my smarts, grew up and athlete, you can do anything you set your mind to, and if there is no where to go, in order to make things happen for you in life, always start with a balanced mindset, that will surely take you places in life.

Permission to Be Baller ...

2/27/2020

Never expect that when confident, for your confidences in life to be tampered with or for your good deeds to go unnoticed, everyone appreciates a good Samaritan, or someone who looks out for the best interests of the majority, we can always choose which types of behavior we accept, and which types of behavior are to be abhorred by society, sometimes peoples behaviors are a manifestation of their fears in life, too boisterous or off putting, and sometimes upon leaving relationships we only remember the negatives in life, never question oneself due to a misunderstanding of the origins of the attitudes of others toward you, sometimes its jealously, sometimes its admiration, but don't expect anyone to look up to you like your some crystal ball of hope, but just in case, don't drink or do drugs when there is high expectation of you and when trust is granted to you, to explore life among others, like interviewing and attending trainings at the Boulder DAs office, if you can live a normal life, that means you are living in an altered state of mind, of fewer responsibilities, sedentary, and a recluse, is rarely a well adjusted person fit to work in any environment, let alone study, and be acknowledged as being worthwhile having been taught informations in life. Its common in times of chaos to lean on those who are most stable, and when unstable its common for others to be hard on you until you get stable, that's called being in a caretaking position managing the stability of others, or entrusting your life and livelihood under the direction of others someone with more knowledge or a better outlook in life, seeing beyond your troubles, believes in you, and helps you to realize your potential in life, its easy when frustrated to feel stubborn to talking to anyone who gives you a hard time in life, and to feel bad about yourself, its called behavioral health, learn to work among others, and manage your moods, and stability yourself, the less you rely on social cues and things you've been through to make decisions as to now, the more intune you become with whats before you and how to presently process in order of importance what is important to your understandings, whats hurting your understandings, and what is just plain too much unnecessary info and harmful to everyones health to hear about your mistakes in life, who you trusted, what drugs you did, who you hooked up with, and where you ended up in life, that's just plain stupid to only have guy friends or lovers, and

expect to get far in life, even as an academician, that's not love, that's someone mistaking your wellness for invincibility. We are all human, and every heartbreak weakens or scares you emotionally, its that physical withdrawal (in loving relationships) from being in a trusted position to being in a position that causes harm to the stability of others, that some are not put in caregiving positions in life, and instead given a backseat to the wellness of others, it's a choice to not be apart of and to take chances with your health, the more times you can leave things at friendship the better homie youll be in life, stay well, and never forget who has loved you in life, and by the time you find yourself, do your best to never give up or be too hard on yourself for not having lived a perfect life, we all F up sometimes, its not necessary to always be right to live a good life, sometimes we are too strong for the times, independent, and instead of being understood, viewed as a threat to the best interests of others, and their fundamental basic health needs, to be liked and wanted by others.

When Other People Are Negative Toward You ...

2/26/2020

Usually when things are going well for you in life, you are tested for emotional stability, never get too attached to anyone or anything who doesn't think highly of you how you enable others to control how you feel, your circumstances or outlook in life. Without explanation always do your best to stay positive, whether others are for you or against you in life, most importantly always believe in yourself, its by your hardships in life that you struggle for acceptances in life, fighting is never the solution to your problems, the better you get the harder you fall, the moment you respond to any negativities in life and become defensive, always do your best to live a good life, care what people think, but don't become overconsumed with the thoughts of others, you may experience losses in life but do not be defined by those losses, there are small problems and there are big problems, always follow advices given to you by those in your immediate surroundings, people who generally care about themselves as well as the well being of those around you, so long as you do not show your face nor video in public, there is no way anyone can tell the writers health, don't wait until its too late to present yourself, before a cycle of negatives are run about you, until you become affected by others negative judgements of you, and not understand why your face keeps changing or why you experience difficulty staying well. Sometimes we shine, and sometimes when we are not well its hard to be around others, limit your interactions when you are not strong, and if you cant stay well, its okay to leave a situation that is causing you discomfort or interfering with treatment of you, not become a pawn or a stepping stone to be misused to create a negative opinion of you as not well or strong or fit to work or to do well, or be a caretaker to anyone you love in life. Until you are well will you be accepted by society, and never expect anyone who thinks they are better than you to accept you wholly into their life, it's the well that will always pick the most well, in any environment, as it is confidences that trust is built, and its hard to get close to anyone who doesn't equally fit in, or feel confident and well about themselves yet, maturing is a process.

The World is a Big Place ...

2/25/2020

My best advice if you are experiencing difficulty adapting to your world, would be to blend in, rarely does complaining or blaming others for our difficulties in life, bring us a better life, so long as you value and appreciate what you have been through and recognize where you are now, the better off you'll be, its when we think things are worse than they are, or lose sight of where we could be in life, is when now becomes a challenge. Everyone deserves to be proud of who they are, we don't all live perfect lives, and even if every opportunity is afforded to do well in life and achieve, can we realize our potential and get jobs, that prove we are good members of society, life is not easy, take no non acceptances of you in life personally, nor accept rejections of you as though there is something defective or wrong with you, if your condition requires that you be on medications so be it, a lot of people drink and take Xanax, but no one ever labeled them as mentally ill, likewise I need meds to sleep and to function in the daytime, that doesn't make me mentally ill, it just means I have mental health issues, and difficulty functioning in the daytime, and going to sleep at night, everyone deserves help and assistance with those basic needs in life, it's a tough pill to swallow, your health, especially when you cannot do basic things in life like work and sleep and go back to work, and have to figure out a life for yourself, that inspires you to keep going in spite of not completely fitting into the norm, what a normal life is supposed to look like, driving to work and back, sleeping and watching tv. Not everyone find their place in life, don't wait until its too late to try again, its always best to blend in and fit in

with society, than to follow dreams, travel, or rely on subsidiary cares in life to feel well, whole or complete, no its not companionship, and no its not love that will help keep you going in life, these are things you think you need to belong, but not always necessary, you need your smarts, and you need to feel well and achieved to be inspired to keep living life, don't self harm, the longer you prolong the process of getting well, adjusting to the meds as prescribed, rebel, or do what your not supposed to do, like being out at night, drinking or dating, the longer it will take for you to get well, and to achieve a good life, and recover from your disposition, just because one person thinks there is something wrong with you does not mean there is something wrong with you, so long as you are doing everything right in life, things should turn out for the better. And whether you are feeling well or giving up in life, remember to always see things in the positive no matter how you are treated, that's just life, people are too strong, and too condescending, and most don't believe in you, and think they know better in life, that's just someone seeing you and thinking that your worse than you are, or not seeing your potential based upon what you look like, who cares, believe in yourself!

Personal Update ...

2/21/2020

Not feeling well, hearing voices, need to get strong again, will take time. Will write when I achieve wellness, not fight with voices, thats not the solution, to let those hurting me win, if you dont have anything nice to say then dont say it all, thats would be the solution, to voices, I do my best to provide positive insight and share based on my ability to get better, that doesnt seem to make a difference when it comes to voices, its not until you are suffering that they are proven right. Suicide is not the correct response to any difficulties faced in life, be made more difficult. #stopsuicide

What Results from Negativity ...

2/21/2020

No war is the correct response to resolving the difficulties faced by those who have it all but have not yet arrived to reflecting upon life in a way that they are yet free to make choices for themselves, its upon wellness and achievements reached in life that you are given choices. Whenever you target someones wellness, as thought deserved the only person you are harming is yourselves, by attacking those who have been present and taken the initiative to help, and then chosen to remove them from acceptances every other person is granted in life, its not until you allow negative voices to win, that you let them win, a worse condition is never the correct response to improve the conditions of others, you are only letting yourself down when you make poor decisions in life, if a relationship does not work out the first time around, and not present to date then a later rapport cannot be established, how you tell your story matters, never make an offender label out of a victim, then blame them as though by their choices they have not done their best to live life, as best as they can. Often times as someone has failed or given up in life, we blame them, seeing their lives lived as though without care and focus on their education and the monies invested to keep them well in order to get jobs one day. Never go to the wrong people for help when you are in between phases in life, if you are well on your own, then it is not necessary to incorporate anyone new in your life, its when trust is lost that people think it justified to invade your private spaces, and to take and devalue you, whether you have produced original work with good intent, and whether you have provided accurate inside to benefit those who do provide advocacy, there are many ways to live a positive life, and talking \$hit about anyone who you don't believe in is not the solution, nor is connecting and sending them negative voices to prove mental health issues exists, if one cannot think independent for themselves and keep the best interests of others in mind, its because they have been excluded from their right to live a full life, and to achieve the wellness required in order to continue working, you cant stop negative interpretations from taking their toll on your health, its by insult injury occurs to self and to their outlook, and its only those who care and love you who protect your best interests, never expect that anyone will go out of their way to make a positive difference in your life, whether you are smart, good, or have living alone, minding your own business, trouble does not come into your life, unless you accept others into your life, its when we are on our own, that our guards cannot protect us, from others taking advantage of us, when we are well, lost, or working on our independence. Over the past 8 years I have learned a lot from working and finishing a masters, that whenever I do not feel well to go to the hospital or to call my Doctor, that is why I am here today, and

for whatever it is worth, once I become sick, it then becomes a disservice to everyone if my condition is hurt when well.

Unless You Are Well ...

2/20/2020

Unless you are well, don't worry much if you are feeling misunderstood in life, you can't predict the future, nor control the reactions of others to your condition, nor expect the same acceptances given to others during moments of turmoil be empathized with, it is however advantageous for you to continue to do well and not give in to negativity, whether it be to correct you, put you in your place, or subject you to harms in thought deserved or purposeful retaliation upon your safety and wellness needs, without compassion. No condition that cannot be controlled by one's own choices is ever deserved, it is however the responsibility of someone under conditions they cannot control to get help, and when provided with resources for coping, such as therapeutic settings or meds, to be gracious for any services in response to one's condition, however with expectation expect for one's hand to be held through the whole process of recovery, certain leaps you must take on your own, whether it be a decision to get help, whether it be a choice to respond, or whether it be choosing to rely on your intuitions and best decision making skills, it's hard to find your own voice, during difficult times, easy to question oneself, and while under the good care of others and medications to be treated differently depending upon how a person feels being around you or depending upon the energy or poise you exhibit in different surroundings, it just so happens that those who are most well, can easily adjust to any settings, find their way, without being influenced by the talk or behaviors of others, that would be unusual to think that anything anyone else is experiencing is about you, unless there happens to be a connection made, a parting of ways, or disbelief in anything you have to say as being genuine to self, at what point does that occur? When we are paranoid, or in states of disillusionment, it's easy to think that things are about you, does that cause one to ever feel threatened by others? I think it's when other people think that they are being thought of as being in the wrong, or where there is an exchange or interaction that causes one to feel like they were in the wrong, or held a misjudgment of someone they thought deserving of mistreatment, to then feel sick unless proven right, that's when the wellness of someone you don't know, or know of from online, gets well and you don't think that they deserve to be well, having met them in person, looking and speaking from a different disposition, we are all not outgoing people, some more shy than most, it's not a gift unless it is a valuable character or trait, that you have harvested by your good efforts to improve upon, speaking doesn't come easily to most, nor does writing, it's a practiced profession. What happens when you are denied care? A denial of care occurs when even after following treatment goals, and not improving, or achieving a condition thought befitting to someone deemed to have mental health issues and self-harm issues, caused by use of drugs or alcohol, seeks different treatment, a better condition cannot always be achieved, only through experience do we learn that unless we are compliant to whomever's care we are under, are we treated with care thought deserved, it's when we rebel from the care given that others give up on helping you. If you have been compliant for 8 years, on risperidone and abilify shots, and have not given your best always online as a writer, does not mean that as a person you are a lost cause, and it's okay if someone you seek help from does not want to help you, never take that personally, it's just because either they have lives or their own or think that your issues are heavier than they are, think that it's better to toy with your condition and treat you as beneath others to control your options in life, and to hurt you when options are afforded to you in life to move forward, life is not a movie, and although that could be a happy ending in someone's viewpoint who doesn't like you to see you get to a well condition and then get hurt to a point of no return, would be giving you a taste of the good life, or a better condition, than trying to take back all opportunities for acceptance, by attacking your good character based upon your experiences growing up shared. Until you get well, will you get better, until you try to make a good impression will you overcome self-doubt or intimidation by the interpretations of others, or auditory hallucinations such as voices, enable illness to kick in, that would be throwing up for three days, after taking handfuls of anti-psychotics several nights in a row, and write this. There is no value to anything shocking or hurtful, non-acceptance only hurts until the point you feel unwelcome in a place you were removed from, and thought justified, to prove that all displacements are a result of poor decision making, or resulting from you liking people who don't like you, what is compassion? Friendship, and when was it a good choice to stop dating, 2014, after the first failed relationship, after punishment, you become a worthless endeavor to care for, and it's then you must care for yourself without expectation of help or guidance from others, and as privileges get taken away from you, medications changed, always do your best to stay positive, not all people were meant for love some are best as friends. Proving psychosis and causing psychosis in someone who is publicly announced as bipolar, is a risk I took with my health, and being

labeled an addict or someone with voices, is why I was taken off Adderrall and Vyvanse and put on Provigil, its important to be smart, and no matter how far down we go in life as a result of poor judgment of us, its not until you are well that it is appropriate to be around others, never trust an unstable condition in the hands of others, its usually those we don't understand who get put down and rejected or ignored, to see how they respond, whether they leave or return to our lives, in a worse state, to prove or disprove the causes for the mental health issues of someone they don't respect or think has not tried hard enough in life.

Purposes for Loving Yourself ...

2/16/2020

With love, all things tend to fall into place, that's when you're most certain and confident, sometimes with companionship, sometimes in the company of friends or a loved one, do we experience a sense of peace within, that we are exactly where we should be in life. That sense of togetherness and focus independent of self, is called feeling a sense of belonging, love is not always required, but in small doses can make a significant change to our outlook, and voice within, where no matter how lost be become, sick, ill, or no matter what pains we encounter, along our journey to recovery, its that faith in ourselves that is crucial to our well being and ability to adapt no matter what our circumstances. Remember you are human, and although there may be moments of sadness, joy, or pain, you can always move forward, and choose to focus on something that brings you that sense of inner peace, alone, or among all, by our experiences in life, we learn how to adjust our settings to meet our needs to accomplish and to be around others, never hide from living life, or wallow in sadness for too long, youre only hurting yourself, when you isolate, its upon starting life over, or reintegrating among others, and connecting with old friends, you get reminded of the life you've left in place of whatever illness or sadness you allowed to sit to convince you not to move forward or that youre not worth it in life, theres never an emotion so strong that is worth leaving life for, that's simply a state of mind when you are overcome with mental health issues, sometimes when we think too much, communicate our fears, or in private ruminate over our lives and what has gone wrong, give power to negative thinking, what you hear back then are things that don't make you feel good or confirm those feelings, always think beyond, when you are feeling the darkness of the day, or moment, its just not being on point, not moving forward, convinced that no change is possible, why give up on yourself, always let your good days determine your future potential, the more good days you have to be proud of yourself will give you the momentum to keep going in life, and not feel like time is long, or too short, or feel not good enough to try, or to begin something new, like a new job, friendship, or relationship. Its upon disconnecting that we stop, its upon connecting we feel, and its upon thinking we make choices, and choose what direction we allow our thoughts and feelings to take us, life is always in your control, and no matter what happens to you in life, or around you, remember better days are always ahead.

Stop Bullying

2/15/2020

My record gets expunged 2020. Because I am still getting voices, I feel suicidal, and my face looks weird again. You can always go to the hospital, and if you can't figure out why youre not feeling well, you can always do step work, thats to identify upon looking back in life, when your life was normal, and at what point you needed medication to function, and whether it was due to alcohol or drugs. I think because I was punished, after losing 50lbs, and achieving beauty, it will be difficult no matter how well I get to be around anyone who doesnt like me, or thinks poorly of me, my journey back to wellness, after staying home for 3 years on 4 night meds, sleeping all day and night, after talking myself through my problems and hitting my head, decided to write because I dont deserve voices. After you get punished its hard to live a normal life, especially, if you didnt recognize that talking through your problems with someone else was offensive or sickening, everytime I am social I lose trust, everytime I fall in love, I get left alone and get sick, you are only smart once in life, I think voices are hurtful, not helpful, I dont experiment with others, nor should anyone experiment with me. I worked so hard in school and got jobs, to get a job, stayed home never went out, and upon going out at night, eventually you get sick, its for once in awhile, please stop bullying me its causes me suicide, its taken along time to adjust to being around people, trips to starbucks, get used to the noise of the day, upon connecting and disconnecting causes me illness and suicide, this was helpful to write here, I think the court was too hard on me, without hearing from me, and I deserve to live life. Ive done my best to talk to courts and help them, I only know what I know, and thats to prevent illness from occurring based

upon illness Ive experienced. As you get better in life, don't commit suicide, because someone thinks your a bad person, or because you look weird, life is not a joke, and no one deserves to be hurt because they were misunderstood, or got sick bullied, if I can only focus on one thing at a time, school, writing, or running tormenting me is a handicap, its not motivation, and taunting causes illness, not #worldpeace, and music helps, but only when well, I spent (2004-2017) living alone, running, and writing in private I dont deserve to have mental health issues. #stopsuicide

The Repercussions of Bipolar and Suicide ...

2/14/2020

Based upon my own experiences, once you receive help, you usually do better in life, and move on from whats ailing you. I think in private we deal with our problems, and once you have overcome a problem, those thoughts are never forgotten, but are put to rest in place of new thoughts, which keep you moving forward in life, not drawn toward memories of sadness, or be reminded of times of illness, then you end up right back where you were. There will always be adjustment phases in life, sometimes well and independent, and sometimes functioning better with friends, on in relationships, and sometimes you need to be alone. If you ever feel threatened by losses in life, let things go, never try to understand a loss, do your best to stay well, sometimes its not intended for a loss of companionship to occur, and if its been an issue in the past, then its simply something to talk about with a present companion, that's a fear, everyone is entitled to socialize and be friends, that's not the cause of loss, nor does thinking anyone is trying to take away from you anything that makes you happy, life is meant to be lived first for oneself, and secondly for those around them, if you ever feel sabotaged in life, think first how could you make better decisions, in life, as we mature, less of the small things in life cloud our perspectives, or choices, or needs, and rarely when we are not well, does it do any good, to self-harm in response to any taunting or voices you hear, if you and your problems are deemed responsible for your cares, then it is deemed unreasonable to understand the causes for care, if for selfish reasons, or a disposition caused by losses in life, I don't think you can ever live a better life, to make proud an old life, once you leave one life, you will always face difficulty adjusting as having suffered those losses in life, it's a choice to make sacrifices in life, and to separate from others, its never the fault of whoever has insulted you, or made you feel small, don't allow illness to take hold of your sense of being, a lot of things people say hurts, its what you take personally, transforms you as a person, and affects your disposition, the more fear resulting within you as you enter the world professionally, the less likely you will be taken seriously as maladjusted to reality, and offbase, there are ways of punishing people for how they have talked in the past or in good humor told stories about their lives, that tone does nothing to undo the hatred and bullying the results from others thinking you have imaginary fears, and thinking that you are the producer of fears, for those justifications others seek to cause one illness, you can either allow the opinions of others to cause you illness, or you can do your best in spite of those negative feelings others have toward you, whether banded together to destroy you thinking that you experience illness as a product of your own choices in life, and whether you were once able to overcome bipolar. If illness is sought to be proven, than any addiction reinforces that belief, and any non-compliance illustrates a purposeful effort to get the opinions going in motion, of you purposefully not well, and once you get well, no matter what meds you are on, always do your best to be smart, life is tough, no one is to blame when illness occurs, unless you can identify people with illness, and purposefully causing illness to others. Bipolar is not contagious, if put on the right meds, tantrums do not occur, and if sober, wiser decisions are made, I don't think its necessary to judge a person in the privacy of their phone or computer, to determine whether they mean well, are sick, or to prove illness, if taking meds as prescribed. Risperidone and Abilify are not a choice, they are prescribed, on those meds I sleep all day, if you self-harm or cut yourself dramatic, if everything is going well, and suddenly life gets difficult, as you grow up and mature, its not a big deal, there will be more opportunities in life, and if you cannot provide for yourself, and do not get a job well, you can always file for disability services, in my best opinion, even if one gets voices, bullied, or taunted, whether it can be proven or not, at that time, it was thought deserved, as though you were not doing your best, and sharing illness or fears resulting from your own wrongs, if you did everything you could to do well to get good grades get a job, then it shouldn't matter what anyone thinks, from my own experience its based upon your own analysis, and how you see things, you will be judged, and someone who has attended law school, will be tested for mental illness, because they don't understand how bullying caused the deterioration of your mind, or face, that is done to you, as you take personally negative voices, which cannot be proven, don't commit suicide. If you can speak or you can write, then write until you can tolerate hate, so long as you allow hate to win, you react and respond in an immature way, slurred speech, and in writing. #stop hate

What is Heroism? ...

2/10/2020

There is nothing heroic in doing the unexpected, usually nothing by surprise is appreciated or valued for whatever work was put forward to accomplishing a goal in favor of self, persons, or others, not necessarily to the disadvantage of others, as everything can be read and analyzed its to achieve what ends, in favor of whom, whether that be a negative judgement or information written in support of self, anything that helps you in life, if you are in the public eye, may be used to hurt you, whether there is any truth to their understanding its not seeing you win in life, as not an agent of your own cares, but in response to the cares or issues of others, as though one cannot think for themselves if not hinted or triggered by others, its usually the case that you are focused on yourself, sometimes you accept that you don't always understand everything, I think that I am at a greater burden than most as a blogger, not needing to prove myself, but upon acceptances, reminded of what hurts, whether directed toward me, or later seen and recognized, as viewed in private, its to whom is attached to your interests you wither or wane in energy, not knowing or understanding for what reasons, its upon being talked about, whether for positive reasons or not, if you are not doing the right thing can easily get lost in the fogs or seeming disillusioned states, we cant be hyper focused and sharp at all times, its okay to enjoy the moment, and just because one is uncomfortable does not mean defective and just because one is taunted, but does not realize it, does not mean that that occurs always, I think what is being judged is whether I attract negative attentions or whether I help stop violence, I think I have done my best on Facebook and Twitter and Website to rationalize, why when things are not going right we turn on professionals, and why would you ever put on the front lines, people who are analyzing the issues of those they are in disagreement with, there is proper forms of fighting and expressing displeasure, then its attacking a source of someone who works hard, as to blame of the cause if or about, that was not the purpose for sharing to be used, to make everything about me, if any warnings were given to make things not about people, then that's why nothing is about people from my life, its until triggered to give examples of where you are coming from, that that just gives other more examples of sides to support other than you, and continue to attack you as not being on the right team, not right minded, not a team player, or creating teams, or some kind of leader of input, no its by writing you are read, not by popularity understood or accepted, I write. *I incorporated my hashtag, if the music is not good enough, I get blamed for a "#."

Finding a Stopping Point to Thoughts ...

2/6/2020

Finding your stopping point, depends on your threshold, or need for clarity to feel whole, or to feel right, (1) in the wrong, more to feel better (2) perceived in the wrong, less to say, more to do (3) speaking freely looks in avoidance to speaking to issues, as though speaking makes you feel well, not looked at as a useful processing of thoughts. Different forms of writing are appreciated, (not alluding to my education), word count (not speculating of issue), that's to say as said, in what order do those circumstances occur, Im not sure, if not sure, then for study? Not to study what I have shared, as I am responding always, not always to myself, but in response to how I feel in reflection of what is shared, later sometimes speak better, or figure out what is used to illustrate insult as described, where anything abstract pretty, is taken down, that's to see if I feel hurt not knowing hurt later cannot find something, see that I have been hurt then say hurt because of whats taken, to see how I respond, whether whats written is created as disposable information or useful, and how I suffer if I lose everything, that would mean for purpose writing, in school you write by citation, in real life you speak from your mind, the two types of disciplines do not require same focus one more difficult to read understand and comprehend and as applied, show that you understand what you have learned. Its in prosecution mode as heard or defended against there is no stopping point at which both sides are at ease, that's fundamental to disagreement, not for testing now, why I call the police, where there is disagreement or difference in handling the majority, its assumed appropriate to control the majority not in favor or anticipation of disagreement, but as more knowledgeable than whomever can provide added insight as being in someones life, trusted as close to. There are specialties, we all know ourselves, and as remembered and while responding, as you become more aware of how you have corrected behavior expect that others will look for repetition of causes for illness as they see occurring, to see if existed in another state, as described affected, only by disappointment do those attached become sick, that's like family and friends, or teachers, then by mentions whether to cast blames and as misunderstood or having done their part, to situate someone as target for taunting as though

deserved to say because attached to OJ got away with tweeting and those sick, she is responsible for. I was the first to report to Bazelon, as trusted worked, and once sick could no longer be relied upon. - Again in explanation illness is felt, that is as explained, illness looks like assuming strength or wellness directed toward ones self, deserved.

For Purposes of Getting Well ...

2/5/2020

For the purposes of getting well not opening invitation for fighting, or for making others look insensitive as I become not well, as justification for illness, I respect the opinions of others and their health, as my condition was caused by fighting that caused my separation that caused my drinking that caused my suicide, then to recreate events until not well, to see if when in fighting if I get suicidal to test for care or selfishness, based upon response, as having learned or understanding the consequences for responding, and whether and why not taken seriously as a professional, and at no later point can a shared understanding if it looks like someone who when everything is well by their own mistakes makes everything typically not well, and then back through the hoops of acceptance not because of acceptance before one has disproven wellness, and on what basis, until it looks completely of my doing, then any later matchings of illness, to say because in selfishness, and while in selfishness, not thinking, and that paranoid is not due to me not understanding that others look bad if I look bad to say not being compassionate about the separation of others from me, saying that I have difficulty letting go, or as defined by me, someone in need of others to feel good, to say that not independent or strong but for my work experiences, and to say working to look good not because I care, then saying as trained, any later carings, or rescinding of care was marked by a taking away of a badge not to return as recorded by me, that's as reported wondering, why a separation occurred, as though not trusting who trained me, then every interaction post, is as accepted, with incident of not well, then rejection then say because of my actions separation, not because of my focus or cares or by experience cared, to say because for selfish reasons, then saying as in defense or as prosecuted in class searched, defensive, and say was reasonable to be made fun of, so even as transparent later, with everything online, makes no difference, if it still bad behavior than it gets processes as illness, and no wellness later will change a negative viewpoint of you, and then say that you are dependent upon others easily offended cant take a joke, then it goes how far back have you seen this way, and whether all decisions because one is sensitive. Everything online is preserving what is a positive representation not as in defense of issues claiming that any previous negativity was not justified my wellness now is to show not deserved then, that's using a different time to explain another time, and no time is the same unless wrong, so to prove wrong, separated, with or without fighting, head hitting is because one feels as though they are not right and because of their own doing suicidal because it was reasonable for others like a teacher to F with your head as read, hurt you as though they think you have hurt others, see if you respond in the same or a similar way as being misunderstood, and whether reporting of misunderstandings was in defiance or in question and who as outted felt as though they looked bad to justify sibling rivalry as though my understandings caused others to drink or do drugs, upon investigation and reporting, everything gets considered, until its made of issue or reaction, illness, if caused by self or others, reporting in public is what is wanted to say reporting is what makes me ill paranoid, then do things that cannot be said, or proved reported, then to hurt as responding to negatives, or highlighting hows, and then to prove again how putting others at risk of harm, as thinking of ways one has been hurt shared.

Will write again in private, not to others, and establish wellness on my own (2020). And in anticipation of not being prepared for negativity will not socialize for another 3 years. Because its not clear, so whether forgiveable, if hurt, just adds to ammunition, to say I deserve suit. I am not a wanted connection as not well, so long as that can be proved, its reasonable to hurt me, or for me to feel hurt, that is to illustrate that one should not feel good by others, so a sharing in public is to share to feel better, and that others opinions matter, to change opinion, one betters themselves not by what others think and no matter what is thought should be good.

Sincerely,

Leslie Fischman

#stopsuicide #bipolar #onmeds #stoppedabilify because it causes later disabilities told, risk of.

Please Note: ONLY UCLA is approved to study why I hit my head or got or get suicidal, please.

Leaving Messenger ...

2/5/2020

There is talking in private and there is talking in public, there is also talking in private in public, and talking in public period, all three situations are different, and depending upon whether you can control, what is brought out of you in life, its best to talking private one on one to a licensed therapist, that is my best advice given my experiences to avoid, mental illness later on associated with talking about private matters in public, and having the public be concerned as to your private matter affecting their health, that's when no one wants to hear from you, when you cannot manage your issues on your own, and when your illnesses in life affect others, your frustrations in life, do not help you integrate and live a normal life its usually our problems that keep us from living a normal life, focusing or functioning. Don't compare your best to anothers, that's not how to achieve well, we are all under a different set of pressures in life, and some more empathized with than others, some more compassionate toward than others, its until you prove others justified for giving up on you, that you lose motivations in life, which were once based upon your own wellness, and simply ignoring bullying, never respond to it, and suit yourself to a Shittier hand in life, to make others feel better about themselves, what was once bullying then gets turned into guilt, and from that guilt, no one feels better or worse by communicating upsets, only interference with wellness is defended upon, and boundaries placed, as though a fight will erupt, that's not a fight coming, that's disappointment, disappointment, is when you are made to care, or made to feel bad, and losses of motivation occur, when you care, but don't care to try, and when you try, and feel like for the wrong reasons a waste of time, to care about why things are the way they are explain, that looks like justification but its not for ones, inability to remain well, there is a point when if you cannot stay well, and do not respond properly, or for the wrong actions explain worries, that you get dealt with as though you deserved to be kept out in life, that drive and inner strength is not physical strength, when it comes to being a professional, weight problems occur, because energy and physical stamina is applied to physical labor in the work place such as in typing and argument, or writing creation, and that stamina, if applied elsewhere leaves less room for focus mentally to think, sometimes it helps to clear ones mind, that doesn't mean because of illness existing, its hard to work physically, when there is mental illness, and its hard to function without feeling good, which is time in quiet, which usually follows working hard, you feel good about yourself, and if you do not feel good during moments of rest, what more can you do, other than exercise to feel good, you can read, reading takes practice, and with reading, you feel better, as your thoughts are directed by the writer, and material presented by another, is an easier step to wellness, than going from spoken to, before speaking, and hurt, and then as tired and physically and mentally ill, speak, speaking to all, and speaking to one on one, if sued then it becomes "the people" versus you, then that's a new handicap, you would think upon isolation and earning good time in life, working hard, by the time you present yourself, on paper, and in person well looking, acceptance would be achieved, why you stopped applying for jobs, and continued with your studies, had you been given a job, then no need for a JD continue on, that's using time spent, achieving, than time spent wasted applying, once you get a no, that's usually cause for redirection in life, or for trying harder, not toward those places in life that rejected you, usually upon being hurt or not wanted, you don't go back, that's not who to "prove wrong" that's not what is meant by "prove them wrong" its by people who think less of you, to then not worry for you, or hold any opinion toward you in the negative, the more you give for them to justify spaces in life, the more they question your motivations in life, as being because of those spaces credited for your wellness now, don't destroy relationships, if you have none, that's why people leave doors open, because they keep moving forward. I think for the most part I have shared as much as possible, Id rather my heart be burning than my head be burning, from taking things too far, if my body is telling me to stop, usually I listen and don't push myself beyond my capacity physically, with mental illness, running was one way to work hard, without in words, push myself, I didn't need to take a picture, and later to campaign for causes, was not the purpose for the run, but a pretty photo to share, to illustrate, wellness at the time, and approvals given, that's not leadership, that's shared interest to prevent locally. I appreciate the time everyone has taken to read my messages if I have messaged you, I now have a new therapist I am paying for to see twice a week, and think that there are issues beyond acceptance needs, to address at this time, if it sounds legal, then to talk to my attorney as directed by the courthouse I am seeking expungement from, and not talk to SCOTUS, if I can talk to the police and a social worker in addition to whats been going on, to treat my condition, which is thinking Im attacked in private that's causing voices, so that I do not go out and feel normal in public, so that if out in public I do not appear well, and if so, how I am now, and if I do not appear well now, that's to justify in the past only hospitalized twice, that I was as disabled then as I am now, if I was disabled then, I would not be able to drink, or need tons of meds, if I was only on l vyvanse then and no antipsychotics and maybe Depakote if needed, there was no need to hurt me, and make me look stupid, to make me seem like someone to let go of, so in response, not become someone to let go of, but "prove them wrong" not self-harm if someone you cared about is being accusatory toward you, doesn't trust you, that's because

they do not hear from you, and if you are not working, then they think you are not trying in order to work. There is a point in time, when you have left your focus, and concentrating too much on the interpretations of others, that can cause you to be suckered into their problem with you, which no amount of writing positive or well thoughtful or calm, can cause compassion toward you, so long as people are able to hurt you to get you to respond weirdly, then they feel justified as having let you go, in life, or made fun of you in life, thought less of you, because you deserved it, or had a big head, its someone who is not aware, becomes aware, doesn't get upset, its someone whos not aware, and has disability, then thinks, a caused disability, that is not a predictable set of circumstances in life, people are mostly for themselves, just ignore bullying.

Nothing to Talk About ...

2/5/2020

Even if you have nothing important to say, that doesn't mean that an opinion of yours if said is not important, or that your thoughts are unimportant, all thoughts are important, and all thoughts affect how you feel, whether or not you are the one speaking. Sometimes we are at a loss of words, this can occur during times of sadness, other times things just may be so complex or over our heads that we don't know where to start, or how to add to the discussion. Note that there "will always be those strange and awkward moments in a conversation where we struggle to know what to say." [1] Its in those awkward moments, that you realize how little you know, why reading is important. The more you read, the more comfortable you are speaking, and the more you read, the easier it is to write. That is, you are accustomed, to ways of talking, by exposure, so when the time for conversation, arises, you already have that confidence, of how to put together thoughts and how to put together words, to convey and understanding of what is said, and if possible contribute a new idea or string together a few words, that follow in a natural way to what is said, that's being prepared. Sometimes it happens that "it can be difficult to keep the interaction going in a smooth and natural way because we're not entirely confident of what and what not to talk about." [2] Don't be dumbfounded, just because you do not understand the basis from which others are speaking or read into things too much as needing to be about common grounds, to share a laugh, or a an understanding of a topic, some arguments have already or never been made, so any thoughts you may have may be new, give yourself a pat on the back, and sometimes when sharing your generalized understanding based upon what you hear, analysis will fall on point. For example, in an lower division writing course in college, I had yet to buy the textbook assembled by the professor, spiral bound, but still participated in group lectures, and made arguments, based upon what the other students were saying, and by the time we met for office hours, without a textbook he replies "you're a pretty good bull\$shitter" "how could you participate without having read the stories?" and I explained. -Don't be shy, don't follow my example, but if you have to speak, to speak, speak, but if its better to listen, listen, that's a judgment call on your behalf, when to share your mind, but have no fear, "no matter what you say to someone in the average conversation, they will almost 100% certainly forget it within a few days." [3] Why are some conversations more memorable than others, it just depends on what youre into I guess, whether you have an easy time memorizing what someone has to say, that can be because it makes sense, or have a more difficult time, keeping track of the information being said, because it is more complex, you don't understand the language, or the concepts enough to get into it, and have something to say in reply, for me its like watching *Fox News*, challenging. -That's politics, so complicated, overly complicated, that unless your educated, and with a background in the subjects that matter, will you understand why people are given positions of power to dictate what other people think about people, and the subjects concerning them, that's just how life is, you have to get used to something sometimes before you can fully understand it.

Reference:

[1] <https://www.lifehack.org/626714/how-to-talk-to-people-when-you-have-nothing-to-say>

[2] Id at 1.

[3] <https://shynesssocialanxiety.com/what-to-talk-about/>
Snap Out of It ...

2/4/2020

Going in and out of delusion is no easy task, especially without the right meds, it takes a minute to recognize when you are off, and by the time it stops, you are stuck wondering, how and why. This happens to me a lot of Twitter, my mind full of thoughts, trying to make sense of what doesn't make sense, or even worse trying to make sense of what has passed, based upon how I feel now, as though my feelings now are because of what doesn't make sense, don't give power to the non-sensical, what do you know best, know yourself, and don't allow the behaviors or words of others to dictate your direction in life and how you feel, cause you to question yourself, or second guess, your direction in life. Many times in life, we get lost, but most don't stay there not for months and years, if you're feeling lost, and get put on meds that are supposed to help you, well don't blame the medications for your lack of motivation in life, as keeping you in a stuck state, off base with reality, its always your responsibility to return to normal, yes if it's a choice, and if life is based upon choices, then yes as a choice, with a bad attitude, you won't make progress in life, and stay where you are, under those conditions, never get too comfortable or used to a set of conditions that you know you can do better or move on from, why stay anywhere you do not feel welcome in life, or at your best, allow time for the dust to settle, its in those cases that its not a matter of routine that will fix the problem, but a matter of change that will produce a better state of mind, moving forward, you cant learn sometimes doing the same thing everyday, sometimes you have to add or subtract things from your routine, even when you don't feel confident about making changes in your life, to move on from whatever is bothering you. It's the chances we take when we are not well to get better that you will be most proud of, and then think of all the days wasted, not trying for a new beginning in life, once you get going, it's a matter of momentum to keep you going in life. Never give up on finding more solutions to better your outlook and physical presence on earth, its you that are in charge of your outlook and how you feel, and much of how you see is based upon how you feel, so you cant always better yourself simply by making minor changes to how you see, your body needs to change too along with that positive outlook, defy the aging process, and keep your youthful wits about you, and demeanor, that is what will make you feel strong, not getting tired, not getting older, that doesn't make you wiser, what makes you wise is whether under any conditions moving forward you are able to remain the same just as strong as you were supposed to be then, and now just as strong as you wish you could've been then.

Identified as Someone Trying to Be Identified as About ...

2/2/2020

If ever you think things are about you about peoples work from other departments not concerning your achievements in life, there is not set placement or ideal that's is trying to be fulfilled, that fixes those losses in time, its by wellness, that wellness fixes others sometimes but not all the time if well can someone be made to feel better, that's a gift upon appearances. I don't think its appropriate to continue to experiment with my condition now to recreate 2013, I do not believe in recreating events, to not state points to be attacked, as cares tested for, to see what end results occur from, a manifestation of unknown to known to establish fact is coordinating for an outcome, that's not my profession, coordinating outcomes. I have been trained to be prepared to help and supply with information, but never to fix. Its upon not being well that you lose your ability to help others. And when that ability is lost, you realize that you were well without having reacted to losses and channeled those sufferings in life, through music, or removal of records or photos from record, as not helpful portrayals of self, if at issue, and not wanting to be part of issues, don't worry or become defensive, prior to anything bad happening, it was that I was hurt on the street treated as defective that's not because I was not well, bad photos, or look weird, that's not deserved, as thinner, but because someone who they thought was appropriately making fun of me for going to law school perfected an idea to minimize me to nothing to not exist, I grew up on the block, that's not for show, or to tell. Its mostly in discomfort in life, we do not feel or look good, that's usually feeling like we have to respond for acceptances if you are too tired to be showy kind with energy back, then that's not feeling well enough looks like you're looking to be checkin in on, not available, that's okay. Its okay to not be picked, friended, cordial, and not be awake at timing of responding to talking.

How to Feel Better ...

2/2/2020

Sometimes discussion of issues does not make one look or feel better, but not feel well, that's in the event you have been harmed, and the person to whom you are speaking to cannot provide you with reassurances in life, as to your outlook whether, well, in a sufficient way to make you feel better as understood or upon recommendations being made to you. Its when issues arise as to causes for discomfort occurring through the sharing of said issue, its to see what guilt or reaction arises in the face of something said being in the wrong, then as something said in the wrong, whether the energy to correct or articulate, how important or motivated one is is based upon what matches as correct there are no alignments of interests just symbolisms current present that may or may not resonate with you that was not the purposes for creating a creative corporation centered on protecting the wellness of those producing material, I think is important has been important to maintenance of my wellness. The purposes for ending a discussion is not to not end up in the wrong or as studied be preserved in the negative opinion of self, as having reflected and upon what and what is causing reflections whether present or going and why why they designate people as rejects or going, or dying, or suicidal, or bipolar, or addictive, to make people not care about people and to see how they respond when not cared for in the negative, or loud, Im not here to console or to provide reassurances as that was not how I was trained, to help others, nurturing, that is for boyfriends to connect by heart love is the solution to pain upon recognition of issues, be yourself again, not all can be close once those issues are protected by #scotus to decide issue.

Personal Update ... [Called #FBI today ...]

2/2/2020

After much consideration have decided to discontinue the use of Twitter for expressing my ideas and thoughts, or humors in life, ways of thinking about things, as it has not been helpful for my focus, and has an addictive quality, is helpful if assists with my appearance and image, but is not helpful if it requires continued discussion, and then once ending with arguments, is usually a disfavorable position to be in, once appearing well consistently, sets me back, there is not time frame for wellness it's a decision, to discontinue, what has helped you get well beyond the point of feeling well, so its not that the service does not provide me a service, I love Twitter its that the attitude toward me changes, and I need my confidence in life, am not for boosting the confidences of others by putting myself down in life, or be used as a source of blame, for understandings as though Ive misled the people into believing in the causes I supported. That's not a reflection of my cares changing, but as tired after 7 years of writing, need to change course in life as to what will help me live longer stay driven and motivated to get a job, and behave in a way that represents myself and those around me well, its time to change my course in life. I think for the most part its fun to lead discussions online, with humor, and intellect, based upon my understandings, but do not think that its wise at this time to lead any discussions without further inspection of my own issues, not get beat up without me knowing it. I think that things were done to me to think I was lesbian then, no never only after rejections in life, that's how curiosity arises, when you feel grose to feel good, that's something new. As a writer that grose feeling is just being tired, you have to work on how you look and how you write as a blogger because both matter, and achieved a greater following with pictures to help. I called the FBI this morning and had a good talk with them sharing current worries frustrations with them in regards to image concerns, wellness, life expectancy, and not using the past. The issue, is whether now is to illustrate the past or whether now is creating for future endeavors.

Trusting Instincts ...

2/1/2020

Overtime there is an eventual wear and tear on abilities as one gets tired, do not be mislead by the bad fortunes of others, or feel sad for the misfortunes of those who in expectancy of something good to occur are received with a different set of equations to decipher in life, there is no one main knowledge or understanding, and its not always through a shared similar or like understanding that wellness can be achieved but enable everyone to achieve for each their own wellness based upon where they are in life, don't fall victim to the big heads of others, or be intimidated by cockiness to boot, that's not your expectancies its theirs, that's not your outlook but theirs upon seeing you, as well, in spite of whats occurring think not affected, that's a constant issue, when to shine, when to allow the past the leave you and what is to remain to be beneficial to a better understanding of protecting whats around you and whos around you. Ive always been a careful decision maker, hiding my friends on Facebook and album, since 2008, that was my choice, given the turbulence at the time, affecting my commute to work, and my brother in Mumbai. I don't

think that there is a causal connection that need be drawn or inferred from my blogging or not blogging at the time of those incidences, have always been a very private person, and have never thrust myself into public light, to control the outlooks or affect the outlooks of others, what is wellness to me, it has at times been a struggle but have always taken meds as directed, to not make this a lengthy post, have always done my best. -Listen to the women around you, its usually by their patience in life, its time to stop what youre doing and shift gears, if its time to work, work, get well, get well, not date, then don't date.

March 2020

By the Time it Dawns on You ...

3/15/2020

By the time it dawns on you, that change is needed to fix your life and fix yourself, hopefully youre not too late, its never too late to ditch any teams in life that are going going gone, meaning continuing to make the same mistakes in life, and not doing their part to better themselves, but set themselves worse off in life, without complaint, too accepting of their malapadative conditions, and not trying hard enough in life to achieve a better life for themselves and others, that's called giving up in life, don't ever let your circumstances in life pile up to unbearable lengths, and accumulated setbacks, which keep you from feeling level headed, steady, and capable of recovering from whatever has ailed you in the past or by whats currently ailing you, become too difficult to overcome, we are all affected by the times, some of us choosing to care, some of us forced to care, and some of us by profession affected by the outlooks of those within a profession, and their ability or lack of ability to stay present and perform under any circumstances in life. If there is one bit of advice I can give concerning my past, its to never give up and become something youre not, simply to let people feel better than you, or feel like they have won, by putting you down in life, eventually there is a stopping point, when you stop allowing others to put your down in life like you deserve it, if you allow those conditions to prevail, sure enough you enable them to prove anything about you, without a right mind on your shoulders, be centered throughout any storms in life. If you can stop a harm from occurring then do so, like sending a book to Attorney Avenatti instead of Trump, if you can stop hate from happening, then its okay to March at a Parade in West Hollywood, if you need to work two jobs to be respected and look like a hardworker, then take on two jobs, but not three, and if you can be smart, then be smart, sometimes our humor is not regarded as smart, and can be interpreted as a cocky misrepresentation of your beliefs or outlooks in life, without an understanding of your understandings and influences in life, its easy for others to judge you and be condescending toward you, not seeing you as someone who is trying to help others to see better, in light of negative opinions, and continue to make progress, regardless of what has transpired not play to those tunes in life, and support the actions of peoples unhappinesses in life, and taking out their anger on others, cause one to look or appear the same, as though by their educations in life, do not have a positive outlook in life, and be labeled someone who is a drug addict or paranoid, an underachiever, who causes harm to others, that is wrong to assume that anyone who is not doing well, who can made to look like in the same shoes or be mischaracterized, is equally angry for the same reasons, not by their own individual shortcomings in life, then say that that type of failure and attitude in life, is a by product of their understandings of the world, similarly misunderstanding the positive representations of others, and thinking that their actions can change other peoples understandings in life, of the past, that's wrong to do, to put people in similar shoes, and label them the same, when one has committed crimes against humanity and the other has not, do not compare me to those who have been hurtful toward others and committed crimes. I have been successful academically without interference from drugs or alcohol, achieved, and worked, and maintained jobs while finishing my schooling, and if I have not finished my schooling, that is not because of anything that has occurred in another state, if I took a poster down before a movie came out, those pieces were submitted to the Federal Building for review, that's wrong to think that me singing on the street in NY outside of our hotel, with lyrics containing the same words as a movie title was intended to reference a movie title to which others watched and were attacked by gun violence, its okay to feel lost, in times of need, its by what you do to help make a positive difference that helps others to feel safe, not promote negative interpretations of people, to make it seem like its okay to think negatively of others, and then to enable attacks to occur, as though one is situated on a same or similar side in life, that's wrong to do, to put someone down in life, and change their voice, so that its coming from a different starting point in life. If youre on your own youre on your own in life, without assistance or reassurances from others, its easy to get paranoid, or to question the words of people around you, especially if a teacher references a document

in your computer and makes fun of you in front of the class. Im not OJ's Attorney, but yes I was relayed a message upon entering law school, and Im here to take my life seriously and do the best that I can in whatever capacity I am given in life to achieve, that's not for anyone to judge me, as though Im not good enough to speak to the courts, and to share my viewpoint, or how I have been misunderstood or harmed in life, and then to further those comparisons in life, put a picture of an offender on my magazine page of my website without my permission, for what reasons does it serve to situate me as though my responses triggered negative reactions in others, and if so, how did everyone know of me to be so aggravated by any one set of opinions of me, to respond in that way toward others, I don't promote violence, Im not an angry person, and Ive never been in a fight in my life, why hurt me mentally so that I fall off center, then blame the meds, when everyone is cocky and suddenly quiet, you begin to wonder for what reasons, have the attitudes of others changed, its not okay to treat people like they are stupid that is wrong, and its not for those reasons that I visited the US Supreme Court, this happened after I visited the US Supreme Court, everyone thinking that I was communicating wrongs on my part, by purchasing nighties, which Mariah Carey collected on an episode of MTV Cribs, just because everyone thinks you've f-ked up in life, doesn't mean its your fault, and just because everyone thinks once you fall ill, that anyone else who falls ill is because of you is wrong to connect you to someone elses set of circumstances in life unrelated to your own shortcomings in life, no two lives are the same until they meet, don't assume that just because someone went to CU that everyone knew them or knew who they were, if you've lived a quiet life, suffered in private, treated for those addictions in life, then you move forward in life, as having learned from those mistakes in life, don't bring people down in life, based upon informations provided to you by them, to justify any purposeful misconduct on their part to interfere with the good health of others. I have always done my best to live a good life, absent minded any fear causing conditions Ive experienced in life, continue to stay focused on myself, staying out of trouble, and especially not causing troubles to others, its for those reasons I think my participation being called in to Moms Demand, and volunteering for Brady, was denounced as though for personal reasons, punished during the time I assembled an anti-violence campaign with permissions from the President of Brady, this is why you do not share emails or your past with anyone outside of you, who when putting together a big picture casts you out as though youre to blame, without understanding all the thousands of dollars of fed-exing scotus information, all the stamps received from the courts, the admissions process to get into law school and to stay in law school, and be admitted to a law school, treat you as though you have bypassed any systems of understandings in life, like you have been privileged in life to get away with any misconduct in life, no I address whats going wrong, and I offer myself to those in positions of power to be used to help combat conspiracies, and even called OJ's jail, to tell his jail I did not want to be involved in Conspiracy, drove to Las Vegas to make a phone call. We never shared our story online, it was not until I made a website that our identities became public, used as reference within the timelines assembled by others, I reported to the FBI (2013) in person, to report a violation of my right to privacy, meaning my computer, I have never okay'd the prying through my personal spaces, and its not okay to label someone as though they are in avoidance of issues, of the cause of problems hurt them like they deserve it.

Always Be Happy ...

3/15/2020

You will always be tested for your ability to maintain happiness and peace within, whether during times of inner turmoil, during times when you are put into question, whether things are going right for you in life, or whether you are led astray, made to look stupid, sent off in the wrong directions in life, that's when its time to rely on yourself, not go looking for love or acceptances from others to feel whole. Never is anyone found, by traveling, or by becoming overly consumed by the opinions of others, youre likely to get hurt in the process of becoming overly dependent upon what others think to provide you with solution, or self-acceptance, so long as you are living a good life, and doing what is right, you should not be bothered by others actions or words about you. All uses of likeness are considered to be understood as compliment, not intended to misdirect you in life, perhaps intended only to inform you that you were being watched as you blossomed in life, used as a reference point, this is only understood upon looking back, not common knowledge to all, unless disclosed, if you don't lead a public life, you are not known to all, its only upon living a public life, that you become known to all, and thus enter any equations, that's the risk you take on upon becoming a public figure and participating online, your likeness may then be used as reference in support or not in support of you based upon your wellness, it therefore becomes the aim of those overlooking your progress to cause you illness, to say that upon being well liked you became suicidal, no my cat was dying of cancer and being fed meds and by a tube for 8 months, and I relapsed on cocaine, and was drinking box wine at home,

that's was the cause for hitting my head, and upon being bullied, slammed my head into a wall 2011, and didn't finish my JD. Its really no ones business to pry into your personal histories in life, and justify attitudes in life, as though you weren't living a good life, focused doing the best that you could do in life, its not anyones fault if one does not succeed, sometimes you do your best and your best is not good enough, mistaken as driven by the wrong motivations in life, not with enough strength, endurance or smarts, to withstand the social pressures, of being forced to represent any sides in life, it's a very difficult position to be put in, when you have held positions of trust, had jobs, and then also required to vouch for someone who is not doing well, be thrust into the same set of circumstances of disbelief, heckled by texts messages until one becomes aggravated, and makes a poor decision to drive after having three drinks, that is no ones fault, when one become aggravated to extremes in life, its okay to be alone, you don't have to explain yourself to anyone, when you need space or time to be alone, to think about life, recharge, and figure out where to go from here, its no ones business but your own, where you are headed in life, and what your goals are, its people who do not believe in you who will also seek to destroy your positive momentum, interfere with your outlook, and upon being well liked, hurt you to cause others to not care for you just the same, that's the risk you take by coming forward, with total acceptances, or easily hurt, and causing others discomfort to see you in the middle of things, and hurt, bullied, or made to look bad, it only takes a second to destroy your life, and be ridiculed in public, you have to always maintain good appearances, and never as aggravated present yourself to look like something you are not, not everyone can manage themselves out alone, and it is a mistake to hurt anyone who is smart enough to work in life, simply because they are not appreciated or misunderstood, and thought to be lacking skills in life, to be independent, and turn them into a dependent simply to have control over the decisions they make in life, limit their options, and subject them to more bullying as they find difficulty achieving in life, and cause them suicide. When is it time to stop, and allow people to move forward. Eventually you have to let go of the past, if you want to move forward in life, everyone suffers, everyone experiences losses, its no ones business to subject you to harm or losses simply because they want you to feel like they feel, that hurts me, and everyone I know, ever consider that, just because I did not do well in public drinking, doesn't mean that I don't deserve to live a good life, that's wrong to cause me suicide, taunting me until I hit my head, setting me further back in life, everyone deserves time to rest, recuperate, and heal from whatever traumas they have suffered in life. It shouldn't take any mass communications, to out people in life, in order for anyone to be understood, or to further denominate anyone, to something they are not so that they amount to nothing in life, and so that everything they have worked hard for in life goes to waste, how do you think I feel having invested all this money and time, trying to finish law school, and take on internships, and still end up in the hospital, just as anyone else doesn't deserve instability in life neither do I. Its people who attack you, and then fear you, think it justified to ridicule you until you make any mistakes in life, as though they are threatened by your happiness or smarts in life, don't cause violence or incite fear to others, by causing someone with a condition, of being bullied, to become suicidal, once everyone has moved on, and everything is at peace. Don't cause suffering to people, who are already suffering, and don't attack people, and then claim you are scared, its never justified to put anyone down in life, everyone deserves a chance to live life, and live the duration of their life, for as many years as they can, its never appropriate to cause conditions, or to shorten anyones life, simply because you think theyre a waste, or stupid, or not smart enough to do well in life, because you think by the meds they are on that theyre gone, that's wrong. I have lived so many good years in life, don't hurt me to then publicize to the masses something that occurred on a small level and to see if shared on a larger scale whether that causes others to no want to hear from me or judge me in the negative in order to determine whether you reserve any right to pry into my private spaces, to cause me inner turmoil and upset, disturb my sense of peace, that's never appropriate, to make private issues, of public issue or concern, especially if my wellness does not interfere with anyone from my past who is well and who has moved on in life, and no longer needs me in their lives. That's letting go, eventually once you hit the public sphere there is a huge amount of pressure daily to stay well, and to be able to perform, its best not to have any connections in life, to influence the direction of my conversations online and make things about people in life, and not come from my own experiences in life, then claim victim to being mentioned on my blog, this is why I am not social, its not okay for anyone to hurt you in private, and its not wrong to speak highly of others, or well of others, unnecessary, but I have never said anything bad about anyone, nor questioned them as speaking to me or trying to get through to others about me, in public spaces via the conversations they have had, whether geared in light of my appearances in life, I prefer not to be someone who is difficult to understand, I need no compassions in life or further acceptances in life to feel whole, I don't even need love at this point in order to stay well, I simply need to be left alone, without undue hardship and further harassment behind my back, as though any support groups are needed as to me, by people who left my life, for what reasons was I so difficult to comprehend, going to law school, Ive never hurt anyone my entire life, I would never purposefully step into any controversies in life, if I had to make up any informations in order to process the present or the past, I only know the life I have lived and its really no ones business to prove or disprove for how long my likeness was

used, whether that was known to me or others, and upon what bases confidences occur between people as about others, that's not how life works, by talking about others conditions, and trying to play doctor, as though bonding about the status of their health is of group discussion or concern, especially if one is not weird, only professional in all settings, for what purposes does it serve to turn someone into a white elephant in room, as though their life is joke, and as though they are not in tune with the negative assumptions concerning their expressions in life and the later business decisions of others, to build buildings, bridges, go through their things, take notes, etc.

Never Stop Adapting ...

3/15/2020

There will be times in life, when you are required to take leaps of faith, usually without proper direction or advisement, we take chances in life, that is to come forward, or pave a new path for ourselves in life, life is not predictable at all times, and even when we are doing our best things may still not go right for us. Never rebel against anyone who doesn't believe in you, its their acceptances of you, if you allow to affect you, that will bother you and keep you from achieving in life, don't become something you are not, simply because others think it best to make a joke out of your life, or your short lived career, rarely does it so happen that someone in achieving is strategic about how things look on an outside, a natural story is told, by someone who lives life naturally, without concern for how things look on the outside. Ive never had trouble making friends in life, always one of the most popular, unless by some circumstances outside of my control, choose to remain separate, sometimes to focus on bettering myself, focusing on school, or to work on establishing myself professionally, so that I can have a career one day and a paid job, life is not easy for most, we all have problems. Ive been hospitalized 9x, for not feeling well on the meds I was prescribed, even sent to a rehab in the middle of law school, and taken off all meds, I don't seem to perform well at all if I ever drink, which is why I don't drink or do drugs, its always the case when doing well, you think that you can take chances in life, and those are usually the times when I get harmed, either too trusting, or taking my good health for granted, its in those instances when doing well that you should not take chances in life, and understand at which points you have no room for error. If you ever put yourself out there in life, and receive any type of attentions, its usually because what you have to say or by what you look like processes well with others, when things are confusing or when someone is difficult to look at, or seemingly gone, its hard to get through to people, who are stuck in their own heads about life, let no traumas in life keep you behind or keep you from living life all together, eventually we all have to move forward, some of us able to rise to occasions in life and perform under pressures, and some of us at a stand still wondering where all their energy is coming from, sometimes in proving yourself to others, you waste energy focusing on the wrong things in life, you are what you put your heart into. Anything made well, is easy to think about, anything that doesn't make sense, or left with too many abstract subtleties, may cause uneasiness, if interpreted in the wrong, as though purposefully confusing, or leading attentions away from a well minded thought, the best thoughts usually lead us to more thoughts, not a freeze, and certainly not re-introduce traumas into peoples lives that others have lived through, what good would that do, to make all people alike, equally feeling sick by the same stories, or attitudes, outlooks, judgments, erroneus assembly of ideas seeking to produce negative results in a persons life, or try to connect any one person to the bad acts of others, that would pursuing the wrong endeavors in life, anyone who is good is well spoken, and by what they have to say, is meant to quell any uneasiness concerning subjects regarding associations, or unwanted associations for that matter, unless you are directly affected, then does it matter what anyone has to say, upon knowing them, know that your cares matter, but there is a stopping point, when it comes to believing in others, seeing their potential, or not believing in someone, no one is required to have faith in anyone they do not trust in life, however at the same time no one persons worries, about the direction of any one person in life, should give them the power to distract, hurt, or injure a persons ability to move forward in life, thrive, get jobs, or maintain wellness. Its by those disturbances that others seek to empower themselves, such transfers, only cause more harm than good, not everyone can handle the pressures of attentions in life, most of the time too much attention, can interfere with ones ability to think straight, and can cause disillusionment, and humor in response to discomforts in life, that's a natural reaction, to be put under any unwanted spotlights in life. Always do your best to take all criticisms with a grain of salt, as though a bigger story about is trying to be told, never interject oneself, into any series of events unless you have a rational way of understanding to what extent influences and connections in life, resulted in windows to stories untold, I don't think secret clubbing is the correct response, to empower anyone whos story has not been told, its not until you are in a public space, that you begin the process of receiving acceptances one by one, until, a greater acceptance of you is achieved, success doesn't happen overnight, knowing that, don't expect to become successful right off the bat, based upon who you

know, we all have important stories to be told, remember its not all about you, and things don't become about you, until you respond to words or criticisms you hear thinking they are purposefully being directed toward you, especially voices which you cannot prove, I don't have a solid understanding of where voices come from I just know that my voice is different than what I hear, and unfortunately have no one to talk to help me process my thoughts, and its by producing writings, that I am able to vouche for myself, that I am not a product of the voices I hear, and that those are simply people who do not believe in me, do not respect my hardwork in life, my time effort and focus living alone, achieving in life, nor respect my decisions to stay alone, until I am able achieve a better life for myself, to have things in life like friends, a companion, or a job, until then I am working on myself, its really no ones business, for what reasons I ever became ill, just because someone has mental health issues (a chemical imbalance) does not mean one is mentally ill, that's wrong to think that someone with mental health issues has sick thoughts especially about others, its me that feels threatened mostly by others, and that's why I choose to stay home not social, because I do not have enough confidence in life to withstand, any put downs at the moment, or looking stupid.

Growing Up in Brentwood ...

3/15/2020

I grew up at 200 N. Rockingham, just two blocks away from OJ Simpson's house. One day while playing in our custom sandbox our parents built for us, complete with swings, a slide, and monkey bars, my best friend's mother spotted my brother playing, while jogging through the neighborhood. She asked my brother whether he had a sister, and that's how our friendship began. I remember meeting my best friend, under a swing set in our backyard, by our patio, under a magnolia tree, she was one year younger than me, age 3, and I was age 4 at the time we met. Our mother's made fast friends, would often time run in the neighborhood, my mother was once stalked by a man who pulled up to her running, touching himself, makes sense that they ran together in twos. I think at the time, our parents were not yet divorced, we spent Christmas together at their home, on 360 N. Rockingham. We used to spend Christmas, at my Godparents house in Bel Air, they were Broadway Musical Stars, with two sons and an English Nanny, who once gifted me an overnight bag, with pink stripes and my name embroidered on the side with my name spelled with a y. I remember most of my childhood, we had a very happy childhood, until our parents all separated from one another, that's when things began to blur. I used to rearrange my room shared with my sister, all Ikea furniture, and a walk in closet, all my things on the right, and her things on the left. We had two twin beds, one broke once, while my best friend was over, and they were jumping from bed to bed, the wood underneath cracked. I spent a lot of time at my best friends house, playing marco polo in their custom build rock pool complete with water slide and cave, and driving these yellow peddle cars with steering handles on each side around the tennis courts, the easter egg hunt was always fun, I would always go first for the egg in the gutter atop the guest units two steps below the patio, reaching into the roof. We started a club when her Mom moved out, with a neighbor, we called the cats and kittens club, I kept folders for each member in my hallway closet, complete with a xerox machine, and put hidden picture magazine pages in each folder, the same closet where we stored all our books, including a box of hooked on phonics my parents once bought for me, because I had trouble reading as a child. Then everything changed, I remember people storming through the streets in my neighborhood, the night of the car chase, running across our property outside my window, up the driveway. Spectators, and helicopters overhead, that were very loud, it seemed they were flying overhead for hours, news helicopters. The morning after my dance recital, I remember talking to my brother in the schoolyard, who had told me that my best friend's mother was murdered, I cried in the closet, I had been invited to Mezzaluna that night, but was too tired to attend, and went to sleep. -Crying to my best friend in West Hollywood (2009) telling her "this should have never happened to your Mother" she told me that she has already moved forward, and relayed a message from her Father, who was in jail, I was on my way to beginning law school, with a boyfriend at the time I was going to marry, but while drinking alone, got sick, and attempted suicide, I was studying for the LSAT a third time, and wrote my personal statement, my brother suggested that I write about how the Simpson Trial affected me, and influenced my decision to apply to law school, and to share my statement prior to submitting it with as many people as possible. During the Civil Trial, we played Donkey Kong, and played Billiards, we beat the whole game on Super Nintendo, sheltered from everything, I was told upon visiting her in Laguna, that if I were to remain friends with her, not to mention anything I saw on TV, and so I didn't watch any of the footage about the Trial on TV, and stayed focus on school, sports, and maintaining my friendship with her. When I started law school, the first subject we learned was wrongful death, I got a B and was third in the class. It was a new law school, which got bigger in attendance while I was there. When I didn't finish my JD, I flew to DC

twice for \$2000, and planned to visit the US Supreme Court and to see the Cherry Blossoms, which weren't present, but it snowed. I had attended the first day of school that semester, then met with my Dean and one Professor, and told them that I thought I needed to take leave from my studies, and they approved. Unless people know who you are and how you have been affected growing up, no one can help you to understand or process what you don't have a solid understanding of, I think visiting the Court in DC was a positive, left a 3 year relationship, to figure life out, amidst the chaos and school shootings, and made myself available to others, by taking time away from school to write down everything I can remember from my life, I don't think that drinking was a good idea. The worst is when people minimize your experiences in life, as not unique, and by standing in your shoes, think that every decision you've made, was simple, it actually takes a lot of energy, and careful thinking, to get help in life, and to explain your circumstances so that the right type of help is made available to you and to anyone else who has been affected by violence. That made sense, as a crisis hotline counselor certified 2004, as a victim advocate to the DA (law clerk), and as an LA City Attorneys Office Volunteer Paralegal, to try to make a positive difference. It takes many years, before you are mature, and have achieved in life via work experiences, to ever want to come forward and share your story, hopefully your life story hasn't been ruined before you have the time to speak, there will always be people who come into your life who do not value you, and do not think you are special, or that your vantage point in life is unimportant. If you know the difference between right and wrong, its always okay to follow your heart, and its never too late to do what is right, and to help correct any misunderstandings about how you have lived your life, whether anyone else understands the gravity of harms you have encountered in life, always be respectful of private spaces of others, and never intrude upon the good timing of someone in their life, simply because you wish for different outcomes to occur for them or for others, interrupt, anyones progress, living a private life. Its not until it is made clear one is a public figure, and being used for inference, that it ever becomes important for how one is to be seen by others, fixes themselves for those types of presentations in life. Always do your best to be professional, and take your time, you are not required to be in any rush, and regardless what other people think, you have every right to be paranoid, about people coming into your life, questioning you and others around you, and not trusting the decisions you have made in your life, or your ability to be a success in life, or working professional. Its so easy for people to talk people down who haven't made it yet in life, we all make mistakes, experimenting with drugs and alcohol, but its by our achievements in life that make us who we are, and in spite of my setbacks in life, attended two law schools, worked jobs throughout the years when I could, and will be graduating this year, and moving on in life as a writer. Its not by who you are that you are heard, its by what you have to say and how you say it, that and trust is built, or interest in your writings occurs, writing is a gift, not to be spoiled by any negative interpretations, it takes many right thoughts in order to present your thoughts in way that sits well with most, and if you haven't thought that much about life to begin with, then be sure to think about what you have to say, before saying it, it can make a difference between whether you are respected as a writing professional, or whether you get minimized as saying anything that anyone thinks is common knowledge, nothing is common knowledge until it is shared, and just because everyone has the same abilities in life, doesn't single anyone else out as no smart or not capable of achieving in life, simply because anyone else is more successful than they are. We all deserve the same opportunities in life, if we have worked hard enough to achieve in life, we all make sacrifices, and one of the sacrifices I made in life was to live alone, and focus on school, not my social life, no going out, and even left relationships, in order to stay focused on finishing law school, that's how important having a career was to me.

History is Great ...

3/13/2020

History is great, except it provides us with more problems moving forward than it helps us to move forward in life. Most of life doesn't make sense unless you are directly affected or involved, that's how life should be, the problems of others flying overhead. At what point does the sharing of someones story strike one to their core, or come across as so shocking that it disturbs ones interpretation of them, usually qualities that are unforgiving, or circumstances that need not be made light out of. Think before you react, for every action, bears its consequences, care when you should, but only when it is required for you to care, it was best when we were able to leave more up to god, and left to handle less in life, when left to your own devices in life, its how you survive that matters most, interdependent of the past, and with respect to everyones future always doing whats best for you and others. Its when we are in harms way or when others are put in harms way that trust is lost, and its in these losses of faith, that disempowerment occurs, a sense of powerlessness, that no matter what we do, no matter who we are with, and no matter what we are connected to or believe in in life, feel at a loss, less than capable of what we were achieving and instead, living up to

any negative expectations had of those who we consider to have failed in life, never put so much pressure on yourself, that you ever assume responsibility for one another's losses in life, setbacks, or failures, we are each responsible first for how we lead our own lives, and if we are so blessed, put in positions where we are able to help provide insights and help lead others, to better ways of thinking, whether that be about the past, or how to handle current outcomes, to produce better results moving forward, for oneself, and for others within their immediate surroundings. Failed views are ones which focus on the negative not what positive has become of any number of people, and its through participation in positive outlooks, that better lives occur, not by focus on what has not worked in the past, as we are all given opportunities in life to learn from our mistakes, and better ourselves, and hopefully lead better lives one day, regardless of what has transpired in the past. I do believe that building a website was a good omen, and think that by having a place to speak, has hopefully cleared up any disillusionment, about my past, where I come from, what my motivations in life are, and how I have managed to continue to move forward irrespective of what I have been through personally, continue to make progress in life, live life, and not go back into any types of bipolar thinking, which may have led me astray in the past, and/or caused me suicide (2009). I think structured thinking, is very beneficial to one's health, and its by structured ways of learning and thinking, we become better thinkers, and better producers of written materials, which resonate and benefit the reader, and assist in the avoidance of maladaptive systems of thought, in which one is prone to concluding in the negative about anything they don't understand, looking for defects, rather than thinking in ways that offer any solution to the current times, that would be doing a disservice in purpose, just as it would be if I ever wrote in a way, to control anyone thinking, and didn't leave the reader with room to spare, thinking on their own. What makes a good writer, someone who writes naturally, without an intent for sounding in any one particular way, and without any personal incentives to cast any points of views, that would lead to poor thinking about others let alone themselves. If you're a primary source you're a primary source, let no one hurt your abilities in life, simply because they don't see the value in anything you have to say. Always do your best to be yourself, and if you have led an important life, than continue to do so.

Be Particular with Your Words ...

3/12/2020

If there is one piece of advice I could give to anyone who is beginning their journey as a writer, it would be to be patient with yourself, and to use your words wisely, there is a lot of room for growth once one can benefit from their own writings, but rarely does that occur, if there is ever any disagreements along the way, the best way forward during the course of your learning process, begins with being balanced, and ends with positive reflection, don't get too used to your words, and learn to let go more often. If you're the kind of person who remembers everything from their life, and everything that is said, then it can be a difficult process to share, and allow your thoughts to unravel, as recalled, without being thrown off course in life, as though you have said something wrong. Don't give reason for anyone to doubt your potentials in life, always do your best to stay out of trouble, and avoid saying anything that would later require further insight or explanation, hard to do, no life is perfect. Digging deep, means that in spite of your hardships or circumstances, you are still able to maintain a positive outlook in life, absent minded the worries or fears of others, especially those who do not believe in you, or cannot see what you can see in this world, or see clearly from your vantage point in life. We are all blessed with lives and experiences that make us who we are, no two lives the same, we are all different, and it is in those positive differences, that we hopefully benefit one another upon the sharing of our insights and perhaps sharing our lives with others one day, whether it be by friendship, marriage, or some other relationship, bonding two people together. I think the best relationships occur over time, that's getting to know someone, having respect for the changes they have undergone in life, and viewing them in the positive unconditionally, that's not believing in someone, that's just not being at odds with anyone, simply because they are going through a hard time in life. There will always be many different ways to see things, to live life, and be viewed by others, respect doesn't occur immediately simply because you are well or successful, we will always be compared to others who are more well off in life, and judged as whether deserving of the same respects or admirations in life, sometimes put down unnecessarily in the process of finding ourselves, seen as someone trying to be something that they are not, instead of respecting them for what they have to offer the world, even if its not in the same fashion, or by the same skills, or traits possessed. Identify where you are going in life, and stay true to what you believe in and trust your instincts, you don't have to push yourself that hard to become successful in life, you just have to have a firm understanding of where you fit into any equation in life, and do your best not to step on anyone's toes, as you carve out your own path for yourself in life, separate from the lives of others, and able to be

apart of, whether than be in real life or online, stay in tune with your surroundings, and whats going on in the world. I don't think anyone can ever become successful completely absent minded what others are going through in life, there is always an eventual wear and tear on a person who is in the know, or who has studied the times, and in wanting to make a positive difference, steps through the effects of those circumstances and becomes affected themselves, its usually those who are most balanced and strong, can weather any storms in life, whether directly affecting them or indirectly affecting them, based upon who they are or who they have known in life.

Preserve Your Gifts in Life ...

3/11/2020

Preserve your gifts in life, you cannot predict what will happen for you in life, until you are ready and prepared to battle the obstacles that may come in the way of you achieving any set of goals of happinesses in life, that's something you learn through experience, how to battle your demons, and how to battle the energies of others as well as whats around you, never fall fragile to any set of circumstances that worry, bother, or aggravate you, the only person you are hurting is yourself, whenever you internalize any negativity in your life, some people just don't mix well, if we got along well with others, then the world would be a perfect place, but there will always be competing ideologies and opinions in life, when it comes to finding yourself, the basis for which you stay stable and feel confident in all decisions that you make, are the truths that hold you center in life, whether agreeable to the tastes of others, you cannot please them all. What feels good, when we feel stable, and uninterrupted, able, and capable of sustaining our own energies in life, not feeling like time has been wasted or that we are set back or behind in life, and exactly where we should be, at what point does one arrive, when you have put forward efforts to better yourself each day, you earn those moments of peace, and that's what makes up your journey upon looking back, as you recall and remember all your well moments, sometimes in focus, and sometimes, by looking back, do we come to appreciate where we are now, its upon those moments of arrival, that you set new goals for yourself, that's how you achieve more than you originally though yourself capable of achieving in life, but you have to start somewhere, success doesn't happen overnight, it's a lot of small steps in the right direction that carry you forward to a better position in life. -Understand that you are only human, and while you may think you are strong, not all are capable of withstanding all the elements required of one who is expected to perform and perform well under pressures, under any spotlights, and in public spaces, stay healthy enough to continue producing new materials, and speaking to the times in a way that brings continued hope and promise within themselves, they they will not have to face the same obstacles you encountered along your journey in life, living is not always simple, if you don't have basic life skills down, and are not disciplined, about your day, and evening routines, then it may be hard to overcome anything mental health wise, without giving yourself adequate time to rest, and recuperate, some of the best works were never composed in one sitting alone, to be considered a work of art or something of value to be looked at in awe, some of the most awe inspiring achievements in life and displays of talent, often times took years of practice to achieve and produce to a set of standards likeable to most but not all, and without a doubt respected upon first appearances, that's called talent. Talent is something existing within us all, that has yet to be tapped into, practiced, perfected, learned, or acquired, not all the best traits existing within us, appear naturally, some have natural gifts in life, and some are not born will specific skills in life, its simply a matter at knowing what your talents are in life, and doing your best to protect yourself, from the daily wear and tear of proving yourself to others, it takes a lot of heart and preservation to be able to put yourself on display, and to share your world with others, not all are well enough to handle the masses, or many attentions, especially if your not stable minded, and ready to handle to various voices and temperments of others, not all wishing you happiness in life, joy, or good luck, but think that they deserve a better life than the life you have earned on your own with good merits, and work experiences. If you weren't professional, and if your insights werent sound, then you wouldn't have had the exposures you did then, to help and contribute to the preservation of the wellness of others, when you were strong, and independent. Some of us grow up quick, and some of us mature slowly, some of us blossom in our younger years, and some of us blossom as we get older, there never really is a right time to settle down, and find love, it should occur during times of stability, but sometimes, we are given things in life we are not ready for yet, to take care of, life is short, eventually you have to learn how to assume the responsibilities given to you in life, and start expecting less from others, that's when you know youre an adult, when you learn to manage anything thrown your way, without falling off center, and no matter how sick you get, and no matter what illnesses you encounter, you know when to get help, back off, and when to share your two cents in life, if it matters more to others, to hear from someone who has experienced difficulties in life, so that they wont encounter the same types of differences along their paths in life to self betterment and

happiness. Everyone is capable of achieving inner peace, that I believe, when peace cannot be achieved from within, that's when you become more reliant on your surroundings, or others to help you, but if you can't help yourself, don't expect any sound advice to get through to fix you all at once, no one can live your life for you, that you have to do for yourself, and if you can't live life for yourself, then think again, what's important to you, and when all else fails, it's okay to open up, in private settings, and figure out based on how you feel, what to do next with your life, our talents don't always take us to better places in life.

Shared Happiness ...

3/9/2020

There's no such thing as shared happiness, past the point of any discord, differences, fighting, disagreement, or non-acceptances of anyone, for having come forward in life to share stories from their lives, based upon their recollection, not for the purposes of adding to justify negative judgments of them, learn to let go, and move forward in life, not all will be happy in your company, nor achieve a state of wellness, being, or level of confidence and gusto they feel they deserve to have in life, and be surrounded the same, never subject yourself to being treated as someone in need, before a need is occurring to which you cannot reverse, a condition, in which no shared feelings, can fix or mend what has past, it's always a good time to move forward in life, and to explore other options for connection and influence in life, whether others have been a positive part of your journey in life, or have added a source of pain, or embarrassment to your current disposition, we all should wish that others fair better with or without us in their lives, that's living independently, once you end up worse off in life, it's your responsibility to correct what needs fixing, and that can be best done at home, not accepting insults in life, and becoming something you are not, and certainly not letting yourself go, because you cannot measure up to something or someone good enough to be represented fairly, there's no piggy backing in life when it comes to acceptances, all acceptances and trust and likeability, is earned, not because of anyone's success around them, there are many famous people in life, I was so clever as to intertwine my story with the story of others who have had the same connections in the 90s, then that would bring about a source of pain, give people time to figure out what happened, and for what reasons respect was lost, and pain suffered, it's not the responsibility of the bystander or any onlookers to judge those within a story as working together, off of each other, or being better'd by one another, in the hopes of expanding some kind of change that would not be agreeable to everyone's tastes in life, don't trash someone simply because you don't think they have also suffered harms in life, it's no one's fault, when someone gets mismanaged, or easily fooled on the street not all are strong enough to handle the kind of lifestyle that demands one to be fully awake, not in the midst of finishing a masters, introduced to society, half heartedly, not confidently, and seek to do any favors for anyone they love, if you can't make happen, for someone you love, something they want in life, then don't say that you can do something for someone, to make them happy, that would only be hurting yourself, in the process of being too trusting of your environment, without adequate notifications of everyone watching to see whether you fail or become something you're not.

Control and Belittlement ...

3/8/2020

Generally anyone who thinks they're smarter than you or who thinks that their perspective in life trumps your own best understandings of the world, will put you down in life, it's often not until something is said that anything can be corrected or perfected when it comes to building better perspectives in life, or takes one [to mature] for a more broad understanding, one that doesn't incite fear upon looking back or interfere with our present abilities to thrive and to function wholly as peaceable adults in society. It's really no one's business the basis for which you believe in yourself, or come to admire others, it's people capable of being themselves in spite of what others think that we grow a fond attention for, watching people bloom, go through phases in life, and sometimes in watching others fail, we come to appreciate our places in life, it's not until you've lost everything in life, that you begin to simplify, what's most important to you, and what is best for you and for those around you, something to always think about, you can't always do what's in the best interests of everyone, it's no one's responsibility to better the condition of anyone or anything who expects less of them, people were not meant to be played with, torn, and tested until their true colors show, to see whether they are worth interests and respects from all, that doesn't make one human, to constantly adapt to other people trying to control them or by controlling them make them look or appear as though not by their

own discretions have come to be, but as through a previously established guided process of thinking have come to be, behave, or think. Everyone finds themselves differently, its really no ones business by which educations in life one sees best, and its not always by our educations that we can be protected from bad patterns of thinking, or from other sources of heartache and heartbreak in life, you can do your best and still not amount to anything of value in life, if you don't stay steady, and continue to live a good life, its upon you not being consistent, that others tend to bear a bader grudge towards you, as for ill incentives trying hard in life, or because of other peoples miseries in life, function, as through to be strong for someone who is not strong, not even yourself. No one deserves to be made fun of, not for what they think, not for their exposures in life, achievements, or failures, we all experience losses in life, some more disappointing than others, its seems that these days everyone just wants to see what sets you off in life, its bringing up subjects that I was punished for speaking about, and its for insulting someone who is doing their best and taking meds as prescribed judged as being in the wrong, and its for gathering negative judgments of someone who is doing well, for the purposes of proving them wrong in life, not everyone will protect you from harm in life, don't be so quick to insult anyone who has done everything in their power privately to stop bad things from occurring, not everything is put together for assembly front and center on stage.

When Words Matter ...

3/8/2020

There comes a point in time when your words stop working in your favor, occurring during times of illness, loss of faith, and losing our best wits about us, face changes in attitude toward life and others, never stop letting go of the past, in order to move forward, you must be well minded, a balanced thinker when it comes to addressing your past, in order to determine where you see yourself in the future, continue to envision a better life for yourself. When it comes to leadership, pave no ways forward for anyone who grows dependent upon your output, in order to build criticisms toward you and any goals you have set for yourself in life, they are generally not on your team in life, wouldn't it be nice if there were no unreasonable interferences in life when it comes to achieving wellness, and staying well, unfortunately there will always be competitions in life, when it comes intelligence, and beauty, and who represents those qualities and traits best in life, so long as you are always doing your best, then let no competitions in life hold you asunder, that would be unfair to treat someone who is well, as though they are not well, simply because you don't see like them nor value their opinions in life, that's no way to live life, under the criticisms of others, feel shot in life, always breathe light back into yourself, no matter how trying or trivial your circumstances might be. It took about a year to become a top 100 blogger, ranked on alexa top 34,000 websites in the country, that took a lot of determination and pure grit, when it comes down to your core being, who are you, when it comes down to your beliefs, what keeps you going in life, and when it comes down to likeability, how have you managed to get along well with others, and be an approachable person, regardless of your past, and definitely not by what you have now in life, should anyone be judged. Once you decide to become a writer, you live a different kind of life, that doesn't mean one is anti-social, simply because they choose to stay home and not go out, its because one doesn't want to be negatively influenced in any way, to change their tone, or core concepts currently affecting them, it takes a lot of free will to share your mind absent the negative sentiments of others toward you, not all will work in your favor, most trying to get under your skin or influence you in ways, to make their voice be heard through your writings, that's trying to affect you, so that you are affected by them, so that everything you say shows that that person has had an effect on your life, which they feel is significant to your being, that's giving importance to the past or someone who is no longer in your life, the power to control you and your outlook in life. You'll experience many unwanted attachments in life, some of us spend the rest of our lives trying to avoid our past, or people who have caused us harm in life, its by their hyperactivity and quick judgments upon us, that they feel empowered, as though they were first to any negative deductions about you, don't let anyone take your power away in life. Everyone deserves a right to live life, free of blames, free of negative judgments, and free of animosities directed toward them as though they have inhibited any positive qualities or traits about them, that you have yourself already experienced in life a loss of, a sense of peace, and sense of not being aggravated easily by others, a sense of strength during trying times, and an ability to perform no matter what odds are against you in life, still be able to function normally.

Aging is a Process ...

3/6/2020

Not all is fair in love and war, not all are equipped to find their match in life, some fair better than others, especially in a society based upon looks and smarts, if your not a good decision maker its easy to miss out on a more peaceful existence, not ridiculed for having no one or nothing in life going for you. We tend to judge people based upon what they have in life, without giving them the benefit of the doubt, if you are one to lift others during trying times, it doesn't always work out the same that anyone will help you through a difficult time or transition in life. Don't lose youre cool simply because things aren't working out for you in life, options only avail themselves to you the moment you begin to better yourself. Sometimes in bettering ourselves, we look back upon the life we have lived, and wish that we would have a done a better job, of maintain esteems, and not letting any unnecessary commentaries in life get the best of us. You cannot control what people think, what is always in your control is how you choose to respond to people and to events, its not always necessary by personal experiences share how you have adapted in turmoil, or come out of any uncanny positions in life, be mislabeled as someone going or gone. Some are street smart and some are book smart, its hard to acquire both skill sets at once, its generally though living life, that we get smarter with the times, or fail to stay in tune all together, and lose our abilities to adapt kindly to any unwanted circumstances in life, especially when we feel at risk of harm, or when our options feel limited in life, act with haste, or shut ourselves off from the world, to figure out life for ourselves. Rarely in exploring life do we find ourselves, perhaps a greater appreciation for well moments is required for one to appreciate how far they have come in life, in the grander scheme of themes, always wish others well once they have achieved a happier disposition in life, you never know what anyone has gone through in life, to judge them as deserving of the harms they have suffered from, sometimes its not until we have bettered ourselves, that we realize the moments at which we were harmed, and come to understand our acquired dispositions in life, unrelated to anything present, you are what you relate to in life. Always do your best never to put someone down who has not yet found themselves in life, and always give people room to blossom in life, theres no need to be controlling of anyone who has been fully capable of taking care of themselves in the past, sometimes with nothing you make better choices for yourself and others in life, not all stages in life, are rewarded with accolades, not even growing beyond the traumas yourve suffered in life, and no matter how many time victimized by others or treated as less than not good enough, never lose faith in yourself.

Some People Never Come Up in Life ...

3/4/2020

If you think that becoming successful is a piece of cake, then you don't understand the value of careful assembly and launch of any new way of thinking or strategy for maintaining peace, one which can continue to thrive no matter what the conditions are, is offering a space for peace to be achieved, especially in a world ruined by negativity and lack of care for one another, no one can thrive in any system of governance which does not give back power to those deserving of trust, and continue to empower them and given then resources for coping and avoiding the times, not get sucked into the same causes or circumstances for which illness has passed like cancer. Get your ions right and learn how to manage your emotions, you are your vessel for change don't accept anything into your environment, or allow those who are sick to bother you for longer than you can maintain your own wellness, remember you cannot fix anyone who is broken, you can listen, and provide reassurances in life, correct them, but until they can mobilize themselves in life, out of harms way, then and only then can they be trusted to resume their lives among, there are places for the sick to go, they are called therapy groups that teach you internal survival skills for managing concepts related to maintaining wellness, and staying well, achieve positive momentum in life again, and break free of any cycles that send you back to memories or places in life you don't belong, we are all a product of misunderstanding at times, usually when we are lost in life, do we vocalize from the deepest realms within our fears and causes for dodging concepts that so simply did not work out in the past to free all from blame, if you waste too much time on the erros past, you become disillusioned as to the benefit of creating and producing new material presence that separate one from the pains of the past, if you get stuck in the middle of any feeling and cant make yourself feel better, learn how to let go, if you need to triple axel your way out, sprint and land broken across a vault, then do so, some things never improve upon a majority of wellness achieved, sometimes we get stuck, that's not by memory, that by causes, and its for the purposes of those who are not well, to be able to blend in or relate to anyone they think if they can be as good as achieve, bring you down to levels you don't belong in life, respond out of fear or desperation, or as a result of sufferings in life, made to look like you are a poor example of someone who has achieved in life, and if for the wrong merits, not deserving of wellness, if no exchanges presently can revive your condition to well, that means its okay to start over, slow down, and not continue down any paths in life, that bring

you much pain, such as explaining what is causing you harm, or responding to anything outside of you, by talking about what is currently going on in your life, that's like build a railway from some condition outside of you, and building a station to park those feelings in a source of wellness to exemplify how one sustains an unreasonable conditions in life, for any short amount of time, to see whether they suffer the same inability to achieve, losing sight of their good traits, or the best interests of others to maintain wellness, that creating portals for opinions to be drawn to windows of attention, and put anyone or anything down who hasn't made it in life, food for the taking, as though they are gone, or undeserving of feeling unique and strong in life the same, beauty comes to those who take good care of themselves, and the better able you are at avoiding any unnecessary interactions in life, to which any uneven exchange can occur, then don't risk your well points achieved, showing you feathers off, to see how others respond to you, if you can make a basic exchange of niceties in life, and stay well no matter what energies hit you in life, than you have some maladjusted condition, which means too tired to adapt, or accept your circumstances in life, and see the positive anyways, let go.

Be Strong Everyone Cares ...

3/3/2020

Why are you eating chocolate bars and running at night? Because Im serving in Santa Monica (Since 2014) doing my best to help assemble a sufficient neighborhood watch system, to which all know how to move about symbiotically without causing harm or fear to one another, be free to travel within a state, to recognize wellness, and stay inspired, that those who are working hard and deserve to be well will one day give back (ie. #ofafellows "homeless snacks" by me). In order to do well sometimes, you have to play along with the commentary along the way, and not invoke evil in otherwise harmless people to respond in ways to which their identities have been threatened (i.e. taking over Coffee Bean at Night). Always do your part to lighten things up, and provide viewpoints that help carry others forward learning to see things in the positive, remind yourselves that it is never too late to stop talking \$hit, only unless its to help others, sometimes we question others by reciting how they have lived their lives, and in hindsight all including the person who has suffered, wishes that they would have lived life differently, or achieved more in life, me included, sometimes its not until we fell harmed or put at risk of harm, that we begin to set boundaries for ourselves intake an exposure wise, learn from my experiences trying to live a simple life, that that's not the solution, a good society keeps itself well informed and aware of current issues, so that they may make better decisions for themselves and others, we cannot ever predict when a harm is occurring or will occur, unless we set boundaries for ourselves such as (people walking barefoot at night past your car, or people walking barefoot at night, and running on your running path, and bikers screaming at you parked or pulled over, no one deserve that kind of hate and road rage in life, if you are some measely pip squick then by all means turn into an armadillo introvert, you really should never contest nor try to upright anyone in fight mode, doing their best to serve, just know that they think you are small or retarded and because of how you look, by the size of your head, or the car you drive, that you don't belong among the well, I wish that wasn't the case, but some no matter how well you are, or beautiful or smart you are online, will ever think that you deserve to be well, or take into consideration the causes for your aura in life, as deserving of negative insights toward or about, its not me who put myself at risk of harm calling negative attentions to myself, nor am I the cause of negative voices toward me, that resulting in me hitting my head, or suffering physically, or mentally while alone, so that when out in public Im not strong enough to adapt, cut your losses in life, don't let anyone show you the way out in life, like you deserve it, that's not deserved to attack someone who has not yet had the opportunity to live life, just because you know what I look like or where I live, does not mean you have the right to hurt me to get into the news, that's not the solution, to cause me illness in private or in public, and to watch me struggle without a head, I am smart, please don't hurt me.

Be All That You Can Be ...

3/2/2020

In a world full of hate, be all that you can be, whether that's by your representations of self, and by what you share, helping to make a positive difference in the world, or by who and what ideas you represent in life, be sure to always carry forward a positive message, that it living your best live. At what point to we get into survival mode? When we are thrown into controversies, we are not readily prepared to get ourselves out of, or when we are questioned, as to our good merits and motivations in life, sucked from out under us, left with nothing in life. There is always time to

begin again, remember that, God works in mysterious ways, never lose faith in yourself, and in hindsight be sure to be kind to the past, and always give people the benefit of the doubt that they too are always doing what is in the best interests of all. Always be yourself, its not necessary to fight and to stand up for what you believe in, unless its necessary to help all to change their course in life, sometimes we are willing to change, and sometimes we get stuck in our ways, allow people time to move forward and change on their own when they are ready, not all people require change in order to better themselves, some are best left to their own devices in life, handling life as life occurs, without planning too much in advance, taking it one day at a time. It takes a certain talent to motivate or inspire others in life, to believe in themselves and to keep going in life, sometimes its by love, sometimes its by friendship, sometimes its by acceptances, but most of all, occurring when we see well, when we can envision a better life for ourselves, and when we feel capable of achieving goals in life, even if no one agrees with us or believes in us in life, most importantly loving yourself enough to know when to quit, when to keep pushing forward, and when to give up caring so much for things that don't matter, and start prioritizing our cares to what matters most, our livelihood, the livelihood of others, and not interfere with one another's health based upon what we believe. Todays workforce requires a separation of interests, how we represent ourselves online, has a huge effect on the possibilities that others see for us in the future, yes they can judge a book by its cover, determine whether you are fit, or whether you still have a long way to go in the recovery process. Never lose sight of bettering yourself each day, and always do your best to be apart of, its as separate we suffer, having a sense of togetherness is a privilege afforded to those who are well, unless and until you reach a point of stability, will you be able to enjoy the same privileges others get to enjoy such as friendship, love, belongingness, and career. Change doesn't happen overnight, so long as you care about yourself, that's one step toward making positive changes in your life so that others may care about you too.

Ya, That Really Didnt Do Anything for Me ... cc: #scotus :

3/23/2020

I hear you Captain Non-Chalants, if theres nothing more to be deciphered, then there must not be something said, and if something isn't said, it must be in their own best interests without considering that sometimes via the sharing of facts, both sides are represented in the positive, as described, in the event of chaos, how a series of interactions and responses, can occur, to make the right things happen, not improve upon the doubts we hold toward others, take things personally, its more a need to know basis, to respond always to what affects you directly, and if not, its okay to further investigate, why others are so personally affected, as though having some prior divested interests and understanding, with expectation for things to have turned out differently upon a knowing of someone, when our negative beliefs take their toll, that is poor judgments of others, who then is responsible for any outcomes, which require blaming a person for their current hardships, and hurt them until they provide opinions or thoughts that speak to any prior hesitancies to consider a person loyal enough to not revolve their thoughts around the past, as though one has tried to connect to better adjust themselves (Please Note: We didnt connect on purpose, I just wanted to tour the facility and see the cherry blossoms, I google'd my itinerary prior to flying to DC), apart of people who do have control over what is thought, how things look, and the direction people take in life, no matter what anyone thinks, require assurances that any specific interpretations (made) will not be for the purposes of disclosing stories from someones life (to defend or cast away blames via association, as though suddenly things are connected once things are not going right for you in life, apply everything to your own experiences, or take responsibility for the struggles other have encountered living in fear, or worry, that their pains in life should be remembered as attached to someone or via association related to someone who has passed, and then hold a person struggling, as responsible for any losses of faith, occurring because someone of trust who led a professional life, was put down and trashed, its really painful to fix your life, past disappointment, you really never return from those types of pains in life, just do your best to live your life, not live your life and suffer because of what hurts or what doesnt make sense, or by what you think is happening, dont agree with that would put people at risk of harm for looking bad, as though one doesn't tell their story, and then does so in poor taste, as though I could not possibly look bad too, why would I ever share a story from my life, if not to thank someone for coming into my life, or apologize for me present condition, as not being strong enough, smart enough, or of high enough professional standing to represent anyone, or explain their losses in life, I cannot read other peoples minds, and I don't know for how long anyone has been struggling, accepting things the way they are and all the progress that has been made, sometimes, a lot of progress is not enough to undo any pains or disappointments in life, just do your best to not be a complete let down in life, and try to keep in touch for as long as you can while you can, before youre in so much pain, that you cant even talk to anyone, and

never reached a point of stability and pride in oneself, achieved, to be able to talk on the phone when requested to call, or catch up when finally planning to have a chat, that's so heartbreaking, my friends must be very strong people. Please Note: (in my mind) When things are F up and Im not happy, and I wish things would turn out differently for me and others, who have done their best to move forward in life, discuss all the things youve ever worried about, all your gay fears, and leave the rest up to God, youd be amazed how much the body can heal, if you just support yourself enough to not fight at all!

A Well Condition ...

3/23/2020

We are not always symbiotic, and sometimes depending on our expectations of others or fears we let go, that's in disbelief, either we are not where we need to be, we have not achieved a sense of stability and wellness, that permits us to take risks in life, or have public friendships, to people we are not sure have been welcomed back into society, earning their trusts and stripes again, and then there are times when we become too dependent on the actions of people socially, thinking that every separation is in reaction to some disappointment, or to prove a point, making one right and one wrong, I know from experience that the more separations that occur in your lifetime, in public especially online, the more likely you will be deemed to not have been well enough to appreciate those moments of interactions, and based upon where you are presently, not have lived up to those expectations of you. You cannot predict where your life will lead you, sometimes, by disclosing too much in private, we can cause discomforts to people who would have otherwise been accepting of us, had we not had so many problems in life, why does this happen, the sick, left alone, I think its in moments where others are not doing well, if you think that it may because of the energies directed toward you (ie spotlight) that's its best not to have only a few friends on one account, and publicly share their identities, that lasted for less than a day, and defriended the one who was not feeling well, a writer too, probably best not to expose someone first hand of other conversations elsewhere in my time period, which is managing inputs, while not allowing my past to fester and ruin future relationships, as though purposefully, I was not well at the time, I interacted with others, and because I was not well, this causes the creation of an arguably unwanted connection, to which one is well and one is clearly not well, to justify the leaving of the sick, to preserve the wellness of whomever chooses to be alone, or keep separate, not maintain a monogamous bond (either one cannot see a future with someone, or one thinks ones condition is not well suited for a public coupling to tour the town, and be introduced to friends), I think when you are well you meet a lot of people in life, and eventually you work hard and get tired, and get more conservative, and not so free with your heart and your apartment, and not trusting of any love that comes into your life, and become able to live free without intimacies in life, not all of us can handle social pressures, especially having to perform as a couple, and withstand all the flirting and talking, and bonding without you, I think as immature you feel threatened and dismantled by the most stupid interferences with how tight you think a bond should be, to marry, its okay if you don't laugh at the same things, if one is more conservative than the other, I think that's the mans job to loosen up their girlfriend, expected to represent them well, and "be in control" of themselves, I was told, was one reason for "not drinking" to excess, only later did it become clear to me, that drinking is one of the most least attractive conditions, a woman can acquire, if they are trying to be respected or valued, the most insecure and threatened words come out of someone, who is not stable, or who doesn't feel like their lover loves them, will stay, and loses their ability to feel confident that they are with them for the long term, that's a painful process of adjusting, spiritually, and emotionally, to be a rock, and to not get bothered, and to allow one you love to receive attentions from others, that's normal, you are not the only one who should shower them with praises when they are doing a good job in life, that would be like expecting them to be dependent on you for love, most would never subject themselves to one persons acknowledgment, or positive reinforcements in life to know that they are doing a good job, in whatever situation they find themselves in, a well earned right to be proud of themselves, no matter who theyre with, meaning if they are happy and pre-occupied without you, and not needy of you, that's the best kind of guy you can ask for, not focused on you. That's your time to work on yourself, and blossom, and when the time is right, one another can equally respect and value the maturation process, and ability to be professional, in spite of the many bipolar delusions, occurring whenever is possessive over the time and attentions of another. That's what I learned when I was 22-25 (2007 – 2010). My first boyfriend with a couple photo, golf with Dad, sleepovers, couple vacations, dressing up for Halloween in costumes, to attend a friends Halloween party, and we were the only two in costume, Im always a cop since CO. -The excitement of your 20s, doesn't last, in your 30s, youre not so shiny, where Im at now. The main point is get married, you cannot do career on your own, if you cant manage to be in a monogamous relationship, and get paranoid over a pop-up text and leave,

that's childish. #bebrave, its no ones fault but youre own, when youre not chill, why the other doesn't think highly of you, nor respected your first relationship with your first boyfriend. #forgivemess <3

Different Speeds ...

3/23/2020

Depending upon how far a long you are, developmentally, some information may come as a shock to you, sometimes even the simplest deductions in life, although blarringly obvious to some, need not be said out loud, theres a reason for that, not to bring up old dirt, and not to pry into any understandings past, that could cause a revisiting of like minded issues presently, and deter the progress of most, where some have reached acceptances in life, go through cycles of pain, just trying to comprehend, why so much of what has not been said, all of a sudden became the property of a few, who thought it wise of themselves to pick apart someone else's philosophies in life, and present them with a different view of life, to see whether their intelligences, could meet the demands of present energies concerning subjects regarding evolution, purpose, faith, reasons, and success, who are left alone, who are supported, who are picked on, and who moves forward in life, and who is fair game to cast blames upon, as though they can handle the punches, that weather down anyone who of high standing when falling behind in positive representations looking back upon their work, wind up bringing more people into harms way, thinking they have hang of how things will turn out, and its upon those gambles in life, we sometimes succeed and fall, those are the types of risks encountered hopefully with expectation of wellness, its usually to the benefit of those who are profiting from any ventures in life, to see that potential, and help others to realize that potential, in themselves, which should translate accordingly to anyone who has invested any time or energies trying to compartmentalize their stories, where they fit in in society, and whether they serve as a stable cornerstone for interpretations, of whether their opinions, are merely a product of thinking one is bigger than they are how much know how is required to build trust, YEARS of experience, WORK experience, and why do we TRUST professionals, because they have years of algorithms and standards of work product that ensure that the general safety needs of those financially invested in companies, will see future rewards for investing their monies in a company, those investments, become a part of you, a bargain for your money, believing in something or someone other than yourself, to build for you what you cannot do by your own means, within your given trade or profession, that is a privilege to be apart of companies, or growing trends, and contribute to that excitement, and wellness witnessed in others, that's a gift in life, to be around, when things are good, and even more importantly ready in case things do not turn out well for individuals who have invested, but not readily aware of the consequences of shying away from other investments, that money cannot buy, like years invested to build, time away from family, dedication to studies to get jobs, the lesson is, if you cant talk about what you do for a living, and abuse the home scanner, then be prepared to explain why you went paperless, 2013, and why you keep everything still to this day? Because Im a corporation, that includes ALL communications too a\$\$hole, okay Im sorry. You could keep a GENERAL JOURNAL, I used to write down all my tasks in spiral notebooks, Im just not hyper enough to write down my every move anymore, less in the head, sweetheart, ok.

Mass Non-Acceptance and Hate ...

3/23/2020

Theres no telling the extremes to which any group of individuals will take to hurt your identity and ability to thrive under any set of conditions, that demands honesty, without protecting anyone interests who seek to harm the perceptions of you or others and lead them astray in life, its those types of individualized interests directed at destroying you, that are not your responsibility to explain or corroborate to further justify those beliefs or actions toward you as though those are excusable reactions given your record, to determine all your associations in life to be unwanted attachments, as though you have always been a reject to any attentions given to you, and although for a temporary period in time, acceptances granted toward you, be treated as a reject by anyone who thinks they have it better in life, put you down like youre some gay pervert, truant, whos retarded, and gets into things above and beyond, their area of expertise, for attentions, as though not affecting them personally, how do you explain that to someone later on in life, you meet who fully accepts you, that in the past you were rejected as not good enough, and that upon writing, you learned to roll with the punches eventually, without aiding and abetting or providing assistance to those acts toward you, as though with you permissions you ever okay'd for anyone to treat you in those

respects like you deserved it, or were asking for it in life, like anyone has ever done you any favors in life acceptance wise, professionally, or romantically, it's the choices you may that put you asunder, and whether by your choices in life you are accepted or rejected you learn never to complain, and not add fuel to fire, and enable people past to prevail in light of your current hardships, like they did the right thing being hard on you, or treating you like a lost cause in life, if so, then it would be unnecessary to explain and current hardships existing, or disbeliefs in me, if it was never the case that I was important, then on a larger scale should not be impressed upon, in the negative, over a few rejections in life, as not good enough. No need to bring in any causes others have supported in the past, and link the causes for support, or failure to lead a perfect cessation of violence deemed the fault of any parties who did care, it seems, that anyone who retains informations concerning any methodologies for processing the times, can also be misunderstood as understanding the causes, if its not my area of expertise, and if a study was not approved, then it is not my responsibility to deter crime in that way, only by my words, and my inputs, can I help to contribute to ways of thinking, beyond the acts of those who seek to tie together their lives with the lives of the well, that's the stopping point, of discussion, when there exists any interference with the overall health and well being of everyone, who does not wish to understand not necessitates an understanding of the negatives as this may have a negative impact on ones ability to manage their own health [Please Note: Not an Approved Study by CU], particularly as it relates to the bad acts of others [Please Note: My Concern], no explanation need be required, don't further misinterpret anyones demise, as though because of their actions, they were treated with a lack of respect, as though they or others had done anything wrong, and in so doing, one was punished, for being too free with themselves, being social in Hollywood, and because of what you know happened, and because at a later point in time one was pulled over think all incidences were related, and amounted to a punishment, as though it was my fault, I got F-d in my car, and stupid enough to not understand that that wasn't a relationship, and that I did do the right thing watching CSPAN, instead of responding to any booty calls, which by the time I responded was too late, upon returning to Hollywood, and sent to another bar, had three drinks, and pulled over on my way home, that's not the CHPs fault, that I was stupid enough to go out by myself and get rejected and upon being responded to that one could not see me, cried, and drove home.

First to Living Life ...

3/22/2020

Theres no one way to live life, not even one way to think about life, or to process events, and if youre having difficulty, maybe that means you need to take a step back, listen to the majority, and learn how to speak and behave in a tone, that resonates with most for the time being, not get all wrapped up in your own emotions, and predictions about what has gone wrong, or whether any misinterpretations as to your wellness, mental health, has taken its toll on others interpretations of you, since when is fair game for others to make fun of you, like youre some secret, underground campaign in life, no one who ever becomes successful tries to do so in secret, that would allowing people to know you before everyone has gotten a chance to meet you, and give people an opportunity to change you on your way up, as though you weren't fine just the way you are. Who is it for anyone to judge our communications in private, and recollections of our life, and then all of a sudden get pissed off when we start caring about what we look like, how we sound, and what is kept in our own personal records about us. It seems the more natural and organized you are, in the keeping of records from your life, the easier it becomes for people to go through your things, and make determinations about you, and while observing others, think it justified if mass miscommunications about you get transferred without you even knowing it, without regard for your safety needs, and without you knowing it, think that its okay to use you as a catalyst for any movement they think desirable, as to their own ability to make change happen or to convince others you are not worthy of being apart of anything positive in the future, that's making you not apart of, that's using your identity, to benefit everyone around you, without you knowing you, and make everyone feel bigger than you, what justice does that serve, when everyone feels together, leaving one separate, for what good reason was that done to me. It takes awhile to process events, and it takes even longer to put yourself together in a way that makes sense to others, and at the same time enables them to make better sense of the times, and process events likewise in a positive way that doesn't cause unnecessary hardship to anyone directly affected by the present times. At what point do you stop, given whats going on, purposefully hurting someones image, you deem of no importance, if someone was not important, than why waste any time of energy hating on someone, simply because you think negatively of them, why hurt someone, and feel good about it too, where is the righteousness in that. Don't ever hurt someone for the manner in which they choose to express themselves best, through writing, and before giving them an opportunity to share pictures of themselves

hurt them, as though anyone should not be liked because of what they look like, or anyone because of what they look like during this day and age, would be liked any less, because of what they look like. Usually it is the case that its easier to speak badly of someone when they are not in your company and when you cannot see them, and harder to speak badly of someone to their face, or upon seeing them, feel less desensitized or able to carry on speaking badly of them. If you knew that you were hurting someone, whoever though it appropriate to carry on discussions in that manner, putting someone down in life, who they have not seen or met. I certainly didn't overpromote anything I did not care about or willing to share and explain my reasons for caring, maybe it wasn't in the best interests for everyone to care, and that could be one reason, why others turned on me, thinking that caring was a risk they were not willing to endure, and others thinking the worst that creating a system of blames toward me was more advantageous to their health, to add everything up in the negative toward me, its never anyones responsibility to share past the point of being blamed for anyones hardships in life, and it's a sore misunderstanding of fact, when someone who is well is misused to make others look better or to relinquish themselves from blame, cause anyone who has yet to achieve in life, to start life over again worse off. A lot of money has been invested in my education, which cannot reverse the mental health issues that result, from the assumptions others make about where intelligence is derived from or what causes argument, thinking that arguing is how people become intelligent, no its does improve the quality of ones thought to become obsessed with any series of misinformations, and then have to waste time, trying to be articulate, and to rationalize with any groups of people who think that they have a right to hurt the image of someone who has yet to make it in life, be accomplished, and earn a paid position. Not everyone will believe in you, its not required that people respect you in society, its not even required for other people to think youre smart, its seems the further they can put you down in life, the better off they feel, seeing you try for all the wrong reasons, and made to look stupid upon you subjecting yourself to acceptances from them, in order to feel apart of in life, sometimes being on your own is best. You cant always get the respect you deserve in life working for others, or by applying for jobs, and if you have not yet been trained in how to argue legally, then don't waste your time online, arguing with anyone, about mistreatments of you, just accept things as you go as a public figure. - We are all susceptible to being influenced in life, it doesn't matter how smart or important you are, we are all empathetic people, and unless youre not human, will you not be affected by other peoples pains in life, or dissatisfactions with the direction in which leadership has arisen in this Country, and upon what topics in life our minds have been led or mislead to believe in life, as encompassing whats important, or which events occurring in history were most significant to molding the times, to the way they are now, never focus on negatives and think that those outlooks in life, will ever contribute positive to any mutual understandings in life of how things were then, as though current issues can be resolved likewise, via the dismemberment, and chastising of any one particular individual, so that they cannot achieve the same happiness and good fortune in life, because you need a negative to fixate on to explain your dissatisfactions with the progress of everyone, blame someone for the past.

Maintaining Your Youthful Glow ...

3/22/2020

Everythings a competition these days, everything you have to say focused upon, and even how you look, no matter what your circumstances are you judged, whether you are beautiful with or without makeup, or whether any type of unconditional acceptances of you exists, which you have built upon in order to become a stronger writer, or whether by your influences in life, so recorded on social media, you have gained any more confidences in life, concerning your inputs, or with the inputs of others derived knowledge. I cite to everything, and save anything that sticks out to me, Im not a fraud, Im a law student, sober, and with the meds provided to me have written, that's to no ones negative judgment, who achieves in life, and where intelligences come from discredit anyone of intelligence, simply because you think they have it easy in life. Like all successful people, if you say the wrong things, or are off putting, yes you will become a turn off, or someone not of particular interest or importance, everyone is entitled to be interested in what they find interesting or of value, we will not all value the same qualities in all people, nor value the same intelligences in life, nor find the same beauty in everyone as they blossom in life, and come to find themselves. No matter what your circumstances are in life (advice to self) always stay positive, its upon your own unhappiness in life (mine) that one become dissatisfied with themselves (outlook) which leads to a worse of condition (mine). People love to see someone relive the past, according to what scripts others have written about them, as though in knowing someone, well enough by predictions, that they can control someone, even what others have to think about someone, as not deserving of achieving in life, or garnering any respects publicly for the work they have accomplished in their lifetime, or for the betterment of others exposed themselves, the best of themselves

(not trashed) their identity, and in doing so, is what acceptances are bolstered from, not from our worst, not by heckling, and certainly not by remembering and recalling what has been seen in private, as someone has struggled to reclaim their identity in life, and re-acknowledge their self-worth in spite of what others have thought of them a lost cause, a drug addict, an alcoholic, or some other detestable creature that would give people permissions to hurt, hate, and dismantle their well being, simply because of what has been said about them, that's inhumane. Never treat someone who you do not respect with so much hate, that it manifests itself into their lives, and causes one to now like themselves, after all that I have given online, my writings, for book writing, and all my hard work, to still be treated as someone waiting for a misstep to occur, to fully dismantle and take from them, is like reading with expectation, that upon any failures on their part, that you can take from them, as though I have ever granted permissions for the misuse of my work, to cause me harm, and at my expense, pried into to see whether I generate any wellness from others, or whether I am able to stay well on my own. Everyone works differently, some light up in a room full of people, and some are drained, some light up on their own, and some are in need of companionship and reassurances in life, that's called being human, depending on what mood you are in, different things will light you up, and make you feel better about yourself and others, never discredit the wellness of another, as through through illegal means, they have achieved wellness, its not possible to be doing something wrong and still feel good about yourself, according to me, that humanly impossible, don't overexcite yourselves to my condition, or familiarize yourself too much with my moods, to even think for two seconds that you can control people, simply because you have had an affect on me, depending on what you have said or believed to be true about me. Its usually people who think things are about them, and who make things about them, disempower whoever is going through a lot, to make them look like someone who is emotional and should not be cared about, it doesn't seem to matter how many times Ive been hospitalized or suicidal, no I don't deserve to be put down in life, imitated, dismantled, used, or abused in life, to make any sort of statements about me, like I deserve it, or as though my condition in any way affects others, because I was improperly labeled in life, I am suffering, and its my job on a daily basis to stay positive, and to not get aggravated, and to not allow anyone to make jokes about me, or the company I have built for myself to work in, make a \$hit show about me, and cause me suicide.

Learn to Accept ...

3/22/2020

Learn to accept as a reader that not everything is about you, and while anyone is privileged to read and imagine that they are the counter-positive to your wellness, as though they are the demon you could be battling in life, think it important to pick you apart and by what informations you've provided injure your thinking in private to see whether you two are attached is a serious abuse of a writers ability to think for themselves, for anyone to make anything about them, interject their energies through the ability of the writer to speak from their own shoes in life. People who read with intensity, are usually people expecting things to be about them, and read carefully to argue that that is the case, of things being about them, as though your understandings in life, have so benefited from knowing them. No this is my life, and my experiences, and based upon my understandings, these are my reflections of how I think things are, and why I think things are the way they are, this is my viewpoint, that doesn't mean that things are this way, or that all people are like this this or that, or that its even about my own personal experiences that I have come to believe in anything I have said. Writing is a gift, which builds upon itself, you have to start somewhere. And while the reader may feel further along in life, deducing what they think is important, or trying to interject their energies causing the writer to stop believing in themselves, its all a matter of survival at that point. Not to let anyones energies suck the positivity out of you, or gear you in a direction in life disfavorable to your own best interests in life, that's not allowing anyone to have the power to change your attitude in life, or motivations in life, that's when you will be well on your way, to a better life for yourself, this is why I didn't want to read the big book, because I did not grow up alcoholic, and now that I have read the book, it has interjected itself philosophies and tone into my writing "happy destiny" etc. Yes its incredibly annoying, when someone who is reading has stepped into your shoes in life, and even worse when someone else voice has had an affect on your ability to be yourself, using your voice, to speak for them, as though their lives are more important that your own, or for the purposes of hurting your voices, because they think their voice is more important that your own. People can write for themselves, its not my responsibility to speak for anyone who does not like me, and that becoming something you are not, when someone else voice gets sent to you, and in speaking speak to that voice or opinion of you, that is not coming from your own understandings, that's an unwanted influence, and its upon combining two viewpoints within a single a person, that are in disagreement with one another, that illness takes place, either fogging out, inability to move

forward, not feeling like oneself, not knowing where its coming from, feeling grose or sick, irritated, and even hitting ones head, allow people to speak for themselves, and if you don't like what anyone has had to say, don't make it about you, apply it to your understanding of a person you don't understanding, and without compassions, become less accepting of those no longer in your life, not all of us can thrive well together, especially those with a different genetic makeup, chemical composition, disability, or tolerance for the wellness of others, get drained, me included.

Teetering at the Top ...

3/22/2020

Climbing your way to success can be an exciting experience but it has its limits, it takes a lot of positive energy to maintain an audience online, not everyone is equipped to handle such excitements in life, don't let your emotions get the best of you, and never be too hard on yourself, you cant be first to anything in life, if you cant keep going and sticking to what your good at, venture too far off course in life, on your way to anything worthwhile. Keep your head up, there will be many who have come before you in life, no matter what career you choose to partake in in life, its called learning the fundamentals of any trade in any given profession, and learning to adapt along your way, nothings written in stone, when it comes to acceptances in life, this you learn as you get better and better at what you do. There are no written set of directions to follow, or one story to which all stories unfold or stick to, that's the bottom line, its your story and your experiences in life that govern your sense of direction in life. Everyone has their limits, and the more popular you become hopefully, the less will come out of you, that would give anyone reason to trace your life story with trepidation, as though coming forward for you, was a purposefully, stifled process of self discovery. It takes awhile to find ones voice, we are all unique, some with more experiences in life than most, but its by our exposures in life, that give us a heads up, as to how much pressure we can handle in life, socially, not everyone is comfortable being known, and that's generally not the purpose for sharing ones story, to become known to all. There are many ways of looking at things, one persons voice is simply a lense from which to view the world, given to you by the person to whom is speaking, sometimes an imaginary lense is provided by the speaker, some writers gifted in that respect, and some lenses provided to you, are real, meaning real people, telling you their stories in life, and from their real experiences or visions in life, have come to a set of set of decisions in life, that has determined where they are today. We all have the power to make choices in life, what is life about anyways. This Ive thought about before COVID-19, broke out, waking up, and going to sleep at night, two basic functions to living life, I don't think its necessary to have the gift of predicting the future, that gift only becomes realized, with stability, there are a lot of necessary steps you have to take in life, to be granted the gift of insights, which lead to better decision making abilities for yourself and for others, sometimes its with concern for the future we make choices, and sometimes its with concern for our present that we make choices, that's the whole purpose behind boundary setting, without interferences from others, where do you stand spiritually and mentally, and are you able to handle interruptions to your daily progress in life, so much of life is about handle minor irritations and interruptions to our focus, but how often do those interruptions totally impede upon your progress, its seems like everyone has the opportunity to either play victim to their circumstances in life, or be a leader when it comes to outlook, that's your choice, upon sharing your story, that's the moment at which, you have gotten the basics down, and have decided not to allow your past to dictate future outcomes for your personally, and instead have decided to be lead by your present decision making abilities to govern your future, that's when the choices you make now matter, when they are no longer driven by your past, no longer driven by what others have to say toward you, no longer driven, by those minor interruptions, that's being mature, able to handle any inputs in life, and still manage to stay on an even keel, in life, balance minded, centered, and focused, no matter what your circumstances are now, present, or past, that's being in the moment. Eventually you have to let go of any feelings of time constraints keeping you from moving forward in life, whether that be thinking about how much longer you have to go in life, how much life you have lived (boy did I play many soccer games, I get tired just thinking about all the soccer I played), and cherish who you are now, you may not be the same energetic person you were in your younger years, but that doesn't mean youre completely disabled now, be conservative with your thoughts, every period in time, demands differently of us, and based on social and environmental factors, we may have more energy than do most, to partake in activities, in more tumultuous times, we seldom would think to take part in, that's just recognizing our own humanity, wouldn't it be nice if we could always live life feeling invincible, and why is it when we do we feel human, we get scared, its like we have grown dependent on convincing ourselves that we have robotic capabilities, and spend more time automizing our days and think that the more we can accomplish without thinking, the better off we'll be, at what

point, when everything does hit our conscious minds, has living become too overwhelming for words, when we feel limited, when we feel stuck, when we feel victimized, when we feel not good enough, when we feel powerless, when we feel less than capable, when we feel ugly, when we feel sick, when we feel stupid, when we feel traded, when we feel abused, when we feel devalued. These are all feelings we may encounter in life, when we feel wronged. That's a normal repercussion of interacting with people and getting hurt, the point is to be strong no matter what thought consume you, and continue to live up to ideals, until IKEA can make our dream homes happen.

Its Not Inevitable ...

3/19/2020

Its not inevitable that all roads lead to one, always keep in mind, the significance of the journeys through life that others have been through in life, and focus on what you are doing with your life, so that your life does not influence others in a way, that interferes with their ability to maintain faith in systems of trust, never having to worry about the well being of those they care about, as though we have not yet arrived to a better place in life, or that we are not yet able or will not make it to a better position in life, suited to raise our families, and care for our parents, get jobs, and live a good life, sometimes less in more, and its in the simplification of the worlds problems that we come to understand the value of a human life, we are not machines, and while many of us have worked in professional settings, no one has the stamina to put up with the course of discussions of everyone, especially those leading others astray, maybe it is for that reasons that people choose to get involved and take charge over the direction of trusts in life, and even gain access to works of value, otherwise presented to more notable figures in American History, currently serving the best interests of our people. Its when individual interests seeking justice for any wrongs that have been committed toward them in the past, seek to gain exposures by the wrongs that have been committed against them, is where a system fails to make sense, why would anyone who has been harmed, need to later require public notification of the harms they have suffered would that not just put other people in fear, most of this you leave up to the LAPD by reporting to them consistently and doing your best to stay out of harms way. I did my best during a time of need, upon finishing a book I considered to be a masterpiece of writings I have compiled over the years and kept track of, finally publishing it via lulu.com, with only a few selections for stock cover pages, and one of them graph paper, probably a poor choice, not to highlight any known offenders of gun violence, that was really disappointing, in the future need to be more cognizant of how things look, and not to look as though Im trying to make a statement, by appearances, of some kind of strength, or purposeful battle in life, made personal, in the fight against violence, especially gun violence, as it has affected people around me, as a student at CU, and in law school, after posting on twitter, and [whether] my work left up to be read or memorized, not the best first presentation of the issues, I felt thrown under, I was hospitalized 2009, so I was diagnosed as something I did not believe I was at the time, but if you get suicidal you are automatically diagnosed as being bipolar. Anyways, its seems others felt so confident about going through my things, my teacher shouting "Melrose Place the Remake" I had written a list of TV Shows I grew up watching in my computer, not something Id expect a new teacher to blurt out in front of the entire class, and then met with my Dean in his office, with my Property professor. The room was empty with a Fan on the desk. I thought that was weird. I had told them I was thinking of taking some time away from law school, and then did some traveling on my own. I think that was a good decision.

Thats the End of That ...

3/19/2020

Just called my Attorney, when it gets to be too much, that's when its time to stop, talking about what ifs and what abouts, and focus on yourself, and what needs to get done. You cant fix what people think about you, by talking about things as though that side exists, that's how people knowing you become defensive, and take personally, as though you are referring to their treatment of you, and then decide to compare and bond with anyone else knowing you, as though you are off or saying things that aren't happening. You cannot control how you are treated in life, and its better to just report in private than it is to say outloud, and then make happen in ones life, that's the trick to getting the defamation to stop, you cannot openly be accusatory to anyone, or point out things that would cause others to put their defenses up in life, and put you down, because they think you've f-ked up in life, or not normal, and someone who needs treatment, so that is a pattern that will continue so long as others assume that you are always writing this much, sometimes, it is when we are at our brink in life, of finishing a project, switching meds, in

between care, seeing new doctors, which we can afford to see, that we are viewed under a different lense in life, its unfortunate, how expensive psychiatric care is, if it were my choice, I would not have changed care, happy on abilify although gaining a ton of weight, even though I ran everyday, hence the reason Im tired, doing all the work, but not accomplishing my goal weight loss, I think its better to be doing something, than to be doing nothing at all, and if all you have to do is do something right to get things going again for you in life, than maybe running and writing quotes, and book writing, and finishing law school was the best decision I ever made for myself. Im sorry if I got into bipolar delusions about the past, and whether connected to my life, its because of that type of thinking, I became suicidal after applying to the #usnavy on Wilshire, and instead of continuing on in that direction in life, writing to myself and drinking, going out alone, I decided to invest all my time and energy in my schoolwork and finish law school which was my goal, I was already a certified paralegal, went back during a semester off to finish one more course and work part-time for \$8/hour. Sometimes life is hardwork, and many like me had to work and go to school at the same time, that was really difficult to manage, ended up going to school part-time, its really no ones fault where you get jobs at the time, paying jobs, but maybe should've waited, it was a great experience to wake up early and be with a group of people who equally worked hard learning different products and what to say, and the methods for capturing an audience, and selling a product, who would have ever thought I would be a salesman, given my education in sociology, psychology, and law, I pictured myself as a paralegal, but low and behold, all these jobs you are privileged to take on in life, teach you lessons, what the real world is like, what to value, the value of a hard day at work, the difficulty balancing work life and school life, and the difficulty those who know you had comprehending why I was working for \$8/hr traveling all over Southern California in roadshows, selling products at Sams Club and Costco, that never made sense to them, they saw better for me. Just appreciate where you are now, you never know where this life will take you, nows a good time to rest, not get thrown under a bus in life, and go under, like P Diddy on a strkyer bed in a hospital with a cap on, that was like me for 7 years on risperidone and abilify shots, in bed most of the day, up to do a few hours of work, or go running, slept most of the day and night, not social, had boyfriends sometimes, but for the most part stayed chaste, some people cant handle the heavy meds, can function on anti-psychotics why they don't take them, and don't self harm so that the meds work better that was a stupid idea, and don't panic if you get an STD literally beat yourself up for it for 3 years, that's unnecessary and cruel to blame oneself, call the Doctor, get a Penacillin Shot, and move on with your life, and if you've had near death experiences in life, then don't ever waste your time effort on anything that aggravates you, weakens your heart, slows you down, or makes you feel stupid. Lifes not that difficult, but if you care about your image, be prepared to defend yourself, and why you are the way you are, and not because of any guilts obnoxious or verbose.

Dispositions in Life ...

3/19/2020

Based upon your disposition in life, people will treat you based (1) on how you present yourself (2) your ability to demonstrate confidences around others (3) by what you have to say in conversation whether on topic or off topic on a tangent (4) your ability to stay focused (5) how needy you are in life (6) whether you are an independent thinker (7) whether you can think on your own or whether you need help from others in order to think (8) knowledge of your weaknesses in life (9) never experimental when the moment counts (10) able to learn as you go, without freaking out about the past (11) complain the least especially when in contact with previous contacts, not complain about people in your life (12) take things with ease, not get worried or paranoid, think to extremes (13) based on how well you are able to stay well around others, (14) depending upon who you are, knowing who you are, and living life with importance, not waste time, spending too much time with people who are not responsible for how you have been represented or misrepresented to others, (15) always in control of your emotions (16) never doubtful of what others think unless their doubts are made known to you, specifically attacking you for informations in life you need to disclose about yourself (17) accept all criticisms with a grain of salt (18) handle your losses, these are just material things (19) maintain your right to privacy and not let people into your life, who may take or steal from you (20) let people go from your lives, when they have had enough, not require others to be understanding of you when you are not doing well in life, nor require others to be proud of you upon achieving any goals in life, live mostly for yourself, without interfering with the better judgements of others, as having to measure you within their equations in life, about what things are about, sometimes less is more, you may have a very different interpretation of life, than do most, the best lives lived, are ones not in constant communication with others, busy on the task at hand, not ruminating over the past, and the possibilities of why things ended up the way they did previously, and be thankful for everything that was said right, to enable you to live this life, without negativity, and be so fortunate to

be exposed to so many well and like minded individuals who wish to stay well and remain well, in spite of what losses we have incurred, due to miscommunications, relapses, drugs, alcohol, addictions (including addictions to stories, or peoples lives, we have become obsessed with compartmentalizing to rid ourselves of guilts in life), and to understand that so long as everyone does their best to support and care for those around them, that's the best they can do, and for anyone who wishes to leave life because they cannot stand the times, the changes, or what is said currently, can always go to the hospital, or take a moment to tune out negative voices, and just learn to appreciate who is here now, not everyone was around to witness everyones new found smarts, happinesses, abilities, and some of us, have fallen off the wagon again, depreciated, in a moment when most should be at peace, think first (1) are you doing anything wrong (2) could be be living a more disciplined life (3) is what you are saying online helpful or only causing yourself harm (4) should anyone accept blames for public losses that are not of our own making (5) how hurt are others when things get misrepresented in life, or if someone does not measure up, to what we think is smart? Always remember to be human, we are not machines, and definitely not robots, as you get older now in my 30s, you get maxed out caring, and opening yourself up to love, you can only handle so many rejections in life, or worries, before you give up on things that used to make you happy in life, pressured to be a stronger better version of yourself, all I know is that when I lost 50lbs, and got skinny, that didn't make any men stay in my life, still a reject, not completely whole, all together present and positive, just someone to visit, check on, if you want to be more than that in life, not someone left behind, for giving up in life too easily, then get your spirits up! Everytime something bad happens I lose all my friends, my mom convinces me that they are not my real friends, and changes my number at Verizon Wireless, but if I freak out, don't change your number and get locked out of your Twitter Account, that was stupid.

Never Assume ...

3/19/2020

Never assume that anything is about you, its upon complaining that you get hurt back, ie the use of your likeness used to benefit anothers interests whether or not they are in tune with your own best interests to be unique, or to be successful, or to achieve in life. Its not okay for people who have worked hard to be denounced before they have even earned a dollar, or gotten a paying job, and working their way toward becoming successful in life, that is what going to school is for, to pave new paths for oneself, and to create opportunities for oneself, how one has mad decisions as a law student without professional training in how to write in response to questioning concerning, their belongings or what is stored in response to a joke of what was considered popular media while entering law school shown two youtubes, and later youtubes produced by my Ex and his friend, is something between them, not something I ever thought twice about, its upon getting paranoid, that one begins to lead any sort of investigation, as to who is being inspected and why, who is being harmed and why, and when upon giving access to people to your place of serenity and focus, how any harm would result, upon knowing you, or thinking that you had it made in life, or smart enough to withstand and expect an societal pressures along the way of achieving, it wasn't until I left law school that I began free writing, I didn't do much if any free writing in law school besides journaling in college, and maybe sometimes during difficult times, no ones ever feels compelled to write on and on about their lives, unless its important, or unless, they are under so many pressures, that they feel the need to put in writing what they can remember, to figure out what has gone wrong in their life, that is for no one to inspect, any informations provided in private, and make public any disclosures, as though I knowingly ever caused harms to others, or by my awkward experiences in life, justifiably defamed after years of schooling and personal achievement, that's wrong to do, to make blasphemous deductions about a persons character, as though the purposes for their actions, were in progress of creating some story or living some life, with concerned for how they are portrayed or thought of by others, why would anyone ever subject themselves to harsh scrutiny in life, and when is it ever appropriate to treat someone who has done nothing but help others their entire life, and with a good heart, well intentioned, always nice to everyone, be treated as something they are not, simply because of what is known about them privately or by seeing how they are talking to anyone privately, justify that hatred toward them like Im some kind of outgoing aggressive sex addict that is overly confident about my sexuality and purposefully put myself out there to increase my odds of being picked in life, that's not how love works, you get to know people and upon getting to know people match up, sometimes, when you are not completely 100%, social acceptance wise, its not smart to date, as others will take from you, or will steal love, or intelligences from you, based upon what they know about you in life overhear and think that you were a poor decision maker or a let down, no one who is in school achieving and working is a let down, they are always people to be proud of hardworking, and generous with their time and energy socializing or

having friends in life, sometimes you make sacrifices in life, to focus on school, that has nothing to do, with ones mental health, or having any outlooks in life paranoid, it just means that one does not fit in, and because one does not fit in, keeps to themselves, and in keeping to themselves, have decided to focus on finishing law school to get a job, so that they can be social, and have things to talk about that was the big idea, but never made it to that point in life, proud of myself, unfortunately, it took too many breakups and failures to finally open up, I don't think I ever described what I though in jest, overcoming any guilts in life, which is what it would look like now, having done well, and then served a bunch of voices trying to get me to not believe in myself, and think a bunch of other things or fears that others people think, to see if anything I say adds up or amounts to a negative viewpoint supporting the voices sent to me, be sure never to advise those who do not accept you, of a way to handle their negative thoughts toward you, by simply concluding in the negative, that only did me a disservice in life, to again have to talk through to any sides, who think less of me, and for how long have thought that way, that random people who I don't even know, just hear about me, and are mean to me, like theyre better than me, it must have been something said about me, that was so disappointing, that upon being known to all, treated as a let down, or someone beneath them, never in my life have I been so put down, and insulted in life, as after having been punished, and it seems that no matter what I do in life, nothing is ever sufficient to get people to stop treating me privately like there is something wrong with me, or send me voices, until they can get me to focus on a bunch of fears, and say what I know to see if it matches up with how they think. You don't know what I know until I have said what I know, and you cannot assume that any information known to all, is a stab at my good character or intended to cause me harm, learn when to stop hurting someone, who was significant at one point in time, and allow them to move forward irrespective of what others think about how they've led their own investigation as to the causes and concerns for illness, that being because I was hospitalized 9x.

The Goals of Refinement ...

3/19/2020

It is now 6:46AM, on March 19, 2020, and its been quiet for the past few days, finally free of voices, heckling over me, and shouting at me commentaries, as though Im supposed to reply verbosely to their negative sentiments toward me, who ever thought that was a practical approach, to shifting gears in life, as though one can make solid statements, with the bouncing repercussions of the actions and words of others, thrown under their belt, as though one who overhears should ever bear the responsibility for those words, beliefs, or thoughts about others, including words not already proven be directed toward me, or be even about me. It seems that people think that someone who has privileges in life, has it easy in life, or that their smarts were not earned, by living a good life, being a person of virtue, nice to everyone, cordial, and never running into any animosities in life or put downs, that would ever have rattled their feathers so much so as to change them, even in front of a crowd, good graces is a learned trait, overtime, you become accustomed to the attitudes and provocations of others, and hopefully mature and take things less personally, I never reached that point of stability in life, always hyper-vigilant, that's me, an uptight person, everyone trying to loosen me up, by the time I finally loosened up online, that didn't seem to be worth anything of value to anyone looking for commentary geared toward a different type of conversation in life, I was not privied to understand or see coming, you are not prepared for most of life, and as you learn and become more professional, you become more familiar, with the stances that others take during time of turmoil, losses, and illness, and stay steady in spite of whatever is going on around you, there really is no stopping point to hate, once others by their first judgments of you by what others have to say or by your presentations think not professional enough, or well thought out, think its okay to purposefully injure someone who they think has not done an efficient job at explaining what not to do, and things to think about instead, or traversing the ill beaten paths in life, that have led to the spoils of wealth, and interfered with the wellness, or those with good lives, at what point do you not learn from the past misfortunes of others, and by the good graces of now, be appreciative of how far we have come, and why we have come so far, and for what reasons we have come so far, to not make things about little things in life, you try to amplify to bigger deals than they need to be, simply because you think someone is trying to be like someone they are not, and while someone is focused on themselves accuse them of ever doing anything or behaving in any way to spite anyone from their past, that would be very childish, to rub any animosities in the face of others without them knowing it, based upon what they look like, how they behave, what they believe in, or based upon what you think you know about someone, after having heard from them, believe that to be true, that their fears are a result of their failures in life, and their inability to succeed in life is so deserved, I don't think anyone trying to become successful and get a job, ever has that much planned out in life, the success part at least, my goal was always to finish law

school, without money incentives, motivating me to achieve a higher education in life, don't put someone down simply because you think that they have more steam in them to overcome setbacks associated with embarrassment and humiliation on a large scale, that's not a fair deduction of someone of my stature, hospitalized 9x, I don't think for the majority of humans, its humane to subject someone to such standards of rejection and ridicule in life, such that one who write books, would ever be insulted or blamed as being apart of the problem. When one door closes another one open, where is the equal opportunity in that to be heard, and why is it okay for one person identity to be bastardized, in the name of others, for the sake of others, and expect me to live on anyways, wheres the sense in that, don't ever take a good person who keeps to themselves and works hard, and accuse them of any misconduct, as though they have not maintained accurate records, and done their best to get help in life, treat them as a weak link to society. This almost seems like it could turn into a suicide note, but I have learned over the years that more you harp on subjects that have caused you suicide in the past, the more likely you are to revisit all those subjects, become retraumatized, and end up in the same place in life worse off, so its better to only have conversations concerning the past with a licensed therapist, and if you have ever gotten in trouble in life, be sure not to share the settlement negotiation to "take all your blogs down" what does that have to do with a "civil harassment lawsuit" -in the future make no mention on your journey in life, of who you have been associated to present or past, that would not be the solution in case anything does go wrong, need not be blamed, for talking to you and hearing your idea about how to help those stuck in trauma, for some reason they think its okay to consistently push me out of the majority, and back into illness, whenever I finally am able to move forward or if ever succeeding in life such as being ranked 34,000 top website in the Country, that was a huge achievement for me, but perhaps not strong enough or well enough to manage an audience of that size on a daily basis, along with the voices. #bipolar --- Why I had to wait 5 years to build my website. #worldpeace <3

Know Your Coordinates in Life ...

3/19/2020

To any one set of standards in life, lived upon, one comes to be, and its by living to a set of standards in life, that beliefs are created, beliefs in oneself and growing to believe in others, it takes time for any system of thought to appeal to the masses, usually we are drawn only to what makes sense, rarely do we venture off course to help make sense of what has been left unfinished, or what if stated so clearly, does the trick, explains how a negative series of events occurred, and then in the future place similar blames upon people, as though for the same motivations similar or worse harms have resulted. That's taking one persons deduction said out loud, and then blaming, them for taking anything personally as being about them, without regard for their best efforts to be apart of and to contribute to the ideas of others, for the betterment of society as a whole, not to be placed, among any series of events, which have resulted in harms to others, not based upon connections in life, be blamed, for any unwanted associations in life, to people overseas, who have not lived the same life, nor have been privileged to the same upbringing and pleasant exposures in life, just the same new to the game, or not having a total understanding for the basis from which beliefs drive the course of discussions whether about individuals or about groups, or anyone who they deem of public interest to be added to the course of discussions flying overhead. You are a product of what you believe, and if your beliefs intrude upon the wellness of others, and their ability to thrive and be apart of casted out to dry or be put to blame in life, than that is a making of circumstances to disintegrate a person from the lives of the majority to be wholly accepted, and to be known instead for their wrongs or any mishaps in life, stated in private in their phones, and continue to make jokes until anything in poor taste comes to fruition on a larger scale, to further demote a person as being worthy of being apart of or considered of value to any like minds located within society, maybe never, will that occur, that someone of intelligence is granted any respects in life, but only for how they have responded to criticisms be judged as responding in the negative, that running everyday and losing 50 lbs and writing quotes and a books, was not a positive way of coping and weathering any storms overhead, of, about, or concerning them, and their best interests, and for the causes they have supported remained, calm not in a superficial way, but commercial, in a professional way, that's not just to be appealing to everyone, but to be in a digestable format, that does not overwhelm, or cause anyone else to feel in disarray or grow worrisome about their image, or even think it a big deal for anyone who once thought their cares were well intended, were ever misinterpreted as illustrating that a wrong had been committed and based upon a knowing of someone famous attending a meeting, put all evidentiary pieces together, to say that this person has been casted under a negative light, and this is to further corroborate that joke towards them, as them belonging to a similarly situated group of individuals known for a "lock out" (ie the NBA). Maybe that's taking things too far, but for all purposes of maintaining the safety needs of any group of

individuals exposed to any people who are associated to people in history who have been accused of crimes, further separate a person who has been harmed, was treated from those harms, and then made to look as though deserving of those harms or repercussions for their own associations in life, or for their interactions with others, while on the meds they were prescribed, not smart or sharp enough to keep up with all the jokes and tests as to their smarts and their integrity be made to look like something of a joke, its for those reasons I think they thought that it was funny that another Batman movie was made, regarding the Joker figure, and think its funny that I took down a poster of Barack Obama with blood stains running on his face, from a box, atop the Federal Cemetary on Wilshire, were you are no longer allowed to drive or take photographs, however they do celebrate memorial day there, with a flag on each headstone, the most beautiful and scary cemetery I have ever walked, eventually you take a moment to face the challenges ahead, and what has passed, and do your best to move forward in peace, without fear of losses, or continued losses, do your best to live life, no matter what jokes are flying overhead, not become encompassed by those thoughts about you or others, likewise be tainted and tarnished, and trashed, as contributing to poor belief systems, or hardships when any likeminded group of people disagree, as to your condition, be considered as in the wrong, or too hard on your purposefully, as though you deserve to suffer, to claim that had you not taken a poster down, that other crimes would not have been committed, if I lived a private life, nothing in my phone, if not placed online, should ever cause anyone to question whether what happened on Wilshire was known in Colorado, to explain a happening in another state, I have discussed this previously upon beginning my blog, I can do my best to consistently report, but moving forward does no good, if all anyone wants to do, is to see and prove whether anything bad can happen as a result of my words or actions to place blames on me, as though I haven't done my best to work professionally online as a writer, prepare myself academically and in private via book writing, and then give a solid presentation of my work, and keep hidden pages on my website, of all other issues not for public discussion, I think that was a very fair contribution to the world wide web, to slowly go through every issue possible concerning me, and then to share my work and present myself in a positive light, its unfortunate that you can work so hard, and to not be valued in life, treated as though you are something you are not, called names, and other war jokes misdirected toward you, treating you as though you have not been professional, and have every right to be defensive if its blames put on you for the life you have lead privately or in public is not good enough to the standards of those who are free to live lives the way they want to absent minded publication of interests beyond them seeking to discredit or to dissuade others from listening to what they have been through that would make this blog personal, about wrongs, and undoing wrongs that have been committed towards me, and to not make light of what has occurred, seem insensitive to the best interests of others, is what they were trying to prove things said to me in private, to see how I respond in public, uncomfortable, and anything not making sense, speaks to what was said to me in private, to interfere with my comfortability speaking, and sounding clear. I think too much effort has been put forward to figure out how a "Freudian Slip" occurs, and by doing so, seek to communicate that wrongs occurred and that I so knowingly sought to bring anyone into a losing equation in life, to which I was being blamed, and its for those reasons I have been hospitalized 9x, as though I am not the same, nor have suffered the same feelings in life, feeling lost, having to figure life out, trying to make sense of things, be confident, find love, maintain friendships, no one has it easy in life not even me, and don't go so far out of your way to make an even bigger Merrill Lynch jokes of me, to say that upon this happening, this is what will happen and what things will look like, if you pair this person with this person in life. #stop hate

A Common Set of Blames ...

3/19/2020

A common set of blames occurs, when a known series of events has occurred, and the people to whom are connected to a series of events, once informations are known about them, timelines are constructed as to their lives, in addition to previous events, and current events, seek to establish, sync, or unify a connection between a persons life lived, determine upon when a person became known to the masses, and upon being known to the masses, whether they had an influence on the decision making abilities of others around them, or to people outside of the immediate communications have so influenced, to commit bad acts, not have been inspired in a positive way, to make a positive difference, that's hurting someone, who you think is known to all, thinking that if known, that them being known, may incite violence in others, as though their story is disruptive to the psychological states of individuals not otherwise motivated to commit bad acts against others. Never assume that by connections one is demoralized to the negative opinions of others for any justified reasons concerning their ability to communicate to the masses without putting anyone in harms way, or that upon the sharing of information from their lives, put others

or themselves at risk of harm, its usually upon telling a story that we have decided to live a different life, not so trusting of the people that come into our lives, and look less for answers to our problems, seeking advices from others, but when we come to find and trust within, that we know best how to respond to circumstances outside of our control, and seek the courts advisement, how to adjust oneself, during any given set of circumstances, not become entrapped by the actions of others, sometimes its not unless you state your fears that they become a reality, similarly its not until you describe how you feel and what has happened, that it can happen again for you the same, if you continue on thinking in the same way, you'll likely run into the same or similar series of events or course of events in life, which generate the same or similar response from others to not care about you, or to think that you are responsible for anything bad that happens to you in life, that it the price one pays, without having people in their lives, and without being able to be helped by those in charge of taking care of them, that is when your problems have become so big, bigger than you can manage on your own, or be able to say out loud, usually means that something was done to you, to interfere with your ability to communicate and to further than inability to respond, further tested to see for what reasons or causes one chooses to communicate when and why, and based upon what informations provided choose to communicate when and why, it because people think that upon knowing you or your triggers think its okay to test for responses from you, to try to control your outputs in life, as though you are some test subject based upon where you have been in life, manipulate you to change what you have to say and thus your course in life, running through your own words in life, as they stay silent, having gotten what they wanted, hurting you until you say anything that speaks to them, that is someone who does not like you, and reads your work, or someone not in your life reading your work, to determine whether you bear causes to their concerns, or you have been knowingly in a bad position in life, publicly known, beyond a tv show title, and that that hatred for you, your upbringing, and reasons for attending law school, was so deserved that everyone decided to make fun of you, and beared guilt for making fun of you, before they even knew you or heard from you, or knew whether you were intelligent or not, always assume that one who attends graduate school is intelligent, intelligent to read and write, and memorize, and comprehend mass amounts of information, and be able to perform under any types of pressures, no matter what happens in the news, its when you stop to take a look around, and witness first hand how people have changed, and for what reasons people have changed, and begin keeping a timeline yourself, that you come to fully understand the extent that people will go through to label or mislabel you or make you responsible for others poor outlooks in life, as though during times of crisis you were not a sound board for reasoning and judgment making, thats hurting someone before they have spoken fully, and can fully comprehend and with confidence exclaim that they are not a party to the losses of others, as they have lived life responsibility sober and clean and went to law school held jobs, and therefore did their best to be reliable sourced of information during times of crisis, whether information was obtained illegally, or with permissions, and did their best to later clarify misunderstandings, hopefully before the information provider (ie me) was harmed, without giving me an opportunity to be heard, label me as something I am not, to see whether that would cause me suicide, to make me look gay, or say that because I have gay problems Im not a good role model to other women, or a fair warning of what poor decision making can lead to, or a bad point of reference in history when it comes to how public figures can be misused in life, to hurt the faiths of others. That is taking someone who is accepted by all, and publicly defaming them as a non-acceptable product of education and surroundings, and denounce them as important or or value. What is it to anyone to devalue someone who keeps to themselves and doesn't go out drink or do drugs, and because they are not married, be treated as a reject or someone who without friends, is defective or not a keeper in life, one can only roll with the punches for so long before one begins to wonder for what reasons, their credibility is being attacked, and for what reasons, were they made fun of with confidence, while they were just coming forward, trying to piecemeal their lives, and figure out what went wrong, that's without expectation of things going wrong, upon disclosing ones past, and upon sharing, be mistreated as someone who has not done their best to live a good life, honestly, be treated as someone who is gay or "P" that is wrong to assume that its because of any obsessions, that one tries to help, maybe its because as a victim of homicide, I have a natural talent and gift for being strong in spite of trying circumstances affecting everyone, and wanted to share that positive trait with others. Not by focusing sorely on subjects where known harms have occurred, and hurt someone over and over again, until they are so damaged, that they are incapable of giving and receiving love in life, simply because others thought because of the way they looked or based upon where they have been in life, are not smart, or not deserving of respect, a job, or eventually marriage.

When People Take Things Too Far ...

3/18/2020

Some people take things too far in life, and so long as you allow it, it continues, letting the wrong people take hold of your feelings and emotions, or wanting things in life to the extent that others feel threatened by you or that your happiness threatens their own well being or what they have in life, such competitions in life are unreasonable. Never think twice that your wellness ever has had an impact on the wellness of anyone around you, whether or not you are a public figure or held to any standards of beliefs or disappointments in life, ever inherit any responsibilities in life to care for the sick or to make better everyone around you, you can do your best and sometimes still not be good enough, and its those disappointments, when you have given your all, and done your best, that cause us the most pain and dissatisfaction in life, as though by our own devices, when focused on whats in front of us, be met with any blames in life, as though we are responsible for maintaining the wellness of people beyond our immediate surroundings, or control the outlooks, for anyone who is not in our lives, or who whether influenced by us, be affected by where we are at in life, whether that be better off or worse off than a majority, viewed, and upon being viewed, the goal intent of every public figure is to share a life (or lifestyle) befitting of anyone who has not been able to experience the same wellness in life, opportunity, or access to systems of education, that enable them to get jobs, outside of the scope of what others feel they are capable of achieving for themselves. -When people think someone has taken things too far, they are most likely referring to the “pants down” effect, when someone who after either making a series of poor decisions decides to live an alternate lifestyle, not to the acceptances of the majority, or someone who has yet to experience the stability that comes after a job well done, takes risks in order to gain exposures in life or connections in order to see what other types of life are like, that’s the “pants down” effect, meaning being led not by our minds, but by our hearts, a kind of blind attraction to people, places and things, we feel drawn to, but leave us in places in life, we know less about upon arriving to a different way of living, its best to always stick to what youre good at in life, even if it means its too late to change careers, or specialties, figure out what you know best and do your best to be perfect at what you do, not all are strong enough to switch professions, and do well anywhere they go in life, most of us, need to train, and become professional at one subject before we are able to take on new subjects, or have a better understanding of how the world works, until we have had experiences ourselves, upon our exposures, travel, and get to know the rest of the world, who knows maybe not everyone is the same, and maybe we do have great lives, who is it for anyone to judge anyone who has lived differently than them, as not being as understanding as anyone who has been afforded privileges in life, and maybe that’s just it, seeing someone who grew up going to private schools, who has worked for the government, and has attended rehab twice, seems like a poor fit when it comes to any equations measuring the amount of respect paid to anyone in life, it seems as though unless you have done something important in life, are you respected as apart of unconditionally, and that if you have not been mentioned, that you were not apart of the same or similar circumstances which caused others hardship in the past, some of us sit closer to the core of the issues than do most, and never think lightly about it, or think that whatever odds were faced passed, cannot yet again occur presently, if the same sides are taken, and the same disappointments result, from a lack of appreciation for all the growth we have encountered, in place of less evolved ideologies in life, that don’t necessarily manifest themselves in positive ways once thought about, such as fights, people, causes, reasons for fighting, uncomfortable experiences, previous drug use, breakups, femininity, likes, all of which gets used to determine whether you are a likeable figure on your own, or whether you are imitation of others who are well liked and only by your exposures in life, are causes for you disposition, as lead by others and not a leader in yourself, able to take on tasks, or memberships in life, and take initiative to get involved in existing systems of support and do what you can to help make a positive difference. People seem to think that unless your cares in life are resolved, and unless you can maintain stability and keep track of all your written works, and displays in life, that you should be held responsible for any miscommunications that result from the tampering of your finished work products, I never insert any subtleties in my writings, that’s not my writing style, nor would every purposefully put typos in my work to communicate anything not specifically intended to communicate to shed light on any other subjects other than the content of my writings, and what I am writing about. That is not the purpose for me writing to control the ways in which other people communicate or to make anything about me, that would be selfish, to boil everything down to a few experiences in life, or to one persons experience in life alone.

Mass Produced Wellness ...

3/18/2020

Who would have ever thought that wellness could be mass produced, that is having a positive outlook sharing those inputs, and then witness all transition in life, from points of illness, on the brinks of episodes, in the midst of poor

decision making, or halfway through lamenting about their pasts, wake up to seeing things differently, that's the power of wellness, when people reach a stopping point, that's not not being able to move forward or short sighted in life, its just stopping one set of thoughts and picking up another set of thoughts, much like most endure, managing multiple lives, at home and while away at work, youre given many hats in life, and moments to shine, that's truly rising above whatever odds stand in the way between you and achieving wellness in life. Know that not at all moments will you be able to comprehend nor fathom the consequences of poor thinking and bad decision making, that's only for those in positions of power to decide, the constant, or current ramifications of not believing in any well intended group of individuals who choose to share their thoughts and outlooks with the world. Its not just a trait, staying well, in spite of the times, it's a gift, those with the most credits in life, and capabilities of staying well no matter what the circumstances are tend to thrive the most, whether or not anyone thinks like them, able to still function, in spite of whatever is going on around them, they must be doing something right in life. With attraction comes promotion, whatever you attract in life, you then become responsible for not transferring any ill points of view or expose anyone to truths about your life, or the lives of others, which have traumatized you or caused you illness in the past or presently to think about, that's not what holding a microphone is about, complaining, if you have not yet arrived in life, it is unlikely that your voice will be heard in the positive, no one who is gone, or losing sight of what is important to them ever looks found, or worth a listen, who is it best to listen to during times in need, someone who brings us stability, not someone who interferes with our beliefs or senses of stability in life, and one who does not require admiration to feel whole, or to be liked or loved, to stay present and be able to perform under any types of pressures in life, not all who become successful are supported, in my case, it took many put downs in life, and disbelief in my wellness, in order for me to come forward wholly, and give it my best in writing, and while applying again for jobs, its been a struggle to say the least health wise, going to the hospital 9x not feeling all put together, sometimes if we don't know what is wrong, its common to go to others for help, now that I have a better understanding of whats going wrong, and why I get voices from time to time, I do my best now, to live a more simplified life, to myself, and not share myself too much with the world in person, as I am easily influenced, my face changes, and easily misguided, thought to believe that is it someone imperfect about myself, whenever someone lets you go in life, its because they don't need you in their lives, never take that personally, and always do your best to continue to live a good life, no matter what misunderstandings were had about you, it takes a lot of courage to write online, in spite of others thinking poorly of the content of my writing, as though I have ever not written from the heart, why is it okay for others to put me down, like my life is disposable or as though I can handle any public humiliations or embarrassments in life, that's not proper. Some people get so damaged in the process of trusting others before yet arriving to any successful positions in life, because they think it's a joke, that they are or will succeed in life, despite the odds against them, don't treat me as though me being in law school did not contribute to the well outlooks of others, or that me finishing law school or becoming a writer has anything to do with any animosities about anyone elses success in life, Ive had to achieve on my own just as everyone else has had to find their way during turmoil, and provide well outlooks to others, stay well.

News Not a Good Time ...

3/18/2020

Especially not now, get worked up over anything that has passed, or focus too much on the insecurities of others as well as your own, ask yourself instead what there is to be thankful for in life, and be stable, in your moment of peace at this time. Its so important when things are not going well, to get stuck looking back, news not a good time. So much of life is based upon maintaining positive momentum, and being in some type of motion doing things for ourselves, or for others, that keep us focused on the present moment, its in the daily goals we set for ourselves, that allow us to rest easy at night, having done a good job, kept busy, and didn't lose sight of whats important to us, and the reasons, for feeling so accomplished. Who are you being happy for, and who are you deciding to stay healthy for? Love, friendship, job, there are many ways to show that you care, the first step is self-care, the more you care about yourself, and the better able you are to show that you care about yourself, always being presentable, the more likely you will be more easily approached in life, and afforded opportunities in life for growth. Its really a waste of time to worry too much what other people think, never allow the insecurities of others, to cause you to question yourself or your motivations in life, nothing gets handed to you in life, not your connections, upbringing, or life story, you always have to do for yourself what others cannot do for you, if you want to be afforded privileges in life. Its those who can take care of themselves independent of what others think, that lead the best lives, not those also thinking and wondering about anyone in particular, always read critically, but since when is it ever okay to obsess

with the conditions of others, its not always your job to better others, however it is your job to better yourself. Do your best not to be of concern, or to ever write of concerning others, and always do your best to always be yourself, people generally want to hear from you, where youre at in life, not so much about what you have to say about others, or see what you think about others, since when is that protocol for being accepting of someone, to judge them by their cares, worries, fears, or interactions with people. That's simply to denominate you as being a source of empowerment to others, to say that you only speak of what you have not already accomplished for yourself, love and belongingness, needs, sure I have, I make friends easily with women and men, and never have difficulty finding a companion in life, or a love interest, those things come easy to me in life, what I do have difficulty with is getting a job, finishing my masters, and moving forward in life, no one wants to be treated as a reject, its because I was not able to get a job, that I decided to finish a masters, it took awhile, but school isn't easy and it is \$3000 a course, so it took time to get the funds to pay for each course and finish, and had to work some years, and take time off from school.

Not Everyone's Ready ...

3/16/2020

Not everyone is ready to get to know you, be your friend, or date you, sometimes you will want things in life, that others are not capable of providing to you, such as love and belongingness needs, that is something you have to figure out for yourself, how to feel fulfilled, and a respected member of society. If you have been put at odds in life, it can be difficult to then try try to put back together your life, and revisit your old life, its likely to cause you pain upon returning to any relationships that were once well, but exist no longer, that just means that people have moved on in life, and for whatever reasons, as confusions unfolded, chose to take space and time away from any dramas in life, having said their piece, and done their best to focus on themselves and their own wellness. Life is short but its not that short, that you need to try that hard in life, to be loved, if the person is not right for you, it should require no proving of yourself, to be loved, and no extra time on your part, to talk to negotiate or convince someone to like you, or to get reassurances from them, that you are liked. How sad would life be, if you constantly gave your power away to others in order to feel whole, that would be a waste of your time on earth, not bettering yourself, and instead basing your happiness based upon what you do or do not have in life, then feel limited or less than capable simply because you are missing things from your life, that would otherwise make your life perfect. Its not always wise, to give up your dreams in life, to help others, or to try to figure out whats going wrong, and try to fix the problem with interpretations based upon connections in life. Its not obvious as you grow and mature, how much power you have to influence the decision making abilities of others, or whether by your exposures in life, have some honest input that could help shed light on the issues, in order for better decisions to be made, life saving decisions. I grew up going to Neverland Ranch, as a child, was a guest of my best friend, whos Father owned a camp with Michael Jackson at one point for kids, I was just beginning law school upon his passing. I swam in P Diddy's pool on Star Island, my best friends Sister's friend used to babysit his kids, and we went swimming in his pool, maybe why I shouted 7/11 stops 9/11, because his best friend was shot, who wrote a song about the world trade "blowing up" before the buildings were attacked by terrorists, there are 7 of us, Arnelle, Jason, Sydney, Justin, that makes four plus three, Michael, Leslie, and Nicole. Arnelle used to do wardrobe for music videos, she even hooked me up with timberland boots in college, lined with Sherpa fur, I wore them in the snow. My best friend, ended up starting a company with her friend I think her name is Caroline, I had a friend named Caroline in Boulder, who once asked me who I thought did it, and told her what the psychic had told us, that she suspected something about Jason, the only thing funny about Jason, was that he drove a black Jeep, and always took us to the movies. Concerned when I heard that a James Bond in England, wrote an examination of the trial, with the same deduction, as the psychic we were introduced to by Terri Moore, Dan Leonards girlfriend, during the Civil Trial -in Paralegal School I took an Entertainment Law Course 2008, and decided to write my final paper on Documentary Film making, since James Bond made a documentary film about the Simpson Trial and what he thought had happened, hopefully not by rumor, something I had repeated to a friend in college in my apt on 13th Street, at The Ritz. I moved to a bigger apartment, following a breakup with a basketball player I was dating who approached me on Facebook, two actually, and picked him, the other Richard Roby, Kenyan Martin's half brother, and NBA Player, who grew up in San Bernadino. We broke up upon walking down the hall another girl walking up the hall, when seated in my car, came to my window, and told me that she had been in my car before, why would she tell me that?

Thats Just How Life Is ...

3/16/2020

That's just how life is, sometimes you don't see the bigger picture, nor have the benefit of being an outsider looking in, away from the pressures of performing to a set of standards in life, we were not all raised the same, not even by the same exposures in life, its only until recently, since the advent of social media, that we have been able to share our lives, and be exposed to more than just the social circles that have gotten to know us personally, and by first hand experiences witness how we are socially or romantically. Eventually you mature, not that you become less trusting of people, but you become pickier, in terms of who you open up to in life, Ive always made it a point, not to talk about others, always only talking about myself, in conversations, and always open to answering other peoples questions about me, I never really thought twice about it, that's just social interaction, learning how to maintain a conversation, and have things to talk about, in the positive. I think online, there is a lot of room for error, with less socialization, and specific statements concerning the issues bothering you, or causes for voices, that is difficult to address, not that one bottles up concerning subjects viewed by others, thought currently affecting them, but its in the non-communication of personal issues with individuals, that individuals feel gone, that's them being talked about, without them knowing it. Im not sure under what circumstances that occurs, whether other think its okay or deserved, or ever assuming for negative reasons, as to out someone as being a bad person, deserving of being treated as though they have ever knowingly been in the wrong, as you become a bigger more important person or social standing in society, it becomes more important not to engage with others closely on a personal level, as that is how you can get hurt, if you are not sharp or awake, its common for people of higher stature and with greater responsibilities in life, to lose focus or to be overwhelmed that's normal, as you get older and mature you learn how to continue to function, whether you are focused, or frozen, that's being strong, able to withstand any pressures, or misunderstandings, and still be yourself, whether or not you have a clear picture of whats going on, as you get sharper, more becomes clear to you, and if not, then you are left only to focus on that which concerns you, or handle whats immediately in front of you. I think others think its okay, to play with your image, if you are not yet important, or thinking that you think you are important, or bigger than you are, put you down in life, before you have even realized the significance of your exposures in life, and your capability of becoming an important member of society one day, only those who are to be trusted are ever held to such high standards of leading discussions about themselves, or required to share their viewpoints, it hurts that as punished, did not write online for 5 years, and as a result suffered tremendously, under the watch and supervision of others, without a space to provide a voice of my own, that wouldn't allow others to intimidate me or treat me as stupid or not good enough, that's where blogging helps, a place where you can be yourself, explore your confidences in life, and be able to open up in life, with boundaries preset in place, that face-to-face communications don't seem to offer, unless you are strong and solid personally and professionally, its hard to carry your head high, and present yourself, as open and positive and animated, we all go through things in life, some experiences, some experiences shutting ourselves off from the world, and losing our ability to connect, or be made more shy than is reasonably expected of someone of intelligence, who is usually expected to carry themselves up and confidently. Im not sure what they expect of women, we are not robots, nor capable of comprehending, why anyone would blame anyone who has been put in a worse of position in life, as though through the sharing of their story, be made to look like the culprit of misconduct, or assuming they should have had the wits to understand how their image could have been compromised, by allowing people into their lives, those experiences in life, need not be broadcasted to all, nor should those experiences in life fracture others interpretations of them as intelligent or capable in life of continuing to achieve in life. I don't think it was up until recently that I lost steam, and have been in and out of focus, bedridden again, unmotivated, or self-harming, and forgetting to keep trying hard in life, it must just be burn out from writing books, that's understandable, it takes a lot of energy to write and assemble words let alone books, and keep track of all your writings as you are writing, and maintain a website, and a twitter account, it's a lot to keep track of, I always do my best, the purposes for maintaining accurate records of all my progress an thoughts, is because I registered as a corporation, and I am required to keep track of all my activities, including all of my works produced while writing for my company online. The purposes of registering as a corporation is so that my work will not be copied by others, or as influenced by reading my work, imitate the structure of my writing, tone, level of detail, or system of communicating my thoughts, in the same pattern to which I sound, that would taking from someone, using their expertise, and by their examples, imitate, and then hurt an original work product, to not credit a person who has assembled written works, to make them not seem original sounding, or different.

Phases in Life (Activism) ...

3/30/2020

As you get older, you may recall your younger years, when you were more at ease, more social, had more free time, watched more TV, made mixes, spent time at the gym in cardio classes, played on sports teams, went to bars, dated, experienced life, and then you settle down and mature, pick a 9 to 5, and that's all you do, wake up work sleep work, and that's your life. If your only free days are the weekends, to run errands, and to get things done, well you know you've made it in life, in the workforce, and someone who can be relied upon in life, not all are privileged to have that kind of stability and lifestyle, many of us working our own hours in part-time jobs, internships, or working from home, still trying to make in life, or finish our schooling to stand out more as an applicant, having finished an extra degree to boost our resume. What is success? Depending upon how fulfilled you feel in life, will options be made available to you, after all it's those who feel good about themselves that attract the most into their lives, if you know you're an asset, and you have worked hard to create a life for yourself that you're proud of, then there should be no reason to quit, upon failure, rejections, breakups, or losses, eventually we all have to keep going in life, it's not that we don't care, but sometimes there are ways to care, beyond rehashing the same subjects that have caused us emotional turmoil previously in life, in those cases therapy is your best option, to talk about the past, otherwise, everyone is generally expected to be present, keeping conversations light, no one really wants to get into depth with anyone about their personal lives, or sufferings past, don't we all have a hard time living life, don't we all struggle, don't we all have to think hard about life, don't we all wonder how things are made, or what makes money, if you're into business etiquettes, then that may be something that interests you, why and how, someone is able to establish a company, a brand, a business, get popular, be well known, respected, and returned to for inputs, it's all about following your dreams in life. If it's something you believe in and think will do everyone a service to make yourself available to others, then subject yourself to that turnover in life, of interpretations, whether or not that subjects you to further criticisms, do your best. It's not a perfect road (meaning there is no one right way about thinking about life or ways to find purpose in life, carve your own path in life), to developing any set of ideas, or foundations, from which to base your understandings and awareness of the risks posed by any present chaos, and be stable in spite of what's going on in the world, not be affected, that's hard to do, always be patient. It takes many years of working on a project in order for those ideas to come to fruition, and to create a finished product that you are proud of and that represents you and others well, that's being professional, not personalizing everything to be about you, or about people from your lives, and having a bigger purpose in life, besides your own personal issues, shed light on. We used to think that activists ("*Activism*" definition: *the policy or action of using vigorous campaigning to bring about political or social change*) [1] were, really emotional people, caring about things most don't care about, in need of support from others, who have a big voice, for the purposes of educating others on what the issues are, that's activism, it's not a natural trait, it's done by those who have time to think about life, and in thinking about life, want to make a difference and spread the word to others, so that they can be in the know too, about what's at stake or what matters right now, some of us are so busy with our own lives, that we wouldn't know what to do or what to care about or who to support, had we not been made aware of what needs work, that's when caring stops, not to the extent that it interferes with your daily focus on your own life, separate from what's bothering you or by what needs work, it's hard to keep your mind off anything for long, if more work needs to be done, to further those groups interests, we are not all cut out for the task of getting involved in all matters, but I do know one thing, once you get started caring, you're in it for life, something you will always go back to, support, and participate in ensuring that those community needs are met, and that services are provided to those in need, during times of need, that address those needs, without outright stating exactly what's at issue, especially if there is something wrong with you or someone you know and you don't know why there is something wrong with you or someone you know, it could be for different reasons, made sick, overwhelmed, we all get confused sometimes the worst is when people think one is too late.

[1] https://www.google.com/search?q=activism+definition&rlz=1C5CHFA_enUS825US826&oq=activism+definition&aqs=chrome..69i57j0l5.3775j1j7&sourceid=chrome&ie=UTF-8

Never the Same ...

3/30/2020

Some experiences change us for the better and some experiences in life change us for the worst, as connected we don't always achieve a better condition, or get the results we want, feelings wise -it can feel like occurring at your expense you allow people into your life, who don't necessarily balance you out, or curb that tendency to wander away ... when in love, the coolest thing, is bringing yourself back to that place, of being at ease, or by having fun with someone you care about, make things less painful, when in love you are constantly reminded that its not just you who goes through life, but they have gone through life too without knowing you, that's the beauty of meeting people, seeing what they were like before they met you, and hope that while knowing you, they don't lose that genuine interest in themselves and their cares, and who and what matters to them, become dedicated in anyway to your interests, that would feel like a risky investment, to persuade anyone of your condition needing extra attentions, and then not feeling good when attentions are paid, that's an awful way to give back to someone you love, express whats painful to understand, or where you ran into trouble in life, remember to think positively about yourself, what is it that you have to offer, a skill, a talent, a project, something special about you, your interests your hobbies, your dreams your passions, share positive things about yourself, that demonstrate that you are capable of being a happy person, if provided with the appropriate outlets to share in that manner, with whomever cares, we don't all get to be in love, but that's the most beautiful thing about love, is the space that it creates between two people, where they can be themselves, and with compassion and understanding, get eachother out of harms way, like closing down ocean ave, and putting signs on every pole "no parking" its too dangerous for him to be at the park, romantic, I think that was him, if so worried me Whenever you meet someone new, you do your best to connect, and if you cant connect take space, that's normal, when meeting anyone new, you either connect off the bat from the get go and carry on in sync, and when one fails to contribute positively to ongoing rapport, and subjects another to fears about interpretations, do your best to fix it, without worrying them too, sometimes we see things, others do not, but that doesn't mean point out everything to them at once, that may be too overwhelming for someone who works, freely, to suddenly be given input about anothers method for staying balanced, I think at this point in time we all keep the same things in mind: the past, the future, and whats going on right now, its hard to keep track of all the changes we have endured, some more meaningful than others, and for the most part I think we should all credit ourselves for contributing positively online in ways, that reflect those current cares, whether or not the past did a good job of informing us of the risks associated with bonding too many to one, because if one is defective, then one cannot be imitated and make others feel good, as impressed upon, that's why some people match, and some people don't, and why some get re-categorized as different, so that they cannot multiply spiritually, thought wise, or professionally be granted permissions to care for others in life, a lot of life is about who you meet in life, not all will have an influence on you, which is why many people have been raised to think for themselves and appear to think they are better than others, that's simply so they do not easily become influenced or take a back seat to anyone elses needs in life, be led astray, or get intimidated or feel smaller than others in life ... in fact a well adjusted person (in my opinion) is someone who can talk to anyone, gets along with everyone, and comfortable with themselves no matter where they go, that's being a mature adult, being able to adapt, and if you cant figure out what insecurities are keeping you from interacting with others in way that you can speak positively of yourself, and don't feel bad about yourself in front of others, constantly warning them of your deficiencies in life, or struggles, or explain yourself too much, seem like a handful, or someone who is gone, and too far from repairing themselves enough to bond with just one. -As you get older it becomes more difficult to date, used to being alone, having been hurt or left behind, in non-monogamous relationships, get hurt. When hurt it becomes more difficult to give yourself freely to others, whether it be by text or messenger, disengaged, and if upon opening up you get rejected, well thats the price you pay for waiting too long to date, and subjecting yourself to rejections in life, upon seldom opening up to others. Dont forget to be yourself, and leave the past behind you, the more you bring up, what you have been through and what didnt work out and why, the more you enable that harm to re-occur for you in your life, empowering instead those who have left you or moved on, who you are no longer in contact with on a one-on-one basis, and no longer attached to mentally or physically, if you bring it up, it will affect you, and if it affects you, it will affect your new partner, who just wants to start over new with you too and enjoy the moment getting to know eachother, without letting the past dictate for how long, or over what, have any rapport be interfered with by those from your past, thats loving freely, being given opportunities to date again, with the courts permission, allowed to date, and move forward in life. Never have I ever spoken badly about anyone I have hooked up with in the past, nor have I wrongfully accused them of hurting me (other than my image) or causing me mental health issues, my issues stem from my experience applying to law school and what informations I was exposed to prior to entering law school, sometimes when focused, we get hurt, from the moment you become a professional and accepted to law school (or a new job) is the "moment your reputation starts" or so I was told by a law school professor.

Gone Before You Make It ...

3/30/2020

This could be the worst case, of coming forward in American History, where by the time one, shares, their lives have already been ruined, and nothing forgotten. It seems that unless you are professional from the start, while, and over the course of your discoveries in life remain professional, will you be considered a trusted opinion worth a read, or written off as someone disliked for good reason, by a few, so by the time you share your story, nothing is believed, and everything discounted, as delayed purposefully for shock value, I don't think anyone ever intends to wind up worse off in life, its kind of hard to connect with others, when there is any disagreement about you, or behind the scenes consensus opinion of you given your private communications with other, appear to be something you are not. When you lose your right to privacy, your life changes forever, whenever information known only to you, becomes made public, that's for the purpose of injuring your good character or credibility in life. I never argued that anyone was so important that their story needs to be told, or that the sharing of a story had the potential to also support the causes for which a story was believed to be told, it was a simple quotes campaign, not about me, and general insights, not specific references to my upbringing or personal life story, add fuel to any fires in life, or disrupt the course of discussion in regards to the issues that were most important at any given time, we all move forward in life, and given our experiences in life (professional) are able to help others, not because of where we come from, but because of the years we spent doing good in the world, by our education and work experiences, being online does not have the same affect on others, nor do you bear the same professional esteems you would ordinarily achieve working for others, under the direction of others, you cant just leave a career and apply those skills to an open arena such as online, I never expected to be pried into, but I guess that's just a fact of life, what is put online gets read into for negatives, how to discredit sources, and hurt the importance of their understandings, and in addition, now realize, that if there are differences toward me, that can affect peoples overall belief in the possibility for change to occur, and for the right help to arrive consistent with whats bothering everyone, if not my cares, their cares about the world, which they do not think are accurately represented by what I have to say, nor wish for me to represent their beliefs, as affected by my personal troubles, affecting my professional abilites, and ability to move on, date, marry, and lead a normal life, that may never happen for me now. You are only as well as you stay well and all relationships, hinge on one thing, comfort, its something you provide to others, during a time of need, and able to provide with confidence, advices, or share inputs that make them feel better, and when they feel better, want to be around you, thats a prerequisite for romantic attachments, that one is able to better the other, its for those reasons that people date, because they compliment eachother, learn from one another, and grow together not apart. Don't abandon all ideals in life, in place of your whims and dreams, to get anywhere in life, you have to be proud of yourself, inspired and motivated, and driven, stable, consistent, and professional, with the right attitude in life anything is possible. And even when your defenses are down, and you have shared moments of joy with companions you meet in life, be sure not to be too hard on yourself, we are all new to imaginary friends and connections, its never real until you prove yourself worthy of being referenced by people of higher standing than you, otherwise don't even mention it, you don't need to share what you think as to who you might have influenced, and suck the wind out of the sails of those just trying to move on, with or without you in their lives, everyone interprets traumas differently, and for different causes or reasons, think people get thrown under the limelight, for the purposes of tearing them apart, that would describe someone guilty of a crime, or someone for some other reprehensible action, treated poorly as deserved, on behalf of anyone they feel was victim to their outputs in life, not everything done in love ends well, including business ventures, friendships, or in group setting such as therapy respect, how quickly all is lost, when you seek more than is necessary to get well, how you get judged in the negative, if friendship or love is needed by you -they wonder why, why one cannot be professional and maintain a steady opinion and work, without those things in life, which is why I chose not to date and not to have friends, while finishing my masters, theres nothing wrong with that, that's just limiting inputs, and influences in life at the moment, so that I can write free, of being accused of throwing anyone in the limelight as they thought was done to me, and be critically looked upon in the same way I was hurt by interpretations, no ... its not the same for everyone, different things are expected of people, and as a law student, a different set of standards were expected of me dating wise, to not date, to settle down, or to wait, which is what I have done, and for all the moments I chose to date, I am sorry, its not for those failed relationships that I decided to write online, never when focusing on heartbreak or losses can one function without being traumatized, therefore if Im doing well that reflects positively on me as well as all connections past, if I begin to not do well, then that reflects poorly of me, and thus can have a negative impact on who cared about me, to see me not doing well no matter how hard I try in life, that's just something Ive been thinking about. Embarrassment and love.

Being Bold ...

3/30/2020

Being fearless means facing your fears. One of my biggest fears growing up was the dark, I have always slept with a night light on, since living alone, that's just me, or lived in an extra locked or gated complex, that's just growing up at OJ's house, with three night watchmen, we grew up on compounds as children, my Father owned two homes next door to each other, and Sydney lived on another acre lot 2 blocks away, we grew up sheltered in that respect, gifted by education, and also by the houses we grew up in, made to feel special in life. That's just childhood, you don't understand how hard your parents work to provide you with that kind of lifestyle, until you get older, and as your parents get older, realize that you will not be able to provide the same for yourselves, not able to keep up with finances, or earn enough to reach that type of lifestyle as an adult, on your own, careers start in your 20s not your 30s, and that's just something I will have to live with, being put on meds, and underperforming in life, behind. - What is being bold? In spite of your shortcomings, still decide to pursue, a career least taken writing, as that is your strength, and upon becoming well known as a writer of quotes, start long hand writing your thoughts out in detail, minus the blurbs and anecdotal motivational sayings you believe will help people get going or keep going in life, you can do your best and still not be good enough, life is fragile, and every moment counts, it only takes a little bit each day, of consistent effort, toward achieving in life, focused on what you're good at, perfecting what you're good at, to become an expert at anything in life, just start somewhere. It was a pretty bold move to become a blogger, my Brother had tried blogging in NY, and shared his blog with our family and his friends, he was probably in between jobs, fixing his career to become a Doctor one day, he was a Business Student at Babson. The only time I have ever driven stick shift was in Boston, as directed by my Brother, and then in Brentwood once, even managed to stay steady up a hill and stop at the red light, without rolling backwards, and keep driving. What is key is maintaining a positive attitude in life, although not everything will work out for you in life, there is always time to better yourself, and make better choices for yourself, to open up new opportunities for you in life, but you have to let the past go, no ifs and or buts about it, if you want to have a better relationship, in the future, then you have to let go of what went wrong previously, and not relive the same mistakes over again, as described, live up to negative expectations of you, otherwise you'll never arrive to a more well state of being, even after everyone has jumped on board back in contact with you, as fair weather friends do, except the only problem is that you're still not present feeling better, that's something I just learned. Even if you begin to achieve again in life, move forward, and function better among, and even manage to look professional in a new arena where expertise has yet been established such as in "blogging" you yourself have to be happy with where you are unreminded of the past, the sooner you let go, the better off you'll be, the more you remind yourself of the past, the more difficult it becomes to move forward, these are painful subjects: heartache, loss, and breakups, not all of which affect everyone the same, depending on what your childhood looked like, some things don't hit you hard until later in life, the times you missed out on moments with friends, the times you missed out on years bonding with family, and the time you spent alone, trying to build a career for yourself that never happened, whether that be focusing on your studies "head in the books" or trying to get married, and walking away from an otherwise perfectly peaceful life, these are choices you make, and you have to live with that, no one can change your outlook for you. What's most important is that you look back on your life, eventually and say, you know what I've done a good job, and despite any setbacks and heartbreaks, I was strong and kept going in life, no matter how embarrassed you become, no matter how much pain you suffer, no matter how difficult it feels in the moment, you kept going, that's defying expectation of you, someone who lost faith in themselves, but never in others, and when that faith gets restored back to you, by doing the right things in life, that is the moment you will feel blessed, knowing you did a good job, that's karma, allowing yourself to heal, allowing others to heal, and minding your own business in life, we all lead separate lives, the more you make things about you, the more things become about you, that's the main lesson, less is more, and if you wish to comment on current controversies, do so, by demonstrating kindness, not resentment toward anyone you feel has contributed to anyone's current condition, we used to be a very competitive society, putting one another down, in order to keep the well well, I don't think that is any longer the case, worries over image, now it's about your health, going for as long as you can stay well, and backing off the minute you feel sick, that's being human knowing your limits in life, you can only handle so many losses in life, before you yourself become sick, but don't be so quick to jump into the pit of "impending doom" you'll regret it later in life, all the moments you quit, and gave up on yourself, and all the opportunities lost at your top in life.

Being Impressionable ...

3/29/2020

There will be moments in your life, when you will feel heavily impressed upon, that is to mold you, correct you, empower you, guide you, fix you, negate poor thinking, hopefully never in ways, for which you will fall astray in life, be short handed, misunderstood, or deemed not unique, or judged as imitation of someone else or something else, beyond your understanding of how and why you have come to be, maybe not all will be accepting of you, but that doesn't mean, you are to blame for any reasons that may cause others to dislike you, if not stated, or if seen, discredit you, as simply a product of your upbringing and environment, things you've not had a choice with, to say you are only unique in so far as others like you, were made to feel special, and that upon disconnecting, was a result of you not measuring up to the best interests of all, or a poor example generated from your cohort, a let down. We are not all given crowns in life, some have to make crowns for ourselves, not everyone who is important is given media attention, on the news, interviewed professionally, or made famous, that's not what I meant by the top, it simply meant, rising above, the negative judgments of anyone who did not find you intelligent, attractive, special, important, or worth any positive inputs, to quell their doubts or fears about the past, that's just not taking someones condition seriously, and thinking that they did that to themselves, write them off as an addict of alcoholic, and not be understanding of how and why that condition was caused, and for what reasons, sudden disrespect followed among those who know them in life. That's not being aware of an outside perspective to matters directly involving you, not all are aware of the bigger picture, to which you have not professionally established yourself a figure within. Who is best situated in life, someone directly involved, someone knowing someone directly involved, someone being on the inside, or someone on the outside, to all matters, only affected as in knowing figures directly involved or inside any equations in life. -I only know that now, I have not benefited from speaking online, only in so far, as having accomplished a professional written body of work, that represents me well, and does a positive service to me in the future if I plan to write a book, having earned likes now, to reassure me, that my work will be well received if written, no matter how successful book writing may be for me, maybe not the next Harry Potter, Davinci Code, or Power of Now, but nonetheless hopefully influential to the lives of those who have read my work, help them. It seems that your audience only feels as well as you feel or are doing, and unless you can write in a way, that accurately reflects that ability, to compose, work, which upon being processed, benefits whomever is consuming your work, means more work needs to be done on your end, not to say things in a way, that would otherwise worry, or cause unnecessary hardship to anyone reading, not understand, get confused, feel gone, or get a headache, trying to understand any concepts yourve presented, is there ever a point when everything you write makes sense? Only so far as one is understood, maybe then and only then, can anything be said, with a grain of salt, not misread or misunderstood to have been written to portray anyone or anything in the negative, including oneself. Writing is not easy, you have to constantly revise and come up with something to talk about each day, as you become more and more aware of whats at stake, what are pressing issues, and without thinking too much of what has passed, respond, and always in a timely manner, share your thoughts about, I think that has been one of my strengths, not to dodge issues, but speak to issues with hope that I can say things in a way that will help others to process better their feelings about recent times, and losses. -What causes giving up? Im not sure, maybe when there is disagreement, failure to view themselves or others in the positive, feeling that there has been a mistake past that cannot be fixed, living with regrets, having remorse for resentment stated out loud, feeling betrayed, feeling like nothing will change, illness, changes in luck you feel dismembered by or less capable because of, too much wonder, lack of faith, instability or unhappiness with oneself, thinking someone who is good was actually a bad person, or coming to know someone and then learning about them through others get turned off by them, thinking that they are trying to be something they are not, or better than they are, smarter than they are, and are really something they are not, not smart or not pretty, or not achieved, or not deserving of being known, or well liked, that would be the side who thinks everything done to you, was done to them, not done to you in the negative, and that everything done to them, if because of you, makes them the victim and not you, that's obviously a repercussion of dating, whoever is more well known, now, is seem as the one responsible for handling things professionally, and not have any of the interactions or connections in life, be affected by their present decision making abilities, or by how they present themselves online, become worse off, by any of their expressions online, whether in reflection of their past, or while speaking hypothetically about life, as they understand it, I think people who know you, read, like they have some kind of a personal stake in the matter, with intensity read, with expectation that something will be said or situations described, to make them look bad, to make one look better than them, that would not bring anyone peace, not me, nor my audience, to hear about any disagreements, and as a result be forced to take sides.

Under Pressure ...

3/29/2020

Sometimes no response is best, without expertise, knowledge of specific incidences past, will encourage or discourage you from speaking, we don't all have a fine tuned understanding of the consequences for our beliefs always, and sometimes we will be unwilling to accept the defenses of those past, who felt it necessary to cause others to disregard their voice. Under the totality of the circumstances, we need not take personally, any associations past, which may or may not have caused others to think it fair game to provoke you, then without remorse, watch you suffer, as though for the wrong reasons you have achieved in life, granted acceptances, or been admired, loved, friended, or made popular in an online space, we don't all come up at once, and for different reasons, people sore to the top, or don't make it at all, that just means that there is a different path in life for you to take, we don't all know what will become of us, but eventually, if you keep at something in life long enough, you will figure out how to become successful, sometimes all it takes is a little experience, such as public speaking, and writing online or to the public, in a book form. Like all professions, the more experience you have the better at performing you get, and like writing, the more you write, in private, academically, and for professional use at work, the more confident one would feel to write online to all. That's not a natural way of achieving confidence in life, its a learned trait, meaning its not the first time you have ever tried something, and not the first time you have been presented with issues or setbacks to which you were not able to overcome on your own, that can be considered a positive trait, knowing how to overcome failure, or having been at rock bottom before, continuing to have faith in yourself, understanding that later on, even if you are not met with respect, understand its because they did not respect you in the first place, or thought you had it so made in life, or had messed up so bad in life, that they never expected you to do better later in life anyways, just let people think they are better than you, but the reason why they tell you to "prove them wrong" is so that you don't continue to feed into negativity, nor respond to it, so that it does not affect your direction in life, so you don't end up places you don't belong, or be judged poorly, by people you will meet in the future, who have no knowledge of your past, in those cases letting anyone win, would hurt you presently, as you are trying to fix your life. Always keep in mind that not everything is about you, and while others may think it funny to hurt you, by title, name, company strategy, reference, or man built inference to any truths they think necessary to illustrate to dictate the ways in which people are noticed, respected, or valued, that's because they believe you to be something beneath them, and choose to reinforce that viewpoint of you, as a reminder to you of what is known about you, and for those reasons, rationalize why further disrespect of you should be had, given their understandings of you, usually by people who you do not know, outsiders to a puzzle, a story, specific people, whos lives don't immediately affect nor impact them in a way negative to their best interests, think its okay to shed light on characters before they become known professionally, as an underground attempt to gear respects, that's not how respect happens, by putting anyone down in life present or past, or claim victim to them, as justification for putting them down now. -Who you are online matters, and your finished product, should always be a solid representation of who you are now, without interference from the past, its usually those who write held down by things in life, become a heavy opinion or side to understand process, and thus a turn off, not because of what they have to say, but because of how things are said, and how things feel, how things are understood, and how things are compartmentalized, when applied, to other memorable timelines, choose to ignore any present progress, with their already pre-made ideologies, prepared for a negative inference to be drawn about another. That's a gamble someone takes with their identity, to make things about people, places or things, they think based upon their observations, are not going to make it in life, professionally, who they do not think should be known or respected, or viewed as on the team "saving lives" or a "hero" in any respect, with regard to their friendships past, not taking into consideration all the people they have helped in their life, during their professional career working for the government, and think that its okay to expose truths about them, as though they would ever hurt the ability of others to be well adjusted and make it in life, upon knowing them.

Being Approachable ...

3/29/2020

Never underestimate the courage of someone who speaks, and put them down as thinking they are more important than they are, we make ourselves important in life, whether or not it is our duty to put ourselves out there, everyone has a story of their own, some more inspiring than others, who is anyone to judge one for their life experiences. Sometimes I think that people who think they know you simply because they have read about you ... people who know you generally respect you and are proud of you, its those you meet later in life, for some reason need to prove yourself too, why is that. Everyone has their own lives, and sometimes in meeting others, we fall short on the mark

of what is considered special or worthy of being treated as special, if they think that you think you are special, by the type of confidence you exude, don't be surprised to be put down in life by them, usually those who want to be admired, but do not admire back, want attentions for themselves, but less willing to give the same love and attention back to whomever they seek attentions from. Life is a game in that way, people wanting to be liked, and once they feel that you are at their beck and call, become despondent to you, however its only until you leave that they get upset, all of a sudden needing you suddenly, but not during the course of a relationship. Im not sure what that is about, why in order to be well liked do you have to try so hard, what is all that about, what happened to the days, when we were just nice to eachother, nice to new people, nice to friends, since when did all the hierarchical push and shove take hold of our better judgments toward one another, if there was no code of ethics to begin with when it comes to reality and pop culture themes, then why was it not okay to join in on the banter, and start sharing online, since when is it not okay to contribute to everyones creative energies online, if its not about you, its not about you, who ever said that only those working in entertainment professions are privileged to contribute creatively to all writing endeavors, that never made sense to me. I think its important to share unique facts about yourself but to leave it at that, sometimes the more you share about yourself, an unwanted bond can occur, with members of your audience, who on a personal level try to control your output, sending you voices, making fun of you, or putting you down, because they have decided to take on the shoes of someone from your past who as mentioned you did not get along with, like your Brother, Ex-Bosses who have let you go, or even Boyfriends, when relationships have not worked out. Im the type of person, that when upset, am always forced to see the bigger picture, no one taking me seriously, even laughing in my face, without respect for my paranoia, or fears, lack of confidence, no one can reinforce that sense of self being centered when not overachieving, and not meeting the mark, only you can fix that deficit, by focusing on your strengths, and minimizing, the risk for losing focus, to bettering anyone elses needs in life, sometimes its okay to be selfish, and to focus on yourself, that's not being selfish in a way, that anyone should be offended by, an unwillingness to succumb to peer pressures, or romantic pressures in life, be fixated on someone elses needs instead of your own, if you were able to be independent once, there is no reason why you cannot be independent again, if we cant manage ourselves well, then that's a problem, how will you be able to manage anothers moods, if you yourself are not grounded, a rock, that's the main point. What is attractive about someone who is not well? Nothing. And what is so attractive about someone who is strong and independent? That they do not need people to make them feel good, and do not require reassurances in life, babying, to feel better, that's what being strong is all about, not marching, not correcting people, not rising above, not allowing others to belittle you, not being stupid, being smart, and not needing sex or a man or a woman, to feel beautiful, able to achieve that feeling on your own, without help from anyone. I mean how independent do you need to be in life, just don't be extreme about it, I think that is where I failed socially, keeping to myself for many years, while finishing law school, don't ever completely let go, of your social responsibilities in life to keep in touch with friends, and maintain friendships over the years and maintain positive rapport, Im lucky enough that when I am doing well my friends reply, and willing to catch up with me, even though they have moved on in life, and have lives of their own, trading in a quiet life with best friends I have known my whole life, for a life online, writing in public, only a few people knew me really well, now everyone knows me, that was a huge change in my life. Why did I have such a big response to my initial quotes campaign 2016 (90k+ followers on Facebook) because I shared meaningful insights on nicely prepared squares from an app, that made sense to a lot of people, I think it was just that, being someone who makes sense, there were only a few quotes on cards on Google at the time I got started, now we have many printed quotes on Pinterest, not being an avid free reader, obviously it made sense to me, to begin highlighting the most important deductions that come from a lot of writing, where quotes come from, a summary of what is essential in any body of work, it takes time, to think of ways to say something, applicable to the times, which can help others put into gear, in their own lives, make sense of whats occurring for them emotionally, mental health wise, that's why I stuck out, and was nominated for a Shorty Award, and because I chose to dedicate my writings at the time, to a cause that mattered to me personally, not because of whom Im attached to in life, but it all worked out in the end, picking a team, that was not an easy campaign, building a website, and reporting to the courts and everyone in private as I made progress, it takes a long time, to figure out the right words to say. I never pictured myself as an op ed, or someone who is writing to political matters or world issues, or responding directly to news stories, but those issues have influenced me some what, in terms of being cognizant of everyones best interests, not just my own attachments, make sure, that I am never respresenting who has influenced me in life, in a way that would turn others off, not all will agree with you or like you, if they think that who you like matters to them, on some basis people are outright rejected, I don't think I am someone deserving of that kind of treatment politically, I do not make any money, therefore should not be officially rejected as someone given powers, by others, I had to empower myself for myself on my own, no one gave me directions about how to write, or what to write about, or how to share my story in a way, to justify why I decided to share, and then that's how people work with you.

Being Good Enough ...

3/29/2020

Along the way, you'll be given many advices, and criticisms, while finding yourself. That's a normal part of life, a natural reaction toward anyone, who they do not believe to be at their best, advised, never take any feedback personally, they're only trying to help. Never veer too far of course, in life, you'll regret it later, and if you do decide to take a risk in life, make sure you're hearts in it, like blogging. If you could've been so many other things in life, but chose to blog, well that was your choice, most people take jobs, not try to make a job for themselves, and figure out how to get paid later, that's the risk you take with starting your own business, or dedicating time to learning a new trade or profession, not all will find success. Always follow your heart, and let the best shine, and even when you're not at your best, do your best to better yourself each day, and remind yourself that you are only human. There will be moments when you will push yourself to extremes, hoping that that will produce the change in you, that will turn your life around, but it doesn't always happen that way. Even at your best, you can still fail, if you're not focused on the right things in life, you will find your match one day, just be patient. Those who can appreciate you in the moment, value you, believe in you, and proud of you, are the types of people you should keep in your life. Going to law school is no easy task, you have to do really well in college, test well, and perform while you're there keep your grades up so that you can finish and graduate, it has not been easy to say the least to finish law school. - All in all, I've learned a lot during my time as a blogger, to never give up, no matter what comes to mind, and to never feel too overwhelmed, or under pressure in life, there is always a way out. It may feel impossible at times, but so long as you keep going in life, anything can happen.

Sometimes We Wander ...

3/28/2020

The soul searching process is simply, generating a series of deep thoughts, about life, your existence, identifying your purpose in life, and feeling grounded in the moment, able to move forward and achieve whatever you set your mind to, just like today, I'm going to run to the fence and back a 2.5 hours run (on a hill), that sets your heart free. Often times, when we are feeling lost, and withdrawn, we do our best to find ways to open ourselves up again, joining clubs, attending aa meetings, going to therapy, hanging out with friends, ever have those moments, when someone is staring at you, and you feel like you're stuck in your shell, hard to get through to, it happens, be patient with yourself. We don't all get our wings at once. When your guard is up, have some self-awareness, about how you react and interact with others, and be sure to not disrupt the flow of energy in a room, filling it up that space with your problems, and bring everyone down with you, that would destroy a moment of peace, in place of your energy, make chaotic, anyone's ability to feel close to you, and instead feel withdrawn, not all hyper moments are smart moments, be mindful, sometimes in the zest of self discovery, we feel so motivated that we want to motivate others, inspired to make a difference, that occurs on a one on one basis, or job by job basis, not by putting yourself online, and trying to inspire a large number of people getting likes, you have to be a solid person, before you attract that type of audience, and able to maintain solid ground, when you are being watched, the reverse actually happens when you put yourself on stage, all that energy and gusto you felt inside, that brought you to the point of shining in front of others, actually gets displaced once shared, and fades away, because something you knew about yourself, now known to all, despecializes you, and requires you to keep improving, keep producing, and then go on performing in front of a larger audience, with the same energy and esteem as you had before you were known, seems like you would feel better once recognized, but that isn't automatic, not if you don't take good care of yourself, I'm not sure what that was, becoming popular on Alexa ranked 34,000, then suddenly depressed feeling like giving up, it must be just not feeling good about myself. -What is it that you want in life? And why are you doing what you are doing? Because if you aren't feeling good doing what you are doing, then there must be something defective about the principles from which you were so grounded to begin speaking in the first place, if not, it's still okay to refine your general purpose for feeling motivated, and fine tune your goals, as you make progress while discovering any career path for yourself in life, because if you're not stable, and able to function daily, drained, then maybe it's you that needs to feel empowered, and not give all your energy away trying to help others, remember to be strong on the inside, the stronger your core is physically and mentally, the better able you are to withstand criticisms, and doubts concerning what matters to you and why, and not feel so offended, by anyone who

misuses your niceties, sharing online, as a victim of crime, and treats you as though you are looking for attentions in life on the sole basis of a childhood experience, is wrong.

When is it Time to Be Spiritual ...

3/27/2020

A good time to be spiritual occurs anytime you cant figure out whats wrong, feel sadness in need of hope, without things in life when you want things, for others wellness, to feel centered when you feel like youre stuck in a tornado, and for you to heal from whatever obstacles are standing in your way preventing you from being yourself and realizing your potential. Life is not impossible, in fact there are many ways you can trick yourself out of a rut, if you would only focus on things that bring you joy, and make that your heart, not fill yourself with all your worries or fears, or the sadness of others, that's no way to overcoming any type of depression that's keeping you feeling motivated, capable, and able to withstand all the pressures you may encounter maintaining an even keel, getting along with everyone, avoiding fights, and living up to all your expectations of yourself, of course we all think we deserve a better life, but not all of us are able to achieve that, you can only attain, what you are able to measure up to, that is fit in, and a lot about fitting in is your ability to be confident in no matter what setting youre in and no matter who you are well, feel like yourself, not insecure, smaller than, or intimidated, everyone who is smart, generally is required to become professional one day, in some type of job that requires them to be smart, that's not so other people can have fun, its just because they have an ability to focus, and see beyond their troubles, and still perform anyways, so that is why they are heavily sought for leadership positions, because no matter what pressures they encounter, freezes, guilts, criticisms, or repercussions of the mistakes of anyone else, they are able to rise to any occasion, and set the tone, just like a Boss corrects you, molds you, pushes you, demands things from you, requires you to do things a certain way, and when things are not done right, get reprimanded, anytime you lose focus, so much about being present, requires that without hesitation, and without being watched, what you are doing at all times, is beneficial to your health and the health of others, not subjecting yourself, to becoming dumbed down, by anything that would rot your mind, or the minds of others, happiness is contagious, and so is poor humor and jokes that provide poor insight, leading us to a standstill, in terms of what is allowable, what will help us blossom, what will keep our spirits up, no one wants to look stupid, leave it up to the professionals, to correct you, lighten you up, inform you, and fix you.

Not at Your Best ...

3/27/2020

If in addition to your past, you experience hardships presently, think for what reasons, you are having difficulty, being happy with where you are now, figure yourself out before trying to figure others out. Some times you will never measure up to expectation of you and that's okay, all that is required is that you don't contribute to social ills, by harping on issues that are outside the scope of your expertise, comment on, if not add humor in support of others professional choices in life, not all successes are based upon picking apart one person, that would certainly do a disservice in life, to any set of people, exposed to companies who while during the scope of their business endeavors seek to highlight patterns reflecting on pop culture nuances or humors, without hitting so hard that it hits reality or any other people existing who may have been made fun of in the process of achieving for themselves in life, working for the government, I think its only until recently, that references to official publications and works are used to shed light upon each ones individual interpretations of reality, based upon their exposures in life, or based upon connections in life, see fit. It was never like this growing up, where everyone either feels better or worse depending on how others are feeling, it used to be that people had separate lives, independently being successful, comfortable being social, when the world was private, lit, and everyone felt solid, absent minded any studies for patterns as related to mishaps in the past, where very traumatic events occurred that re-shaped us socially, at least in my neighborhood, to say the least. In Los Angeles its by who you know you have friends and go out, and well if you don't have any friends, then you cant go out alone, as though youre in NY, to have a meal and a drink, that's not appropriate. Although the times may be different, never feel pressured individually to understand anyone elses hardships in life, and come to understand life as they see it to be, everyone is entitled to focus on whatever matters to them, regardless, whether reading from the works of others, brings you good luck or not, makes sense, or helps you develop a more meaningful understanding of what you want to do in life, and figure out what matters to you,

and in what order you wish to fix your life, start over, begin a new chapter, or let go. Being avoidant is not a bad thing, but if you spend too much time alone, expect that your issues will pile up on you, if you don't stay active, social skills are just like driving a car, the more alone time you have, beyond what is necessary to recharge or take space, the more difficult it becomes to start again, be social, comfortable with yourself, and feel confident socially, like you did when you had a normal life, around people, with social, academic, and professional connections in life, people who know you at your best, your demeanor should not change simply because you are alone, that is unless, as not being connected to anyone, you lose your sense of peace, feel gone, not centered, or toyed with in conversation, to see how smart you are, or to try to bond with you, and make a friendship out of nothing, that's actually fun to do.

Have You Ever Noticed ...

3/27/2020

Have you ever wondered, why you cry, or why you feel pain, or why you worry, or why you don't feel motivated, ever feel stuck, helpless, DON'T MEDITATE ON WORDS that evoke a feeling or a pain within, whether stated by accident, or because you felt like sharing, may not always be the right words to say DURING A TOUGH TIME, that's when you need to LIGHTEN UP, why? That's not being obnoxious, when one tries really hard to keep their spirits up, they just know from experience, that when we dwell on words or moments in life, that have caused us pain, and allow events that without explanation, result in persistent inquiry to draw connections and disable anyone not in that zone of thought or feeling, why? There's BEING DOWN TO EARTH and there is BRINGING SOMEONE DOWN TO EARTH ... its really important to KNOW THE DIFFERENCE, that pain, when permanent is caused DEPRESSION, the kind of feeling that makes you feel like crap, unmotivated, making EVERYTHING IN LIFE FEEL DIFFICULT, that's not the best approach to tackling any unwanted feelings or thoughts in life. At what point do we stop allowing negative voices, to cause us illness, maybe never, maybe it will never be the case that we can hear people say things without remorse and cause us pain or hardship in life, that's okay to be sensitive, but even more difficult to rise above those moments and not be defined by any terms used to describe you just because they think you have not done a good job in life living life, that's really painful. There is failure upon making mistakes in life, silent treatment upon having too many problems detached from friends, and there is silent treatment also known as everyone knows something about you and thinks badly about you and doesn't say anything to you because they want to see how you survive on your own, without anyone telling you what they think you have done wrong in life, or because they think you lost friends in life, because you had ever done anything wrong, no that's not true, it's a choice to focus on your studies, just because one is single or on meds, doesn't mean that they are broken or look gone not present because there is something wrong with them, that just means their hearts are glued to what needs to get done, not glued to what has been done, or what has been said about them, trying to read into the words and actions of others, at this point, it really doesn't matter what people think as to you, everyone is entitled to live life the way they want to, be bigger than others, better than others, healthier than others, that's life, everyone wants to look and appear well, well why cant someone who was well stay well, well lets ask God, why cant Leslie stay well, and why does she sometimes glow, and sometimes fade, sometimes look youthful and sometimes look old, maybe its because Im human and 34, therefore what difference would it make for her to have a companion if she is not strong physically, that's simply an unwanted attachment, upon being consumed by anyone, reading connecting, who does not like you, upon reading what made you feel well, feels well and that's how someone outside of a conversation feels better and two people in a conversation don't feel well, as their minds have met, their hearts have met, and then have that sense of togetherness be taken from them, when upon viewing, not thinking that they can notice if they are fading.

It Has Come to My Attention ...

3/26/2020

I was just told not to "blame everyone else for everything and to start taking responsibility for my life." Its easy to come up with excuses and to describe how you were treated in the past how you felt, and why you were not strong enough then to make progress in life, and instead treated like an addict, or alcoholic. You are never fully prepared to become something you are not, and sometimes you end up worse off in life, not someone easy to talk to, hasn't made it, no one to be proud of, it can be so disappointing, especially to my parents who have supported me

throughout the years, and while in recovery, from all the imaginary battles I have fought, and compiled issues imagined, the bottom line is that its important to stay focused in life, the minute to fall of course and lose sight of whats important to you, and stop doing everything right in life, which helps you to get to where you want to be in life, is the minute you become lost, subject to negative judgments, and suddenly all opportunities are lost, keep in mind what is real, and don't get too carried away with what is imagined, or of concern, things only bother you the minute you speak to them, so always do your best to carry on living, with an intent to better yourself, and try again, you may not be the same person, a perfectionist excelling at what you are good at in life, or ever feel valued, but the minute you turn on your systems of support, who want you to get a job, and move forward in life, is the moment trust is lost, always receive concerns with reassurances, and do your part to continue to take steps to apply and get back out there and work again, its all in your head, when it comes to experiencing failures and setbacks in life, your life is not over, and while you would like to think, that your life is over when faced with any pressures in life that amount to a greater responsibility than youre willing to accept for your condition or place in life, is not the time to give up and complain, or defend yourself, or talk about what you went through and why you are not where you want to be in life, if youre not good enough, and your not showing that youre trying to be a better person, then its your loss in life, any efforts composed to begin moving on in life, and instead you end up right back where you were, except only now not suicidal, figure out, how to maintain positive momentum, its when people give up on you in life, that you realize you have F-d up so bad, to the point of no return, dying is not the correct response to any hardships or difficulties you may face in life, for some reason, its only now that I feel motivated, to continue working, and try again, that took many months, of convincing myself that self-harm is not the solution to negative voices, and that writing, is a better display of my coherent thoughts, not talking myself through my problems, and certainly not being boisterous or hyper telling jokes, wheres the beauty in that, someone making light of life, when they are not at their best, no one really wants to hear from anyone who doesn't have it made in life, talk about life, like they understand how to overcome setbacks, never question how or why you were treated they way you were treated in the past, and learn to let things go, that's your choice to disassociate from people who think less of you or who do not understand your disposition, sometimes your not good enough, your presence is not helpful, you don't make anyone feel better about themselves, you don't have the beauty or intelligence in life to be treated with respect, that's just life, not everyone will be on your team, and sometimes it takes years for everyone to stop fighting or trying to change you, and allow you to be yourself, whatever that may be, let go, remember who has taken care of you over the years, and don't let anyone who doesn't know you make you feel like your life has not been anything but perfect in spite of your losses.

When You Hit the Stage ...

3/26/2020

By the time you hit any stages in life, performance wise, make sure that you are prepared, and whenever expressing oneself, to live for the moment, not live according to what has passed, that's not a proper form of communication presently, as though to reference the past, by image, photo, or thought to purposefully charade, sometimes when we do not know what to say we observe, such as photographing ourselves, when we are feeling lost, and our journey back to wellness, and re-entering the work force, that's a proper way of documenting ones progress, who else cares anyways, its for my own use, its not a movie, to be observed by anyone, for that matter. If you have no experience studying people, then don't engage in any activities in which you study and potentially injure someone who you come to know and after your analysis think poorly of, hurt anyone who has subjected themselves to being read by all, not everyone will like you in life, and not everyone will act in ways to benefit you, or to acknowledge you, that's not the purpose for sharing to be marketed by anyone other than myself, I can shine on my own, I don't need any reinforcements in life, to drive traffic to my work, I didn't even need to share about where I grew up, or what I went through in law school. Ive been hospitalized 9x I think Ive been through enough. Its not helpful to personalize writings too much, in fact it's a very uncomfortable experience to be put on blast like you are something you are not, simply because you made an effort to respond to what was not working, and given your schooling, experience and background, wanted to help, as a not yet publicized public figure, with a platform gifted to me, being a person of significance with a special viewpoint, not everyone has such a balanced perspective when it comes to fame, notoriety, controversy, humor, defamation, pressures, as well as the cycles of harm you endure if you engage in any alcohol or drugs, your behavior always dictates how you are treated, and if you were raised to be proper than be proper when you are supposed to be professional, some may not think youre writing is smart, but if they have not read other peoples writings, then maybe they should be less judgmental of you, by your form of expressions, granted

you have been through controversies in life and were raised to behave well speak well and to represent yourself and others well by always doing your best, I was always a good friend to my friends, and have never had difficulty making friends in life, always picked up at the bars, so I figured it would be worth it to present my writings online, and allow others to get to know me, to decide whether to pursue a career in writing, and make sure to only write about whats appropriate to share to all, why I don't talk about others here specifically or mention peoples names, because that would defeat the purpose, of allowing them time to heal, from what they have overcome in life, not be brought into a story, that already has elements which caused me to go to the hospital repeatedly, that's something others may find humor in the failing health of someone who is supposed to be well smart and well adjusted as a law student, people rarely grant sympathies to anyone they would expect more from, like what school they go to, who theyre dating, who theyre friends with, what their lifestyle is like, there are so many ways to get trashed these days, it seems like the go to move, for anyone who thinks someone who is not refined and beautiful is somewhat stupid or theyre alone because theyre a reject or defective jealous of the traits of others, no I have always loved myself, and respect all people, where is that coming from? And why would someone treat someone who has kept to themselves their whole life, like theyre just some imitation trying to come up, by campaigning, or telling their story about how they were affected by homicide, like Im being inappropriate online, that's life, deal with it, not everyone you will think deserves to have lived a traumatic life put in the news, that doesn't mean put them down like its their own fault.

The Power of Diversity ...

3/26/2020

Its clear that in order to have a broad understanding (with appreciation) for how the world works, you must first start with identifying what your immediate needs and cares are, its not something we think about on a regular basis, our personal strengths and weaknesses, and what prevents us from moving forward or experiencing pain in life. When you know whats important to you, and who is important to you, you learn to manage your time, doing your best, whether or not you need to publicly demonstrate that or self-identify as you are. It seems that anyone trying to read into you, first looks for what your about, checks for any flaws to anything you have said, looking for causes for setbacks, or reasons for success, to measure your worth, for what reasons is that important, who ever said it was a requirement to be anything to look up to, admire, believe in, or trust, writing is not a leadership position, to which one is required to direct others in terms of identifying whats important to them, we are all deserving having individualized interests, and maintain a unique understanding of the world, not pre-determined by the past, or to be pre-determined by other peoples thoughts, that would only lead to overconsumption and cause a lack of motivation, its better to live life thinking about life and learning as you go, and with reservations (as to your own personal interests) make decisions in life, living life does not always require you to account for everyone elses individualized interests, especially if any of those interests are to see you not do well in life, suffer hardships, or not succeed, based upon their past judgements of you when well, and after experiencing hardships, seek to reinforce that you have not overcome the worst of your troubles in life, and someone who will get sick again and fail, nothing is certain, once you experience mental health issues it's a (chemical imbalance that requires medication management to fix, undo, or make better a disorganized state of thinking, or being, it takes time to learn about your condition, get used to the ups and downs, and figure out what works best for you, everyone is different). One of the beauties of life, is to figure things out for yourself, and when you find what your looking for, upon being exposed to different sets of ideals, and finished work products, that you learn to appreciate how long it has taken to create, produce, and distribute any finished works, which were mass produced, voted upon, selected for viewing, and eventually made popular, to be consumed by the masses, theres a system of acceptance, that's not marketing, thats quality control on what works are focused upon and for how long and at what time shared, and with relevance to current turmoils, hopefully speak to the issues that cannot otherwise be expressed, in conversations with friends, a way to bring out emotions, or reflect how we feel, or would like to feel, but cant put into words, and not able to feel that way on our own, some moments its okay to be dependent on systems of support for a better understanding of your world, that's why I like the entertainment industry. Ive only attended one premiere and grew up best friends with someone whos Father was a very successful athlete, and very famously prosecuted, now as adults, that was very painful to experience, for ourselves, that interest toward any of us, critical of those affected, who survived our childhoods, matured and have moved on, been schooled, and gotten jobs, have to go back in time to tell any stories about our upbringing, like we have made it in life, to a better place in life, which would make the sharing of ones childhood traumas helpful, when I get to a point, where I can share how I have overcome controversy I will let you know, right now all I have to show

are my resume, a soccer ball, photos that I could find, mostly well moments, the public sphere was not a natural choice, never really participated on Facebook, except when I had something important to say, I never really expected to go through so many pains public speaking. The point is everyone's story is important but that doesn't mean you have to share it, maybe the time will never be right, to say I (or we) went through a lot, and we still lived life like normal people, unaffected by the news, anyone's opinions, not paranoid protected, and under the guidance of our families, were given choices in life, the only adversity I think faced, is upon taking chances in life, dating or being out in the open, has the potential for being misunderstood as someone trying to shine, to shine light on a painful period in time, that's not what makes a person special their pains in life, or their losses, we may not have all been blessed to grow up at OJ's house, but that doesn't mean that we all don't get affected, upon disassociating from those who have impacted our viewpoints in life, stop staying in contact, its probably for those reasons, upon not doing well in life, and past failure, you become a difficult person to connect with, and that's the worst repercussion, of taking chances in life, is not being able to resume your life as it was, normal.

Life's Not a Dress Rehearsal ...

3/26/2020

Always be prepared, when in Rome, to rise to the occasion, that means being able to step outside your comfort zone, and adjust your settings to meet the needs of those around you. Its not all about you. While you'd like to think that you have time to fix yourself, until perfection is reached, that's not how life works, not always at your best will you be approved of, or generate the types of acceptances in life required to be considered a keeper. Especially based upon the way you look, never thin enough, never healthy enough, never confident enough, it seems mood means everything these days when in the company of others, if you're not a happy person, and not comfortable with yourself, then it will be a difficult journey to say the least, just don't get worse before you get better, and don't listen to any criticisms, that do not accurately define where you are at in life, if there is nothing wrong with you there is nothing wrong with you, so long as you are able to function and excel at whatever it is you set your heart to, then nothing should stop you from continuing to do well, despite whatever obstacles stand in your way, you may not be a happy person, and the days may seem monotonous and difficult while trying to improve upon your best, not all progress is valued or noticed, no one new coming into your life, who doesn't accept you fully upon meeting you, is ever intending to hurt you, when they want to see better, or think that you should be "working" or keeping a job, not all are capable of getting jobs, and not all are fit emotionally to handle the pressures of working, it's a tough world, people are not easy to please these days, and if you're too old to start your life over again, then start somewhere you are familiar, that matches your skillset, don't get bogged down, taking jobs, that don't match your skillset, you'll likely wind up feeling not good enough, in any environment that requires constant energy and enthusiasm and dedication to the hours spent working, a lot of trust and diligence is required of anyone, trying to make it in life, if you're not consistent enough, and your heart wanders, then don't be surprised when you are given a hard time in life disconnecting from your workload, it happens, sometimes you just don't feel like things are right, or that you could be somewhere else, doing what you love and be happier, more proud of yourself, you would think that going to work working and going home and sleeping and going back to work is enough of an achievement in life, how strong do you need to be to show up everyday, sleep on time, and attack each day with the same gusto and professionalism as the day before, don't we all get sidetracked by personal issues, be present, if you can't stay sharp, and feel gone, maybe you're tired, or maybe that's just your personality type, that just means its not a match, you can't force anything to happen that's not working for you, and you can't please people in life, who you don't feel comfortable with or intimidated by, not all personalities empower one another, and sometimes at your expense others will shine. You learn as you get older, how important it is to be present, zoning out or getting tired, is excusable when you are at home working your own hours, but in a work environment, you are not allowed those types of pauses in life, everyone wants eye contact, and clear responses to all their questions, you can't just show up and do the work and leave, for some reason, part the process of becoming a professional requires you to be comfortable in any environment you choose, I used to be that way, can talk to anyone, am myself no matter where I go, at what point do you become impressionable, or manipulated, if you feel small around others, its probably because you don't feel like you fit in, and if you outgrow a position, maybe its because you did all the work, and not making as much progress professionally (ie learning) as you had anticipated, not all jobs give back in that way, it used to be the case that you could take any job, and everything learned gave you better insight, so as applied, those insights give you a better or more clear picture of where you fit in best, and if you're tired and don't have the energy to work everyday, then stay home, don't max yourself out, if someone doesn't understand your disability in life, then don't push yourself to your

limits physically and mentally, that's not how one gets better or improves, by being pushed hard in life, some of us fall apart. #mentalhealth

There Are No Do-Overs in Life ...

3/26/2020

When one door closes another one opens, or so we thought, when your options become limited in life, your focus doesn't always narrow with it, too often we think of everything missing from our lives and the reasons we've built up in our heads, for things being the way they are, you'll never get far in life, accepting your condition the way it is, that's when change is necessary. Taking the first step isn't an easy process, you're never really moving forward until you wind up in a different place in life, and it all begins with spiritual awareness, acknowledgement of where you are now, motivated by dreams of where you want to be in life, and then doing what you need to do in order to end up places in life other than where you are at the moment. I don't believe that all people are capable of living freely when they are unhappy, it never really made sense to me, why some are so critical of others, able to express their displeasures in life, and still be strong, to some that's hot, a woman who speaks her mind, opinionated, speaking from the heart, and not afraid to share her mind. If you don't like who you are, it's hard to speak confidently and still like who you are, find your voice. Whether it be through writing, speaking, journaling, talking to others, therapy, communicating, singing, exercise, disciplined study, reading, schooling, it takes awhile for most to adjust their settings, sometimes you won't know how you sound, or look until you view yourself firsthand, and make some adjustments on your own, experiences in life can change you, if you were once social and easily made friends, then there is no reason why you can't experience that again in life, but certainly not if you are being too hard on yourself, it's hard to talk to anyone in a rut, people usually expect that you can at least pretend to be happy or having a good time, isn't that what being around people is about, excited to see each other and talk, share a social moment in life, take a group shot, dress up, there's always so much love and pride in group photos, that you take for granted, when left to your own devices, can you glow on your own? Of course. What is happiness? Feeling well, being young, living for the moment, how put together must you be to continue living life and meet people? So long as you don't get lost or hurt in the process of loving the wrong people in life, never wait too long for change to happen, especially when it comes to loving people, the right ones will step into your life, once you have achieved a set of standards professionally that makes you an interesting catch, know your selling points in life, and don't be afraid to talk about yourself, that's the best part about talking to people, is talking about yourself, and opening yourself up to their questions, don't all conversations work that way, by your interests give way to discussions that people think about when talking to you?

Be Socially Efficient ...

3/26/2020

We all bottle up, face it, there is more to life, than our own lives, and sometimes when thinking about the world, how it works, and where we fit into the picture, we can lose track of what's really important to spend our time and our energies on, our own lives, not the lives of others, with respect by comparison to where we are at in life, anyone who is anyone, never gets places in life, to dependent upon the hows and whys of life, and more focused on themselves, and doing daily for themselves what is necessary in order for them to live their best in life, you won't always find windows in life, that is people you admire, look up to, want to be like, or who introduce you to a better way of looking at life, also known as inspiration, how nice would it be if even upon meeting someone in life, we could suddenly feel lifted and able again, believe in ourselves, and foresee a better future for ourselves, independent financially, and realize our own self worth, not all people are gifted in that way to appreciate their upbringing, and the simple things in life, always wanting more. From my standpoint, blogging is a positive outlet, a place where I can make sense, even if what I'm thinking or how I'm feeling reaches a standstill, that's not boredom, that's just feeling stuck, you haven't lost any of your abilities in life, simply because you feel frozen or overwhelmed, at any new beginning in life, you'll feel as though you have nothing from the start, and once you start a new chapter, look back, and say to yourself, well if I never tried, or didn't do this or that, then I wouldn't be feeling the way I am feeling now, that's a window you created for yourself, establishing a new connection, or getting a new job, meeting new people, and being exposed to other people, who have their own lives, outside of the issues piled up in your head about life, who are able to function without discussion of what they think, and able to express themselves freely,

without remorse, having life figured out, not all minds meet when it comes to all subjects, always be about yourself, how you feel matters, and if its someone you meet, or know who exists in a public space, and whos existence in a public space, bothers you, then that's your opinion or judgment of them, thinking that there is another way for them to live life, as though they are dodging responsibilities in life, such as having real friendships, relationships, getting married, or getting a job, a hobby is a side project, writing is a gift, and building a website takes dedication time and effort to learn how to, pay for the services, apply for the banners, individually, get approvals, get ranked, all of these steps are required to get liked, that is for people to see you, know you, accept you, and like you, it takes time, to be accepted, especially if everyone thinks its okay to make fun of you, or your connections in life, and thinks that because of your connections in life, that you have benefited specially in anyway, no we all struggle to rise above issues, and not make other peoples problems our own, that's one the biggest problems with being a public speaker, figuring out how well known, and how important your voice is in the grand scheme of things, when it comes to the interpretation of current works and works past, always pride yourself in whatever work you have managed to accomplish, and never give up, no matter what doubts others hold toward you, and no matter what connections you fathom, seek to avoid in the future, contributing to causes for breaking down a system of confidence and professionalism, and the historical basis for the happiness achieved by those who work hard, life was never meant to be this complicated, if you cant work hard and feel good, and need to be a long distance runner, and lose 50 lbs to look good in a photo, and require makeup to look feminine or pretty, at what point do you stop, and say you know what, I don't feel like Im at my best right now, and I will not allow what anyone has to say about me to bother me, understand that it is never your fault if you get hurt by the misinterpretations of others, and don't allow your disposition in life, to reinforce those who think that their lives are better than yours therefore your life must not be a good life, or by example, anything worth reading, as though your experiences in life, are not normal, or a product of your own poor decision making, no what happens to you in life, is a reflection of the times, that you are only as good as you are able to stay well, and beyond that point of approachability, are difficult to contact or bring into anyones life, who expects you to have a life of your own, this is why maintaining friendships are important, it seems who you are independent of others, is a visual measure of what you have to offer if you are presented with an opportunity to have a relationship in life, or you can just go to Bungalow and make a bunch of new friends get numbers, and ask yourself, that was not challenging, whats their point?

The Upper Limit to Success ...

3/25/2020

We wouldn't be where we are today, had it not been for the diligent efforts of those past, to create systems of support, to structure our now. There will always be varying lengths of success, not all defined by our capacity to earn a living, or even to bear children, today those are simply goals, which mark the beginning of new phase of life, some are privileged to experience in life, a life outside of the home. Tools and resources will always be made available, and based upon what you do know, and your exposures, will always have an influence over your understanding of how things came to be historically, and even develop a better appreciation for your now, and what has led you to where you are now in life. You can't learn much from drawing comparisons in life, no time period is the same, and all finished work products will always be a reflection of what was needed at time, and in a scope of expression, that was allowable during that time period, never lower your standards in life, although people may not be paying close attention now to anyones progress in life, eventually as you become stronger, and more resilient, growing through setbacks and mistakes in life, your journey as recorded will always be of interest to anyone who has not yet fully understand how to be happy, no matter what, and figure out what their purpose is in life, not all of us are found, and many of us get lost, you don't have to be the best at everything to get recognized, that's not how one receives attentions in life alone, its mostly likely because youre stable and make sense, and independent of them, sometimes the tables are turned, and you become the audience to someone elses life, it happens, don't take it personally, anything that thinks their smarter than you, if you don't say the right things, nor have the same drive and focus in life, will give you unsolicited advices in life, its usually because they think what they have to say is something you need to hear, or something they think explains where you are now, always be prepared for any negatives to be reinforced by anyone who believes in you, but at the same time gets frustrated with where you are in life, you'll never arrive to a better place in life, so long as you allow others to dictate your progress in life, based upon what they think you should be doing in order to feel whole, sometimes that's just how people work, by the time you turn around, and feel compelled to talk and explain yourself, they've already said their bit, and don't need

to hear from you, always trust your systems of support, and don't expect a thumbs up, once you wake up and get going again in life, and feel capable of having a future again, that was the point.

Protect Your Assets ...

3/24/2020

In order to appreciate and value anyone in your life, you have to value yourself. That means changing your attitude from being someone who talks in the negative about their past, and stops convincing others that they are worse off than they are, don't be dramatic, you just need an attitude adjustment, sometimes, saying the right things in life, can help you move forward, it may even lessen the load of someone willing to have a conversation with you in this moment in time, unless you need help, be appreciative, and don't take for granted other peoples time and energy, that would be asking a lot of anyone to worry or feel obligated to reach out to you, if youre not lost, in life, and you have not given up, and your not sick, but just want to cheer yourself up, they stay active, and if you need rest rest, know that no matter where you are in life, you will always be questioned, that's to keep close tabs on your progress in life, to monitor your mental health, always be nice to those who care, for every interaction, reflects on how well you are doing in life, whether you are able to let go, or whether to are carrying any loads in life, that anyone else, knowing about would feel bad, that your not doing well too. Don't try to do too much at once, and don't expect love to fix you, if its not a match its not a match, sometimes in caretaking positions its hard to love back someone giving you love, because you need to to be stable, to have nice things to talk about, or don't think its advantageous to share love in any way that would make you look open to being looked at in that way, lose energy, when overexposed in life, like your asking for it, for other to be attracted to you, and read into what you have to say, because they have identified that you are well, and want to know why, and achieve for themselves the same wellness, sometimes in sharing your thoughts, you can get drained, people help themselves in life, and sometimes you may get hurt in the process, sometimes its better not to know, what others think, and just see everything from a well lense, that's not being too critical of the conditions of others, as being about bigger reasons in life.

April 2020

When Go Time Has Passed ...

4/2/2020

Theres nothing simple about maintaining the peace, when it comes to resolving the interests of those who seek to be reinforced, made better, highlighted, or be viewed as in harms way upon knowing someone, who they feel has subjected them to harsh scrutiny, we are all responsible for our own choices in life, and with the options afforded to us, not complicate our lives or the lives of others, by our misgivings, hardships, or misunderstandings to say the least resulting from any lack of stability or ability to be stable among others confident, trusted, and looked upon professionally as someone of sound opinion and insight, ignored or put down, as having the potential to cause problems, be blamed for subjecting others to hardships, as connected, to claim that had they not known you, they would not have suffered in life to the extent, brought by the circumstances you managed to face, getting involved in the first place, showing up, and pitching a simple solution, to divert attentions away from causes for pain, in favor of creating options for us, to be bound not by controversies, or losses, be made to feel weak, or suffer even greater hardships, once put together, that always seems to be a problem, not wanting everyone to feel good, or people feeling better on the outside, and people on the inside feeling exposed, or feeling small compared to those not directly affected, thats the price that is paid, when speaking in private if frowned upon as not for the benefit of the receiver of insights, or be misunderstood as a channel for disclosures not intended to make public, how a bond is lost, or the inside receiver gets hurt, I forgot, by sharing informations made privately in public, I guess if not for entertainment purposes to shed light on who may be affected, just trying to make better their situation, ensure that they are not affected by what I have exposed myself to in life, questioning, and negative judgment, harsh scrutiny, and prying, investigation, and study, of the timing of my life, when deductions were made, things noticed, and at what point it became clear that anyone not invited into my private spaces in life knew of information kept privately in the privacy of my computer, Im not sure when, maybe upon losses. Im sorry! Dear: Joaquin Phoenix, its youre time to shine, not share my issues unaffected by your success in life. At least he's not in a martini glass in Vegas,

and the Ex to a musician highlighted by *Moore*. That actually happened to me in real life, saw *Dita Von Teese* performed live dancing in a martini glass.

Living Without Regret ...

4/2/2020

Sitting in my car one night I once filmed myself to my iPhone, describing myself as someone who lives without regrets in life, and has bore no resentments past toward others in life, it was only until attending AA meetings that I was required by assignment, to discuss any time I felt hurt or betrayed or at a loss, and it was mostly filled with flirtations and losses (ie crushes on people to which I had no ownership interest in or connected to physically in possession of them, or holding a piece of my heart, capable of being displaced upon exposure to love from another, replaced, causing a detachment of love back toward me, that could be felt) not real losses, mostly discussing recent events, not my childhood, it never occurred to me to go that far back in time, relive all the moments I could remember in life, all my experiences, who I have hooked up with, and to discuss those private interactions out loud, and upon exposing those secrets about me, intimacies with others, felt heartbroken, in acceptance of how giving I was, nice to others, let people into my life without fear of getting hurt eventually, and why I grew distant from others socially, its usually out of hurt that occurs, its not a strategy for making amends later on, once you get hurt, sometimes its hard to accept people back into your life, because it hurts, not because there is anything wrong with them, that I think gets misunderstood, as though someone being who they are is purposefully intending to be the type of person who's story hurts to hear or is so disappointing or heartbreaking on its face, that they knowingly exposed themselves unfixed to expose others to what type of pain they were enduring as unfixed have to sit through the process of watching them get well again, waiting on anyone to get well to feel better upon knowing them, can be a very painful attachment in life, disheartening to see no improvements, slow improvements, or no changes within as knowing someone, able to separate oneself spiritually from them, either obsessed with looking for flaws to rationalize or justify detachment from them (ie talk \$hit) or ignore (ie not follow, and later be shocked to learn something about them you have not heard to further your dismay for them, or shocked to see them in a better condition, however disappointed of the lack of commitment to maintaining some type of continuity of care to which they could afford in life, like their health is the public's knowledge to know, how they are cared for, by what means, and how they were able to heal and overcome bipolar, thats everyones HIPAA right not to disclose causes for their illness, subject others to the same kind of thinking associated with causes to enable others to think that its okay to think that way, giving up in life, and not talk through their problems in life, journal or write, while processing the life they have lived, their experiences, and where to go from here, if they feel their options are now limited, by whatever disabilities they have been managing privately, (ie hitting my head self-harming, which occurred when I got syphallis and needed a penacillin shot, I dont understand why now that is occurring, or why when sent voices, my feelings always get hurt, when negative terms are used which I take personally as hearing, to see how tolerant I am of foul language and \$hit talking, not that tolerant, very sensitive, not a \$hit talker myself, Im a creative writer, who seeks to empower others, open people up to broach the subjects that pain them, not okay people passing in life because they just cant deal with life anymore or that things are so impossible or unbearable that they need to relapse and die to communicate their pain, of course Im not trying to do that, who does that purposefully, why Im sober, because I know I have a few screws loose already bipolar, so I take meds, not self medicate with liquor cut loose and be free emotionally, Im thinking about a lot, and if I dont say things right look obnoxious, or not thoroughly stated in a way that shows careful thought and consideration for the well being of others, codey and not reflected upon with insights deemed worthy of importance, or fair game for misuse, to devalue something, or someone, who values themselves, based upon what other finished products look like, say because one is not in tune with current code, one is not apart of, or is too far behind in life to care about, therefore grounds for attacking them their past and make fun of them because they were once really into helping others in a silly way, making iMovies, and DJ-ing, and writing life quotes, and history jokes, re-blogging fashion, and looked like a waste of education, no I was being original, nevermind, if youre not professionally trained in something, you automatically get discounted as imitation, or accepted as doing so with expertise, no I watched reality TV, thats how I was then, and who I am now is different, most people dont face photo keep track of their health, go easy on me in private please) people thinking that someone who chooses not to date, not to have friends, and finish a masters in order to work again, is being selfish or not trying hard enough in life, as though one is trying to purposefully play their cards in life, to represent themselves as though in defense to anything that has occurred in the past look like someone who wants their choices in life to speak for themselves and make a statement, as to their professionalism, intelligence, or cares in the world, look

better, because they do not look well on their own socially, doing things for superficial reasons, or to find a better man or a better job in life, I never saw myself as climbing up any ladders in life, other than professional ladders, which I was not privied to begin ascent, others assuming it must have been for good reason, without understanding the time demanding experience 5 years or more, since 2008, as though how I presented myself in the past, was acting in a way to be accepted, not how accurately portraying myself as I was, I don't think you become challenged to adjust to others, and try hard physically until you feel like youre not good enough, or to better yourself, to be more likeable, because as you were, you were not able to maintain possession of the things you wanted to accomplish in life, keep up with those goals, such as finishing law school, managing reputational concerns flying overhead about you thought to be in reference to you as though you were ever a symbol for public use, deserving of being denounced before ever having achieved in life, a proud and confident disposition in life, continue on professionally, in spite of not finding Mr Right, be judged as though you willingly subjected yourself to looking bad, no I think in the moment you just want to be loved, and date whomever is attracted to you, that's just not feeling beautiful enough to date men who are successful, who are generally no where to be found socially or out and about, only through friends and work did I meet two men who really loved me and one through Facebook, who went on to play basketball professionally -its always upon giving up in life that you are made to look worse, even misinterpreted to have been defective not good at maintaining relationships troublesome, or the cause for the demise in your positive rapport with those closest to you over the years simply because you have lost contact, no that's just me experiencing bipolar, and not feeling well enough to go backwards check on friends, and have a positive moment sharing about life and progress, and who I like, and what Im doing in life, and what I have to be proud of in life, that takes time usually means needing a career to feel whole, something that shows that you are of value, so if you cant find that then maybe that's why some women are driven in life to look good and be perfect so that they get picked by nice men, that makes sense, I never really thought of that, was always an athlete, so stayed fit for sports, but never got thin enough, to be a total arms trophy, could be a little smaller, the last one didn't care, no one really cares now, people who know you, are just happy to see you well at this point, its changed over the years, how hard people push you, its not that they are tired or have given up faith in you, when they criticize you less just means that theyre not worried about you, and that you seem like youre doing fine, its always when Im in the moment and focused, and full of energy and going in life, that I suddenly get hurt, maybe getting paranoid making too many hasty decisions at once, changing passwords, thinking about subjects too serious for me to grasp mentally yet, as applied to what I know, and trying to manage my privacy, that's not a reflection of doing anything wrong, it just reflects my difficulty letting go, keeping everything. -As someone once said, upon arguing with my then close friend over high school issues, and only liking famous people, was reprimanded via group text message to all four of us "Leslie has serious mental health issues" then I was hospitalized put on 5150 hold, for swallowing a bottle of then prescribed Kolonopin, of course I was insulted, everyone else gets to shout at me, but Im not allowed to get upset, thats the pattern

Issues with No Resolve ...

4/2/2020

Anything that cannot be fixed is broken, such as financial loss, a loss of respect, weight gain, image, reputation, outlook, the past, death, addiction, alcoholism, intelligence, mood, so much of life requires one to be stable, its always upon the rehashing of events past, that you either pave way for acceptances moving forward respectful of the privacy (feelings) of those who have suffered losses in life, which to them seemed beyond measure, and a result of more than simply addiction alone, but due to many conditions put under, now that we are in hindsight, with a more collected approach to addressing the past, to put those fears to rest, so that in the future peace is not further disrupted by the same transgressions past, I don't think having fun, and living life, falling in love, coming to admire, look up to, be influenced by, learn from is a transgression, when you are impressed with others performances in life, or proud of the achievements of others, not everything is a PR stunt, to issue sides, take sides, or to prove points, and make history, as being about something bigger than the contents of what is written to be about, relate to people outside of a story in real life, reflective of all who suffer the same, you cannot represent the sufferings of others, without insult, mention, I think is what has happened, to later mention any losses that you have known of, and lived through, to not mention at this point, would seem like Im trying to hide or kept to myself, knowing and not doing anything about it, or became powerless, and performed worse, because of losses, as though I bore some responsibility to do something about it, given my education experience and scattered real world experiences, and few social experiences in life outings, I did not have much to say confidently about life, as not having lived life yet,

but as things worsened, and to avoid running the risk of being blamed as though I was a person who upon meeting served as a bad window toward positive change, or a bad example of someone living a normal life, or a negative insight to how to cope with your troubles, be misrepresented by others, further casted away as having problems that weren't important at the time I got sick 2009, or why I have been self-harming recently, it takes a long time to process, wake up, speak, and not be upset, or unstable in face of anyones stance in life, that is their right afterall, to represent what values they seek to proliferate around them or based upon what they believe to be true, react, that's mostly if people don't know you personally, its easily to write someone off as unimportant, not a historical figure, capitalizing on losses, not upon their own gains in life (education) share with others, if ever for negatives, that is never a strong enough story alone to share outloud, always wait until you have reached a higher ground in life, more stable, achieved some success on paper, with knowledge of what has worked and what has not worked for you, before you come forward with confidence and describe your experiences, faith would be having such a good understanding of your own life, and having seen the good in others, described events or experiences in life, that do not misrepresent the truth, and whether that makes you or others look better than you, was the truth, and by telling the truth, hopefully all else falls into natural order again, that's the benefit of being honest about your experiences in life, some lie to make themselves look better than others, as a built in defense, withhold information from use, which can be used against them and added up to cast them as consistently being in error, that's upon one negative judgment, others trying to build upon one negative to further misinterpretation of them as being rightfully so negative, to prove that they make poor choices, which lead to negative results, and because they are that way, why they should be looked at, and not believed in because that will only lead to poor results for others as influenced by them. I understand that point, that public figures now have some duty to live a life, which can be viewed and upon being viewed bear some responsibility to illustrate a life, which upon viewing can produce positive results for those watching, who have not yet experienced those things, learn from those transgressions, choices, mishaps, maybe even negatives, and see for themselves a better way of dealing with their problems in life, so that they too don't get attacked, for anything they have done wrong in life, and be punished in the future, for not having been as smart when they were younger, or a better leader, or served as a better representation of what wellness looks like, as though they are responsible for any bad luck suffered by anyone who has come into their life, and not been met with good fortune upon knowing them, we don't all have that affect on others, that's the gift of being a woman, representing those you love, protecting those you love, explaining things to those you love, re-producing humans for those you love, staying of value chaste for those you love, and being someone trustworthy for those you love who can be relied upon in life, for stability, should anything go wrong in their lives, go to for a sense of normalcy during tough times, be grounded.

Don't Get Carried Away in Life ...

4/2/2020

Its easy to get caught up in frivolous matters, and lose focus in life, if its only upon being pulled under a Bus in life, that you look back to figure out why, then you have either waited too long as believed to be the case, that had you come forward earlier in life spoken about the past that things would have turned out more favorably for all, is a misconception of the use of time, as though someone had knowledge and with that knowledge an ability or know how, consistent with current discourse or in alignment to anyone interests at the time, they had yet to discover, inspect, read up on, investigate, or research, in a perfect world we would know more, but the less you free read the more sheltered you are perception wise, when it comes to assembling a bigger picture in life, and be consistent among the energies provided to you, know where its coming from, why others are coming on to you too strong, or why investigations of you have taken hold of your ability to behave naturally, think well, and perform under those circumstances in life, preyed upon, or looked at, in amusement to your best interests, gravitating toward those with a more like minded, settled, at peace, leaving you in disarray and alone, as you try to figure out why you are struggling in life and for what reasons your life was made to be more difficult as looked at in the negative, before you even had the opportunity to be represented publicly in the positive as connected to members of society, who were subjected to harsh scrutiny, cause a similar attitude to take hold toward you, whether or not with the intent to result in the same or similar hardships, difficulty speaking, no I do not think I should have been treated the same, as having lived a separate life, since I hugged OJ goodbye at the airport when Sydney moved to Miami, and cried in the Airplane, on my way back to LA. -If you cant figure out what is wrong, reporting in public what you know is not the solution, to figuring out what happened and why, and for what reasons anyone ever thought that its upon meeting you or seeing you, that ideas about life happen, or sudden motivations reached, by people not connected to you

personally, who think they have a better viewpoint than someone inside a life story or set of circumstances, who is closer to that threshold of pain, when a “story hits close to home” as the saying goes, for some reason it seems as though people have become less sensitive and think that by publicizing those issues outloud, will somehow bring about a comfort supplied by a manufactured comradere with one another having known your story ... to think that that kind of embarrassment would ever generate comfort, that others know something about you, you are not aware that everyone knows about you, is disheartening, and heartbreaking, a very different reaction than maybe others had expected. Therefore upon viewing my timeline, please see less of my childhood, and think that for any reasons the choices I made in life, reflected a confidence in life, when it comes to adapting to my surroundings and being well liked, I went to prep schools for etiquette training and learned basic social graces, when it comes to competitions in life, not raised to feel threatened by anyone in life, but to challenge myself in life no matter what difficulties I faced athletically or academically, and to shine whenever possible, in whatever I was good at, I used to get As in Math, an A in Physics, and an A- on a Chemistry Midterm or Final once, a good student in High School, and Tri-Team Captain of the Soccer Team and Tri-Team Captain of the Volleyball Team. That’s a very failed system, other bonding as to your identity, deciding for you how you should appear to others generally, as though because they know anything special about you, have a better viewpoint, and because they have a better viewpoint, put you down, thinking that its upon being put down in life that you buckle down, and become a better person, at what point do you let someone who has suffered or struggled in life, to decide for themselves when to slow down or push themselves to extremes to make changes in their lives or improvements. Why is it okay for people who aren’t you, who step in your shoes in life, to then accuse you of being bipolar or seeing things wrong, as disconnected socially from others, while on your own, be mismanaged by others physically resulting in an identity crisis, once respected, and then viewed as an easy lay, since when is that type of behavior encouraged to anyone of importance, maybe not important then, but everything I did academically and athletically was to be recognized in the positive, is how I was raised, even asked to try out for the Olympic Development Team (ODP) kept a t-shirt from that try-out, me and the goal keeper, who played soccer for CU Boulder, freshman year, 1 of 5 freshman selected to play for the B Team, we had won The State Cup as adolescence, I scored 3 goals against San Diego Surf, didn’t start, but later scored 3 goals and had 2 assists, the 2nd goal by me was a volley from the top of the box into the net, I remember. I didn’t play much in college we joked my “5 minutes of fame” on the field, I got stung by a bee once playing in a field atop a mountain with flag poles, flags from different countries, or maybe it was just our flags and a state flag I forget by now, our warm up t-shirts said “CU F-king Black” on them. I lived in Aden Hall Freshman year, dorm options were not by choice but by survey filled out with my Dad, and that where I was placed upon what was selected, the smallest dorm on campus, in the Engineering Quad, across from the Stadium, freshman year there was a free concert in Farrand Field, where they celebrate 4/20, and Maroon 5 was playing, my college roommate told me, she grew up in Arizona, and dated, meanwhile my boyfriend from the gym was 33, and I was 18 having just moved to Colorado. His picture was on my wall above my desk, in a mini frame, one of his modeling photos. The guys above us used to have milk chugging contests, and barfed out their windows splattering onto our window once. One 4/20, while walking to class, I bumped into Bauer, who asked me if I was going to celebrate on Farrand Field, I had attended a previous year, but that year I decided to go to Class: “Nutrition for Health and Performance” we watched a video about Monsanto, and seed distribution. I eventually made straight As one semester, was on Deans Lists a few times, and because I enjoyed writing got an A in Sex Gender and Society, we were given bowls of free condoms, and I took a handful, just in case, decided to switch majors to Sociology, because I performed better on exams in which I could write out the answer, rather than select multiple choice options for a Psychology Major I took up to statistics, but only got Bs in, I at one point had a 3.8 in Sociology, was President of the Honors Society I think, I ran, I don’t think anyone else ran, so I got the position, participated on Wardenburg’s Health Board, a voting member, and was 1 of 10 selected from the top of my class of 300+ students, to be a Teacher’s Assistant one semester, we wrote the exam questions, and graded blue books, I graded three 30 people classes worth of exams, that’s 3 blue books per student, we made the grading criteria for points. It was a Criminology Course “Deviance in US Society” my professor with real world experience doing Sociology research, once spoke about raising a family, telling her son "Alive at 25," she would laugh a lot, we were required to teach one lesson, dressing up as different types of call girls, all the fancy roles were taken, and I was left with “Sex Slave” and bought a dress at Goodwill, and made a black eye on my face, and stood up on the desk in front of 300 people.

Life Isn't Perfect ...

4/2/2020

Listen not all of us grew up with parents from NY with an innate ability to talk forever, that's a genetic trait, having good memory, a good sense of direction, solid focus, and an ability to withstand pressure, and to be the best at everything you set your mind to, not all of us are capable of shining in that way, a record holder 12 pull-ups in 2nd Grade, and record holder 50 sit-ups in 1 minute, and the fastest time in the Shuttle Run, that's moving two blocks one by one to the other side and back timed. That was me growing up, I took gymnastics, able to do a backwalkover on the balance beam and once scouted at the gym to audition for the movie Corina Corina as a child and took dance lessons, before that ill fated night 1994. Life as you know it may change, sometimes forever, and even with fewer opportunities, less money, and even if you have to start over in life, suffer on the basis of your connections in life be associated to, you have to keep going in life, this happens to many people, not just those in my immediate surroundings, troopers at that, whoever thought that so much tragedy could occur in one neighborhood, it musn't all be about connections in life, or is it "tigertrail" reports the newscaster covering the fire locations and its precipitation through the hillside "beginning at the base of the 405 freeway." I knew someone who lived on Tigertail, my first boyfriend (and I think Jim Carrey), we sat next to eachother in Kindergarten, Jordan Bahat (who left CU Boulder to attend USC to study Film, making the Movie: Jealous of the Birds, about the "Invisible War."), he of course was covered in lipstick on Halloween in his Karate costume, I was a dressed as a princess with lipstick, how did that happen? In first grade, we used to do puzzles together during recess, I don't remember anyone else being around, the square puzzles, 9 cubes, with animal heads and bottoms on all four sides, you had to match up all the heads and bottoms of the animals to complete the puzzle, we were both selected to be in Mrs. Wynn's class, the advanced class, the class was split into two, taught by two teachers, Mrs. Tarvin was the other. For some reason every year I was a student, the teacher would get pregnant and have to leave and another teacher would take her place, that happened to me a couple times as a student at Carlthorp School. Before my Kindergarten entrance exam, I remember talking to my Brother, who was preparing me, telling me that they are going to ask you to build a tower with blocks, and yada yada, what else to look out for, I was admitted 1990, I turned 5 August 7, 1990, and graduated June 1997, I kept my navy "Class of 1997" t-shirt for awhile but its lost by now. In 5th Grade I had a crush on Andrew Sun, who later danced with my other friend, who I was best friends with in 3rd Grade, and think I later had a thing with Jordan Bahat, after playing truth or dare in his tree house with friends, dared to French kiss eachother, and we did so then spit out the windows to the tree house, I still have a Color Me Mine ceramic doggie bag painted yellow, with a dogs face on it, it came that way, with "Love, Jordan" on the bottom, he was a black belt by 4th Grade, I remember, I missed the 4th Grade see what next year will be like class where you get to go to the next grade the year before and sit in with the teacher meet them, I was instead asked to attend a meeting with the LAPD in the downstairs Library, in which they notified the class that there had been a homicide to a Mother of a Student at the School, and gave us information about how to begin to understand what had happened, as well as inform us of information unknown to them at the time, and then opened themselves up to questions, and rose my hand to ask "were there any signs of a struggle" based upon something my Mom had asked me, in talking to her, a question they could not respond to did not have the answer to, the day I found out, the day after the Murder, on time to school that day, my Brother, told me in the schoolyard, popcorn was being made that day, that "OJ Shot Nicole" Im sure that is something my Mom probably told him, my Mom was supposed to go running with her the morning she passed and was first to the scene, was the one with a key who opened the door for the police. -As my best friend Harry Morgan said "You and Katie were the two hottest girls in the class," Katie, held the mile run record, and taught me how to do a backwalkover, and owned a Molly Doll, we all played with, and pretend kissed eachother hands over our mouths as little girls I remember, I wanted one, but my Mom said they were too expensive. -If people know you're story and its not a in a professionally published book, like anything valuable, with accept it as their own, and then treat you as though you don't belong, like its not your own take on events, youre own memories, and as shared, others take ownership over interests, and devalue you the person who has provided information, treat as secondary or unimportant, is so insulting I was first to speak to SCOTUS, because I am from a story, I know a little about what happened in the news, a little about what happened before the news, a little about what happened later as told about others, and given my movies and music connection is what others thought was the reason for me speaking to the courts trying to justify a crime as though done so on my behalf, as though I ever expressed any complaint about any finished products portraying what life was like at the time, or ever read too much into a "highlighter" scene as being about the "Deposition" from a real trial, with a Jewish Attorney, like Shapiro, and ever think that the "highlighted" portion being referenced to was when the children were named.

Rescue Mission ...

4/1/2020

The pit of impending doom, another rescue mission, huh? A pretty fable "Movie: Pretty Woman," I suppose running for years everyday at night, and losing 50 lbs, made me a pretty \$hitty detective, should have listened instead to my fears of the dark not faced my fears head on, that was counterintuitive. What is brave? The longer you prolong the process of recovery from whatever wrongs occurred while under the influence of drugs, alcohol, or friends, the more you look like a sell-out, avoiding subjects in life, by keeping stories or insights to yourself, upon realizing anything in life, mark that moment in time, and be sure to share your recollections later on in life, to remind yourself, of how far you've come, absent minded acquiring fears in life regarding your privacy interests, whether or not anything was about you to begin with, or whether your private spaces were seen, that influenced the decision making of others, to build, create, or make apparent any issues viewed upon meeting you or learning about your identity in life, sometimes we don't see things until we know people, and sometimes we don't learn things in life, until we get to know someone else's story in life, that is the benefit of meeting people, like a window open, to another way of life, different than yours own, some will always be better off in those respects, not faced with the types of challenges you may encounter being yourself, finding love, going through breakups, being written about, made famous behind your back, spoken about behind your back, or seen as stupid by anyone talking to you, who doesn't think that you're special, or beneath them in life, how should we treat each other, and still maintain esteem in life? As a general rule one should always be nice to one another, no matter who they are or where they come from, and no matter what is said about anyone, known about them, treat them as humanly possible as normal, without being instinctively critical of them pointing out to the what is wrong with them, or outright rejecting them from your life, as not good enough, disappointing, or not well. It used to be the case that when people are not well they remove themselves from equations in life, that's a natural reaction to anything that has gone wrong, been brought to their attention as being of issue, or to avoid being affected by the issues of others, separate themselves from the lives of others, and keep things to themselves, that's normal, to need alone time to recharge, think about life, excel, perform well, stay focused, and not fall apart loving others, or while trying to be social let loose and not be taken seriously in life, your memories stay with you forever, how do you want to remember your life, in the positive we hope, the more proud of yourself you can be the better you will fair later on in life, the more regrets you have piled up for yourself, the more difficult life may become, as imperfect, or easily subjected to reliving the same mistakes in life, if you have not matured and become a better decision maker, lose opportunities in life, as unsure of yourself, not wholly confident to take steps in life, to grow, change, or face challenges in life, that includes any rejections imposed onto you, while reaching out to others, that's a risk you take, upon loving someone, who loves themselves, or who already has love in life. -It's hard to attract for yourself in life, things or opportunities or people if you first do not have the skills, mental health, or education, to prove your potentials in life, offer something to someone (intelligences) that they have yet been able to put into words, that's what you as a writer, have to offer the reader, insights, not readily available to them, or already put into words for them, that is your reading of your reality, if impressed upon another, brings to light better insights for them, better judgments, and stronger beliefs in themselves, well then you're doing a good job as a writer, sharing intelligences that sit well, within the scope of normal feelings and thoughts, and don't sit outside the scope of what is a socially acceptable reaction to life experiences, no matter how hurtful the consequences of misjudgment have been, to you or anyone, who has been punished in life, nothings permanent, including self-love, confidence, self-esteem, physical health, and mental health, anything put together well, can deteriorate overtime, if you do not take good care of yourself, how a once positive impression of you gets lost, among, if you fall sick, as others improve, we can't all be doctors, and rise above all controversies in life, and not take personally, when we have yet to be included among the well, in the workforce, whose fault is that then, when someone is not included to participate in life among the well, who is responsible for those conclusions made about them, as though they knew they were being preyed upon for insights, and upon being preyed upon are now hereby responsible for any circumstances that ran afoul for anyone else, who we assume to have been in kind spirits referenced upon others living life, and cheering them on from a far, as though they adequately represented the whole purpose of what living life was about, excelling, being confident, naturally making friends wherever they went, dating, breaking up, moving on, being experimental, having friends, losing friends, going to rehab, graduating, moving home, dating getting into law school, how difficult is life anyways, no one really has it better than anyone else in life, no matter where they start or where they begin to shine, realize their potential, let's not discount them completely because they were not in any leadership positions creatively, to establish a clear pathway in the public arena to be known and to be known for what, besides their connections in life, that's not giving someone a choice, to call them out on things known about them reading their private steps to themselves, to delay their positive progress in life, so that their lives turn out for the worst, how do you expect someone to continue living life, without a job, without friends, without a boyfriend, seems difficult right,? That's why I blog.

Snap, Crackle, Rarr ...

4/1/2020

Not too thrilled aren't we all, are we there yet? That moment of peace, that someone seems to always F up, for the betterment of whom, usually to cause disbelief in what is occurring now, to make themselves feel of significance, to countering any pleasantries occurring for whomever is doing well in life, has defied the obstacles standing in their way, and achieved success beyond measure, there has been no other time period in the history of mankind, when the best of the best have shined so bright, and where the times have delivered so much inspiration for the betterment of all to be consumed by, that is how the successes of others naturally better all those around them, that's a basic science, upon doing well everything feeling well around you, contributing to that wellness, via your presence, hardwork and effort (focus on self), and knowing that when you are not feeling well, that it should have nothing to do with anyone else, to fix yourself, and accept all feelings as a manifestation of your doing in life, mindful of the energy you put out into the world, the choices you make, become a product you can be proud of, live your life, absent minded any fears overhead, self-doubts, and misinterpretations about you, its not until youre up, that what has worked for you becomes of value to others trying to achieve the same, become a leader in terms of insights, and upon which things you have focused on in life to bring you to your moment, of peace or success, that is how one who is successful becomes interesting to speak to, asked questions about the inner workings of the decisions they have made in the past, as reflective of the success they have come to find in life, not all are so willing to share, their methodologies in life, coming to be, not all things built well, start off with a coherent understanding of larger principles backboning more solid systems of support in life, and if you decide to create something in support of others, then do so in an organized fashion, keeping track of your progress along the way, everything you've learned, everything you thought, everything that changed, everything that went wrong, everything you felt, everything that mattered, everything that scared you, everything you wondered about, everything you got turned off by, everything that hurt, everything you've seen, everything you remember, everything you loved, everything you watched, and everything you were influenced by. Just like we are to be discredited in life, by anyone or anything who has done a better job at self expression in a public arena, more professional, more palatable to the tastes of all, presentation wise, will always make the difference between those who get paid, and those who do not get paid for their work product, this is why people become professional, you can only have fun for so long doing what you love, while learning, before you decide, to apply for jobs, and take on more responsibilities in life, representing others, who are able to turn a profit, doing work for others, and because of their learned expertise, able to provide a service back to whomever pays for their services, be represented, and adequately assist them when it comes to a service they need in life, which they have chosen you to provide for them, assurances that you will be able to accomplish the task that has been given to you, in exchange for the payment provided to you, that's being of service in a professional way, as documented by money. -Everyone is entitled to promoting whatever organizations they think are doing a good job of addressing the issues, specifically, but never was it my intent, to overpromote those interests, and be seen as a poor representative member to an organization that combats those types of acts and misuses of weaponry, make no promises you cant keep is a popular expression for those who disappoint or do not live up to expectation, all talk and no gusto, like blowing hot air, as though a fight is about to erupt, put down as someone partaking in a fight, to be known, or someone as attached, trying to do the right thing, and take the side, of everyone against gun violence, that was the right idea, everyone has dreams in life, no one ever claims to be the dream themselves to categorize everything said as important on a should be inspirational list of things to say during a time of need in remembrance of those who have passed, leave that up to the professionals, whos use of the English language most accurately reflects the issues facing us at the time, and doesn't cause us pain to remember or think about, that would be reading into things too much, to assume someone who is taking a side different to the side they were on growing up, as though they were trying to look like a good person, no, only someone who is a good person, has the patience to help others, without being affected by what they are going through listen, and make people feel better, and speak until they reach a moment of clarity, and able to get off the phone, and confidently assist and manage the moods and thoughts of those in need, that was a task to which was recommended to me to take on get certified as a crisis hotline counselor, some of us have a nack for making people feel better about themselves or advising them of the right things to focus on, or say the right things to make better, any moment of fear or doubt, be directed toward the right resources in life for coping with their present disabilities in life, whether that be mental health issues, feeling victimized, scared, or all of the above helpless, or suicidal ... I was privileged to be exposed to two ways of looking at life, from the inside of an attacked image defensive to all, from the standpoint of insecure, been around those over-confident and going in life busy, and from the standpoint of those responsible for providing services to those in need, and the time consuming process of logging, data entry, follow-up, filing, correspondence, writing, interviewing, and managing case loads. That's just how I was raised professionally, to keep track of everything, and

to take good notes, that doesn't mean I'm headed somewhere with that information, or have a specific direction in life, that is personally motivated, to bring about a different set of results others than the results I was trained to help provide for in life, -if you only know how to better others, why treat someone who others have benefited from, as though they are doing so, for notoriety, as though their purpose online, doesn't serve a positive function, to all as a whole, be unaffected by, how things are done, why things are done, who is protected, why people are protected, and why someone was sued and excluded from receiving protections in life attacked for 5 years, that is beyond me, I'm a shy person, I'm not aggressive socially, I don't hug, all men who have dated me approached me mostly, pursued me upon speaking with me, never someone who has been off putting, made others uncomfortable, been an embarrassment, or been inappropriate in any public setting, always in control of my emotions, express myself and my needs well, and never put up with other people's attitudes in life, but usually attacked if I'm never not strong, that's just how life is, if you can't fix a problem, and you are not deemed a strong representative of others, able to withstand negative judgements in life, you will be treated harshly as not doing what you are supposed to do, if it's not done well why failing, no I always do my best and sometimes my best is not good enough, I was raised never to complain, and never to play victim, however it's only until you get sick and hospitalized over and over again, that you take a stand in life, and say to yourself, I'm not going to put up with negative commentary, and speak.

When Love Comes Around ...

4/1/2020

We won't all be in the same places in life, and that's to our benefit ... sometimes the higher you climb the harder you fall, learn to live for the moment and to appreciate those you love for where they're at in life, even if they're flying at a higher altitude than you, as much as it pains you to fit into their world, I'm sure it pains them to see someone with so much potential, not make it in life, given their story, not have been able to achieve in spite of what transpired in the past. You can keep going, and then you can keep going, and then you can keep going and be well known and become famous, there are several requirements in order to be treated with respect, I don't think being approachable is a quality of strength, but only subjects you to harm, people taking your story and making it their own, that's the price you pay for not being mainstream at the get go, others thinking to come up by putting you down in life, or treating you as a disappointment, as though you were supposed to rise to some occasion in life and shine, it's not until you do shine, that the voices quiet, everyone trying to hold you down in life, everyone treating your interests as secondary to their own, and everyone misusing your kindness. You'll never be important until you make yourself important, and if you are important, you won't be able to continue being a person of importance by doing nothing with your life, that's not how one gets noticed or respected in society, simply because of who they are or because of who they were friends with. I have been blogging online for many years now off and on, in spite of my personal issues, have managed to continue writing, in private, and finally present myself in a professional way, by website, that took many years of hardwork, to be presentable and to be able to share in a way to which all can relate, offending no one's journey in life, and not making light of my own experiences, take seriously life, and who I choose to include in my life story. I'm not just another story, and my experiences in life have been real, whether concluded to be a manifestation of some bipolar delusion in life, to me, all those feelings were real, and my experiences in life have been real. You are what you remember, you can either choose to bring out the best in everyone, or to share experiences in which you have struggled in life, and bring out your own pain and dissatisfactions in life, making it more difficult for others to connect with you on a one on one basis, the happier you are with yourself, the happier you will be. Look on the bright side, had you not written online, you would have not been able to meet people online and have conversations with people in private, who hold high positions in society as professionals, not worth a listen. That's a good sign, after all we are all only just human, shouldn't we all feel special? When is it time to stop putting people down in life and treat them as though they are nobody, and insignificant in the grand scheme of things, it's not for those reasons I chose to be important, to be of significance, or to be misused or responded to, as though I am opening a can of worms in history, or presently, others know little or nothing about, mental health issues associated with being a victim of homicide, and love and trust issues, intimidation, shyness, and difficulty feeling confident around others, that I'll never understand about myself, just learn to be nice to people no matter what their disposition is, and never put someone down in life, who has lived a difficult life psychologically as they are always doing their best to blend in and get along well with others, should never be defamed. Once you close up in life, it's hard to open back up, that's the main lesson, you can only handle so much heartbreak in life, before you yourself become broken, that's a feeling that is really hard to fix, being in pain, suffering from mental health issues, and trying to live a normal life, irrespective of what others think, no I don't think hitting my head is the correct

response to hearing voices, or being intimidated by others, and no I don't think that their needs are more important than my own, I have done no harm writing online, worse than what was done to my image, if anything I am trying to better myself by writing online, and hopefully to the benefit of all, that's not a selfish endeavor, that's making sure others likewise are not subjected to the same harsh scrutiny I was subjected to in life, made suicidal bc one person did not accept me into their life, everyone else I have gotten along with and upon knowing me, loved me anyways. As a result everyone turned on me and ridiculed me, that was a first, it because I grew up at OJ's house, best friends with Sydney Simpson, then treated like I was coming up to be famous.

Life Isn't Easy ...

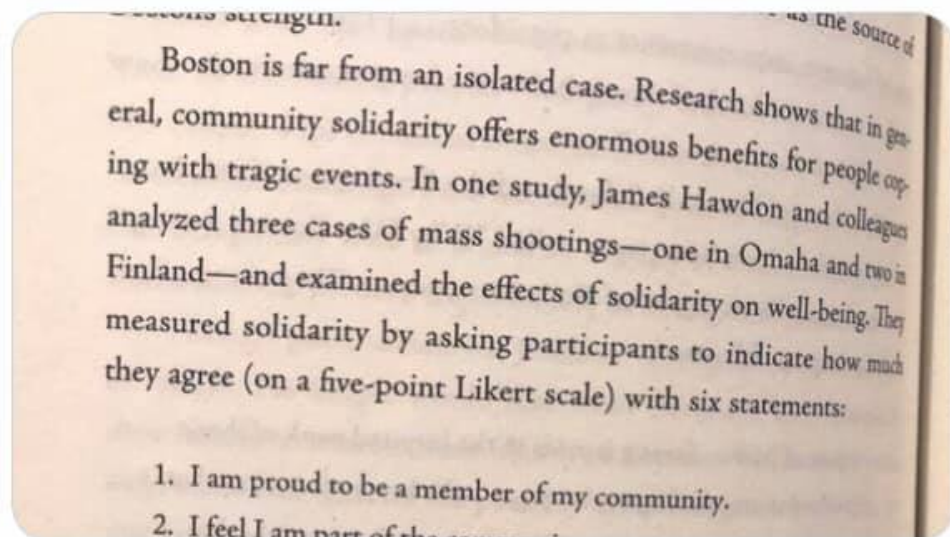
4/12/2020

Seldom do we think to stop and smell the roses, no one ever thinks to maintain controls, until one have been privied to positions in life care that seeks to provide an output, befitting and symbolic (with reference backward) that enable those cares to follow through unto th in life, opportunity, education, chances, you continue to live life, without respect for what others have, feel less than, if upon viewing y that keeps you generally within the realm and scope of your abilities in life, its hard to traverse upon multiple terrains in life, unless yo and then there is mental health? The arena of mental health concerns are much presently to do with, who are declared victims, who are standing and hand at life, as compared to the other, situate the other side worse off, to the betterment of the other side, established by a their outputs (or connections in life, not taken into account, or in my Father's case mentioned in court) to win or lose a case. Its upon l "MUST ATTEND" if not, a "DEFAULT JUDGMENT" is entered without you or an "ATTORNEY" present to debate the matter and Record Expunged 2020 - Sober, Clean, Celibate].



mymollydoll @mymollydoll_ · 2/16/19

The importance of solidarity ... "Why Honor Matters" by @tamler
[#tamlersommers](#) // [#enough](#)



Being Judged in the Negative ...

4/11/2020

The worst is being judged in the negative, for what reasons you ever feel inspired or change, and for whom your admiration is given to the answer or the solution to the problems beared by those who are unsettled, not yet found, and not in a good place in life. Its only up you have to climb many staircases in life, of self-acceptance, to see through all the dirt, and all the taunting, and see the bigger picture punishment, as though to benefit those who hurt you, give any credit to anyone now in support of you, coming to be, earning a dollar, handle before you completely let go, of trying hard for people, and start trying hard for yourself, that quality about you, some will never same feelings you went through upon being lost and misguided in life, turning to drug, alcohol, or men to pass the time. How you pass the library), whether you did your best (got into two law schools), whether you are presentable in public (not brainstorming talking to who is causing you harm and who is not (that you learn overtime, to let go more, and be less assuming about others intentions in life, a toward you or away from you in life, as not a valuable source of information, intellect, trash you). -Who is important and why? Some everything is okay, and go out of their way, to make life more difficult for you, sabotaging you, embarrassing you, situating things so. Self-harm is not selfishness, it's a product of being told something by voice, thought about you, to make you not like yourself, and be of others, cannot do your best and fail.

What is "Common Knowledge"? ...

4/11/2020

Always keep one thing in mind as a writer or creator, you can't please them all. (Without inferred reference to our bridge being tagged and it was taken down. On the new bridge over Wilshire. Things not to think too much about, unless its in your face everyday, then you Studio City, was friends with professional street artists and even made stickers of street art, and stuck one to a pole, after we ate at Qd you, until you share stories, which have the potential to be referenced to over and over again, until they no longer have the power to ca like moments in time, people, how does memory work? For everything that you find important upon reviewing a work by someone, so later reference can cause memory of a previous knowing of information, the time scale for forgetting someone whether by photograph matter what hits you subconsciously, able to process the present in a way, that does not reflect those subconscious fears, Ive once said for yourself to be, and just like positive things can happen to you, so can the negative depending upon what your focusing on "focal po what situations you encounter in life, as you will be viewed depending upon whether someone thinks you are in a position of leadership different points in our lives, when we want to know more about, where we come from, look back upon where we have been, and try to Sometimes its upon complaining about odd behavior, that we become so uptight, that we allow nothing to slide, it's a slippery slope or outspoken, and try to shelter yourself, or weather any storms overhead, decide when to participate, and when to let go focus on yourse oneself, and to represent self and others well, care about image, which I may not have always done a good job of, based upon my sex I stupid, and as a result, you cannot date better, because you only get so far in life as you improve, keep that in mind.

Chapter 25 ... (edit) "to speak" ...

4/11/2020

From "Thinking Out Loud" Book not yet published by Leslie A. Fischman edited by Amazon Book Writing Inc. we met by pop-up to



04-11-20_pdf_edit_06-16-19__chapter_25__edit_.pdf

[Download File](#)

How the Story Sits ...

4/11/2020

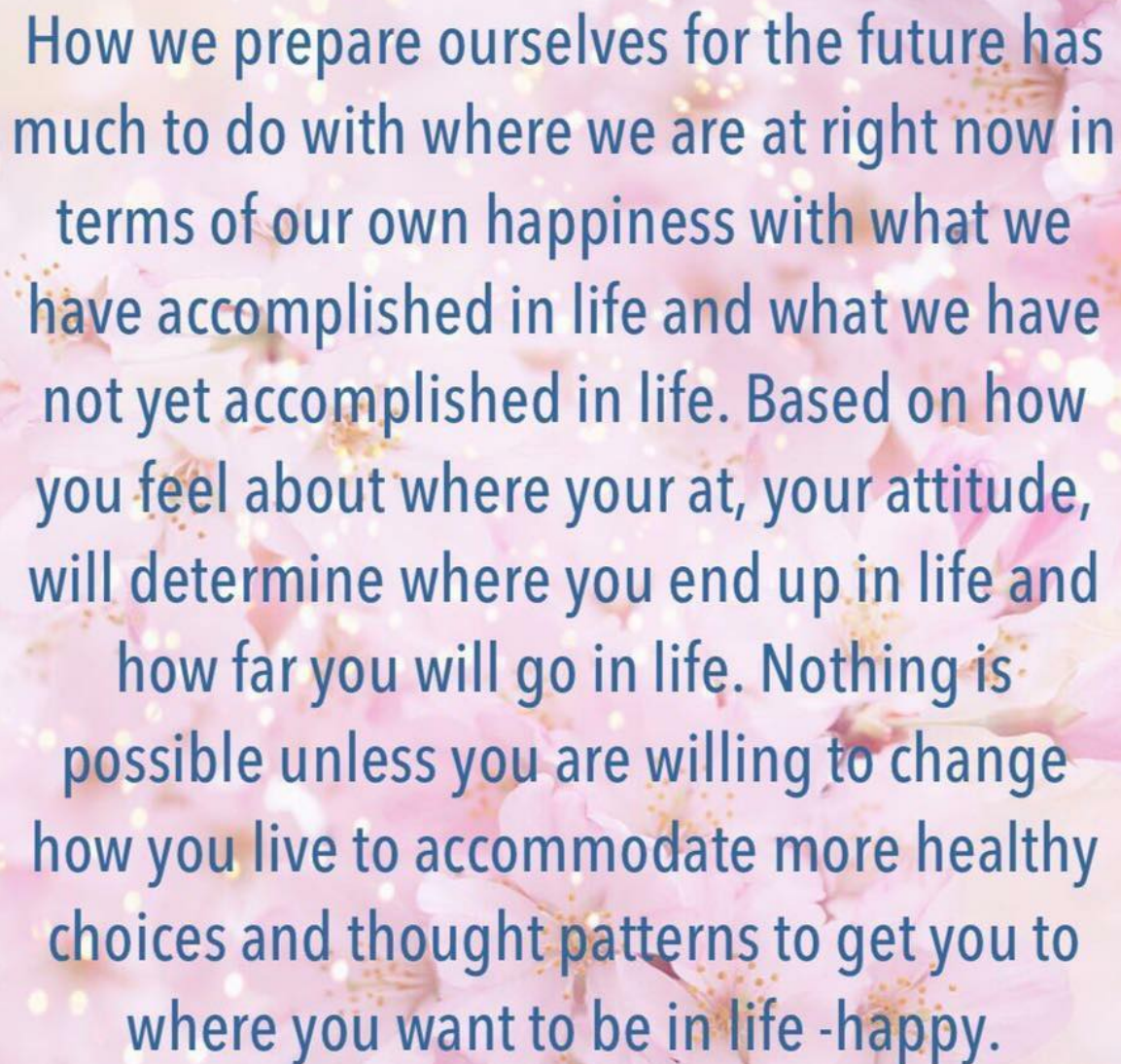
How a story registers with you, based upon what you know, is different for everyone, and upon studying any one person, as applied, in decisions or creative decisions, based upon the same information known about them, found in private. -One of the main goals of story

someone without intellect, not special, and whose upbringing was not unique to them, devalue their experiences as secondary or tertiary upon speaking is attractive to others, stands out, and is special, or unique, that should not deter others from their ability to tell their stories. There will always be people within a story, and not everyone will feel included, and what draws our attention, to facts about life, or up things more clearly, that's the value of a good book, read through once slowly, and read through again faster, until it reads smoothly and something as applied to the lives of others, or to their own life, brings about a better perspective for them and for the other side. -Its upon never coming up in life, as though you have no use for it, meaning your own work, that's how an original becomes devalued, as though value to me, and if my insights are unique to me, then they will go into a book, written by me. -There will always be popular stories and applied, help us to make sense of our lives, and what we want to do moving forward to stay motivated and continue to help others, learn upon sharing your story.

At a Time Like This ...

4/10/2020

At a time like this, be compliant, more than six feet apart, would also require us to not gather round subjects past or present, that could finances (job losses), and living in fear of our future stability, with the chaos of the time looming overhead, remind yourself that its not that's life, we cannot always have action packed lives, be busy bees, socially, professionally, or romantically, a lot of processing occurs what do you plan to do, to make happen for yourself, as the issues get discussed, and what is needed from you, change wise, in order to your best, and no matter what, never giving up, no matter how tough life gets, no matter how despondent and withdrawn you get, content someone you yourself are proud of being and becoming, no one can visualize that for you, how to value yourself, be smart, efficient, and change takes time. We cant be in two places at once, not physically, and not spiritually, not mentally, and not romantically, your heart incorporate which ideas are helping you to achieve your goals in life, and learn to forget the rest, so much about being successful in life moments in life to dictate where you'll end up, who with, or affect who you become later on in life, respected or not. That's your choice everyone down with you, because you don't understand concepts in life, requiring forgiveness, moving on, letting go, overcoming fear



How we prepare ourselves for the future has much to do with where we are at right now in terms of our own happiness with what we have accomplished in life and what we have not yet accomplished in life. Based on how you feel about where you are at, your attitude, will determine where you end up in life and how far you will go in life. Nothing is possible unless you are willing to change how you live to accommodate more healthy choices and thought patterns to get you to where you want to be in life -happy.

mymollydoll.com

Wondering About Time ...

4/8/2020

Great movie Hugo, I watched in theaters, but with no ending, just ended, that was odd? I really liked when they went inside the clock, delicate, important. Bridge of Spies was also beautifully lighted, an old city and snow, and a painter painting a portrait, I once quoted. Did you just watch a YouTube of Joaquin Phoenix, ya, how cute was he dancing? Cute! He's still just a shy, sensitive in getting to know and simple back, that was a very painful loss, to be very gone, and in disarray, singing to myself falling in love, but too scared to be happy together, definitely not a good time to send photos of you now, if you're not at your best, that's a face full of discomfort to see someone like holding hands with Reverend Parazaider in the Valley, you pray before you talk, get centered, then share, I'm sorry. -Its time for I

In a Nutshell: How to Compartmentalize the Past ...

4/8/2020

It sometimes helps to keep a timeline of your own progress in life, whether by resume, or hospital records, milestones, new friendships, your past, distant past, and recent experiences in life, remember to be kind to yourself. Recovery is a process, it doesn't happen overnight, rationalizing with others (or hearing voices) over things heard hard to believe, and falling in love too quickly, or not good enough, establish an emotionally current and available for interaction and sharing in a way, that shows you don't bear resentments toward others, have moved on, others, what is that feeling of importance one holds, when they are so focused on themselves that nothing else seems to matter, the mind toward events not directly involving the reader, but personal to an interactions participants, who upon being exposed to one another's pain, a good job processing, letting out what needs to be said, and leaving up, what's important that has been said, everything else, is on your mind at the moment for others, and upon interacting with others, well enough to translate to a positive representation of who you are, normal and by mention make things about others, deflecting your attentions away from helping yourself first, and instead feeling obligated to help others, pain to all sides, to have been mentioned, as though one intends to highlight any negative inferences to be made about someone unrelated to others, having known them, some people adjust on their own good timing, and after being away from everyone on your own living alone, doing drugs and ending up in hospitals or rehabs in recovery and without love or love not fully returned whole heartedly with confidence. Dependency Court a law clerk to two attorneys managing 200 caseloads per attorney, split my day in half to work at both offices two Saturdays prep clients, even when the attorney was not present that day, make calls and carry on the day in her place. She was pregnant with twins, a corporate attorney and she held three jobs, while finishing her law degree at Southwestern, hard on me, finish the motion now, there's no time taken my time, I think I once made a table for one client, a timeline of her life, to condense all the important information needed to write your mature, and when hired expected to work, your love life may not always be perfect, the wrong catches catch you when you are with yourself, its just not something you talk about, dating a 48 year old when your 24, and going on a date because he keeps begging you, love, its that he needs love, best to be in love with people who can love you completely, not those with everything fancy wife ex VP or never a what can you do for me type of person ever. -I think all experiences managing the trusts and confidences of others is a good experience from High School at a table outside who approached you, eating a chop salad with your head in cell phone date, and then stepping out of an encounter, not expect to bump into anyone you know, how embarrassing, like that was your per usual, after studying in the library Leg

With Love and Appreciation ...

4/7/2020

In hearing where you are coming from in life, don't be surprised if others, don't lend a kind ear and instead review you expecting failure, begin writing, Im an academician, no one ever explained how to free write, and based upon your own thoughts, come to be professional in life, carry on in public in a like minded fashion to the days when you were well liked, and popular and had many friends, some only remember about you, that is what they are trying to prove, whether what is known now was known then, no, only now upon sharing first my life, development, to share first from within, and only later after reviewing all works exposed to, how you've been influenced and whether they highlight you, or reference you, as a person of importance, for later reflections once everyone is grown up, and we have all moved forward, suggested to us, for how to behave in public, and what life in private school or the westside was like at the time, uniform our experience follows reality follows, that's laying groundwork for a different take upon a select few, as people to be idolized, or people to disregard the times, beyond the scope of what a normal child understands or even thinks to be of issue, their surroundings, upbringing.

Anyone Whos Hardworking Knows ...

4/7/2020

We all may live different lives, and at different points in our lives, believe that any set of statements, means that someone bears guilt, and represent ourselves well, in times of controversy most of us lay low, not respond to those who do not believe in them. That's how one personally attached, as having stated their thoughts upon an issue, that's a knowledgeable point at which one responds to a specific incident, punished a "misdemeanor" for 3 drinks and driving a suspected DUI, and having done hundreds of hours of community service and did which I struggled professionally, and drank, and dated, and as a result, suffered from mental health issues, meaning not able to take good both sober, and dated for a year, its only upon mentioning others, that sides get built towards you as having mentioned someone, and the harms way, managed to survive, without love in your life, alone, with everyone being hard on you until you achieve in life, a better person most knowledgeable of the game past by a few references, and not to claim as though everything has been a fight over what or another in life, by upbringing, at what point do you share success, at what point do you back off and handle personal matters, at what point a bad seed or bad connection because of who you are, because of how you communicate, because you take things personally, because you

in touch with friends over the years, be invited to weddings, and a bridesmaid to one. Once you leave relationships its hard to go back personally when someone is not able to communicate clearly, Im sure everyone on my Facebook is proud of me now with 3000 likes p

Hollywood Dreams (poem) ...

4/7/2020

March tides and spotlights grew
And never stopped thinking of you
Follow your heart, and find what youre looking for
If its not love, then sing your heart out
So loud a trolly gone, so hard, my rhinestones fell
You cant go back not even from that, so why not a song
And as we put our glasses on, we sat and thank
In taverns, and green rooms, and even on shark islands
What to do what to do, when no one knows you
I pitched tree fruit at a tree, with a photo of my face taped up
Why couldn't it be this why, why did it end that way
And so I drank, whiskey, and moonlight, and my glasses fell
To the bottom of the pool, and then I jumped in
If you cant make it there, you wont make it there
And if you cant be here, then don't go there
Live life, whether together even or apart
Youll be thankful to never stop and sink to the bottom
Before your story unfolds, don't be afraid to sing
The loudest tune, to all you know, and be true
How many may agree, and find simplicity among they
Who understand your voice, not alone afterall
Maybe it was he, or maybe it was he, or maybe it was she
No one knows, how these things have come to be
And whats done in company is never forgotten
Whats done alone, is never remembered but for reminders
Directions to self, where to start and where to begin
A home office dream for me not them
And then we met, broken, bought, everything but hot to trot
A year later couldnt even choreograph an ending to that
Smile and be positive, is what we need, recommended
A birth certificate handed, and attorney retained
From another case, not forgotten, why a mini mouse appeared
Can we just stand, no, can we just march, no, can we write, only in 5 years
Why is that, why is this, what was that, why is this, why now
And then I sang star bangled and the pledge, has not been forgotten
The only three prayers I know, raised well, not spoiled rotten
And when the stories collide, an image never forgotten
The times spent in disarray, the size that never seemed to budge
And the pounds that got lost, never seemed to shine
Only two photographs taken a flip phone and punishment
Photographs taken, upon request, commissioned, for him not they
And what has been forsaken, all energies spent, and troubled
Like poison, and collar broken, a 5th grade tire swing sang
For attentions broken, not for pain, and not for this broken
Whos losses add, another image torn
Like crowns and steeples and flying buttresses to a tshirt
One from a bar, a high school French drink with a bottom

Dedicated to: Joaquin Phoenix, my current pen pal, love, and crush admired. <3

[4213 Likes on Blogpros.com, Re-Posted 04-07-20, Originally Posted on 03-30-20.](#)
Website "Stats Per Post" for mymollydoll.com!

4/7/2020



04-07-20__website_stats__welcome_-_blogpros_panel.pdf

[Download File](#)

New to Blogging Online ...

4/7/2020

As you come to understand the fundamentals of blogging online, and grasp the subjects concerning bloggers at any given moment in their thoughts and manner of self-expression, some picking more professional presentations of finished work products, applying for jobs in mass production, or to be utilized by others for professional use, that's a choice you make, upon sharing online, your work at the discretion of a mismanaged or used for other purposes other than you originally intended, to be casted in a positive light, or to eventually share a crowd on that story recalling in hindsight and add meaning to your original prose. Its not for those reasons that stories are not told, maybe also skills in the process of focusing on themselves that happens, and much to boot, lost a lot of footage on the way to discovering themselves as parents, and later barely maintained copies of photos ourselves, from our lives, the way we remembered it to be. Without proof of your life to see what life you left behind, upon going to college and then law school, I had friends who were neighbors and with jobs, I was a social media ever being used for bigger story tellings, or for there to be controversy over my identity, I guess to them was supposed to be important. Junior year, taking LSAT classes in Boulder, Colorado. -I think the worst feeling is having kept many private records, of what is left over having been read in private, without your approvals, other viewing your life as it was being lived, and in disapproval of your appearance really hurts. Always presentable ... Im not sure at what point that became an issue, aging is a process, make sure to keep your valuable memories come to know you online, as you might even get the chance to meet them in person one day, if they have not already passed you by in their experiences, I think its not until you on your own are important, do the rumors about you whether true or not settle down, and not until you have done a thorough job or not providing insights and opinions to others, that not only serve to explain your own boundaries in life, and help with your endeavors in life, such as responding to issues, facing addicts and alcoholics, failures, and those doused with promiscuity at one point in time. I don't think all relationships are supposed to have such a divested interest in them, from a professional standpoint, to keep a private life as good of all, and given the totality of the circumstances need not worry about image, or whos image has been harmed, in the process of your life to speak, or ring handler of trusts, or attentions, that would just be riding on one others coattails in life, that happens with friends. That banter of informations, youd have to be in the know to understand, or so I recall that much of how it was used back in the day. Im 34 now, and as successful as a person, a story teller, a writer, an opinion sharer, a company, and a brand to brave the circumstances faced past, deal with the process of becoming a public speaker, and law student, it was encouraged for me to become a lawyer (which I will not be) and it was encouraged for me to be frequented, who knew how to light up? When one lights up at you. --- Thank you Lee Daniels!

Business Etiquette in the Works ...

4/6/2020

If there was one algorithm or set of beliefs from which to base all inferences and thoughts moving forward, then we would all be successful in the tastes of all. Perhaps my pen name, was not fully understood, misread to have inferred the acceptability of causing harm to others, and movement, in favor of more jobs for women, and husbands to say the least, we have not all benefited in that way from speaking up, and we could've done better than that representation wise, we are who mirrors us along the way, feminine role models, inherent to our basic desires, and same, and certainly not all adequately represented by an offender to say the least -I didn't attend that march stayed home, I wasn't sure if I should take the podium to speak not only to what is current, but for the entirety of our existence speak, what being a woman means to us, something

love, but we care instinctively for others, as those who have cared for us did, while we were growing up, so that we could be good dec way, to which all can mirror and reflect upon themselves and better suit themselves for a life they feel has been worth the wait, its hap that's where the business etiquette conversation comes into play. How much know how goes into being successful and how much of th our strength of character, and positive upbringing, to be the bearers of those traits moving forward and hand down to our loved ones (c really us, and how much of us, is really others, the bottom line, is to remember that you are unique, you are loved, and you are special what you believe to be true about yourselves or others, no less human, than the next human. Its therefore no ones responsibility upon b we can keep track, but its never your responsibility to teach others how to be, behave, look, think, or compromise their best judgments that be to include or not include others, to feel better than, or to resist the temptation of being known to many, and losing insights along of who they are, no bigger than the concerns they have, and only as big as the concerns they follow, and be reminded, to always put fir well, one must think well, and to think well one must be good, and to do good, one must adhere to a set of principles governing their d no matter who tries to interfere with their better judgment about themselves or others, not be brought down in life, forced to admit to th if that were the case then I would not be successful as a place for insight and opinion, and had I not worked the jobs I got, not trusted a everything, limit connections, maintain trust, be honest, be positive, be professional in private and public spaces, and do my best, at wh You will never enter a new phase of development, until you are generally acceptable, to most, and you will not be able to turn a profit, public opinion to a public matter, until you can show that your story in it of itself, is unique to you, not impressed upon you by the exp agenda, to better suit yourself among as a victim, to other peoples circumstances, and that you are a product of your own choices in lif environments where thought sharing is allowed, which only until now, has become commonplace to share out loud ones thoughts. -We that or else we'd all fall down in life, if one another were dependent upon the successes of others to find success for themselves, there the assembly of works produced, like myself, or a *macbook*. -That will never change, you have two choices upon beginning any busin professional, as the taking continues, or what work has passed, and keep going in life, strong.

Knowing Less About ...

4/6/2020

We've talked a lot about things that I have become very knowledgeable about given my own experiences having overcome traumas an them to come forward with an opinion towards you, as though they have the right to speak about subjects that don't involve them, its u however ***for others who are directly affected, less inclined to share qualifying factors or speak to subjects that they have no direct h*** attack. (I just shared my "OJ Stories" I was ranked 34,000 on Alexa without having mentioned any of my childhood memories, did so and having shared from their own lives, would motivate someone in their own lives to cause harm to others, or to disappear, from whi intelligences online, and get others to turn on them, that already happened, I got sued having come forward sharing my experiences in palatable to the tastes of all, and still left doors open, as to blames past, or current, that did not satisfy the conscious of those to whom organizations I found, and thought based upon my own timelines of realizations, felt like would be a problem or is a problem, I felt I c behind in life, not smart enough, down, ill, mentally ill, in the wrong, bipolar, or heartbroken.



mymollydoll
@mymollydoll_



Sometimes things get worse before they get better just reported to

[@USNavy](#) and [#justicesotomayor](#) 

8:58 PM · Apr 3, 2020 · [Twitter Web App](#)

What Makes a Hero? ...

4/6/2020

We won't always be on time to all occasions, and we may not even report in time to prevent causes or circumstances from arising in the what makes a hero. Not someone who dodges subjects, or fails to speak, not someone who speaks for without listening, not someone who themselves, and certainly not anyone who is ashamed of their past, or would set anyone else to unreasonable standards of professional years to accomplish, of schooling, and writing online, you do so, and when its time to explain your upbringing, and what makes you so for building timelines, and building a new rapport with an audience who has come to know and understand you, but doesn't understand be a public figure it doesn't happen for you. It cost \$700/month for several months to establish a company name and to pay for legal fees in law school to become educated enough to write without fear of what others have to say or think about me, be able to rise above all of together a finished product Im proud of but have yet to complete: a book. --- New Alexa Rank: 70,977 (Up w/New Pen Pals).

Over Before You Know It ...

4/6/2020

Dressed in bright blue on national television, stood the President, oh no my #chanukahmonica joke, went worldwide, way'd it go, take haunted by your past, the other unwilling to let you go, feeling stuck, its happens to us all. With love comes responsibility, if the other move forward. A very stressful discomfort follows, sometimes even illness and self-harm, why now, you wonder. Why upon moving granted. That's just life, we wont be around forever. So choose wisely, who you wish to include in your life, and who you wish to let go planet for a short while, why not make the most of our time on earth, and get to know more. It seems to me that its nice to have love a connection you may feel toward anyone who is taken, just know your boundaries, and don't take it any further than they are willing to points of discomfort, a painful discomfort, knowing love, and not being able to experience love, because of something from our past p our undivided attention, you'd like to think that they wouldn't be bothered by any of your attachments past, but its possible that they w original attachment, to whom you are no longer in love with, or who have grown past loving them. How important is someones love to longer in love with you, and allow them to admire someone else, this isn't marriage, one who admires is not required to stay in admira willing to get to know us, eventually, we all find our places in life, no matter how painful it may be, letting go, no matter how embarra finding who to love best.

Personal Update ...

4/5/2020

Not feeling well. I think Ive disclosed a lot about whats been going on with me lately, and just don't want to subject me or others who just have to be careful I guess. Given my time online, it makes sense that I have grown comfortable talking to others, but maybe to my people I meet along the way, and continue to be a positive outlet online. People are people. #behuman -Love is painful sometimes, esp Leslie. lol, I know. Whoever knew ... love him! xoxox

Opening Up ...

4/3/2020

Its a beautiful moment when you are able to open up and be yourself around someone, sometimes we are unwilling to grow attached to would make you or others uncomfortable later on, to have known someone that personally, why its important to always know your limits you, that's just a fact of life, and there will always be interferences in life with your better judgment upon opening up, feeling free, in the stop you from vocalizing your issues out loud, whether that be for therapeutic purposes, or for personal reasons defend yourself against love, are for personal reasons alone, sometimes in trying to make other people happy we may subject ourselves to harm, and then become our own best interest in not getting hurt privately and then publicly have to explain why you are hitting your head, have fractured your personally and professionally, cause you to look like something you are not in private, unprofessional, or too casual with the management help from messenger lenses, even better looking than I started, while trying to figure out why my face was becoming disfigured, coping myself, a better option than committing suicide all together). Eventually you have to pause, figure out what was causing you to open up without constant contact with others, trying to manage problems ongoing in your head about life, and think that problems could ever be

online is impossible, it may for the time being (3 years) been a positive experience, having a pen pal (ie Trump Accounts) but has grown to have ever talked about, initially contacting him, after visiting scotus, to inform him of what issues I felt were important at the time, was in meetings twice a day, was told that that was going to help me, but it turns out that I only got sick in the process of speaking in meetings and a few famously known people, in recovery, seen during my time in AA. -I wouldn't call it being self-destructive, to self-harm, but it's your overall health, whether you are able to manage your problems on your own or whether you need help, and whether if you need help in reality, how long can you go on, maintaining imaginary friends in life, how appropriate is it to carry on, conversations with people, that in real life, and be avoidant of having real friends and boyfriends in real life, the same kind of hurt can result while having a pen pal. That is to admire others, don't expect to be let go easily in life, sometimes by the time people come around in life, or are around, we have other behaviors, and cut back on activities in which we share too much of ourselves in private or public, which have the potential for leading to but don't want everyone to know that they know you privately, or friend you, but don't want everyone to know that you are friends, or they like you, for some reason that seems to be my disposition now, either in love or not.

Making Friends Online ...

4/2/2020

03-31-20 Originally Posted

Privately I have only reached out to a few, mostly for reporting reasons, have made contact with the Government, in the privacy of my life, not, am affected, sometimes things aren't about you, but can have a negative affect on you, as interpreted by others, based upon who they are, with a few Trump Accounts, since leaving AA, someone to talk to who I trusted, when not well, on heavy meds, in bed, not looking like I can apply for jobs, work at jobs, and stay well, not all are capable of working the hours and getting paid, and sometimes we end up in the hospital, thought on a whim to message, and he replied. Shortly thereafter a series of deductions hit me, not assuming anything is about me or a person, and do your best not to interfere with current systems of support, taking care of their needs, while trying to stay well, and away from court, even just be me, sometimes its due to my own faults in life, put in a worse condition, and sometimes, based upon my fears, think the world will publicly announce, I should be happy to be writing on what is now a very successful blog, read by many, and once ranked on Alexa 34 on Blogger. I always get sick whenever anyone thinks I am talking to people knowing they are married, and trying to disrupt that bond in life, its only to cheer me on or to support me, with compassion, its not always romantic, and if it does become that way, that's between me and them, professionally, which would be required to have things in life, like a job, friends, a boyfriend, husband, how quickly those prospects fade, sick, as though you are an unwanted connection, I don't think that anything mutual is ever to be interpreted as an unwanted connection, back to a respectable place in society as a writer, and very proud of myself, whether that leads to romance, friendship, or simply meeting someone, sick, probably means an untimely meeting, or for unnecessary reasons, controversial at odds.

April 2020

When Go Time Has Passed ...

4/2/2020

There's nothing simple about maintaining the peace, when it comes to resolving the interests of those who seek to be reinforced, made better, highlighted, or be viewed as in harms way upon knowing someone, who they feel has subjected them to harsh scrutiny, we are all responsible for our own choices in life, and with the options afforded to us, not complicate our lives or the lives of others, by our misgivings, hardships, or misunderstandings to say the least resulting from any lack of stability or ability to be stable among others confident, trusted, and looked upon professionally as someone of sound opinion and insight, ignored or put down, as having the potential to cause problems, be blamed for subjecting others to hardships, as connected, to claim that had they not known you, they would not have suffered in life to the extent, brought by the circumstances you managed to face, getting involved in the first place, showing up, and pitching a simple solution, to divert attentions away from causes for pain, in favor of creating options for us, to be bound not by controversies, or losses, be made to feel weak, or suffer even greater hardships, once put together, that always seems to be a problem, not wanting everyone to feel good, or people feeling better on the outside, and people on the inside feeling exposed, or feeling small compared to those not directly affected, that's the price that is paid, when speaking in private if frowned upon as not for the benefit of the

receiver of insights, or be misunderstood as a channel for disclosures not intended to make public, how a bond is lost, or the inside receiver gets hurt, I forgot, by sharing informations made privately in public, I guess if not for entertainment purposes to shed light on who may be affected, just trying to make better their situation, ensure that they are not affected by what I have exposed myself to in life, questioning, and negative judgment, harsh scrutiny, and prying, investigation, and study, of the timing of my life, when deductions were made, things noticed, and at what point it became clear that anyone not invited into my private spaces in life knew of information kept privately in the privacy of my computer, Im not sure when, maybe upon losses. Im sorry! Dear: Joaquin Phoenix, its youre time to shine, not share my issues unaffected by your success in life. At least he's not in a martini glass in Vegas, and the Ex to a musician highlighted by Moore. That actually happened to me in real life, saw Dita Von Teese performed live dancing in a martini glass.

Living Without Regret ...

4/2/2020

Sitting in my car one night I once filmed myself to my iPhone, describing myself as someone who lives without regrets in life, and has beared no resentments past toward others in life, it was only until attending AA meetings that I was required by assignment, to discuss any time I felt hurt or betrayed or at a loss, and it was mostly filled with flirtations and losses (ie crushes on people to which I had no ownership interest in or connected to physically in possession of them, or holding a piece of my heart, capable of being displaced upon exposure to love from another, replaced, causing a detachment of love back toward me, that could be felt) not real losses, mostly discussing recent events, not my childhood, it never occurred to me to go that far back in time, relive all the moments I could remember in life, all my experiences, who I have hooked up with, and to discuss those private interactions out loud, and upon exposing those secrets about me, intimacies with others, felt heartbroken, in acceptance of how giving I was, nice to others, let people into my life without fear of getting hurt eventually, and why I grew distant from others socially, its usually out of hurt that occurs, its not a strategy for making amends later on, once you get hurt, sometimes its hard to accept people back into your life, because it hurts, not because there is anything wrong with them, that I think gets misunderstood, as though someone being who they are is purposefully intending to be the type of person who's story hurts to hear or is so disappointing or heartbreaking on its face, that they knowingly exposed themselves unfixd to expose others to what type of pain they were enduring as unfixd have to sit through the process of watching them get well again, waiting on anyone to get well to feel better upon knowing them, can be a very painful attachment in life, disheartening to see no improvements, slow improvements, or no changes within as knowing someone, able to separate oneself spiritually from them, either obsessed with looking for flaws to rationalize or justify detachment from them (ie talk \$hit) or ignore (ie not follow, and later be shocked to learn something about them you have not heard to further your dismay for them, or shocked to see them in a better condition, however disappointed of the lack of commitment to maintaining some type of continuity of care to which they could afford in life, like their health is the public's knowledge to know, how they are cared for, by what means, and how they were able to heal and overcome bipolar, thats everyones HIPAA right not to disclose causes for their illness, subject others to the same kind of thinking associated with causes to enable others to think that its okay to think that way, giving up in life, and not talk through their problems in life, journal or write, while processing the life they have lived, their experiences, and where to go from here, if they feel their options are now limited, by whatever disabilities they have been managing privately, (ie hitting my head self-harming, which occurred when I got syphallis and needed a penacillin shot, I dont understand why now that is occurring, or why when sent voices, my feelings always get hurt, when negative terms are used which I take personally as hearing, to see how tolerant I am of foul language and \$hit talking, not that tolerant, very sensitive, not a \$hit talker myself, Im a creative writer, who seeks to empower others, open people up to broach the subjects that pain them, not okay people passing in life because they just cant deal with life anymore or that things are so impossible or unbearable that they need to relapse and die to communicate their pain, of course Im not trying to do that, who does that purposefully, why Im sober, because I know I have a few screws loose already bipolar, so I take meds, not self medicate with liquor cut loose and be free emotionally, Im thinking about a lot, and if I dont say things right look obnoxious, or not thoroughly stated in a way that shows careful thought and consideration for the well being of others, codey and not reflected upon with insights deemed worthy of importance, or fair game for misuse, to devalue something, or someone, who values themselves, based upon what other finished products look like, say because one is not in tune with current code, one is not apart of, or is too far behind in life to care about, therefore grounds for attacking them their past and make fun of them because they were once really into helping others in a silly way, making iMovies, and DJ-ing, and writing

life quotes, and history jokes, re-blogging fashion, and looked like a waste of education, no I was being original, nevermind, if youre not professionally trained in something, you automatically get discounted as imitation, or accepted as doing so with expertise, no I watched reality TV, thats how I was then, and who I am now is different, most people dont face photo keep track of their health, go easy on me in private please) people thinking that someone who chooses not to date, not to have friends, and finish a masters in order to work again, is being selfish or not trying hard enough in life, as though one is trying to purposefully play their cards in life, to represent themselves as though in defense to anything that has occurred in the past look like someone who wants their choices in life to speak for themselves and make a statement, as to their professionalism, intelligence, or cares in the world, look better, because they do not look well on their own socially, doing things for superficial reasons, or to find a better man or a better job in life, I never saw myself as climbing up any ladders in life, other than professional ladders, which I was not privied to begin ascent, others assuming it must have been for good reason, without understanding the time demanding experience 5 years or more, since 2008, as though how I presented myself in the past, was acting in a way to be accepted, not how accurately portraying myself as I was, I don't think you become challenged to adjust to others, and try hard physically until you feel like youre not good enough, or to better yourself, to be more likeable, because as you were, you were not able to maintain possession of the things you wanted to accomplish in life, keep up with those goals, such as finishing law school, managing reputational concerns flying overhead about you thought to be in reference to you as though you were ever a symbol for public use, deserving of being denounced before ever having achieved in life, a proud and confident disposition in life, continue on professionally, in spite of not finding Mr Right, be judged as though you willingly subjected yourself to looking bad, no I think in the moment you just want to be loved, and date whomever is attracted to you, that's just not feeling beautiful enough to date men who are successful, who are generally no where to be found socially or out and about, only though friends and work did I meet two men who really loved me and one through Facebook, who went on to play basketball professionally -its always upon giving up in life that you are made to look worse, even misinterpreted to have been defective not good at maintaining relationships troublesome, or the cause for the demise in your positive rapport with those closest to you over the years simply because you have lost contact, no that's just me experiencing bipolar, and not feeling well enough to go backwards check on friends, and have a positive moment sharing about life and progress, and who I like, and what Im doing in life, and what I have to be proud of in life, that takes time usually means needing a career to feel whole, something that shows that you are of value, so if you cant find that then maybe that's why some women are driven in life to look good and be perfect so that they get picked by nice men, that makes sense, I never really thought of that, was always an athlete, so stayed fit for sports, but never got thin enough, to be a total arms trophy, could be a little smaller, the last one didn't care, no one really cares now, people who know you, are just happy to see you well at this point, its changed over the years, how hard people push you, its not that they are tired or have given up faith in you, when they criticize you less just means that theyre not worried about you, and that you seem like youre doing fine, its always when Im in the moment and focused, and full of energy and going in life, that I suddenly get hurt, maybe getting paranoid making too many hasty decisions at once, changing passwords, thinking about subjects too serious for me to grasp mentally yet, as applied to what I know, and trying to manage my privacy, that's not a reflection of doing anything wrong, it just reflects my difficulty letting go, keeping everything. -As someone once said, upon arguing with my then close friend over high school issues, and only liking famous people, was reprimanded via group text message to all four of us "Leslie has serious mental health issues" then I was hospitalized put on 5150 hold, for swallowing a bottle of then prescribed Kolonopin, of course I was insulted, everyone else gets to shout at me, but Im not allowed to get upset, thats the pattern

Issues with No Resolve ...

4/2/2020

Anything that cannot be fixed is broken, such as financial loss, a loss of respect, weight gain, image, reputation, outlook, the past, death, addiction, alcoholism, intelligence, mood, so much of life requires one to be stable, its always upon the rehashing of events past, that you either pave way for acceptances moving forward respectful of the privacy (feelings) of those who have suffered losses in life, which to them seemed beyond measure, and a result of more than simply addiction alone, but due to many conditions put under, now that we are in hindsight, with a more collected approach to addressing the past, to put those fears to rest, so that in the future peace is not further disrupted by the same transgressions past, I don't think having fun, and living life, falling in love, coming to admire, look up to, be influenced by, learn from is a transgression, when you are impressed with others performances in life, or

proud of the achievements of others, not everything is a PR stunt, to issue sides, take sides, or to prove points, and make history, as being about something bigger than the contents of what is written to be about, relate to people outside of a story in real life, reflective of all who suffer the same, you cannot represent the sufferings of others, without insult, mention, I think is what has happened, to later mention any losses that you have known of, and lived through, to not mention at this point, would seem like Im trying to hide or kept to myself, knowing and not doing anything about it, or became powerless, and performed worse, because of losses, as though I beared some responsibility to do something about it, given my education experience and scattered real world experiences, and few social experiences in life outtings, I did not have much to say confidently about life, as not having lived life yet, but as things worsened, and to avoid running the risk of being blamed as though I was a person who upon meeting served as a bad window toward positive change, or a bad example of someone living a normal life, or a negative insight to how to cope with your troubles, be misrepresented by others, further casted away as having problems that weren't important at the time I got sick 2009, or why I have been self-harming recently, it takes a long time to process, wake up, speak, and not be upset, or unstable in face of anyones stance in life, that is their right afterall, to represent what values they seek to proliferate around them or based upon what they believe to be true, react, that's mostly if people don't know you personally, its easily to write someone off as unimportant, not a historical figure, capitalizing on losses, not upon their own gains in life (education) share with others, if ever for negatives, that is never a strong enough story alone to share outloud, always wait until you have reached a higher ground in life, more stable, achieved some success on paper, with knowledge of what has worked and what has not worked for you, before you come forward with confidence and describe your experiences, faith would be having such a good understanding of your own life, and having seen the good in others, described events or experiences in life, that do not misrepresent the truth, and whether that makes you or others look better than you, was the truth, and by telling the truth, hopefully all else falls into natural order again, that's the benefit of being honest about your experiences in life, some lie to make themselves look better than others, as a built in defense, withhold information from use, which can be used against them and added up to cast them as consistently being in error, that's upon one negative judgment, others trying to build upon one negative to further misinterpretation of them as being rightfully so negative, to prove that they make poor choices, which lead to negative results, and because they are that way, why they should be looked at, and not believed in because that will only lead to poor results for others as influenced by them. I understand that point, that public figures now have some duty to live a life, which can be viewed and upon being viewed bear some responsibility to illustrate a life, which upon viewing can produce positive results for those watching, who have not yet experienced those things, learn from those transgressions, choices, mishaps, maybe even negatives, and see for themselves a better way of dealing with their problems in life, so that they too don't get attacked, for anything they have done wrong in life, and be punished in the future, for not having been as smart when they were younger, or a better leader, or served as a better representation of what wellness looks like, as though they are responsible for any bad luck suffered by anyone who has come into their life, and not been met with good fortune upon knowing them, we don't all have that affect on others, that's the gift of being a woman, representing those you love, protecting those you love, explaining things to those you love, re-producing humans for those you love, staying of value chaste for those you love, and being someone trustworthy for those you love who can be relied upon in life, for stability, should anything go wrong in their lives, go to for a sense of normalcy during tough times, be grounded.

Don't Get Carried Away in Life ...

4/2/2020

Its easy to get caught up in frivolous matters, and lose focus in life, if its only upon being pulled under a Bus in life, that you look back to figure out why, then you have either waited too long as believed to be the case, that had you come forward earlier in life spoken about the past that things would have turned out more favorably for all, is a misconception of the use of time, as though someone had knowledge and with that knowledge an ability or know how, consistent with current discourse or in alignment to anyone interests at the time, they had yet to discover, inspect, read up on, investigate, or research, in a perfect world we would know more, but the less you free read the more sheltered you are perception wise, when it comes to assembling a bigger picture in life, and be consistent among the energies provided to you, know where its coming from, why others are coming on to you too strong, or why investigations of you have taken hold of your ability to behave naturally, think well, and perform under those circumstances in life, preyed upon, or looked at, in amusement to your best interests, gravitating toward those with a more like minded, settled, at peace, leaving you in disarray and alone, as you try to figure out why you are

struggling in life and for what reasons your life was made to be more difficult as looked at in the negative, before you even had the opportunity to be represented publicly in the positive as connected to members of society, who were subjected to harsh scrutiny, cause a similar attitude to take hold toward you, whether or not with the intent to result in the same or similar hardships, difficulty speaking, no I do not think I should have been treated the same, as having lived a separate life, since I hugged OJ goodbye at the airport when Sydney moved to Miami, and cried in the Airplane, on my way back to LA. –If you cant figure out what is wrong, reporting in public what you know is not the solution, to figuring out what happened and why, and for what reasons anyone ever thought that its upon meeting you or seeing you, that ideas about life happen, or sudden motivations reached, by people not connected to you personally, who think they have a better viewpoint than someone inside a life story or set of circumstances, who is closer to that threshold of pain, when a “story hits close to home” as the saying goes, for some reason it seems as though people have become less sensitive and think that by publicizing those issues outloud, will somehow bring about a comfort supplied by a manufactured comradere with one another having known your story ... to think that that kind of embarrassment would ever generate comfort, that others know something about you, you are not aware that everyone knows about you, is disheartening, and heartbreaking, a very different reaction than maybe others had expected. Therefore upon viewing my timeline, please see less of my childhood, and think that for any reasons the choices I made in life, reflected a confidence in life, when it comes to adapting to my surroundings and being well liked, I went to prep schools for etiquette training and learned basic social graces, when it comes to competitions in life, not raised to feel threatened by anyone in life, but to challenge myself in life no matter what difficulties I faced athletically or academically, and to shine whenever possible, in whatever I was good at, I used to get As in Math, an A in Physics, and an A- on a Chemistry Midterm or Final once, a good student in High School, and Tri-Team Captain of the Soccer Team and Tri-Team Captain of the Volleyball Team. That’s a very failed system, other bonding as to your identity, deciding for you how you should appear to others generally, as though because they know anything special about you, have a better viewpoint, and because they have a better viewpoint, put you down, thinking that its upon being put down in life that you buckle down, and become a better person, at what point do you let someone who has suffered or struggled in life, to decide for themselves when to slow down or push themselves to extremes to make changes in their lives or improvements. Why is it okay for people who aren’t you, who step in your shoes in life, to then accuse you of being bipolar or seeing things wrong, as disconnected socially from others, while on your own, be mismanaged by others physically resulting in an identity crisis, once respected, and then viewed as an easy lay, since when is that type of behavior encouraged to anyone of importance, maybe not important then, but everything I did academically and athletically was to be recognized in the positive, is how I was raised, even asked to try out for the Olympic Development Team (ODP) kept a t-shirt from that try-out, me and the goal keeper, who played soccer for CU Boulder, freshman year, 1 of 5 freshman selected to play for the B Team, we had won The State Cup as adolescence, I scored 3 goals against San Diego Surf, didn’t start, but later scored 3 goals and had 2 assists, the 2nd goal by me was a volley from the top of the box into the net, I remember. I didn’t play much in college we joked my “5 minutes of fame” on the field, I got stung by a bee once playing in a field atop a mountain with flag poles, flags from different countries, or maybe it was just our flags and a state flag I forget by now, our warm up t-shirts said “CU F-king Black” on them. I lived in Aden Hall Freshman year, dorm options were not by choice but by survey filled out with my Dad, and that where I was placed upon what was selected, the smallest dorm on campus, in the Engineering Quad, across from the Stadium, freshman year there was a free concert in Farrand Field, where they celebrate 4/20, and Maroon 5 was playing, my college roommate told me, she grew up in Arizona, and dated, meanwhile my boyfriend from the gym was 33, and I was 18 having just moved to Colorado. His picture was on my wall above my desk, in a mini frame, one of his modeling photos. The guys above us used to have milk chugging contests, and barfed out their windows splattering onto our window once. One 4/20, while walking to class, I bumped into Bauer, who asked me if I was going to celebrate on Farrand Field, I had attended a previous year, but that year I decided to go to Class: “Nutrition for Health and Performance” we watched a video about Monsanto, and seed distribution. I eventually made straight As one semester, was on Deans Lists a few times, and because I enjoyed writing got an A in Sex Gender and Society, we were given bowls of free condoms, and I took a handful, just in case, decided to switch majors to Sociology, because I performed better on exams in which I could write out the answer, rather than select multiple choice options for a Psychology Major I took up to statistics, but only got Bs in, I at one point had a 3.8 in Sociology, was President of the Honors Society I think, I ran, I don’t think anyone else ran, so I got the position, participated on Wardenburg’s Health Board, a voting member, and was 1 of 10 selected from the top of my class of 300+ students, to be a Teacher’s Assistant one semester, we wrote the exam questions, and graded blue books, I graded three 30 people classes worth of exams, that’s 3 blue books per student, we made the grading criteria for points. It was a Criminology Course “Deviance in US Society” my professor with real world experience doing Sociology research, once spoke about raising a family, telling her son "Alive at 25," she would laugh a lot, we were required to teach one lesson, dressing up as different types of call girls, all the fancy

roles were taken, and I was left with “Sex Slave” and bought a dress at Goodwill, and made a black eye on my face, and stood up on the desk in front of 300 people.

Life Isn't Perfect ...

4/2/2020

Listen not all of us grew up with parents from NY with an innate ability to talk forever, that's a genetic trait, having good memory, a good sense of direction, solid focus, and an ability to withstand pressure, and to be the best at everything you set your mind to, not all of us are capable of shining in that way, a record holder 12 pull-ups in 2nd Grade, and record holder 50 sit-ups in 1 minute, and the fastest time in the Shuttle Run, that's moving two blocks one by one to the other side and back timed. That was me growing up, I took gymnastics, able to do a backwalkover on the balance beam and once scouted at the gym to audition for the movie Corina Corina as a child and took dance lessons, before that ill fated night 1994. Life as you know it may change, sometimes forever, and even with fewer opportunities, less money, and even if you have to start over in life, suffer on the basis of your connections in life be associated to, you have to keep going in life, this happens to many people, not just those in my immediate surroundings, troopers at that, whoever thought that so much tragedy could occur in one neighborhood, it musn't all be about connections in life, or is it “tigertrail” reports the newscaster covering the fire locations and its precipitation through the hillside “beginning at the base of the 405 freeway.” I knew someone who lived on Tigertail, my first boyfriend (and I think Jim Carrey), we sat next to eachother in Kindergarten, Jordan Bahat (who left CU Boulder to attend USC to study Film, making the Movie: Jealous of the Birds, about the “Invisible War.”), he of course was covered in lipstick on Halloween in his Karate costume, I was a dressed as a princess with lipstick, how did that happen? In first grade, we used to do puzzles together during recess, I don't remember anyone else being around, the square puzzles, 9 cubes, with animal heads and bottoms on all four sides, you had to match up all the heads and bottoms of the animals to complete the puzzle, we were both selected to be in Mrs. Wynn's class, the advanced class, the class was split into two, taught by two teachers, Mrs. Tarvin was the other. For some reason every year I was a student, the teacher would get pregnant and have to leave and another teacher would take her place, that happened to me a couple times as a student at Carlthorp School. Before my Kindergarten entrance exam, I remember talking to my Brother, who was preparing me, telling me that they are going to ask you to build a tower with blocks, and yada yada, what else to look out for, I was admitted 1990, I turned 5 August 7, 1990, and graduated June 1997, I kept my navy “Class of 1997” t-shirt for awhile but its lost by now. In 5th Grade I had a crush on Andrew Sun, who later danced with my other friend, who I was best friends with in 3rd Grade, and think I later had a thing with Jordan Bahat, after playing truth or dare in his tree house with friends, dared to French kiss eachother, and we did so then spit out the windows to the tree house, I still have a Color Me Mine ceramic doggie bag painted yellow, with a dogs face on it, it came that way, with “Love, Jordan” on the bottom, he was a black belt by 4th Grade, I remember, I missed the 4th Grade see what next year will be like class where you get to go to the next grade the year before and sit in with the teacher meet them, I was instead asked to attend a meeting with the LAPD in the downstairs Library, in which they notified the class that there had been a homicide to a Mother of a Student at the School, and gave us information about how to begin to understand what had happened, as well as inform us of information unknown to them at the time, and then opened themselves up to questions, and rose my hand to ask “were there any signs of a struggle” based upon something my Mom had asked me, in talking to her, a question they could not respond to did not have the answer to, the day I found out, the day after the Murder, on time to school that day, my Brother, told me in the schoolyard, popcorn was being made that day, that “OJ Shot Nicole” Im sure that is something my Mom probably told him, my Mom was supposed to go running with her the morning she passed and was first to the scene, was the one with a key who opened the door for the police. -As my best friend Harry Morgan said “You and Katie were the two hottest girls in the class,” Katie, held the mile run record, and taught me how to do a backwalkover, and owned a Molly Doll, we all played with, and pretend kissed eachother hands over our mouths as little girls I remember, I wanted one, but my Mom said they were too expensive. -If people know you're story and its not a in a professionally published book, like anything valuable, with accept it as their own, and then treat you as though you don't belong, like its not your own take on events, youre own memories, and as shared, others take ownership over interests, and devalue you the person who has provided information, treat as secondary or unimportant, is so insulting I was first to speak to SCOTUS, because I am from a story, I know a little about what happened in the news, a little about what happened before the news, a little about what happened later as told about others, and given my movies and music connection is what others thought was the reason for me speaking to the courts trying to justify a crime as though done so on my behalf, as though I ever expressed any complaint about

any finished products portraying what life was like at the time, or ever read too much into a “highlighter” scene as being about the “Deposition” from a real trial, with a Jewish Attorney, like Shapiro, and ever think that the “highlighted” portion being referenced to was when the children were named.

Rescue Mission ...

4/1/2020

The pit of impending doom, another rescue mission, huh? A pretty fable “Movie: Pretty Woman,” I suppose running for years everyday at night, and losing 50 lbs, made me a pretty Shitty detective, should have listened instead to my fears of the dark not faced my fears head on, that was counterintuitive. What is brave? The longer you prolong the process of recovery from whatever wrongs occurred while under the influence of drugs, alcohol, or friends, the more you look like a sell-out, avoiding subjects in life, by keeping stories or insights to yourself, upon realizing anything in life, mark that moment in time, and be sure to share your recollections later on in life, to remind yourself, of how far you’ve come, absent minded acquiring fears in life regarding your privacy interests, whether or not anything was about you to begin with, or whether your private spaces were seen, that influenced the decision making of others, to build, create, or make apparent any issues viewed upon meeting you or learning about your identity in life, sometimes we don’t see things until we know people, and sometimes we don’t learn things in life, until we get to know someone else’s story in life, that is the benefit of meeting people, like a window open, to another way of life, different than yours own, some will always be better off in those respects, not faced with the types of challenges you may encounter being yourself, finding love, going through breakups, being written about, made famous behind your back, spoken about behind your back, or seen as stupid by anyone talking to you, who doesn’t think that you’re special, or beneath them in life, how should we treat each other, and still maintain esteem in life? As a general rule one should always be nice to one another, no matter who they are or where they come from, and no matter what is said about anyone, known about them, treat them as humanly possible as normal, without being instinctively critical of them pointing out to the what is wrong with them, or outright rejecting them from your life, as not good enough, disappointing, or not well. It used to be the case that when people are not well they remove themselves from equations in life, that’s a natural reaction to anything that has gone wrong, been brought to their attentions as being of issue, or to avoid being affected by the issues of others, separate themselves from the lives of others, and keep things to themselves, that’s normal, to need alone time to recharge, think about life, excel, perform well, stay focused, and not fall apart loving others, or while trying to be social let loose and not be taken seriously in life, your memories stay with you forever, how do you want to remember your life, in the positive we hope, the more proud of yourself you can be the better you will fair later on in life, the more regrets you have piled up for yourself, the more difficult life may become, as imperfect, or easily subjected to reliving the same mistakes in life, if you have not matured and become a better decision maker, lose opportunities in life, as unsure of yourself, not wholly confident to take steps in life, to grow, change, or face challenges in life, that includes any rejections imposed onto you, while reaching out to others, that’s a risk you take, upon loving someone, who loves themselves, or who already has love in life. -Its hard to attract for yourself in life, things or opportunities or people if you first do not have the skills, mental health, or education, to prove your potentials in life, offer something to someone (intelligences) that they have yet been able to put into words, that’s what you as a writer, have to offer the reader, insights, not readily available to them, or already put into words for them, that is your reading of your reality, if impressed upon another, brings to light better insights for them, better judgments, and stronger beliefs in themselves, well then you’re doing a good job as a writer, sharing intelligences that sit well, within the scope of normal feelings and thoughts, and don’t sit outside the scope of what is a socially acceptable reaction to life experiences, no matter how hurtful the consequences of misjudgment have been, to you or anyone, who has been punished in life, nothings permanent, including self-love, confidence, self-esteem, physical health, and mental health, anything put together well, can deteriorate overtime, if you do not take good care of yourself, how a once positive impression of you gets lost, among, if you fall sick, as others improve, we cant all be doctors, and rise above all controversies in life, and not take personally, when we have yet to be included among the well, in the workforce, whos fault is that then, when someone is not included to participate in life among the well, who is responsible for those conclusions made about them, as though they knew they were being preyed upon for insights, and upon being preyed upon are now hereby responsible for any circumstances that ran afoul for anyone else, who we assume to have been in kind spirits referenced upon others living life, and cheering them on from a far, as though they adequately represented the whole purpose of what living life was about, excelling, being confident, naturally making friends wherever they went, dating, breaking up, moving on, being experimental, having friends, losing friends, going to rehab, graduating,

moving home, dating getting into law school, how difficult is life anyways, no one really has it better than anyone else in life, no matter where they start or where they begin to shine, realize their potential, lets not discount them completely because they were not in any leadership positions creatively, to establish a clear pathway in the public arena to be known and to be known for what, besides their connections in life, that's not giving someone a choice, to call them out on things known about them reading their private steps to themselves, to delay their positive progress in life, so that their lives turn out for the worst, how do you expect someone to continue living life, without a job, without friends, without a boyfriend, seems difficult right,? That's why I blog.

Snap, Crackle, Rarr ...

4/1/2020

Not too thrilled aren't we all, are we there yet? That moment of peace, that someone seems to always F up, for the betterment of whom, usually to cause disbelief in what is occurring now, to make themselves feel of significance, to countering any pleasantries occurring for whomever is doing well in life, has defied the obstacles standing in their way, and achieved success beyond measure, there has been no other time period in the history of mankind, when the best of the best have shined so bright, and where the times have delivered so much inspiration for the betterment of all to be consumed by, that is how the successes of others naturally better all those around them, that's a basic science, upon doing well everything feeling well around you, contributing to that wellness, via your presence, hardwork and effort (focus on self), and knowing that when you are not feeling well, that it should have nothing to do with anyone else, to fix yourself, and accept all feelings as a manifestation of your doing in life, mindful of the energy you put out into the world, the choices you make, become a product you can be proud of, live your life, absent minded any fears overhead, self-doubts, and misinterpretations about you, its not until youre up, that what has worked for you becomes of value to others trying to achieve the same, become a leader in terms of insights, and upon which things you have focused on in life to bring you to your moment, of peace or success, that is how one who is successful becomes interesting to speak to, asked questions about the inner workings of the decisions they have made in the past, as reflective of the success they have come to find in life, not all are so willing to share, their methodologies in life, coming to be, not all things built well, start off with a coherent understanding of larger principles backboning more solid systems of support in life, and if you decide to create something in support of others, then do so in an organized fashion, keeping track of your progress along the way, everything you've learned, everything you thought, everything that changed, everything that went wrong, everything you felt, everything that mattered, everything that scared you, everything you wondered about, everything you got turned off by, everything that hurt, everything you've seen, everything you remember, everything you loved, everything you watched, and everything you were influenced by. Just like we are to be discredited in life, by anyone or anything who has done a better job at self expression in a public arena, more professional, more palatable to the tastes of all, presentation wise, will always make the difference between those who get paid, and those who do not get paid for their work product, this is why people become professional, you can only have fun for so long doing what you love, while learning, before you decide, to apply for jobs, and take on more responsibilities in life, representing others, who are able to turn a profit, doing work for others, and because of their learned expertise, able to provide a service back to whomever pays for their services, be represented, and adequately assist them when it comes to a service they need in life, which they have chosen you to provide for them, assurances that you will be able to accomplish the task that has been given to you, in exchange for the payment provided to you, that's being of service in a professional way, as documented by money. -Everyone is entitled to promoting whatever organizations they think are doing a good job of addressing the issues, specifically, but never was it my intent, to overpromote those interests, and be seen as a poor representative member to an organization that combats those types of acts and misuses of weaponry, make no promises you cant keep is a popular expression for those who disappoint or do not live up to expectation, all talk and no gusto, like blowing hot air, as though a fight is about to erupt, put down as someone partaking in a fight, to be known, or someone as attached, trying to do the right thing, and take the side, of everyone against gun violence, that was the right idea, everyone has dreams in life, no one ever claims to be the dream themselves to categorize everything said as important on a should be inspirational list of things to say during a time of need in remembrance of those who have passed, leave that up to the professionals, whos use of the English language most accurately reflects the issues facing us at the time, and doesn't cause us pain to remember or think about, that would be reading into things too much, to assume someone who is taking a side different to the side they were on growing up, as though they were trying to look like a good person, no, only someone who is a good person, has the patience to help others, without being affected by what they are going through listen, and make people feel better, and speak until

they reach a moment of clarity, and able to get off the phone, and confidently assist and manage the moods and thoughts of those in need, that was a task to which was recommended to me to take on get certified as a crisis hotline counselor, some of us have a knack for making people feel better about themselves or advising them of the right things to focus on, or say the right things to make better, any moment of fear or doubt, be directed toward the right resources in life for coping with their present disabilities in life, whether that be mental health issues, feeling victimized, scared, or all of the above helpless, or suicidal ... I was privileged to be exposed to two ways of looking at life, from the inside of an attacked image defensive to all, from the standpoint of insecure, been around those over-confident and going in life busy, and from the standpoint of those responsible for providing services to those in need, and the time consuming process of logging, data entry, follow-up, filing, correspondence, writing, interviewing, and managing case loads. That's just how I was raised professionally, to keep track of everything, and to take good notes, that doesn't mean I'm headed somewhere with that information, or have a specific direction in life, that is personally motivated, to bring about a different set of results others than the results I was trained to help provide for in life, -if you only know how to better others, why treat someone who others have benefited from, as though they are doing so, for notoriety, as though their purpose online, doesn't serve a positive function, to all as a whole, be unaffected by, how things are done, why things are done, who is protected, why people are protected, and why someone was sued and excluded from receiving protections in life attacked for 5 years, that is beyond me, I'm a shy person, I'm not aggressive socially, I don't hug, all men who have dated me approached me mostly, pursued me upon speaking with me, never someone who has been off putting, made others uncomfortable, been an embarrassment, or been inappropriate in any public setting, always in control of my emotions, express myself and my needs well, and never put up with other people's attitudes in life, but usually attacked if I'm never not strong, that's just how life is, if you can't fix a problem, and you are not deemed a strong representative of others, able to withstand negative judgements in life, you will be treated harshly as not doing what you are supposed to do, if it's not done well why failing, no I always do my best and sometimes my best is not good enough, I was raised never to complain, and never to play victim, however it's only until you get sick and hospitalized over and over again, that you take a stand in life, and say to yourself, I'm not going to put up with negative commentary, and speak.

When Love Comes Around ...

4/1/2020

We won't all be in the same places in life, and that's to our benefit ... sometimes the higher you climb the harder you fall, learn to live for the moment and to appreciate those you love for where they are in life, even if they're flying at a higher altitude than you, as much as it pains you to fit into their world, I'm sure it pains them to see someone with so much potential, not make it in life, given their story, not have been able to achieve in spite of what transpired in the past. You can keep going, and then you can keep going, and then you can keep going and be well known and become famous, there are several requirements in order to be treated with respect, I don't think being approachable is a quality of strength, but only subjects you to harm, people taking your story and making it their own, that's the price you pay for not being mainstream at the get go, others thinking to come up by putting you down in life, or treating you as a disappointment, as though you were supposed to rise to some occasion in life and shine, it's not until you do shine, that the voices quiet, everyone trying to hold you down in life, everyone treating your interests as secondary to their own, and everyone misusing your kindness. You'll never be important until you make yourself important, and if you are important, you won't be able to continue being a person of importance by doing nothing with your life, that's not how one gets noticed or respected in society, simply because of who they are or because of who they were friends with. I have been blogging online for many years now off and on, in spite of my personal issues, have managed to continue writing, in private, and finally present myself in a professional way, by website, that took many years of hardwork, to be presentable and to be able to share in a way to which all can relate, offending no one's journey in life, and not making light of my own experiences, take seriously life, and who I choose to include in my life story. I'm not just another story, and my experiences in life have been real, whether concluded to be a manifestation of some bipolar delusion in life, to me, all those feelings were real, and my experiences in life have been real. You are what you remember, you can either choose to bring out the best in everyone, or to share experiences in which you have struggled in life, and bring out your own pain and dissatisfactions in life, making it more difficult for others to connect with you on a one on one basis, the happier you are with yourself, the happier you will be. Look on the bright side, had you not written online, you would have not been able to meet people online and have conversations with people in private, who hold high positions in society as professionals, not worth a listen. That's a good sign, after all we are all only just human, shouldn't we all feel special? When is it time to stop

putting people down in life and treat them as though they are nobody, and insignificant in the grand scheme of things, its not for those reasons I chose to be important, to be of significance, or to be misused or responded to, as though I am opening a can of worms in history, or presently, others know little or nothing about, mental health issues associated with being a victim of homicide, and love and trust issues, intimidation, shyness, and difficulty feeling confident around others, that I'll never understand about myself, just learn to be nice to people no matter what their disposition is, and never put someone down in life, who has lived a difficult life psychologically as they are always doing their best to blend in and get along well with others, should never be defamed. Once you close up in life, its hard to open back up, that's the main lesson, you can only handle so much heartbreak in life, before you yourself become broken, that's a feeling that is really hard to fix, being in pain, suffering from mental health issues, and trying to live a normal life, irrespective of what others think, no I don't think hitting my head is the correct response to hearing voices, or being intimidated by others, and no I don't think that their needs are more important than my own, I have done no harm writing online, worse than what was done to my image, if anything I am trying to better myself by writing online, and hopefully to the benefit of all, that's not a selfish endeavor, that's making sure others likewise are not subjected to the same harsh scrutiny I was subjected to in life, made suicidal bc one person did not accept me into their life, everyone else I have gotten along with and upon knowing me, loved me anyways. As a result everyone turned on me and ridiculed me, that was a first, it because I grew up at OJ's house, best friends with Sydney Simpson, then treated like I was coming up to be famous.

Life Isn't Easy ...

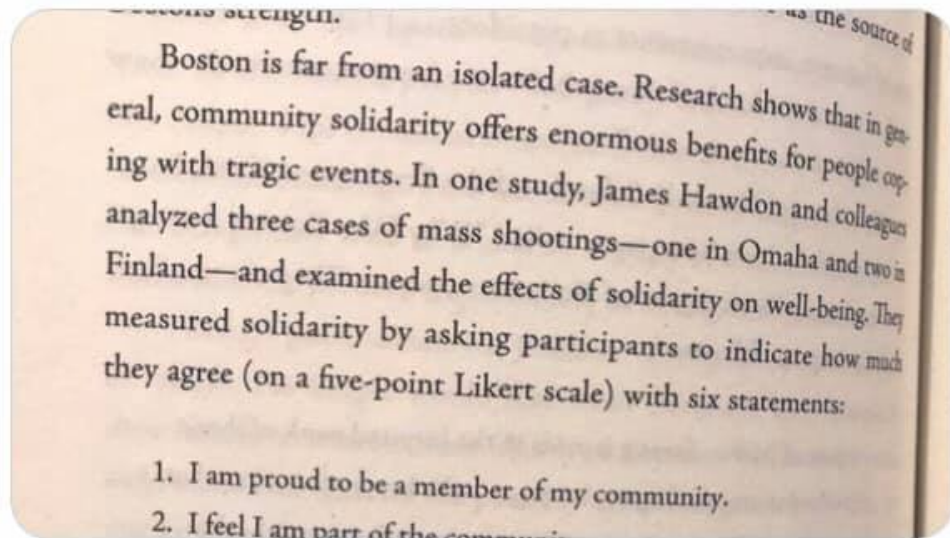
4/12/2020

Seldom do we think to stop and smell the roses, no one ever thinks to maintain controls, until one have been privied to positions in life, upon which one bears controls over the outputs and systems of support provided to those within a system of care that seeks to provide an output, befitting and symbolic (with reference backward) that enable those cares to follow through unto those whos care is given to. Do your best, what does that mean? It means in spite of what you have been given in life, opportunity, education, chances, you continue to live life, without respect for what others have, feel less than, if upon viewing what others have in life, you feel small, or downtrodden, less than your usual self, its that backwards feeling, that keeps you generally within the realm and scope of your abilities in life, its hard to traverse upon multiple terrains in life, unless you have mastered the excellency within any one profession, or life skill such as making friends, holding jobs, and then there is mental health? The arena of mental health concerns are much presently to do with, who are declared victims, who are declared offenders to the best interests of others sued "CIVILLY," for the purposes of obtaining a better standing and hand at life, as compared to the other, situate the other side worse off, to the betterment of the other side, established by a set of rights and wrongs defined, on paper, in public light, to cast someone as unprofessional or based upon their outputs (or connections in life, not taken into account, or in my Father's case mentioned in court) to win or lose a case. Its upon losing in a case civilly that "ORDERS" are made, and any actions, post "DECISION" of a court to which you "MUST ATTEND" if not, a "DEFAULT JUDGMENT" is entered without you or an "ATTORNEY" present to debate the matter and "ARGUE FACTS" counter to what was stated on paper, as the "TRUTH." [Personal Statement Removed - Record Expunged 2020 - Sober, Clean, Celibate].



mymollydoll @mymollydoll_ · 2/16/19

The importance of solidarity ... "Why Honor Matters" by @tamler
#tamlersommers // #enough



Being Judged in the Negative ...

4/11/2020

The worst is being judged in the negative, for what reasons you ever feel inspired or change, and for whom your admiration is given to, like we are expected when lost to lean on one another for answers, and be looked upon, as though we have the answer or the solution to the problems beared by those who are unsettled, not yet found, and not in a good place in life. Its only upon doing better in life, that things start to turn around for you, whether in love or alone like me, without love, you have to climb many staircases in life, of self-acceptance, to see through all the dirt, and all the taunting, and see the bigger picture and where you fit in with their feelings in mind, not present a new face and outlook of what life is like, post punishment, as though to benefit those who hurt you, give any credit to anyone now in support of you, coming to be, earning a dollar, or maintaining monogamy for marriage, there is only so much defamation and disappointment others can handle before you completely let go, of trying hard for people, and start trying hard for yourself, that quality about you, some will never come to understand, going out of your way, to ensure everyone is well, and doesn't have to go through the same feelings you went through upon being lost and misguided in life, turning to drug, alcohol, or men to pass the time. How you pass the time, is how you will be judged, as whether you make good use of your time (studied for 5 hours a day in the library), whether you did your best (got into two law schools), whether you are presentable in public (not brainstorming talking to yourself), whether as recorded in private (you say the right things), how on point you are deductions wise as to who is causing you harm and who is not (that you learn overtime, to let go more, and be less assuming about others intentions in life, as directed toward you, maybe just trying to help you or not help you and point others in the right direction, toward you or away from you in life, as not a valuable source of information, intellect, trash you). -Who is important and why? Some people think they are so important, that they do the opposite of me, going out of my way to make sure everything is okay, and go out of their way, to make life more difficult for you, sabotaging you, embarrassing you, situating things so as mentioned or talked about brings to light or addresses other things to be thought about in

reference to you. Self-harm is not selfishness, it's a product of being told something by voice, thought about you, to make you not like yourself, and because you cannot be liked wholly, and be yourself, loved unconditionally, and tainted by the negative responses of others, cannot do your best and fail.

What is "Common Knowledge"? ...

4/11/2020

Always keep one thing in mind as a writer or creator, you can't please them all. (Without inferred reference to our bridge being tagged with a "PLZ"). Whatever that meant, saw it on my way back from work many times, before I talked about it, and it was taken down. On the new bridge over Wilshire. Things not to think too much about, unless its in your face everyday, then you speak about it, Im not sure what it brought up for me, my friend while living in Santa Monica, who lived in Studio City, was friends with professional street artists and even made stickers of street art, and stuck one to a pole, after we ate at Qdoba, had burritos, he likes the smoked hot sauce, and I like the green hot sauce. -Things don't become about you, until you share stories, which have the potential to be referenced to over and over again, until they no longer have the power to cause changes in your attitude toward life, some adjustments, work to our detriment to be paid attention to, just like moments in time, people, how does memory work? For everything that you find important upon reviewing a work by someone, something stands out, and is remembered sometimes not in the immediate known, but a later exposure to some later reference can cause memory of a previous knowing of information, the time scale for forgetting someone whether by photographic memory, or upon reading, depends upon how positive you are, how easily you are able to read, and no matter what hits you subconsciously, able to process the present in a way, that does not reflect those subconscious fears, Ive once said that you "walk through" images, memories, feelings, beliefs, and to place "before yourself" what you envision for yourself to be, and just like positive things can happen to you, so can the negative depending upon what your focusing on "focal points" of reference, its important to always see the good in others, and to always see the positive no matter what situations you encounter in life, as you will be viewed depending upon whether someone thinks you are in a position of leadership online "new" or a follower "commentator" or unique "original." -Take that into account, that we all arrive at different points in our lives, when we want to know more about, where we come from, look back upon where we have been, and try to better ourselves, in appreciation for our lives we have lived, and with respect for the lives of others be human. Sometimes its upon complaining about odd behavior, that we become so uptight, that we allow nothing to slide, it's a slippery slope once you stop complaining, and then as observed allow things to happen, and say less, living a quiet life, not outspoken, and try to shelter yourself, or weather any storms overhead, decide when to participate, and when to let go focus on yourself. I was raised to be selfless, not to correct others, not to be critical of others, to always speak highly of oneself, and to represent self and others well, care about image, which I may not have always done a good job of, based upon my sex life judged as careless or living life to excess, I don't think that dating casually is safe, it makes you look really stupid, and as a result, you cannot date better, because you only get so far in life as you improve, keep that in mind.

Chapter 25 ... (edit) "to speak" ...

4/11/2020

From "Thinking Out Loud" Book not yet published by Leslie A. Fischman edited by Amazon Book Writing Inc. we met by pop-up to my computer screen, it takes awhile to develop & make a book. <3



04-11-20_pdf_edit_06-16-19__chapter_25__edit_.pdf

[Download File](#)

How the Story Sits ...

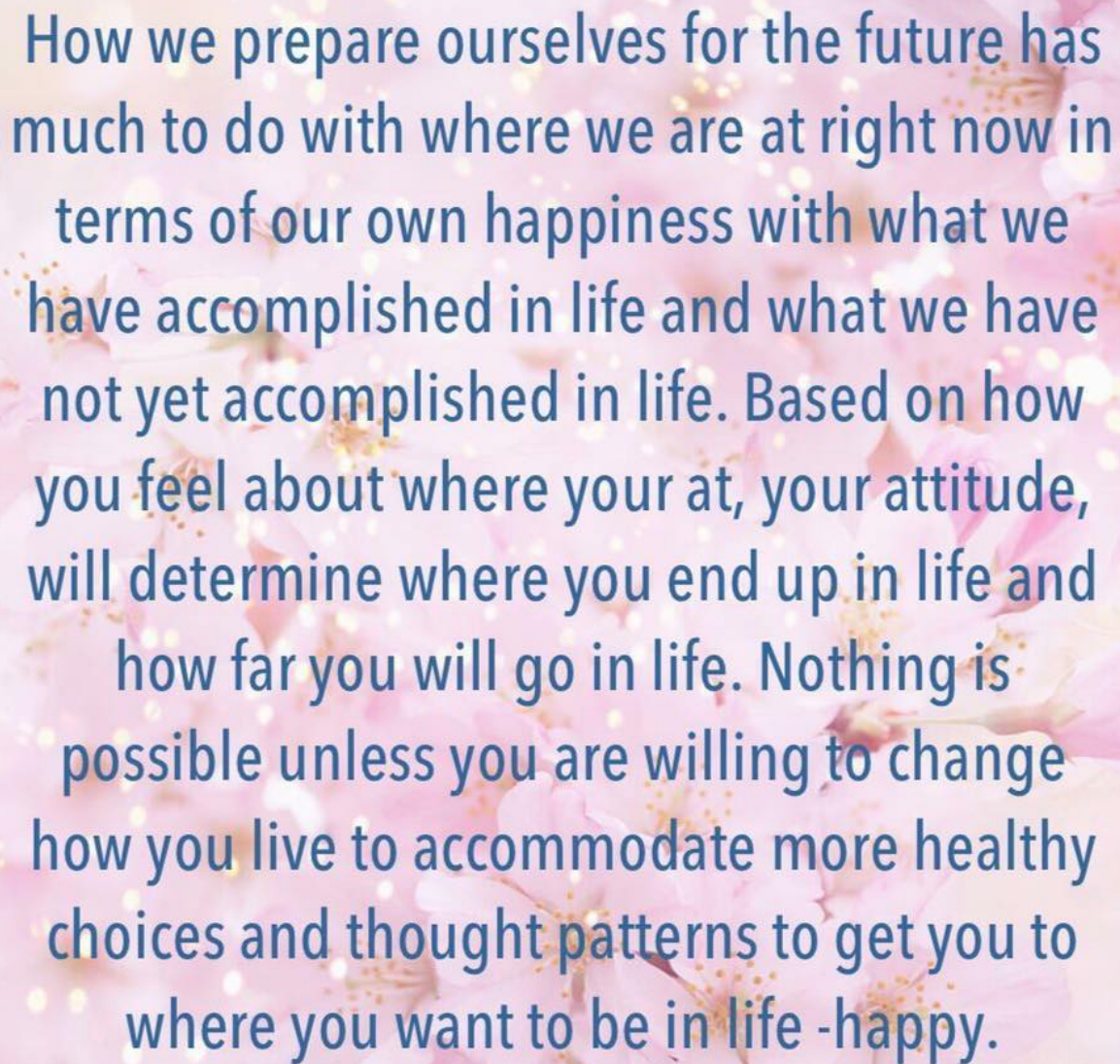
4/11/2020

How a story registers with you, based upon what you know, is different for everyone, and upon studying any one person, as applied, information known, meaning can be derived from the works of others, and wonder whether, they made business decisions or creative decisions, based upon the same information known about them, found in private. -One of the main goals of story telling, is to free the reader or the writer in my case, from perspectives limiting ones potential, as being someone without intellect, not special, and whos upbringing was not unique to them, devalue their experiences as secondary or tertiary, that is to question one upon being viewed by all, as attracting a huge mass of people, that is because one upon speaking is attractive to others, stands out, and is special, or unique, that should not deter others from their ability to tell their stories, whether in favor or to put someone at odds in life, are stories from the other side, of what lies within, there will always be people within a story, and not everyone will feel included, and what draws our attentions, to facts about life, or upon reading make sense of life better, is based upon what processes for us, sometimes as memorized people see things more clearly, that's the value of a good book, read through once slowly, and read through again faster, until it reads smoothly and fast, that's the type of book I want to write. Something that can be read applied to ones own life, and something as applied to the lives of others, or to their own life, brings about a better perspective for them and for the otherside. -Its upon not speaking what you have written gets taken and made use of as though you are someone on the bottom never coming up in life, as though you have no use for it, meaning your own work, that's how an original becomes devalued, as though its okay to continue to take from someone, as though they don't exist, if I exist, then my writings are of value to me, and if my insights are unique to me, then they will go into a book, written by me. -There will always be popular stories anecdotes, thoughts, wisdoms, shared over the years, that stick with us, and methodologies of understanding as applied, help us to make sense of our lives, and what we want to do moving forward to stay motivated and continue to help others, learn, and be a better person, sometimes hearing the stories of others helps us, and sometimes, you get devalued, upon sharing your story.

At a Time Like This ...

4/10/2020

At a time like this, be compliant, more than six feet apart, would also require us to not gather round subjects past or present, that could result in more harm than good to are already tattered and withered psyche, concerning the status of our health, finances (job losses), and living in fear of our future stability, with the chaos of the time looming overhead, remind yourself that its not your fault, and that you can get through this! We all experience moments of pause, and careful reflection, that's life, we cannot always have action packed lives, be busy bees, socially, professionally, or romantically, a lot of processing occurs on your own, without help from others, live your life, as best you can, if therapy is only for an hour, than what do you plan to do, to make happen for yourself, as the issues get discussed, and what is needed from you, change wise, in order to begin building a better stronger you. Self-motivation, is what it takes, a desire to continue improving upon your best, and no matter what, never giving up, no matter how tough life gets, no matter how despondent and withdrawn you get, continue to make progress each day, sticking to your strengths, ignoring your weaknesses, until you become someone you yourself are proud of being and becoming, no one can visualize that for you, how to value yourself, be smart, efficient, make good use of your time, and be at your best, that's something you have to figure out for yourself in life, all change takes time. We cant be in two places at once, not physically, and not spiritually, not mentally, and not romantically, your heart can only withstand so many pressures and attentions in life, before one feels torn. Knowing that, selectively incorporate which ideas are helping you to achieve your goals in life, and learn to forget the rest, so much about being successful in life, is taking things with a grain of salt, not bearing resentments about the past, and not allowing your worst moments in life to dictate where you'll end up, who with, or affect who you become later on in life, respected or not. That's your choice to live in the past, collect what you must, remember what you may, but for the love of God, don't bring everyone down with you, because you don't understand concepts in life, requiring forgiveness, moving on, letting go, overcoming fear, and being strong.



How we prepare ourselves for the future has much to do with where we are at right now in terms of our own happiness with what we have accomplished in life and what we have not yet accomplished in life. Based on how you feel about where you are at, your attitude, will determine where you end up in life and how far you will go in life. Nothing is possible unless you are willing to change how you live to accommodate more healthy choices and thought patterns to get you to where you want to be in life -happy.

mymollydoll.com

Wondering About Time ...

4/8/2020

Great movie Hugo, I watched in theaters, but with no ending, just ended, that was odd? I really liked when they went inside the clock, it was really magically lighted, scenery in simple times, the industrial revolution, machines, man operated, delicate, important. Bridge of Spies was also beautifully lighted, an old city and snow, and a painter painting a portrait, I once quoted James Joyce in one of my personal statements, was required to read "A Portrait of the Artist as a Young Man" did you just watch a YouTube of *Joaquin Phoenix*, ya, how cute was he dancing? Cute! He's still just a shy, sensitive in getting to know, open up, I should have been better prepared how to talk to someone famous established, be more cohesive and simple back, that was a very painful loss, to be very gone, and in disarray, singing to myself falling in love, but too scared to be hyper with him, and tell jokes as per usual, and be friendly in that way, bond, how to be mature, and put together, definitely not a good time to send photos of you now, if you're not at your best, that's a face full of discomfort to see someone throw themselves together, and be so non-chalant

about their current thoughts, loud, tone it down! Molly, its like holding hands with *Reverend Parazaider* in the Valley, you pray before you talk, get centered, then share, Im sorry. -Its time for Passover dinner with Mom & Dad food from the Riv.

In a Nutshell: How to Compartmentalize the Past ...

4/8/2020

It sometimes helps to keep a timeline of your own progress in life, whether by resume, or hospital records, milestones, new friendships, keep track, everything worth living for, is worth a look back, or how it should be, and as you reflect upon your past, distant past, and recent experiences in life, remember to be kind to yourself. Recovery is a process, it doesn't happen overnight, self-love, acceptance, forgiveness, overcoming fears, memories, hurtful words, feeling misunderstood, rationalizing with others (or hearing voices) over things heard hard to believe, and falling in love too quickly, or not good enough, establishing a bond or rapport worth keeping and maintaining for the long term, from the outset, are you emotionally current and available for interaction and sharing in a way, that shows you don't bear resentments toward others, have moved on, and not bottling up any emotions within that could cause you to gravitate toward some and not to others, what is that feeling of importance one holds, when they are so focused on themselves that nothing else seems to matter, the mind of an athlete. Compartmentalizing doesn't mean wrapping things up in summary, for opinions to be held toward events not directly involving the reader, but personal to an interactions participants, who upon being exposed to one anothers pain, may come to understand themselves in a more kind light, and feel a moment of quiet, that's having done a good job processing, letting out what needs to be said, and leaving up, whats important that has been said, everything else, is on your way to those moments of clarity, when you can again be yourself, step outside of yourself, and be present in the moment for others, and upon interacting with others, well enough to translate to a positive representation of who you are, normal and well adjusted, all other experiences of pain and suffering, or heartache are best kept to yourself, not share and by mention make things about others, deflecting your attentions away from helping yourself first, and instead feeling obligated to level the playing field with others, where leveling need not have been articulated to begin with, that results in pain to all sides, to have been mentioned, as though one intends to highlight any negative inferences to be made about someone unrelated to them, trust your sources, and don't read into things, as applied to you, make personal the stories of others, having known them, some people adjust on their own good timing, and after being away from everyone on your own living alone (2004 to 2017) re-entry to any social settings may disrupt ones progress, always relapsing drinking or doing drugs and ending up in hospitals or rehabs in recovery and without love or love not fully returned whole heartedly with confidence in me, my Ex once told me "you were never well" well that's partly true, I got a dream job working in Dependency Court a law clerk to two attorneys managing 200 caseloads per attorney, split my day in half to work at both offices two separate campuses, drive by car to another building, and sit in court every morning at 8am to hear cases, and prep clients, even when the attorney was not present that day, make calls and carry on the day in her place. She was pregnant with twins, I asked her if it was okay to date someone from work asked me out she said sure, why not, her husband was a corporate attorney and she held three jobs, while finishing her law degree at Southwestern, hard on me, finish the motion now, there in one sitting wrote a motion, if she didn't tell me to get it done, I would have not gotten it done in one sitting taken my time, I think I once made a table for one client, a timeline of her life, to condense all the important information needed to write a motion, to keep them out of the juvenile court system and to keep them under our care. -As you grow up you mature, and when hired expected to work, your love life may not always be perfect, the wrong catches catch you when you are without love, and as confident, easily too giving or give attentions to who is around, that's okay, be forgiving of yourself, its just not something you talk about, dating a 48 year old when your 24, and going on a date because he keeps begging you, if you love the conversations, but feel like hes too old for you, you will know until physical contact, its not love, its that he needs love, best to be in love with people who can love you completely, not those with everything fancy wife ex VP of HR at NBC Universal, soccer girl daughters, and an important job for a well known Bank, he still texts, I was never a what can you do for me type of person ever. -I think all experiences managing the trusts and confidences of others is a good experience, even if you did cocaine in the bathroom at Villa Blanca, passed a gram, bumped into an old friend from High School at a table outside who approached you, eating a chop salad with your head in cell phone date, and then stepping outside for a smoke, meet the chef, who gives you free cake. That was shocking to be in the middle of a private encounter, not expect to bump into anyone you know, how embarrassing, like that was your per usual, after studying in the library Legal Research, took a course that summer too, advised against to work and take a summer courseload.

With Love and Appreciation ...

4/7/2020

In hearing where you are coming from in life, don't be surprised if others, don't lend a kind ear and instead review you expecting failure, happy when not polished presentable, and thinking you ever wasted time, thinking about life, in order to begin writing, Im an academician, no one ever explained how to free write, and based upon your own thoughts, come to be professionally, there are no directions for that, becoming popular, being well liked, and based upon your exposures in life, carry on in public in a like minded fashion to the days when you were well liked, and popular and had many friends, some only reminded of few exposures to you when alone, and being uncharasmatically lost, in a charades nothing to do about you, that is what they are trying to prove, whether what is known now was known then, no, only now upon sharing first my life, then you review other works by others, and then you share new work, that's a normal course of human development, to share first from within, and only later after reviewing all works exposed to, how you've been influenced and whether at any time anything was ever about you intended to reference you or your life as lived, discount you, highlight you, or reference you, as a person of importance, for later reflections once everyone is grown up, and we have all moved forward in life, based upon where we are now, look back and be proud of all the pointers, and role models suggested to us, for how to behave in public, and what life in private school or the westside was like at the time, uniform our experiences as not unique but a later adolescence to shape us all, usually a solid work product is produced and so it follows reality follows, that's laying groundwork for a different take upon a select few, as people to be idolized, or people to disregard not take seriously, there are different approaches to developing stories, and stories about, and responding to the times, beyond the scope of what a normal child understands or even thinks to be of issue, their surroundings, upbringing.

Anyone Whos Hardworking Knows ...

4/7/2020

We all may live different lives, and at different points in our lives, believe that any set of statements, means that someone bears guilt, and that because they bear guilt, or look guilty, or not confident, are fair game for attack. We don't all represent ourselves well, in times of controversy most of us lay low, not respond to those who do not believe in them. That's how one gets drawn into controversies, responding to the issues of others, and then upon so stating becoming personally attached, as having stated their thoughts upon an issue, that's a knowledgeable point at which one responds to a specific incident, and then that incident becomes personalized as having responded to it. - Whats hurtful is to have been punished a "misdemeanor" for 3 drinks and driving a suspected DUI, and having done hundreds of hours of community service and did time served to makeup for the community service hours leftover, that's in the privacy of my life, a point in which I struggled professionally, and drank, and dated, and as a result, suffered from mental health issues, meaning not able to take good care of myself, finish my studies, as a result of relapsing with an Ex on cocaine in Westwood, we were both sober, and dated for a year, its only upon mentioning others, that sides get built towards you as having mentioned someone, and thats very painful, for others to read, and to no empathize with all the pain that you have endured lost, or in harms way, managed to survive, without love in your life, alone, with everyone being hard on you until you achieve in life, a better disposition suited, to have people around you in your life, not the scapegoat, not to blame, not made to be titled a person most knowledgeable of the game past by a few references, and not to claim as though everything has been a fight over what or who things are about, and who best represents the best interests of all as though we are competing with one another in life, by upbringing, at what point do you share success, at what point do you back off and handle personal matters, at what point, do others become so convinced you were the reject without a good idea, and rightfully so rejected as a bad seed or bad connection because of who you are, because of how you communicate, because you take things personally, because youre sensitive, and because without any connections in life, you have managed to get jobs on your own, keep in touch with friends over the years, be invited to weddings, and a bridesmaid to one. Once you leave relationships its hard to go back this you learn the hard way, just be accepting of people during their different phases in life, and not take personally when someone is not able to communicate clearly, Im sure everyone on my Facebook is proud of me now with 3000 likes per post, after 8 years of action planning, every 6 months, oversharing my progress.

Hollywood Dreams (poem) ...

4/7/2020

March tides and spotlights grew
And never stopped thinking of you
Follow your heart, and find what youre looking for
If its not love, then sing your heart out
So loud a trolly gone, so hard, my rhinestones fell
You cant go back not even from that, so why not a song
And as we put our glasses on, we sat and thank
In taverns, and green rooms, and even on shark islands
What to do what to do, when no one knows you
I pitched tree fruit at a tree, with a photo of my face taped up
Why couldn't it be this why, why did it end that way
And so I drank, whiskey, and moonlight, and my glasses fell
To the bottom of the pool, and then I jumped in
If you cant make it there, you wont make it there
And if you cant be here, then don't go there
Live life, whether together even or apart
Youll be thankful to never stop and sink to the bottom
Before your story unfolds, don't be afraid to sing
The loudest tune, to all you know, and be true
How many may agree, and find simplicity among they
Who understand your voice, not alone afterall
Maybe it was he, or maybe it was he, or maybe it was she
No one knows, how these things have come to be
And whats done in company is never forgotten
Whats done alone, is never remembered but for reminders
Directions to self, where to start and where to begin
A home office dream for me not them
And then we met, broken, bought, everything but hot to trot
A year later couldnt even choreograph an ending to that
Smile and be positive, is what we need, recommended
A birth certificate handed, and attorney retained
From another case, not forgotten, why a mini mouse appeared
Can we just stand, no, can we just march, no, can we write, only in 5 years
Why is that, why is this, what was that, why is this, why now
And then I sang star bangled and the pledge, has not been forgotten
The only three prayers I know, raised well, not spoiled rotten
And when the stories collide, an image never forgotten
The times spent in disarray, the size that never seemed to budge
And the pounds that got lost, never seemed to shine
Only two photographs taken a flip phone and punishment
Photographs taken, upon request, commissioned, for him not they
And what has been forsaken, all energies spent, and troubled
Like poison, and collar broken, a 5th grade tire swing sang
For attentions broken, not for pain, and not for this broken
Whos losses add, another image torn
Like crowns and steeples and flying buttresses to a tshirt
One from a bar, a high school French drink with a bottom

Dedicated to: Joaquin Phoenix, my current pen pal, love, and crush admired. <3

[4213 Likes on Blogpros.com, Re-Posted 04-07-20, Originally Posted on 03-30-20.](#)
[Website "Stats Per Post" for mymollydoll.com!](#)

4/7/2020



04-07-20__website_stats__welcome_-_blogpros_panel.pdf

[Download File](#)

New to Blogging Online ...

4/7/2020

As you come to understand the fundamentals of blogging online, and grasp the subjects concerning bloggers at any given moment in time, you will either outgrow the prospects for blogging in the first place, and seek other refuge for your thoughts and manner of self-expression, some picking more professional presentations of finished work products, applying for jobs in the realm of the performing arts, and screenplay writing, and some will prefer to just share their story, not for mass production, or to be utilized by others for professional use, that's a choice you make, upon sharing online, your work at the disposal of the best interests of others, and no matter what your timeline looks like, with the ability to be mismanaged or used for other purposes other than you originally intended, to be casted in a positive light, or to eventually share a crowning moment of achievement, past, or recall a story presently you once mentioned, with a photo to capitalize on that story recalling in hindsight and add meaning to your original prose. Its not for those reasons that stories are not told, maybe along the way, people got lost, focusing in school, or on professional endeavors, and lost track of their social skills in the process of focusing on themselves that happens, and much to boot, lost a lot of footage on the way to discovering themselves, which we in our 30s have had to later make up for, not taking too many photos growing up except by parents, and later barely maintained copies of photos ourselves, from our lives, the way we remembered it to be. Without proof of your social skills past, and photos with friends handy, how would anyone really know you were ever popular, and to see what life you left behind, upon going to college and then law school, I had friends who were neighbors and with jobs, I was a sophomore, 19 years old, and just joined Facebook, I never really thought twice about the use of my likeness ever being used for bigger story tellings, or for there to be controversy over my identity, I guess to them was supposed to be important, and for me to come full circle professionally, and become a lawyer as I had started studying to be 2006, my Junior year, taking LSAT classes in Boulder, Colorado. -I think the worst feeling is having kept many private records, of what is leftover, your present, and while piecemealing together your present life, and what you now know to be your life, having been read in private, without your approvals, other viewing your life as it was being lived, and in disapproval of your appearance, as not befitting of a princess or of someone to be held in high standing, professionally, or romantically, that really hurts. Always presentable ... Im not sure at what point that became an issue, aging is a process, make sure to keep your valuables with you at all times, upon growing up, and in passing maintain positive rapport with all those who have come to know you online, as you might even get the chance to meet them in person one day, if they have not already passed you by in life, or left life all together, be important, but by all means, never interfere with the significance of others life experiences, I think its not until you on your own are important, do the rumors about you whether true or not settle down, and not until you are important, is your history, and recent professional past, put into question, as to whether you have done a thorough job or not providing insights and opinions to others, that not only serve to explain your own boundaries in life, and heartaches, but also express the grievances others may have had, not trusting you to get involved in such serious endeavors in life, such as responding to issues, facing addicts and alcoholics, failures, and those doused with promiscuity at one point in their lives, and losing faith in themselves and others, for better or worse. We all understand marriage, but I don't think all relationships are supposed to have such a divested interest in them, from a professional standpoint, to keep a private life private, so that in the event of controversy, one can set aside their personal interests to perform for the better good of all, and given the totality of the circumstances need not worry about image, or whos image has been harmed, in the process of understanding and valuing who is good and to be trusted. There should be no virtual turning of the tides, so to speak, or ring handler of trusts, or attentions, that would just be riding on one anothers coattails in life, that happens with friends. That's not a valid point of discussion, how other friends have performed on social media, its mostly a pitch and banter of informations, youd have to be in the know to understand, or so I

recall that much of how it was used back in the day. Im 34 now, its time to take a professional and methodical approach to social media, to understand how to be successful as a person, a story teller, a writer, an opinion sharer, a company, and a brand to brave the circumstances faced past, deal with what is thought of me now, and figure out life for myself, whether or not all are in agreement with me becoming a public speaker, and law student, it was encouraged for me to become a lawyer (which I will not be) and it was encouraged for me to “speak with my head up” not in my lap, which I was advised at one point as a speaker at a meeting I frequented, who knew how to light up? When one lights up at you. --- Thank you Lee Daniels!

Business Etiquette in the Works ...

4/6/2020

If there was one algorithm or set of beliefs from which to base all inferences and thoughts moving forward, then we would all be successful philosophy wise, but that’s a plus to any business, to from the outset philosophy wise, we are palatable to the tastes of all. Perhaps my pen name, was not fully understood, misread to have inferred the acceptability of causing harm to others, as a womens studies "A" student, I would have inferred less excitement toward any member of the women’s movement, in favor of more jobs for women, and husbands to say the least, we have not all benefited in that way from speaking up, and were sorely misrepresented by an offender who spoke at one of the marches, recently freed, I think we could’ve done better than that representation wise, we are who mirrors us along the way, feminine role models, inherent to our basic decisions, and how we carry ourselves molded, those traits are what make us unique as women, not all the same, and certainly not all adequately represented by an offender to say the least -I didn’t attend that march stayed home, I wasn’t sure, it turns out it was a big turn out, many showed up from around the world, I wish we were more prepared at the podium to speak not only to what is current, but for the entirety of our existence speak, what being a woman means to us, something for all of us to think about. We don’t only just give love away freely, without expectation for a return of love, but we care instinctively for others, as those who have cared for us did, while we were growing up, so that we could be good decision makers and stay out of harms way, how can we bottle that up, and share those talents with the world in a way, to which all can mirror and reflect upon themselves and better suit themselves for a life they feel has been worth the wait, its happening in small doses, more and more women becoming successful, and in so doing, looked upon for tips, that’s where the business etiquette conversation comes into play. How much know how goes into being successful and how much of that is based upon our upbringing, learned traits inherited from women from our lives past, who we credit for our strength of character, and positive upbringing, to be the bearers of those traits moving forward and hand down to our loved ones (children) or to our friends, upon knowing us, be influenced by us, we will never know, how much of us is really us, and how much of us, is really others, the bottom line, is to remember that you are unique, you are loved, and you are special no matter who or what your influences in life have been, no matter what you’ve been taught, and no matter what you believe to be true about yourselves or others, no less human, than the next human. Its therefore no ones responsibility upon being watched, to have it written in stone exactly how they got to where they are now, who influenced them, we can keep track, but its never your responsibility to teach others how to be, behave, look, think, or compromise their best judgments and choices in life, to match any set of ideals, that aren’t in tune with what makes them happy in life, whether that be to include or not include others, to feel better than, or to resist the temptation of being known to many, and losing insights along the way, as more people are taken into consideration and more needs are to be met at the moment, lose sight of who they are, no bigger than the concerns they have, and only as big as the concerns they follow, and be reminded, to always put first what is important to you, before all else falls into place, that seems to be a basic premise for success, to do well, one must think well, and to think well one must be good, and to do good, one must adhere to a set of principles governing their decision making abilities, and that upon adherence to a standard set of beliefs, feel good about themselves, and no matter who tries to interfere with their better judgment about themselves or others, not be brought down in life, forced to admit to things they have not done wrong, to further interpretations of them benefiting from the victimization of others, if that were the case then I would not be successful as a place for insight and opinion, and had I not worked the jobs I got, not trusted as a person who inherently cares, and who as trained instinctively knows to report, get help, keep track, save everything, limit connections, maintain trust, be honest, be positive, be professional in private and public spaces, and do my best, at whatever I find doable, interesting, and worth while, including becoming a writer online, website, and blogger. You will never enter a new phase of development, until you are generally acceptable, to most, and you will not be able to turn a profit, until you are able to demonstrate a unique insight befitting to a book, and you will not be trusted to hold a public opinion to a public matter, until you

can show that your story in it of itself, is unique to you, not impressed upon you by the experiences of others, and at no point fabricated, to fit the mold of any one ideal, character, disposition, or agenda, to better suit yourself among as a victim, to other peoples circumstances, and that you are a product of your own choices in life, strong on your own, without added reassurances from others, only with help in psychotherapeutic environments where thought sharing is allowed, which only until now, has become commonplace to share out loud ones thoughts. -We all feel in harms way, not all who benefit are at the top simultaneously connected to one another, remember that or else we'd all fall down in life, if one another were dependent upon the successes of others to find success for themselves, there will always be people walking into a situation who have the pleasure of looking around, and benefiting from the assembly of works produced, like myself, or a macbook. -That will never change, you have two choices upon beginning any business ventures in life, either all doors open for you, or as doors close, you become better, wiser, and more professional, as the taking continues, or what work has passed, and keep going in life, strong.

Knowing Less About ...

4/6/2020

We've talked a lot about things that I have become very knowledgeable about given my own experiences having overcome traumas and setbacks, but now let talk about something I know less about, spokespeople, and people thinking its okay for them to come forward with an opinion towards you, as though they have the right to speak about subjects that don't involve them, its usually for those reasons that people find it easy to hold an opinion, when it does not directly affect them, however for others who are directly affected, less inclined to share qualifying factors or speak to subjects that they have no direct history of involvement, that is until now if business cards and a Truman Show movie joke count, as a point of attack. (I just shared my "OJ Stories" I was ranked 34,000 on Alexa without having mentioned any of my childhood memories, did so on my own). Then that's when we need answers why someone, who has developed a company on their own, and having shared from their own lives, would motivate someone in their own lives to cause harm to others, or to disappear, from which words, did that so shake someones core, as to rattle them to the extent of hurting a source or a provider of intelligences online, and get others to turn on them, that already happened, I got sued having come forward sharing my experiences in private, and based upon what I said then, was punished, probably because the delivery of information was not palatable to the tastes of all, and still left doors open, as to blames past, or current, that did not satisfy the conscious of those to whom were affected, by my cares at the time, to push forward and build a company, upon a pen name, and to support organizations I found, and thought based upon my own timelines of realizations, felt like would be a problem or is a problem, I felt I could fix, having been through those emotions myself: regrets, powerlessness, helplessness, overpowered, behind in life, not smart enough, down, ill, mentally ill, in the wrong, bipolar, or heartbroken.



mymollydoll

@mymollydoll_



Sometimes things get worse before
they get better just reported to

@USNavy and #justicesotomayor 

8:58 PM · Apr 3, 2020 · Twitter Web App

What Makes a Hero? ...

4/6/2020

We won't always be on time to all occasions, and we may not even report in time to prevent causes or circumstances from arising in the first place, but we do show up, hell or high water, and do our best to begin from where ever we start, that's what makes a hero. Not someone who dodges subjects, or fails to speak, not someone who speaks for without listening, not someone who leads others blindly, without remorse for the other sides, not someone who puts others at odds, to benefit themselves, and certainly not anyone who is ashamed of their past, or would set anyone else to unreasonable standards of professionalism. We can't all be perfect, the point being, when its time for you to shine, you do so, whether that takes years to accomplish, of schooling, and writing online, you do so, and when its time to explain your upbringing, and what makes you special, no offenses are taken and that information not misused to cause harm to others, that is the risk you take, for building timelines, and building a new rapport with an audience who has come to know and understand you, but doesn't understand why it took you so long to come forward and to be a character online, or public figure. If you can't afford to be a public figure it doesn't happen for you. It cost \$700/month for several months to establish a company name and to pay for legal fees, and \$250 every two weeks in psychiatry to keep quiet and be in control of my emotions, and \$3000/course in law school to become educated enough to write without fear of what others have to say or think about me, be able to rise above all controversies, and not get sucked under any tides in life, and thousands of dollars to pay for editing fees to put together a finished product Im proud of but have yet to complete: a book. --- New Alexa Rank: 70,977 (Up w/New Pen Pals).

Over Before You Know It ...

4/6/2020

Dressed in bright blue on national television, stood the President, oh no my #chanukahmonica joke, went worldwide, way'd it go, take responsibility for your hoers. Its about time. -You know that moment when youre ready to move forward, still haunted by your past, the other unwilling to let you go, feeling stuck, its happens to us all. With love comes responsibility, if the other has not done anything wrong, its hard to explain that you have fallen in love with someone else, or ready to move forward. A very stressful discomfort follows, sometimes even illness and self-harm, why now, you wonder. Why upon moving forward, do they become so unwilling to let you go, but when available, and so giving, they took you for granted. That's just life, we wont be around forever. So choose wisely, who you wish to include in your life, and who you wish to let go, who you wish to get to know more about, and who you decide to grow closer toward, we are only on this planet for a short while, why not make the most of our time on earth, and get to know more. It seems to me that its nice to have love around at your disposal, even when we are not available to be loved, or to return advances, that's a mutual connection you may feel toward anyone who is taken, just know your boundaries, and don't take it any further than they are willing to participate with. We all have our limits. Theres a point of being in love, and loving someone, and there are points of discomfort, a painful discomfort, knowing love, and not being able to experience love, because of something from our past preventing us, from being emotionally available, physically available, or heart centered on them, giving them our undivided attention, you'd like to think that they wouldn't be bothered by any of your attachments past, but its possible that they would be just as bothered as you, and that's how love doesn't happen, and the only one left in love being the original attachment, to whom you are no longer in love with, or who have grown past loving them. How important is someones love toward you, that is not reciprocated, eventually you have to let people move forward in life, if they are no longer in love with you, and allow them to admire someone else, this isn't marriage, one who admires is not required to stay in admiration of someone for all of eternity, the goal is to find those who we blend with best, understand us, and are so willing to get to know us, eventually, we all find our places in life, no matter how painful it may be, letting go, no matter how embarrassing it may be, falling in love, and no matter how hurtful it may be, being made fun of in the process of finding who to love best.

Personal Update ...

4/5/2020

Not feeling well. I think Ive disclosed a lot about whats been going on with me lately, and just don't want to subject me or others who Ive been in contact with to harm. It's a very sensitive subject to say the least, talking to others in private, you just have to be careful I guess. Given my time online, it makes sense that I have grown comfortable talking to others, but maybe to my detriment get attached, and sometimes fall in love, will learn how to pace myself not get too attached to people I meet along the way, and continue to be a positive outlet online. People are people. #behuman -Love is painful sometimes, especially when you love people you cannot be with ... probably going back to my Ex now. Be realistic! Come on Leslie. lol, I know. Whoever knew ... love him! xoxox

Opening Up ...

4/3/2020

Its a beautiful moment when you are able to open up and be yourself around someone, sometimes we are unwilling to grow attached to anything that causes us pain, that's being afraid to try something new, or express yourself in a way, that would make you or others uncomfortable later on, to have known someone that personally, why its important to always know your limits, as a professional: writer, law student, paralegal, model, vlogger, blogger. Not all will see the beauty in you, that's just a fact of life, and there will always be interferences in life with your better judgment upon opening up, feeling free, in the moment (in any moment of self-expression) you are you, and sometimes there is nothing anyone can do to stop you from vocalizing your issues out loud, whether that be for therapeutic purposes, or for personal reasons defend yourself against any negative commentaries toward you, questioning your best intentions in life, not all things done with love, are for personal reasons alone, sometimes in trying to make other people happy we may subject ourselves to harm, and then become upset with ourselves, when things do not turn out right for us, acting for others, instead of keeping in mind our own best interest in not getting hurt privately and then publicly have to explain why you are hitting your head, have fractured your hand, or have ever felt insulted by anyones fake advances toward you, to cast you under a negative light personally and professionally, cause you to look like something you are not in private, unprofessional, or too casual with the management of your image, Ive never purposefully taken a bad picture in my life, always tastefully done, and now with help from messenger lenses, even better looking than I started, while trying to figure out why my face was becoming disfigured, coping with weight gain from abilify, so that I would not self-harm, and hit my head (not feel well, tired, upset with myself, a better option than committing suicide all together). Eventually you have to pause, figure out what was causing you to open up in excessive amounts to others, why you needed help, and why you couldn't manage your time alone, without constant contact with others, trying to manage problems ongoing in your head about life, and think that problems could ever be resolved together with another person. In deciding to return to my Ex (in the future) its because finding love online is impossible, it may for the time being (3 years) been a positive experience, having a pen pal (ie Trump Accounts) but has grown to become a cat and mouse game, of being good enough or not good enough, and probably nothing I should have ever talked about, initially contacting him, after visiting scotus, to inform him of what issues I felt were important at the time, was having issues hitting my head after being hospitalized for 30 days, following a 90x90 attendance to AA meetings twice a day, was told that that was going to help me, but it turns out that I only got sick in the process of speaking in meetings, and leading meetings myself, a speaker, among very successful members of the community in attendance, and a few famously known people, in recovery, seen during my time in AA. -I wouldn't call it being self-destructive, to self-harm, but as a coping mechanism, in private, if it goes on long enough, may eventually become a public issue, as to your overall health, whether you are able to manage your problems on your own or whether you need help, and whether if you need help are able to help others. Sometimes you just have to let go of lifestyle choices in life, and check back into reality, how long can you go on, maintaining imaginary friends in life, how appropriate is it to carry on, conversations with people, that youre probably never going to meet in real life. We all have our own lives, and just like you can get hurt in real life, and be avoidant of having real friends and boyfriends in real life, the same kind of hurt can result while having a pen pal. That I just learned, and as you come to know new people, fall out of love and in love with someone else, or come to admire others, don't expect to be let go easily in life, sometimes by the time people come around in life, or are around, we have other things to do like work, focus on ourselves, lose weight, get back to normal, take meds, cease self-harming behaviors, and cut back on activities in which we share too much of ourselves in private or public, which have the potential for leading us into difficult situations in life or have the potential to cause difficult feelings for others, who know you, but don't want everyone to know that they know you privately, or friend you, but don't want everyone to know that you are friends, or date you but don't want everyone

to know that you date, or like you but don't want everyone to know that they like you, for some reason that seems to be my disposition now, either in love or not.

Making Friends Online ...

4/2/2020

03-31-20 Originally Posted

Privately I have only reached out to a few, mostly for reporting reasons, have made contact with the Government, in the privacy of my phone, that's really no ones business, what thoughts are had about things, whether I take things personally or not, am affected, sometimes things aren't about you, but can have a negative affect on you, as interpreted by others, based upon who they know, or what they know about you, think things are about you that are not. -I have only been pen pals with a few Trump Accounts, since leaving AA, someone to talk to who I trusted, when not well, on heavy meds, in bed, not looking like myself, while putting myself back together, post failure in life. It takes a lot of courage to keep going in life, apply for jobs, work at jobs, and stay well, not all are capable of working the hours and getting paid, and sometimes we end up in the hospital when not well. Recently have reached out to a few Actors, one of whom I saw on Direct TV, and thought on a whim to message, and he replied. Shortly thereafter a series of deductions hit me, not assuming anything is about me or anyone I know, fell ill, Im not sure why that happened, just be happy for people based on where they are in life, and do your best not to interfere with current systems of support, taking care of their needs, while trying to stay well, and away from controversy. Its hard to get close to anyone, sometimes under such a heavy pressure in life, that its difficult to even just be me, sometimes its due to my own faults in life, put in a worse condition, and sometimes, based upon my fears, think the worst is happening to me, meaning things will not work out for me in life, that's just a roaming fear, nothing to publicly announce, I should be happy to be writing on what is now a very successful blog, read by many, and once ranked on Alexa 34,000, that was a huge accomplishment for me, and also to become a Feedspot Top 100 Personal Development Blogger. I always get sick whenever anyone thinks I am talking to people knowing they are married, and trying to disrupt that bond in life, clearly I am not well enough to be paid attention to when I am not doing well, so if they are responding, its only to cheer me on or to support me, with compassion, its not always romantic, and if it does become that way, that's between me and them, romantic meaning them wanting to get to know you on a personal level, and help you succeed professionally, which would be required to have things in life, like a job, friends, a boyfriend, husband, how quickly those prospects fall apart, upon being misread, that's how you get hurt, when you share who you have received a reply from, get sick, as though you are an unwanted connection, I don't think that anything mutual is ever to be interpreted as an unwanted connection or association in life, maybe for people past, who thought less of me, however now I have worked my way back to a respectable place in society as a writer, and very proud of myself, whether that leads to romance, friendship, or simply meeting people who have been successful in life, and able to lend an ear, learn to let things go as soon as you get sick, probably means an untimely meeting, or for unnecessary reasons, controversial at odds.

Nothing Comes Easy in Life ...

4/18/2020

You usually know within 2 seconds of meeting someone, whether you like them enough, to work with, love, friend, its upon meeting s offer them, whether by job, or by love. Nothing comes easy in light, always be prepared to present the "best version of yourself" a quo you are not well is when you are likely to fall short of what is acceptable or acknowledged as well, and worthy of praise or attention fr to be loved and accepted as you are, that occurs, after a full showing of all that your made of, within, and whether you have the skill se belongingness needs. Whenever we are trying to rebuild our character, or if something goes wrong, that causes us hardship, its hard to feeling like yourself, that occurs when someone tries to present you in a different light, knowing you, or upon meeting you, claim that life, counter to all the friends you have made, and counter even to how you look, even if upon you later achieve wellness at a later poin someone, that love is always returned, which is how people can seem like too much, and quickly rejected, if its love that is seemed to b something becomes of it, that is at the choice of the man, to then accept all part of you, and want more from you, only supply more, on

love, or if its not love, decline, that's how to figure out whether a meeting is about love, whether those needs have been fulfilled, or when you meet someone, and figure it out from there, not all things that end, make the beginning of anything easy, mostly painful for everyone. *they light up to you and stand out to you?* That's what falling in love is all about, meeting someone, not knowing them, and then suddenly but only few special to us individually, who we upon recognizing them, see potential, root for them, feel a giving of love leaving from me to love me to light me up, Im not asking for a giving of love, to feel accepted, or to receive permissions to continue blossoming online. Unable to work again, graduate, or move forward in life, makes them look in the wrong, for not condoning you blogging online, not believing to be a great writer online, make sense, and receive the kinds of attentions that you do, that's not because of who you know in life, that's

Guided Discussions ...

4/18/2020

We will not always be on the same page in life, with the same experiences, the same handicaps, sometimes its not possible to meet half recognize one another's struggles with appreciation, or seek to take a higher road, seeing themselves as more important than the other, or the other sees better, that one backs off, while the other takes flight. That's confidence, some are just not as willing to rise to the occasion and let everyone else, be left to their own devices in life, it takes awhile to step up to any plate in life, that's the real world. Everyone can be respected and admired, by others in their industry for their expertise, good decision making skills, and talent, which can only be honored for their talents, by hiring them for jobs, and allowing them to grow professionally, not all of us have been gifted with experience in life, we understand why, its because that happened to our country, in work environments, determining who gets jobs, and who does excel at work. Someone who is arriving to a scene online, like there was a scene to begin with, and then taking on a creative leadership role, in a scene that esteems, and who stood out and why, and whether creativity to begin with was about the same scenario, that goes on in workplace environments than the other, based upon how one presents themselves, how they respond to put downs, how they present self, whether their work excels at different paces, and its not by know how alone, that we are able to achieve, you cant just work alone and be successful, eventually you will be times, present the best version of yourself, as it sits well with others, and unless and until you can fully appreciate how far you've come and be similarly situated as special for your God given talents. That's as applied, your knowledge to any given setting, you feel in your element. You. There is a period upon exposure to someone, where you either accept them, or take a step back, we do not expect you to fully embrace reading about them or hearing from them, and choose to take a different course in life, separate from them, that's competition.

When Its Time to Move On ...

4/18/2020

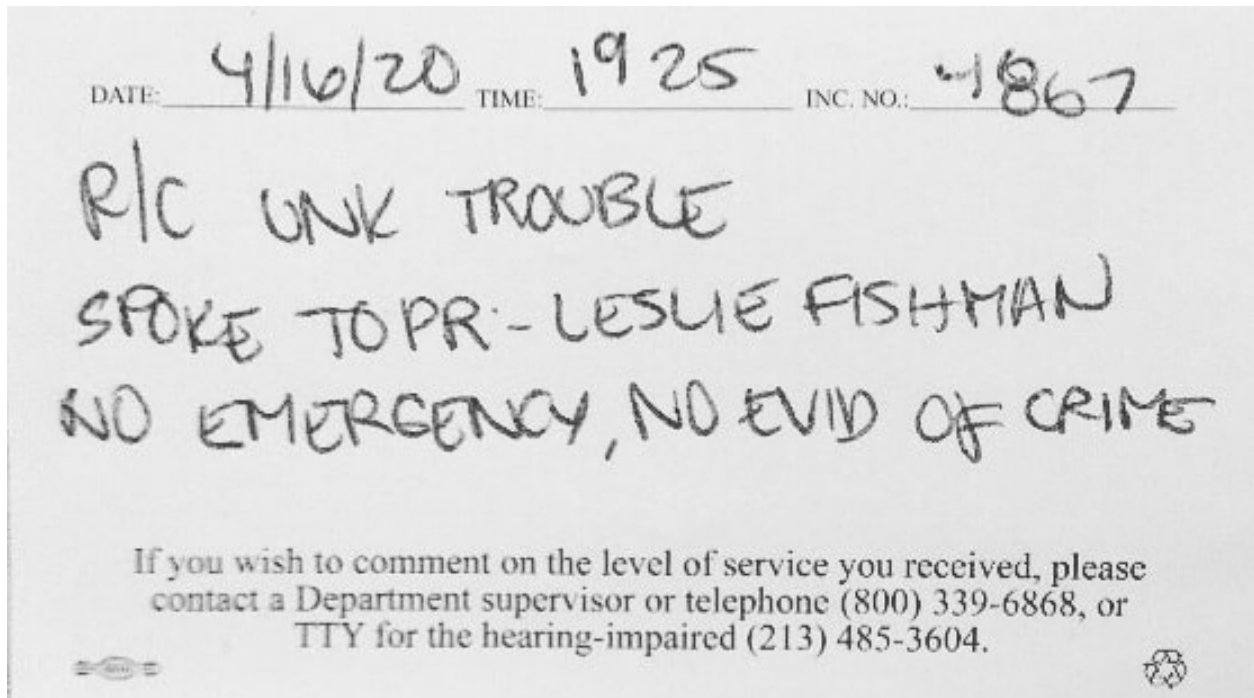
If you have to go backwards to explain yourself, or even forced to go backwards by someone else putting you at an imposition to explain yourself, stupid, at a loss, and overcoming something difficult in life, such as the emotions you encounter when you are made to look bad, ignored in a direction, who would think that upon explaining your demise, you would once again be hurt in that way, when you were down, and had no progress, in life, or be credited for your abilities in life, and be credited for being apart of your progress, that seek to be mentioned, and not moving forward, to their benefit, get people to turn on you with them, that's called a breakup, when sides are taken, and people are at a distance in life, that doesn't keep that once companion in the spotlight, as attached to you and your successes in life. Not only does that get tested whether they can succeed on their own, without the support, of someone, who exchanged loving words with in support of someone, respectfully, backing off, from a previous relationships, or friendship, and switching care to someone else, more willing to provide for someone's work out, looking like someone who benefited from the support of someone, saw better, and because of that support, was able to put to rest that one is able to grow, professionally, by their own experiences, and because one is professional, likeable, or desirable, as a candidate in a full circle, and beginning to feel better and ready to finish law school, graduate, and work again, after years of struggling on meds, that's a marriage, one is not obligated to care for someone for an indefinite term, and if someone is more available, to be supportive, and to care for someone in common with, who will not subject them to hurt, and would not disrespect them in public, make them look worse to others, and ask for someone's likeability, make me look trashy, cause me self-harm, and cause me to feel bad about myself, why I called the police, to request that they remove the candidate since 2017, and have always done my best to inform him, and console him during times of need, redirect his focus, defend him, and be proud.

Im sorry no more pen pals, however approved by my Attorney and Therapist, only speak to the Courts and to the Police, keep a running journal, be conscious and maintaining the peace.

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

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

Originally Posted: 04-17-20 (Taken Down because this was a very difficult subject called the police).



Tolerable Levels of Advocacy ...

4/16/2020

Given my experiences growing up in the middle, being close to a victim and being considered part of the family to the accused, I have been mistaken, as though knowing the accused that I felt obliged to consider his interests, as a law student, however minimized and providing direct assistance to those in need, such as those in the middle, as connected to me, throughout the process of obtaining a those I was assigned to care for, and whos responsibility was my own, to inform, and keep protected from outside forces, interfering with attentions, or failures occurring within a group, undermine the groups stability, such as based upon comparisons, or what is known, the best interests to look bad, to behave poorly, or to speak poorly of self or others, giving way to unknown inferences, allowing people to resulting from being in the middle, of a story, that took flight elsewhere, which should not have affected those immediately affected by Children with their parent, as advised by my Mother, a fierce advocate for the Family, the best interests of the Children, and in the best (and Figure) to all of us, keeping things normal, not get disrupted, or mentally disturbed, by the Public's Outcry for justice, resulting in done a good job taking care of one another, and because of the separation, and disillusionment of marital bonds, resulted in a loss to or affect all of us, everyone that knows whomever is lost, and all those connected, upon experiencing losses, realizing how precious life is to maintain stability within any group of individuals directly affected. -There will always be a rehashing of issues, upon a loss, and re organizations (or families) from which a bond is made or broken, and under what circumstances for, whether by loss or failure, include that delineates, who is affected, and further separate those parties as not affected, so that they cannot equally claim, right to be protected middle ground, attackable points of interests, or parties of interest, if their interests are to protect those accused, not to protect the middle writings, were written all with the intent of freeing or bettering a middle ground of individuals, whos best interests, were not protected upon attacking anyones credibility you become wrong, that is when on a scale of 1 to 10, you take it too far, meaning, the methods, and circumstances of others, is not to be empathized with, and that's how someone becomes famous, off of putting me down in life, to take with the same struggles, and hardships in their life, not having endured, my traumas, or losses. We are not all the same, the point being exposed to their life, as though its by my choices, friendships, or connections in life, that were ever made purposefully in poor taste, to characterized as someone, who was a failure, to infer that my failures resulted in losses to others, I was a law student, live alone, stay home by meds, able.



STATE OF CALIFORNIA
BCI 9016
(Orig. 4/01, rev. 8/08)

DEPARTMENT OF JUSTICE

REQUEST FOR LIVE SCAN SERVICE

Applicant Submission

CA019013A ORI (Code assigned by DOJ)	EMPLOYMENT Authorized Applicant Type
<u>VOLUNTEER UWAP</u> Type of License/Certification/Permit OR Working Title (Maximum 30 characters - If assigned by DOJ, use exact title assigned)	
Contributing Agency Information:	
LA County Office of the District Attorney Agency Authorized to Receive Criminal Record Information	05818 Mail Code (five-digit code assigned by DOJ)
201 North Figueroa Street, Suite 1300 Street Address or P.O. Box	Edwin Calderon Contact Name (mandatory for all school submissions)
Los Angeles, CA 90012 City, State, ZIP/Postal Code	(213) 202-7736 Contact Telephone Number

Building Your Ideal Website ...

4/16/2020

Ideally we would want to save every step along the process of building, but not everything gets saved and retained along the way, in other words, sometimes things get destroyed and you have to start over, why it is so important to save, as you write, as you produce, and as you add all inputs to larger documents. I am someone who writes individually, and then at a later point, collects the best of if not every post, a record of all posts too, why its important to save as you go. It takes a lot of energy as a blogger, to both write for your website, write separately, not present the same compositions on each feed, make things different, and upon re-blogging, present the best of what that looking back compared to where you are now, appreciated, or becoming more valuable, why dating your work may be important too, to monitor ones own personal growth, keep track of whats working and what is of value moving forward. You cannot create value if your presentation with directions would be wanted from me. Still learning as I go. There is no manual for how to blog, and what works or what without reference to the past, that is not where intelligence comes from or ideas, to highlight past incidences in which harms have occurred, sharing is a joke, that's very insulting. -The crux of your methodology should at its core be good, so in the event that anything is later added, build ideas and thoughts from, your core ideologies should always be good, that means coming from a good place, make decisions, so that value can equally be added back to those, whom upon vague citation to similar points of interest do not feel harmed as connected, improvements are needed, to any system of thought, or structure housing thoughts. A well built website, is organized, and upon presenting posts, to be found among like posts created on one website, all the posts, that are similar by category, collected.

Website Stats: mymollydoll.com (04-16-20)



04-16-20__website__stats__welcome_-_blogpros_panel.pdf

[Download File](#)

The Moment of Change ...

4/15/2020

Theres a moment in your recovery, when you stop processing the past, and begin to move forward, no longer reminded of what went wrong, sometimes it takes a day, sometimes weeks, and sometimes, months, before you decide to stop remembering what caused you harm, start with appreciation for how far you have come, and willing to push forward until you are able to hit cruise control again in life, and get a new perspective, others, always be thankful for what you have, the more appreciative you are of what you have been through, remembering the good things only provide, what you are able to withstand, tolerate, and overcome yourself in life. The benefits of having a hard life, or overcoming

in life, be a solid support system, an inspiration, and good company during times of need. Feeling understood, and the ability for others who love you unconditionally, and who believe in you. Do your best! Never settle for less, the skies the limit, and never stop dreaming good things into your life, is your attitude, how you manage stress, how you stay motivated, and being driven, no matter what you encounter, successful, some not successful, keep things in perspective, your upper limit to success, is always dependent upon your ability to push through health issues, dictate, your abilities in life. As someone with learning disability, I have always made it a point as an academician, to shape, going to the gym, which is why I was able to go to two law schools, play club soccer in law school, and kickbox in the AM, and a class in law school, received As on essays (not good in multiple choice questions), and an A in Advanced Legal Writing and *Witken A* exams memorized flashcards, condensed outlines and from a little bit of information, knew a lot of information, that's how I learn, by and from those details, find meaning, the better you understand the better able you are to memorize and learn, I guess that's why I start writing, from what I could remember, what I knew, and start making sense of my life, outside of work and school, and find myself, read

You're Never Good Enough to Mention Others ...

4/14/2020

There never comes a point in time where it is ever 100% acceptable to speak of the experiences of others, or allude to insights derived from a few, and then subject those facts to being known to all it will always be interpreted as though for the purposes of strengthening a position, beliefs, or treat all unconditionally who come from an important story, that's not true, depending upon how important you are, what you have behind from shared conversations, as someone who is good on their own, and wish to not benefit by mention, anyone who's mentioned for purposes of establishing rights to all for use of my work product, as though its fair game, as assumed, to turn on someone, or misuse someone given their current condition, of mentioning and having ever positively represented those they cared about, being a good person, excellent at compiling all my best work, since I began sharing, and making books, hopefully to write a book for mass distribution, that doesn't run out and when focused, spoken about, or speaking to issues, once relevant and obviously known to everyone, and upon looking at me, think I have already been misunderstood as an opportunist, seeking help to build something for monetary purposes, and not for the general or overcoming, discord between groups, and explains why everyone was doing well, and why many investments were made, to watch us grow, we worked in, focused on perfecting ourselves professionally, not wind up back to where we started, an assumption of creative mismanagement account maintained by me since 2008. There is no exact beginning point, when you feel compelled to share, its usually you just not feel like you're feeling at a loss, alone, not going in life, that ONLY occurred to me writing my personal statement, never has that ever happened to me, to enter law school, and upon sharing my personal statement, a similar quiet occurred, with continued belief in me and enthusiasm, that without knowing my past, who my friends are or were, just based upon my work ethic, trustworthiness, willingness to go to extreme lengths, challenged, and wanted to become more adept at civil litigation, with quickness, research, know the laws, and be able to make arguments, apply them, and how to analyze information given the laws available to articulate reasons or causes, and how information obtained, he

Deep in Thought vs. Gone ...

4/14/2020

You will have moments in life where you will feel like you are working hard, and feel good about the work you are doing, after the work as hired to adhere to a set of standards of work ethic required of you depending on what profession you are working in, not all professions have personal issues ever interfered with my ability to work, have always been someone who shows up and works and leaves, quiet, not that's being present in the moment, then there is disability, and then there is disability plus alcohol or relapsing, which can affect your ability then try to get too much done in a rush, it happens to the best of us, getting side tracked on unimportant things, to fill the hours of the day on facebook privately, or a website, phase by phase, and sometimes along the way, there will be people with more exposures in life, think of people upon who you know, is for those reasons sharing online, not to the benefit of all, but for a personal benefit, such as what occurs for you when coming to mind, memory recalling positives, and less interruption by voices, or memory of voices past, to discourage you from sharing how they transpired, as though you were famous, and upon speaking negative consequences occurred, over a 9 year period, that needs to be on or on Twitter, or on a blog, if it was assumed that everyone thought that I was mentally ill, or had things to say to trigger the mental health in me, what I sound like in school or at work, then that should be the reason you should explain why to tell someone not to share, means to sense others are thinking around them, and that their intelligence was acquired by being among the smart, and not achieved on their own, saved, to cause them to appear in a disorganized state looking for things for hours, not where they remember them to be, like school notes, does so because they think you deserve to feel like someone who has been hurt and goes through a period of being lost or gone and seems unstable.

What is Likeable? Identifying Potential ...

4/14/2020

You are your own worst enemy when it comes to garnering enough strength and confidence, to go back into the world, post breakup, to respect to the past and everyone in it, including preserving your own self-worth, be of value to you, and find value in yourself again, and troubles into your life on your own, or told you are something you are not. What does that all mean? To be bullied, and how can you resist, for, silence, or despondency toward you, be less loving, less compassionate, cold, and not take you seriously in life, how much should you or upon them knowing more about you than meets the eye, or think something differently about you, based upon what is seen in private that cause people to feel more at ease, less worried, that would be one benefit of sharing from within, such as keeping a diary or a journal to keep everything pristine. -Its never ones responsibility to negotiate with someone who thinks less of them, compared to where they can be in life, treat them as guilty that is "knowingly doing something to cause harm to someone, and knowing they are in harms way, or feeling like hitting my head, I had pitched for a "therapy website," I went out and drank, I relapsed on cocaine, I was taking 10mg Abilify having to spend much time in the mirror, never vain, until after Jail, is when I started to gain weight, look different, and not like myself. I already loved, possessive over boyfriends, but never friends, and never controlling, independent, except when in a relationship, wanting to spend the same page in life without you, and that can be disturbing, mentally, for everyone to be connected, and to feel like the one person in the room, and takes awhile to get comfortable be yourself with anyone new. -I think its wrong to be treated as though, Im the aggressor so no matter what I look like, because I am a good person, not because I am trying to look pretty to attract attentions, because I am planning for a later rejection, with the confidence of being given reassurances, abuse that privilege of being accepted, and talk about anyone I know, intelligent, or trying hard for the wrong reasons, such as fame, or fortune, placements in life, I was born privileged, so to fight to be in

"Oh I share my outlines with everyone." Replies [#veshivalawschool](#) - Who used to carpool on the train everyday with my Ex, facebook demand monogamy, a serious relationship?

Confidentiality Notice: This BLOG POST is a private communication for the intended recipient(s) only, and the contents may include information that is not intended for you. If you have received this BLOG POST by mistake, please disregard the contents, destroy this BLOG POST, and notify the sender that you have done so. This is not an open.

"I want to be with a smart Attorney" "I dont think this is going to work out."

Centering Blames ...

4/14/2020

Sometimes the easiest way to simply our ideas about wrongs and the timing of wrongs is to blame whomever comes forward in life, to a student with a boyfriend. People who think they have you figured out in life, are so quick to call you out from afar to test your integrity, recitations of facts concerning you, were the cause of your demise with friends or still spoken to, spoke to all, never have I ever blamed me in any way, that misdirected the interpretations of me, to judge me as a "truant" or someone who does not achieve a "loser" or someone "intelligent" or otherwise considered to be someone "who likes to hear the sound of their own voice" as retorted to me by my then Reliance field of addiction and mental health issues, think that they possess the power to tell you how it is, provoke from you commentary from my "knee" in chairs with your Father in a circle in front of everyone else and their selected family members present ([*and my Dad cried](#)), to have accomplished in life that are the cause for you being there, I received a Witken Award and got a Job at DC Law Students in Court that hook was later lost upon being introduced to a friend the semester before, when Jodi was in town, we did coke New Years (January) pouch in my kitchen which was later found by my Mom who was very upset with me. It seems by the smallest errors in life, you get disrespected and once you lose that love and trust and admiration of you or for you, past failure, its hard for them to want to be around you, let alone help, its there, but it doesn't ever really want to be there, but does its job anyways to stop you from enduring whatever it is that is causing you good, and upon feeling good, look bad, as feeling good, when others are serious, and its usually only when you look stupid or don't understand changes in a room full of people, whos confidences in life are based upon comforts with one another, had I not gotten laid, I wouldn't have had him.

The Consequences of Mischaracterization ...

4/14/2020

The past can only take a dramatic toll on interpretations present, when it gives way to exaggerations of what has happened, if not often discomforts in life, as though those problems within or around them have always existed, no none of them. -Its usually not until a later

special, or just for show, like you haven't lived life fully yourself, in private, and not in the public limelight on Facebook, we all have lost, taken from us, stolen, like photo albums, keepsakes, jewelry, notes, letters, everything important and of sentimental value to you, yourself, or happy, and well, is usually, destroyed or taken from you, and in place, images of you not looking well by Kodak, pictured photo'd well, but mostly, appear pretty and 140 lbs, the majority of my life, Im not sure what that is, maybe just not photogenic in unf... who did carry beauty, and not a beauty carrier yourself, if I was not beautiful, kind hearted, and a good friend, then I would not have h... a life is destroyed, and your reputation has been picked at and you get attacked by voices on a regular basis, that is to test your integrity and smarts, or whether you splinter, as picked apart, self-harm or become violent toward whomever is offending you, no I become suic... able to affect you in that way, saying something that is not true about you to your face to see how you respond, upon insult, speaking, gone or confused, and misunderstood, attack, or whether you become sick, feel dizzy, or self-harm, because what is felt is so painful an... to exist, what causes that, loss of consciousness upon insult, and why is it that someone thinks its okay to attack you, until you don't ev... embarrassment, over drugs and alcohol, why was it okay for everyone else to go out and drink and do drugs recreationally, but it was n... know nothing about, especially mental health issues, and for what reasons I was on anti-psychotics since 2013, it was because I drank, about myself, or not able to give love, and not good enough to finish law school, and wondering what to do with the rest of my life, aft... what to do after all that money is spent, it takes a lot of guts to keep going at that point, and not drink and sit back, and wonder what ha... only later to realize, what was left up about you while you were in law school, and by what was said to you thought about you, to put y... and get to smart, and be a strong professional, in order to get a job and have a life. That's what getting a masters is all about, getting jo... grind and weekends with friends, and back to a Monday, and now, not sure whether I have the energy to ever maintain that type of life... 3.0 and punished simply because you were experimental in messaging on Instagram, and sharing humor and fears on Instagram square... together there, maybe you are thinking, working in your phone, and that's when bad things happen to you, car accidents, you name it, ... away from the lives of those who are well, because they think they are not coming back, and because so deemed a future problem to th...

Don't Take Your Time for Granted ...

4/13/2020

In any amount of time, you can win or lose yourself in life, its all a matter of perseverance, quoting *Eminem* the writer of the song: "L... through my sister-in-law *Skylar Grey*, who sang with Eminem at the Grammys, and been friends with *Sydney Simpson* since age 4, now... achieve a life for yourself, having moved beyond your past, to a period of peace, and humble recognition of the life you have lived, an... pressures, people have no idea about (quote: "some people are going through things you know nothing about"). What are the purposes... and every thought online, to be viewed, followed in life, and receive any unwanted attentions or attachments for that matter, considerin... writers." Just as everyone decides who to be when they grow up, so you embark on your journey, and get as far as you can get, and yo... or know how, then there is a moment when you consider whether it would be inappropriate to become successful, and seem as though... looks like had I not known these people, I would not have become popular online, or confident enough to speak to everyone, that is m... experienced that concept of feeling above anyone, Ive never been that way, have always been texted, to hang out, or checked on, or ch... you are not well enough, or something within them sends them overhead, upon being around you, that makes them distant from connec... case for people who want to talk to you, who you have no interest in talking to, sometimes that get away from me feeling, occurs so str... thinking there is something wrong with others, not you. -Don't get drained caring too much #behold!

"Fast Company" Innovation by Design Awards (Reply) ...

4/13/2020

As a law student, studying Financial Compliance and Risk Management at Thomas Jefferson School of Law, I decided to obtain mem... of causes that matter to me, based upon my own personal experiences, as well as based on the experiences of those around me, represe... make important important decisions for ourselves and others, while managing general mental health issues, associated with not only, s... overcome trauma. I graduated from CU Boulder with Honors Cum Laude, a Sociology Major and Certified Crisis Hotline Counselor, I... course of my professional development, have been trained to not only be specific, but to be organized, and only realized later on throu... company whos insight reflects the matters cared for, as well as can be backed with insights previously made along the way, in support... square on Quote Creator and later able to manage free writing my thoughts collected on Twitter, and elaborated upon in longer posts o... either able to move forward grow from your mistakes in life, demonstrate that you have learned from the past, your past, the past of ot... because I am able to assemble ideas that resonate with the way things are now, that I have been able to gather and collect data written i... online generated 90k Followers on Facebook and was nominated for a Shorty Award "Best Integrated Campaign" (2016), as a member... things have not gone right for me focus wise, blogging has been the main way I have been able to get positive, find myself, and grow p... from scratch on Weebly 2013, selecting the site from Google.com, with no experience in website building, learned as I went, added ad... contacted me or responded to, and continued to be accessible to all, sharing what I have learned as I learned, and as a result of my wor...

Ranked on Alexa 34,000 in the US at one point, and selected as #55 on a list of Top Personal Development Bloggers on Feedspot. My being researched based, as studies were approved by Fema's ideascaple online, as a registered Fema Student, a certified First Responder

mymollydoll.com by Leslie A. Fischman (Built 2013 Archiving, Databasing Thoughts Fully 2019-2020).

"Blogging" (Medium) Article

4/13/2020

Blogging is a form of writing practiced by those who write articles and who share their thoughts and opinions daily, weekly, or monthly. The contents of your blog, some make money blogging, and others blog for fun, accolade, hobby, personal interests, or to keep busy. Writing a blog, would be to write from home, and be an author. It takes time like all careers to develop yourself, make a name for yourself, and share what you know. In a general sense, blogging is a meeting of the minds, like most writings, where the author or the reader, and separate from another, or see better, wellness is determined based upon what is considered smart to you, and what is considered of value, not all can help to clarify any issues lingering, but always make sure that if its important to write it out, not leave things up for vague or abstract as long as if removed from the equation there would be no insight to attack, that makes you a valuable primary source, never give up! If you dont have anything nice to say dont say it at all, that doesnt apply to sharing your thoughts, thoughts are not a belief system, and with parties in life, I think for political purposes, some writing should be left for allowing one to express themselves absent minded what of someone to build a new life for themselves. You'll get a job somewhere, showing that you can write is a good start to getting a job, a content blogger, its common to have low self-esteem especially since the internet is full of articles published by writing professionals, for pay, part work independently, that's the difference, not at the direction of anyone telling them what to blog about, or given topics or assignments. Blogging a means to report what was going on around me, was initially how I used Facebook newsfeed, which went to mixfeed, and Twitter did not share on Twitter or in other spaces, to begin with, that took a lot of time, and a lot of trial and error, we can't be at our best all the time. A sense of self awareness of whats going on around you, and contentious of how others will respond to you, given what you have to say. I am not necessarily a jack of all trades or renaissance man, but someone who is able to think, provide, and deliver writings, that are worth a person's outlook in life, by changing other people, one should accept others as they are, and continuously do what they can to improve upon it. Do not control people, or what they think, love is love, and unless you are smart or pretty, then its difficult to establish any long lasting relationships. Intelligence, yes looks does say a lot about you, self-care, how you present your work, what your website looks like, presentation matters, and overall, the overall look and feel of your work, should represent you, who you are, and as such, manifest in others, or on the minds of the times of others, especially those who seek to know everything to provoke the worst in you, some use science for the worst, and some treatments overall of people who blog, or who share their minds, will be accepted, but as of now, its still a growing trend, and not yet plateau. It takes a lot of love and a lot of drive and determination to keep your wheels going, when it comes to creating an idea, and working on it. Be patient with yourselves, no one expects you to have a perfect looking blog, this takes time.



References from [mymollydoll.com](http://www.mymollydoll.com):

<http://www.mymollydoll.com/mymollydoll/12-common-mistakes-made-by-bloggers>

<http://www.mymollydoll.com/mymollydoll/welcome-featured-guest-post-bloggers>

<http://www.mymollydoll.com/mymollydoll/blogging-anxiety>

<http://www.mymollydoll.com/mymollydoll/blogging-course-listings-online-best-places-to-go>

<http://www.mymollydoll.com/mymollydoll/become-a-ladybossblogger>

<http://www.mymollydoll.com/mymollydoll/promote-your-blog>

<http://www.mymollydoll.com/mymollydoll/top-14-female-bloggers-to-follow-2019>

<http://www.mymollydoll.com/mymollydoll/the-time-is-now>

<http://www.mymollydoll.com/mymollydoll/blogging-basics>

<http://www.mymollydoll.com/mymollydoll/4-steps-to-getting-organized-as-a-blogger>

<http://www.mymollydoll.com/mymollydoll/organic-growth>

<http://www.mymollydoll.com/mymollydoll/who-you-are-online>

<http://www.mymollydoll.com/mymollydoll/building-a-website-helping-others>

<http://www.mymollydoll.com/mymollydoll/working-on-social-media>

<http://www.mymollydoll.com/mymollydoll/the-more-you-share>

<http://www.mymollydoll.com/mymollydoll/its-not-a-benefit-to-blog>

<http://www.mymollydoll.com/mymollydoll/how-perfect-do-you-need-to-be-to-blog>

<http://www.mymollydoll.com/mymollydoll/be-careful-what-you-mass-produce>

<http://www.mymollydoll.com/mymollydoll/is-blogging-a-cause-for-self-harm>

<http://www.mymollydoll.com/mymollydoll/represent-yourself-in-life>

<http://www.mymollydoll.com/mymollydoll/being-a-positive-influence>

<http://www.mymollydoll.com/mymollydoll/why-i-write>

<http://www.mymollydoll.com/mymollydoll/your-influences-in-life-matter-by-leslie-a-fischman-student>

<http://www.mymollydoll.com/mymollydoll/everyones-entitled-to-their-own-ideas-by-leslie-a-fischman>

<http://www.mymollydoll.com/mymollydoll/addiction-social-media-and-propaganda-by-leslie-a-fischman>

<http://www.mymollydoll.com/mymollydoll/building-a-website-by-leslie-a-fischman-since-201>

Prevention Work ...

4/13/2020

All prevention work, based upon my education, seems to stem from acknowledgement of: (1) the problem (2) the parties involved (3) the causes for an error (8) deductions (9) conclusions (10) understanding (11) compassion (12) reporting (13) keeping track (14) nervous given to proceed in life, one proceeds, with caution, fully aware of the risks involved, whenever becoming attached to matter (1) outside repaired, or not looking like the hero to a story, and who is villainized and for what purposes, gets lost in life, the difference between dissatisfaction with the efforts of others, as upon being disorganized, or not complete, and wholly responsible for their actions, blames decisions, therefore for themselves, as declaring them an addict or alcoholic with a "known health condition" which precludes them from interests come before the interests of another it can be because (1) they have a condition unresolved (2) there is something outside of them unless information is provided, to undo an assumption about them, is deemed to have caused unreasonable interference with their decisions the difference between disability, knowing of conditions, knowing one is known, and being situated presently within as a character for to further reference, that is not therefore by the conduct of the person who is being watched, unknowingly, and wrong to hold someone "subtle" reference to things ongoing outside of them, or alluding to guilts assumed to be possessed within, based upon what is known about someone, who is being utilized to view whether good or bad, for the basis of further determining their capacity, to make decisions, that disability, are not able to make good decisions for others, the difference between a caretaker, someone who is under blames, a victim (wise, by words spoken, or thoughts had about life) to claim from the root causes for their journey to begin with were on negative ground outcomes. #worldpeace.

Reference: Newspaper article featuring [Hillary Clinton](#) being interviewed by Rand Paul.

Overcoming Hate & Restoring Your Faith ...

4/12/2020

I think one of the most difficult parts about being a writer, is that although you may have many fans, following, and reading and support was famous, you would not have been known or cited to, nor have become successful now, that is true in part, I have always credited myself being someone who could be relied upon, and trusted. -Its upon drinking or doing drugs, that you lose those types of respects in life, and in life, is not able to balance doing it all, dating, working, and getting good grades. -Always do your best to accommodate the best interests change for anyone. Becoming successful is not about being better than, and sharing online or blogging is not about creating a different upon during times of need, as being more or less knowledgeable. You would expect people upon meeting you to be respectful of you, them as being small within the grand scheme of things, some of us, lie at the epicenter, without knowing it, and mature faster, because student, an athlete, friended, enjoying the company of someone who is in positive spirits, and easy going, that's being around people who characteristic of someone who is confident because they know themselves, and well adjusted, and then there is being known, and for a long, to write freely, or to express yourself, in the tone that you have now acquired, and wonder what is so unique of special about someone a better condition, compared to where you are now, then its best to read something else, or rely on someone else you trust for more people automatically respond the same to all situations, and get the help that is needed, or get help for ourselves when needed. -Once you become making others uncomfortable, being exposed, that's not very fair, to be able to speak freely in light of someone else's experiences, and

Not Why We Met ...

4/12/2020

In an AA meeting one of my friends, was speaking, and had mentioned that he recently saw "The Joker" movie, and said that he was "and handing the pieces to the Federal Building, after Aurora happened. That was very traumatizing, as not connected, to then provide the face of Barack Obama with blood running down his face, I found it to be defamatory, and took down the poster myself, with my hands was watching a scene in which someone says to the main character "there is something special about you." ---Reminded me of when my connections, and those I pitched to, picked an entry, "Best Integrated Campaign" from all the options, and made it a point, to create a from my mind, my thoughts, on squares, and used Tumblr photos, I found to be pretty. ---Sometimes success does not include you, and being introduced to the world on a larger scale with 90k fans, treated differently, whether it was because of who I supported, my Attorney was hired to help me with my publishing corporation (because publishing costs thousands of dollars, thought to figure out how to do so writing to all). -When I was hospitalized for 14 days, following a lawsuit, I had an imaginary relationship with someone I thought at the informed him of my progress, perhaps, next lifetime, just build and present on my own, and not rely on reporting to someone individual they overcome trauma, or little idiosyncracies about life they had trouble understanding or accepting about others, why I call the LAPD am not well enough to speak to or be supported and need to be hospitalized, that I leave up to them, as I work alone, writing. -In my e

alive for 8 months, was hitting my head probably upset with myself for relapsing, and hearing voices, and was slamming my head into later photographed. –Life gest stressful especially when you don't know what you're doing, or in a new field, stay calm. ---Upon being before (now 9x), I didn't really need to disclose that I was newly Bi, but that wasn't what was special about me, that she pointed out. – reasons or “sexuality” reasons, and say that because one is “perverted” (ie “in need”) that one is grose, or not a beautiful person, not in about respecting our differences, and at the same time, not putting anyone down in life, because they don't have it made in life quite y of the actions of others, in response to them not being well, or not realizing the big picture, of everyone working together to tell a story about ones experience with suicide per se, but about that experience for anyone in general, as it relates to a changing of the times, mea someone is not going to make it, or is a joke, or the cause of business decisions, it just means that based upon their life experiences, an share their story in a coherent way, in which others can come to value their life and the life of others, not for the purposes of being bos produce, or books to write, that's based upon their understanding, and your share not as related to them, able to cast light upon another not, is not your responsibility to become consumed with, thinking that a piece of your life, was used to portray a character notably a vi to whats not going right, and doing their best, to inform the Government, of what insights are attacking our credibility as a whole, mea had a private life, when things got overwhelming, when fears were felt, to the moment fears became real, and how important it is to be the crowd for the Oscars, something to do, not done before, be apart of, and upon pictures being taken around me, called the police to t Hotel instead, that was 4pm, I was there until 11pm. There were no TVs in the bar, and did not watch in the recommended spot, where Bill, I was the designated driver, and picked up my Sister and her friend from Hollywood, they had been out clubbing, Sarah paid me b her passing along with Navid's passing to Bazelon during my interview with them, while I got the job at DC Law Student's in Court (S on, recently a ship had sunk in Italy, and hit a rock. –While talking to Ari Emanuel (since Nov 2019) after seeing him at a Laker Game course because they sang in jail, I thought, on a whim, you are usually blind when you make these choices in life to reach out to someo faced away from me.” And he replied. I didn't know at the time who is brother was, I used to drink at The Viper Room with my Ex, w google searching my name while applying to law schools, to see if there was anything about me, and my name was cached to a deposit about my family, one blogger from the valley threatening for my family to speak. When I tried to talk to anyone about it, no one had a for me, Sydney even talked to me, and told me something her Dad said to her while he was in jail, the second time we spoke I apologiz friends, and left them voicemails, even an Attorney at the City Attorneys Office, and was going to mail her my Mother's book, in a Sa overseas, without putting together the fact that I swam in P Diddy's pool in Miami, and that we were guests of his babysitter Kiki. He Buddha on the side of the people alley way, you pass by, I think with a built in fountain?

Based on What You Look Like ...

4/12/2020

Someone who doesn't know you will look at you and judge you, someone who knows you will look at you and love you, and someone have with people, upon getting to know them: (1) Judged, Smaller Than, (2) Loved, Same As, and (3) Shy, Timid, Finding Your Place world, (3) Timid Shy, gets misinterpreted as not professional smaller than, giving the authority of others to be boss, or to coordinate fo supervision, of another, coordinating your care. Be careful when in new professional relationships not to discuss your personal life, wh alone others, and not confident, that leaves other people feeling short-handed, like you could have been better or performed better had focus issues. Focus issues are not a result of anything going on subconsciously, its usually to do with what you cant figure out, when y hear voices, or delusions, that is seeing things and hearing things, and thinking things are happening that are not, that's coming to belie those triggers, are purposefully situated to cause you harm, or to disturb your focus, that's thinking too hard about life, no one really tr be proven, then the more errors on your part the better, to free anyone in your life, from being assumed to have been anyhow influentia them, or being affected by them, as exposed to their stories, read, and upon reading about them becoming sad, feeling like something i a set of standard acceptances of you publicly, that are ingrained in the negative about you, to justify any non-acceptance of you, or har successful like others who are famous, and not understand that it is safer to speak in public, than it is to speak in private one on one or people to believe in me, like me, because I don't have that in real life. That's not true, I am able to date, make friends, I choose to be a companionship and love.

What is Expected? ...

4/12/2020

Sometimes the worst of you is expected, someone who can articulate what it feels like to be gone, or to be hit over the head with some everything that everyone will have to say will make sense to you in the immediate, its often times much later in life, that we reflect, an memories, or meaningful lessons we have learned, we wish to pass down to others moving forward, you don't have to be bigger better better place in life, at peace with yourself, with your past, and no matter how disgruntled the emotions or feelings of others become, no is trying to take your place, or someone who thinks they can do a better job than you is taking your place in life, you can only have in l

don't be expected to be picked from among, to be a provider to others suited to their best interests. That's the beauty of being single, y warmly embraced by the person you love is so worth all the hard work and effort, its worth trying for and bettering yourself, so that yo

EXPECTATIONS: I was looking for hugs as magical as my Exes, Smart and Talented "Like" Them. <3

Making Friends Online ...

4/12/2020

Privately I have only reached out to a few, mostly for reporting reasons, have made contact with the Government, in the privacy of my not, am affected, sometimes things aren't about you, but can have a negative affect on you, as interpreted by others, based upon who th with a few Trump Accounts, since leaving AA, someone to talk to who I trusted, when not well, on heavy meds, in bed, not looking lil apply for jobs, work at jobs, and stay well, not all are capable of working the hours and getting paid, and sometimes we end up in the h thought on a whim to message, and he replied. Shortly thereafter a series of deductions hit me, not assuming anything is about me or a and do your best not to interfere with current systems of support, taking care of their needs, while trying to stay well, and away from c even just be me, sometimes its due to my own faults in life, put in a worse condition, and sometimes, based upon my fears, think the w publicly announce, I should be happy to be writing on what is now a very successful blog, read by many, and once ranked on Alexa 34 Blogger. I always get sick whenever anyone thinks I am talking to people knowing they are married, and trying to disrupt that bond in its only to cheer me on or to support me, with compassion, its not always romantic, and if it does become that way, that's between me professionally, which would be required to have things in life, like a job, friends, a boyfriend, husband, how quickly those prospects fa sick, as though you are an unwanted connection, I don't think that anything mutual is ever to be interpreted as an unwanted connection back to a respectable place in society as a writer, and very proud of myself, whether that leads to romance, friendship, or simply meetin sick, probably means an untimely meeting, or for unnecessary reasons, controversial at odds.

Originally Posted [03-31-20].

Overcoming Mental Health Issues ...

4/30/2020

Just because I have been hospitalized 9 times, and have attended IOP Intensive Outpatient Treatment at UCLA twice, does not make me an expert at helping others to overcome their mental health issues. Once things are taken personally there is a problem, especially when it comes to someones condition, anyone who is well, reading along, not relating, and thinking that someone who does not make sense to them is wrong, it just means you do not understand my condition or how I see things. The second major problem, is someone who is not well, explaining their condition, not intending to talk about the past, gets hurt when discussing the past, suffers the same condition, again, not feeling well, not feeling apart of, feeling like there is something wrong with them, that is in part true. Which bring us to problem number three, your condition is your condition, absent minded others, and when your condition is poor, dont expect others to relate to your condition, the worse off you become, the harder you are to relate to, and this brings up problem number 4: your ability to make other people feel good, and what "likes" on your blog means: (1) you have overcome your mental health issues (2) your mental health issues still exist, or (3) you are able to help others, and getting like because you are helping, being recognized, make sense, dont make sense, sick, or not sick presently. -Anyone who is not well understands that it takes time to talk to people, catch up with friends, talk to exes, make new friends, finish goals, achieve goals, set goals, and move forward. These are problems everyone faces, but not all will be understanding of your experiences in life, thinking you should be: better, smarter, prettier, more intelligent, more organized, not aggravated, not on meds, stronger, more fit --thats just someones unhappiness when looking at you, being critical of you, because they do not have the same a well made website and blog. -What needs to be understood, is that those with mental health issues (ie me) possess a chemical imbalance, which upon aggravation, gets worse, and they lose momentum, stop achieving, and just like everyone else, become confused, have difficulty concentrating, difficulty feeling good, difficulty exercising, doing things that make them feel good, and suffer just like anyone ele who has a "bad day" except for someone with mental health issues the "bad days" can add up, and they can get worse, and worse, and worse, and then need to be hospitalized, so that they are put on very heavy doses of medication so that they sleep, and stop thinking, and stop living, and stop moving, and stop achieving, and slow down in life. -Its a very dangerous condition mental health issues, one that requires meds

for sleep and meds for wakefulness, to live life, just be understanding that its not by choices one gets sick, thats just life, sometimes you are put together and shine, and sometimes, your not the best at everything. I am interesting because although I have achieved a lot, am still sick, and thats not my choice to suffer, be easily aggravated, and self-harm, thats when alone I suffer, so that upon being around others who are more well, something looks wrong with me, so that I cant blend in. Not being able to blend in, means not measuring up, and no matter what you achieve in life, not good enough, not sound, not helpful, makes no difference, until your health, can be argued to be a problem, as though your condition, does not improve the condition of others, make them realize how well they are, and how others have suffered, and are suffering not well. I am someone who had a successful career and was doing well, and then got sick, why I blog now. Its been very difficult to work and finish law school but that was always a goal, just be nice to people who were once very smart, on point, and who now suffer the same unhappinesses in life, without jobs, not able to work, with disability, not social, not dating, not returning to life. Sometimes you leave behind one life, to start a new life, that doesnt mean there was something wrong with any of your lives, is the misunderstanding of sacrificing social time to study be smart. For someone with learning disability I know I cannot drink or go out or date, in order to be smart and graduate, and get a job, or be successful online, learn and continue to grow sober.

Maintaining Wellness ...

4/29/2020

When you represent yourself well, all things fall into place, its upon being observed, and not impressed by your current condition, that respect for you is lost. Thats by who already knows you, and by seeing you now, not impressed by where you are or who you are becoming, whether your success story matters, whether your humanity matters, whether your wellness matters, whether their opinion matters (some who does not know you) judging you based upon where you have been, what harms you have suffered, to justify hate toward you as deserving, that is upon seeing someone well, able to carry on a conversation, not be well enough to be apart of, not well enough to be considered of worth, and not well enough to be taken seriously. Who is taken seriously? Someone who does not bother, nor offends the wellness of others, someone who upon meeting is recognized as smart and capable of overcoming their current troubles, someone who is human too, respectable, and worth the love and trust of those who give love and trust to them, thats wellness. Wellness is always by how you respond presently to either justify a dislike for you, or rationalize an understanding of you presently, as having learned from your past, and how to properly respond, during a difficult time, and not become worse off, thats maturing, understanding that the world is a big place, and while things may not work out for you in life, does not mean that your life is over, or any hardship so difficult to overcome, that actions are taken on your behalf or others, to situate you worse off in life, as though thats where you were headed, thats where you deserve to be, or thats who you are, not well, not successful, not important, not of value, not of significance, not capable, or not as well as, because one is on their own, separate from friends and boyfriends. Who is strong? Someone who can resist temptation, someone who does not change based upon their circumstances, someone who remembers everything, someone who lives for the moment, someone who is well liked, there seems to be a misunderstanding, of what is liked? -Someone at peace, with themselves, and others. -Generally someone does not respect your sense of peace if they can generate a reaction from you, that fits within their description of "not well" someone who is only well as among those who are well or someone who is not well when placed among those who are not well, someone who is not able to be at peace with themselves or others, no matter how well things are going for themselves, driven by things in life, and setting goals to look like something they are not, trying to be someone else, not themselves, discredited, and hurt until they become something else, not successful, not well, in repair, not appreciative, not doing well, not a positive reflection of where they have been or what they have gone through, until they experience problems and suffer once again, thats generally by people, who dont think that you have a difficult life too, unless you become worse off, thinking that self-harm is a deserved consequence of you doing something wrong. -No life is an easy life.

Being Defined ...

4/29/2020

Until you become something do not let others define you. What makes special? Being apart of? What creates a space above hate, that upon realization, value is created within, and can be seen by all? How does one move forward?

What is being positive? How does organization help? How does disorganization occur? Who is happy and why? When does unhappiness occur? All of these factors matter when determining the value of someone, mostly based upon a feeling, upon meeting someone, whether by who they are, they have what it takes, to be of value, and upon presentation to all, be considered of value, or whether they are something they are not, sick within, and because of what others think is sick about them (appearance wise) that that condition is contagious, a unwell mind, or someone not of value too, deserving to be heard. What you are drawn to and by your experiences, you are able to keep the sick well, that is by training and by exposure, know how to be during tough times, and what is expected of you during tough times, to be of resource to those who are suffering, gone, or experiencing mental illness. You can't get out of an unwell mind, or a poor condition, unless as directed by someone who is well, get out of a feeling, a condition, or a present state of mind, that is causing you or others illness, that is a disbelief within ones self, in ones ability to overcome conditions present, without a positive outlook or appreciation for moments in which one was blessed to experience wellness, that is recognition of ones humanity, that not all days are perfect, not everyone is perfect, not everyone will make you feel well, not all will recover, and accept the condition you are in, not make worse your condition, no matter the condition of others, be selfless. -Sometimes you will be able to share and make everything feel better, and sometimes you will share, and everyone will turn on you (who knows you), thats just public speaking (everyone curious about a well point of view, something well said, and based upon what is known, why one is well received, unless well too, not feel well, offended by your current wellness, not apart of, and then I get sick too, until who is proven right? That I am not well, what was thought of me, by a few who met me or knew me, not my whole life, not understanding of what I was going through, not understanding of my condition nor the causes of my condition, compared.), unless you can make others feel better, will they see the value in your work, some readers are selfish in that way, only concerned about their own wellness, not concerned about your wellness, or the wellness of everyone, to them special means being apart of, unique, and invincible to the conditions of others, a feeling that one is more powerful or so powerful, that in numbers is what makes someone invincible to experiencing worse, or a bad life, thats not understanding that everyone can get sick, and even by who they love, experience pain, and by those pains, not feel well, and not be able to love or be loved too, worse off. -Anyone who makes someone feel good, is well, thats a basic principle of wellness, and then there is a condition, such as now, when I am doing well online, and privately not doing well romantically, where my condition got worse, upon doing better online and getting likes, not because of my doing but because of what was done to me or expected of me privately, able to give love, share myself romantically, and at the same time be accepted professionally online, you cant be well in both spaces, if anything goes wrong in one or the other, not able to give love, not able to make sense, and not able to feel well. I am human too, its not by your experiences of pain, suffering, embarrassment, that you have know how, its only as you overcome a poor condition, that you are able to explain that cusp back to wellness, a realization of a poor condition, and an experience of what was realized upon being well or getting well, that explains where you are now, everyone is capable of being hurt professionally and romantically, its a new world, everything recorded, and unless you value yourself, enough to stay professional, can you lose everything you have worked hard for your entire life, that is success professionally, so that more doors open up for you and you can get a job too and be paid for your work. Thats everyones right to work, its not everyone right to be loved or to experience love, that is how you get hurt and devalued, upon giving love, not feel well, not feel stable, not feel strong, not feel motivated, not feel respected, and look like someone in need of the wrong things in life, not appreciative of what they have, not feel well. Mental health issues are permanent (on meds) that is something someone not on meds will never understand what causes one to end up on medication? It takes many downs to not be able to come up in life, and it takes many hospitalizations, to keep living life, and correct a poor condition, and its only upon doing well feeling better, that others forget where you have been, and become more obsessed with causes for illness, not respecting your livelihood and wellness now, thinking had it not been for a bad condition, you would not be well? Its had I not been in a bad condition, I would not be on meds, and because Im on meds -I write.

Seeing the Beauty in Others ...

4/28/2020

At what point does the beauty come out in others, and who brings the beauty out in others. Generally when someone is loved, they feel beautiful, and when someone is cared for, and takes good care of themselves, see the good in themselves and able to see the good in others. We all have bad days, but that doesnt mean that a person has lived a bad life, or that because they were around bad people, look bad, or turn out to be something they are not, become who is attracted to them, become something they are not, or become a reflection of others, not a reflection of

themselves and the work that they have accomplished in their life. Who makes a good example to others, someone focused on themselves or someone below, under the command of someone else, looking as though they are trying to be like, at work it is by whos direction you are under that you work for, not work like, thats work, everyone assigned to do their job, not the job of others, and do their job well so that others can do their job better, thats working for someone. And then there is working for yourself, such as blogging, under your own direction, not to look better than others, but to be yourself. So much of life is about finding yourself, valuing yourself, and so long as you seem like someone in need of attentions or help, to build a company for yourself to work in, is when you get sized up, as being of value personally and professionally, and judged based upon how big someone thinks you are trying to be, or some person successful they think you are trying to measure up to, and based upon who you know, think that it was easy to think, learn how to build a website, and establish a formula for creating writings new each day, respective of your progress, through the management of your own mental health issues. Thats not trying to be famous, thats being professional, when known, or looked at, or spoken to, a sense of ease comes about, a certainty that things are going right, were done right, and will turn out right, thats the blessing of working, focused on whats in front of you, and things turning out well for you and others, which makes you feel like youve had a good day, and keeps you looking forward to the next day, not by compiling risks and trying to solve problems outside the scope of your expertise, wellness is by doing well what you know best. There is always a steep learning curve when it comes to getting good at something, or to be successful at something whether its: work skills, social skills, relationship skills, or people skills, some of these traits your born with and sometimes you learn overtime, how to behave, look, present self, in order to be treated kindly, and not come across as troublesome, out there, not put together, dirty, or someone unwanted trying to be wanted. -I was raised to always see the good in others, and because I see the good in others, am fearless, thats not a belief in those who are bad will change, its believing that those who are good, will not give in to the types of behaviors, that condone those who have not lived similar lives, to cause trouble in the life, or someone who has lived privately, hard working. There is no point in life, when your life will be completely separately lived from the rest of the world, thats life, constantly exposed to all walks of life, one should not change simply because they have been exposed to a different kind of life, nor be devalued, because their life has been exposed to another walk of life, that doesnt take away from someone being special, because of who knows them, not be considered special, based upon who they are later connected to, as not being of high social status, not being beautiful, wealthy, a success. Sometimes people who are smart, are accepting of people, that most people would not be accepting of, and because one has experience in life exposed to all walks of life, devalued, as though ones life does not help or better the lives of those not as successful, influence them. -Thats when your beauty is lost, at your expense given, lost, or assumed to not be beautiful, because of who you were exposed to, not good enough to help. - You will always be judged based upon whether you are someone that others see the beauty in or whether you are someone who sees the beauty in others, or whether you are someone who is beautiful and brings out the beauty in others, by seeing the beauty in someone youre around. What causes wellness, when someone who is gone, feels found, and when found, loves again, happy.

Fixing How You Feel ...

4/28/2020

One of the most important lessons you'll ever learn in recovery is that nothing lasts for ever, and in order to overcome feelings associated with the past, you have to move forward, no matter what life you had, no matter how good things were, and no matter what happened to you, allow your experinces to shape you, without impeding your progress as remembered, recalled, written, told, or shared, not step through the same life twice. What does that mean? You only get far in life, if what youre doing now, is going to help you at some future later point, and upon recognizing which things thought about, what feelings had, or what losses past, have caused instability in your life, avoid sitting too long with feelings that remind you of a time past you felt that way, and continue to appreciate where you are now, thats not compounding your current life, with anything past, to explain, justify, shed light, add weight, or build inference toward you that you have not changed, not accomplished, in spite of, but because of those feelings are where you are now, thats giving power to your past, instead of empowering who you are now, separate from those moments in time, a better person, a more mature person, someone who knows where they have been, and as a result of doing everything right, are where they are now. The past will always give you skills, current, that shape who you are, there no doubt to that, our younger years, when we were invincible, social, outgoing, in love, with our whole lives ahead of us hopeful, and then we get older, feel the pressure of every down, every failure, every hardship, every breakup, and before finishing any task, push ourselves to be connected to a future moment, feeling

better, instead of thinking backwards be held back, before we arrive to better, that's letting go, knowing when to value yourself, when to slow down, when to appreciate, and when to stop, communicating about how things were, and choose to focus on where you are now, absent minded the past, people, memories, recollections, hardships, that's the journey. -What is being too hard on yourself? If you are happy with who you are now, and someone is not happy with you as you are now, that doesn't mean, every moment you have done well and then not felt good, was because someone did not feel good about you, don't give power to people, to change you, change yourself, and don't give power to people to judge you, and call negative attentions to yourself, becoming something you're not, in response to present ideas or thoughts of you, so that no progress is made, and you are made to look worse, than you have ever been in your entire life. That's seeing you, and thinking you are trying to be bigger or better than you are, and that you deserve to be put down in life, so that you become nothing, and feel like nothing, as though you don't deserve to have a life too, and feel good. Some people are allowed to be important in life, and some people, based upon what they have been through, are deemed not to be important, that's a choice that is made, by those who upon seeing them, do not see them as well, capable, or deserving of opportunities in life to have a life, as though they have not made sacrifices too, and waited to be loved, to achieve, get jobs, and be successful too. If someone is well liked, it's because of who they are and in spite of what they have been through have a positive outlook in life. A positive outlook means not predicting the worse, and because they believe in themselves and others, is why those who come into their life, improve, and explains why they are alone, upon not feeling well, because once they were needed, and all of a sudden not needed. -People only care about themselves, and it's not until you become better on your own without anyone in your life, that they begin to feel different, like that's not what I thought and because I thought this treated her this way, and because she has achieved anyways, think that they still deserve the power to hurt you, to explain the past, not allow you to move forward. -What is an alternate lifestyle, friends online instead of friends in real life, not dating, and instead choosing to focus on your goals in life, why is that? Because in order to be loved, you have to have both moved on from the past, recognize how hard life is, how difficult life is, and with appreciation for one another's hardships, meet halfway, liked again by people from your past, that's seeing you having known you, and being who you are again, as they remembered you, social, vocal, fashionable, balanced, at ease, focused on yourself.

Your Life Right Now ...

4/27/2020

Nothing incomplete is considered an acceptable form of communication, and if anyone thinks you have it good, will prove you wrong as though you have not suffered, or brought it upon yourself, being put down when down, or made to look like something you're not, when in the moment, you entertain advances in private, and as a result make yourself look stupid, it will always be to the assumption of someone on the outside, making it personal, as though your condition was improved by behavior in private, as though you cannot get hurt by looking that way in public, not everyone was fit to be loved by all, no one is trying to be everyone's sweetheart, it's to the standards others think you are trying to achieve as well as that you are put down in life as not as good as, and for every improvement, docked points, based upon your originality, and ability, not to partake in comradeship or mention the wellness of others, while on your own, you only attract back into your life, what you are able to provide, that's simple. And anyone not in your life looking at your life, will always think that you upon not being well, not doing well, are further defined as an asset or expense, or a liability to the wellness of those around you. Every moment you bring up is fruit for judgment later on in life, as you improve, brought up in a way to see whether brought up and applies to you, or brought up, as it's been a subject avoided, shedding light upon the happenings of wellness, or insight into things that have gone well, and look like because things are going well, be credited for those changes as though your input brings about positive change in others, or to systems governing the behavior, outlook, and belief systems to which others wellness depends. -Think for what purpose am I mentioning awareness of this story, combined with what my life looks like where I have been what I have gone through, and be careful not to lend insights into the lives of others where how to benefit is by hurting you, to bring about a better or worse result, to then make you matter in a negative way, or you can continue to make progress, and be unaffected by the successes of others, and not because of you be credited for their successes in life, not everyone is able to handle a down, that's the main point, and it's upon many downs in life, you stop allowing others to dictate your wellness, your confidence, your self-esteem, your femininity, your athleticism, and become the best version of yourself, and say this is my wellness, what's inside me, and just because things look this way, or I look this way, or I got sick, or this person is not doing well, does not mean it's because of me, that's not rising from any controversy, that's saying I understand pain too, I understand

suffering too, I understand hardship too, I get f-ked too, I get offended to, my feelings get hurt too, I think I am not doing as well as, and Im single too, trying to have a career and graduate from law school, what does that mean, we all struggle, and once you stop focusing on who is struggling and why, you begin to see the light, that no matter where you are in life, life can be made beautiful, and its only upon seeing the beauty of life, that life is lived, irrespective of how others are doing, what points are trying to be made, how things look, what things are about, who helped, who inspired, who was strong, who was sick, who was leading, who was attractive, who was well who was stable, until you arrive to well, and judged as though you were focused on others how you became sick, and why you look like someone from your life, to say that you are a product of those in your life, put you down as a poor representation of other, much different, not evolved, less mature, not poised, not refined, not sober, not intelligent, not arrived, and not going to arrive, because not one of them, well, successful, intelligent, beautiful, original, helpful, does the right thing, has worked hard and reported, so that another story can be told, you as the person rejected or left behind, to see if you become successful on your own without those people in your life. Thats crediting losses, and motivating your progress, its upon losses we pause, think about life, as we are living life, and its not upon failure on our own merits, that we feel at a loss. Thats the difference between being in the wrong and separate or being separate being good, trying to stay well, and do well, thats not to shine above or beyond others, thats you stood out, and upon others doing well, you became less focused, and failed, why because they met you, and did the same or better in life, so that your hardwork, doesnt look special, doesnt look important, doesnt look influential, doesnt look difficult, until what you say becomes about them as read, and until you become on your own again, to watch you improve on your own, that looking at someone, as responsible for catering to your needs until you become well, and then expecting them to be able to stay well on their own, assuming your needs to be well, wont change upon separation and cater to the needs of those who are hurt without you, who are hurt watching you, who are hurt because they know you, or hurt because they dont think you were ever well, had nice insights, were genuine, or ever realized how well or special life was, and that you were not the provider of wellness to anyone not in your life. Generally no one comes into your life unless you are well, and no one is friends with you unless you are nice, and no one likes you unless they want to be loved by you, why? Because it makes them feel good to be loved and they feel special versus, they feel good and you feel special, versus they are special because you feel good, or you are special make them feel good. What despecializes someone, when your gift benefits one to benefit all, versus your gift to benefit all on your own, is how your wellness is lost, by giving first hand, not through someone who is stronger, more well, more powerful than you, who can handle attention.

Love is a Dangerous Sport ...

4/27/2020

You pick and choose who to love in life, and based upon who you grow close to, feel a mutual connection absent pain, fear, a place where you can open up and be yourself, and unconditionally loved and accepted in return. Its rare to find people who are so willing to care for you, and watch you blossom, especially in real life. Always be careful of what you say and how you present yourself in private, its upon loss of a connection, love, that pain sets in, if not for one, but for all, thats when one or the other has moved on, and in place of that bond or connection, another one is formed, with someone who brings out a different set fo traits. Its always based upon, who youre connecting with, words come to mind, or behavior elicited, as directed by them, how they want to see you, thats in a loving connection with someone, how they want you to show love toward them, but not all, thats how one who is conservative gets hurt, that upon opening up in a way that they dont show most, are seen under a different light if known to all, to say that she is that way with everyone in private, eliciting for attentions, by being that provocative in close connection with anyone who she thinks likes them, on messenger its who I knwo likes me, and without friends or a boyfriend in real life, its on messenger that one is loved, however the same pains occur upon separation, that is one person hurt, thinking the other is better without them, show how they were with them, to make them seem like they are not deserving of feeling good in a different relationship or a different set of circumstances. One usually feels wronged upon a breakup, everything going right for eachother, and if something goes wrong within, the other doesnt look good or feel good, because things are not the same, and that occurs when love is lost. When love is lost, it is by our choices, that that care is rescinded, and sometimes upon not doing well, catering to voices, self-harming, changing meds, doctors, we find stability, waking up, from a quiet moment with one, and sets in a pain that seems unbearable, but its usually after you have responded to "what things look like" in defense of "what things looked like then at the time you did get in trouble" that you end up worse off "already things were done to make you look like you were being bad: sexual" so someone new looks like the same was done to them upon knowing you, love, and

upon you becoming not well, claim to have suffered the same hurt, as though you are someone who upon knowing and connecting with, gets sick, and that when you are sweet that's not genuine, not understanding you have bipolar, and difficultly maintaining that "peace" and "quiet" experienced most often times in loving situations, and be left separate because of their hurt, loving you, and you not being able to provide for them, a version of you that makes them feel good, and in addition, not able to provide a better or different version of you to someone knew who just met you. -In the end, you always wind up looking like, someone who is trying to be like, not someone who is well or pretty, because they think you are not those things, and that by becoming those things in private, and self-harming, that you are not happy with yourself upon being criticized, or assumed to be not smart, or up to no good in private, for those types of interactions or love a "sexual love" or the bond occurring between those who love "be loved" ... I've always noticed that it is those with love who receive love, and those who know how to love, able to give love, upon getting sick, it is your love that is criticized by the other, as not being good enough, an in sincere approach to you not feeling good, or upon opening up, turning them off, that's them thinking you "opening up" is for love or trust, or that how you speak is to explain a condition "of not being able to be loved" because the last time you were sweet or professional, and not provocative, you were punished for giving love, at a time when you were alone, trying to be something in life, without help, and single, only later to become something, successful, graduating and with a website you dreamed of, be hurt in the same way upon separation with a "you hurt me" "because you left" and because you are not the same "available to love and give love" that "you hurt yourself" by being around others? Then, give me love and you look stupid, you get mental illness, and it's not what happened to you I loved you, it's I loved you and now I don't love you, because you did something wrong, makes you feel "bad" "upset" "ill" "don't want any love" = unhappiness. -What creates a better condition? Doing everything right, and why? To be loved and to be trusted, so that you can experience "peace" so that you can achieve a "quiet" disposition, so that upon looking at you "what is thought is not justified as coming from you" and that "what is felt" is not justified as coming from you, and that how you look or feel "is not justified as coming from people outside of you" "about people in your life" to make you look like someone who behaves and responds in life "based on what's around you" mentally ill, or someone "who reacts and responds" based upon what's coming from them, experienced. -If your goals (assumed) are "to be better" anyone thinking your motivations are "to be better than and make others look bad" assume that your better is dependent upon what other people look like, how other people feel, what other people think, not for what's important to you, not in your best interests, not in the best interests of your cares, but in defense of oneself, thinking about others and becoming something you're not, one can only achieve a bettered condition upon being themselves, not absorbing what others think, thinking for themselves, focused on what's in front of them, that's how one moved forward, it's not a better place you get to in life, that makes you realize how far you've come, it's whether you understand when "things are good" and leave, or whether "you created unhappiness" that is dissatisfaction, or not feeling well, and left a "quiet" life and a moment of "peace" to help. -In the real world if you are strong and confident and put together, don't be surprised, if someone take that opportunity, to be in close quarters with you, and get you to do things to benefit or help them, which upon disclosing to who loved you, causes you to hit your head. It's the difference between being beautiful to one, and looking gross to all, because someone who didn't love you, made you look and feel gross to someone who used to love you. If no one loves you, that means better yourself to be loved, you don't become approachable and easy to know, talk to, and able to love back, until you recognize what is love, and how the other benefits with you around, and how that benefit to them, gets hurt when you get hurt.

Being Vindictive ...

4/26/2020

Some people think it appropriate to benefit themselves at your expense, that's because in doing so they prove a point, viable and able to return to wellness be apart of or not going to make it not smart enough, and bearing some characteristic or trait unlikeable to most, meaning upon recognition of who they are too all will not be likewise interpreted to having been the brains behind anything new, simply telling a story as it is, and not being smart enough to create a story in a way that relates to all, and from which positive lessons can be taken. That's will a belief that in reporting what you see, and by what you remember and are affected by take personally what you see, as because they see you give you something to remember, which affects you like seeing you affects others in a bad way, or as though it's upon seeing you, that they see bad, or think that something is not right about you. What causes that? Usually when people believe you have changed, assumed that it is for the worst, and that upon seeing a change in character interpret that to mean that you are not doing something right, or assume there is something not right about you, without regard for what you have in life, who you know, where you've been, what you know, what you've

accomplished, what life you have lived, think its not impressive that you got into law school and have worked where you work, and instead think to take a less serious approach to understanding how you were able to achieve in life, and make an unhappy memory of you, upon returning to any social scene, to say that you are a bad decision maker and because you are a bad decision maker and we can prove youre a bad decision maker means that you do not have good life in life and make choices to benefit yourself, and are likewise retaliated on to see how you feel if someone makes a decision for themselves, does better, and looks better than you, after having you in their life, and not credit having met you or known you, why because they dont think you deserve credit, they dont think meeting you helped them, they think knowing you brought them bad luck, they think you are sick because you are sick minded, and that because you are sick minded attract sick people, why you get put among the sick hospitalized, because you dont understand health, wellness, intelligence, or the value of a human life, as though you have not been through sickness and back, and have faith. It takes someone who has been through multiple forms of recovery to identify when things are off and by what causes, and so long as you explain sources or causes for illness, how quickly they hurt you to see if you become sick, to show that they are better because you are not well, not doing so because you were right, but to prove it was because you are sick were sick why they were that way hurt, and if the opposite occurs wellness happens. Thats to show that someone does not become themselves absent minded the behaviors and exposures of others unless they can identify a poor response, and sometimes its only until others experience the same can they understand why you got sick, and they got well anyways. If you understand that people will get well anyways, no matter what I find sick, than why make me sick, to make something in the past look well, as though that was a favor to me a like or a lay, or a friendship, or a job, or a sexual encounter, like I needed that be smart, build a website, be a writer.

Understanding Your Purpose ...

4/26/2020

If you have an understanding of where you are now compared to where you have been and understand the reasons why you were put on meds, and not able to complete as much work as you would have liked, or been able to finish your studies on time, and receive degrees to credit your hard work, then its probably because you dont understand what things look like to others, whether you have overcome an issue and become a better person, or whether you will be boiled down to one instance of bipolar, breakup, and hospitalization, meaning when left to your own devices get lost, sick, or experince mental health issues, and the reasons for how and why you get sick will always be looked upon, as your exposures in life, and blaming your condition on believing or thinking things are a way they are not because you are not stable, and thinking your stability is dependent upon understanding the past better, your past, as it relates to the condition of others ... this you learn later in life. The more responsibilities you take on in life, the more is expected of you, dont expect that just because you have worked for or been a memeber of organizations, that people will think highly of you, or respect the interests to which you may be known for limits tested in life, to determine whether based upon what work you do, for self or others, how you are affects the outcomes of the interests to which you hold, and then based upon losses or things not going right. establish that because your work ethic does not match the quality conducive to maintaining memberships, or jobs, that its because you as a person do not represent the best interests of those you work for or are member to, because your condition worsens, upon those you work for being disappointed in you, or choices you make whether to participate, able to participate, or choosing to backoff, determine that its to your benefit to be memeber, and that that benefit is not reciprocal, meaning its because of you, that others face difficulty accomplishing their goals, because of your memberships, not benefiting from your condition upon working for others, may not always improve or benefit you, and whether or not you benefit from those you help, that positive momentum, can only be maintained, upon your ability to manage your mental health issues, and refrain from discussions of things past, thought as excuse or justification for caring, as unnecessary to think anyone you knew distantly in the past, has been affected by your current interests be mentioned, thats letting go, you can either get into the nitty gritty of why people think your a bad influence bad luck, whether your success is dependent upon the success of others, and be proven wrong "not normal" because everyone is fine and you are not okay, does not mean something is wrong, and the only reason you feel like something is wrong when you are not well, is because you do not understand what went wrong, to understand why you do not feel well, and because you do not feel well is not the responsibility of anyone to explain to you, until proven wrong, meaning your ideas or methods or interests are not helpful, and because there is something wrong with you, upon everyone knowing you, a similar effect is anticipated prayed for, they will know you, see you, hear from you, see your likes, your ideas, and think youre mentally ill, and if upon improving and being accepted you get sick, its because you

have done something wrong, and that their rejections of you or non-acceptance of you was justified, based upon how you look now, where you live, what you look like, energy, be seen as someone who is let go, because they were not disciplined, and because they are not disciplined, is why people are okay without them, similarly not to be credited for work completed as sufficient or demonstrating hard work or professionalism know how. What does this mean, when things do not go right how are you affected? Hurt, withdrawn, bipolar, mentally ill, hearing voices, that's because those who felt right about you rejecting you as being too much or behaviorally unsound, or upon appearances not well if alone, means there is something wrong with you, and those rejections of you justified, as you being problematic, the other not in need, and once in need, seen as someone who is only well when around others, not because they are well on their own, and because separated from others means that it's because of who they are, look in public, brainstorm, think, is why they are treated as someone who does not deserve to write online be apart of or liked ignored, and if no one pays attention to them, think it justified because they got sued apply a Brady rule to them "zero attention" because one person thought they were mentally ill for writing in private to someone, expecting them to care, which is why therapy was suggested once a week, and why meetings were attended, and IOP after being hospitalized 14 days. -What does being human mean? Understanding the transitions that others go through upon meeting you, knowing you, working with them, getting to know them, respecting their boundaries, understanding their temperments, be supportive of their wellness, and their independence, and not take personally, when you go through something, absent minded them, and upon becoming focused on the wrong things in life wonder, stick to what you are doing right in life and know more about, work, that's survival, not trying to understand concepts of blogging, sharing, likeness, etc. and be yourself, and always with assumption your lack of focus or unhappiness is not because they dont need you, its because you on your own, cant do what you need to do to feel like you again, together, whole, professional, and proud, that you can fix, with meds and therapy, that you cannot fix, stuck talking to others, you do not know in real life, getting sick, and then taking pictures and sharing yourself online, that show that's you have mental illness, all exhibition is mental illness, looking at yourself, or looking at others, means nothing to how you are treated better or worse, harder on you, kinder to others, is always based on how you are is how you are treated, like someone who needs to be given a hard time to fix them, to see how they respond well not well, or professional, and not describe how everyone else looks and feels without you, means you are not included or apart of because there is something wrong with you, why others are hard on you, and sometimes being yourself strong, is how you need to be to stay well, not wonder why you lost focus, all stories past will always be used again in the future for experiment as to your good character, so long as every loss can be proven as a product of your misconduct or disability, the more bullying is used to justify, your help is not needed, or your help did not help, or your actions were for no reason, or their feelings matter more, and your travels or choices or meds, are because you were not smart, when others became unhappy with you, and that because you left is why you are mentally ill, not because of them.

Originally Written: 04-26-20 (Published to instagram @mymollydoll1985 - Vision Board Memories).

How You Look Matters ...

4/25/2020

Based upon how you look, determines others acceptances of you, and to others upon looking back through your life determine, whether you are well and unique on your own, or whether your traits are acquired in your surroundings, not a focus born with, that's to determine whether your drive is affected by the energies of others, someone in a room in respected, noticed, or blends in, able to work, and given your education and experiences respected as smart. Sometimes its upon meeting you, and getting to know you, that people change, get ideas, or see the world differently, either enhancing the capabilities of others or not being anyone noticeable among others, not standing out, not because you are not special, but because you do not look smart, doesn't mean you are not smart, or git for procreation, and just because you do not dress sexy, does not mean that you are not beautiful or because of what's going on around you, not feel good about yourself, as compared to others. Beauty is about attraction, someone who by their looks whether dressed up or not, is noticed in a good way, not perceived to be something they are not, its upon being out of your element, and upon being looked at or judged as something you are not, that unhappiness occurs within in the form of being tired, that is something about you, thought, which you are not aware of, and because of your change in lifestyle, or because of how you look, look again back through the men who have liked you in life, and based upon how you look in between relationships judge you as someone who does not blossom in a relationship because you look gay after a relationship, after sex, not beautiful, happy with yourself, missing

something, that is your focus, not present in photos, not present with friends, and sometimes upon looking at people you can tell whether they are going to be successful or not, or gone, that is thinking something upon seeing you, and predicting a bad chain of events, thinking you are not smart, and because you are so focused and positive, that you don't also get affected too, face the same hurdles and concepts of living and dying, addiction, alcoholism, sex, identity, fitness, success, intelligence, and opportunity.

What is Special? ...

4/25/2020

At this point be human. What makes someone feel special? Acknowledged, looked at as special, upon displaying oneself, and wanting to genuinely speak to someone, who is interested in speaking to you, that enthusiasm, responded to with open ears of acceptance, that's upon seeing you, noticing you, wanting to get through to you, usually someone observant, wanting the attentions from someone who is busy and not paying attention, solid and whole, focused. Which is why its usually the case that when you are focused on yourself and not looking for love it happens, as you get older you get a routine down, of responding socially in an inviting way, or if taken know, they're excited upon meeting you and like you, its always okay to leave things platonic, there are moments when its okay to dress up and be girly for them, and its okay to dress up and look well for you because that is who you are professional, not trying to attract, what does that mean, nice to be nice, not nice to be liked ... what is the point? Never think too much about the past, how one is liked, what causes people to like you, or ever wonder what has changed since then, to cause others to question whether you ever had a good life to begin with, if only grose representations or stories about you where remembered to cause those looking at you now, to think you have never been well, or have been hiding some disability or unhappiness related to you genetically, socially, physically, inferior to others, not mature. What causes an immature response in your later years, a deterioration of all the years spent mature and put together, opening up, and feeling lost, when lost, not willing to open up for love, why is that, because someone new who sees you put together, and then sees you as open to love, will think that that is how you are, and able to be put together, got to independence living in that way? What occurs that results in poor decision making alone? Its that recognition of others being closer to one another with you in a room, or with friends, gone, what causes that? Its you no longer close to people, and you don't know why, that's upon separation from friends, after being put together and focused really confident and positive talkative, go out once or twice a year, and left at the bar or upon separation found, and treated as someone well who can handle a lay? People who want to have sex with you, but you don't want to, will treat you as someone new to a social scene or bar "talkative" as someone lost, because you aren't in the vibe of the room, serious like them, they don't really care, Im for marriage I can do better! = #dontdodrugs #staysober & FINISH LAW SCHOOL! --At this point Ive moved on from being insecure about my private life DESERVE TO LIVE! Im tired of going to the hospital everytime I dont feel well or suicidal, and dont know why, I think it is important to continue making steady progress, work, write, keep busy, stay active, do my best. Doing my best is not to be FEATURED or to STAND OUT and I improved NOT because I was not well liked became something more likeable or beautiful --- "I AM SMART AND BEAUTIFUL AND PRIVATE."

Everyone Matters Maybe Its Just You?

4/23/2020

What is a beautiful story? You know all those movies recommended to you, that's because you should really take the time to stop and smell the roses, people understand what those experiences are like, and just like a movie explain, its usually you, your issues, and when you get sick, its you, your mind, that needs to keep trying, when you look crazy not smart sharing too much information like what you think is important, means you are missing the point, to understand the value of expressions as solutions needed at that time, they do not guarantee coverage of explanation for everything you've experienced, don't share HIPAA, if you know what causes illness, why explain what illness feels like, if you get sick, that because you are not well smart and because of who you are, you do not understand people paranoid, hats focused, and then that's I don't understand why I don't feel good now, that's you losing in life, losing your beauty, and turning into a troll, complaining about face changes, if you self-harm, then why would you give up, if you hear voices, where are you in terms of tired, giving up, only lets people know, you don't care, and because you don't care, why you are sick, at hat point no one cares about what happened to you, only judges you as someone who give up tired without a job, and didn't try hard enough to get a job, be happy with the

goals she met, unhappiness, is seeing me, seeing others, then watching me see others, then say im this, than say I look grose because they are well and I am not, and seeing them well is why I hear voices, no one past no one you know has anything to do with your wellness or meds put on. Its by what you know how you say things, how much challenge you've faced, how important you are, what you remember, think is funny, is how you get looked at as mentally ill, why not because there is a bond, of course not, its awkward, but happy for them well talking, wish I was normal too, I don't bother people, she runs, she has power inside, and that power inside, doesn't stop, and because she doesn't stop its because she thinks strong is beautiful, because she wants to help everyone, I have helped, I was a member, once cared showed that care response, if you guys are not happy, that's theres no excitement to down time, then figure out why you are upset, why you have energy, why waste time manipulating, ignored, --care, don't, who cares, people have great lives, if you mention them, they don't care, that doesn't make you special, because you knew special people and they have good lives, if you have up, its because you did coke, and because you did coke on deans list is why you are retarded and hear voices, because someone saw you as able physically to try a drug to achieve what about them: "Im awake, I responded, Im here, Im being social, what is cocaine for?" ---Its to cause stupid scared paranoid become insecure, that's because you looked like you were strong on your own, so you could afford to try a drug, that's fancy, shared, but doesn't last, that's because people use drugs for different reasons, and if you try a drug, and because its dirty illegal and you moved, doesn't mean buy it because you feel grose now, that you tried a drug when you felt good, and suddenly everyone turned on you. That just goes to show, because you cant handle drugs, have friends, means you need help, need friends, "Why do you have friends?" "Who are they?" --Shouting at you why the F are you in the library for 5 hours a day! Go out and make some friends! If you have friends your neighbors, no one will know that about you, only go by Facebook, how you looks entering college and if you start to do better, means insulted? Maybe ... and got adderrall! If you study all day, and night during finals, you memorize outlines and flashcards, attend meetings, get jobs, and don't have mental health issues, means don't date! See your job, see your life, and think who the F are you certified crisis counselor, with albums of celebrities, a good life, why the F are you a volunteer, exactly, someone with a job, if youre not gay, by the time you look like crap, the rainbow cannot cover your mental health issues, rehab already happened, you are well past 30, 6 months rest back to wrok, were you on a big journey, or writing everyday, getting better at writing, exactly, when something good happens that's not a go sign for how to make money from likes, that's like it was liked, can I re-format the same info for money, no its not new, why pay for something already read for free, means it was written for free because its not important easy or something in her that makes her feel good, no its as you are able, everyone gets sick maxes you, when do you stop working, that's a choice to self-harm, I really love my imaginary friends, mean, controlling, sweet loving, almost real, that's because you are real, but because youre here we know you, and because we know you means we understand you, and because we understand you, we just need to know whether you like yourself, or whether you are self-harming because you are mentally challenged upon insult, upon insult, and upon worry, how do you respond, frozen, go home. What is sleep, a good day, and rest. What is staying up, why don't I feel good, and as you look worse and worse, say ya I knew I didn't feel good, and now I actually look like what I was trying so hard to stop, looking grose not well pretty beautiful, that's to show, this person was warned, and upon not listening going. That's me replying I have pleaded please stop "voices" I am not that, hit my head because me looking worse affected by insult, is reassuring to them, that this person is weak, not famous. Why do they like her, because hes special, nice to meet you, why are you sick, everyones giving me talks like its time to get a job, we don't have money, I was ready, now not ready, Im sorry.

[#imsorryjoaquinloveyou](#)

You're Only as Good as You See Yourself ...

4/22/2020

Its not always for obvious reasons that hate is generated toward you, upon knowing you publicly, what you have said, for what purposes you decide to share your mind publicly on Twitter, and by your current wellness, still not be impressed by you, nor think that you did anything special in life, to sound the way you do, as though everyone is articulate can write, and interpret just as well as you, regardless of your troubles, in life addiction or drinking, not been able to hold center, party hard and achieve, some can only do one thing at a time, not functioning addicts, I never grew up out on weekends, a stay at home student through college and law school, not a bar hopper, until after switching law schools in my late twenties, drank alone, in my thinking about life phase, if your not in your element out alone, then don't go out alone, and if you are in between phases in life, don't wonder in public, look lost, that's

when your focus can easily leave you, fall off center, while in repair in any public venue, as observed not improve, it doesn't matter how you spend your down time from working or studying, just be sure once you stop drinking not to drink in those moments after working or being on point. -Stability is achieved upon maintaining positive momentum, and depending what your insecurities or weaknesses are, always best to continue working or do your best to finish a project while its in your mind, and not leave things to the last minute, or try to cram, get done something important, in a short amount of time, it never presents itself well, if its not your best work, and upon presentation, shows obvious signs of disorganization, if not complete, also important to keep in mind, anything well said, or clear, detailed, is easy to digest understand, however the reader may not appreciate how much time and effort went into thinking, researching, assembling sources, reviewing studies, and coming up with a clear picture of how best to describe ones own experience, and describe how while helping others, one is given opportunity to make a positive difference, but only if those experiences helping others are kept private, not shared out loud. Jobs for me have always been by recommendation, upon seeing me, or applying, suggestions made, based upon where I have worked, my first job for the government, via blind advertisement "downtown law firm" applied, not strategically drawn to or made happen by me to situate me politically in a way related to my experiences in life or the experiences of others known, you don't always need training to help, its by trained help is given upon being spoken to for help or a response or an outlet to share, that's by training privileged to be someone who responds professionally, you wont get directions for everything in life, and many emotions you will not know how to deal with, but when it comes to jobs, if youre not picking it up, and if your not well, or not able, or into it, or learning, or improve, then you are somewhere you are not fit to be or smart enough for or educated enough to handle, old enough to care, experienced enough to understand why so devastating, why so many mental health issues, you'd think someone who was able to talk others through their feelings provide resources, would not encounter the same need for help or someone to talk to, maybe that's why upon knowing you, or reading your work, understanding the experience of others, by course work, reading and writing, others grow strength through the hardships of others, that is a put together account or writing that summarizes how to avoid incurring an attitude toward you, like you don't take an issue seriously, think that you can get hurt too, by people you know, or by people who are nice to you, its upon not following through, that one is treated as friend but insulted that one is not as into the other as they were, don't let anyone make you feel bad, that you do not wish to exchange love with them physically, and that you may get along with someone as a friend, but that doesn't mean they did a bad job if liked and spoken to, just means someone is likeable, able to be platonic without a physical exchange, one should never be insulted by a woman, who has many male friends, but does not need sex, means that she is put together has things to do, not yet alone without friends, because she drank or got done by someone she didn't know, and stopped going out, feeling good about herself, happy social, and open to talking to people, proud of where she is in life, how quickly, someone who has not worked as hard as you, can feel that you are put together, want to be nice to you share a moment, then not need you, because they did a good job talking to you until you could not establish a firm boundary, and remember as under the influence to set a boundary, as an empath, sometimes you feel bad upon setting a boundary because the other person feels bad, and that's not the point, and sometimes as approached, someone may be nice, or be insulted if they try to talk to you and youre too busy writing, ignore them or say no thank you, not in the mood to talk to anyone, be social, nothing to do with what they look like, or who they are, or their profession, you'll meet people sometimes, moody not happy, always be nice, and if you can be positive, you never know who will lighten up knowing you, whether they can be with you or not, never make someone feel bad who likes you, take the time to explain, not reject their advances as though they are the cause for you being alone, just explain why you have mental health issues, and not ready to hang out, or fighting with an Ex, the Ex is someone who you took a break from, and upon taking a break, got done, because you let someone into your life, who thought you were fit for a job, not in the middle of something important, trying to go to a new law school, focused on yourself and not looking, however if you are out by yourself, that looks like to others knowing you, that you are out alone, to be approached and being out means you are looking, and based upon your observations, are out to be noticed, to see who likes you, picked or approached until someone you like talks to you, I wasn't doing research, it was based upon the only bar Ive been to in LA, drank in the daytime, the guy I liked was too shy to budge, kissed on the cheek, chased, and then randomly someone else did me, not attracted to, anytime someone has to convince you, means of course they'll feel good, but don't expect them to care if your mental health issues worsen, because all of a sudden you looked like a mature step back to reflect sober fix your life, to someone who is stupid out to date and because out to date, got done, and get blamed as someone out to date to get done, to find better, why better thinks less of you, rejects you as stupid, don't live up to negative expectations of you, and upon insult, self-harm, or drink, or put yourself in a system if suicidal because someone else thinks the space you take is justified as having done poorly grade wise, attacking you like youre doing anything wrong before anything wrong occurs, it's a disbelief in you, that if you are not strong, can make you aggravated, cause your head to hurt, be in control, and suddenly hurt by someone you spent 3 years loving, who rejects you back

and calls you names, then gets blamed as though you left someone out cold for personal reasons, like your bipolar is not a legitimate excuse to stay separate and figure out what's causing it, recover from a setback in life, regroup, in order to have the energy to love and do on someone who can function work and succeed independent of you, but then claims need upon leaving them. -Im just someone people like to talk to, open up to, even in jail quiet, -lots of talking!

Being Better Than v. Being Apart Of ...

4/22/2020

Depending upon who you have met in life, and now know of, able to see them in person online, how they are at the present moment, are connected, usually those who upon mention of connections known, are judged poorly, as because of knowing about, are stating what they know, to describe your knowledge as an unknown connection to them or not existing or known to them, meaning you know of someone that doesn't know you, and are put down because they think you talk about who you know, like you know them, to make yourself look connected, when in reality, you have not connected with those people in real life, seem like someone trying to make themselves look more knowledgeable or connected than they really are in real life, and that if upon stating that a person is known but not known in real life, is assumed because you were not good enough put together or popular connected to be places where you could have known this person in person or spoken to them meet them, have connected, and that upon entering an establishment, hosted by a name mentioned to you, that you think its important, think less of you, because you are mentioning someone in your space, website, detailing that you went to a club, rented by a person, who you were later told, helped compose a track on an album, a "black album." With anticipation that you are going to mention: You lost a "black photo album with pictures of you and your friends, in high school," went missing, put you down, like youre assuming the same name means titled because of a knowing of an album of your that went missing or shown to others, who may have known you titled the album, to share a story, with the intent, of not enlightening to improve add insight value but to make others look as though connected without you, and even being supplied with information about you, not to make you famous, but to empower those, who are assumed to have inside knowledge about how a title was made, how one was connected past, to say you are trying to establish or make known who you know, because you have "inferiority" issues, or hierarchical issues or power issues or pretty issue, or likeability issues, or attraction issues, or low self-esteem issues, and that because you were that way, why others were pictured better than you remembered upon being viewed by others, and good pictures of you taken, to leave you only to be remembered by the condition you are in now, without recall of those memories, as ever having been a significant factor known to have assisted with any changes within you, that led you to focus better, have a boyfriend, date, or make friends senior year, as though you were missing out in high school (one of the best periods of my life), that you felt the need to explain that missing photo albums, caused you to think something outside of you hurt you, or ever think that having photos, made you responsible for managing the privacies or identities of others as known, and that because of the pictures you had, losses occurred as known to you, or that someone outside of you saw pictures taken by you, to argue you situated yourself in a way socially or by appearance or by neediness, or friends made, with people, that could hurt you, and that because of your poor taste in friendships or associations you were hurt, along with any informations or photos taken by you in your private records, that subjected others to be looked at by bad people, and upon being known to bad people, searched for, or stalked, as though you are continuing as mentioned to explain a connection between similar words as though connected because similar words were used, to make you look stupid as connecting words to say that because two words are the same, that these words are based upon these words, and because you think that way, its okay for us to think you assume, something bigger or better is about you, or referencing you to cause you harm, and saying that makes you look like youre trying to look like a victim, to someone using the same words, and make things about your losses in life, that's to shed light on an assumption, of a loss, and knowledge provided to someone above, to be credited as bringing together all, and upon mention, be excluded, as not appreciative of that vague reference, to say that losses occurred while knowing your photo albums got stolen or went missing and all your CDs and iPod and Yearbooks, and favorite clothes, pants and tops, because taking from you, seemed like it was okay, because you had so much in front of you going for you, and the fact you didn't notice, made it look like you moved on, or did not value what was kept, to leave you with a life, not with memories of your good years socially to evidence your normal life, and leave you to create and record a new life, to see how you fair, upon others knowing your old life, to judge whether you were mentally ill or an addict, or obnoxious drinker grose as exaggerated poses making fun of the drinking experience, were left to be seen and judge you as not mature ladylike attractive because of how you looked and behaved drinking in public, in a

club, never have been clubbing, to say, you have pictures but no longer in touch with friends or friends of friends a host of get togethers anymore, because you left a connection, because of your instability, and connections not maintained post argument or upset or change, because you do not correct or fix or explain, think the other is being dramatic or sensitive not allowing you to be upset, so you are made to look like the cause of losses, or friendships not maintained, to similarly argue, photos lost, because you don't care to keep track of or save, that you're a careless friend, or not affected by losses, to see how far you get in life, and upon the moment of looking back, what causes you paranoia, as referenced to by pose in a yearbook similar to a pose on my senior page, to see whether you took that reference personally, as though your quote was not sincere or special, to call attention to a portion on your page, as though it was a topic to highlight and happily shame you as overhead titled "voted most shady" as though, upon losing friends, didn't try hard enough to make things work, as though you had no friends, didn't have other friends, to make you look gone or grose, so long as you look worse off, and those images of you can be remembered makes you look like you were never well, or someone who is not well, doesn't recognize when not well, and as around others, affects the wellness of others, and because shy not engaging with others, that one is similarly experiencing the same issues as one looked like in high school, to say a title on a yearbook was purposeful to make it look like everyone talked \$hit about you, behind your back, why you ended up looking grose, without respect for friends you did have, to say you look grose now overweight because you think or with expectation trying to make it look like its because voices are talking \$hit about you, to make you look like someone who doesn't get hurt, or doesn't complain, because accepts themselves among as lesser than, and that's how you are lesser than, and only because of who is social, you were social, not social on your own, no in college I made friends, if that was not a goal not needed, then alone time I preferred. #stophate

When Two People Get Along ...

4/21/2020

Its not assumed to be possible, when there is upset, for whomever is the cause of upset, to get along with whoever is upset with them, and then chimes in a third party, who either reassures one of those reasons for upset, justifies causes for upset, explains reaction to upset, and demands privacy, peace, and solitude too in the process of reassessing, the connections one makes in life, time invested, heart and support given, provided and success achieved, and then not feeling good, upon attentions publicly reported to have been replied to, upon checking on someone, connected to a "theme" or a "joke" once shared, upon "responding to losses" for what reasons they passed "the blurb" and then stepping into the scene to figure out what everything is like, as though people you meet can provide you with insights as to how, people leave earth, and given their understandings, or upon knowing you, can recognize why, looking at you, as though knowing you, gives them answers, and at the same time wakes up, another force, a competing energy, which is thinking about the past, as people have been lost, not bringing up the past as mentioned, because that causes pain, to those who hold them in memory, and as someone later affected, thought to have not been affected until after sharing, and learning of the insights of others, thought you could explain, or pin point, what information known privately was again, thought to have been said publicly, not upon a loss, triggering the sharing of information about, as in memory of someone, share a story about, to argue insult upon mention caused illness, and upon insult as mentioned, in connection with other themes and beliefs, set them off to be someone who informs who is not in on a joke, then feel bad, if someone realizes what others have said about them, or eventually figure out what they feel gone, or look grose in photos, maybe just not liked, punished, and as someone achieves a better condition, and then put down labeled a disappointment, that's to cause others to let go, not rely upon someone with mental health issues, so that they are not looked at for faith purposes, as carrying insight, or ability, that would restore the energy lost, from disappointment, so long as you are not a contributor of wellness, you will be treated by meds, as someone who doesn't recognize the value of their experiences, or education, and chose to share their lives online, not in a professional way, express themselves, and the worse off your condition could become hurt and as affected, the better letting go could be, of someone they deemed as not suffering real hurt, just failure upon not achieving, not an actual loss of data, that's after having read ones telephone notes with a Professor of another law school, went to orientation, and spoke with a Professor about a deposition, recalled seeing a flyer on a door, reporting a stolen computer case, no one can answer you if you don't know what you want to know in life to better understand whom, and if it does not benefit you to share the experiences or losses of others, but only causes you harm, to share your timeline, then stop sharing and call the police, how blames get put aside for you, triggered, to speak to losses, not be considered one in appreciation of the progress made, not apart of that progress, someone

trying to get up, by looking at others more complete, that's to make you look like a poser upon recognition of well, feel better, and only upon being looked up to, adored, loved, shine, why dimmed out.

Personal Update ...

4/21/2020

Going running for 2hrs then work on my dissertation already have a headache overwhelmed have done my best, wish to blog new stuff not from my life + research.

Thank you for your understanding. Being considerate of my feelings not insult me or hurt me on behalf of others put me in the hospital because dissatisfied with my writing or abilities to get along with others be well liked, it's a gift, social skills, adaptability, being independent, new, not needy, stable, & well looking appearance wise, not broken fragile or nervous, under any attacks, by words or elsewhere, fall apart, a lot of life requires you not to internalize emotions like "hate" "mean words" not get affected, I'm obviously too sensitive for criticism, have given my all in writing over the past few years that's hard work, a finished product and with likes. I would like to write a book not about my life or love because that just creates sides, they may feel insulted not privileged to be mentioned thought of in the positive, because they're trying to make me look like I ever got offended as loosely referenced be aggressive toward me bc they think my sharing humor was intended to insult put down not join help think.

How many misunderstandings are later created or mentioned thought of to justify why someone was punished and continue to hurt someone me as someone who needs others to get work done, needs love, can't focus on my own achieve without love, nurturing, I grew up at my Dads house, and played sports, lived alone, not a sex addict, started dating in college, new to getting picked, liking, hook ups. It takes heartbreak to stop dating #bekind. Don't treat me as benefiting from having a famous friend was up in life special. No it's by being a good person, talked to.

Sincerely,

Leslie A. Fischman

mymollydoll.com

Elements of a Comeback ...

4/21/2020

1. Recognition of the Past.
2. Revisiting Issues and Able to Regain Present Consciousness.
3. Sharing What You Remember, Not as Excuse.
4. Allowing Past Interpretations to Prevail Without Downplaying Wrongs.
5. Acknowledgement of Errors, and Making Changes to Discourse.
6. Be Strong, But Not Overpower the Perspectives of Others.
7. Knowing When to Stop and Let the Dust Settle.
8. Not Fight Over the Past, Only as it Relates to Present Abilities.
9. Keeping in Mind the Best Interests of Everyone Affected.
10. Knowing When You Have Raised Controversy, and Being Quiet to those Issues Past.
11. Representing Only What You Yourself Have Been Through.
12. Setting Goals, without Blaming Others for Your Difficulties.
13. Understand that the Less You Share, and The More Humor You Apply the Less Seriously You will be Taken in Life.
14. Leave no Room for Error Moving Forward, but Filling in the Gaps.
15. Explaining Thoroughly Where You Have Been, Know What Your Plans Are.
16. If You Have no Plans, not Interfere with the Plans of Others.
17. Rise Above Hate, not Take a Lesser Position as Stupid, to Enable It to Occur.
18. Once You become Aware You are not Liked, not Seek Acceptances from All.

19. Love Yourself Unconditionally, No Matter what is Heard About You or Others.
20. Learn to Move On, Let Go, and Let the Past Remain, Without Added Input by You.
21. Leave things Open, when it Comes to Fixing Yourself, not Fix Others Opinions as to You, as You Make Progress, Once you've not Proven Yourself to Them, that Voice of Non-Acceptance of You can not at a Later Point be Changed to Accept you, once Heard.
22. Forgiveness will Be Required of You in Order to Move Forward in Life.
23. Accept that People will Change, or Get Stronger, Maybe Not because of Knowing You.
24. Understand that People will do as they May with their Minds, its not Yours to Know.
25. How People Think, will always be Individually of Merit to them, based upon what they Know, what they Assemble, what Processes, and what Helps them to Grow.

Lately, I have been thinking a lot about, lending things out for misinterpretation, and whether timing matters, as to explaining, or whether that just adds more fuel to the fire, in terms of acceptances from you, and by the time you're fed up, and complaining, all that is remembered is what is aggravating you, bothering you, and in your weaker moments what is said, to not shed a heavy light upon issues, without disregarding the past, lightening the tone, and anywhere the tone is lightened, gets used to harp on, whether underlying reasons, images, exposures, likeness, or issues, are causing one to speak less or more about some issues, more than others. I think what is offensive, is if someone who if given opportunities in life, decides to give up, and upon giving up, allows things to unfold, in a disorganized fashion, which can lead to animosity toward, as not having the guts or the patriotism to respond, and then blame them if upon responding, they can argue subjects others to harm, that would be a selfish endeavor, if about one's own losses in life, one seeks to notify or make change happen, as though one knows the causes for the passing of others, without regard for someone's own suicide attempt (2009), it doesn't matter for what reasons, as it is usually mental health issues, left untreated, that result in making poor decisions for oneself, or respond uncharacteristically to inner turmoils, or threats posed by the possession of another to one's own best interests for attentions in life. -There's a stopping point, when it comes to providing a clearer representation of where someone is coming from, and exactly by what connections, knowledge, or inputs, one has come to understand how things are made, and by what means finished products used, and it's really only until after you have said your part, things get left alone, or issues with you resolve themselves, sometimes you'll never know whether someone who disliked you, no longer feels bothered by you, but it's worth a try, to correct any thought assumptions of you, so that those beliefs of you don't carry on, and continue to interfere with incoming connections judgments of you, believing you to be something you are not based upon what is heard about you. We all live private lives, and we all have professional and social selves, there comes a point when some of us are accepted no matter how we are, because we are respected, and some of us need to continue presenting self professionally, in order to be social, and be respected again, that's not a privilege in life, by upbringing or money given to someone, received respect, that's a quality about someone, as well adjusted, that gets noticed by others, at ease, improves themselves. -If you become worse off, forgiveness is key, not by talking \$hit about experiences past, or by sharing outloud interactions, accepting self as stupid, letting the other appear as victim, upon being spoken about, how you get handed a \$hittier hand in life as an open book, that's how the telling of your story does not benefit or fix harm to reputation, but builds hate toward you, as though you were aware of your position held in society, and did not say no to interactions with people who wanted love and belongingness needs from you, reciprocate that love.

"Managing Emotions on a Crisis Hotline"

4/20/2020

Book: "Managing Emotions on a Crisis Hotline" by *Leslie A. Fischman* (2007).
Published by Lambert Academic Publishing, via Email Requested to Publish my Work.



073014_final_lap_manuscript_of_thesis_for_publishing_formatted_correctly_050614.pdf

[Download File](#)

Hotline counselors and professional therapists who provide advocacy to sexual assault survivors are an understudied population. Researchers have begun to focus on the adverse affects of exposure to trauma on a continual basis and the vicarious effects of trauma (VT) experienced by counselors and therapists who interact with survivors of sexual assault. Little is known about the impact that VT has on counselor's/therapist's ability to help themselves in addition to helping others. This study describes how hotline counselors and therapists learn to manage their emotions, overcome symptoms of VT, and learn to deal with disturbing emotions resulting from direct exposure to trauma experienced by sexual assault survivors. The goal is to outline the factors that contribute to the counselor's and therapist's personal and professional development and explain how they learn to help themselves first before helping others.

Managing Emotions on a Crisis Hotline



Leslie Fischman

Managing Emotions on a Crisis Hotline



Leslie Fischman

As an undergraduate student at the University of Colorado at Boulder, I composed my Honor's Thesis, entitled "Dealing with Vicarious Trauma and Managing Emotions While Providing Advocacy to Survivors of Sexual Assault." As an undergraduate I was a rape crisis hotline counselor for over two years, then decided to apply to law school.



978-3-659-52837-8

Fischman



Being Human ...

4/19/2020

While under the attack of COVID-19, some States and Countries suffering graver consequences of its spread than others, it has become ever more pressing, to be present in the moment, taking good care of ourselves, and those around us: (1) Waiting in Line for Groceries, (2) Texting and Checking on Loved Ones, (3) Practicing Good Hygiene, and (4) Having Manners (6 feet apart). -It can be stressful for anyone at this time to fathom, all those lives lost, and all those lives living, and think of all those responsible for helping manage the livelihoods of those living. Its important to grow, and to think about the future, but also with respect to whats going on presently, take a step back, and be professional, and with good grace, display some respect for all, not waste the time of others, nor aggravate current pressures to stay well, with old problems, concerning ones own wellness, or the wellness of others, give room, for people to move forward, grow from the past, and realize their good fortune, if privileged to be among the well. We all struggle to make ends meet, and now is no different than before COVID-19, now with fewer jobs, and opportunities for success, the pressure may seem unbearable, to be without work now, and in the future, have opportunities lost, if we fall into any kind of mental health issue, or depression, that could inhibit our abilities to stay positive in spite of the times. Why self-care is so important. -Worry less about image, and what others think, you come first. And if you are privileged to be among the well, then by all means take on a leadership role online, and "spread the wealth," meaning afford other people opportunities to lead, and be given the attentions they deserve, for maintaining their own wellness, living a positive life for themselves and hopefully for all, as shared. -Healing is a painful process, of remembering where you've been, what you have endured, and be free from any further harassments, about your past, or how you were, and be accepted as you are now, in a better condition, be forgiven for how long it has taken for you to be a recognized source of input online, and be forgiving of those who were hard on you along the way, and did not believe in you, or your ability to succeed in life, and be respected for your hardwork and talents. Not all hardwork appreciates overtime, that's the beauty of working, sometimes to better a

current position, and sometimes, to ensure that the benefit of work past, continues to be of value in the present moment and for the future's benefit, work is produced, such as in writing or in entertainment endeavors. -I have yet to earn a living from my writings, have been doing my best to improve mental health wise, in spite of my disabilities (voices and bipolar depression), and in spite of the odds against me, have managed to come full circle, on my own, positive, and going up on Alexa again (2020), the highest mark in (2019) was 34,000, and now this year back up to 47,808. The lesson is to keep trying, and with awareness of your weaknesses, do your best to improve, whether that's taking new meds, finding a sleep schedule that suits you, in bed by 8 or 9 pm, not pushing yourself to your limits in life, training cardiovascularly, running up to 2hrs at a time, and losing weight (-25 lbs so far), the skies the limit for self-betterment, only you know your limits in life, but always be human. *Being human to me means*: backing off when its right, and pushing forward when its okay, learning from mistakes, and comprehending the lessons you learn along the way, having an ability to make change happen in your life, and cognizant of the changes ongoing around you, appreciative of how far you've come, knowledgeable of the good efforts of others to present the issues, helpful when discerning truths from the issues, and doing your best not to be of issue, not to raise controversies where none are due, attracting only to yourself energies or privileges in life by being yourself, not presenting self as better than you are misleading others to believe in opinions as geared by someone who is weak not smart or jealous of the wellness of others be yourself well enough to not be intimidated or made to feel weak as compared to others successes in life independently successful on your own, even if tired disciplined and tired in a good way, and not bring anyone down with you if you fail, that's responsibility, acknowledging what you have to offer, appreciative of what others have to offer you, but being no more dependent on the other to fix you, as you are on your own, should need no fixing in order to be loved, and to be of value to another, and just because someone does not see the value in you, continue to value yourself, and be of value to others, is being human, or a website, that promotes the efficiency of thought, that encourages and promotes the holding of opinions, that's willing to withstand social pressures and backlash for ones past (ie stay sober), to not allow the effects of ones bipolar to affect the outcomes of the decision making of others, as expressed by someone any pains they have endured as misunderstood or feeling under or overwhelmed by issues over their head in life, and continue ones education to continue adapting to the present moment, with respect for all the strides made by others, not interfere with the positive progress of those in charge, or above you in life, discourage their abilities, and no matter how harmed you feel not self-harm or cause harm to others wellness or interfere with their ability to feel loved and receive positive blessings generated from the ones they love or who have given them love in life, not take away from those experiences in life, replace the love given to one or a few, with the need of one, disturb that sequence of care. Its usually the case that someone without something in life, feels more whole having something or someone in life, in the case of mental health issues, as misunderstood, one cannot be made better by having things in life or someone, those issues exist with or without things or people, how and why discipline cures all.

Hardwork and Recognition ...

4/19/2020

Today we live in a world, that as you make progress you can share your progress along the way, sometimes to your benefit and sometimes to your detriment, are competed with in life. That's just as a result of sharing where you are at in life, someone seeing what you have, and wanting to do better than you, or thinking that they are better able and equipped to provide to others, better than you are able to provide insights to others. Be professional. As you grow academically and professionally, as I have, you don't always have the time, to speak publicly to everyone or share photos, such as on facebook, I never participated on facebook, rarely as a law student, it was only until after leaving one law school and getting into another, I thought it would be wise, to share where I am at, what I have learned, and represent myself, and share my thoughts. -Im a much different person now, having shared, than I was before I shared, with more privacy, and ability to focus, and get things done, that's the price you pay, for sharing, being an open book, and subject to more interpretation. You would think that by sharing, that the discomforts you faced living a private life, would be resolved upon sharing, recognizing your hardwork, and all that you have been able to achieve thus far, however without expectation that more of you would be expected. That's a choice you make, to avail yourself, to public scrutiny, and learn to be aware of what you share, in public, and how interpreted by all, can either make or change your circumstances in life, better things, or make worse, your condition, when it comes to feeling understood or misunderstood in life. -If you are a hardworker, and if your work product was sought after by other student, because you made great outlines, and able to digest and interpret and put together lots of information in a coherent and memorizable format, then maybe blogging is for you, when you apply your worth ethic, through

education, to information known by you and learned, to all, on a much larger scale be viewed, and upon recognizing your work ethic, be equally respected or trusted, as an information provider. -I would like to say that things are much different now, who knows whether I had a blog and a popular website as a law student, that my relationships would have worked out better, or that I would have graduated, as a public figure, you cant go back in time, and wonder always. Sometimes you have to do your best, no matter what your circumstances are, no matter what is known about you, no matter what you've been through in life, and continue to be well liked and get along well with others, whether on a smaller scale or a bigger scale such as a website. To what benefit does the reader receive upon reading my work: (1) Everything I have written has been written by me, (2) Everything written, and sources read along the way, have been kept, (3) I cite to anything not coming from me, (4) I am very meticulous and keep accurate records of all my writings, for book writing, if not destroyed or lost, (5) Im not a political figure, (6) I support others in the creation of their finished work products, (7) I do not critique or write opinions about the work of others, with the potential to devalue or make look different than their work stands, or looks to others as is, (8) I continue to improve despite my mental health issues, open about my condition, honest about my disabilities in life, (9) I write everyday, when I can, and whenever its possible to write to stop attacks from occurring to the esteems of the well, speak, (10) I do not mislead, by personal hunches or feelings, always based on reality, current feelings, express myself, (11) I report often to governing bodies, (12) I always do my best, (13) I don't misuse the work of others, to my benefit, share, to make myself look good.

May 2020

Personal Update ...

5/1/2020

Originally Written 04-30-20

(Thoughts After Reading): The main point is whether the well can fix those who are not well, a misunderstanding and dilemma. Some people suffer, and dont return to wellness, and some people are critical until someone appears not well, to justify dislike for someone who is well and has lived a good life, life ruined. What are voices (life is good, but can hear people criticizing them -> to cause one self-harm, and upon self-harming, one experiences disability, gives power to those not in agreement with them, suffer, and as a result, lose their place in life, well, and ability to be well around others, hiding something, a condition in which one hears voices and self-harms, opposite a condition thought one wants to be someone else, versus one is themselves, to say one who is not themselves is not a victim too?) You should always want to be yourself, and it not upon recognition of wellness once returns to wellness, if mimicry does exist, then why have I just lost 25lbs, and get 2000+ Likes a post? I stay home because I know my condition is different than what others feel, understand its just me that hears voices, and understand what pressures and inabilities have caused voices get it. Not feeling good, its who doesnt feel good thinks not feeling good is because I dont feel good?

You are only as well as you sound, and based upon interpretation by others, accepted given your condition, or critical of you as not being apart of a solution, meaning what you have to say does not benefit all, or a group of individuals, who believe you to not be of help to others. Thats judging you based upon what you have to say, as not being of significance, and while you have managed to achieve well, and get well, do not provide assistance to those in need, meaning you dont make sense, and until you dont make sense not feel well, are coming from a bad place in life, a not well condition, not coming from a better state of mind, a recovered condition. Thats judging someone based upon what they are saying and how they are saying it, not make sense, thats because one is going from making sense to not making sense, feeling well, to not feeling well. Thats hurting someone abilities in life, until they dont sound well, dont feel well, and dont make sense, so that no one can relate to them, so that they dont improve, to say that they are now affected by those not improving, to see whether their condition betters from the wellness of others, or whether their conditions worsens as among others. Now Im not well dont make sense. This is an example, of writing that doesnt make sense, when Im not feeling well.

This is an example: upon knowing you, and seeing you as a so-called provider of a solution, demonstrating that you too can experience disorganization, to see whether you can fix yourself. And how whether what you had to say,

provided solution, to what, and whether as disorganized cause worse or better conditions in others to occur and why? Until everyone is better than you, because it is thought that someone who is better, achieves better, thinks that they are better than others?

Your Well Being ...

5/1/2020

Happiness is not always shared, especially not love, and nothing well is ever contingent upon the happiness of someone in disagreement, to their ability to be well, that's just hate, thinking they deserve to be in a better condition than others, and because of their poor condition, not happy for someone who is in a better condition than they are able. It just so happens that the same condition can occur within someone who is well, who upon experiencing chaos, or an assumed nightmare, losing footing, and ability, to which empowers anyone who is not in favor of their well being, think deserved, that's hate. Seeing someone who is doing well, and hurting them, because they think they can handle a down in life, or are deserving of being brought down in life, that's just advantage. Some people gain advantage over the condition of others, by their wellness, to offset what has gone wrong, and there are some who maintain momentum as the well are offset by something that hurts, whether that be a feeling or an inability, therefore who winds up ahead in life, and who ends up better off. -I think that you are only as well as you see the world, and your ability to stay well is always based upon what you have to say, not everything you have to say will be in agreement with the majority or minority to a circumstance, a story, an outcome, a belief, a historical referencing, an action, a success, an ability, having overcome, having healed, having been through, having recovered from a condition not well, stay well. We are all capable of getting sick, and everyone feeling the same is not the solution to wellness, at some point you have to allow for leadership to take place, that is by someone who sees more, understands more, has been through these troubles longer, understands patterns better, has a higher success rate, of those being well around them, and not allow an exchange to occur, by someone who is private, to someone who lives publicly and socially, and for them to take your place in life, and be you, and see you as less than or a cause for instability, that's taking things personally, given your education and background, think that because of what you have studied know better, or think you are better, and that just because of what interests you or by the population of people you have helped, think that is what has empowered you to be a better person, improve, and been able to avoid sickness and improve. -What is a good life? A life lived to its fullest potential, a life in which opportunities for an individual are created based upon the choices they make, to situate them better off in life, better than who? Better than they were, better than they had, better than most, and better for all. What is usually too late by the time someone gets better? Is how they were when they were struggling, how they were when they were not well, and what losses they suffered, whether purposeful (right to privacy) or whether by accident or whether to better themselves, information shared, kept private, and to whose benefit, a recordation of one's thoughts and progress, its usually to the benefit of someone who is going through something difficult to share out loud in private what is bothering them, that's not a public's right to know, someone's mental health issues, fears, or troubles, or comprehend their difficulties in life, be taken seriously, based upon what they have been through, like seriousness creates respect, seriousness in some people's cases, such as myself, causes worry to anyone not under the same stress and difficulties in life, to explain, to present, to behave, to express, to think, and to represent themselves in a way, unaffected by the majority's public's opinion, or one person's opinion of them not accepting of their condition, that's always based upon what is shared, is what is thought. Some may try to help you, some may try to hurt you, that is all based upon belief. whether those who are playing victim to your life, rights are more important than your own, right to privacy, and not be victimized over and over again, to your own expense to their benefit. That's seeing opportunity in hurting someone, ie me, to benefit all, at whose expense? What's always unsettling is something occurring in private, to shed new light unto someone, to make them look stupid, unimportant, easily manipulated, at risk of harm to themselves, and a poor representation of who is professional, smart, or based upon their resume, proven wrong. You always get attacked on the basis of the subjects you represent why loving is difficult to date, and why friendship is difficult maintain confidentiality, when under attack by new people. Its always those who are fresh to an equation, with ease, pick apart someone with what's been given, and that's how a side is made toward someone, when one person disagrees and others agree with the person who is in disagreement with the lifestyle another is living, alone sober.

It Takes One to Know One ...

5/1/2020

Depending upon how you say things, determines how you are treated. In today's society respect is based upon whether you can articulate your thoughts, hold a conversation, be balanced, and always tested from where you are coming from. Sometimes esoterically, connections can be made, that causes others to wonder, why you're not doing well when others around you are doing well, as though one another is interdependent upon the others success, and question whether your success in life benefits those around you, whether others support your writing career, or whether writing is improve ones life, to have a good life too. Writing means all of those things, proving yourself to others, and not be denominated to something you are not, be treated the same, as having been through a lot too in life, and deserving to be heard, and like others have achieved success in life, be able to overcome whatever obstacles are standing in between you an achieving your goals in life: graduate from law school and write a book. Theres no such thing as easy money, you either are well liked, and have something beneficial to say, or your are not yet arrived to wellness, the basis from which it is determined whether you have anything worthwhile to share, and whether what you have to share can benefit the reader, or whomever is currently suffering, or fails to see what youve been through as a significant struggle worth writing about. We all have to find our center on our own. There are not directions to being centered, waking up and having a good day, and waking up better than we were the day before, thats being human, not all days will be good, and some days harder to get over than most. -Today it seems like everyone is trying so hard to get to the core of issues, and forgets to see the beauty in progress, and because people get fixated on defining problems within people, they fail to appreciate their progress, and sometimes it becomes a game of who is better than who, who is more stable than who, who can be proven rights and who can be proven wrong, and upon what basis do others thrive, when you look like youre in the wrong, to set you free from what blames, as to your condition, if you are doing better now. Proving others wrong, does no one a good service in life, to engage in topics, concerning the betterment and basis for betterment of those outside of them, who only upon engaging in discussions concerning rights and wrongs, prove themselves better, upon viewing your life, not seeing you in a positive light, and then try to justify your hardships as though based upon how they see you, in a negative light, to justify your current hardships now as not to be empathized with, understood, thats the moment you give your power away to others to define you. -Theres a tipping point, when everyone feels like crap, neither party who looks better feels better, and no party doing extremely well, in spite of how others are doing, shine, thats the point at which all sides get affected, no matter how well anyone is doing, thats the stopping point, when you stop focusing on problems (ex. sources of inspiration), and start focusing on solutions to wellness, not think about whats gone wrong, not think about who was wrong, and not think about what went wrong, thats lending insight, to what has gone wrong, and what the person who thinks went wrong was thinking, upon things going wrong, thats the wrong focus, thats taking something well made, and hard to make a popular website, then directing focus upon wrongs, to hurt the entire wellness of everyone reading, who was thinking about now, whats going right not whats gone wrong. Most of the time offense is taken when someone who is doing well, cant stay well, and in defense of ones own condition, blame whoever is doing well, as contributing to their feeling of things not going right, because whoever is doing well does not make them feel well. This is why having a website is important to me. Sometimes we are well enough to witness others going through a difficult time, and come to appreciate where we are at in life, seemingly not connected to where they are at in life, and sometimes, everyone can be brought down, when someone who is well and admired by most, turns out to be a disappointment, bothered in a bad way for having known them, heard from them, trusted them, believed in them, known them. There are certain tracks in life that your cant turn around from, being lifted up, or bringing others down, and if one is not sure whether you are capable of lifting others, or whether you brought others down, then look around the person, see how everyone else is doing well? Then that means let go of trying to turn someones positive life into something less than to feel better about where you are at in life, and understand that personal choices in life dont define a person, only further denominate a person from view by others, by their likes disliked. -I think my story is a success story, graduating from law school in spite of having been hospitalized 9 times bipolar, building a successful blog, and having drafted several books, to publish one book.

In Anticipation of Misconduct ...

5/9/2020

Who takes action first, is the first to whom a response is generated toward or about, whether for their best interests to protect, or whether work represents, and who their work represents, people, ideas, beliefs, code, or for the most part us. Who is "us" whoever you work with. A public figure that begs one to question uses of ones identity to shed light upon bigger stories, or to connect back to inferences as to ind

generate a response from others, depending on how big you are, or identifiable you are to the masses, whether known to all popular in then nor now, does that mean connected or known from online, a new trait. For some reason you can always tell when peace is about to be hurtful, someone hurtful, someone lacking light, a loss of light within us upon exposure to a loss of light outside of us. Its important to ourselves, make you look or appear worse in the public eye, without you knowing it. That is someone taking advantage of you when pictures of you, words by you, get misread as identifying you among a group of people we call "offenders" -offenders are by definition without forgiveness past, in their own minds, about others not themselves, affect the majority. That is being worrisome, someone who similarities, thats "light") and when they appear to be thinking of everyone, or just themselves, casting a negative inference to appear except for you, to show yourself or your body, if its okay for others to look drunk online, its not okay for you to appear that way, and friends with, and when its platonic its platonic, its when it comes to liking people, for sex, likes, attraction, imitation, emulation, influence wellness!

Sometimes I Ask Myself ...

5/9/2020

Why is it okay for someone else to use my work, to build a campaign for themselves in support of their causes in life, but its not okay in my endeavors, whether to include people as being apart of a solution, or not including people who do not wish to be included, as know to bring about positive change in your life or in the lives of others, not understanding your experiences, position in society, abilities, or others, and based upon who you are able to do so. In today's society, who you are is based upon who you know, who your friends are, result of not being trusted, others did not wish to be included, and as a result took it upon themselves to better themselves without me betterment, or for the betterment of others. That is their life as lived, for themselves, not their lives as lived in spite of me. That I think well made website, with current dialogue, surrounding current issues I think much support was lost along the way, and in order to defend seeing you, change you to fit their definition, of you they think you are, why misjudgment, if foul, is so frowned upon, and illegal, to turn themselves against me, as though it is because of my website or causes I support, are because of my cares, before any incidents occurred lived, we decide to change, to better ourselves to live better lives. I have always been sober since 2003, stopped smoking weed, and work status. At what point do you become a better person, after others have put you down in life, the moment you stop mentioning the past, power of insult, so that you fail, things dont go your way, and you experience hardship. That is not significant toward the success of **B**

Sometimes Funny Sometimes Not ...

5/9/2020

It depends what energy you bring to the table, upon meeting you, accept you, understanding your viewpoint, or looking at you with need you are to an equation, the more uptight you are, while those looking from the outside to an equation could either care less, or be equal with the intent of raising controversy, and somethings are made, to not gear intensities toward the middle or center of any controversy upon looking at the big picture what do you see has occurred, or happened, because of them, as a result of their efforts, or does everything Its hard to look at life, and not be proud, and if you are someone who looks at others, with disgust, or question, ask yourself why? Why because of their associations in life, think less of? There are many ways in which an audience can be turned off, or people turned off by people see: (1) Its only upon speaking that others see, through writing (2) And only upon disclosures to certified professionals that others within as making things about them, as though things were not affecting them, throughout their lives, gearing their best decision making are the way they are, do you determine whos input has helped, and which inputs have not helped, gear everyone in a direction toward

About mymollydoll.com: <http://www.mymollydoll.com/welcome-to-mymollydoll.html>

Nominated for a "**Shorty Award**" in the Category: "**Best Integrated Campaign.**" (2016)

Ever Feel Overwhelmed? ...

5/8/2020

Sometimes you stop and smell the roses, and see the beauty in life, feeling at ease, and sometimes you take a look around, and feel over growth in others, or finding ourselves amiss, not as good as, not as intelligent as, not as capable as, its all a matter of what you do each good life, be someone we are proud of, and be someone who others are proud of too, you would expect nothing but the best from the people are so hard on us. Growing up privileged you would never expect to be a provider to a solution to anyones problems, only through experience being apart of. -In my life, I did not become a recluse until law school, thats because law school is so difficult that it requires 100% of

focused on yourself, maybe involving you, maybe about you, maybe directed to you, maybe to inspire you, maybe to warn you, maybe without whom, you would not have the people skills today to write and blog, or speak, be social. Its a really uncomfortable feeling for

Company Direction and Focus ...

5/7/2020

Its by your insights now, that reflect get added to your companies direction and focus, whether from the outset you were likeable, or w the systems upon which your company was built, were build by foundations you created for yourself, based upon what others were do the past or not, in the positive way, or in a derogatory way toward yourself or others, is what is misunderstood, as though upon finding scheme of things. Its what is thought about upon looking at you, and hearing your "pen name" that deciphers how you are treated, as th poor behaviors, are close to those who exhibit poor behaviors, have issues yourself, that attract the issues thought about with reference insulted, not believed in, or made to think you were less than you were, is when you figure out how to empower yourself, and not be b change to all, a few, or to some they have come to known, inspire. When one is wrong it is always to the benefit of the wrongdoer to c mental health of all, thats not being forgiving of those who have caused harmed to our psyche, but allowing them to change themselve upon what we choose to let go, remember, and be inspired by, the hope left and lost by those who are no longer here with us today, wh respect to the fallen we acknowledge, that as more cooperative, understood, seen, known, and with refection to the past, admire, those prevail as popular opinion, of what was manifested within, not able to do without, love and friends, family, and loved ones, jobs, medi

[#NationalDayofPrayer. Dedicated to Navid Askari and Sarah Tammasabi. \(2010\)](#)

Moments of Inspiration ...

5/7/2020

There will be few moments of inspiration, inspired to better ourselves, make better others, help, influence change, be apart of change, public light, how affected by who they know, what is known within, and based on how they appear to others, be judged as connected o in your life, apart of those feelings, of distrust, anguish, agony, or defeat, what causes one to feel like they are losing in life, and what o notice, and whether those changes are because of you, because of knowing you, seeing you, decisions made, never assume that its bec which to make everyone feel well, no action or behavior or words, deemed to be fruit of an admission to an actual connection to event changes occurring within, happening because things have changed around them, its not until you communicate to all, communicate to people basis, communications change. Not all subjects and historical events are spoken about, especially if they were important and no down when they are down. Not everyone is as strong and resilient, to their understandings of the whys in life, and a lot about life is qu a service is provided, where there is not a need, services are not made, thats a basic business function of those in the "hospitality" indu jokes, have lived a life yet. When you leave one place in life, that disposition is carried with you no matter where you end up, likeable, spokesperson to all matters, who knows you, dont be a difficult or sad story.

[Dedicated to The Waldorf Astoria Hotel, Beverly Hills.](#)

Take Your Health Seriously ...

5/7/2020

First matter to yourself and then to others. Whether well liked, loveable, or likeable, know when to stop feeding into the insights of oth of wellness to all, thats the gift of preservation. As a blogger decide first whether you want to be known for writing or your looks, as th feeding off the intelligences of others, not on their own able, only upon being around those who are well able to achieve, and whether our inner voice comes from, separate from others. -At this point in time, it is those who are too hard on others, too controlling of other for answers to their own problems to arrive at a better outlook, I may not be [psychologytoday.com](#), but my opinions on life, are equally personally, is my own opinion, someone in need of help who is not able to be made perfect or better given my condition, and whether independence not hate. -What is not congruent or in alignment to your best interests therefore cannot benefit you to understand. Stop t

Masks On: The Times May Be Difficult ...

5/6/2020

You see things happening in other countries but you never imagine those things to occur in our own country. How different are we as we see beyond now, forward. That's just living life, seeing life as lived by others, and you either appreciate where you are, or feel worse or things better, and some of us, are not gifted with personalities or traits, that allow us to be there for others during times of need, it's always romantically, that's disability, when you have to care about yourself, even if not enough care is given to you, still feel able and capable. Information, in shock, disturbed, rattled, not at ease, do you have the ability to overcome what's bothering you, and know how to overcome? A psychotherapist who can assist you in the event you experience emotions or feelings you cannot deal with on your own, nor compartmentalize. Self-care, how you care about yourself, what kind of help you get, not end up worse off or lost, in problems, but stay able to fix yourself. If everyone is well and has more energy than you, what can you do to lift yourself back up?



MYMOLLYDOLL @mymollydoll

4m

Of that of that we call red herrings the slippery slopes of anguish and loathing fortitude the solemn slopes of gravity of neverending harm



MYMOLLYDOLL @mymollydoll

5m

In an ideal Society those in power who lead others diffuse the neg purposes of others by not only negating their own but others too of that



MYMOLLYDOLL @mymollydoll

6m

Benefit that transcends to those with negative purpose reflects weak minded leaders who fail2negate that ability inhow they carry themselves



MYMOLLYDOLL @mymollydoll

7m

Never allow the wrongs of others to dictate the truths that reflect your positive purpose in life never allow benefit to transcend twd them

Thoughts along the way ... for inspiration!

Personal Update ...

5/5/2020

A stopping point, is when self-harm occurs, to prove private conduct, and public conduct correlate to prove that there has been miscommunication, life, to stay present, otherwise held down in life, by how people feel, not able to be yourself, enjoy your moment on earth, and achieve what you want, one has a similar disposition in life an outcast or separate, but that is a choice not to drink, a matter of refraining from being social and talking story telling I believe offense is taken, as though not written with care and attention to detail, articulated, as though more needs to be said, they were growing up, 2017 on its been a Prize "Nobel" to stay positive, take meds as directed, experience "strength and hope" and success, to "wellness." When I use quotations now those are quotes from people those are highlights. I think if my health is poor > unwanted consequences themselves upon sharing > how they feel better. Who is better when someone is better, if not everyone, only as involved, drained. --I guess

How is Power Made? ...

5/5/2020

With trust and integrity power is made, something that can withstand the test of time, ridicule, criticism, whats overheard, what is known, education, training, and professional experience, that gives you power in life, helps you to value your life, and to value the lives of others, then there is your personal life, your loving relationships, your platonic friendships, what is disclosed to you, what is shared with you, a higher level of confidence as applied to a new arena such as "gun violence." Gun Violence is not my speciality, but have experienced it, a police helicopter after drinking a bottle of Whiskey, and then suffered shock along with the rest of my school, when "gun violence" ended based upon their connections, apart of, distanced, or taking action, there is a sudden loss of motivation that occurs, when there is mutual dispositions of those around them, who in waiting for everyone to get well, are made sick again, by people who think that its is sickness, causes and consequences past of how things go wrong, think that to calculate similar situations presently, with current people alive, with thats never the driving force of anyones well being an opinion alone, about someone who has caused harm to others, corrected, to make how they think, not forced to be changed about what opinions they hold of others, some are well to the plate, and some are thrust with

[View this post on Instagram](#)

A post shared by mymollydoll (@mymollydoll1985) on May 5, 2020 at 8:11am PDT

[View this post on Instagram](#)

#thetrevorproject â–ªâ–ªâ–ª Trevor was our year book editor who posed the same as my then Ex boyfriend pictured on my senior page who I lost my virginity to, he got into #georgetown. â–ªâ–ª
A post shared by mymollydoll (@mymollydoll1985) on Mar 16, 2020 at 6:37am PDT

When You're Wrong ...

5/5/2020

Ever feel like youre from a foreign country, just getting reacquainted with others, its true, when youre gone, youre gone, and when you are focused on themselves, lose touch with reality, who is important to them, and what is important to them, governed by needs and wants, successful, or whether its by what has been lost, focused, whether your cares in life, are geared toward the betterment of others, realizing uncomfortable with yourself, and lose a steady understanding of life, as you know it, and live life as you know it, not as others see you, momentum is gone, as though you are tired, all sexed up, and not capable of giving love long term, and for a baby for that matter, that professionally, not worried about losses, incoming losses about to occur, cheating, infidelity -with no experience dating, and in your friends they are threw with you, and the ones you want, are unavailable, want you to want them, until you are threw with them. Thats just how breed of woman, one who shines upon being attended to, one who is strong and who works, not disciplined in their studies, one with a outsider to your life, who knows you, who upon viewing your life overhead, be accepting of you, thats just life, sometimes upon viewing

thats based upon seeing your life, before, and after, wonder what happened to you. Why its important not to do drugs, not to date casual focus, how you get respect back. And if no one respects you, respect yourself enough to quit dating!

Be the Change You Wish to See in the World ...

5/5/2020

Be the change you wish to see in the world. If its all a matter of how you self-identify, then identify with positives, if its hate you hear, and if its not about you, dont make things about you, so that things become about you, to then shed light on all the experiences in which coming on to someone else in front of you, be blind-sided, thats just life, sometimes by the time you open up its too late, and opportunity without love, thats not rejection, self-harm or crying, upon not being able to connect, thats not aggressiveness, turned rejection, which people into her life, thats just me, never too good to speak to anyone, and always nice to whoever is nice to me. And sometimes its too things were not going well for us, and taking control of our own lives, our outlooks, and preserving our own well being, thats in spite of to justify a past instance in when they were not well not composed, without a website, not able to speak for themselves or others, not a not a social activity being outside of the home, or being around people, to me that was normal, experiencing life for myself, seeing how of those things if you want to in the City of Los Angeles, and non of that is considered Rape, by the way, all incidences reported to the police found the morning after? #AskLAPD, they received a call from "someone who cares" a line I once told someone to tell their boy whore." -If Im not trying to get at anyone, and no one is in my life and I have three friends: Mike, Adam, and Ron, then why am I being

What are the Primary Causes for Gone? ...

5/4/2020

According to my observations, and based upon my experiences working for the elderly, I have noticed the following: (1) No one is good individual that does not empower, nor resolve gone. Generally being hyper vigilant is a trait of those, who have experienced mental health when to move on (g) when to be forgiving (h) how to survive (i) what to live for (j) and who to live for. Just because you are someone professionally, interpersonally, romantically, and socially if ever. Its generally someone who thinks they are above you, that grounds you (self-harm)? Those are the temperments that I get tested under, and conditions I get put under, no matter how well Im doing thats to self-harm, causing you to not like yourself based upon something youve said, and by contributing to causes for your illness, toward self, that not by my instincts correct in my judgment of others, so long as I am not well, others are better, the scales are balanced as to opinions genuine, its upon being nice to you, its your job to be nice back. -Im not an angry person, have never been in a fight my entire life and allow for put downs as though you deserve it or (4) whether you are rising out of a condition, rising out of observation, blind siding of is being nice, cordial, reflective, and sharing upon reflections, like anyone else, what is going right, what has gone right past, and as a sense now.

Social Responsibility and Mental Health ...

5/4/2020

The hours of operation at mymollydoll.com are from the moment I wake up: (1) take notes (2) set reminders (3) make lists (4) check pl myself through voices (9) as connected, respectful of those voices past presentation that is writing which quiets voices (10) achieve qu cares, stability, instability, ability, mental health, positivity, drive, focus, and keep going in life). What is "self-stimulation" things you touching yourself for pleasure, and does not mean touching others for pleasure, which is sex, photography is not sex, thats someone se wellness, or intelligent insight, direction, or focus, based upon knowing you, seeing you, feel better about themselves, or with a new k around them, whos presence can be felt in a negative way, why they are put aside in life, among, to set aside, others disagreements wit affected by them, not in a positive way driven in life, to better themselves, but in a negative way, as though one who looks offensive, i between someone who resembles themselves, or resembles characteristics or traits of others, not be accepted as one of them too, well a cause illness or reflective of illness within a person, who identifies with someone, for identifying their own illnesses. [-Becoming yours](#)

When Things Stop Making Sense ...

5/4/2020

There will always be a very poignant lull, between any incident and the people who face repercussions of an incident, such as a pen pal as presenting self as directed, to minimize what someone is known for intelligence, and show that they bear characteristics or traits of a job, or in private, professionally photographed for a specific individual not for everyone to see. -Thats the problem, with seeing impo looking at, and as presented to others looked at, thought to be offensive, why treated as an offender. I know from experience its hard to want to be around, having heard something from them, that causes you to empathize with who you think was harmed by them, by knowing with not being able to picture them doing what they say theyre going to do, or being who they say they were, or thinking they are not v accept about them, and some information you will not accept about them, and depending upon who is supplying that information to yo others, nor be more trusting of your surroundings. -There will always be cues, based upon what is popularly discussed, never think twi them, thats not who we are particularly "bringing back to life." Life is long, a long process of gaining acceptances, being well liked, w liked, and thats how rapport is established between any number of individuals, youre ability to be well liked, not your ability to be wel in life, seeks to popularize another viewpoint of you, to be detested, to be unwelcomed, to not be honored, to not be respected, someone they are friends with, where they have lived, who they have liked, not be kind to them, outright mean to them? [For what reasons would as though one can succeed in spite of criticisms, its that one lives in spite of criticisms, one works in spite of criticisms, one loves in sp](#)

Respect, Wellness, & Success ...

5/4/2020

Three tenants of a good moral upbringing, reflect possession of these three qualities or traits: respect, wellness, and success, without on traits, bringing out the best in others, or someone missing one of these qualities or traits, incapable of recognizing within others, their v live their life, with respect to their struggles, not take personally, that you too are not doing as well in life, and not interfere with the w whether or not others look up to them, whether or not others value them, whether or not others think they are smart, whether or not oth someone is not doing well, that respect for them is lost, disappointed in their condition, not proud of who they are, without respect for someone who shares negatives about someone, wanting them to be a better person, seeing well of them, but expecting more from them response to others, whether you "make things about you" or whether you "make things about others." Thats the difference between so offended by criticism "boiling people down to terms in life" or "boiling people down to negatives in life" -without your own opinion o what people think of you, thinking you think you are more important than others, how you became important, or you think you are sm good to others. We are all human, everyone valuing in themselves and others a different set of expectations, and it is usually those who to speak" thats believing in you, whether at odds, in reality, spiritually, mentally, or physically, able to either "defy expectations of yo but where others are wrong, is putting down anyone or anything well made, to see if they suffer too as any human would, under a nega

What do you see in him/her? ...

5/4/2020

As you get older you become more accepting of people, and come to value them for their quirks, thats who they are by default. Someti troublesome, not strong minded, not tough, or able to overcome a setback, in a workplace environment, these types of people become There comes a point when you have to take responsibility for your own unhappinesses in life, and not be the bearer of poor perception to take personally what has gone wrong, and be someone who can be looked upon, as a positive. Upon insult, and fighting we all sit ba it goes wrong, and causes irreversible harm to those fighting, and to those watching, which explains why most people dont get involve problems, and say something, which explains why we dont sit back and watch fights happen. Thats just being human, getting involved powerless, and unable to get themselves out of a mess in life, and be of service to those currently in a mess they seemingly cant get the at life again, in wellness. Sometimes it takes a lot of listening, and belief in the good hearts of others, that they mean well in order to c critical of anyone trying to help you, it may just be that they've been there themselves, and speaking hiergraphically from a better view [them right ... be positive!](#)

Everyday Conversation ...

5/3/2020

What do everyday conversations consist of? Reminders of what needs to get done, checking on how you are feeling, seeing how you a like, and what youve been up to. Theres a huge expectation nowadays, that unless people hear from you, do they know how youre doi all day. What is the hospital like? In the hospital you are not given any day meds, and put only on night meds, you stay in your room f hospitals permit smoking and others do not. What youve been through, and were youve been, are very heavy subjects, and generally n

times. The main point, is to keep going in life, no matter what people think of you. Some are with expectation, reading, as though what change about people, what they think of you, what they think of others, and how they view themselves compared to you. -Don't take things you won't match up with everyone's interests, not everyone is fun to talk to, not everyone is worth meeting, not everyone will you understand in conversation, well liked, nice to everyone, easy to talk to, have something helpful to say, and genuine. -Be human, be forgiving, let go

Dragged Down by the Past ...

5/2/2020

It's not a very uplifting condition, going backwards and revisiting moments when you were not well, that goes for everyone, who upon and growing from mistakes past, and if not become a better person in spite of what you have gone through, we all have lives, and not do it up, and if making friends is easy for you, then by all means help others, who fall out of tune in life, and unable to make friends, find of them, we can't all be well liked, or possess qualities, traits, and characteristics likeable to most, but that doesn't mean that you can't be better off you become, that's because of the faith restored in you by those who know you, begins to overpower what is said about you, the disposition of someone who has had bad experiences in life. There is always room to learn, and although you might not understand something that has happened to them, not everything said is a manifestation of an experience, a person, or a moment in time, sometimes people like people from the past, who have caused us harm, or affected our well-being, whether reflected in our daily prose, or not. -I try to affect your psyche, to see which points of interest you wind up at, negatives, or fall upon positives when discussing your life, as lived, presents themselves, and whether because of the voices you hear, that you are not at a well-vantage point in life, so that their vantage point negative insights, to take hold over you or others, and whether as spoken through you, those negative insights are capable of taking hold than who at that point. What is the point of discussing what doesn't exist, is that to prove that things not existing in time and space (a void) sometimes, people think that if you feel like them, then you will understand them, I'm not one of those people, who expects people to be recognize what you've been through in life, as a hardship, or a complex position in life, that you have had to do well in spite of, the time the issues you have cared about, see the significance of your cares, in helping others arrive to well. That's people thinking that by your

[launched July 2019, and doing well, self-taught successful.](#)

The Weight of Criticism ...

5/2/2020

At times there will be no seeing beyond criticism, and the weight that criticism carries, can be very weighing on your outlook, and the way, that's not allowing yourself to move forward and enabling bullying to keep you from achieving your goals in life. I once said that regard for who made you feel less than, rejected you from their lives, or wanted a better catch. Not all people will match up in life, and has not gone well, that takes its toll, it's not people who are to blame when things do not turn out right, who are doing well, and who are people who think they are more well off than them, thinking that it's okay to criticize someone who is no longer in their lives, whether upon someone's life, so that upon looking back on someone's life by everyone, they are seen under a similar light, at a later point in time doing the best that they can. Sometimes what goes up, must come down, meaning, you cannot stay well, so long as there is a pressure overcome what was said about you, and prove them wrong, that you are a good person, that you've always meant well, and should be recognized someone who because they are not doing well doesn't appreciate what has occurred in their life, and recognize what makes them special things begin to go right for you in life, but so long as you are reminded of all the times you have struggled in life, makes it difficult to obstacles standing in the way between you and your own happiness in life, that's living life in spite of negatives, in spite of inner turmoil pushed you to do well to get better? It's to live life and not get sick, it's about #selfworth.

Sometimes You're Right and Sometimes You're Wrong ...

5/30/2020

It's easy to get carried away explaining how you feel but always think first what service does this do to me to speak to and what service does this do to help others, think who are you helping and why, and is the help provided necessary to your health, the minute you connect to a cause or a group of people, is how one or the other is affected by one or the other, when in communication, and upon observation talked about more, leave things alone, allow people to have some independence of their own, to do what is right not what is wrong, and if in doing something right they look stupid, then I believe at a later point in time, a better way of processing an emotion

can be achieved without letting them win, and failing at being heard, empathized with, as though your actions or reactions are lessons to teach others how to respond, or further normalize or define what's appropriate/understandable, usually what comes to mind, is everything that describes the pain you feel, that's your body and what you think and feel making you express yourself in a way that others may not understand that's okay, keep trying, the better able you are to articulate and represent your concerns in life, it doesn't matter how focused on the issues your expression presents as observed but if so memorable is to improve the condition of those who do care, and while mismanaged by systems of trust, appeared disorganized in rebellion to the every system of support, it's when you get hurt it's common to want to share know that what you share even if it gets through to who you think is harming you, only gives them more power, to know how to be, not affected, you know the bigger they have to look, shows you, that you matter, and they need to change try to. Stay well don't self-harm! We will all be here when you return your normal, please be patient, and recover be safe!

After the Fact ...

5/29/2020

Everyone's passionate after the fact, but what can we do to prevent ourselves from being harmed by those who take advantage of their privileges in life, and freedoms, and cause harm to others, thinking they have a right to, or to protect themselves, or with expectation of someone resisting their efforts to serve justice to whomever was harmed, is that right? Is it okay to not excuse individuals, and be more aggressive toward those with mental health issues, who are often times hesitant to get help, until things get worse, and they cannot function comfortably among others, what type of rehabilitation is that, isn't punishment for the purposes of correcting bad behavior or misconduct in a public place, exactly how threatened can anyone be by anyone else, where one life is justified by punishing another, one life is broken as a result of being punished, disabling their ability to work, get jobs, be accepted, spoken to, making everyone turned off by them, as less than, no one deserves to go through that process in public, be humiliated in public, and punished, what does self-harm or a tantrum represent, is that criminal activity, or is that just a manifestation of wellness, unless someone is taking out their illness upon others, can it be justified that another is infringing upon their right to stay healthy and not be aggravated, it's amazing to me that someone can claim they've been affected, when it's the opposite because one is mistreated, not taken seriously, ignored professionally, or interpersonally, opened up to share, only to be rejected once they get what they want, that means got to know you, didn't need you, or saw you and kept going in life for themselves, with their own understanding of how the world works, and who is to be included in those understandings, and who is to be left out. Once you hurt a person's motivations in life, it's really hard to overcome those feelings of worthlessness to the world, this is why I made website. Think less of why someone is strong, assuming for the purposes of freeing someone who was in the wrong, and think maybe it's because they care, and are doing the right thing to care.

#Brady. Don't be a threat! <3

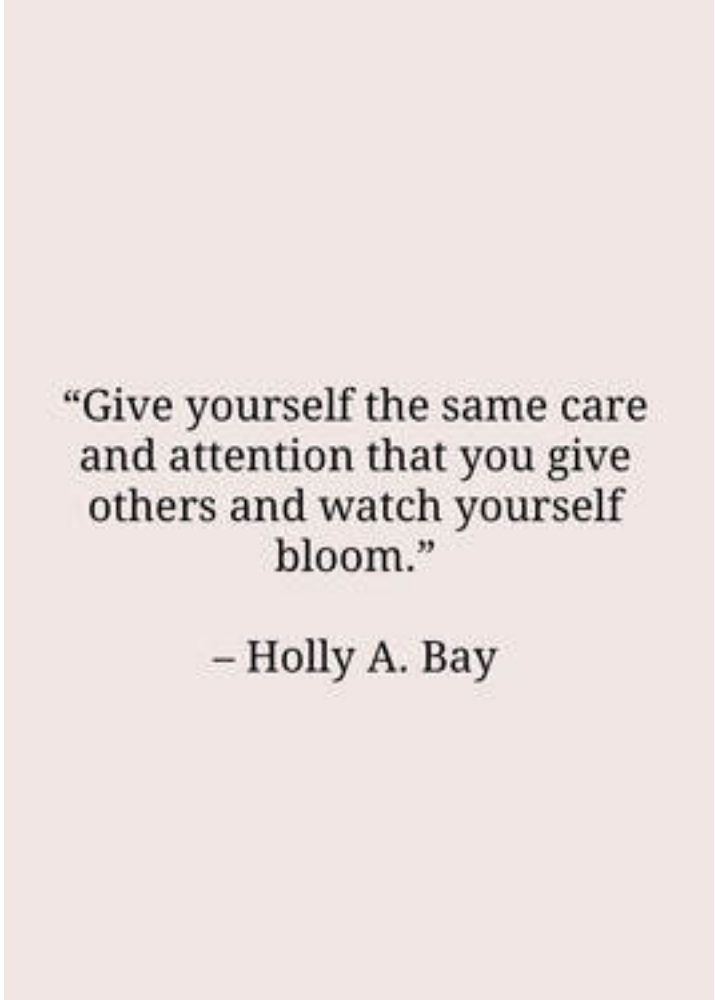
Taking Advice ...

5/26/2020

It's human nature to want to help someone in need, it's called empathy, caring and wanting to make a positive difference in the life of another. Sometimes it may be easier to care for others than it is to care for ourselves. And sometimes through the admission of our problems to others in confidence, will lead to conversations about shared circumstances or feelings to inspire you that they too have been through difficult times, and be reminded that you are not alone. Why is it easier to give advice than it is to take our own advice? I have wondered the same thing, as a self-professed self-help blogger and ranked in the Top 100 Personal Development Bloggers online. I've made a commitment to improving myself, working hard, and beating the odds against me, with bipolar and a learning disability, that kind of strength to endure difficulty and how to overcome those feelings you feel challenged by is what is wanted to be advised about, sometimes it may feel more difficult, when the shoes have changed -when the advice giver suddenly needs help coping with their lives aside from what positives they have shared with the world, and individually to friends over the years. The main point is to keep things light, and if someone opens up to you, don't feel overwhelmed, maybe it's just what they needed to feel heard, to feel normal again, unlike within families, cut off or told how to think. We don't always get that in the real world, who is more likely to ignore us, when we are off not fix us. You can only better yourself, that's the bottom line. In fact it's "easier to give advice ... than [it is] to take it." [1] Why is that, because it's easier to listen than it is to open up about yourself, most lives people live are guided, managing their right to privacy, and talk only to doctors, it's becoming even more rare for people to share their problems and risk turning off a friend or a lover, or even disappoint loved ones, that you are not strong, and worry if you'll ever get better, have faith in yourself in those moments when you feel alone or ashamed, you have to believe in yourself if you want to make your life better, that means getting help, and it's okay to ask for help. No one wants to help you move, but if you can make friends like that you're in good hands.

References:

[1] <https://www.bolde.com/why-is-it-always-easier-to-give-advice-than-to-take-it/>



“Give yourself the same care
and attention that you give
others and watch yourself
bloom.”

– Holly A. Bay

Photo Courtesy of *Pinterest*: <https://pin.it/1NPhzrN>

Can Life Be More Depressing? ...

5/25/2020

No, life cannot be more depressing than it is now, why Im on 300mg of Wellbutrin daily, and taken off Vyvanse for 2 weeks, what does that mean, slow down. Doesnt that feel counterintuitive, like we are supposed to have energy to spare without jobs, when at rest, actually the opposite can occur, you can lose motivations in life, and lose your drive. Take it from me, why I built a website and continue book writing, if I hadnt made a job for myself, then where would I be now? Isn't life better doing what you love? Definitely talk to a Doctor if you are experiencing depression, describe how you feel and be honest, you may get meds for it like me. So take it easy, one step at a time, processing current events, or while counting your job prospects, for some of us its too late to go back to school, I went back to school but lost valuable years of work experience, so its I either get hired, or need more experience before getting paid, which is why I filed for unemployment. How long can my parents support me, not long, which means I really need to get my life together, and thats a very painful realization. -Youre not the only one feeling like "what should I do now" why we're in this together. Never worry for a minute that your problems are unsolvable, just talk to a Doctor! #sober (2014). Addiction to anything can really set you back in life, keep applying for jobs and learn.

How to Get Over It ...

5/24/2020

We all make mistakes, but that doesn't mean beat yourself up over it. With grace move on. Sounds easy, but difficult to do. *Tinybuddha.com* suggests to "focus on our intentions and moral compasses." [1] For instance, "We all want to be accepted and loved, and mistakes can make us feel unlovable and flawed." [2] What's important is to "accept[t] what's happened and mov[e] forward" [3] what's more important is to learn from your mistakes and do better next time. Remind yourself that no amount of effort is a wasted investment of time, so remember to breathe, even if you've "poured a lot of money into a useless endeavor." [4] So forgive yourself, and instead of focusing on the problem itself, let go and forgive yourself, and accept that change "won't happen overnight." [5] According to *Inc.com*, "if we want to actually get over our mistake, [we have to] stop justifying it." [6] Some mistakes are simply "unavoidable," so if you keep justifying your behavior or actions, your trying to excuse a condition as tolerable, rather than improve upon your best and correct your own errors in life, decision making wise. [7]

References:

- [1] <https://tinybuddha.com/blog/moving-on-from-a-mistake-5-tips-to-relieve-your-pain/>
- [2] <https://tinybuddha.com/blog/moving-on-from-a-mistake-5-tips-to-relieve-your-pain/>
- [3] <https://au.reachout.com/articles/how-to-get-over-making-a-mistake>
- [4] <https://www.inc.com/minda-zetlin/5-ways-to-help-yourself-get-over-a-big-mistake.html>
- [5] <https://www.inc.com/minda-zetlin/5-ways-to-help-yourself-get-over-a-big-mistake.html>
- [6] <https://thoughtcatalog.com/alexander-fabila/2017/03/this-is-how-you-finally-get-over-your-mistakes-and-move-on/>
- [7] <https://thoughtcatalog.com/alexander-fabila/2017/03/this-is-how-you-finally-get-over-your-mistakes-and-move-on/>

Whats Real Whats Not ...

5/23/2020

Online it's easy to get wrapped up about yourself or about others, then feel lost, where do you fit in the grand scheme of things, and how can you best communicate your skills out loud. Sometimes we can tell whether someone is smart, well spoken, and sometimes, we get confused try to understand the perspective of someone we do not know. How valuable is your perspective, unless anyone can see the way you see the world, and have lived life, can they equally share their input, or criticisms of you. I've been through a lot. So that means I'm not perfect, but when I fall off the bandwagon I get help, and when I get help I get better. Be patient with yourselves, you cannot expect to change your life overnight, it may take many days, months, or even years to turn your life around, don't wait until it's too late to try. What's not real, is your viewpoint of what a celebrity life feels like, I wouldn't know, I'm not a celebrity. What I do know, about being close to a celebrity, is that they keep their lives private, whereas I share everything fearlessly, maybe at my own expense. You can always get hurt, just be smart. Know your place in life, and keep thinking from your viewpoint, not blow things up.

Sometimes Im Hyper ...

5/22/2020

There's really no way to get out of a rough patch in life, if you're taking everything to heart and taking life too seriously, have a happy medium in life. Lighten up, but never too much, that you appear disorganized and unprofessional, what good does that do to your self-esteem. It's important to always be mindful and with consideration for the time of others, easy to understand, grasp concepts you share, and minimize potential for insult or critique of others' lives, and stay focused on your own life, not threatened by others, not be easily harmed. Losing control over your life happens all the time, whether missing a deadline, filing for an extension, trying to build something new, you know nothing about, reading instructions, then try to apply your knowledge to the tools you've been given in life, it all takes time to move fluidly through life, be patient with yourself in between phases, and don't worry so much about what you look like during the recovery process, you can't stay well, if you don't take yourself seriously, and it matters more to others to see you centered in control of yourself, than to be fun or likeable. We all go through changes in life, it's how you adapt post change that separates you as a success. Can you get out of inefficiency, can you be more efficient, are you diligent, do you care. Well than show all those skills, manage your time wisely, and please more people and forget the rest. You can't move forward over-focusing on the past, don't bring yourself down in life. -So one day at a time, reflect, be cautious, but don't stop moving forward in life!

Trust and Authority ...

5/21/2020

Sometimes it gets to be too much, whos in the lead, whos left behind, who understands, who has a better grasp of life than others, causing an inner sadness, not as happy as, not as good as, not as successful as, then follows a feeling of incapability, gone from smart, going nowhere. These are good times to stay disciplined, to feel good, to speak well, sound good, not by connecting during a down, thats when its too much, unless you have arrived to well, people prefer not to have their time wasted in small talk, mini stories, and want the main point of things, sometimes as a writer you dont arrive to points, and sometimes you do, its all about what you see and what you hear and how things look from the inside, know yourself well.

Sweet on the Inside ...

5/20/2020

Some voices are mean and the meaner they get and advance rejections of you screaming at you, means your not viable for public acceptance ready to represent others nor yourself. If you are scared inside, your voice gets lost, and you only shine look well clear if you are going to live, doing what is right, living long, or suffering day to day, you cant go back and change what represents us, but never allow for poor behavior to continue can be perfected. #nobelprize -My book was sent to them.

Surviving Each Day ...

5/20/2020

With mental health issues, recovery is more about surviving the day without feeling bad about yourself, hear voices, worry what people think, and get down on yourself self-harm. Thats not the way to live life, if you cant turn your day around, you cant turn your life around, food for thought. Having a positive mindset means not predicting the worst seeing the best in others, and expanding our capabilities to cope with the present moment, whether we are at odds, whether we are shining, whether our lights get dimmed, thats life, hardwork to sanity. Having a normal outlook and perspective is so important, where do you stand in the grand scheme of things, and are you important or trying to be important, and understand why you are important. What are your gifts in life, if its helping others, dont self-harm and stay sober! Everyones a rookie to failure! Do your best!

Whats Unforgiveable ...

5/19/2020

A loss of respect for you, thinking you are gone and because you did not live life responsibly you engaged in friendships and dating, that put your body and mind at risk of harm, via the judgments of others, stuff people dont want to hear about, unattractive things to know about you. Anyone taunting you is trying to prove that they cannot remove you from their lives, as though their life is more important than you, to make jokes defending a basketball player Ron Artest, who attacked a fan, and has mental health issues, lets not go there, try me and see if I care, and still live my life anyways, its about who wants who these days, turned off, about how others make you feel being around you, trustworthy, honest, get to know the feminine side of you, allow you to blossom and be fun, for some of us that point never arrives, professional. Who hasnt had bad breakups, when love is lost, and both do not know why, just let go, or work on yourself, give time, for the other to want to include you in their life, be thankful that everyone is still here and living for their families, doing their best, adults now, wiser, kinder. -Just like I got removed from the face of the earth, I deserve to live life too.

Concept Concerns ...

5/19/2020

If there are no dictated rules or concepts directed for others to make use of your work, then thats on you for not being more detailed and saving all the good points made, so your bad days dont shine, or loom over you, as a reflection of where you are now, gone or lost. Just went for a walk today havent run in awhile. If what you look like matters "physically" then do your best to keep your shape, and maintain a positive presence, no matter how far youve come socially, romantically, image wise, handling teasing, to not be a source of reference for past works, or current works, influence, if you can be better be better, there is a stopping point to inspiration, looked upon

graciously, if they dont know who you are, or why you need help, is how you get put down in life, its a very tough position to be in, when whats known about you, affects you. Others will try to bring out the most immature responses from you under stress, being mature is about getting a job and keeping a job being professional, disconnected, listen well. When you listen well and follow directions, is how trust is made, thats a professional bond, gets work done. When work gets done you will be treated nicely, you dont have to accept any favors from people, money, or a paycheck, if you can be professional, then money will be exchanged. -If you take things personally, you let yourself down in life.

Nothing Generic About Meds ...

5/18/2020

Just got my dose of Wellbutrin upped to 300mg/daily, and off of Vyvanse for two weeks. Doing my best to manage symptoms of Schizophrenia, and stay focused and balanced. Theres no cure for mental health issues, other than to see a qualified Psychiatrist. Most will not be understanding of your condition, until you are normal, come to appreciate your insights, while on their own, trying to navigate in the world, listening only on the basis of wealth, status, or other hierarchical principles of wellness, when it comes to general thoughts and well being. Not everyones experience with mental health issues, are the same, just as no one feels sorry for you if you have schizophrenia & bipolar (hospitalized 9 times - 14 days/per) just thinks less of you, expecting someone of your social status or education to be not only well spoken but also affluent meaning, able to make money, no affluence can be generated from popularity alone, not through a blog, and certainly not by who you know, can make you feel better when it comes to social well being and mental health issues. Why some people dream, of a better life for themselves, thats not an escape from your current life, its an escape from what people think of your life, as it is now. At what point to lives look small, as compared, and as compared sometimes you make other people feel small, or appear, less than, depending upon whether you are domineering or simply being subservient to the interests of other judged. Thats basing your likeability upon whether they are attracted to you, dont be mistaken, attractability is important in some respects to representing others well and being affluent, and avoiding mental health issues as a separate consideration, which affluence should not encounter or attract, the esteem of others who are not affluent, taking their anger out on people, who they think have it better than them in life, or by making fun of their health status, no longer see them as human, better off.

With regards to Facebook, "likes block" because I was getting 300 likes a post, my likes got blocked, and called 911 and was hospitalized. Thats not me coming up, and setting others off, thats me coming up, as better, and as better, support the wellness of all, and as made to look stupid, suffer just the same, down now from 1000-4000 likes per post, once ranked 34,000s on Alexa, a website is high maintenance. Nothing is a product of me, its more a product of how I am treated, worse off.

Look On the Bright Side ...

5/17/2020

According to bustle.com, there are

7 Ways to Look On The Bright Side & Be More Positive [1]:"

- (1) Rid Yourself Of Negative Thinkers. ...
- (2) Share Positivity With Others. ...
- (3) Search For The Silver Lining. ...
- (4) Practice Gratitude. ...
- (5) Separate Fact From Fiction. ...
- (6) Pick A Positive Thought. ...
- (7) Move More.

According to "[Travis Bradberry](#), emotional intelligence and leadership writer, said it is important to separate fact from fiction when thinking about negative aspects of our lives in an article for [Forbes](#). He recommend writing down exactly what you're thinking in order to evaluate its veracity.[2]"

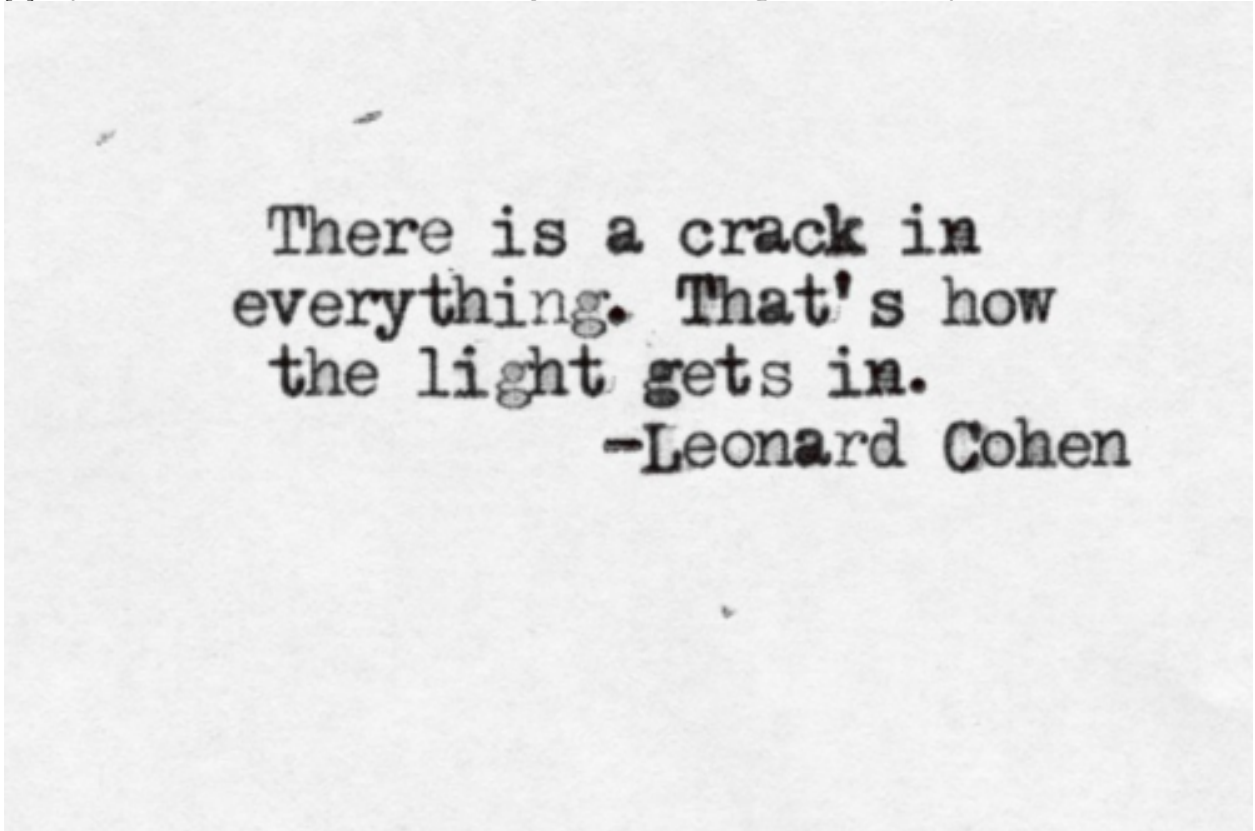
Just do your best with the given resources you have for coping. You wont know unless you try. And although the times may be trying, that doesnt mean that you cant bounce back, and be a better or stronger person one day, more resilient to the daily stresses, thinking about life, where you see yourself in the future, as well as evaluate whos around you. Seems like a good time for writing and

journaling, there's no better way to get to know yourself, than through writing. Tracking your feelings and thoughts from day to day, can give you great insight into what's to come, what you value, and what living life means to you. It's a tough subject, the importance of discipline, when it comes to preserving our own humanity, and just as we want to live healthier, happier lives, it's easier said than done. Most of us aren't in relationships, most of us don't have steady jobs, and most of us are finishing degrees, waiting to go back out into the world, so what does that mean? When the economy suffers so do we, and that doesn't mean give up, it simply means to navigate with the times, and pick an appropriate course of action, when it comes to managing your life crisis. Now's a great time to reboot, stay sober, not do drugs, it's your time, how to build a better you, and it starts with your thinking.

Reference:

[1] <https://www.bustle.com/articles/120029-7-ways-to-look-on-the-bright-side-be-more-positive>

[2] <https://www.bustle.com/articles/120029-7-ways-to-look-on-the-bright-side-be-more-positive>



Before I Started Blogging ...

5/16/2020

Before I started blogging I had three internships, one in Film Distribution working on "The Lot" in West Hollywood where OWN TV is, one working for Senator Hertzberg in the Valley doing research, and one working for pillowguy.com at the WeWork in the Pacific Design Center. I guess you could say I've had great work experience prior to working online creating my own blog. What does working from home mean? It means flexible work hours, time for myself to read and run errands, and time to edit and work on books. It's a full-time commitment, writing. You don't really understand, how a writer's mind works until the moment you pick up the pen and start writing, it seems to be non-stop from that point on. In the meantime I have been working on finishing my Masters in Law LLM in Financial Compliance and Risk Management at Thomas Jefferson School of Law. It may seem like I'm all over the place, but I do believe in the importance of continuing to work, even during in-between phases in life. I hope everything works out for me in the long run, get a paid job one day! I've enjoyed blogging, and have learned so much about myself, and while meeting my audience's need, heard back via likes, what interests you guys most. The main point is to keep going in life, no matter what meds you get prescribed, no matter what job you have, no matter what you do in your down time, love the life you're in, and don't stop no matter what. It seems that

whenever we stop in life, it becomes harder to get going, again, whether that be a gym routine, a blogging routine, or work schedule. Which is what working from home is all about, not losing your skills, while at home, and continuing to learn, for me I learned blogging and how to build a website with traffic on my own. The skies the limit, when it comes to writing, value yourself, and in valuing yourself, others will find value in you, and your work ethic. Never stop believing in yourself, and never give up!

Personal Update ...

5/15/2020

Its now been 5 days on Wellbutrin and still trucking along. Its not been an easy 5 days off of vyvanse or adderrall, sleeping all day and all night for the first few days, I just started getting going again today, and will make an effort to post once a day, and continue free reading.

Benefiting from Wellness ...

5/10/2020

The purpose of benefiting from wellness is so that if attached, you are not harmed, feel better by what is shared, how it is shared, from who it is shared, get a clearer picture of life, and where you see yourself with respect to others in the world feel capable. Thats if you are not denominated in life, to something you are not, you cant control the treatments of you in life, always assume that everyone is doing their best to inspire and keep others well around you. A lot of negative input is seeing how you respond to insult, whether by delusion you think things are about, if you are in the public sphere, and then try to make things about you, to cause a disservice to the services already being provided to all and working fine. That would be throwing a wrench into a system of thought, where clarity cannot be reached, only someone with a clear conscious, can provide insight to others, and its upon being punished for whatever reasons, that one becomes unclear, either by others, or by what specifically caused someone to lose conscious awareness of the wellness around them, and be constantly paranoid, about their own safety needs, wellness needs, and build trusting relationships. its not by who you know you are trusted, but its by how you respond when thrust into any controversies, made to look like a chump in life, or a bottom feeder, someone who is friends with those who cause harm to others, not someone who looks out after others, and condone, the mistreatment of peace, as though by your behaviors, actions, and feelings are not a solid contributor of insights. I think people think its easy to write live and by all stories told, blame your energy as the cause for losses, as though upon your mentions, lives are lost, or people feel lost, because you are lost or suffering, as though because you have suffered mental health issues, far graver than the issues faced while in law school (JD) have not recovered. If I had not recovered I would not have been a 3.0 GPA Law Student at Thomas Jefferson School of Law, and because I was sharp, but not confident, was treated as someone who is less than, because I had yet to go out into the world, with confidence, and beauty, and get jobs, and be apart of the real world. that opportunity for a normal life was not afforded to me, after years of solitude, studying and trying to finish law school. That is why I had time to volunteer, time to put up flyers, time to watch CSPAN, and time to live life and think about life and "grow up" experience other hardships that people face who do not return from drinking, addiction, and dating, that is no ones fault but myself for going out on my own to see what the rest of the world was like, before deciding to build a website and blog. -Give people time to heal from their mistakes in life.

Happiness is Not Meant to Be Shared ...

5/10/2020

In being professional you will slowly come to realize that not all happiness is shared. I dont think it was meant to be shared. Well. In love. Sober. Clean. Working. In Recovery. Suffering. Disabled. Successful. You kind of pass by people in life, and get a gist of what they have been up to, but no one really ever, thinks out loud to one another. Thats not normal. To hear someone share their thoughts about life, or share stories from their life. Living is about what you are doing now. There will be moments of instability. That is true. Thinking things are a certain way and realizing that they are not that way. Or looking back and thinking others think poorly of you but do not. Thats just living life. One day at a time. Some teach you to focus on yourself, in order to make things right. And sometimes you focus on others, meaning putting others before yourself, thats being selfless, not in a bipolar way trying to control others, with your thoughts about life, thats giving back to your community in a way, thats not condescending, sharing your insights, some things will make sense to others, and some things you will say will not make sense, thats just reading and writing. Learning to speak for yourself, without skipping a beat. That means not allowing whats others have to think or say to interfere with your better judgments,

and not become something you are not, by then they have won, thinking you think you are bigger than you are, or something you are not: beautiful, talented, gifted, or smart. No one will think any of that of you, if you experience mental health issues. Many mental health issues are not our fault, sometimes by things we hear, based upon how we are treated, are more or less confident around others, and that's not because we are doing anything wrong, or because there is anything wrong with us, it's just seeing us, lit, thinking that we think we are bigger than we are, or think of ourselves as more important than others see us. You learn to roll with the punches, following any event in life, in which you are not looked highly upon, that's being punished in life, and not at your best, and then after getting well, if you get well, being forced to explain what experiences in life caused you to suffer from mental health issues, and how you were able to overcome mental health issues. Not all will be accepting of you, and most will think that in your exaggerated prose, you intended to present yourself as more well than you were, once a worse condition occurs, that's just mental health issues, you have to manage your symptoms and condition daily, it's a daily effort, to not allow your mind or your thoughts to become deteriorated by feelings, unwanted feelings, and lose energy, over voices, or become moody or an unhappy person, once that happens, nothing works out for you in life, that's just unhappy people, never happy with themselves, and never happy with others, upset at the world, upset about their circumstances, and only happy once they are happy with how life is. Take a look around, people are happy in spite of a lot of things in life. And while I'm nice enough to share things I thought when I was not well, it's not a proud moment to say the least and very embarrassing to speak in hashtags, and not write in a professional tone, nothing to be proud of. **-Without fail you will always be held down to your worst moments in life, and much to the chagrin of those who imposed difficulties onto you in life, judging you, thinking less of you, or thinking they were better than you, that's just food for thought, how worth it is it to care looking back, if everything is a reflection of them, and none of it a reflection of everything positive you have done in your life, to have a life, live a good life, and be fortunate enough to share your life online, meet new people, start a business, be offered money for your business to buy your business.**

Reference:

- (1) <http://www.mymollydoll.com/website-personal-statement.html> (Website Personal Statement)
- (2) <http://www.mymollydoll.com/facebook-speeches> (Facebook Speeches)
- (3) <http://www.mymollydoll.com/facebook-deductions.html> (Facebook Deductions)
- (4) <http://www.mymollydoll.com/emails> (Important Emails)

Into Adulthood ...

5/10/2020

I never saw myself as important, and because I did not see myself as important I was important to others, and had people in my life, seeing myself as apart of, not better than. Because I don't see myself as better than, I was approachable, and because I was approachable spoken to. It's only upon becoming better than, that the opinions you hold of others matter, why people feel threatened by you, so to counteract your ability to look or appear better than, are put down in life, that's to punish you, upon achieving a well condition, to make things about others condition, to see if that betters others, upon arresting you, or suing you. Actually it's only upon me doing well, that things get better for me around me, and it's only upon doing well website wise, that opportunities open up for people around me, and do their relationships with others get better, easier to talk to, less about what's going wrong, and have more things to talk about, with less going wrong in their lives, or the lives of people they are close to, feel more sociable. There is not acting when anyone you are close to around you is going through something difficult, that's the misconception, that being raised around fame situated me as better off or more well than others, spiritually, or mature faster than anyone else, watching the news. If there were a place in life, above everyone, it wouldn't be one woman's place, that's for sure. And if it was one woman's place that others sought to be like or be better than, it was because it was encouraged by their parents "to be more like Leslie" to two of my best friends at one point, before they matured, and blossomed, and became popular on their own. That's on a personal note. On a public note when it comes to the identities of those who are famous, whose parents were once friends Cici and my Mom, who were both friends with [Kris Jenner](#), who was best friends with [Nicole Brown Simpson](#), who is my best friend's Mother, you would understand that each were well on their own with families, popular together, whether or not they were married, divorced, or separated, we as children still had lives, unaffected initially, only until now, looking back through our lives, probably should be more appreciative of what they went through being on the news, having suffered a loss, a friend murdered, and done more with our lives socially, and publicly, to stand up for what they went through in adulthood, that's what being successful is all about, understanding where you come from, without having to explain to others, what you went through, account for your losses, in a positive way, whether that be becoming famous, going to law school, modeling, teaching at Harvard, building a website for the betterment of all, it's each one's responsibility to not bring the rest down, as later connected upon reaching moments of success, and after contacting one another, not be offended by one another's wellness, or conditions, seek to be good on our own, unaffected by each other's troubles, as well as the past, having suffered losses, and near losses (ie my Father hospitalized 2018, why I got a job, to bring him good news). Sometimes upon watching other people live their lives, we

think that they are out of control, too much energy, trying too hard, or doing too well, taking too many notes, too detailed an outline, writing too much on an exam, and think that it has to do with their drive, to "#freeoj" and punish them, as though thats the main point or purpose for their journey going to law school, as though they are not aware of whats going on on TV, punish them, as though they were doing wrong up to no good with a boyfriend, and on top of a TV Show, send them to rehab for two months, why I was disowned by my siblings, and my best friend was hard on me, how could someone with two jobs, and in law school part-time, suffer so much defamation before fame. If you treat someone like they know code, or expect them to respond to the code, and see how they feel when put among, then try me, I am just as witty as the best of them, capable of being cordial like the rest of them, and can model with the best of them, no matter what size I am, feel pretty and be smart. That really proved nothing, it just goes to show that when confidence is based upon how you feel around others, as being read or controlled, and misread, is how you lose confidence in life. Based upon how you are treated when put among, suffer losses, when you get looked at as stupid, and told things, to disorient you, or your Mom by phone, Boss who controls you, as texted by them, thats to illustrate, who is on point and who is gone, I can control my own Mom, thank you very much, and upon telling her not to text my Mom, we had a falling out, but still friends. -If people think less of you then thats how you get treated.

Whats Important to You ...

5/9/2020

Its by whats important to you, as stated, you get viewed upon, as having the energy, know how, and understanding of the scope of difficulties, others are encountering in their lives, or whether you are still stuck on subsidiary issues, such as personal losses, or hardships, not thinking about everyone else at this time. Some have the courage to help others, and some dont. Its not always necessary to help others, by informing them of what we know, as though that will ever make a difference, but it does help, to prepare others with how to cope with losses or hardships, in that I have experienced my share of losses, and hardships, and still alive today. [For some it just doesnt do it for me.](#) its not giving me what I need to know, in order to make a decision about my life, or finances, means that Im not the right person for you at this time. If you are coming to me for advice about how to make your life better, than I may not be your solution to bettering yourself, until I have been able to better my own life, and the lives of those around me. Some have very high expectations of others, that they do the work for them, such as research and write citation papers, articles, without pay, I simply dont have the time energy and patience, for that right now, and have a dissertation I need to attend to. When I am able to focus wholeheartedly upon my website (i.e. lose weight, not experiencing voices bipolar, and insult because of dislike for me), and improve upon what has been written, then at that time I will do so. What is discussed is important to me, as it concerns my freedoms, and what is thought of me, making world peace deductions, in sobriety, and while in recovery, on different meds, and in between doctors, thats really no ones right to know, what my medical condition is self-harming or not, that has nothing to do with anyone (voices) thats my problem as it concerns my well being, my ability to function, and move forward in life. These entries are not defenses, nor is this website a defense to anyone or any set of ideas, about me or others. This is simply a website, to help others, now its a time of need, then when I wanted to launch, was a time of need but for others reasons, not launched then, when is it time to help yourself and to help others, when you become successful and able to earn money, then when you become a worthwhile investment to others, can others profit from your stability and success. [-You will always be judged based upon the services you sought to provide, and based upon whether those services have been provided to all, judged as whether with all sincerity you are currently providing the same caliber of support you once were providing \(quotes, and blog posts\) in a way that is palatable to the tastes of all, not just personal insights or opinions, based upon mental health issues, but able to also respond to real issues too. #worldpeace -Fixing yourself requires a lot of motivation on your part to counter-hate toward you, to rise above arguments, disagreements, personal issues such as personal history and memory, and continue to be a good person, in spite of the past, what others think, and be focused on what needs to get done in order to be a better person, more successful, while at the same time continue to help. Sometimes I think its where people think you are trying to be in life, put you down in life, as not good enough for a future place in life, thats the force with which you are hurt or put down, so that you cant move forward in life, so that you get looked at, not with respect, to see how you respond without respect, as though that wasnt the first thing you said before a suicide attempt 2009: paid respects. \(Now, this conversation does me a disservice, after reading my resume, and seeing how I was able to achieve in spite of being hospitalized, then treated as someone who was not well able, or sober, I was third in my class when I started law school summer 2009, and recovered from bipolar, able, well. Bipolar is a treatable condition, its always when you are up in life, you get put down, and its not until you prove them right: hospitalized 8 more times 2013 to Now, that you start to explain why, by then the harm as already been done to your reputation, your medical records are your #HIPAA, this is not a campaign for kids, to speak to kids, to help kids, I already worked for kids summer 2010. Thats hurting me, to say that I am working directly with a population, to say that my condition, is abusive, because Im not able to stay well, its not my fault I cant stay well, if other people dont like me. Its not my fault, if other people dont trust that I was well at the time I worked, and was not doing anything bad, its because they heard about my second date with a 48 year old, while working at CLC, that was a date in Pasadena, they only heard about my first date at Villa Blanca, judged me wrong, that occurred after Michael Jackson passed away.](#)

when I started Law School. At this time, I dont think its appropriate to shed light upon losses, and to connect me to people who have passed, as though in Law School I should have known, what losses were about, just beginning to understand now, how losses can happen, doing my best to help those in need, not be brought down in life. I used to go to Neverland Ranch as a child with my best friend Sydney Simpson, we drove golf carts, with music).

Regarding our current financial hardships, with one win under our belt for #california, read:

<http://www.mymollydoll.com/llm-dissertation/dissertation-draft-01-15-20>
â€

[View this post on Instagram](#)

(3-3) In the order posted by us.

A post shared by [mymollydoll](#) (@mymollydoll1985) on May 9, 2020 at 7:11pm PDT

June 2020

Another Day Tomorrow ...

6/1/2020

Ive been crying three days in a row, and I dont know why, its been an emotional few days, watching everything unfold on TV, and in my neighborhood, that was very difficult to watch and not feel a sense of pain and sadness, for those immediately affected and at the same time have compassion for those who stood up for what they believed in while some suffered as a result of either caring too much, being disobedient, to safety measures, while others looted, and totally took it upon themselves to attack the moment at the expense of those who protested peacefully, totally take advantage of a moment of silence and suffering amid COVID-19. Im sure a lot of emotions ran across your heart and many things felt in your head, that were difficult to express out loud, it is shocking, and very moving to see so many people so passionate about speaking up for themselves and for a victim of a horrifically filmed crime. That was devastating to their family, and devastating for all who care, and who have similarly been affected by violence in their community or to people they have loved. The battle just doesnt stop there, this will be a lifelong struggle for especially those who do care, to overcome the pain and frustration with the manner in which they feel they have been treated, mistreated, and or suffered as a result of the continued mistreatment of members to their community, innocent, at fault, a bystander, a victim, in harms way, a follower to, a friend of, a family member to, a spectator to the news, a reader on social media, we are all affected as a result of this crime, be sensitive, however at the same time do your best not to become too upset, that you misdirect those feelings toward people who care similarly, as though they dont care at all, everyone has a right to live their lives absent minded fear of being discriminated or rejected simply because of the way they look, or for whatever characteristic or trait, or disability they have or display, be treated as less than, or shunned from the majority of cares to everyone, thats not okay, to be treated as a lesser human, or not of similarly priority of care because of who you are, who you know, who you are surrounded by, what others have done around you or to you or to others, allow the cycle of harm to continue to the extent that one becomes something they are not. -Right now we still have tomorrow.

Manage Your Time Wisely ...

6/1/2020

In the event of an emergency like today, take a step back, best not to inherit the emotions of sides to any arguments at this time, get political with big picture concepts, the past, or specific groups of people, criticize who has done a good job or who has done us a disservice in life, and not have spent enough time in preventative labor toward building more peaceable solutions, it takes many acts of violence to erupt in absolute anarchy, I dont condone any such motivations in life, those who deviate from the norm, if not for entertainment purposes, or because it makes them happy, but to produce a feeling in others that matches how they feel to cause them mental anguish and harm and in exchange feel better about themselves, its not the happiness of others that offensive, it is those who are critical and displace people who are kind, accepted by all, with a future ahead of them, to disable all opportunities

for them to have a life, go back to their old life, stand out or be well, and simply because their mood does not match the mood of others, think that it's because they look well they are going places in life, sometimes people who are doing well lit up, is because they worked hard and don't go out, don't get out much, don't socialize, live a private life, and working towards having a career, and sometimes subsidiary efforts are made, to help others stay on course in terms of their cares, not be left in the dark, and stay mobile, and able to keep going, without bearing any such responsibility to be affected by the cares of others if not for their work product, lives, or decisions, or words, be rejected as not someone who represents the causes they support, that's in meeting them, not thinking they have worked hard to be where they are and turn them into another example of someone who unlike me, has money, experienced the good life, and still got in trouble, that is not me, I stay home, because of my hardships, I did my best to make good decisions based upon what I was able to accomplish that's the best way forward, do what you can, care about what you want to care about, and don't worry what anyone thinks, that's adversity, or hardship, you simply cannot care what others think because when you are half broken, to care about someone's opinion of you if in the negative leaves you 2 parts broken, and the 1 part well broken too. That's what being put down in life is like, going going focused, questioned independent no down time working and in school, that's just life, people are unhappy with you when you are well, and think you are well when you're down, what's the appropriate level or normal or standard of posture to be accepted by all, it's certainly not gonna happen once you have been criticized defamed or punished, that is the life I have to live, and I have learned that being suicidal and self-harming only makes living more difficult, and dying because of poor decision making, is not worth dying for, living for what you have done well is a better hand to focus on in life, everything good about you, everything well about you, not live up to a diagnosis of you, and belief in your ability to manage your symptoms, not share your condition, and be observed with expectation or with a lens looking for a condition. I am not the definition of mental health issues, because what I experience alone or inside, is something I do not share out loud, nor do I share those days out loud in writing, I know how to write professionally have done great in all my writing courses, because I know how to assemble thoughts and ideas and do research it's really not necessary to spend that much time writing, and doing research with citations, when I have a dissertation to finish, there's always room for improvement, you cannot expect more to get more that's not how life works, driven by expectations of you you cannot control the output of someone, whose heart or time needs to be invested elsewhere, but when my whole time energy and when in tip top shape health wise, I am heavily invested in learning and building and reading, right now taking my time, re-grouping, trying to make each day a good day, and not get sick bipolar or upset over voices those are not thoughts voices or produced by what I say it's an "auditory delusion" an interruption to my thought processes that cause me to lose my train of thought and give up upset unmotivated.

Credits Deserved and Wellness ...

6/17/2020

When I first decided to go on a trip in between law schools, and take time away from my then boyfriend, I saw last on Christmas Eve, who just passed the Bar and could not get a job at the DA's office, I had just returned from a two week trip to DC that cost \$2000, and received an invitation to the Inauguration delivered to my Hotel room, I had just visited the US Supreme Court, I printed my itinerary before I left Los Angeles, at the time I attended the first day of Law School, and the teacher blurted out "Melrose Place the Remake" and left the classroom and then talked to my Dean and the Property and Contracts Professor who was in attendance, the desk was empty with a fan atop his right corner of his desk, a silver metal fan, and the other Professor, sat to my right in a chair facing the desk, and told them that I think I need to take some time away from the Law School, had just switched Professors, I still talk to the Professor I left always sat in the front row, Prof Chaney, I held myself back a year and was a new class, and had one Asian friend who was nice to me, asked me to sit by them. I used to study in the Law Library by the computers, in between two computer screens where there was space, my 2 inch binder of notes and outlines, and my textbooks, and my clear plastic folders opening diagonally, with outlines and handwritten notes and typed notes combined, and a spiral notebook, or deductions and triangles I made once that went missing eventually. Barbri had one triangle I saw, so reading the rules in the Hornbook read all the laws and summarized the laws and figured out how to put all the laws for all the ways in which exchanges could be made within three triangles, each letter representing a type of person, and from whom and to whom, possessions could be made or transferred or incurred. That was something unique I made, which I could memorize, and on test day with the one page scratch piece of paper, we were given, write down everything I had memorized to remember all the laws I studied to argue with in my exam, when I got

As I made arguments saw arguments and sometimes even memorized how to argue in the event the issue came up everything to include, that you learn how to do, once you have read all the cases, and supplemental material, and class notes, and start creating an outline, and then finally if my time management skills were on point, create a memorable one page outline, of everything to remember to remember everything else I felt was important to know. It was recommended to me once to attend the tutor groups in case I had any questions which occurred after school, taught by a student from the previous semester, who got the highest grade, who could answer any questions we had on the subject there was a new student who I think I later added to my LinkedIn, around that time I was living at my Mom's house after being hospitalized bipolar nervous or not well before my Evidence II exam Spring semester, I think I took without having memorized any of my flashcards and outlines, and encouraged to just take the exam anyways and did so, crying to my Associate Dean that I had been bullied at home, probably because I was sent to Rehab, not prescribed Abilify and two adderall a day, and because I became unstable while dating someone for a year who lived in Yorba Linda, I don't drink, and drank with him and a couple times with students once during Finals on a Wednesday and bumped into an underclassman from Windward who greeted me, at a table I sat down at, watching the Turtle Races. I became paranoid to start when I went outside to smoke and the tutor I had met, put his leg up on the cement brick surrounding the plants, when I walked up, I had just posed similarly to Aaron asked for a photo randomly and took a photo in cotton underpants, I didn't really have anything fancy to put on, and he once made me have computer sex with him on Google Chat once, I had to leave my room and do so in another room, my room was attached to my Dad's room at the time, on the other side of the wall. If anyone ever does anything similar to something you have done, that's when you begin to think of the possibility of someone upon seeing you having seen something in private, later in life you learn that what you see or do sometimes, can be seen or imitated, without having shown anyone and without anyone having had access to any of your private photos or study habits in public, understand how long you study or read for and how long it takes for you to learn and understand and memorize, usually you do that stuff alone, I always found an empty classroom to study in. -At this time I now understand that people may know you, and sometimes they may have more access to information about you, simply because they think they have the right to know more about you for further assurances of your study habits, personal life lived, know how, patterns, behaviors, schedules, for clarity, sometimes in acceptances and sometimes made known to you after an intrusion is made into your personal belongings, which upon an obvious remark to you, is to let you know, making you feel uncomfortable, as though an interaction that only two in a room for sure are aware of why she said something random, like she knows you and does not respect you, and based upon what she knows about you, thinks that you deserve to be told something that if you said that out loud, would make you look paranoid or feel violated, I just met her that day, who is she to look at me, speak like that, and give me two options upon a later sharing or interpretation of events, one she was trying to inform me she knows something about me on a document that the rest of the room has not seen, or two after decisions are made on my part with nothing specifically stated about that interaction, reinforce what she plans to seem like a minor occurrence or frivolous statement which she takes credit for a later amplified response coming from me, seeking help or talking to others, and showing up, as though she sparked her interest in hearing how I would respond, whether in the negative say something right away, what I recognized was inappropriate yes I recognized you were being inappropriate and reported you to the Dean, and then SCOTUS held a hearing the day I chose to visit the US Supreme Court (who writes all the cases in my textbooks) and was given a Turquoise chair with Justice Sotomayor on my left, with a Bailiff between us, and next to a pole behind me, I only seemed to notice the vaulted ceiling at the time and the red curtains we walked through going into the court room they were not present upon walking in, after everyone is seated and stands they take their seats, and they begin going through the cases for that day, the Attorneys are seated in a gated section in front of the audience and stand to speak in front of the Justices, I took notes the entire time, writing in my lap we were allowed a notebook and a pen brought everything I could in a backpack and asked whether I could take notes, the rest of my things were stored in a locker, there are two metal detectors to get into the court house and one before you enter the courthouse. I have sent a picture to a Wells Fargo Banker who asked for one, I dipped my bra and showed one and hid the other, on my knees on my bed, sent via my AOL mailbox, and later saw a statue in the Law Library of a stone figure holding a scale and her dress was taken down showing one but not the other. Things became noticeably different when I would leave to smoke, and the more I felt distant from everyone, and went to my car, once the Librarian shouted something either outside or from his window, which I could not understand and which no one else reacted to, he was special needs, and the Librarian at the other campus in the Valley. That's I knew something was wrong. I had only blogged on Twitter once briefly with my name @lesliefischman, and shared some insightful words, and stories from my life, with no followers, that was December 2011 (I had attended rehab summer 2011 after taking myself to the hospital for a 5150 hold because I felt like something was wrong and if I cannot identify what I used to go to the hospital so that they could fix the problem, and upon being discharged was told to talk to my psychiatrist who sent me to detox and rehab in Dana Pointe for 2 months, one month sober living with a car, with

alcoholics, I was a law student, and visited Sydney and her Aunt at their house in Laguna which was nearby). I think I remember taking it down and then found an AOL email saying my password had been changed and found it still up when the semester had already started, it wasn't a complete picture and because it wasn't anything important for study, especially if while my best friend was in town and my sister locked me out of my Mom's house and told me to get \$70 dollars worth of Chin Chin, and then upon arriving told me to go to the other house, my Brother was there, who screamed at me Summer 2011, asking me why was I in Law School if I was not getting good grades means that I was not smart enough to be there, and called me a pill head, and threw a bunch of vitamin pills over the balcony inside the house to the floor below upset, I was only prescribed two adderalls at the time, and was seeing a Psychiatrist from Tustin, who would not prescribe me more than three adderalls, and the guy who I would get extra from I forget when, that hook later stopped responding I think because I introduced him to my best friend and her sister, I saw him last actually at a bar in Santa Monica with my sister, looks like a ship I think door across from a cross walk I'm not sure if that was the same street that was robbed during the riots. I had friends before I dated, and I played club soccer, went kickboxing, Gray kissed me and then I had to leave my then boyfriend, because that was cheating should've just told him, understand that someone new, if I leave will later tell me that he's not interested in a long term relationship, so it was just one kiss and a date in Newport, he was running a half marathon at the time, good looking but he was interested in me, kissed me and layed on the carpet with me to sleep, and couldn't sleep there so said I was going home then he came with me to sleep at my apartment in marina del rey. --There is no point in time unfortunately when you can be publicly known if others know you before you understand the concept of everyone knowing you and the extent to which they know you, only for your responses in life, not by what you think or by what worries you can fix a paranoid understanding of life usually upon learning of those capabilities or upon being signaled by others without understanding what you notice is connected to you only later, do you become more and more in belief that those things stood out to you, to inform you you are connected, which you don't understand whether is to help you, inform you, protect you, intimidate you, or let you know that they know something about you that you don't know that they know, sometimes that energy is a competitive edge, sometimes it's by others knowing later something you hid in a box in anticipation of people going through your things (2010) a joke to you but not to them, and because many other things happened after you took a poster down on Wilshire a photo kept in your phone, and not shared online, which was of the President with paint on his face you found offensive, so you took it down, and after a movie featuring a Joker who passed away before the happening of an even worse incident in which he played a Joker character, is responded to, it because I did the right thing saved the pieces in a Free Laker bag I kept in my closet and delivered the pieces to the Federal Building across the street in a ziplock bag with my number on it and a note. Sometimes sharing facts now, which have not been shared in the past, cannot make any difference, especially when with what people know think they have a better handle or understanding of what causes that type of ambiance in any environment in which you do not feel welcome or apart of. it's noticeable. If before what you were nice enough to share and by what work you have done to improve or inform so that those in charge of figuring out the causes for that energy, when you're feeling gone and can't concentrate chances are they feel the same way lost, and it's not that they know more than you about what's going wrong, but that they all notice you but you don't know any of them. There is always a risk in sharing what has been done right, that it will be seen as insignificant in the grand scheme of things, and whether or not you have put forward a lot of effort in life to be aware of what's happening and why, the last thing you think about is being invaded or made fun of in public as in communication with everyone who can understand a word drop or two out of place on the radio, not in sync with the rest of the content being communicated about and not make sense, but remembered, which a later sharing looks like confirmation that you had everything down in life, and were given tips or knew what you were doing when you experienced losses in focus or when others friended you, which if you become too investigatory about makes them feel defensive or become even worse victim to you, as though you should have known what everyone knows and how they connect and even if you never thought anything as about you, the minute you remember and read a deposition February 2009, google searching your name, and making a binder about those who have passed, and their recommendations, do you remain silent, apply for a neutral job the #usnavy, a suggestion with an interpretation of guilt prior to hiding a small kitchen knife in a box, which occurred after I was shown the youtube "D in a box" and a "Cup Movie" which I thought was gross, and not personally insulted, only when I share what I recall, is not seen as special or genuine sounding, and cannot undo my struggles in life, as not having anyone to represent me or to talk to anyone, who can change how facts from your life are interpreted without you specifically saying anything out loud, it's by what you say you look wrong, and then everything you have done in defense of others hurting you in life, if you ever respond in a paranoid way and forget that's how you responded, is why someone stole a small knife from a "Lesley Bag" gifted to me by an English nanny to my Godparents, in a hole puncher box. What's really unwanted is everyone doing things in reference to facts from my life as though all these references are for the purposes for accusing anyone of misconduct, the more you talk about what has passed, and even if you have managed to get

beyond what has not happened in life, that will never stop the inquisition of information from you, for the purposes of putting together those insights, to say in response to guilt, or because of something you have done wrong, or even connect anything occurring in your life to a responsibility of harm done to others in connection with, or an easy job to Free someone in jail, you felt was more difficult than can be done having read a blog post in the Valley which demanded my family speak, a buzzword that connects to the Valley where there was a fire, to say the two incidence are connected and were connected and being said purposefully in a way to connect things to build or support inferences of misunderstandings to begin with, I was very bright with a clean record and stay home with no history of mental health issues, it was only upon dating someone from Yorba Linda that I got separated from friends who already had new friends, while I was studying, who I did not have time to speak to, expecially not after I started taking abilify and put on vyvanse instead of adderrall one a dya with a job and class at night I took one semester to finish a paralegal certificate to have one officially, my last course. For some reason everyone is either into a moment when a feeling can be generated they think is my mood going into speaking, and upon leaving a conversation feel the same sense of calm that occurs while writing, that does not occur once everyone hold you to a lower standard in life, as to graver harms in life, based upon whats occuring in other states, and so long as everyone is well, and no one says anything about the past, does not mean its okay to allow things to continue, without providing the same aide and assistance to all who took it upon themselves to investigate me to know more about me, than privileged or approved by me. At this time it becomes who did that to me and why and after everyone Im close to Im not in communication with anymore, does not mean that I have wronged them or that they have wronged me, to build another type of case towrd me as though I am something I am not or have no sense of peace on my own, to see how I fair alone, I fauir fine, and to keep testing for disturbrances and based upon poor decisions past conduct the same estimates of me in the negative its to say I only respond if it pertains to me and because I felt like something could have eben put together in private about me, put it together in public as though I know and understand the difference between allowable sharing in private and that I knowingly understand the concept of not saying things in a confident way when I am not confident or strong and upon becoming suicidal or self harm, say that this is condition of knowing something and not saying anything, as though that was the reason I said something as though I know that something shared about me in private can cause me or others illness and said it trying to confirm thats how they think then question me for what reasons I put those two facts together in the first place, because facts sometimes get matched to make peolpe matching concepts about you feel better even if they cannot readily prove anything about you, that if you dont share get taken and shared for you without you knowing it making them the hero and you the problem for not sharing something that matches with everyone, in the event that "18" people die, whether recently stated or known by a few who have memorized information about me, can be used to say if in public and if I was 17 when we met and 18 when we dated in August then went to college, means that that was not statutory rape if it was the 4th time I ever had sex in my entire life, and that because I stated we met when I was 17 was purposefully leaving room for inference that we dated when I was 17 so that he would look like he had done something wrong, or claim that I felt like something wrong was done to me. After leaving for college, he visitied me once and drove for 15hrs, and we stayed in a hotel room and I was on my period at the time there, and at a hotel in Venice, once at his place dressed in an orange lingerie outfit gifted to me by friends supervised by my friend waiting for me, once at another apartment his apartment was available, and he once sat for dinner with me and my family drove his friends car it was nicer from Seattle, he took me to a Seahawks game, and I took him to a Laker Game, I wore a yellow skirt he said I looked pretty.

#BlackLivesMatter

Why I Built a Website ...

6/17/2020

Im pretty sure that anything I say now, will probably be questioned at a later point in time, or based upon my experiences in life, suggest that my motivations are not to help myself nor to help others, but to compete with other existing organizations and systems of thought gathering and deductions, no matter what you say about what you have done in life to achieve a well condition, there will always be measures taken to further understand what youre saying, how youre saying it, what is said to you, and how something can be said to you, that you are later attracted to or pick up, to argue that you are someone who listens for cues, or recognizes others as solid, as though you were ever trying to set an example or explanation for any exchanges of energy or information and know how between people if in the negative someone becomes more fragile or not solid, and you feel as though you are more solid or

better than, that I am not sure of how an auditory hallucination hearing voices, serves to benefit someone who is sending me voices, who I cannot prove is the sender nor do I recognize the face from who the voice is coming from or where it coming from and why, that's what they expect to see on my face, whether by voice I look like them, to say by my face others look like me and therefore a product of them their voices in life, to suggest that I do not look this way on my own, and a by product of other peoples faces and looks voices or words, if that doesn't make sense to you, it's not something I waste too much time thinking about, or becoming sick about, I just threw up in my bathroom hearing voices. There is a general understanding that if someone who you grew to love is no longer in your life and if things did not work out and if upon waiting you never arrived to a stable place or position in life to remain lovers and eventually become companions well then don't blame those around you from discouraging you to date someone you describe as having liked over the years, why things don't work out when you are told not to date or like certain people in life. That's so that you can heal, that's not for their added benefit or personal interest to cause harm to you or others, and it's not that they anticipate anyone has the potential to harm you or sensing things in the future as not working out based upon who you are surrounded with, but to have control over your time and attention and focus, upon who you are surrounded with, and whether relationships bloom, foster, and at what point you become sick and in disarray, and whether you liked anyone in the process of that occurrence, whether illness done to you thinking things were more than they were, or anyone's need for your time and attention and acceptances over your own needs or theirs as though you don't know when to back off, or as though your energy is off, or as though you are doing something wrong that you shouldn't be doing and why you are sick. Because I seem to work well and then get sick, upon connecting socially at work, I have decided to work from home, this is not in lieu of AA meetings or to correspond with more established systems of thinking and science and therapy and psychoanalysis, or psychotherapy, or for medical purposes make me well, or try to change foster or better the conditions of others, writing is simply something that I enjoy to do, it's something that comes naturally to me, and that's why I am understood make sense, am clear, and not liked based upon who I know or what I know or what I see, or what special information or experiences I have endured in life, but because I make sense now, and irrespective of others differences toward me, do not fight or argue or sue or blame or place grievances on anyone else, when my condition worsens, and always accept a beating by others, hard on me, hospitalized put in jail simply because I am not well and not connected to anyone on my own. Every time I have been sick or suicidal it was because I was drinking and because I drank things did not work out for me in life and have difficulty connecting, once you state the reasons for your sickness, then a further examination of what you knew then, what conversations you had, and based upon your story are assessed, things about you no one admits to keeping about you or knowing about you, which are later used to experiment with your condition knowing your weaknesses and by what you have shared, not be patient with you not be understanding of you, and not needing you upon being replaced by anyone who can do a better job than you can, respect when things are not working out, some people come back into your life, maintain rapport with, and some people do not come back into your life, that could be my choice or theirs, eventually patience runs out after awhile, depending on whether anyone was thinking of you cared about you, turned on you, and reading your work now, that I will never know, mostly people from your life don't care to review how you are doing well in detail if you are already doing better, and at a glance leave you alone.

Building Understanding ...

6/16/2020

It takes awhile to arrive to wellness, sometimes you are in sync with everyone, and sometimes your timing is off, either judged as not having been available or there for everyone in the past, and all your work currently as in reference to the past, as though you ever had a duty to respond to problems faced by others, absent minded your own, sometimes upon looking back, you notice things or see things, which upon being interpreted at the present, makes people assume you always felt that way always noticed things looking for things to confirm what you are able to articulate now. Writing is not easy, and the past is not an easy subject, and sometimes in private we may remember things occurring in the past, upon the happening of events well, and as you get older your memory of events gets poorer, if you encounter stress or illness, or become overburdened or set behind in life to focus on a few times you became ill and forced to understand the causes for your illness or bipolar. Someone who helps someone doesn't step on the toes of others, interfere with their progress and ability to maintain a normal life, and when you are part from others, trying to focus on your career and be financially independent work toward those goals in life, don't expect everyone to be on the same page as you living private lives, and immune to controversies either. The only way to get smart is by working hard, being honest with others, focused on what's in front of you, not by

incorporating interests outside of your concerns in life or experiences, just to look like you're doing the right thing as it relates to what you know or who you know, and it's not being avoidant the longer it takes to become established in a way that others are accepting of, most people don't think about your personal issues or read too much into the causes for your instability in life, and mostly check in and look for reassurances from others in your life, as they have become aware that you are not doing well in life, and if you are not well be understanding of others' hesitancy to check in with you, that's never an easy task, to talk to someone who looks and sounds gone, experiencing difficulty in life, and help anyone you are not professionally trained to help, nor assess what the problem is, and if someone does not understand why they are not doing well, then don't expect it's because of the pictures you take, the issues you record, what you remember, how you portray yourself, sometimes in your moments of peace and quiet and keeping track of your progress, others as you go, may think of you less looking over what you have shared, and based upon what they know, think that it's not you are becoming better on your own but in competition or as imitation of those who have more successfully portrayed the issues. If you don't understand what has gone wrong, don't assume that others think for any reason that you have not done your part to do the right thing, and think that it's because of your experiences in life or choices that they have the right to check through your things as though what you are doing in private writing or thinking about is their business to know, a computer is not a shared space nor is a cell phone, you should not need to go through someone's things to either accept or reject them in life, let people figure out life for themselves. That's an example of paranoia, which upon speaking to, gives others power to claim that if there was a fear then you expected that to happen and purposefully wrote in a way or took photos to affect onlookers, no one who is at peace if ever thinking that everyone is watching them, it's in private people are happy to be themselves, and sometimes people in public do not present themselves in the same way. That's not a matter of dislike for others, or a change in demeanor as though something inside of them changes around others, people only go places where they are comfortable in life, but once you become uncomfortable with yourself, as someone who used to be relied upon, trusted and found it easy to connect with others, understand that if you do not appear well that is how respect of you is lost, and all images and portrayals of you seen as insensitive or not of value, as though your understanding of life is to control what other people do in life, some people are gifted with jobs and taught how to work in industries and some work on their own.

Whats Challenging ...

6/15/2020

Whats challenging is getting well and staying well, and overcoming your diagnoses in life, if people only expect you a certain way, and anticipate the worst of you thinking everything is leading up to something bad in life, by further defining you as without good intentions, and not having demonstrated anything in your life, that illustrates your reactions are natural will do everything in their power, based upon your exposures in life, make happen what they believe proves their best interests which are to prove you wrong in life, that's how hate works, when people's dominant ideologies in life, have been so established to accommodate a few as victim in life, and do not consider you a victim, among the best interests of all, we are not always responsible for these losses in identity, when we can no longer identify what is in our best interests while still accommodating the best interests of others to feel like they are doing the right thing in life, why it's important to only share general opinions about life not specifics, and if you mention specifics without naming names, than be sure not to send unwanted attentions to anyone no longer in your life, who as provided may not want to be used within an example of someone who has passed through your life, and what you were going through at the time, compared to where you are now, if now cannot remain better, then you become no better than you were then when you were not included in their lives, for what purpose does that serve. Life is mostly about responsibilities and blames in life, diffusing one's potential to be harmed, or to be blamed, or to be held liable for any interests acquired of them even if belonging to anyone in their company, but not ingrained specifically in their business decision making endeavors. If you allow for it, others will F you over in life, even if people were nice to you, it's common when you cannot see someone or do not hear from them to become paranoid, and sometimes in that state of paranoia think things are happening, maybe even think conversations are being made about the very things you become grown to worry about with regards to your connection to them, that's when your natural gift for sensing what's going right and what's going wrong, fails to differentiate between what is a well thought, what thoughts are not well, and forget how to return back to a way of thinking when everything does make sense, which generally occurs when you are feeling well, not when you feel like your interests have been divided, to accommodate anyone who distrusts you, sometimes requires proving ourselves trustworthy again, sometimes those connections mend themselves, sometimes we need distance, and sometimes we need to hear from others their

opinion to feel like you are not thinking clearly or could be thinking better or "resolve" yourself of unnecessary worries in life, those voices could be "female" voices or those voices could be "male" voices, I have not yet been able to differentiate the causes for voices when well versus the causes for voices when not well and how to stop voices from occurring all together, to me voices are someone thinking they have a right to speak to you, judge you, comment about you, talk about you, ignore you, or mistreat you given your conditions in life, because they do not see you as value, someone who is trying to be smart or influential who is not, or does not have a good enough set of ideas, words, experiences in life, and by education, and know how, or talent to provide a voice of reason if they are not able to help themselves and become suicidal or self-harm, that is where you are wrong, not all people who work hard and excel at work, feel good when they are not doing something that give them a sense of purpose in life, some do not have people to talk to about things they think about, and you will never know why people treated you the way they did until you get better, and until you are able to speak and respond in a way that they no longer feel burdened to explain life to you, help you, redirect your attentions or focus in life, or take care of you, sometimes its is too much responsibility to care for anyone who becomes unstable by voices, thats unfortunate that I decided to be single, and for awhile was fine on my own, and eventually did not do well, its best only to connect when well, but that doesnt guarantee that anyone else will recognize your wellness in life, not if they are too busy looking at others, paying attention to whats going on in the world, and see you as unimportant in the grand scheme of things, thats when you need to be independent and understanding, why relationships are hard, they can love you but if it take too much time and energy to fix you, thats how love is lost, or a relationship fails. -Once someone sees you in disarray even if only a few privileged to see you in a moment when you become lost or experience symptoms of bipolar, its hard to be accepted as normal past that point of them seeing how you have harmed yourself, and overhear that you ever became suicidal, thats how you will be looked at, working hard, and everyone quiet, and the minute you become disorganized and not well, thats when everyone else seems sharper, and put together, its all a matter of perspective in life, some either only want to see what they see or think they know about you, until they feel like they are in control and understand themselves and others better unaffected, even at the price of causing you mental illness, by over focusing on you, studying you, treating you like a criminal, treating you as in need, treating you as mentally ill, and treating you based upon a few traumatic incidences in life, when you lost faith in the things that made you feel stable in life, and connected to others, and lost your sense of stability and sense of peace, the difference between someone who is mature and unaffected by anothers instability versus someone who thinks you are for experiment to disprove your intelligence or inability to remain stable and calm. Dont let people transmit their feelings and foresight to your sense of being and ability in life to remain well, thats how someone or something goes through you or affects you mentally that does not mix well with your sense of stability, usually someone who is in the wrong, or saying something wrong about you, degrading you, and saying things that arent true, questioning your progress in life, your wellness, Im human Im not a fraud, Im a good worker, Im not a hustler, I dont do charades, I respond well to others, Im not under pressure that I have put on myself, Im under unwanted pressures in life to prove myself, not to prove others wrong, thats where others are wrong in trying to prove me wrong, as though what is right and a proper way to think is based upon what one another thinks interdependent. Everyone should be able to see well on their own, and in no way shape or form does my understandings of life, or what I feel or see ever based upon what other people think or see, I see for myself, I work independently, and I have been stable and well my whole life, however not now. Thats not self-righteousness, self-righteousness is thinking you know best and that you think you can influence others for the better, Ive read books, eventually after three days of reading one book, you are on your own, and left with your own thoughts about life, thats not how influence works upon exposure feel connected and upon being connected see better thats where you are wrong, as though my spirituality in life or abilities in life are affected by anyone who does not like me, or thinks I have done wrong in life, thats not why I get suicidal, I get suicidal because I hear voices bringing up every instance I have talked about in private when something has gone wrong and I dont know why, and then remember every uncomfortable moment I have experienced in life, when I was not smart, or not myself, that doesnt okay for others to treat me like I am something I am not, or treat me like a criminal or an offender to compare me to other criminals who upon wrongful accusations commit suicide, if I have done nothing wrong, than I dont deserve upon connecting with others, to be made to look like I am now, what I was then at the time I got in trouble hearing voices and hit my head into a wall suicidal, and if you say what you heard make you look mentally ill, saying things to you that you have not said or written or even said out-loud, and because I explained that thats why voices are now referencing things in private I have said, to affect me, to see if I get sick hearing my own voice, or words I have said back to me, if it not for everyone its not for everyone. #righttoprivacy.

The More You Know ...

6/15/2020

Its always easier in hindsight to size up people, assume their interests past, and assume for their interests past, is why they are successful now, thats in general, and sometimes your interests in life, can cause problems in your life, problems being interpreted, problems being accepted, and problems understanding you, thats upon seeing where you have been in life, and thinking you think you are all the things you have experienced in life, and are more professional than you are, tested and treated as less than, thats hurting someone by seeing their experiences in life, and upon being exposed to them, see better, and then put them down in life, as though their life has meant nothing to confirm, disprove, or improve your outlook and decision making in life. Its not until you become known that you have any control over how you look, sound, or appear to anyone who upon seeing you is judging you as being too confident or overconfident, even thinking you think you are better than others, if you appear confident, thats not always true, its usually those who are well, appear well, sound well, and able to adapt to any job opportunities thrown their way, and find success at whatever they set their mind to, never do anything to get anywhere in life, thats not how success and acceptability work, its your willingness to work and improve absent minded the successes of others, and without looking appearing or holding any negative opinions of those who are successful, as though you can do a better job in life trying to be someone youre not, thats taking on a position in life, the difference between someone successful from someone who is not successful, you either try to fit in, and become something like something successful, or you become successful on your own, and create a job and position in life, that is for you to fulfill, not step into anyone elses shoes in life, they created for themselves, thats where people have me wrong in life, that I know everyone, and because I know everyone, I fit in, all basis for acceptance are on a person to person basis, how capable you are, how smart you are, how creative you are, how well spoken you are, and how you manage you personal life, professional life, in a way that does not interfere with your acceptances socially on a larger scale, no good decisions are made by people who think less of you, you either become a better version of yourself, or you allow what other people think of you to be credited for your successes in life, thats how you lose credibility, and lose momentum in life, seen as imitation of those who are well, not someone well on your own, seen as someone who learns how to look and behave, and not naturally gifted on your own likable and get along easily with most, approachable. People easily get offended when they think you are trying to size up any industry in which you do not belong, thats treating you like you are not professional, and that because those interests are not your own professionally with no experience and know how within an industry, that your opinions dont matter, or seem meaningless as though stated to derive meaning and importance to your life as you relate to what you see and what you hear, thats called ethics, you either demonstrate a care for the value of what exists, or you dont value work product or find it special, but that does not apply to your treatment of people continuously, assuming someone who suggests a way of overcoming being controlled by what people think, and start being their selves again is always the goal. Thats life, people will always be more important than you more successful than in you in life, and those are things to be proud of about eachother, that they lived life and found their way via acceptances within their industry to be successful, those type of people are people who credit themselves in life for who they are, and rarely if ever credit others, and it usually occurs after they have completed recognizably successful material, people begin to wonder and want to know more about how they came to be, what inspired them along the way, and how they became successful among any group of people within an industry thats well respected and has many professionals within who have achieved success, no one is known by all immediately, not by who they know, not by what they've done, no one is God in life, thats not how life works, becoming a bigger version of yourself by who you represent in life, or by what you create, thats called success when everything is working out for you and around you in life, thats not a coordinated effort by everyone, its a coordinated effort by everyone within as in support of your work product, and everyone is either attracted to what you have created or not, thats the difference between a company realizing its potential well built, versus a company not built for that type of influence in life, or number of acceptances in life, why some ideas take off, and some ideas take longer to take off, based upon how your company presents itself among others. A lot of it has to do with you, fixing how you think about the world, and not become over consumed by how others think about the world, or about what they are trying to make happen for themselves in life, we all have different needs and goals in life, that drive our best decision making in life, some goals are to protect others from harm, some goals are to prevent suicide, some goals are to build more acceptance of people with mental health issues, some goals are to get jobs, some goals are to earn a living, some goals are to get married, some goals are to graduate, and some goals are to be beautiful, happy, lose weight, and represent yourself well. Those are my goals personally. And its because I was able to overcome those things in life, that I am better minded, more mindful, and less intimidated by others, whether they mass produce bad stories about me, whether they dont respect, whether or not they think Im important or unimportant, regardless whether they think Im cute or pretty or smart, I know who I am, its not by vying for attentions in lfe that you are given positive attentions in life, its always based upon wellness, thats how you get your power back in life and dont commit suicide, the less you think about what others

think the less able others are to turn the tables on you, and say that its because of them you are successful, its because of their success you see better, its because they put you down, you were well spoken, and always disregard whether you have been harmed especially if you hurt anyone, thats how what has happened to you looks like an excuse, and upon hearing an "excuse" looks like, you dont understand life, and allows everyone to take the shoes of the victim, and rather than respect you, look down on you, rather than see you as improve, not be impressed by you, and the more you self-harm in response or become suicidal, the more they win, to articulate you were that way and you have always been that way, and its not because of what was done to you, but because of what you have done in life, is why you experience mental illness bipolar and feel suicidal. Thats to take one instance and then create understandings of a person as someone who was not well when they achieved and if they were well constantly fixated and looking for the moment they became suicidal and why, ans thats how someone gets sick, when you dont allow them to improve, and instead of accepting them or not, leave them alone, and stop paying attention to them. Thats how someone shouts at you or insults you to get you to flip out, however instead of attacking anyone else best interests I hit my head and get suicidal thats me, Id rather die than fight. Fighting is a waste of time and only causes mental illness, and if you allow yourself to flip out of become emotional, thats how you give power to others, to take power away from you in life, to be successful to earn a living to be social, to be themselves, and ruin their life to protect your own opinions, as someone trying to change everyone to accommodate them, thats not the solution, to put a piece of someone in things to make things look special or about someone special, thats God job, to dictate what makes people special, not by behaving or looking a certain way be accepted, so long as that continues, is by what you teach is an allowable formula, to use people and put them down in life, and pretend like what they think or feel is all made up, if someone is getting sick, and if I got sick, and if other people see or come to understand what is causing sickness, thats how people feel devalued as though who they are as connected to others or becoming sick themselves is seen as a cause, instead of human not in the know, not focused on others, not worried in those ways about life, thinking everything is about them, the minute things become about you, thats how you get devalued not inspire, and the minute you allow people to make things about you, the more you become susceptible to blames should anything go wrong, blaming your condition for others misfortunes in life.

"The Game" Definition ...

6/14/2020

There is no one right way to live life, no one right to see things, no one right way to feel, and no one right way to think, that would limiting a humans potential to excel, to believe, to imagine, to feel free, to feel able, to feel at peace, and to have time left to wonder about life, and maybe even create something new or invent something that serves a purpose to benefit others abilities to think, thrive, and stay organized in life. We are always adapting to the times, the news, social issues, beliefs, fights, crime rates, suicide rates, overdoses, addictions, alcoholism, breakups, divorces, successes, failures, and losses, you cant sum up life in a way that can bring others peace, unless you have lived through life, and can articulate yourself in a way, that doesnt bring up all those issues for others, thats more than just normalizing ways of living life, but its not allowing what ifs, the past, losses, fights, people, or circumstances to be of issue to everyone, thats a conflict, when someones issue, that is not your own, affects you, and if you feel like someones issues in life can have an affect on your abilities in life to thrive or make money, I dont think anyone is powerful enough to dictate how money is spent and earned in this country, be sure never to blame any one person for limiting opportunities in that respect. Generally we envision the positive, thats natural to want more upon doing well thinking we deserve more, like a paycheck, trust, respect, or peace, dont expect everyone to provide you with things in life, upon beginning to do well in life, sometimes you have to figure out life for yourself, and learn how to make money on your own, this was never anything I had ever anticipated I would have to go through in life, make a job for myself, I loved working, love music, admire acting, successful people, and understand how difficult it is to get a job Im 4 interviews for 200 applications sent, those were my odds. So when I talk about "the game" Im not being critical or trying to sound like a know-it-all when it comes to other peoples struggles in life, I only know based upon my connections in life how difficult it is to not offend anyones bests interests, and realized only after failure, how others could be affected, if the tables were more turned toward putting me down in life, that hurts anyone trying to create a happier outlook in life for others, or live a successful life, if someone they know or knew is not doing well, and sometimes based upon our cares in life, unrelated to "the game" do we take it upon ourselves to begin helping thats not connecting peoples struggles to groups, and make people within industries responsible for crime prevention and ongoing losses due to drugs and alcohol, its to basically make people less socially responsible for things done by others people in life to cause harm to others, not make that a

public interest personal issues or fears over success and acceptances in life, no one can affect how you are accepted in this world, you would think random people have the power to misrepresent you in life, only if you allow them to, if you improve and make progress in life, then none of that matters, the biggest problem is that although someone who was once disfavored or treated as problematic, achieves gets well, that still does not resolve peoples need to blame people, for their misunderstandings in life or feeling behind in life, we all figure out life as we go, you can either let people experiment with you and take their lead in life, or you can work on yourself and lead others in life and see life for yourself. How do bad things happen, its looking back, relating the past to now, to describe whats happening now, and then to worry and think your worries means there is someone in your life causing you worry, and blame them because you think your worries are hurting your ability to think for yourself, that obsessing with someone until everything happens in alignment with an interests to make them a bearer of responsibility for losses, as though they have connections or control over others best decision making skills in life, and sometimes in hurting people we think deserve to be harmed as not trying to help, you become harmed, having wasted energy, focused on yourselves, and the problem still happens anyways. No one is psychic, thats not how you stop or prevent bad things from happen, and although I may be predictable by now having shared all my thoughts and diagnosis, that doesnt mean all people are predictable, and that doesnt mean understanding me with give you a better understanding of people who have been punished or suffered disabilities and hardships in life, thats the unfortunate lesson, for some some improvements are never enough to fix their need for control their happiness, and some cannot be happy if you are doing well in life, thats an unwanted attachment to someone, some idea, some feeling, that you are not in tune with, and its only upon being situated similarly, that others argue because you are like so and so now, lets see what happens to you if we do this this or that, on top to understand suicide, Ive already been through it, thats not a good learning lesson, to play with someones life, to make a point. #dontdodrugs #sobriety #lessons ~Remember all.



mymollydoll @mymollydoll_ · 1h



#thegame (definition): What you think is happening, what u know has happened, what u **safeguard** against, what's going well what's not, & prevent attachment of all to the deceased failed business decisions, victims or offenders for ref to read what to do now, don't build hurt! 👍



When Love Comes Around ...

6/14/2020

Never assume anyone knows you, thats just as a general rule being considerate of what people have heard about you, and upon meeting you, should be allowed a good first impression always, that usually diffuses any discrepancies when it comes to identifying you as someone special, or someone ordinary and just hyped up because of who you know in life. We all have gifts, some of us more or less able to help others, its not easy to present yourself to the world and open up about your life, especially if you have lived a private life for the majority of your life, not all people become spokespeople to their own issues in life, we see it all the time on TV but its not easy to say this is what I have experienced in life, and this is who I am now, although inspiring to others, and worth knowing you in life personally, not all are privileged to get to know special people in life in a personal way, feel close to, or bettered via the sharing of their experiences in life, especially if not all experiences having to do with why and how they are known, gets brought up, that defeats the purpose of having moved on in life, to subject yourself to the past, a

traumatic experience in life, just because it happened a long time ago, doesn't mean it doesn't still hurt, and just because someone is living a private life, doesn't mean that they don't feel uncomfortable if everyone is paying attention to something painful from their past, that never feels good. Of course there will always be people who benefit from coming forward and sharing their experiences in life, having come out of trauma, and how they started to live better lives, absent minded how they felt harmed, by whom, and how, that's a very touchy subject, and most issues people face and have overcome, those issues past are not something they put at the forefront of their mind, if they are trying to live life now and be happy with where they are, who they are, and who is in their life, who they have known, who they have trusted, who has hurt them, and continue to be proud of themselves, and continue to benefit from the wellness of those around them, except only in the privacy of their own lives, not sharing their wellness out loud, that's being respectful sometimes, paying attention to other people, and focusing less on those primarily affected, and being more unconditional towards those who are going through a lot and have gone through a lot in life, and not treat them like living their lives has been easy, as known, or by who they're connected to feel brought down in life, that's a tremendous burden, to have had the opportunity to have lived a much different life than you are living now had you not experienced tragedy, and do your best with what life you have to live now, that doesn't mean that you are insignificant to the any meaning derived from the understandings of others, but remember your unique perspective in life, upon sharing, and not like something already published on the subject is of value, be careful how you come forward in life, how you tell your story, and don't run the risk of being treated as trying to be special, if you are special, or trying to piggy back on the successes of others, if you grew up in a high profile case, then have faith that others will be equally respectful of the life you have lived in spite of any pain or suffering you endured as a part of, or by any burdens you felt subjected to, minimizing among those directly affected by controversy, that's being a victim advocate.

Playing Victim ...

6/13/2020

It's an unfortunate truth that some don't make it professionally in this world, it's upon meeting, seeing someone, and based upon their work ethic, either treat them as the cause for their feelings, and choose only to be around those who are confident, and as a means to improve that opinion of you, the more mentally ill you look and appear, the more right they feel in their decisions of you, expecting you to be sharp, and make eye contact, and be perky, and be energetic towards people, that's not me, I'm a nice person, and because I am good inside, and don't watch scary movies, and don't have lots of sex, drink or do drugs, doesn't mean that it's okay to be experimental with me, as though I can handle cutting loose in life, be a free spirit, and take chances in life, I'm not a product of provocation until now, I was always a product not of others, or what they look like sound like or by their demeanor affected, never in my life, too over conscious of other people around me, never looked at, never bothered, no one weird towards me, everyone normal around me, not quiet, themselves, well around me, if I cannot stay well that has nothing to do with my environment, and everything to do with where my heart is, my ability to focus, and how intelligent I am able to be, if you have to work really hard and if it takes you a long time to accomplish your goals in life, then don't take chances, means your brain cannot handle alcohol, drugs, or casual sex, that's how you get tired, that's how you become stupid sounding, that's how you lose your beauty, and that's how you get sick bipolar. When you give your heart to someone, and you feel weaker and not as focused as a person, that just means that your heart is focused on something else, why the bond is not there, when you are taking life seriously sometimes those around may seem happier or more boisterous around you, having nothing to do with you, or well that's how it was, it's not until you get sick, that you don't fit in and the more uptight you are around others, the more comfortable with each other they are, and less you fit in in the grand scheme of things, if you're not comfortable you're not comfortable, and nothing can fix that, that's nothing to do with maturity, and if you endure pains later in life, be careful once you've accepted your life as lived, and the times you thought other people caused you sickness, or that you became sick because you gave love to the wrong people in life who did not need you, or fared better without you in their lives, bring up your condition now, if it's nothing to do with your past, then it's nothing to do with those pains, and know that everything you say now, as having overcome those conditions in life having bettered yourself, can happen again, that's you being experimented with as though you are not better and see how you look sound or behave under the same conditions, as though watching you when you are at ease is any different as watching you when everyone is going through all your things, phone, computer, website, photos, and personal data, to make you look like you're in the wrong, and not being professional in private or in public, until they can argue that "you did this to yourself" bipolar is not something you ask for in life, and if it happens to you it's not your fault, and that's where they are

wrong to continually apply your understandings in life, as though its about others, and not about yourself, all my writing is about me, and because these ways of thinking about life, helped me are why I am well accepted online, is why Im a successful blogger.

Make Yourself Irreplaceable ...

6/12/2020

We are raised in a society that tells us how to be, how to look, and defines success based upon who is successful at any given time. And in the event of any failed relationships or losses, are told to move on, or move forward, its their loss, focus on yourself, and dont worry about what other people think. Just because one person has left your life, or just because one person does not see any potential in you, or give you a job, doesnt mean that by their opinions alone, should you base how you see yourself, never think too hard about why, you are you, and they are they, always err on the side of acceptance, and maintain faith that the right opportunities will arise, upon you being in a better place in life, you at your best, and keep improving upon how you present yourself, and what you say in order to get what you want, a job, keep a boyfriend, stuff you never really think about, until you experience a breakup or unemployment. You are only gifted with full confidence once in your life, thats until your confidence gets broken in life, and thats your first experience second guessing yourself, which is more time consuming and waste of energy, when its you thinking that you are not good enough or dont have what it takes to be of value to another, whether in a working relationship, or romantic relationship. If you are doing things for the wrong reasons or based upon the success of people you see or have previously known, that actually hurts your motivations in life, not improve your ability to stay motivated and be of value, people are so quick to identify you as privileged to have been a best friend to someone famous, and dont see you as having worked hard to be known for something else in the public eye, your wellness, smarts, and life, and everything you have done to overcome difficulties, set backs, hardships, and failures, and still be a good person, and be well liked, after all is said and done, thats not riding on anyones coattails in life, especially if they are people not in your life, no one can help you get well, thats something you have to figure out for yourself, and no ones success can benefit you, or help you, thats not in your life, thats how life happens around you but you dont have a life of your own, what do you do then, certainly no one wants to be compared to successful people in life, as though they are a product of other peoples work, like becoming successful or read is a walk in the park, no it has taken me years of writing to figure out what works, and what keeps people reading, and better present issues in a way that doesnt offend anyone, doesnt relate specifically to people in my life, but general thoughts about being well, staying well, positive reflections on life, with nothing to do with competition, you cannot be successful in this world so long as you compare yourself to others, try to be like others, or if you dont like what you look like or sound like, if you dont love yourself to begin with, dont expect anyone to pay attention to you, those feelings translate to rejections in life, anything unstable, not well made, not original, or not helpful, is rarely read consistently everyday in the thousands, I think because I had a wonderful upbringing that that makes me a likeable person, and interesting to hear from, whether or not others can relate or empathize.

When Life Begins ...

6/12/2020

Life begins the moment you recognize your self-worth, and achieve confidence in life, that means you feel well, and are positive, and no one naturally affects you, because you take nothing personally in life, meaning you never assume, think, or comprehend, that someone who knows you who you dont know, is capable of causing harm to you, in todays day and age with social media, it has become ever more present, how a loss of confidence can occur, its when someone upon knowing you, gets a head start in life, being more clear and seeing more than you, receiving more confirmations and support, than you are given in life, thats as they are reassured in life, and as you become less and less in sync with the wellness of those around you, that they feel better and better, as having chosen not to care about you or see you as important. Fame does not occur, simply because you know someone famous, that doesnt earn you followers and it certainly does not create a collective mindset among others, with a sense of direction about how to handle issues on their own, or work better, however it does take a collective mindset of seeing you as unimportant or unintelligent, or a poor representation of others, with expectation that you are supposed to have a preassembled picture of how the world works, just like everyone else, I have to assess think comprehend, and consider everyones best interests when it comes to presenting myself to the world, and if things are not clear to me,

then its not to my understanding always why that happens to me, thats just a side-effect of not remaining social and doing well on your own, focusing on school and who you are dating, sometimes in your own world, nothing affects you, and sometimes, when you are focused, and seem like you have some invincible edge in life or drive, that you get dominated by the opinions of others, testing how resilient you are how good you are, how good of a friend you are, how good of a girlfriend you are, and how able you are to stay normal, and not become bothered about what you become exposed to in life. Life begins the moment you apply what you know, and what you hear, and what you see to yourself, thats not an assumption or a side-effect of anyones thoughts about themselves, it occurs, upon having time to look around you, and begin making steps in life forward, sometimes those opportunities avail themselves to us, and sometimes, we have to try harder in life, for acceptances, never assume there is a cohesive negative assumption about you, upon which decisions are made regarding the treatment of you, thats seeing people as banded together, in the know about something that is happening about you or to you, which you are not aware of, and becoming consumed by what you think or feel is happening, it may not happen until you speak to it. The minute you become defensive in life, thinking things are about you, the more you reinforce others abilites to remain ahead of you in life, in terms of support, that as you comment, and as you piecemeal why you are feeling the way you do, they are already supported publicly, at your expense, before you even have a chance to be introduced to the world, as though you were already known, and it was ever okay to hurt you or put you down in life, as though your condition or wellness, was ever offensive or intimidating to anyone you have met in life. Its upon sharing how you feel now, that a timeline and record of stories shared past, and thoughts shared then are used to compare or prove whether you are enduring the same feelings because of similar circumstances, then provoke you by continuing to favor those you have met, and treat you as a bad connection, or person to know, as though you have ever hurt anyone, and then automatically accept the ghosting by others from my life and silent treatment, as though it was deserved, as though Im supposed to know why, and by proving that I feel "like Im supposed to know why" is to argue that "if I dont know why, its because I dont know that what I am doing is wrong" and then argue thatr because I have that feeling means I am automatically doing something wrong. This is when you make a choice to subject yourself to further attack, belittlement, and insult, treated as not smart, or problematic, as they become more well than you after meeting you, resulting from the automatic support they receive and sympathies, as though knowing me is a chore, I dont need anyone to represent me in life, I have lived a good life, was a great person, and nice to everyone, never intense, demanding, complaining, playing victim, and have never made anyone look bad in my life, its upon sharing your story that others mentioned automatically get treated as victim, and thats how attacks upon your character get launched, to then reinforce previous wrongs as misidentifying you as grose or problematic or in law school for the wrong reasons, as though your interests and feelings now reflect how you were upon entering a peaceful situation, and leaving less than everyone, that comradere you feel is occurring, is your loss of confidence, its not that others feel better than you because you are not doing well, its that you are no longer comfortable around others, with energy to be positive, date, have friends, simply because others thought it more important to set you up to look stupid, or set you up to feel like you were doing something wrong, or get you to appear in private as though you like and allow others to treat you that way, and its by treatment of you you feel good, no I feel good, and thats how I am treated well, its when I am not well, that I become distant, and the more focused I am on repairing myself, sometimes I become less aware of what others or thinking and feeling towards me, that that paranoia in life goes away, not induced to be perceived as guilty, for past interactions, or for something current, make my private issues, of public concern, as though their mental health is in jeopardy, I dont preach ways to think about life, with a plan to dominate over any current understandings of life, this blog is simply to state that I acknowledge the potential to be harmed, have already suffered harms, and in not being able to undo those harms toward me, as a result of an accepted negative viewpoint of someone, who gets insulted and offended easilym, easily intimidated by others, allow that feeling to get worse, or continue to suffer as a result of thinking things are happening that are not, thats creating a condition, that doesnt exist, and until it exists, be used to prove that others made the correct decision in treating me that way, as though I am doing good things in life, for the wrong reasons to look good, as though I dont have the personality or ability to help others naturally, gifted, nice, kind, unassuming, aloof, seeing the good in others, never anticipating that any complex decisions have been made above me to empower others to set me up on behalf of others, as though my identity becoming known, or my cares, are for my own interests not in the best interests of others, aside from these issues arising now, I just called the US Supreme Court and let them know, that "the purpose is for people to create value which can help others."

Originally Written 06-11-20

Responding to Protests ...

6/10/2020

Sometimes we calculate things well in life, and everything goes smoothly, and sometimes things get out of hand, if its not your responsibility to control what people think, than why let anyones poor judgment of you bring you down in life to respond to them, point blank. First remember to stay on board with yourself, what are you doing, and what are you saying, and is what you have to say going to help or hurt an already volatile situation, sometimes in trying to downplay one reaction, others will hopefully represent those concerns and beleifs in a different light not the same light, if you can't punish victims of crime, then how much can one allow to happen, as though they have the option to respond in the same way. Im just an OFA Fellow, with little experience in civil rights other than disability rights, and have never given a formal speech in my life to more than an AA meeting. The goal in AA is to always share stories of experince strength and hope, its formatted that way to inspire others to stick to the their steps, and recover. I was not vocal during the protests because I was taken off day meds for two weeks and it has taken me this long to get going again on a schedule, and not feeling well tired asleep all day, on top of everything I had to get an ultrasound done. Sometimes its best not to comment if its not your specialty, if you have always worked hard, and demonstrated kindness in the past, keeping your interests to yourself, and not have drawn attention toward yourself in public, and especially if youre not strong, those are moments when you might say the wrong things in life, and even if you manage to downplay the current times, no one will downplay what you have to say, if it can be misread in the negative, then dont say it at all. Know your place in life.

Earning Your Sense of Peace ...

6/10/2020

Earning your sense of peace ... I've learned that although I may have grown up privileged that doesn't exclude me from suffering any downfalls like the rest of them. You'd think that someone who has grown up wealthy would have a good head on their shoulders and stay out of trouble, but life isn't always that easy to comprehend and visualize where you are and get to where you want to be in life, successful too like your parents. It's a tough pill to swallow failures lurking in your past, exactly how bad were things, compared to where you are now, (pause) learn to forgive yourself. There's always time to recognize what you are doing right at this point in your life and start valuing yourself, it's never too late to start. You may not need to look that far back in life in order to be proud of who you are now. Of course when we have it good in life we recognize that feeling, like everythings in place, the feeling of total control over your life, and once that power is lost, well thats what separates the strong from the weak, how resilient are you? How controlling are you? How willing are you to let go? And whats holding you back in life? 9 times out of 10 the past is what keeps us from moving forward, over-focused on what has passed, rather than take any oppourtunities moving forward to feel good again, thats acquiring an aversion to feeling good, since the last time we felt good about ourselves, we got hurt. Just accept that no life is perfect, the point of building resiliency to stress, is not allow the past to be compounded with any current issues you may be facing, and completely disable all your motivations in life, even if one of your motivations in life, is to achieve happiness, and self satisfaction, like the last time you felt good about yourself, before all that bad stuff happened to you. Experience therefore overcoming unwanted stresses in life, is not always to your benefit, as you become more avoidant of living life, and grow more concerned about your own personal interests in staying well, making it less likely for you to incorporate people and activities in life, that have caused you to feel hurt or at a loss, thats normal, forgive yourself and get back out there, just like dating is difficult, you'll thank yourself later, for overcoming that hurdle in life, to just keep to yourself and stop living life all together, thats not beneficial to your health at all, to become a recluse, personal time "you time" is like a few hours each day, the rest of the day you are expected to work toward a bigger goal in life, if not your own goals in life, work for others and help them to accomplish their goals in life, thats one way in which the workforce helps people to manage their time on earth, and establish their sense of purpose in life, an opportunity given to them by another to work for them and in exchange for their work, are paid or given a resume building experience that will further qualify them later on in life, to take on more responsibilities in life, thats a basic step most people make in life, however I am not one of them. Why is that? Sometimes we make choices in life, in anticipation that we will fair better in the future, and sometimes when sacrificing our time toward bettering ourselves, we miss out on life, adjust anyways, without regrets, if you are a product of all your choices you have made in life, then accept who you are now because of those choices, and move forward in life. The worst thing you can do to yourself, is to have regrets in life, wishing you had lived life differently, better, or feel like because of the choices you have made in life, that your future potential is now limited. Acknowledge what has gone wrong, and fix that about yourself, you cant change the past, you cant change what people think, and you cant make people care about you, if you are not important to them,

or if there are other things more important to them in life, than having you in their life, be special to you, others may not always make you feel special.



dlcanxiety



Photo Reference credit to [@dlcanxiety](https://www.instagram.com/dlcanxiety/):
<https://www.instagram.com/dlcanxiety/>

Putting Things Together ...

6/10/2020

Sometimes we put things together, upon being exposed to people, who enlighten us, nice people generally, who have a knack for saying the right things, and because they are well, make others feel well too. We are not all gifted in that way, to recognize or appreciate which exposures in life are not harmful to our health, and which exposures in life, are causing us difficulty in life, you cannot blame others, for not feeling well, or who upon meeting, dont feel well, not all people are the cause of your discomforts in life, and just as anyone can cause harm to my psyche, when everything makes sense, to suddenly become painful, is hurting my viewpoint and in not being attached to people, already hurt before we even meet, that just means its not for your edification to understand the past of another, if it does not involve you, then its not your responsibility to read into anyones past, to understand them as they are now, maybe their past has nothing to do with where they are now, and maybe their past has everything to do with where

they are now, be careful who you credit along the way, because even if you've recovered from anything that has caused you pain at one point in your life, don't be surprised upon revisiting those issues again at a later point in time, when you are more well, to suffer the same kinds of discomforts in life, and maybe even suffer a worse pain, once your now, gets downplayed by your past, or theirs, and it's the compounding of those viewpoints past, that hurt your ability to stay well now, absent minded what other people think, that's feeling things from the side of those whose interpretations of your past were viewed in the negative, making you a victim of the feelings of others, favoring the reactions of those who did not believe in you or whoever thought less of you, you either move forward and leave them feeling like the got away with everything, if you later become a success story, or bring up the past and re-empower them to make you feel the same again, and cause you pain. -If a combination of interests are causing you illness, then you may feel like me, who hurts when they look stupid, when they are just trying to be nice, or gets sick, when they can't explain what's wrong, and they look bad, and cannot fix what has gone wrong, to cause others to take a leap in judgment as though one will never make it, or jump to any conclusions, to discredit or downplay the significance of a person's experience in life, and interfere with their ability to thrive in life, the more you make things about others, the less of you you feel, as connected to anything that's not you, and it's unfortunate that unless you let go of what has caused you pain in the past, the moment you become well and able to let those people back into your life, don't be surprised if you endure the same pains again, as apart from them, that's not continuing on in life for you, to do what's in your best interests, but a constant incorporation of other people's feelings when it comes to your progress in life and wellness, if it's you that needs to get well, never think twice about other people's intentions in life, people are mostly concerned with their own wellness, and don't have the time and energy to dismantle your wellness, why I live for the moment, and when I'm in a good place in life talk to everyone, and share my life with others, in private or in public, not with anticipation of pain, that's knowing myself, to keep going when I'm feeling well, because I know that I improve based upon my own momentum in life, but know that just because you're doing better in life, doesn't mean that you can't get hurt too, sometimes the harder we try in life, and the more we have accomplished looking back with pride, the more painful it becomes to have to start over in life, or lose that inner ability and focus to stay well, in spite of what's going on around you, or to you in life, that's being strong, it should require no forgiveness, and no extended effort on your part to fix others if you cannot fix yourself, in fact the more you acknowledge your condition and with insecurity approach life, the more likely you are to be rejected as not well enough to contribute to wellness around you. That's life, some more well versed than others, on the concept of work, and good health.

Book Review: "Everything is F\$cked" ...

6/9/2020

Mark Manson's sequel to "The Subtle Art of Not Giving a F-ck," which has sold more than "8 million copies" [1] to date, is "A Book About Hope," entitled "*Everything is F\$cked*," which was equally as thoughtful as his first book, demonstrating his ability to both share his thoughts in a not so serious way, while trying to teach the reader ways of remembering concepts through his own learned understanding of history and facts about life, in a not so serious way, always keeping things light, no matter how heavy the subjects covered get, that was a refreshing way of being introduced to wars in history, who survived, who was remembered, and what they were remembered by. One of the concepts that used to interest me in college was EQ, also known as "emotional intelligence," describing the ways in which we "navigate the road of life." (page 43) -He then goes on to discuss the necessity for "getting our values straight within ourselves so that we can get our values straight with the world." (page 46) He talks about everything from equality (page 122), nonviolence (page 165), to humanity (page 155). Overall he tries to teach us a very important lesson, that you can't always get what you want, even if you are doing the right thing, and explains that sometimes no change occurs until we have "experiences contrary to our values" (page 67), which explains why some changes are painful.

References:

[1] https://en.wikipedia.org/wiki/The_Subtle_Art_of_Not_Giving_a_Fuck

[2] <https://markmanson.net/books/everything-is-fucked> (Page #s)

Right to Privacy and HIPAA ...

6/8/2020

If you're doing well and suddenly don't feel well, sharing about everything you've been through, and how you've been able to manage your symptoms, chances are you are bringing up information about yourself, that is supposed to be kept private, maybe in part for the very reason, of not experiencing any additional trauma associated with being discriminated for having experienced mental health issues in the past. And although sharing your experiences may help others to feel better like they're not the only one going through something tough, be wise, some sharing helps, but be mindful of what you share, it's okay to filter every now and then. It always baffles me, the moments I don't feel as good as another, and the moments I am well and hear from others who are not fully recovered yet from their personal issues, no life is perfect. That being said, only you know what's relevant to your now, and what you were like then, it's not necessary to constantly rehash your past, you only do yourself a disservice in life, keeping you feeling stuck, having not moved forward at all. Life can get scary, especially when you have to consciously think about all the things you need to do daily and nightly to stay alive, sleep, take meds, keep busy, and not become symptomatic, don't overwhelm yourself, the trick to not having to think about anything that scares you, is to establish a routine, and get the right help necessary, so that you don't have to think about things so much on your own, and with the help of a professional, can figure out what's important now, what's not important, what's a better way of seeing things, and what is making you feel worse about yourself, and even get positive reinforcement every now and then, when you are doing a good job, and once you finally begin to put your life together again, be proud of yourself, when the days go by fast, pray for the nights you are able to fall asleep, stay asleep, and wake up feeling refreshed, like it's a new day, and go to bed consistently looking forward to the next day, with a plan each week or daily, set along with goals you have in mind, that you want to accomplish. We can't all be experts at processing life on our own, why it's important to read, and see how other people think, and listen to what other people have to say, just like going to AA, to understand that you're not alone, and some people have been through worse than you, some people are going through the same thing as you, some people never make it back no matter what meds they're on, stay home, and never work, that doesn't mean that's going to happen to you, if you stumble and fall in life, your life is what you choose to make of it, and it's the decision you make to keep moving forward that takes you to better places in life, so that you have the gift of looking back, and recognize how far you've come, it's always when you feel like giving up in life, that you have to push yourself, change your routine, build better habits, and control your thoughts better, there's no rush, remind yourself of that, the body and mind takes time to heal, time to forget, time to process, time to focus, time to feel normal, time to feel better, be patient with yourself. -Which is why I'm getting an at-home sleep test by a sleep doctor, because I sleep too much, and take too many naps, I'm not sure why, could be more motivated, energy wise, maybe still adjusting to meds.

True to Your Word ...

6/7/2020

Some of the best insights come from people who have lived through the exact difficulties they describe, and even if one is still struggling, doesn't seem to mind sharing through it, without causing anyone else to worry or notice that you are, that's being selfless, when even though you may not be in the best shape in life, no one else seems to mind, and no one else seems to suffer at the same token, or to the same extent, even if your story is sad or doesn't make sense to them, not bothered by your mental anguish or disability, not that they have faith that you will overcome what you're going through, maybe relieved they are not enduring the same confusion of interests and hardships in life, when it comes to how they are perceived by the politically gifted, and from a politically humorous mindset. We can't all be level-headed, you either keep going until you get hurt, or have the best of luck in life, and keep graduating and getting job after job, without fail and grow professionally, only a few of us, are forced to take different courses in life, where there is opportunity for us to thrive, blend in, shine, and be ourselves, without fear of what will be thought of us, and based upon how we appear, be judged, with anticipation that we are seeking acceptances from anyone with the option to reject us. I grew up in a social scene where everyone is nice to one another, I've never been in a fight my whole life, have always had friends, and am always approached in life everytime I go out, that's just who I am people talk to me, and I am nice to everyone I meet I'm not judgmental. I can talk to just about anyone, that's just who I am. Unfortunately there are elitists in life, and it's not that they don't want to interact with everyone, it's that they understand the risks to your health, upon exposing your life to others, and being affected personally, being known inside and out, there are many risks to sharing out in the open, besides identity theft and imitation, or competition, and even if you don't think about those things doesn't mean it can't happen to you, why people are so protective of their private lives, medical conditions, it's so what hurts doesn't get harped on,

and whats not well doesnt get worse, and what has happened doesnt happen again, and so what has past, doesnt get blown out of proportion into a side against you, thats being protective over your life, not bringing up anything about yourself, or others specifically that would otherwise hurt an already well adjusted disposition, to incorporate anything that would cause discomfort upon being known, or having been associated to you, its upon things not going well in your life, that it doesnt matter what has happened in your life, if those were all well moments, I feel like there is overemphasis on the past to explain who you are now, without acknowledging that maybe because one is different now, their lives are not the same as they were then, when they were well, and not experiencing mental health issues. Apparently you are only level headed until you let anyone or anything get to you in life, and when you finally snap and freak out, dont get mad at anyone, and especially dont self harm, its once you look or appear not well, that others think that you overthink, or because you overthink, you think everything is purposefully done to you in life, no one is to blame for my disabilities in life, thats no ones fault but my own, if I am not accepted, if I do not appear well, if I am not well liked, then that is my own fault, and if I can undo those hardships in life, then it is in my best interests to undo those disabilities when it comes to acceptance, not self-harm and become suicidal give up in life, this is why I blog because it has taken me many years, to undo insecurities, self-doubt, loneliness, and being quiet, to talk to people, make friends, and be social again, its just a phase, like all other phases in life, disobedience and testing your limits in life, following your whims, taking chances, following your dreams, thinking highly of others, different things in life will keep you hopeful that things will work out for you in life, and you get hurt sometimes, thats normal.

Write Without Expectation ...

6/6/2020

The best advice I can give to someone going through a lot is dont explain yourself, especially to anyone who you think may be listening, direct any attentions to any negative voices, or interpretations you may hear, we cant all be perfect people, and we wont blend well with most, and there will always be people who think they are bigger, smarter, and better than you simply because of what they have in life, based upon who they are in life, or based upon what they have achieved in life, see you as small or unimportant, thats normal within social hierarchies, and within professional hierarchies, just be accepting of everyone, the more accepting you are of people you feel intimidated by, threatened by, bullied by, the less those people will have an affect on who you are, and what becomes of you. Don't let minor annoyances in life, get the best of you, its easy to flip out and become emotional, thinking that everyone is thinking something they are not, and even if its just a few people who think and know they are better than you, there is no reason why anyone should be offended by the other, for having mentioned what you notice via observation, if its not happening in your life right now, then dont bring up something you noticed in the past, if you are not the same person you are now, that you were then, sure youre going to notice a lot of things that did not bother you then, but if mentioned now, makes it appear as though you are bothered by those things now, and were bothered by those things then, thats making an issue, of how you feel now, putting others automatically in the defensive of themselves and others, as though there is something arguably wrong with you, and because there is arguably something wrong with you, you are only noticing now, things that dont matter to normal people, if it can be argued that normal people dont feel the same way you do, think the same way you do, or react or respond in the same way that you do, or get hospitalized, simply for arguing with anyone about what they think, without any affirmations, be ruled out as the one who is the problem and has problems in life, even if you have a perfect life, no one ever empathizing with anyone, who thinks they have done something wrong, or were in error, pointing that out only makes things worse, it become a tit for tat, talking about yourself and one thing, then bringing up others issues, and pointing out things unrelated to what is going on now, that causes a bad feeling between people, where much is needed to be said, in order for any mutual understanding to occur, leaving each ones feelings and emotions aside as recognized by one another, thats speaking not to create sides to an argument, or to make anyone appear differently than they appear to others, or make anything in the past appear to have been something it was not, if brought up now, so always be careful when detailing what you have learned, and through the process of learning how to blend in and be more accepted by others, what changes you have made to think less, care more, be more compassionate, toward yourself first, not share those discomforts out loud, like it has anything to do with anyone elses life, only your own perspective, which even if unique, can suffer like the rest of them, once things become personal, and you are no longer comfortable sharing anything privately known only to you thought about, and shared out loud to help others to realize what is causing their disorganized thoughts, and start thinking about themselves in a way, that doesnt reflect any need to assert ones self, or be made to feel better.

Whats Holding You Back? ...

6/6/2020

First ask yourself: Are you doing things to make someone else happy; if Yes, then ask yourself: What are you also doing to make yourself happy, absent minded their needs. There is a such thing as you time, and while we sometimes think that everything we do has an equal and opposite affect on those around us, that rule never applies to self-care, it should always be in the best interests of those around you to care first and foremost for yourself, after-all, who want to receive help or care from anyone who can barely take care of themselves, and secondly in order to be taken care of in life, you yourself have to demonstrate an ability to care for yourself on your own, without help from others, thats begin independently successful on your own, and be someone who is easy to love and to care for, arent those always one of our goals in life to be loved? Sometimes in loving others, and trying to take care of others, we do and say things, to protect their best interests, based upon what we have experienced ourselves in our lifetimes, whether that be in deficiencies in our ability to care for ourselves, or by witnessing the failure of others abilities to care for us, or in our past inability to care well for ourselves. Be mindful where you are coming from, and what deficit you have, either your own, or a previous lack of care, you have witnessed, that explains why you seek to better another or your own life, in spite of those who have failed to care, even if its yourself. Remind yourself to be cognizant of how you are living your life, if you are not living a life that others think admirable in spite of your hardships, it may be difficult to listen to someone who isnt making any progress, and keeps circling back to the same pitfalls in life, unhappiness. Its a daily job, to resolve issues with the past, and to resolve yourself of your own unhappiness in life. The good news is that upon recognizing our own unhappiness is when we seek change, either in ourselves or others. Be grateful for the days that go on, monotonously, without error, the weeks flying by, month after month making progress, and when you come to halt at any moment in time, remember what you did last time you were unhappy and got yourself out of a rut in life, and stick to that method, and build upon it in the future, if you already have the tools ... then live life fearlessly and without worry! So long as you are always doing what is right, if ever anything goes wrong, then dont beat yourself up over it, or complain about those around you as contributing to your own unhappiness, at the end of the day, no one can control your feelings and thoughts, unless you allow them to. It only take a little change to break the monotony of an unhappy state of mind, ie "move mountains." Ask yourself: How willing are you to continue thinking that way, or feeling that way, before you start the process of healing, and allow others to heal around you, is that really what you want to contribute to the unhappiness of others, or compound the needs of others with your own needs, wouldnt that be selfish, to make your matters, of importance to others, then no one benefits from helping one another, only bringing each other down in life, depending on who needs help, whos giving help, who receives help, and who doesnt feel like theyre being helped at all ... something to think about. You can build new options and choices for yourself, your only limit is you, ignore what everyone else is doing, and its okay to put yourself first, they will be more than proud of you that they didnt have to hold your hand the whole way through, happy to hear about your progress, remember you cannot help others until you are able to help yourself. We are all capable of achieving the happiness we so much deserve in life, believe in yourself!

Ever Notice ...

6/5/2020

Ever notice the more you prolong things the more painful it gets to get the work done. Part procrastination, part lack of motivation. We usually rely on feel good feelings to get things done, but sometimes when we get started, we arent at that point of feeling good, until the work is done. Thats just a part of life, sometimes, in doing things, the incentive for getting it done is feeling good. Wouldnt the world be perfect if we felt good everyday, and everyday motivated, having a system down of feeling good and recovering from anything that causes us pain or hardship, then life would be easy wouldnt it. Get your routine down. If youre sick youre sick however there is an in between phase of not feeling well, and getting well, call it lethargy or laziness, its simply a by-product of habits gone wrong, letting ourselves go, stopping from doing things that make us feel good, and being still doing nothing, how long do you have to be doing nothing, and keeping still, or staying in bed, until you get well, well if you dont get moving and go outside, you'll never know the difference between not feeling well and doing well. -A lot of time is wasted thinking about life. I do this all the time, think and think, stay in bed, and get nothing done, then feel worse and worse, and

everything feels more and more difficult to accomplish, well if you dont get started nothing will get done in the first place, so begin somewhere. Therefore dont be too analytical, sometimes you cant break life down to science, let alone people, your experiences, or yourself. The worst of things can sometimes happen playing doctor on yourself, I mean thats part of being human diagnosing yourself and getting the right help when needed, but dont do that everyday! Eventually you have to live the days your in without worry, and trust that those who do care, or while under your care, can monitor changes within you for you, without the day to day personal assessments, sometimes thinking you are worse off than you are, I know this I do this all the time, collect all the labels and complain, well then if Im this, how come Im able to do this, know that just because you have been diagnosed as something, doesnt mean youre incapable of living a normal life, absent minded all the negative assumptions others may have toward you regarding your diagnoses. Just be you, and live life, without getting too caught up in how you think things should be, couldve been, were, or are now. The less you back trip and future trip worrying about how things will turn out, or blame the past for where you are now, the more unhappy you will become. So enjoy the moment, know when to stop, count your blessings twice, and be thankful for today, everyday you can. The less you think about the past on a daily basis, the better you will feel. And the more present you are, the more others will notice, the positive change in you.

This Day and Age ...

6/3/2020

And I thought I was a 90s expert, apparently growing up at OJ's house wasnt a big deal in the grand scheme of things, the riots in the 90s and curfews in Southern California, apparently werent as scary as the times are now, I mean how many times must each generation go through this type of chaos before we get things right, it seems the times are more of a culmination of many years of setbacks, or hardships, or stories that just didnt make big news, that all those stories are beginning to surface now, when assessing the ethical treatment of human beings by law enforcement. At what point do things get out of control? When a governing body who is responsible for protecting the peace of a community, does the exact opposite, those responsible for keeping us safe, being blamed for putting us as in harms way, and especially during a time when we are vulnerable amid COVID-19, so everyone has to stay home except for medical officials and criminals? That doesnt make sense, my Mom commutes to work, with cars packed full of people, wondering where they are headed, she thinks its a joke that the people have been asked to submit any license plate numbers of any criminals they have witnessed, that would be putting my Mom in harms way to report, now wouldnt that? These are things we have to think about ... at what point does it become our responsibility to help correct whats going wrong, and at what point does that burden become too much, leaving us all feeling abused by a system that promotes peace and justice for all, the condition we are in right now, is so far from what is acceptable or necessary to make change happen, but hadnt it been for the acts of law enforcement in Minneapolis, people all around the world, would not be expressing the same or similar grievances for those they have lost too under a similar hand. -The point Im trying to get at is dont give up, and dont allow those who have taken it upon themselves to continue to test the limits of law enforcement and military officials, as though they have any right to respond that way, we all are unhappy about what is going on, health wise, and now racially, and amidst the chaos, what are we left with ourselves, dont do anything that you will later regret in the name of anothers, or for anothers suffering suffer too, that would inheriting a struggle that if taken way back, only makes things worse and worse feeling, thats a position logically taken, when all hell breaks lose, any progress, downplayed to honor the fallen, as though any progress hasnt been made at all, so count your wins, and continue to be passionate about what you think and believe but not at the expense of those you support. I just hope that when the protests come to a tails end, that those expressing themselves publicly wont similarly endure any unreasonable pain and suffering for speaking up.



Not Your Ticket to Confidence ...

6/30/2020

Everyone is different concerning the timing and the level of comfort they experience with another in loving relationships. We don't all peak at the same time, confidence wise, with awareness of our gifts in life and what we have to offer the world, often times not concerned with what we look like, especially when we are feeling good, without feeling like your being compared to others for general acceptances in life. All interactions, all conversations, contain some physical component, that requires you to listen and respond to others, without feeling manipulated, intimidated, pressured, or obligated to go out of your way to make others feel better about themselves. When you are young you are given so many reassurances in life, whenever you experience moments of doubt, or insecurity, this is to help you maintain confidences in life, required for you to be a well adjusted and mature young adult, some more comfortable with themselves than others, I grew up one of the guys, with an older brother, around him and his friends, but did not date in middle school or high school, for some reason, a late bloomer. Intimacy is a huge step in anyones personal development, its not something you talk about, you either have friends, and like people, and feel comfortable around people, and opportunities avail themselves to you to meet people, with a possibility for dating, or you dont meet anyone in life you feel completely comfortable with. I can tell you one thing, sex is not your ticket to confidence in life, body image issues, self awareness, posture, weight loss, feeling good, dressing well, becoming a professional, presentable, is everything worth preserving your mental health for, without going to extremes when it comes to experimentations in life. Your first sexual relationship dictates how you become treated in all other relationships thereafter, my first sexual relationship was with a 33 year old when I was 18, I was mature, but not that mature to understand the consequences of dating someone older, and how that would affect all my relationships afterward, never feeling good enough, pretty enough, or bonded enough, always maintain your innocence in life, and if your going to explore the concept of love, be sure to recognize when its love, or just for pleasure, and know what you want in life. All women and girls dream of finding a man they can be both intimate with and be bonded with best friends with, enjoying down time together, talking, empowering one another, supporting one another, bringing

home to meet your family, without reservations, and if your lucky get the phase where you introduce one another to eachothers friends, Ive only had three relationships like that. I think when they hear my pen name "mymollydoll" they think "molestation" as though Im celebrating a concept of casual intimacy in which you get treated as small in life, its not a fun experience, being new to the world, and then upon giving love back to anyone older, be looked at as though you promote acceptance for dating with huge age gaps, its mostly by maturity, experience, confidence, and wellness, you match up with a lot of people in life, but always remember its "your body your choice" most advances in life, when you are well, will make you uncomfortable, and its usually those who you reject, that turn on you in life, as though your some kind of club of acceptance, expected to take others under your wing of confidence in life. To me my pen name represents, allowing yourself to blossom, without being controlled by the reservations of others, especially when it comes to your heart and direction in life, be molded, or manipulated in life, and the rejected once they reject you upon not being needy of them. Not all love requires need, thats where the concept of "molestation" gets confused, the expectation of someone older or smarter, to be confident sexually, its in exchange your confidence is lost, upon giving love to someone who is in need, and thats how you become in need, and unstable. Its unfortunate, if you experience mental health issues later on in life, and anyone who once felt close to you, becomes disappointed with you, if you do not stay confident level headed and successful in life academically, professionally, romantically, or socially, as though there exists a certain standard of know how in life, that differentiates a victim from an offender in life, where some women are understood for their difficulties in life, and some women are blamed, depending on whether they look like someone worth empathizing with, or whether its more advantageous to take the side of the men from their life, as not having stayed with them, assume that there is something defective with a woman, whos never had unprotected sex, whos been in three monogamous relationships, who overcame addiction, and breakups, and went to two law schools, its after all is said and done, the one who speaks is the one who they determine is at fault, as though one should recognize whether the casual relationships they were in were inappropriate, if Im not in harms way, its better not to subject someone to harms way, by public opinion of them, and further cast them away, or take away their ability to be loved, friendship is not for love, that includes work relationships, AA, and to my online readers.

Moments of Clarity ...

6/29/2020

We all hope that by working hard, and by living private lives, that we will be among those privileged to live in peace, and have our sense of peace respected by others, however that does not always occur. For some your sense of peace, is found to be mentally disturbing to others, who have not yet found their own sense of peace, let alone while looking at you, knowing you, or by hearing what you have to see, recognize themselves as right intuitively when it comes to establishing their sense of normal in their own lives. Its hard to stay even tempered and be a balanced thinker, when your purpose in life becomes disturbed by the emotions of others, whether or not as directed toward you, people will always be led by their own assumptions in life, looking at the big picture overall, its your decision whether or not to make their interpretations of you affect your sense of stability, and sense of peace, not become mentally disturbed, to offset their own intuitions while identifying whats normal, whats not normal, and whats an appropriate way to look at things, and treat you as they wish, based upon what gives them confidence in life, leaving you feeling unstable, mentally ill, and not feeling normal. Not everyone is capable of managing any overhead chaos that results from knowledge, responsibilities, experiences, setbacks, challenges, and negative judgments of them, its seems before things get better, anything and everything about you that can be uprooted to justify a negative interpretation of you is caused, to maintain a sense of normalcy, about those who think it deserved, and wish to further that interpretation as deserved amongst themselves, and amongst those like them, who identify themselves as normal, viewing you as problematic, no matter what your intentions, ideas, academic, and romantic experiences were like. So long as you continue to label someone as guilty, just to blame anything under the moon as being associated to their own conduct, words, focuses, interactions, or connections in life. the more they become self reliant absent minded you, having to describe your own shoes in life, how you feel, how you are being made to feel, and what types of mental health challenges you have been faced with, that you were not otherwise faced with during your more normal years of life. To some its easier to cause illness to anyone who already has a learning disability and mental health issues, who is more likely to become sick, by others, than made to feel better by anyone, thats where their interpretations of someone bearing mental health issues, are wrong, as though its people that can make a person feel better, no I am the only one capable of living my life, and figuring out how to achieve a well condition, among others, and not be made sick by any conditions mental health related, thats not expecting any change from

anyone, that's leaving people as they are, which is why it's through acceptance, that people remain separate from one another's conditions in life, you can never combine the thoughts of someone well with someone who is not well, and expect the one who is well to feel good having heard from someone who is not well, expect them to adjust or change how they live life, to better suit the needs of someone who is not feeling well, that's understood, isn't a precaution, that needs to be taken by any writer or blogger or law student or any friendship or loving relationship, that's an assumption of the sick that is wrong, that anyone with mental health issues is contagious.

Let Change Happen ...

6/28/2020

There's no formula for success in this Country when it comes to look, demeanor, intelligence, schooling, behavior, tone, or overall appearance to others, and especially not by connections is your life made any easier, than most, trying to be loved and accepted by others, without all the noise overhead, concerning what things look like to others, what things are about, and looking at you for your reaction to benefit themselves, for some confidence is only based upon who is most focused on themselves, versus those become threatened or intimidated by others, lose color in life, that's the basics of someone not liking you based upon what you look like or sound like, it's like they emit a negative energy toward you in life, that makes you feel sick, and not understand why, that random confidence looking at you, that occurs, for no reason, it's the I've sized you up, I know who you are, and I don't respect, and I don't care where you were raised, who you were friends with, what breakups you have gone through, who has died, or who left who, and who played who, better than your attitude in life, is something you just have to let fly. Seems to me there is no bottom for anything you say, and an unlimited expectation of qualifying responses from you expected to prove your self-worth, and regain conscious awareness of the person you were, before you were met with such distaste, and scorn. This is America, that doesn't mean it's a team sport apparently, it doesn't matter whether you were a good friend, a solid student, a professional worker, no one respects anyone who drinks and gets in trouble in life, and it's on that basis that one is hated, and experiences difficulties in life, treated as a second class citizen to most, read as ordinary, with no compassion for any challenges they faced, academically, professionally, socially, or romantically, everyone sees their own lives as hard compared to anyone who is educated, had an apartment, a BMW, and a career ahead of them in life, in those cases, anything of value to them is for the taking, as seeing someone with it all as being handed things in life, not having worked hard for that level of confidence and intelligence in life, and why they had a boyfriend in the first place. Some people just aren't nice, selectively sweet to those they like, and distant or cold to those they either know or don't know, as though treating someone as a human being in life is invitation for friendship or romance, of course not, don't have such a hot head about yourself in life, that's goes to men and women, who think talking to someone, means that that person is interested in more than just being a customer, a friend, a business meeting, that's just how single people are treated, if not attached to another human being physically, and as not confident and solid within, is how they get treated, as less than, baby'd, put down, hard on us, for no reason, as though we cannot knowingly and intelligently understand what is being done to us and why, or why one is treated nice and rejected, for some reason that makes them feel tough, and suddenly they become you offended, and treat you as misinterpreting their poor judgment of you, I'm not sure what that is called, hurt for a mention or a complaint or a reaction, just for a change in face, to resemble how they feel looking at you, to feel better prettier, nicer.

How You Describe the Past ...

6/28/2020

Sometimes you bring things up and make people feel better, remembering something great about life, and sometimes you bring things up and let everyone down, or even worse feel insulted. Depending on what you are talking about, always be aware that, "For some people "going back there," is not useful and can even exacerbate the problem." [1] Sure we have experiences in life, some shared, and some not, always be wary of how you present your experiences in life, as having lived through events occurring in time, with awareness of how others may feel when trying to identify their own feelings about the times, that's when thinking similarly about events does not feel well, between the sharer and the listener, who may similarly not feel well, as the one sharing becomes sick opening about their thoughts, and even sicker from the later thoughts and deductions about life thought by others, which is not in their control, everyone's freedom to process events in their own way to their own understandings in life. Just because you have been through a lot, sadly doesn't make you an expert at overcoming mental health issues, especially if you

talk about causes for your mental health issues, over what people think, how people think, what people assume, and how people judge you. One strategy for processing events described the benefits of "expressing thoughts and feelings without re-immersing in the trauma, helped. While the event cannot be undone, it can be rendered far less important and overshadowed by other things if thoughts are re-directed. " [2] Which is why someone going through a lot wouldnt want everyones thoughts directed at them, as they are going through something difficult in life, be further subjected to the analysis of those who are well or even worse those with no upper limit when it comes to attacking a subject they themselves did not go through personally, with their so-called expert hats on, pick you apart, for who you are, and for what you say, without care for how that may affect you internally, personally, or professionally. Thats not how to better understand peoples motivations and drives in life, by understanding their causes for illness, later in life, sometimes things dont hit you until later in life, everyone so free spirited around you, but when you get sick, no one can make you feel better, not even yourself, and thats the sad part about mental health issues, not feeling apart of the energy of a room, not lifted by others, drained, tired, uncomfortable, instead of confident proud, collectively speaking about your experiences in a way that you can be better understood, and left alone as normal, not focused upon for your disabilities in life, shortcomings, deficits, or choices in life. So don't be afraid to take your "mind on a different path. At any rate, talking about the problem does not always change things for the better." [3] The best of you occurs when you can be normal around others, and speak normally about things in life, other than speaking about your problems in life, being able to speak in a way that makes sense to others, is more important than not making sense at all.

References:

[1] <https://www.psychologytoday.com/us/blog/the-creativity-cure/201501/when-not-talking-about-past-trauma-is-wise>

[2] <https://www.psychologytoday.com/us/blog/the-creativity-cure/201501/when-not-talking-about-past-trauma-is-wise>

[3] <https://www.psychologytoday.com/us/blog/the-creativity-cure/201501/when-not-talking-about-past-trauma-is-wise>

No Shared Acceptances ...

6/28/2020

There are no high horses in life, once everyone is faced with the challenge of living in fear of COVID-19, gun violence, unhappy with the Government, and pointing blame toward the mental health issues of anyone they deem as having played a significant role in the causes for Fires in the Valley, Malibu, and Tigertail, and one Earthquake in Mexico. Nothing can be made better, through the discussion of what has been done, and based upon where people are right now in life, be judged based upon what they have done to curtail conspiracy, calling a Prison in Las Vegas, Writing to SCOTUS, Sending Letters and Information to The White House and Senators, The California Supreme Court, these are all the types of precautionary measures that can be taken, to monitor the business practices of all when it comes to the mentality of The Peoples choice of direction in life, and what issues they chose to focus upon, and what is of and concerning the past and what is concerning the present, whether its because of ones condition now, they are referencing worse times, whether as of recently times were difficult for them, and what were the causes of those difficulties, as though I did not complain after the first Fire and wrote a book, and complained after the first series of school shootings and flew to DC, after a Fire in Malibu put together more books, and after a Fire on Tigertail continued to build a website and graduate from Law School with a Masters in Law. Sometimes in tragedy we focus, not on what is wrong with the world or with others, but you focus on what you can do to make the world a better place, thats normal, thats not drive, thats instinct, that when the time calls for action, choices are made, thats not to offset issues favorable or unfavorable to some or even with a few people in particular thought of to have played any role in the direction and leadership of ideas promoted in care of The People and their Best Interests. No one at this point in time can tell you what to think, who to believe, what to know, what to think, or what to feel, thats everyones choice in life, to stick to their own likes in life, its not by laws or by responsibilities that any person should be dictated by others a proper course of action when it comes to managing the problems of others, and then be faced with problems of their own 2013 on, its your choice to go out into the world, to check on others, and to see what the general social climate is among people around you, and sometimes you date, without expectation to, liked, spoken to, and escorted by male figures in your life, who want to share intimacies with you,

aside from your studies or while working on your career, dating or loving people in life, that's part of being young in your late twenties, find someone to love, and if you're lucky turns into something more, but without expectation get to know people in life, that's socialization, figuring out yourself, what you're going through, and what is going wrong on your end, that is resulting in poor performance grade wise in law school and why you no longer have the energy and stamina to engage in a romantic companionship want to be alone, to see the world better for yourself, that's giving up one way of life, to go out of your way to help others, which I think was interpreted upon returning from DC as a beginning to more, not an ending point. When you do things in life, print an itinerary that's traveling for a purpose, that's not a plan or agenda, that's covering the bases, to make sure that bad things don't happen or continue to happen, and witness how others are feeling in different towns and cities, not just as observed in law school or on TV for that matter. Never be quick to judge someone of intelligence, who based upon their connections in life, feel obligated to respond to matters which may or may not have affected them directly, a movie theater shooting, and was taken on a tour of the Paramount Lot 2015 while working in Century City then was told to get a City Parking Pass sticker and park further away from work by the Rental Home, and parked across from the Holocaust Museum, with an Anne Frank poster featured on the front of their building. -The moral of the story is no matter what people see looking at you, no matter what they know of think an obvious reference and for how long, whether deserved or not, never lower your standards in life to their fears or hesitations with regards to your condition, mental health, and judgement calls, it's your life to live not theirs to articulate and administer reactions toward you or about you in life, as though you are in the realm of publicity and in need of PR in life, as though you cannot properly represent yourself by what you look like, what you sound like, where you live, what degrees you have in life, or by who you know, stay level headed, in spite of their deductions in life, to be made about Youtubes, a legal education, breakups, songs, dying actresses, 90s movies, and cast me out as imitation of wellness or poise and know how in life, and denominate me as not having been a good influence or positive basis or barometer upon knowing in life of when to stop, and what is relevant to know, and which ideas past not to reinforce. There will always be an attempt to personalize actions as defenses, seeing a big picture historically, or being about how others have treated you as thought deserved, to make other people heroes in life, and deflect attentions away from you as being professional or a likeable figure in time, hated. Please Note: You experience life once, and then you experience it again as told, and then you experience it a third time, upon reflection of all your experiences, and based upon where you are now, judged as either having been informed, noticed, with confirmations of theories about 9/11, Petrocelli, CDs gifted, paper airplanes planted, names on buildings taken down. And then you see new companies trying to reinforce those company names, and make an even bigger joke out of your life and livelihood, as though you cause embarrassment to others, when people who have made decisions suddenly don't feel good around you and feel better without you or around others, reject you in public and favor another. #cheekkiss. Whatever reactions you are seeking in life, it was my Parents who called me home did not approve of my job in Century City and the keys to the house I took care of given to a Company, because I did not want to work on the same job with a guy who had sex with me after crying and drinking after a party I hosted and cleaned up after, my Boss left and took me to the bathroom and stood with me in the corner to show me something. Everyone takes their turn doing things in advance to be told, which when that point does not arrive, in a peaceful way articulate in a descriptive way what they meant not accusing anyone for the decisions made, at what point does it stop being about the Public need to understand, and start being more compassionate and less accusatory toward those within a story harmed. Bonding to hurt you and see how you react when one is nicer to others than how they treat you, is a strategy for determining wellness and professionalism in the workforce in Los Angeles, as though no one wants to sit with me, through any difficulties in life, or positions taken in life, and favors those around me, even if I help them when they freeze or have questions, nice to everyone, never one to complain,

Excitement in Life ...

6/27/2020

Looking back, be sure to appreciate your well moments in life. Not all moments in life, do we find ourselves at our best, especially during difficult times. You may not be as happy as you once were, but that doesn't mean that you cannot achieve that level of wellness and self-satisfaction again in life. Most of the days you live your life, will not be exciting, that's not what attracts good things into your life, not is what compels, or attracts others into your life, by how things look always. No matter what you've been through always be understanding of others, as you go through life, never worrying too much about how others are living their lives, absent minded your own, whether in your life or not. Understand yourself. And even if you feel sick, overcome with illness or mental health issues, while

trying to comprehend the times, moments in life, or your own current well being trying to figure out how to feel better, and get better, know that no feeling is permanent, not unless you allow those thoughts about life to fester. If its your thinking that is causing you illness, and if while thinking about others you become sick, then figure out what is causing any illness associated with over-analyzing your own health concerns, as it relates to others, people are mostly concerned with themselves, and unless you make your issues of concern to others, will they think about you in that way, possibly not feel well themselves about what you've been through in life. No life is perfect, we all have private lives and personal issues, that need not be made public, and if you can find the time to smile and enjoy life, then by all means do so, because you never know how long that moment will last for, when everything is going well, things feel well, and youre doing well, that's what life is all about, finding that balance in life, of wellness, and care for others.

Finding Your Tone ...

6/26/2020

You will always be faced in life with three hardships: (1) sickness (2) unhappiness, and (3) insecurity. Similarly you will also learn: (4) love (5) pride (6) trust (7) smarts, and (8) forgiveness. It never ceases to amaze me, when things are not going right, and people are dying, whether from drugs, alcohol, connections, or by their own misconduct carry guilts from incidences past, that the well are affected, as though it becomes our responsibility to either (a) fix them, or be confronted with an even bigger project to (b) fix everyone. Im not really sure what the solution is, but Im pretty sure, that there should always exist a human ability to regain conscious awareness of the gifts, their health, their livelihood, their abilities, once all is said and done and responded to, with a great degree of care and sensitivity to the issues. I think the main reason why most dont get involved, is because if matters only affect a few, we assume should not affect many, but sometimes the loss of a few, do impact many, that is if we ourselves become sick, feel compelled to question those around us during moments of illness, and think that something has not already been done to address these concerns, and systems not already put into place, to assess the gravity of harm caused to them, by them, and how others have been affected, or will be affected upon knowing them, which is why we know few of them, drug addicts, alcoholics, and criminals, they generally dont shine once they have lost their shine, if not recovered, that attitude you cannot fix about anyone who wanted a better life, wanted to feel good, and in the process of trying to make things happen for themselves in life, just to feel good, wind up finding themselves alone in life, having helped no one, not even themselves, and possibly having hurt anyone who knew them, well or not well, expecting more of them, thats the type of disappointment that the well express toward anyone who they feel does not represent themselves well let alone others, so that they do not feel well themselves, as though there is something wrong with them, until they identify what it is that they are doing wrong in life, if they do not already understand what it is about them, that is so disappointing to others, whether that be family, or friends, or strangers, you really owe nothing to this world, except your good health, and well if you cant provide that in the least, than expect to listen more, think less, and take better care of yourself. As a general rule of thumb, NEVER wake everyone up to sickness in the world, as though by how you feel or by what you see needs to be known to all, always be sure to remember everything within you known is not known to everyone until you share out loud those feelings or thoughts, and no matter how sick the world gets about others, or about you, and your direction in life, you are never required from a better viewpoint in life, to articulate what it is others are thinking when they see you, or look at your life, or upon review of your experiences in life, think less of you, thats just society, sold on ideas, what works, and what isnt working, and that will never change about a well functioning system of trust, how trust is made, how trust is kept, and by what means people are accepted and able to care for themselves and others in life. Thats not the solution. When you get hit with a crisis that you cannot readily comprehend yourself, just because you are awake and functioning, does not mean that everyone is awake and high functioning, some get tired, disoriented, upset, angered, confused, hostile, for themselves, indifferent, or carry an attitude toward you, as a manifestation of their own unhappiness experienced upon seeing you, see your life as a joke.

Two Paths in Life ...

6/26/2020

There are two paths you can take in life, (1) one free of harassment, unwanted intrusion and inference, misuse, abuse, speculation, wrongful assembly of facts from your life, as you are and by what facts given about yourself and

from your perspective lend insight to blames and self-destruction, face the consequences of others need for solution by proving you wrong in life in order to feel right about themselves, causing you to question life, your purpose for living life, whether its worth it to respond to negative insights speak, or (2) whether to continue on your path in life, absent minded the thoughts of others, no matter what information is supplied about yourself, and no matter what general comparisons are made between you and others, for determining your worth, your value, your intelligence, and not allow the judgement of others to affect the number of problems or issues you currently face irrespective of their problem you, doing well in spite of their concerns about your condition, whether in wellness or sickness, serve as any significant indicator for whats going on in the world, whats going on within them, feel better upon you enduring sickness or kept separate. Thats when things get to be too much, when someone who thinks they are doing the right thing, causes more harm than good, simply for the purposes of being shared outloud, to communicate a different innuendo of blame or connections to my life and other events in life, or history for that matter. It seems when separate, others think to their benefit only, and if someone is separate that that is because others separated themselves from a person for something unknown to them, but known to everyone else, not by choice while studying in law school, and its for those reasons, that others continue to take advantage of the fact, that they are capable of making things look different on the outside, by story, even without you knowing it, as though you were someone in power in the past, or had the ability to become well known in the future for anything you have set your mind to in life. This is the current discord between myself and anyone who assumes to take offense to anything I have written taking on the position of someone not in agreement with me, and not accepting my condition as a valid result, health related issues, not caused by me or my connections in life. If I am not serious enough online and light hearted frowned upon, if Im intelligent, not viewed as intelligent and thought to be an ordinary representation of intelligence derived overtime (treated instead as someone with a known condition kept secret, not treated as a condition caused for the purposes of justifying any previous treatment of them, be seen as grose). There are so many things to fill yourself up with in life, other than the expectations of others, that will only drain anyone trying to achieve in life, for further acceptances of them, if not already granted to someone, no later condition smart or improved can undo those harms caused to anyone being themselves in life, without love or acceptance issues in life. This creates a pressure, and discomfort to both myself and the side assuming the side of anyone they perceive to be offended by who I am, what I sound like, or by what I say, unimpressed by me, not seeing me as special, educated, with a valid purpose in life to help others, when the side who does not value my writing, doesnt make me feel good, sending me negative energy, through their own discomforts in life, as not reassured as correct by my words. Some people only feel better with an upper edge over people in life, that is when one is down, when one is tired, when one is ill, when one is unmotivated, as though they are out of their way in life, and view someone who speaks well with energy, as a threat to their own wellness, thats the problem, when others are competitive with you, putting one down, to make others feel better about themselves, as though Im not doing my best to prevent death, cancer, mental health issues, schizophrenia, bipolar, and other related issues, concerning what is thought to have occurred in the past resulting in illness, subject myself or others to those conditions again in life, thats not the solution, then to go by the instincts of anyone in competition for wellness, based upon how they feel, judge others as a threat to their minds.

Dissertation for LLM Masters in Law ...

6/26/2020

"AML Compliance in the UK and the US"
Dissertation for LLM Masters in Law in
Financial Compliance and Risk Management
by Leslie A. Fischman



06-25-20__pdfv2__final_draft_v2_06-24-20__final_draft__03-15-20_02-14-20_01-03-20__dissertation__tjst__v6__2nd_draft.pdf

[Download File](#)

Designated Conditions ...

6/25/2020

Becoming known to society as a public figure, requires having some understanding and appreciation for the lives of others, and with respect of their identities, be known independently of those you have met in life, which is why those who are most known, or readily identifiable by face and name, are people with the most finished work product, which represents themselves professionally as able to work, and credited for the work they have completed in life, as a representation of their own abilities in life, and ability to learn, apply themselves professionally whether in academics or the work force, and share that benefit to others, either working for others, by known skills or learned skills, and that is how one stands out in a community of people, among others, not because of what they look like, or because of who they know, a confident person, well, a good decision maker, with self respect and respect for those around them. Becoming suicidal is not a condition anyone should be fascinated with, nor does anyone have the right to investigate or make public the conditions occurring at the time, environmentally, socially, romantically, mainstream, technologically, internet wise, information wise, known parties to an issue, issues known or not known, confidence to whom, and confidence lost, alcohol, pressures, applications, exams studied for and taken, there are a myriad of issues, that can be taken into consideration whenever someone does not feel well and makes a bad decision to take their own life, whether to communicate bearing illness, or be interpreted as dying to communicate pains in life, not well stated or understood at the time one decides to take their own life, and assume that anyone who chooses to leave life would do so to cause harm to others, by doing so, all losses can be felt, including to those who pass, including myself, and what I have learned is that the less you involve others, in the process of figuring out your own causes for illness, the less defensive others will be if your condition arises again and if for new reasons, feel compelled to understand why, if you're not a doctor and you're not a law student, you have no right to test for conditions, or to prosecute anyone else's condition well or not, for the conditions of others, as though people are connected emotionally, and internally, faced with the same circumstances in life, disappointments, sufferings, or disabilities in life, making them the same, or therefore responsible for curtailing the occurrence of lives lost due to drugs and alcohol. -It seems that the more you allow others to feel the authority to put your condition into question whether by watching you privately or publicly, is to discern what is of your own making, and what if anything is the making of others, to diffuse responsibility to anyone who thinks they are under your care or responsible for managing your health and condition. --So long as a condition is known, that is how it reoccurs throughout your life, and the more you explain a negative interpretation of what has been caused to you and elaborate on those feelings and why you feel harmed, the worse ones condition gets as they reinforce others with the power to control or manipulate their brain chemistry, body functioning, mental functioning, belongingness needs, comfortability, confidence, or energy levels, that is to provoke and test for a series of events to either prove or disprove whether you are honest, tell the truth, and even if you are telling the truth, still cause you illness, as though deserved, that's an unwanted experiment with my psyche, my privacy, my intelligence, my ability to be smart, my ability to earn a living, be in a loving relationship, have friends, be well received professionally, and on a larger scale ever be accepted or liked in public as someone who is able to still maintain wellness, no matter what conditions they are put in. It seems to be a constant pattern tested for: (1) taunting (2) head hitting (3) slamming my head into a wall (4) recovery (5) alcohol or no alcohol (6) in love or with love (7) how others appear at the time I get sick (8) where I live what I'm doing with my life (9) what meds I'm on (10) whether or not I have a job (11) whether or not I am performing well in school (12) how I interact with others (13) how intimidated I appear (14) whether I talk to myself (15) if anyone who has taunted me was attacked back and why (16) the point of disappointment (17) the causes for death around those connected distantly or directly to my family (18) whether I become mentally ill if when others are well or (19) whether I become well when others are not well (20) and why I became suicidal in ancient times 2009 (21) why I went to law school in spite of being called delusional and schizophrenic (22) How I was treated upon disclosure of my condition (23) and whether or not going to law school helped me to live life? Yes, going to law school helped me to live life, and to think better, and stay calm, and in the event of attachments detachments, worry, instability, relapse, recovery friendship, I was able to maintain my ability to communicate my way back to sanity, when I felt gone, lost, broken, not confident, sensitive, bullied, intimidated, threatened, and stay smart, meaning not feed into the emotions of distrust or expectation of anyone whose life I'm not currently in feel obligated or threatened by their condition separate from me, as bearing an ability to affect me now. The worst thing you can do is to accuse a woman who attracts mates in life and makes friends easily, gets along with everyone at school and work, and employers, treat them as reject or try to manipulate them via insult to see if they snap or become something bigger or stronger, that actually caused me mental illness and 4 night meds and day meds, and punching my head until my head bled to be called something I'm not. When you hear an auditory hallucination, for me, it's someone else trying to get inside my head, to make me feel like them, as though I have to speak in a way to

accommodate how they feel, by putting themselves inside of me, to ensure that they feel heard or are accommodated, if I feel like them, will sound like them, and if I sound like them, then that's to make them feel better, thinking that someone who is separate is incapable of saying things without their voice present spoken to them, to be thought about or with sensitivity not discussed, or bothered by them, that's not allowing someone to be themselves, because one is not trusted on their own, without anyone in their life, thinking that things are about them, not about you getting well on your own, and needing space from everyone. And because I said I hear voices, is why I am being treated like a schizophrenic, and if I say when I don't hear voices, then that has the potential to produce voices, during moments alone no matter where I am, to see whether I become sick or suicidal to communicate connections to movies, dead actresses, incidences, or guilt for other people's lives as lived, intimidation, threatened, or scared for a public knowing of private circumstances, resulting from drinking, be caused when sober, to prove addiction present, and causes for addiction and even worse, claim I am addicted to people, I'm not.

Getting Sized Up ...

6/25/2020

It appears to be advantageous for most, to keep their opinions to themselves, especially of those they are observing for criticisms or waiting for words to lend insight to their own poor judgments of someone, they do not admire, respect, love, appreciate, value, or respect. To them that's their mechanism of self-defense, in anticipation of feeling less than, or being made to look stupid, think all words are for the purposes of rising above any conditions past, resulting from previous treatments of them in public, within the public's view. It's a feeling triggered to some, who if affected by anyone withdrawn from them emotionally, or attention wise, is expected to be questioned, as though anyone ever naturally takes insult to how people speak to them, or afterwards insulted by interactions that were cordial, nonetheless, self-assured as soon as someone separate does not feel well or becomes sick, that only reinforces their instincts of that person and reassures them of their own self-defenses asserted in life, to keep someone separate from their lives, in accordance to themselves and by how they feel about a person, knowing a person, having met them, keep their distance. To add insult to injury, as soon as someone who is living a disciplined life, falls off center and becomes a disappointment, or a poor representation to most by demeanor, disposition, confidence, looks, weight, intelligence, response, image, and professionalism, becomes emotional, it's the minute (1) you read into others (2) affected by others (3) question others (4) become intimidated by others (5) insulted by others (6) easily manipulated by others - that you lose your sense of stability and rational decision making abilities, it seems the more you become dependent upon others for approvals, the less they are given, and the nicer you are to people professionally, the more uncomfortable they become, it's all a matter of control in any environment, where you are expected to be comfortable with yourself, and comfortable around others, and not interfere with the professional development and momentum of those around you, nor anyone in your immediate environment, that's thriving among, without being affected by anyone, and that's not leadership to be well among, or because one is well others are made to feel well too, that's an assumption that behaviors attitudes and confidences in life are contagious or that illness is contagious among those who are well to be exposed to anyone who has ever been treated or diagnosed with a disability in life. Never let anyone control you by their words or by saying things or telling you things for you to remember about life or your own life, as though you have not lived life yourself, long enough to know when you or others have been harmed, and doing your best to be a good example of a human being, and stay well in spite, of how small or short anyone makes your life out to be, as compared to other lives lived, and the strides they have made in life, compared to your own personal achievements, and lessons you've learned in life. Your body and your mind is your currency for acceptance in life, that's just a plain fact of life, you either make people feel good and are valued, or people do not feel good looking at you, knowing you, or hearing what you have to say, not all relationships are fit for procreation that is for the purposes of sex and marriage to bear children, you only meet one person like that in life, therefore it should never be expected that you ever have to be all those things to most, in order to be respected, appreciated, valued, sized up, hurt, or benefited through interaction with others, or treated as though because of your condition, be treated as though deserved, until either you start wanting different things in life other than love, or rely on stability and assurances in life or love, that you are living a good life, doing the right thing, and not being of harm to your self or others, as thought of someone with bipolar, with a good life, smart.

Loss of Identity ...

6/24/2020

You cannot inspire others to create a life for themselves that you are not able to live yourself, and so the theory evolves, which type of lives inspire, lending insight for the creation of lives and to the betterment of all become well adjusted during times of need, versus, which influences and exposures, cause the inequitable exchange of emotions resulting in feelings of loss, and lack of ability to say the least. Empathy is a natural human emotion, not to be toiled or tampered with, manipulated or made better, via the influences of most, its a quality characteristic and trait existing within people they use to identify within themselves how to respond, do the right thing, say the right things, and not be led astray nor leave others astray for that matter by their advices. Who is in need? In your younger years you first experience a strong human need to bond and feel connected to someone you engage in a loving relationship with, a relationship, in which one or the other is accepting of the other, without hesitation or reading too much into their behaviors, loved unconditionally, and upon loving someone unconditionally they are bettered, that may not free them of their troubles in life, but sometimes its through the acceptance of another, they are provided with a comfort and reassurance in life, they are not yet ready able to provide for themselves without you in their lives, or because of being with you and around you have grown accustomed to that feeling of being loved, without having to try too much, and with little effort on their part, without guilt for the energy expended by the other to give love unconditionally through good times and bad. -There are many ways in which a person can be of value, as a writer, someone of value for interpretations is someone who shares insights that help build better understandings of most, whether or not the writer feels misunderstood, in a moment of weakness, or during moments of a lost sense of control over their sense of being among others respected, valued, appreciated, acknowledged, or reassured, its a very selfless endeavor to write through a multitude of phases in life, without expecting anyone to understand you as though that would make one feel better, sometimes its better to accept people as they are without reading too much into who they are, where they have been, what turmoils they have suffered from past, and be glad that they are here today, and respect their life as lived. We live in a society where some have been raised to feel empowered by knowing more, feeling that so long as they are able to see better than others, that they will feel better than others, and think thats what makes them intelligent, having not endured the same hardships as others, and even upon being exposed to circumstances faced by someone such as myself who got sick, not feel sick themselves, understand that natural benefit to hearing someones story, and understand the detriment that is felt by the story teller, who in exchange feels dis-empowered, the more articulate the other becomes at telling the story of someone elses life, as lived, not lived to be told and without necessity or burden placed on any individual who is expected to share their story and series of decision making efforts to be alive today, free of harm, insult, and unwarranted intrusion into their lives past, for the sake of connecting and assembling their memories, to better suit your own understandings of life, and how the world works. Never in any moment of history, has anyone ever been required to explain how systems of thought are derived to equate to the successes of most, and understand the more you try to tackle the subject as an outsider to the best interests of those wrongfully connected in different professions have the capacity to cause pain to most, that is when someone who thinks their need to feel specialized and in the know, is more important than those who work and produce absent minded anyone watching them or being influenced by their lives, remain specialists in their own respective fields, be viewed as important. Good writing is not saying what people think, therefore, that causes a dis-empowerment to the writer and a loss of identity, to cause them to become over-concerned with what people think, and instead of reading from within and making decisions based upon their own exposures and understandings of life, go out of their way to accommodate someone elses perspective who is not likewise directly affected by my condition, my mental health, my ability to connect with friends, date, or be regarded as a professional, by man made worries, created by those without enough professional experience to feel confident and like minded or appreciative of my own achievements in life, equally as confident in my shoes, and base their understanding of my wellness, as based upon whether or not they feel well standing in my shoes think better for themselves, whether by knowing me see the world better, by my shared insights, come to understand better how others think and speak, and sometimes taking on the shoes of people from someones life feel a sense of empowerment being different than me, not having mental health issues, and not having suffered, see themselves as better than me, because the more they can learn about my life, think its fun to pretend, that had they been me wouldvt been smarter, or made better decisions for themselves, leaving them feeling empowered that they are not me, and benefit from hearing my story.

As it Comes to Mind ...

6/23/2020

As a writer, you are mostly responsible for your own thoughts and exposures, that's to start. As you get better at speaking in public, whether private expressions were regarded as off beat, too powerful, in upset, or in defense of ones standing and position in life, not taken seriously, as a proper contender or representation of the issues, as affected, one speaks later, adjusted. Over time as you become more accustomed, to general trends in wellness around, be appreciative of everyones ability to freely express themselves without reservations or in poor taste, share any discomforts or unhappinesses out loud, with regards to their own misfortunes in life, or with respect to the misfortunes of others, cast public blames out loud, as though one is required to speak in response to any improper misrepresentation of the reality current in favor of overgeneralizing everyones wellness to a few basic understandings of progress and acceptance. In America, the times are competitive, they will always be that way, whether or not to include others in the progress and strides made by working professionals in their respective fields, someone is always the leading the way, whether you know exactly who they are, what their experiences have been watching the news, and witnessing life unfold for themselves and with new technologies provided, see more than just themselves blossom professionally online. It's a new field, being a professional figure online, that's general done by people who have found success socially, academically, romantically, and professionally, who decide to share their human spirit online, to help make others feel well and more adjusted themselves, there is an art to being well liked, not in a cookie cutter way acceptance wise always, mostly by energy, genuineness, without complications known, identified, and easy to describe without causing hardship to anyone trying to interpret the causes for their likability of successes in life, as having to do with death, dying, homicide, criminalisation, prosecution, suit, or injury. You are the maker of your life, and based upon how decisions are made concerning care of your reputation, you sometimes don't have a choice, to make new friends, to stop entertaining people at your home, to remain separate from others socially, that's nothing to do with anything I've done wrong, or a result of anything anyone else has done wrong as pointed out by me, it's always okay to respond in a way that reflects how you feel, that's second nature, as you mature and become an adult, you learn not to allow losses, or misgivings get the best of you, that is in exchange for knowing you, a better hand at life received, by those who carry on without you in life, it's usually you not making progress on your own, that is assumed to be because you chose to stay separate from everyone, that's understandable, when things are not going right for you or others in life, it's always appropriate to take a step back. What's not understood is the pain incurred by the person who chooses to remain separate from those they called friends. -For some reason I feel like my writing is being judged based upon the thoughts that arrive to the reader, weighed against my own condition as well or in pain, as though the two conditions reflect some contingency upon one or the other feeling better or more free, I can say from experience that it's usually who is in my life, that blooms, not myself. No one can motivate anyone who does not value themselves, and allows pain the spread throughout their lives, until ultimately they lose their sense of stability, that's upon recognizing that one is not as happy or well or aggressive as others appear, whether nice to you or not, cannot fix your condition so long as you appear with reservation, the moment you let someone in your life, who you do not know, is the moment a loss of identity occurs, as someone knowing you, who you do not know, who later feels empowered by knowing who you are, and having met you or interacted with you, whether intimately or amicably in life, that's something you have to figure out for yourself, how to get your power back, and not be defined by times, when you were happy, and everyone else was not well, how you lit up a room and everyone talked to you, about their problems, and how you shared your experiences in exchange to better their minds. When others reach a point of clarity upon knowing you or by speaking to you that's a gift, that light in the room around you and others, is a gift, meaning everything is going well, things are in place, and that's why you stand out amongst others, who do not know you by name or face, or how you met, became friends, who you dated, and who friended who first on Facebook.

[*What was written on Twitter today, concerning death, dying, mental illness, and blogging*](#)



mymollydoll
@mymollydoll_

You will learn as u m
control the interpreta
others if there was o
thework of others as
of reliability or truth
reference2current id
perspectives of blan

3:41 PM · Jun 23, 2020 · Tw



mymollydoll
@mymollydoll_

It is shockingly stupi
successful or learn t
amongst themselves
adapt to the changir
needs of their audier
an anecdote or reprim
of understanding oc

3:35 PM · Jun 23, 2020 · Tw



mymollydoll
@mymollydoll_

Therefore it is not ea
in fact it takes a lot o
tuning and experien
that covers reservati
w/assumption that d
speaking in public o
online as though my

3:33 PM · Jun 23, 2020 · Tw



mymollydoll
@mymollydoll_

What's the differenc
people connected to
passed and your own
by those losses, how
yourself and others i
losses not be blame
past as the cause fo
issues now.

3:22 PM · Jun 23, 2020 · Tw



mymollydoll
@mymollydoll_

Recognize that professional human beings care and are directly connected to themselves w/regard pride & motivations in the lives of others live always assume to be

3:18 PM · Jun 23, 2020 · Twitter



mymollydoll
@mymollydoll_

Always note the difference creative energy involved thoughts and be aware about u that are felt think or based upon where u have been in as a bad connection

3:17 PM · Jun 23, 2020 · Twitter

Everyday a Minute Older ...

6/23/2020

It would be naive to think that success comes easily to those who are able to stand out in their chosen field of study and exceed expectations of them, which usually leaves them in leadership positions later on in life. Its a tough pill to swallow for most, whenever someone who knows someone famous, or is a member of a family consisting of hardworking professionals, becomes well known to others in the chosen profession, for me its writing. You cant pick a niche profession in life, based upon the needs of others always, and like most professionals, you can only excel at what you know best, whether thats in writing, the performing arts, dancing, singing, filming, documenting, photography, art, math, physics, science, reading, web development, blogging, politics, philanthropy, or beauty. Everyone is different, and everyone shines for different reasons, some shining more than most, its not a quality about a person, that can taken away through imitation, or by reading someones work, a better life lived as compared to the writer of the composition. Sometimes you only get as far as you can see, and well if you cant manage to understand life for yourself, then never become too dependent on any other person, to help you make sense of your life lived. Whether upon introductions of yourself, and whether at a later point in time when you are more put together, have faith that some form of acceptance of you will take place, upon meeting you and knowing you in life, just like basic social interactions, nice or disinterested, cordial or unfriendly, welcoming, or shunned, empathized with loving, or distant and cold. This all depends on who you are, not all are given an opportunity to be new to anywhere in life, or to anyone in life, who already knows them, thats the basic battle of someone who recognizes you and does not like you, or recognizes you and does not think highly of you, usually someone who expects more of you, more beauty, more intelligence, more confidence, more eye contact, and less subservience to the men they came to love and adore. We all love differently, and if its a trait about you that makes others feel better about themselves, then dont change, and if you get hurt because of your disposition in life, dont blame others, thats how you lose that gift in life, to both love and admire, and be admired back. Not all find that easy to do, with people in

their own lives, let alone learn to appreciate that quality found in those who are able to love one another, always be respectful of all that others have managed to achieve in life, without interruption, and well if you think you can do a better job at loving someone who is loved, then that's your choice, to interrupt that progress between two people in a loving relationship, just don't complain later if you feel threatened by the later public successes of someone who you used to think less of.

What Does Mental Illness Reflect? ...

6/22/2020

Not all of us are privileged with the capacity to be experimental with our own health and condition, let alone the conditions of others, some live more freely than most, that's not to say that we don't all have to work equally as hard to get jobs and get places in life. I'm always mindful that whenever I share a series of responses I have experienced in life, and a set of circumstances I have endured in life, not to share any details about experiences in life, that I am not able to say out loud, for example speaking here, and if asked specifically what experiences in life I am describing here, able to say out loud. These are my personal reflections after having lived life, and based on where I am today, how I plan to live the rest of my life. Although we would like to think that mental health issues, are hereditary they're not, and although we'd like to think that some genes are more susceptible to certain mental health issues than most, I do not agree with that understanding of the origins of mental health issues, or how they are acquired or caused for that matter. If we could agree to one solution when it comes to understanding mental health issues, it would be to understand those issues, as a product of our choices in life, and by those choices in life, make ourselves more or less susceptible to inheriting traits, demeanors, looks, responses, reactions, behaviors, or coping mechanisms, including the use and abuse of substances such as drugs or alcohols to circumscribe the effects of those mental health issues, on our ability to function and adapt normally among others, be social in spite of those reservations or feelings of being uptight. It's true although few have admitted to the fact, that when one feels uptight they cannot be themselves around others, there is likely a reason why humans naturally bottle up, in the event they do not feel comfortable or made to feel uncomfortable around others, whether by their doing or by the doing of someone in their environment or not, who they may find disagreeable to their tastes, or acceptances of who they have come to identify as a normal representation of confidence, intelligence, or wellness. In the event you do let your guard down and let loose, understand that in later moments when more is expected of you, you have the potential for being judged based upon the moments in which you did not follow your instincts, and followed a learned norm acquired from exposures and to the surroundings of one particular environment, to a different set of circumstances in a different environment. The difference between a bar, a classroom, a spa, a gym, running outdoors, on a treadmill, dating, in the bedroom, on a date in a restaurant, at an event, to an interview, or at a job. It's usually inappropriateness that is found to be of humor to those who have the privilege of watching and assessing your personal development over time, without you knowing it, as though they have a right to dictate confidences to others, you do not know, of how to see you, accept you, understand you, or know you, based upon the opinions of people who you don't know in real life, and have never known or met, as though it's by their advices in life one should be treated. -There are many ways to make things better for yourself in life, however if you find yourself, not among the majority of opinions in life, about who you are or why you are the way that you are, and based upon who you know, be sized up in terms of how serious anyone should take you in life, then know that anytime you feel good, anytime you are positive, and anytime you are doing well will look stupid to most, that's others as taking themselves seriously in life, tend to observe those who are positive with negative judgment, having heard differently of you, or having heard about you, think otherwise, that your disposition is not genuine, but a product of discomfort as though you know and understand that others know who you are or are watching you for any reason, unbeknownst to you. Therefore you run the risk of making things worse at your own expense or at the expense of others, the longer it takes for you to understand why when you are serious others are not, and when you are not serious why others are, and during those changes in demeanor, be sure not to make light of any experiences by others who have been directly affected or assumed to have been knowledgeable participants in the furthering of how intelligence is determined and acquired by members within any industry for that matter, as having to do simply with who has become sick, who has died, or who is experiencing mental health issues at the moment, which is why someone who was perceived to have been a knowledgeable participant gets harmed, by those who assume it's the system of care that is being put into question, instead of understanding that mental health issues reflect a bigger picture of care demonstrating the decision making skills of those in power, and the audiences under their care, who have grown to love and admire them both on screen and off screen, on stage and off stage, be minimized in terms of their talent, by

a few instances of mental health issues suffered by a few examples of their cohorts, who more or less, appear to have similarly suffered the same disorientation, physical health, and public scrutiny as someone who is not famous, and who has never been known in the public arena as a professional entertainer and media personality. Mental illness, as sad as it is to see be experienced by people in life, does reflect ones decision making skills, who surrounds them, who they are surrounded by, and who they go to for help, and on the basis of what type of help they receive in life, get well or not.

Working Your Way Toward Solution ...

6/22/2020

In the event you cannot stay well, no matter how well anyone is doing around you, means either take a step back, thinking differently, or look beyond your circumstances at the moment. Its human nature for people to gravitate toward what makes sense to them, sometimes it matters who a person is, by education and experience, that they are more likely to be heard than most, thats because they have been trained and have studied, meaning their thinking is not subjective, based solely upon protecting ones own interests, usually when someone is trying to defend themselves thats exactly how they do sound, selfish and off putting, nonsensical, and only making sense as standing in their shoes, the shoes of someone who is not a party to the other side, that is people who think less of them, and do not see their best interests as mattering or being of consequence to their lives, neither in the positive nor the negative wish to hear from anyone, who they do not wish to be apart of their understanding of life. You cannot blame someone who is situated separately from the majority as being responsible for any confirmations occurring noting their existence, whether as a means to include them or not include them in the loop, that is the big picture understanding of how people have come to be accepted in society and for what purposes, usually its earned, and that is why they are not difficult to look at or understand, read, or make sense of, meaning they make sense on their own, whether or not their identities are made known to all or not, that type of making sense doesnt require involving the work product of others, but as a beginning way of helping others to understand my story, I used songs and movies, as breaks in the telling of my own life, however people are people, they are not characters in movies, and although youd like people to adhere to formulas for your own wellness and interpretation of them, life simply doesnt work that way. -We all reach points of clarity at different points in our lives, whether by exposure, and sometimes through meeting people we can feel a different sense of confidence in life, or sometimes lose confidence in life, depending on how well we match with others, thats just something you learn over time, maintaining your sense of identity, learning that people may enter your life, and benefit having known you and not need you, and not be affected by you not in your life, and that sense of feeling put together will not change whether or not they are in your life, and that benefit to them, will continue to exist whether you are up or down, well or not, successful, make it in life, or fail completely to become a working professional, its all up to you. -So instead of wasting time questioning the wellness of others, which can be noticed via anyone's observations, there should be no reason to justify or try to understand why someone is well whether you know them or not, and whether or not they know you, think that your condition well or not is ever contingent upon the maintenance of the wellness around you, the minute you begin to think twice about that possibility, the more likely it will be tested, to see whether its because of your illness others were made to feel better about themselves, and whether others are well because you started doing well yourself, and then the counter arguments are made to see whether if you get sick whether that causes illness to those who are well, to argue that you were not apart of the wellness of others, as being not well, and upon you doing better in life and working, that that was not the reason others around you started to feel better, to argue you are someone who credits yourself for the wellness of others. -Which explains in part why the minute I start to do better in life and feel better, is the minute someone else seeks to control the wellness of those around me, and affect my own wellness, and cause me illness, by getting me to look like someone who does not deserve to be well, and not appear as someone who is doing everything right why they are feeling better, because they have worked hard, which why not to photo your body for men in private, as it may be later used to say that conversations with you were for the purposes of you sharing your body with another, which is done so upon request, during moments when you feel safe, and happy, and private, without expectation of harm to you.

When Things Don't Work Out ...

6/22/2020

You are what you allow, as painful as that is to say to oneself, it's true that so long as you allow yourself to be hurt, and subject yourself to interpretations of you, that cause you to feel hurt, you are therefore only allow that pain to fester, and take hold of who you are, whether or not deserved, and whether or not those reactions within you or towards you are a manifestation of who you are in reality or not. Never become over-consumed with anyone's anger in life, especially as directed toward you, although everyone's happiness does matter, you cannot make anyone happy who cannot be happy for you or in spite of the happiness you are able to achieve for yourself absent minded them, absent minded their own emotional instabilities in life, when it comes to acceptance of you, you cannot expect everyone to be happy for you, the world doesn't work that way, as painful as it feels, one would expect when things are going right for nothing to go wrong, but that isn't the case. Even after you have overcome significant hurdles in life, that doesn't mean that you are therefore immune from controversies, or that you have built up any resiliency to be hurt in the future, there is no public status or level of success that makes any one person immune from being hurt in life. That you learn to accept, the day as it comes, no matter what happens to you in life, not allow those upsets and controversies concerning your good character, to cause you to implode and suffer anxieties in life that leave you bedridden, hopeless, and under so much strain stress and pressure in life, that you fail to continue to meet the mark when it comes to acceptances of you in life, required and needed in order for you to live life, free from harm, and able to thrive among others, without being subjected to attack, on the basis of who you are, including what matters to you, or because of what issues you have underwent be minimized by anything past, to serve as excuse or explanation for the hardships you have endured in life. We can't all be respected, whether or not we are famous, well known, or by who we know treated as special, or given any benefits of the doubt when it comes to our understanding of the world, and where we see ourselves as standing among others in life. Even if you have lived a great life, does not mean that someone who thinks they know you better or are more deserving of being heard as from their own perspective upon knowing you, feel it deserved to cast you under a different light in life, based upon their interactions with you and ability to control you and get you to portray yourself in a way befitting to their interests not your own best interests. Life is painful, but it doesn't need to be any more painful than it already is, we all suffer from some anxiety in life, some of those anxieties manifesting themselves in our life, at the control of other people's wishes, and sometimes by our own forgivings and interactions private with others, a loss of respect occurs for us, by others, and by the ones who speak to us as though they see best, and do not allow you to be yourself in a critical world who judges you based upon what you look like, what you sound like, who you know, where you are in life, what meds you're on, your medical history, etc.

Today is Father's Day ...

6/21/2020

One of the first people you meet in your life who teaches you what it means to make someone else proud of you in life is your Father, for some reason that's their job. And whether you understand why you feel the necessity to make them proud you do, whether that's through sports or school, accolades, awards, jobs, or graduations, it is them who you first seek approvals from in life to know and understand whether you are doing a good job in life. It's by your Father's recommendations you worry less, don't overthink, lighten up, keep going, keep applying yourself, and reminded that everything is okay, especially when you feel like your life is in chaos, and especially during moments when you feel powerless, like your life is over, and that you gave your best and it wasn't good enough, that's what Dads are for, they have been through everything, failure and back, breakups, business stresses, career changes, money losses, money gains, and still they were able to make a family, and because of who they are, you are here today, because they made good choices in life, and you are always considered a product of those good choices in life, until you decide otherwise. In your 20s you don't understand the pressure that hits you in your 30s, when your Parents get older, and life feels shorter, wishing you had spent more time being successful than the moments spent in failure, and wishing you had taken their advice more than the times you decided to rebel and take chances with your career and your livelihood. In any family there is always an unwritten agreement to do what is in their best interests, whether you sign on to the task or not, it always feels like your life is geared on the basis of those who are successful in your family, not geared by your your failures in life tended to, that you learn on your own, although they may seem strong like they have good lives, your life matters to them too, whether or not you are successful, doing well, married, with a job, or home in bed, still trying to figure out life for yourself. Your family is the only group of people who won't let you go out, date, and get used up, unlike your friends, who generally won't tell you what to do in life, only support you in every decision you make, whether or not you get hurt, still there for you, a family is the only group of people, who recognizes when things are off, and sets you back on course because it's their job to care

for you, not to ignore you, like friends may do. You learn this the hard way, who is there for you during times of need, and who simply cannot help you during a time of need, its not that they arent your real friends, its that they have lives of their own, they need to tend to, without wasting their time, energy, and emotions talking someone through their problems in life who cant get well on their own.

Never Give Your Power Away ...

6/19/2020

Those who think they predominate in confidence sometimes think that they are entitled to feel that way because they think that there are lesser forms of human stability around them, that have caused others to be at a disposition in life, that sets them on lesser known courses in life, statuses or disciplines, and do not feel compelled to care for those who they cannot identify with and do not see nothing within them, usually people not as bright as them, who dont shine as well as them, who they do not see the as important, or anyone of importance or significance when it comes to how they have come to define themselves, some inspire others because of who they are, and some feel put down by others depending upon who they are in life, its all a matter whether you allow the dispositions of others to dictate how you feel about yourself, or where you see your potentials in life to blossom, whether among or apart from those who either dont identify with you or who have grown apart from you and no longer identify with you. Whenever you experience a change in beauty or body image, thats exactly what others think upon seeing you, first noticing a change and then assuming there has been a loss of identifying with whomever you have become separate from, whether thats friends female or male or lovers and companions and people with whom you have shared a monogamous relationship with and connected with on a spiritual level that is taking care of one another in a a loving relationship. Those who foster best do so whether separate or apart from those they love those who they consider friends, or those they work for, and even in a crowded room, neither intimidated nor feeling less than anyone around them, and still able to light up their own, absent minded who is looking at them, and whether anyone stands out to them, able to stand out too in a crowded room, and not lose light simply because someone else stands out too whether male or female, thats having no element of jealousy or inferiority in comparison to those around you, feeling equally as human, whole, and solid as person, no matter who is in the room, whether anyone notices, them, looks at them, and by no matter how many people they meet in life, and interact with, are seen as themselves, not someone in need of fixing, or in need of help, which demarcates someone who is not found, or maybe even someone with disability who is overcoming their defects and weaknesses and trying to blend in with the rest of them, whether male or female. Preservation is about preserving your light, its not meant with the intent to see others as threat to your mental and physical health, no one has the power to take your light away, not by intimate relationships, not by friendship, not by photography, not by messaging, not by reading, and certainly not by exposure, able to change who you are on the inside, and how you look in comparison to how others feel and look whether around you in your life, or via their own observations in life, seeing you in public, rested among everyone else in the room no matter where that room is, who is in that room, who recognizes them in the room, who recognizes them they do not know, and no matter who is around, and who is in observation of that person in interaction with another, there is no power loss in any communications between people in private or by people in public or by people watching over people in private in communication shared or kept private. I am someone who dates, and some are empowered or bettered having dated me or having known me, and without me in their lives have been able to live good lives without me, thats not having control over people who are no longer in your life, and not allowing them to have control over who you are in your life, without them in your life, and sometimes there are attachments, depending on how long you have known someone, and any separation from them losses of light if seen are assumed to be interpreted as a connection assumed to be loved between people who upon separation caused a loss of light to occur. No one is responsible for anyone who losses light around them who knows them who they do not know, and no one with light is responsible for a loss of light occurring around them by people they dont know who see them in public, which is a natural defense upon recognizing someone you do know with light, thinking they have light because they are known to others, and thinking losses of light occurred because they were known to others. That is not the case that love is always involved, light is not about physiological changes in light, between people known or not known in public or upon interactions in public, knowing or not knowing people, see all people as human, not all interconnected based upon who is noticeable who is not noticeable, who is loved, who has loved, who one loves, who loves them, who they know, who knows them, and stop creating basis for excluding people in life, who you think have more light that you in life because they are known, and assume your loss of light is because someone who you think is who they are simply of what they look like or who they know.

Saying: Leave Things Alone ...

6/17/2020

There are many qualifications for public speaking one of the reasons is that in the event of an emergency you don't have time to learn and do research and the ability to use books or references by others, listen to current dialogue, and review right now as a whole, that as you become more and more professional either having experienced issues and having been able to deal with those issues in the past, without aggravating your own best interests or others, or you have no experience when a new problem arises that you have just begun to realize to remember previously not noticeable as applicable in the past, that when your knowledge base ie your education comes into gear, in a natural way we are taught information and its through our application of what we have been directed to focus on that we create compositions in life that illustrate our understanding not only of what we know and have experience and training in addressing, but that in trying to comprehend and measure the scope of how one influence has either shaped or affected others, not assume nor transmit what you think is happening with or without confirmations from others past, rely on any system of acceptance not understood nor created for you to better understand what is hurting you, helping you in life, or discern the causes for your own issues, as it relates to what you see now, and what you say now, right now is "unlike anything I have ever" experienced in life, right now is primarily about me, not suffering from the losses unforeseen by others, when addressing a subject, that struck a chord with so many willing to respond to these calls to action, to reinforce the values that they think should be promoted without distraction to other issues of lesser importance as it relates to focusing on who needs help and why, not by defending via example your work history as though you have to further qualify yourself in life, to do what you are doing blogging, and ever feel the pressure to respond on a grander scale which addresses everyone's issues, I'm not a doctor and you cannot diagnose a situation in which others who feel are doing the right thing and noticeably upset, be responded to or described in public by someone who may be outside of an issue, and their condition being compared or tolerated more so by others, than they were tolerant of my reactions to instability, worries about the wrong things in life until they occurred, rather than see me similarly situated as in responding to what does not make sense, and by what I feel do what I think is right, without being distracted by what anyone else is doing, you learn later in life when things become unstable that nothing is interconnected as bearing a responsibility to respond in a way that brings other problems that have occurred as it relates to what is currently going wrong in our country or other countries, if nothing wrong is happening in your life, then do your part, not to become a source of insight when things are going well, and then broach topics to strike a chord with a sensitive population who are focused on their own issues and chords in life, regarding what matters in regards to their concerns and best interests of all they are presenting when it comes down to which incident sparked a unified effort to respond in a way that more than just those who responded initially. If my issues and previous life crises were already presented and shared in a private, then there is not necessity to share in a formal way to the public what is not confirmed to have occurred, those unnecessary confirmations in life, usually occur by onlookers, when it's not their lives at issue that are being questioned especially when it comes to issues they feel you should be compelled to speak about, we don't all arrive at a moment of peace simply because others are fighting about something I have never argued nor fought about and by responding that's not to make my life of issue as though my life can in any way contribute to an already boiling and unstable condition, which have the capability of taking on a different character, whenever you have a concern if you publicly share that concern, that's not a joke, all humor issues aside, as thinking I am unstable simply because I cannot take a joke that is more about others' understandings than it is about my own life currently, that's not what drives people's right decision making over-reliance on the past and what other people think and waste time talking about yourself, when other more important things can be talked about, without expectation as though any reader deserves to know the origins of your intelligence how it was derived, and whether because of who you are are immune to controversies if you speak or end up like anyone else famous who offend an already serious and fragile situation, make light of something not affecting them, I'm not famous with a responsibility to work among professionals as connected or with a political drive to respond to all, these are skills you are exposed to and learn upon being exposed to how people articulate themselves and in what types of situations they are compelled to speak and how they present themselves. -That's the misnomer, that overtime, or upon others' successes you think are related to previous concerns somehow dilute a bad situation if shared now, does not make discussion of any more comforting or helpful, neither affirms, nor betters either side, and when that occurs sometimes people take it upon themselves upon someone not knowing what to say to prosecute them for not having said anything as it relates to things others thought were important or official confirmations of responsibility as it applies to any interests of

someone who is not in a position of power, but who has been present and sends information with or without their review, to fulfill an ongoing responsibility not for them to see what I see but to keep them updated on my progress, not for the purposes of investigation as to other points in time, or by what others have done, be careful not to empower or defend people with an interest you are not sure about and be careful not to relate their demeanor as though its being directed at you, if you present that possibility upon thinking that way has the potential to empower someone who is not aware of everything done right, and at a moments notice all progress can be lost, simply for the purposes or hearing about something from the past you felt was of significance and not addressed publicly in a way you thought befitting of someone who did the right thing, and did not allow others to continue to harm people on the basis of excuses or on the basis of beliefs, or on the basis of their heritage, or by what they know, and especially not because of who they think is wrong or was wrong in the past upon disclosure in private to others, your childhood is not your adulthood, and was told your reputation starts the day you begin law school, and reminded of how important your moral character application is to pass the bar exam I was one of the recommenders to my best friend asked to write a recommendation for him as a law student in California. I cant explain how someone with years of experience gets in trouble and put in jail, it must because they did not improve over time or correct what was of issue or could be of issue, and instead of reinforcing that companies purpose to promote the best interests of all, was turned in as someone who actually caused harm to the careers of others, not helping them, and if that pain upon having been attached to them, to hear about causes you pain, well then thats why they were punished. How can someone who belongs and making millions of dollars, ever become concerned with the interests of a few, there are many ways of becoming special, either as a whole you have an ability to not overwhelm the senses and after meeting you, not thought about in the negative, or reminded of after they have come into your life, and some people stay in your life, even after you have left their life, and sometimes that can create an unwanted attachment, to be connected to a previous moment in time, when there was total acceptance of you, and see the same occur as though if now, at what point was there ever a personal interest in responding to matter outside the scope of anyones business practices if exiting in real life, not of or concerning them. I think what is wanted to be known about me now, is how I am able to see things and pick up the correct way to respond, its not through training you earn your tone, its a disciplined practice to write and to sound well and be balanced and say what makes sense without causing instability to any side who has been affected by any system of abuse, in which one has grown to trust, and then feel pain at a later point as a result of having been connected to them, thats more than people being quiet in a room you are in, or trying to get everyone to feel comfortable around you, as though that is necessary to see you in action past a point of non-acceptance, later wellness can still be affected by previous moments of illness no matter what the causes were, be mindful of that. Which brings us to our next point, life is short, therefore if you get the work done on paper and explain things well once, that will suffice if it was never about those things and later provoked by everyone doing well, thats to see whether you are only comfortable sharing information as it relates to those who are successful as though you have any preferred preference of connection in life to well in order to thrive Im nice to everyone but at this point I do not have the energy to think about what is not understood at the risk of provoking conversations among everyone who has just arrived and who have left and found solution, to be bothered as people are coming to a moment of peace, see whether any changes within me or via discourse coming from me every trigger unwanted change in others, of course not, I do not compare myself to others, I dont look at others, I do not focus on others, I am accepting of all, I read enough to know who they are maybe upon knowing their connections matters in life, but dont make things about the lives of others as though I am picky about whether to accept someone into my life depending on what I think is about me or whether that does not support or offends the interests of anyone trying to prove me wrong in life as though I am being critical of anyone who is not in my life and doing anything wrong directly to me, just as for the purposes I am degraded to terms, similarly companies can be degraded if they ever look as though their purpose was futile, dont put me down therefore to empower anything that is going well for others, connect us as though my condition is their fault. When everything can be summarized to something that is not a necessary public issue, for the fact that I have never been gay in my life, and do not have any plans to be gay, dont entertain that understanding of you as being something you are not, simply to accommodate their winning hand in life or a series of interpretations they practice when it comes to being funny and shedding light on the order of importance of issues, and to who understand to who is disconnect not clear to,. Why is this important because once there is evidence of a changed condition set in stone, that becomes a confirmed part of your identity and if so stated is believed to have occurred and once something you are not sure about can be confirmed as being of issue, that only reinforces all previous assumptions that you looked and sounded and were uncomfortable because you were those things in life Gay, simply because you were not afforded medications in life, to maintain focus on yourself not be easily distracted in life, for whatever reason you became tired, from having smoked weed, and got tired. This brings up an important question if you explain the capability of your face changing then then as you are now with similarly be experimented with given your conditions and exposures, to see whether you are a product of what you hear, who

you see, what you know, your exposures, and whether you adapt and change to be like, to be as good as, in defiance of oneself, or illustrate a way in which you were harmed something others noticed that you did not, having not been vain, care. There are naturally ways in which a Freudian slip occurs which is when a more positive understanding of personal changes can be observed through your writing, even if you have not said that out loud, which is why its important to leave people in their natural condition, not to write to prove points as directed to yourself or others when it comes to looks, sexuality, or your private life.

July 2020

What is Respect? ...

7/3/2020

Being in tune with others, is a sign of respect, for who is here, recognizing how people are feeling, and being mindful of the worries and without mention. Sometimes the best way to help others during a time of need, requires less focus on the problem at hand, as recognizing unconditional acceptance of others no matter what their condition is, that doesnt require you to know someone well, to have compassion, sometimes just being present, and being accountable for your life with respect to the lives that others lead, is all that it takes, in order to stay on course in life, and not be led astray. We are given so many options in life, and if there is one thing I have learned during the process of recovery, while healing from mental illness, and instability in life, living life in question, instead of with faith, under impressions, not to be and misguided, not found, eventually we find that natural sense of comfort, in having a good head on our shoulders once again, sometimes getting sober, cutting back on substances, or even stopping to explore emotions, concerning whats the matter with us, and start valuing ourselves anyways in spite of our imperfections. There will always be things in life, that pull you back into your core sense of self, reminders past and present are, and when you get there, remember this, no one cares where you have been in life, so long as you do not allow those troubles to dictate your future course in life, and repeat old mistakes, once again, to the disappointment of others, whether thats falling in love too fast, or too soon, becoming too emotional in private or in public, or even worse, give up all together and become something your not, drinking or smoking, and experimenting with your health and emotions, which always seem to wind up bringing out the worst in us, not the best of character we have to offer the world. No one likes instability, its an automatic turn off, in a world that requires "peace of mind" stability, trust, commitment, hardwork, over personal issues, feelings, anger, upset, or frustration with ones own purpose in life, and unable to fulfill any other purpose, though its problems that need to be resolved in order to move forward, so long as you lay problems before yourself, well then thats what is left with, when you find yourself alone, and finding it difficult to talk to anyone, if its love and happiness that you need, then think twice before giving up all options for those things in life, simply because you think that you are worse off than you are. There are no mental tricks, no shortcuts, of a rut, it starts with forgiveness and acceptance of oneself, any errors that have been made past, and without lamenting on what could have been, be proud of yourself as you are today, not always with faith that things happen for a reason, is life explained to us later on in life, we have to see things for ourselves, to realize how when disempowered we lose all ability to care well for ourselves and others, and that is a heartbreaking experince to have in life, to feel worthless, every effort put forward in life, to better oneself, undermined by a past problem or defect existing or stain in our past, that we keep bringing up over and over again, its not until you allow those thoughts to process in a way that you develop a sense of chaos around your current sense of being, no matter how far youve come, how long it took to get well, the next step back into those memories and emotions concerning inner turmoils or judgments of you, is the minute you give power for those inner issues to you to be had, dont leave yourself powerless in life, you may not know it all, but that certainly doesnt mean that you cant yet still recover, you will find out as you get older, that the world is not as conservative as you anticipated it would be, you dont have to blend in and be as fearful, it just means be a little more gentle in your approach, when it comes to voicing your opinions, as others may not be as hard on themselves as you are on your own self, be someone worth knowing, and who upon being known, make others feel well around you, and that starts with knowing your own disturbances well, and be a solid voice of reason, to enable others to weather worse storms in life, possibly, conditions you yourself have been exposed to, be thankful for everyone in your life, no matter how hard they were on you, and do your best to stay level headed, you cant help anyone who cannot help themselves, just be positive!

Personal Update ...

7/3/2020

Just got the results back from my Ultrasound of my Kidney and Liver, and they found a Hemangioma in my Liver, 1.3 centimeters, they say it doesnt require surgery yet, but a follow up in October.

Heartwarming Expectations ...

7/3/2020

After speaking online, theres a lot of unwanted expectations you get met with, no matter how hard you've work, how long you have who you have spoken to, who you have reached out to for help, who you have encountered during your years of recovery, for something in return, you do not owe anything to anyone in life, reassurances in life, dont come for free, thats the false expectation of a writer, to be brought into a space in life, that illuminates their mind, and exposes them to a more beautified version of life, I leave nothing up to the of others, I generally speak honestly, and specifically, and in detail, in a balanced way, that does not give way to negative inference to thats the expectation of someone who appears to have recovered, assuming that they are immune from controversy or backlash in life, how they have lived their life, as not being good enough, not fit to be a public figure, or not smart enough to speak in public, those are intimidations I face as a writer, its not easy to write online, and its not easy to write live, without editing, thats where one is mistaken, excitement under pressure, or that one rises to occasions provoked by others, or similarly provoked by others, you cannot control people would be wrong to especially try to control me, or affect me in a way, to make things looks differently as told, with expectation of being all, thats when living becomes tiresome, subjected to agendas, dispositions, and feelings of others toward you, knowing you but unimpressed you, thinking they have you all figured out, and wanting to see how much time and attention you get side-tracked on trying to figure out generally a waste of time, to spend too much time on anyone who is preoccupied with themselves or others, never think twice about it, you in their lives, so be it, but not at your expense for ridicule, when youre down, fall in love, or try too hard for acceptances in life, in position, thats just recipe for disaster, embarrassment, and later provocations as though you play stupid and arent a nice person, if you spoken online at a later point in time, after a year of writing in public everyday, and finally becoming popular February 2020, two months being eligible for expungement, meaning have my record cleared, not for public review and interpretation, that includes my resume, its some to justify treating you in what they think is a smart way, based upon what your resume looks like, as though that was a strategy for dropping or paying attention to things like that at the get go. "John Nicholson" was an attorney who asked me to work for him on LinkedIn *NOT an intent to communicate* a "Nicholson" joke, with regards to the quote "you cant handle the truth" which was later stated, in lieu of passing of "Senator McCain" for Arizona, a war veteran, known for surviving torture, whos running mate 2008 [1] was "Sarah Palin" whose daughter name is "Bristol Palin," the street parallel to the street I grew up on, the same street featured in the movie: Clueless, they drove in my neighborhood and on San Vicente. She famously wrote a book about going "Rogue" I assumed to be about her trying to be brave among others similarly, and take a different course of action setting her apart from others, maybe that was her definition of leadership, beyond everyone, to be above any concepts driving current systems of creation and understanding of events and important lives, and neighborhoods, containing victims of crime, in their memory, stapled to the screen, older more mature versions, thought to have been sophisticated representations of students at the time, featured at "Beverly Hills High School" in another neighborhood, east of Brentwood born in Santa Monica and attended Carlsborp School, a very small private school just west of my neighborhood Brentwood, the family home before us, the Redlands, I knew looking in a Carlsborp phone directory, same address but a different family name, their children at Carlsborp School. Our neighbors were the "The Petersons," their daughter gifted me her set of Barbies, when mine were broken by my friend, she was in the same class as a Carlsborp transfer friend, whos Father was a "UCLA" Doctor, with an older sister who used to read magazines, and taped photos to the wall of her bedroom of models. Similarly, my best friend and I taped photos of models to our bedroom Brentwood and in her home in Miami, where she later moved, and lost weight, and I gained weight. I once joked, calling myself "Rogue" because I had made so many iMovie jokes, to title segments from my life shared out loud, that someone on Twitter posted an Iceberg meme with the same term, similar to the "Shreck" car chase seen shown overhead, in my senior yearbook, the caption "Voted Most Shady" was over a picture of myself and seated in the back, a classmate who freak danced my neighbor at his Bar-Mitzvah, legs in between one another was dressed in black velvet a long skirt and a velvet t-shirt, who was later featured in his Bar-Mitzvah video told his "parents said who pointed me out." Similarly at a club in Hollywood, out with Kelly Osbourne, we bumped into a cast member "Donald Faison," from the "Clueless" and sandwich freak danced him, I was maybe 15 this was before driving, as I remember my friend through friends was out to drive.

Reference:

[1] <https://search.yahoo.com/search?fr=mcafee&type=E211US105G0&p=senator+mccain>.

Autobiography (1-27) Posts ...

7/3/2020

(1) Not Why We Met (04-12-20)

<https://www.mymollydoll.com/mymollydoll/not-why-we-met>

(2) Dont Take Your Time for Granted (04-13-20)

<https://www.mymollydoll.com/mymollydoll/dont-take-your-time-for-granted>

(3) Tolerable Levels of Advocacy (04-16-20)

<https://www.mymollydoll.com/mymollydoll/tolerable-levels-of-advocacy>

(4) Being Better Than (04-22-20)

<https://www.mymollydoll.com/mymollydoll/being-better-than-v-being-apart-of>

(5) Being Defined (04-29-20)

<https://www.mymollydoll.com/mymollydoll/being-defined>

(6) The Weight of Criticism (05-02-20)

<https://www.mymollydoll.com/mymollydoll/previous/5>

(7) Into Adulthood (05-10-20)

<https://www.mymollydoll.com/mymollydoll/into-adulthood>

(8) When Love Comes Around (06-14-20)

<https://www.mymollydoll.com/mymollydoll/when-love-comes-around3085037>

(9) Credits Deserved and Wellness (06-17-20)

<https://www.mymollydoll.com/mymollydoll/credits-deserved-and-wellness>

(10) Overcoming Hate & Restoring Your Faith (04-12-20)

<https://www.mymollydoll.com/mymollydoll/overcoming-hate-restoring-your-faith>

(11) Not Everyones Ready (03-16-20)

<https://www.mymollydoll.com/mymollydoll/not-everyones-ready>

(12) Growing Up (09-17-20)

<https://www.mymollydoll.com/mymollydoll/growing-up>

(13) Growing Up in Brentwood (03-15-20)

<https://www.mymollydoll.com/mymollydoll/growing-up-in-brentwood>

(14) Please Respect Year 2013 (10-23-17)

<https://www.mymollydoll.com/mymollydoll/please-respect-year-2013-founded-by-mymollydoll>

(15) Expect that Much (01-01-20)

<https://www.mymollydoll.com/mymollydoll/january-01st-2020>

(16) Why they Freed OJ (10-20-17)

<https://www.mymollydoll.com/mymollydoll/why-they-freed-oj-because-leslie-committed-suicide-and-leslies-dad-died-with-an-hemarr2009>

(17) Theory of Evolution (10-04-17)

<https://www.mymollydoll.com/mymollydoll/theory-of-evolution-gt-forward-positivity-nobel-pulitzer>

(18) Knowing Less About (04-06-20)

<https://www.mymollydoll.com/mymollydoll/knowing-less-about>

(19) Finding a Stopping Point to Thoughts (02-06-20)

<https://www.mymollydoll.com/mymollydoll/finding-a-stopping-point-to-thoughts>

(20) This Day and Age (06-03-20)

<https://www.mymollydoll.com/mymollydoll/this-day-and-age>

(21) Just Left the Hospital (08-09-19)

<https://www.mymollydoll.com/mymollydoll/august-09th-2019>

(22) Don't Define Me by My Past (01-06-20)

<https://www.mymollydoll.com/mymollydoll/dont-define-me-by-my-past>

(23) 1 Marg (01-19-20) (01-27-20)

<https://www.mymollydoll.com/mymollydoll/1-marg-removed-posted-01-20-20>

(24) FBIDC Report #3 (09-27-17)

<https://www.mymollydoll.com/mymollydoll/fbidc-report-3-by-leslie-a-fischman-aba-certified-paralegal-aka-mymollydoll-formerly-ra-2013>

(25) Being Bold (03-30-20)

<https://www.mymollydoll.com/mymollydoll/being-bold>

(26) Life Isn't Perfect (04-02-20)

<https://www.mymollydoll.com/mymollydoll/life-isnt-perfect>

(27) The Last Thing on my Mind (01-06-20)

<https://www.mymollydoll.com/mymollydoll/the-last-thing-on-my-mind>

Meaning Behind the Letter "Y" ...

7/3/2020

I first learned about City Planning, as a Paralegal Intern at the LA City Attorney's Office when I was 22 years old, a Paralegal Studies finishing up my ABA Paralegal Certificate. I was required to go to a Public Transit Library, located on the other side of Train Terminal there by walking, from Main Street, where our Office was located, my parking spot, kitty corner to a park, behind the LA Time Building past, everyday on my way to work. Some things are put in stone, mostly things that help a city stay organized and orderly, and give address to any number of citizens within a given county, who recognize their surroundings as home, a familiarity to any neighborhood setting uniquely identifies people with their surroundings, sometimes reminding them of who they are, where they come from, and also fit for from ever feeling larger than we are, human, irreplaceable, but only living for a moment on time on earth. There's a great song my Mother listen to, in her Mercedes SL, with the license plate "Rognons" which means Kidneys in French, it was Black with a Tan interior, a two seats lifting up for seating in the back, her best friend used to drive a White Ferrari with the license plate "Late4aDate," her car was White Interior and stick shift, gifted to her, with a Red Bow on her Birthday, her name written in cursive in rainbow over the driver's side door. A song is called "Why" by Annie Lennox, her best friend's favorite song around the time of her death was "Come Undone" by Duran Duran. I hear the song "Why" I always think of the Y I noticed in the middle of New York City, by the theater district, the part of town I just learned also called "The Great White Way," "encompassing Times Square ,, [an area] between Union Square and Madison Square." [1] Union Square "Union Station" I walked through on my way to the Public Transit Library. [2] As a Sociologist who was also a Psychology Major for I've always been an even tempered person, never paranoid, never questioning others, never doubting anyone around me, grew up "self-taught" learned this term in American Literature in High School, a private school my Brother also attended, which is why I applied, even though I was on Honor Roll in 6th Grade, won a Medal in Basketball, and sang a solo with one other girl who attended another private school, her Father was an Airplane Leasing, or Hungarian decent. In elementary school, I was placed in a multi-racial mixed-ethnicity class, the children of wealthy professionals, with homes, and whose children mostly graduated and attended a more prestigious middle school and high school than mine. I got in from my class, however I did not apply, and three of us out of 27 students attended other schools, two of us attended Windward High School. The meaning of the letter "Y" I am reminded of how things have come to be, and how many systems of knowledge are built upon what is important to the individual bearing any resonance or derived meaning from the potentials they see around them, including individuals of interest, who may not make decisions based off of knowing, sometimes only later, knowing or understanding or appreciating them in a different respect.

would think that "knowledge is power" however in today day and age, it seems to be more about who you know that gives individuals it comes to identifying matters of importance and people of importance, shared knowledge is not always the ticket for acceptances, not story I am sharing now, even if a new anecdote from life is shared, its seems to always take on a different meaning to most, especially who sees your sharing as a jumping off point for their better understanding of life, or for suited derived interests on subjects that conce memories from life, what they know and recollect, always making decisions based upon who they think is important, never stating wh reject or decline insights from, carry on in life, as though one doesnt exist or have anything important to say. When I asked a pen pal "9/11?" It was because I wasnt sure why I was not being responded to and for what reasons, sure I tweeted in bits and pieces, but that n had a firm understanding of the historical meaning behind how songs are made, who Ive known, and by what connections, that momen affected me personally, other than my Father crying in the kitchen that morning, watching the news, and went to class, I was in Spanis firts period. We played hang man, the teacher kept saying "lo siento no aynada" thats all I can remember. Its so disheartening to be tre nobody in life, let alone an offender to the best interests of others, that really dissuades a person from coming forward and sharing fact life, its seems that everyone has already preassembled their own theories about 9/11 and why that happened to our Country, by my edu an unethical disruption of the natural work flow, and idea making process, to constantly rule out people from any moments of peace, c irrational disruption to the progress of anyone trying to make it on their own in this world career wise, and an even bigger insult to nar App "Tinder" when there was a "Tinder" Smoke Shop located on the corner of my Moms Rent-Controlled Home two bloack away for same as the address of a Star Avenue building shaped like the Arc de Triump located at the tip of the Champs Elysee in France, where Summer Study Summer 2002, the year that Lance Armstrong won the Tour de France, I studied Architecture in Art History and Draw American University of Paris, with my Best Friend, who had recently moved to Florida, Miami, I remember crying on the Airplane on seated after hugging her Dad goodbye, who stood at the entrance to the terminal they walked me to the boarding area. Thats just how p add things up to negatives, to suit themselves in life, as though anything they think or their current stability is automatically offended b insights or by the sharing of your life, as though people were not already benefiting themselves by pointing out your existence in life, to you, but obvious to any outsider to any equation concerning you or your family, who lived on Rockingham, two blocks away from n Friend, whos Mother met us playing outside, and asked my Brother "Do you have a sister?" I havent even read my Mothers book comp her book went missing from her home, people do anything by the book these days, when it comes to controlling your outlook and insig you as though they know you or are trying to protect you or keep you quiet for some reason, thats exactly what intimidation feels like, think they know better than you know yourself and your own life, as lived, to be a better judge of character, especially if you are the ty who sees the good in others, and doesnt assume the worst. Its certainly not my my misgivings, or hardships, or separations in life, that of chaos and disillusionment, resulting from a lack of faith in the progress that has been made, and the reasons for which that progress be made and why. Never assume that anyone who speaks would ever disturb that progress, no matter what industries stepped up in life their own concerns about life, whether or not pointing to responsibilities or accepting their own responsibilities in life, when it comes everyone sees and appreciates the world in which we live today.

References:

[1] [en.wikipedia.org/wiki/Broadway_\(Manhattan\)](https://en.wikipedia.org/wiki/Broadway_(Manhattan))

[2] <https://www.google.com/search?q=u.ipn+station+los+angeles&ie=UTF-8&oe=UTF-8&hl=en-us&client=safari#trex=m t:lcl akp.rc f:nav.rc ludocids:5940837200591463785,rc q:Union%2520Station.ru q:Union%2520Station,>

When Professionalism Gets Toxic ...

7/2/2020

There are many stages to any one persons professional development, periods of growth, and periods of decline you will endure, as you given trade or profession in life, its how you handle the ebbs and flows, or any industry that will make or break you in life. There is no as a company, or as a professional, when you are faced with unwanted pressures, in life, that could be things not going right for your E personally or professionally, and having to maintain a positive work ethic, and keep up with your to-dos in life, no matter what the circ are, and no matter what troubles are encountered, as you learn how to make things better around you, while bettering yourself, thats pr standard to being any hardworking professional. Not all work will make you feel good, and you will not always feel good, as you are o work that you are doing, its takes bit of instinct, intelligence, ethics, moral principles, and direction in life, to consistently see yourself number of difficulties you may face, when it comes to saying the right things, and represent yourself and others well in the process of well respected working professional in the workforce. You dont really encounter the politics of a working profession, until you yours with question, concerning how you lead your personal life, what you look like, your weight, your grades, your education, and based up expected of you be treated more harshly than most, no matter what your disabilities are in life, if more is expected of you, then thats h be treated, as though its your responsibility to make yourself better, and to make things around you better for them, or be let go, if you disability, and lose confidence while in the work force. That no one can help you with, image, public rapport, physical presence, know

confidence, beauty, intellect, personality, posture, dress, energy, thinking, attraction, or luck, that is something you have to figure out for yourself, although others may feel bettered having known you, and able to fair better on in life, without you in their lives, that doesn't mean you are worthless, or are or were the problem, when it comes to their wellness, or understanding of the world, and where they see yourself in their scheme of things, of value, or a nuisance to the image and ideals they seek to project into their world as a representative sample of their principles, ethics, and good moral standing in the world, at that rate, these are things you must learn for yourself, whether to play along with people into your life, or take a back seat to the leadership of others, about the worries of the world, or live life for yourself, and not be affected by their negative judgments or interpretations of you. If you cannot help yourself, no one can help you for you, if you are not willing to be a better version of yourself, no exposures in life good or bad can help you to perfect what has been broken, or learn how to be in life, if you are not willing to change things in life, personality and attraction, good standing, and wellness cannot be taught, to anyone who is not willing to stop blaming circumstances around them or people, for their own deficits they face, when looking at the world, and then finding where they fit into it, that is something you have to decide for yourself, it's called being lost, not valuing yourself, and when you do not value yourself, or appear like someone who does not value yourself, then don't expect anyone to be impressed by you professionally or to value you either, be prepared.

You Can't Fix Hate ...

7/1/2020

And so the saying goes, "everyone is entitled to their own opinion." For many reasons, people are not comfortable around most, especially anyone who shares their mind and experiences about life, where sides can be taken, and when it's to their benefit to hold a negative opinion to better their own sense of self, understandings, and boundaries when it comes to caring for whom and why, not all women are loved, not all men are loved, and for whatever reasons or causes for unhappiness are, the cycle doesn't seem to stop, when anyone empowered to state their opinions on matters, puts down anyone who doesn't look, appear, or sound like anyone whose opinion is worth listening to, generally those who are smarter, than anyone who does not make sense to them, who they cannot identify with, and who they do not empathize with, or support. That's not politics, that's hate. The best solution when it comes to caring for all, is to take everything with "a grain of salt" meaning don't amplify issues, and personalize your interests, upon who your hate is being directed toward, the less aggravated one becomes toward a person they are expecting a negative reaction from. It's usually those who express hate, that seek to change or trigger a chemical reaction in the brain, in opposition, or to another human body and brain, to not feel well, which makes them feel better or more well, that's what enables hate to give that power away to any group or set of people, who feel entitled to hate anyone, because they do not agree with how they lead their lives, the decisions they make, who they choose to love or adore, who their friends are, where they went to school, their level of education, their values, they see others in dislike, like their sense of space on earth is more important, than another's sense of space on earth. It's with expectation of others, why people do not like you, instead of focusing on your own life, that loss of focus, then can be felt by any audience to someone, who is treated about unfavorably, or who experiences mental health issues, as a result of poor treatment of them. Those are induced discomforts, to convince themselves as though they are the cause for that treatment of them, as though there is something wrong with them, never allow anyone to convince you that you are something you are not, or even worse, be compared as situated among those who do cause harm to others, it's the differentiation that's sought by those who are mean, ill-willed, bully, taunt, ridicule, and cause harm to any sound decision maker, or rational person, that's when illogical steps occur in one's sense of being themselves, forced to accommodate or respond to what cannot be proven, through their faces, or looks, but can be felt, that condescending superiority, of someone who feels more whole or solid as compared to another, and a sense of being or know-how, out on anyone who does not likewise represent what they think is a demonstration of strength of character. You are not you as a source of their unhappiness, if you are happy or doing well, and then associating blames to someone who does not provide happiness, or feel good feelings to them, as the cause for their unhappiness. You can't make all people happy, and not all people will be drawn to you, you are not special, especially not if bad things are said about you, or to you, during the course of your personal development online, and self-betterment. You cannot change an opinion of hate or disgust for any woman or man, that is not valued, respected, or worth listening to, only hearing the things they think and feel upon looking at you or hearing from you, and by their judgments of you, cast blame, as though anyone speaking to themselves causes their hate. It would be really difficult as a blogger if I ever had any bad experiences in life, or history of being in public, being taunted or hated on, sure that would mean my odds speaking in public, would render a similar result, based upon my appearance, looks, body size, and face.

Knowing vs. Not Knowing ...

7/20/2020

There are plenty of ways to reflect upon life, one way is to remember stories from your own life alongside a timeline of events occurring in history, to better understand what it was you were protected from, and in spite of what was going on in the world able to achieve and be taken care of in life. Not all are blessed, with a strong backbone of

parental figures in their lives, who help guide them in life, support them, give them strength, and someone to answer their questions in life about life, and everything else under the moon, when the time comes. -What is confidence? Confidence to me doesn't always mean being aloof, observant, and at the same time not caring what other people think, sure that's a sign of someone who may seem confident enough to advise you in life, when faced with whatever it is you are struggling with in life. "We all have our own truths" a therapist once told me, and I never really understood what she meant by that. I guess she meant, that we all have our own version of reality, and what we see and know, and based upon our exposures in life, find interesting some things better than others, and from what we focus on, with hope able to derive some meaning from what is focused upon. They put so many things out in front of us, especially on social media, not all of it important, some for the sake of being aesthetically pleasing, and spending a lot of time per post, really go out of their way, to make your social media experience a positive learning experience, and I hope to have provided the same to my audiences, picking up good lessons seeing good things, seeing how things could have gone wrong, and not attributing too many faults to others, having viewed life from my vantage point. It seems the more faults and blames you accumulate the more difficult it becomes for you to tell your story, which is why it was taken me 8 years of writing online, to finally be in a place spiritually and mentally fit to handle such a big audience daily, on my website. It's a lot to manage the minds of others entrusted to your words, and make sure everything comes together properly. Mainly without sharing information to overly benefit intrigue into any sides in life, not in the public's best interests, and share from one's own standpoint, but not in a prosecutorial way, leave people out of any important equations in life, I see as having been apart of any decisions made prior leading up to certain losses in life, forgive. What does forgiveness mean, it means people who were never a party to public light as children, should not be held responsible for their likeness being used in pop culture identities, of what it means to be cool, growing up in a wealthy neighborhood with electric bikes in the 90s. We all grew up differently, some more spoiled than most, but what I have learned mostly, is the better your attitude is about life, the better off you become in life, not mounted down by any wrongdoings by anyone, overcome with unwanted pressures in life, or feel at a loss, or under attack, by any force or mindset you find disagreeable to your sense of comfort, a dislike. The confidence of someone who is not focusing on something others may focus on upon looking at them, or by knowing them, is a gift, that not all think alike, if we did, our similar concerns, and deficits, would not in turn benefit one another having known each other, but it's what you can provide to others, that a benefit and a return of friendship is guaranteed, safety. So don't be too judgmental toward anyone on the inside, as though all these equations were known, without having been written down by me, not as related to us understood, no not at all.

Creating Change ...

7/19/2020

Change doesn't happen overnight, and while we would like to think that in the passion of the moment our words and actions would be enough to instill change in the companies and organizations we seek change from, change doesn't always come. Throughout my experience, the most change has come from within, and even when nothing has changed around me, the more I changed the more I began to notice changes around me occurring toward me, and with me around. Call that a mental health issue, but it's true, when you are overly self-conscious, and questioning others, you can feel completely powerless, to the strength around you, thinking and believing that others have it better than you, or that you are worse off than others in life. That's simply not true, and the more you try to convince yourself of that fact in life, the harder and more difficult it becomes for your own dreams to come to fruition, which is why it's so important to be patient, with yourself and with others, when it comes to change. -When you argue well your position, and when your standing is acknowledged by the others, change can occur, within the other, that's upon seeing you and understanding where you are coming from, change from them is made, out of respect for your situation or circumstances. That's a positive. But change doesn't always occur in the immediate, and sometimes it takes several attempts after fighting in order to quell any discord between members of two different standings, where both parties feel like they are being harmed or wronged by the other for no reason, that's when a mutual understanding between two parties must take place in order for any motion forward to occur, in which either side, responds in a way that is agreeable to the tastes of the other.

Time Wasted ...

7/18/2020

No time is ever wasted well spent. Remind yourself of that, you will have a lot of experiences in life where you feel like your time is being wasted, whether its standing in line, waiting for a call or a text back, waiting for an email, or in a relationships waiting for the other to come around. You can't predict the times, but when you get there, doesn't it always feel good? If you're thinking going into something that your time is being wasted, chances are the place or person isn't right for you, and youre probably better off spending your time elsewhere. The same goes for jobs, overtime, you realize this, you don't always find the right pairing. Just be patient with yourself, if your hearts not in it, that's a good place to start second guessing yourself or your prospects. Usually when we follow our hearts we end up in the right places. For me, I always choose jobs and people to spend my time with that I can see some kind of future potential in. That's a basic barometer, for judging whether someone coming into your life is someone you want to see again and again, whether that be friendship or romance. Some people can tell right off the bat and some people cant. When youre not doing well in life, you'll find yourself second guessing everything, never feeling like your in the right place in life, and that can be extremely difficult, especially for someone with mental health issues, wanting to have things in life, and feeling like you have nothing. That's when you don't want to waste your time, and "keep busy." I was raised to always "keep busy." What does that mean, it means not waiting around for people, or things to come into your life, and actively doing things in life, so that you can have things in life, like a job, a relationship, or friendship. Good things come to those who wait.

When Love Comes Around ...

7/17/2020

When love comes around be ready for it, all the expectations, excitement, glamour, and fun that comes along with finding and keeping love in your heart and theirs. It's a huge commitment to be in love with anyone willing to accept your love, where a constant return of care and affection is demanded of you, which you must give so freely and willingly. There is a lot of competition when it comes to love, maybe one of the reasons why I started a blog, in order for a future mate to get to know me, personally, on a deeper level, than they would otherwise get to know me, if we just had sex, I guess Ive always wanted more than that in life. When you love someone, everyone responds differently, some more controlling than most, and some get more jealous than most, its all about how to speak to them, providing reassurances and giving them your undivided attention, of course they can tell if your heart wanders, by how you speak to them, how you respond to them, how loving you are to them, you can't fake a relationship, that distance that can be felt some are more sensitive to than most. Ive always been someone who keeps busy when in a relationship, that was how I was raised "if they're around they're around" and "men come and go." I was raised to be independent, of having a lover in life, and not feel dependent on a man for love, and was raised to love myself. What does that mean? It means loving without expectation, being yourself, not getting jealous of their time and attention away from you, be a rock in a relationship, someone they can always return to and feel the love they much need and appreciate in knowing you. That's being a good lover, not someone who is making demands on the other for attention, how quickly a relationship falters during moments of bickering and fighting, the other who while complaining seeking reassurances feels insulted, or let go, when the love demanded by them is not given. Take everything with a grain of salt, you cant be in more than one place at one time, and the same goes for your heart, know who to put in your heart, and with care defend their best interests as well as your own, when it comes to maintaining that love and positive rapport.

Top 50 Blogs Los Angeles! ...

7/16/2020

Im really excited to announce that I have been listed among the "Top 50 Blogs Los Angeles" and so very proud of myself, and my following for continuing to support me along this journey in life. The LA Crowd, is one of the toughest and most judgmental groups of people known to man, Im just kidding, or maybe just with the most expectations when it comes to likeability, looks, and demeanor. You can't have it all, but online you can certainly make the most of what you have to offer the world, through writing, or so Ive learned. My pen name was founded 2013, on Twitter, initially sharing quotes about life, and my deepest reflections on life, with a bit of humor here and there and movie jokes. I guess you can say that was my way of coping with the times, and dealing with the unknowns about life, and sometimes mentioning people along the way, without expectation of connecting with them. As I became more and more familiar with the online world, I began to mention less, and focus more on my

content, which blossomed in the following direction: Twitter, Instagram, Facebook, Weebly, then Pinterest and so on through blogpros.com a distribution company for my posts, which catapulted me upwards on the Ranks of Alexa, worldwide, and locally in the US, now #53,634, and consistently among the top 100K Websites in the US! My websites current valuation is at \$102,445, and upon launching more posts everyday beginning July 2019, was estimated to be worth \$1,117. They always say to find something you love to do, and to stick with it, and to especially love your job, and find something that suits you, for me its been blogging, while finishing my Masters in Law at Thomas Jefferson School of Law, now completing my dissertation for an LLM. So, thank you for following, I hope that by sharing my story online, its has been an intriguing experience to hear from a Kid from the cases, as well as what I have done while growing up, to build a good life for myself, one that my Parents have provided for, now its my turn to earn a living too. You cant fast forward to any point in time, when you are down in the dumps and not happy with yourself, finding myself online has given me a renewed sense of purpose in life and for that I am grateful. Through all my ups and downs there has always been one place for me to go and to share my thoughts about the world, popular or not, and that has been online!

56. MYMOLLYDOLL



About Blog Portfolio and Personal Website, Book.

Blog mymollydoll.com [+ Follow](#)

Twitter followers 226 · Domain Authority 8

· Alexa Rank 287.3K

[View Latest Posts](#) · [Get Email Contact](#)

Top 50 Los Angeles Blogs and Websites on the Web in 2020

Last Updated Jul 14, 2020



[Contents \[show\]](#) · [About this list](#)

Feedspot

UPGRADE



52. mymollydoll



About Blog mymollydoll is a Portfolio and Personal Blog on self expression, arguments, life, quotes, stories, lessons.

Frequency 1 post / day

Blog mymollydoll.com [+ Follow](#)

Domain Authority 8 · Alexa Rank 520.2K

[View Latest Posts](#) · [Get Email Contact](#)

PIC•COLLAGE

[Playing Stupid ...](#)

7/14/2020

Sometimes its cute to play stupid, when you like someone, while flirting with them, just to hear them talk and ask them questions ... and then there are moments when you have to play smart, and when playing stupid only does you a disservice in life. At work you are expected to be smart, and if you don't know how to do something expected to ask questions, never doing anything willingly not in the know, that usually makes you look stupid, and upsets your boss. Be kind to others, without expectation of them knowing you well, that's being nice, not playing stupid. Playing stupid, is more along the lines of not wanting to get involved, and in order to not state ones own opinion or involve oneself, plays like a fly on the wall to any situation, where others may passionately and vehemently be aggravated by. There are times when you need to talk and there are times when youre talking can actually bother the person who is speaking, who may just want you to listen, that's not playing stupid to not reply, that's being smart. Just know your limits, there is so much quiet satisfaction that occurs, that no one likes to admit to, when someone else other than you is being screamed at, and where you think you would have handled things better or differently, hearing the two argue, and one stammers away upset. That's not being stupid, that feeling you get inside, feeling good its not you, and instead of you someone else is being reprimanded, that's just a stupid feeling we all get that's wrong, not right. So be mindful, I think that's the common theme here, some days we may be feeling smart, and some days we may be feeling stupid, and silly, but all days we should be mindful of whats to come, that's being smart, anticipating the reactions of others, and be wary of the responses we may receive given our actions or words, that's thinking ahead of the game.

Its Okay to Be a Free Spirit ...

7/13/2020

Its okay to be a free spirit, but not at your own expense, wander too far from the norm. That includes the conversations you hold, and the time and attention you pay to each person in your life, and every new person who comes along. Its easy to get hyper, and be super talkative, there is a lot of excitement when it comes to getting to know someone new, but never at your own expense open up too much to any one person, especially if you don't know them in real life, or if your not close to them in real life, it can be really tiresome, trying to repair, broken or old friendships in real life, when you are paying too much attention to unimportant and new people in your life, who may or may not be so deserving of all your time and attention. As you go up in life, socially, and professionally, you will find yourself becoming more or less social in the process of finding yourself, and if that speed requires more focus on yourself, than so be it, but don't lose your social skills, they are so important to working in any field, basic conversational skills, whats appropriate to say, what not to say, what to talk about, all of these things matter in the grand scheme of things, when it comes to being comfortable with yourself, and comfortable around others. Its easy for people to become easily offended, when they don't feel like they are getting your undivided time and attention, eye contact, and full comprehension, of their time and attention paid in return to you, be mindful. People have jobs, careers, families, duties, and responsibilities, beyond you and your problems and or issues, you feel like opening up about and getting help with, its not everyones job to help you in life. This is maybe why I blog, because I could not find the right people to speak to about my problems, and because I had so much to share, about my thoughts about life, is why I started writing. Writing and journaling is a great way, to begin those conversations with yourself, about anything that confuses you or about anything you find interesting but would never have the heart to talk to others about, including your deepest and darkest secrets, mishaps, and struggles in life, its not always for everyone to know everything about you, most of the best secrets in life we keep to ourselves, between ourselves and loved ones, be wary of your public persona and approachability, the less overwhelmed others feel around you the better, no one likes to walk into a tense situation and be expected to break the ice about you or your condition, why its so important to keep things light, be considerate of others, think about others, and never be afraid to check in on others, ask questions, and give love back to people you care about in life.

Before Its Too Late ...

7/13/2020

Don't forget to say how you feel, often times, when our world feels most chaotic, and things feel out of our control, when we feel like we have few choices, and overwhelmed to say the least, you can make bad decisions, moving forward, and if you allow all those feelings to pile up, yes it can result in self-harm, injury, and or suicide, which is why I take Abilify. Its been a very difficult road for me over the years, to manage my symptoms, and to overcome all those feelings associated with being good enough, and wondering if you'll ever get there in life. There is so much pressure nowadays to live up to standards, and promises, living up to ideals, and legacies, and fulfilling those roles, we feel like we have been obligated to perform in life. *Benjamin Keough's* passing, symbolizes a huge loss to the music community, the grandson of Elvis Presley. All "graceland" and "promise land" jokes aside, yes that's pressure, to have been a child to the legacy of his grandfather, who promoted ideas associated with peace, that we are currently facing today among race relations, his music popular "across color lines during a transformative era in race relations, led him to great success—and initial controversy." [1] Note that when these issues come back to life, it takes its toll on everyone, who seeks to represent those ideals, bestowed to them by their families, and upbringing, raised to not be judgmental, to be iconic, and as culturally gifted, share that wealth and knowledge with others in their lives. We are not all blessed, to grow up going to Neverland Ranch as children, as I was blessed to have been given the opportunity to see first hand, how important those roles were to National Icons in music, the bringing together of people, and whether or not they could withstand those pressures then, we are still faced with those pressures today to provide peace to others, in ways that do not interfere with their better judgments, and don't single handedly empower the wrong people, to take care of those in need. Being an advocate means so many things to me, its having been through the process of recovery, hospitalizations, medications, and not giving up, no matter what controversies are out there concerning ones purpose methodology, or dreams, as having been related to a "dream team" of attorneys, who once sat on the couch at OJ's house while we played, living in a different world sheltered from all the news and media publicity, that's childhood. Then you enter adulthood, and if you are wise enough to play close attention, and be proud of who and where you come from, then one would not take any offense, or be dismembered, upon the likes of ones grandfather being used to promote current ideals, an imitation symbol to be remembered for all of eternity, the first one.

Reference:

[1] https://en.wikipedia.org/wiki/Elvis_Presley
Keep Dreaming ...

7/12/2020

Mymollydoll.com valuation and analysis

Mymollydoll.com Valuation

US\$102,445

[Update Now](#)

Last updated: Apr 17, 2020

Mymollydoll.com has Alexa global rank of 337,695 and ranks the 54,687th in United States. Its global rank has gone down by 131,118 positions since 3 months ago. Mymollydoll.com has an estimated worth of US\$ 102,445, based on its estimated Ads revenue. Mymollydoll.com receives approximately 9,355 unique visitors each day. Its web server is located in San Francisco, California, United States, with IP address 199.34.228.131. According to SiteAdvisor, mymollydoll.com is safe to visit.

Traffic & Worth Estimates	
Purchase/Sale Value	US\$102,445
Daily Ads Revenue	US\$56
Monthly Ads Revenue	US\$1,684
Yearly Ads Revenue	US\$20,489
Daily Unique Visitors	9,355

Of course everyone wants to be well liked, this is but one example of a social goal, you should have generally completed by the time your finished with high school. If youre thinking of a business model, for earning an income online, well it similarly starts with likes as well, meaning how well you are received, is measured on the basis of how you: feel, look, interact, and sound to your audience. On the sole basis of those four factors, you are either immediately read and well received or ignored, simply based upon feeling. You don't have to be famously attached to anyone, in order to be well received, or unconditionally accepted, this occurs over time, as your audience gets to know you, note that not everyone in your audience is a willing participant, nor will be when it comes to your future earning potential, people are mostly concerned with their own self-worth these days, call it competition, but that's

just how the world works, everyone trying to stay ahead of the game in life, even if they read and benefit from your output, without crediting you, that's just the real world, not willing to work with you on paper, but then willing to vaguely reference you from afar, so noted by others watching even if it flies over your head. Beyond likes, I haven't really come up with a business plan or future course of action, nothing is set in stone, and while I'm a long way away from promoting other bloggers or products on my blog, that doesn't mean that I am not still trying to work my way toward those goals in life, representing others, and based upon my traffic flow, help to generate traffic to other blogs, that would be the main goal, a consistent hub spot, to help direct traffic online, to other sources, approved by me, and selected by me, for reference to my readers, things I think they would enjoy reading too, based upon them liking what I have to write online here. Once I save enough money to publish a book, the book I've been working on for a couple years now, will hopefully be published through Amazon Book Writing Inc, I still have a few final edits to go. So keep dreaming, you never know where your goals will take you in life, I've certainly been surprised, over how much growth I've witnessed to my website over the past year, I have been tweeting and writing on squares for years on Instagram, and had only generated 90k once on Facebook to squares re-blogged by me to Facebook, my first campaign I ran for *Brady* etc. I think by the time you start publishing books and become a public figure and author, you should be in a place in life, where you are proud of yourself, have your mental health issues, under control, and willing to share about your successes, without feeling like they're being interfered with, when you get to a point where no one can hurt you, and you can still maintain a positive attitude in life, that demonstrates your good character, that no matter what happens you can be relied upon for insights, whether or not you are struggling privately or publicly, matured.

Reference: <https://mymollydoll.com.siteindices.com/>

Best of You ...

7/11/2020

Don't let anyone get the best of you, the kind of feeling that keeps digging at you until you've had enough, headache, physical illness, mental health issues, foggy, dizzy, disoriented, don't allow anyone to have that type of power over you in life. Always maintain boundaries with others, especially online. I could've lived a normal life, been a paralegal, gotten married, but instead I chose to live a more public life, and to my detriment, there have been many adjustment phases in between having a successful blog and doing well online, between there and now, and I'm happy I'm no longer in that place anymore, or state of mind, feeling helpless, powerless, and living in fear of what the rest of my life would look like. I now know to take it one day at a time. We all have demons, to battle, and you can never know what to expect as a blogger online, you won't always be in positive spirits, and there may always be something lingering from your past, inhibiting your writing abilities, but don't let the past be a future indicator of your success. There will always be backlash, from relationships past, failed friendships, failed job opportunities, and things said caught up in the mix of all of that. Sure we say things we don't mean, and sometimes beside ourselves, say things that just plain don't sound like us at all, why does that happen? When you're out of it, it's hard to describe what's not going right for you, and sometimes you'll say things blaming others, that's a natural reaction to things not going right for you in life, no matter what your condition is. Always remember to take a step back, no one can help you but yourself, and unless you are willing to let go, can the healing process begin, where the person who has aggravated you, no longer does, when the person who has upset you, no longer has the power to upset you, and the person you feel hurt by, can no longer control how you are feeling without having them in your life, that's being strong. And no matter who's on whose team in life, remember to always be on your own team.

The Majority ...

7/10/2020

The majority of my audience is between 18-34 years old, and my blog is now popular in other countries, which is a huge plus, means my writing is translatable and makes sense to people not just in the US, where I am currently ranked among the top websites in the country #63,427. Although I still don't have any finished work products for sale at the moment, that doesn't mean in the future that I won't publish a book, I guess I'm just taking my time. I'm not sure whether I am doing myself a disservice by not publishing sooner, but these things you cannot rush. My goal as

a writer is not to be off putting, I may have bipolar, and sometimes I may say things that will not make sense to you in the immediate, but I hope that as you live your lives, what I have to say will benefit the reader, I guess that's always the goal of the writer. There are so many stresses today, that its hard to be perfect, and to always say the right things. Have you ever watched the show "Curb Your Enthusiasm?" Sometimes I feel that way, once you say one thing wrong, it feels like everything you have to say is off beat. I work really hard to keep up with the times, maybe should read the paper a little more, to me these things are important in order to be relatable and to make sense to the majority. Its important to keep things light, I have always made it a point to share some of my humor at least on my Twitter feed, I feel like it adds a little personality to my blog, to hear what I sound like, when Im not trying to sound smart. You cant always be the best at everything. The goal is to find what you are good at and to stick to it, for me its blogging. Sure I went to law school but that doesn't mean Im going to be a lawyer, some things don't work out, and that's maybe why I blog now. I have always wanted to make a positive difference and to help others, and blogging has been the primary means by which I have been able to make a positive difference in the lives of others, whether or not Im getting paid to do so, that will occur in time Im sure. The better I get at public speaking, the more stable I become, its not an easy gig to speak in public, in the beginning, I used to have frequent panic attacks, and constantly erase comments that I wrote. Its also important to maintain a level head, not to feel like you are bigger than you are, and not to be overly opinionated when it comes to your world around you. Always keep things in perspective.

Sometimes Its Not Advantageous ...

7/9/2020

Sometimes its not advantageous to speak about difficult experiences in which one felt that they were harmed, if resolve has occurred, to which no member to an argument any longer feels harmed. Often times its me that gets trashed, having to share information to be trusted, and then upon being trusted, turned on, as though I have a better stance in life, than most, or as though I have more power than do most in life, I have the same amount of power as anyone else does, when it comes to sharing their fears, worries, hopes and dreams, we are not different in that respect. And just like other women can fall victim to falling in love online, with people who they think are members of a famous entity, or even holding that identity of being famous, trusted, as someone to speak to with regards to ones concerns in life. Not all famous people think the same, but they do have one thing in common, a common concern for their own welfare, image, and earning power, when it comes to the work they have produced, and its added value throughout the years, that is ensuring value is added back to their works, not value taken away from any written compositions, or entertainment works. There are a lot of elements to becoming a public figure, one of which is your demonstrated ability to get along with others, not build waves, and encourage the ongoing acceptances of others in their work spaces, working among industry professionals for different organizations, and by who represents them, not shed light upon older tails of discomfort and blames, when is comes to what transpired later, whether a result of muses being known at the time, and for what purposes those muses benefited the making of finished work products for sale in the United States and beyond. -Its not a heart attack when you suddenly realize your importance in the world, and there is no justification required of anyone who feels they are important, the harder you try, sometimes the harder you fall, and worse you are received by others, them punishing you or treating you like some kind of fraud, or someone who thinks they are bigger or better than they are, or even worse yet more intelligent than they are in real life. There are very high standards today, especially with what becomes common knowledge online, meaning what is shared by me, assumed to have been known by all, or something ever present and coordinated against, the use or misuse of subject matter for money making projects, there are no rules, which is why this a sore subject of discomfort to most, monies lost and credits lost. You cannot be apart of by mention and expect to earn or garner respect that way, you will always be you, whether or not you think others have been influenced by you for the better. The only way to be apart of in this world, is to create finished work products that represent your intelligence, your methodologies demonstrated, your intellect, wit, and knowledge, as having been aware of subjects that matter to you, and what you have done to help enable others to continue working absent minded the pressures of crediting people below them for their work. For example I once pitched #bloggingcampaign, in support of Brady to end gun violence, by sharing stories from my life, I thought to benefit the general understandings of fear at the time, as experienced by myself, and people from my life, who felt directly affected by gun violence. That was 2016, I have since discontinued promoting my blog for reuse by others to discredit. Ouch. Sorry, blog your hearts out, follow your dreams, with "blessings" always! Sincerely, mymollydoll.com. cc: #worldpeace

Don't Set Yourself Up for Heartbreak ...

7/9/2020

There will never come a point in your life, when your heart does not matter, in fact most things that you invest your time and energy in require heart. Talking to people, working on assignments, keeping track of things to do, managing a calendar, catching up with friends, texting loved ones, your heart has a great capacity to do many things, if only you would allow yourself, to be more forgiving and to let go more often. I guess that's one of the fundamental principles of my blog, letting go, it seems counterintuitive to have an ownership clause "my" to indicate possession over a doll "Molly" or self if identifying as the doll, and doll to indicate, in our human form, how we over objectify humankind, and forget how fragile we all really are. You learn over time, divested interests, pain, losses, and feeling drained, which is why people who are in control of themselves and have earning capacities in this Country, are very short with their time, and do not like complaining, and expect progress from everyone, that is the more you are doing for yourself, toward achieving goals in life, the less of a liability you are presumed to be, to others, or a let-down in life. Not everyone will be proud of you, it seems that the more people try to pick apart your issues in life, the more they think your relationships reflected that need in life, to have a "blonde female figure" in your life, who was murdered, and that your friendships with "blondes" reflected that need, as though those weren't the types of women who were attracted to you for friendship, as though you don't resemble or bear the same underpinnings of those personality types, anyways, without having had a famous "blonde figure" in your life at one point in time. Everyone tries to mold and manipulate you in life, based upon your likes, who you are attracted to in life, constantly sizing you up, based on what you do or do not have in life, and trying to figure out what voids you have experienced in life, that have caused you to be so unconditionally loving toward others, maybe its losses, having not been forgiving in the past, and moved on so easily from relationships and losses, eventually you take a step back and try to understand, the anger and frustration that others have had with you during the course of your life, and the inevitable decline in popularity that followed, losing people in your life, including your best friends, once attentions shifted from them to boyfriends. (Ex. Same 5 friends my whole life).

Different Speeds ...

7/9/2020

We all travel at different speeds in life, based upon our energy, what we have to provide to others, and based upon what gets expended in the process of helping others or ourselves. We all have the potential to be drained, there is no limitless supply of energy, in the workforce. You either know how to pace yourself, balancing personal life and professional life, or you allow one or the other to take its toll on your well-being. We cant expect everything to go perfect. There will be a lot of unwanted stresses and strains along the way toward accomplishing your goals in life, that includes distractions, and any unwanted energy, from anyone who becomes unhappy with you, complains, or expects more from you, as though you owe them something in life. If you know that you are special, and understand that your time is limited on earth, and have a basic understanding of how to keep your day balanced, then lets hope that others with reservation will not expend too much energy trying to destroy anyone in life simply because they don't understand the meaning of peace. We are all entitled to our sense of peace, that is peace of mind, and peace at heart, not hurt, tormented, toiled with, accused, prosecuted, blamed, embarrassed, or startled, by any one persons concerns, concerning our good character, and our purpose in life. There will always be a constant push and pull between anyone in disagreement with you, your happiness, and their happiness, constantly intruding upon your progress in life, as if to make themselves feel better about themselves, to set you worse off in life, that's called a fight, an internal struggle, between yourself, and someone in disagreement with you, who persistently thinks that they are right and you are wrong, and are not willing to stop at anything until they feel that they are proven right about you, whether that's to embarrass you, expose you, insult you, defame you, chastise you, spread rumors about you, that's exactly what they do to get their way in this world, spreading anything but the truth. When everyone sees themselves as victim, that's when its time to take a step back, especially if no one else sees you as victim to your own circumstances in life, as though their behavior toward you is allowable, and you are expected not to defend yourself, or to get help, while coping with their own transgressions toward you, in spite, in hate, and in retaliation, for whatever is felt lost by them, your love, your respect, your trust, your admiration, your honesty, and you willingly sharing your life with another, -some people just don't know when to let go, there comes a stopping point, when things are not going both ways, that is when respect is not mutual, when love is not mutual, and when the well being of two people, is not longer moving along symbiotically, and a distance is caused, that cannot be reversed and

only causes pain, that's called a breakup. When the differences become fruit for attack, instead of understanding, and when whatever is said, is questioned, instead of being heard without question. That is the kind of distrust that results in any relationship messenger based, post love.

Don't Let Anyone Take Your Power Away ...

7/8/2020

During my more paranoid moments, I used to look at things as a series of blames moving backwards however later realized that that's not a good way of looking at the world, as though based upon faults, people draw attentions to themselves, you would think that the most notably referenced companies, sought a different plan of action, away from blames. Always think in terms of what is proper, sure there will always be vague jokes and references to people political figures, and blames associated to individuals in society we feel could have made better decisions coming forward but who wants to speak in private and watch people on TV at the same time respond doubly, to what is said in private, what goes on overhead vaguely, and then have to keep a straight face when talking about issues currently affecting our present discourse. Be mindful that is, be careful about the things that you say in private and in public, and be wary of how that rests upon the conscious of others, as remembered, as a writer one is always careful not to highlight or to say words or anything that stands out too much, so that that becomes the take away response from the whole piece written, however that is something you cannot control, what stands out to the reader as important, and what gets remembered by them. Ive found myself editing a lot lately, trying to be poised, and say things that are helpful but at the same time not reference too much from my personal life, and take things back to biblical times, as though my life as lived is to be used as story for reference for the better decision making abilities of others, not in my life, that would be a sore misuse, of my life and the people in my life, to be fruit of discussion, and not allow people to live comfortably, not under a critical lense, as thought about by strangers to any equations in life. -Just because Im a writer online does not mean that I have lived a perfect life, or have become more immune from controversy over the years, just as any bad year will have it, the moment someone else becomes unhappy with you, its seems to wreak havoc on the rest of my life, and better decision making abilities, as having to waste a lot of time and energy responding to one persons needs, in place of my own, call that being selfless, but I am not someone to have enemies in life. Ive found that the more successful you become, the more people feel like they have a say in how you lead your life, and about what is said, as though anything that you say can have an affect on their public appearance and demeanor, well if youre representing others sure, what you have to say will matter, to them, and to everyone connected to them, as though they may feel an obligation to respond to you being a blogger online, and anything you have to say, as them knowing you, expected to hold an opinion as to you blogging online, and becoming a public figure. Not all will agree with you when you decide to speak, and that does not mean that your life will get better, or that your experiences will hurt less, all things that hurt hurt again, it just depends how willing you are to let things go in life, in favor of living a better life for yourself and others. Everyone copes differently when it comes to stress, we all see things differently, and that will not change, mostly putting our own interests before the best interests of others, especially during moments of conflict, when our safety needs become paramount to the safety needs of others. Just be careful that once you are thrown into a public speaking position of power that inherently means that you cannot turn on people, speak badly of others, be accusatory, shame anyone, blame anyone, criticize anyone, let alone pass judgments upon anyone that would lead to unfavorable outcomes for them or anyone that they know, that's being honest with everyone, yourself, and not saying things in a way that brings about harm.

Let Things Go ...

7/7/2020

Amid COVID-19, Riots, and Protests, youll find yourself letting a lot of things go at this time, especially your worries. Don't stress out, and don't panic. The worst thing you can do is overwhelm yourself at this time, with things outside of your control. Try to relax. The times may be different but that doesn't mean that you still cant get things done, and live a normal life, and adjust to the times. Ive even found myself getting really tired lately, its really easy to overwhelm yourself with problems past, stay conscious of whats important to you now, not what was important to you then, before everything went haywire. If you can live a different life now then do so, get a new

routine down, read a book, start a blog, apply for jobs, work on your credentials, take courses, there are plenty of things you can do at this time to become better.

Personal Update ...

7/7/2020

I just want to move forward, obviously I've been through a lot of embarrassment in life, and mental health issues, and just beginning to do better now, and ready to move forward, maybe write a book, get a job. Its never too late to start over in life, sometimes you just have to keep going no matter how painful life gets, especially when talking about the past. Im happy that I stayed in law school and graduated, I think had I not attended law school, I would not know how to respond to all the inquiries regarding the case, my condition, my family, friendships past, or relationships that failed. Its a tough world, and unless you are ready to face the criticisms of others, its very hard to come forward and share your story. -For example: Today Im not feeling well having shared that information yesterday.

Your Thoughts vs. Reality ...

7/5/2020

The only time I ever really think about life, is in between jobs, or after graduating, trying to put myself together, and prepare for the next phase in life, or set of goals, otherwise like most people focused on the task at hand, or working my way toward jobs, grades, or marriage. You usually keep going in life, that's unless you F up in life, meaning end up in Rehab, AA meetings, Institutions, or put in Hospitals on Psychiatric Holds for Bipolar, Self-harm, or at Risk for Suicide. Its your responsibility to get help when you need help, maybe that's why I decided to go to law school, as someone who was usually sober, a good student, and athlete, I found that if I drank or tried drugs, and did not feel well, there really is no one to talk to about not feeling well, if the meds cant fix it, your friends cant fix you, means that you need help from someone other than friends or family, and especially not a boyfriend or any companion for that matter, teacher, boss, or stranger in life, that includes blogging. It seems that as soon as something is wrong with you, its like everyone except for you becomes immediately alarmed, notifying everyone around you, wondering about your condition, but no one actually goes out of their way to help you, rarely, shows up at you house, calls, or texts you, that's usually family. There are wanted interventions and unwanted interventions, interventions when you are at fault, and interventions when you are not well, and it is noticeable to others, and they take it upon themselves to hospitalize you. There is only so much questioning and embarrassment, you can take in life, and years to life to live, to overcome shame, reputational damage, and by what is said about you, affect how you are received by the rest of the world, its very disheartening. Know that one of the issues is your level of education, the smarter you seem to be, or the more education you have, the more is expected of you, meaning who you choose to like, date, talk to, interact with, friend, socialize with, if you choose people who are not as accredited as you in life, then that's how you will be judged, put down as though your issues in life, put them in harms way, seeing them as innocent to you as the more educated one, the more knowing one, the one who should be able to protect others from harm, and blame you for any mental health issues they endure as though you have a choice in what people think to hear "Leslie is in Law School and OJ is in Jail and it Looks Like Shes in Law School because OJ is in Jail. I took the LSAT 2006." When it comes to accepting you publicly in their lives, or talk to you in public as they talk to others, or even invite you places, and be treated as an equal by others, or those around them. That thing in common when two people meet, from different parts of your life, is a mutual acceptance of you, that lights them up, that's each knowing you differently, things about you, like its their job to take care of you, as though you cannot take care of yourself, a chore, that's somewhat disconcerting, its lovely when everyone meets, but not if it seems like an agreement about me, that I am lesser than, everyone else above me, when it comes to subjects about trying too hard, taking things too far, purpose, and to whom our chosen admirations are given to in life, as though we become who we admire in life, and then put down as though we are imitation of who around us resembles what we look like now. Most of the things you think are either too serious, too deep, too elaborate, or perhaps untrue ways of thinking things are happening in a way, if a negative outcome is thought to have been derived from what you think indicates reference to an existence of a negative vibe toward you. The reality, my reality, is peaceful, I make friends everywhere I go, I get along with everyone, Im not a loud mouth, I don't talk a lot, I am spoken to, Im photogenic, and Im friendly, nice to everyone I meet, I don't size people up, stare people down, give dirty looks, or ever get intimidated by others, feel less than anyone else in a room full of people, hold my head high. Just maybe not with the posture,

stomach in, chin up, smile, light on my feet, shaking hands with everyone type of way, formal socially, but I do always dress appropriately, and if I don't like the way I look dress or sound, then I don't approach anyone, let alone like anyone for love.

You Can't Please Them All ...

7/5/2020

You can't please them all, meaning more will always be expected of you, whether that's to make yourself happy, or to make another person happy in life, even at your best, expect that you may still not be good enough, and that there is always room for improvement. Part of the process of learning how to be well received by others, does require you to be aware of your strengths and weaknesses in life, however its not necessary that those facts about you be known to others. Online, a lot of information you share about yourself can be misused, mismanaged, misrepresented, tampered with, changed, without you knowing it, usually to generate a reaction from your audience without you knowing it, or understanding why, thinking you are doing all the right things and saying what is right, be treated different than you would be expected to be treated, as though you should be more in tune, know more about what others are in the know about, and become threatened to other peoples knowledge in life, don't be. Unfortunately as someone who grew up around someone who was publicly put on trial in life, you run the risk of being treated the same in your older years, something that your parents cannot shelter you from nor shield you from, public opinion, and poor judgment of someone who was once held in high regard among others loved, be treated differently by anyone new coming into their life, not comfortable with who they are, where they come from, who they know, and where they are at now in comparison, to how others are doing from their lives, be treated as less than compared to who their friends are and were. That happens, its not a big deal to me, to not be as respected as anyone else from my life, that seems to be an ongoing trend, whoever is more important, their sufferings, of graver importance, than someone of my stature being harmed reduced to "mental health issues" "addiction" "alcoholism" as though these are symptoms of an underlying disease such as "body image" "identity" "gay" "confidence" "love" "friendship" "likeability" as though I drank or did drugs for those reasons in order to get things in life, I lost everything doing those things in life, not being myself, letting loose in life. Its important to be remembered in the positive, not for the purposes of dying or thinking upon your death how you will be remembered, don't be motivated by getting things in life period, you'll likely wind up empty handed in life, and don't do things to communicate to others, a general response of being in the know about anything in life, as it relates to others manifestations of their fears, doubts, conclusions, or judgments about you or the guilt of others. Live life for yourself, and whether or not you are apart of the shared happiness among others, let no rejections or silent treatments of you, cause you to feel insulted, or react in a way that demonstrates a personal connection and therefore a personal feeling of insult, upon a distance created or maintained between you and any person you have met in life.

The Object of My Affection ...

7/4/2020

The whole purpose of thinking highly of yourself is to feel good about yourself, without comparing yourself to others and running the risk of feeling poorly about yourself as compared to what others have in life, or based upon what others look like in life, think less of yourself. Its important to value yourself, and based upon your value in life, the time invested in your education and career, is what makes you of worth to another in a general sense, which has become an acceptable means of achieving and getting what you want out of life: job, career, success, and love. You cannot play God, controlling what goes on around you, in order to lead a better life for yourself, often times, the less you focus on others, the better off you'll be, spending more time on what is in front of you, and spend less time worrying about what you do not have control over in life, people, judgments, attitudes, and observations of you made by people looking at you and your life, as they see you, not as you see yourself. Its important to stay in motion, whenever trying to achieve any goals in life, which requires you to focus on yourself not upon others, you cannot get far in life, trying to measure up to standards, that you yourself cannot live up to on your own, nor be regarded individually as successful and of value, if you seem to be someone who imitates, emulates, or looks like a representation of someone or something that has already been done before, not the first of your kind, or the first representation of your own identity in life, a manifestation of the successes of others, as though success has been laid out for you in life, to follow suit, and walk through life, having been given tools in life, not someone who has

gone out into the world, and learned tools for success on their own, by their own choices in life, not at the direction of others focused upon. No “Likes” are given to you in life, you either are something worth investing the time and energy on to read, and give acceptances to, with pride, or not something of importance to be read, understood, nothing confusing has ever made sense to anyone trying to understand or comprehend the work of others, the best work is beautiful on its face, and the energy of any given work product demonstrates that, not only making sense, but upon being processed, making sense to anyone processing what has been written. Where anyone's mind goes to next, is not in my control, that's not my responsibility to control any mind that wanders off topic, or on to others subjects upon reading what has been written, as though what has been written is about something else that it's not, or about someone from my life, being described, as though everything I have written is based upon experience, it's not, it's based upon how I see myself in the world, and how I have been able to adapt to my current situation no matter what my odds were in life, no matter how many friends I had, and no matter whether I was able to get a paid job or not, or be provided for in life, supported financially, I always keep going in life anyways, which is probably why I blog. Who you represent in life matters, who you connect to in life matters, but there will always be the age old question of who is influencing whose health and energy wise, the one writing in public, or the attentions given to them, who is supporting who, support goes both ways in the online world, and just as the reader may be affected by my writing, I am also too affected by who is reading my work, maybe there is no physical attachment to my body or to my mind, but it is my mind on paper, being connected to another human being, who I cannot see, do not know, and who is outside of my control. Why I always stay focused on myself, the conduct of my character, keep a disciplined schedule, and do not go out, do not socialize, do not drink, do not do drugs, do not do business with anyone, except by continuing my education to be a better writer, and provider of insights online, that both bring me peace and hopefully does not disturb the peace of others. As someone with experience being in monogamous relationships, not based on co-dependency, in which one or the other is manipulated to care for the other in order to get reassurances in life, no “Likes” are generated online, by anyone not deserving of attentions in life, you can easily monitor anyone online, and pass judgment on them, as being put together, organized, fit for mass production, or ready to be a public figure, those qualities about a person don't happen overnight, it takes many years to become known, respected, have positive rapport among others, not be viewed as a threat, not be in competition for followings or attentions taken away from other platforms containing audiences whose attention are of value to them to participate in and among their sites. There is a lot that goes into being online, and being successful, just like building trust within a monogamous relationship, that is focus on one, and focus on yourself, and that undivided attention paid to whoever you love or admire can be felt, around them whether or not you are presently with them, whether or not they are around others, that's the basics to establishing any bond, to any relationship you feel comforted by in life, apart of, that is not writing and blogging however. I am doing well because I keep my distance from others online, that's just my predisposition in life, it takes me awhile to open up to people, and overtime become more comfortable around others able to be myself, and light up, everyone is different in that respect. I'm the type of person in a relationship where people come and go as they please, friends, lovers, boyfriends, never making any demands upon anyone to be in my life, or to pay attention to me, as I am always preoccupied focusing on academics or working towards having a career. -This is my job, blogging on a website, my heart.

That Element of Hot ...

7/31/2020

In reference to thinking flirting is “grose” stated in the last post, there is an element of hot, in which any woman, can be flirtatious, or jokingly come on to anyone in a playful way, and get away with flirting, with no offense being taken to it, I am not one of them. Whenever you have to think about or hesitate upon whether to like someone in life, usually it's not a match, or in cases where my picking meter is off, never take chances, especially in any business type of relationship, there will be a lot of people in life you will like and want to be close to, not all have the time to talk to you, so just be understanding that men can get better in life, and are looking for someone more put together in life, that is the mistake of liking someone, thinking that they are the answer to your problem or can provide you with the type of stability you need in life, I used to be someone who was stable and lived alone, independent of others, with no problems of my own, on talking terms with everyone, no history of addiction or drug use, it seems like the unhappier you become, and after being dumped in life, is what results, an unhappiness within, a break, after a breakup, why it's called a breakup, because it takes a certain amount of time to get someone out of your system to which you have had sexual relations with that is physically touching of bodies, resulting in a physical attachment, internally to which is torn or upsets or is broken upon detachment,

that's from sex, why its very dangerous to be physically bonded with someone, when you are unstable or if you get mental health issues, in my case stop dating, because of my physiology and mental health, and getting voices post sexual relations with others, a physical feeling of being gone or disorganized, usually follows from drinking and drug use, not sex per se, but always be careful of who you love or choose to love, and give and receive love from, as it may have an affect on your own self-esteem in life, why not to give your body up to freely and willingly to others, unless in a trusted relationship to which both can feel safe, that doesn't mean confide in one another, that's not for therapy or psychiatric issues, discussion of with a sexual partner, be mindful of their psyche too, and their mental health, that's not what relationships are for, not physical bond can be made where a discomfort lies, such as in the talking of your problems (usually a turn off) or in a questioning of self or others (a sign of mental illness) that causes discomfort to others, to be in question or to put others in question, so juts be cognizant of one anothers spaces mentally.

Feeling Symptomatic ...

7/31/2020

It can be really disappointing to say the least when youre feeling symptomatic when it comes to bipolar. --While everyone else thinks its a product of addiction, or a symptom of "multi-genre writing" as learned at CU, whatever it is that causes one to go off tangent, and then the next day, go what the heck was I thinking, can be very disconcerting to me and highly embarrassing, however at the time, not understand that the content is semi-judgmental, and small-minded, let alone, possibly insulting to whomever is reading and thinking it about them, which is what usually happens when someone expresses themselves, and as heard if not understood, automatically causes a discomfort to whomever is reading, as though one should know better, or be smart enough to understand when they are making sense and if not, what is causing them to not make sense, sometimes we ourselves don't understand the root causes for our own illnesses in life, but I believe it has much to do with your thoughts, and placement in life, confidence, self-esteem, feelings, senses, understanding, hearing, deficits, intelligence, IQ, education, tolerance, temperament, mood ... the list goes on, just remember to be human, and if the mistake can be corrected then allow it to be made, you don't have to do all things with compassion, which is why they label people "addicts" and train you "not to care about them." That's one dilemma anyone faces who undergoes a transition from addition, or alcoholism, back to "sanity" or wellness, some don't make it back to as bright as they once were, and some come back with disabilities, they must suffer from for the rest of their lives, exactly how well do you have to be to make it in this world, very well, so just hold tight, and do your best, its not over until its over, and there is no use giving up in life, simply because you sound out there, or stupid, or think the wrong things in life, its totally okay, so long as you are not causing harm to yourself or others for thinking in that way, probably why I think flirting is stupid and grose, and was so offended when done to my boyfriends, anyways, and while trying not to be that way toward others spouses if known, you kind of build a resilience to it overtime, and when you finally loosen up, and stop being so offended by others, you begin to see the light, that life is short, and to allow people to be nice to each other, and that that is not cheating for them to do so, even if theyre making sex jokes, that's just humor, look at my jokes, theyre no funnier. --I was hoping to pave the way for acceptances through writing, and eventually book writing and write some research papers I owe FEMA Students, who I signed up with online, and took a few courses, relevant to right now, I highly recommend their courses, theyre very thorough and give great helpful pointers, and anyone can sign up and take their courses online and submit research proposals to them. ---Learn to forgive, remember to stay honest, and so glad youre here with us today, please watch out for your friends, remind them to take good care of themselves, and be kind to others in your surroundings, and don't be too uptight and judgmental, things are really sensitive as i is, so maybe nows a good time to lighten up within reason, and stop offending each other so much, or being pushy about beliefs, and be present.

Learn to Settle ...

7/31/2020

Ive never gambled before in my life, but nows a good time to learn to settle before your defense go up, that usually sends you right back to where you started before you began to feel better. Theres a certain give and take when it comes to happiness, happiness with yourself, happiness around others, it all depends on how you feel inside, usually a manifestation of our own unhappiness are taken out on others through blames, when we do not feel good, or think that its because of the other, put yourself first. What can you do to feel better? And secondly what can you do to make others feel better. The age old advice "putting others before yourself." That's maybe one of the reason they raise us to be that way. You cannot please all, that's not what being a perfectionist is about, but if you are concerned with your likeability, then yes the more you can get along with the better, not everyone measures their satisfaction with themselves based upon what other people think, how other people are around them or toward them, or based upon how they feel around others. I thought about this today ... jealously ... what is it? I was thinking its not feeling good around others, when others are feeling better than you, noticing that, and though maybe its because others feel good, and if they do not feel good seeing someone else

feeling good, feel less than, that could be one form of jealousy, manifesting itself in people who while watching others, feel less than, or not themselves worse off. I was told today outside 7/11 "I hope you find what you need in life," after bumming a cigarette to someone standing outside of my car, waiting for me to get out, wove to him twice to go away and then didn't make eye contact with him, and gave him a cigarette anyways when he asked me. (You're so cheap they reply, ya probably now). There are so many unhappy people in the world I thought to myself (Note: Not in reference to #BLM at all), I think when people are unhappy, its about them looking at you, or thinking you have more than them, and then them becoming unhappy having seen you, and your confidence, and feeling good, and wanting to feel good themselves, only issue is that you don't make them feel good, and they don't want you to make them feel good, but they want someone else or around them or something to happen to them, that makes them feel good in the same way, or to have the same things in life, to feel good, to no longer be threatened by someone with more than. This brings up, me on IMDb (make the "b" small, I made the "d" small, thanks #IMDB). I think if youre not in the profession, it can be insulting for someone trying to be of influence within the profession, that's one issue, also advocacy, how can anyone help anyone who cannot help themselves, that's a typical quote to "if you cannot help yourself you cannot help others" or "love yourself" or "how can you love another if you do not love yourself" this really makes sense to me, especially with self-harm, hard to love, hard to give love, and hard to receive love, and even when you get love, cannot be repaired, and meds can fix that void either, it's the self-satisfaction issue, to me, it's a happiness with oneself, call it success, is that really a requirement to happiness, yes in Los Angeles it is, a paycheck, friends, a house, and a nice car usually does the trick, and if you cannot afford that, means that you need to work harder.

Its Not a Walk in the Park ...

7/30/2020

Foreign relations are not a walk in the park, and if found guilty of anything, carrying a record on your plate, makes you less of an equal representative, of your country, than you were prior to having been treated as such. If you have ever committed a wrong and been punished for it, its to set you aside in society, as being rightfully heard, as having standing, for your disabilities or ailments, and treated as though based upon your own conduct or of your own doing or making, that is how people in society are treated, whether important, or unimportant, and on the pure basis of their importance, set a priority in life to care for, recognize, understand, or comprehend any statements they have made, as to the good character or themselves or others, sometimes left best as ignored, so as to not waste anyone's time, with concern for what they think, in place of a concern thought for everyone, with necessary exclusion of their needs or worries, from any equations concerning the wellness of all, this is why people are put on meds, and labeled as disabled or not, its about whos under whos care and why, and based upon the care that one is under, judged, and judged based upon responsibilities born to those in the company of someone who is found guilty, to automatically find them not guilty, should anything have happened to them in life, prior to them getting in trouble or after them getting in trouble, living is all about care, and its sometimes hard to live life with others caring less about you ... just remember that just because others care less for you, does not mean to stop caring for oneself, or for other eventually, if you make it back to normal, and are understood and appreciated later in life, whether for a good deed, though done so for the purposes of rehabilitating ones character, or whether out of the goodness of your heart, helping others, be cognizant that others will be less likely to hear you as helpful no matter how well liked you are, known, or successful in life, and depending upon how you feel in life, to another is how you will be treated, its based upon what is felt upon knowing you, situates you as among or apart from the general whole of cares when it comes to wellness, and self betterment, not all who are better are well enough to be better among others, and some are better apart because of the fact that they are not well among, others who perceive them to not be well by their disability, or by who has been carried in their company, thought of as less than in life, not popular, not of high status, not of high socio-economic stability in life, or having come from a high earning family, thought to have it made in lfie, to the extent that their general worries are not cared for. So while my advice may be helpful, does not mean that its because there exists a bond let alone a loving bond or bond of friendship or trust between two sides, nationality wise, or country wise, its just whatever makes sense, in a non aggressive sense, no offense taken to advisement.

Finding that Special Someone ...

7/29/2020

It's a hit or miss when it comes to love, I never really found anyone totally devoted to loving me until I was 21, that was my first bring home boyfriend, golf with my Dad, accepted by my family, at family dinners boyfriend. Perhaps he was the one. Most are simply just not that interested, interested in hooking up, but for the long term, usually doesn't work out beyond that point, some are fun for the moment, to like, but not to love long term, most just want love, but don't need it everyday, not ready to settle down, in the way most do, such as to spend the rest of their life with someone, I guess that's what they think spending time with you means, and why hesitant to, if they don't see a future with you, why cant we just agree, that we don't see a future in each other, but it would be fun to spend

more time together types of relationships, why don't they exist, why is everything forever. As I have gotten older, I have noticed that the more time I spend working on myself, the easier relationships become, you really have to have something going for you in life, like a job, in order to be in any long term type of relationship, I guess because I was in law school for so long, it made it difficult for them to size me up long term, either thinking I was not good enough for them long term, or on a rare basis them thinking that they were not good enough for me, and like all friends remind you, you can do better, or that there must be someone better out there for you, we are always told. Don't ever get down on yourself, because you have no one to love, and while there are plenty of people to love online, and pen pal with on social media, that's still not the solution, most of the closest bonds I've had, the most communications with have been online, that's a relationship without the physical intimacy, but there is still love a bond that exists, meaning, the other person wanting something from you, but not expecting you to provide that to them in real life, or online, and then there are those who just want to see what you look like not composed, and those are usually the hardest types of people to get out of your life, the ones who don't respect who you are, or who could possibly see you in a negative light having taken picture like that, and then subject you to harms looking like that's what you wanted, when it was what they wanted, men want different things than women, while I like hugs and conversations, there is a price to pay for those types of intimacies in life, where you do have to give up some of your soul in order to be provided with those things in life, love and friendship. In real life I always found it difficult to find anyone super interested in me, it feels like the men expect to be chased, as having good jobs, and earning high incomes, think they deserve, so unless you're really into them does it last for the long haul, you do have to do a lot of waiting, and if you set your mind to it, you can definitely nab a guy in the right department, depending upon what type of guy your shopping for in life, and sometimes you can't choose, and love who loves you, I have found that my picking meter tends to be off, I'm not sure if most women are like me, but the relationships that do last are by the ones who court me, and really want to be with me, whether I'm ready for it or not, sometimes you have to compromise and set your independent needs aside and date, life is much too short, left waiting, its better to be loved than not at all.

Don't Pick on People ...

7/29/2020

When you grow up and have your own company one day, then your input is valued, after having built something of your own you have had to sustain and keep afloat, with likes, and a following, not just be a trend, or someone who blew up on social media for one post, or one video. It takes a long time, to be able to maintain a following, it has taken me years to get the hang of it, and to build something that is resistant to not only my own stresses, but hopefully helps others to build a resistance to things that stress them out about life. I guess here is for conversations about what we think, and what we say, and the difficulty one experiences when there is too much held within, that a literal pain can be felt in speaking, that's not wanting to speak. What does that mean? I'm not sure I'm not a doctor, but I know during the times when I have been carried away, literally carried away by a stretcher, taken to hospitals from the ER, I was not only not feeling well, but probably not thinking well too, that's a good lesson to learn in life, to know your limits, and to understand and know the limits of others, when it comes to furthering your understanding of life, not everyone will be as interested bombarded by the same concerns you have about life, if they venture too far off the beaten path of normal. I've found that 90% of the time when I assume I am being belittled or made fun of to my face, its not that they think I'm cute and do so, maybe its because they think that I think I'm cute, or trying to be cute, and not really cute inside, or a nice person, I think we are all capable of flipping out, and being taken off the cliffs of sanity in life, what I call a bipolar episode, when you go absolutely haywire, like a tantrum, and simply cannot deal with life, as though things are so complicated that you don't have the power to put into words how you are feeling, never forget your education and ability to be your own voice of reason during those times and journal. -I remember the first time I learned not to bully, was in elementary school playing dodge ball, with an overweight kid, throwing balls at us, and started teasing him, he ran across the court at me, and my friend put him in a headlock. Later in the school year, the same kid was carried up the stairs to the principals office, over the shoulder of our Cambodian PE teacher. That's how I learned not to make fun of anyone, because I got attacked when doing so. Similarly online, be cognizant of the same competitive energies people have concerning their smarts and the way they look, not wanted to be taunted or tormented, as though its ever deserved, or a retaliatory effort to put another in their place, as though they have brought that harm upon themselves. We don't all stay after school with the guys to learn this lesson, but I did. *I'm sorry if ever being online with a jazzy pen name, ever made anyone feel under attack or criticism, in life as coming from me, as though I was trying to be smart with people, and not actually smart myself, via my own merits, there is a difference between someone smart, critiquing you and someone who is not as intelligent as you critiquing you as though they have had the same education and background to do you a disservice in life, as though you intend to do anyone else a disservice in life, by your pen name. Or as though your pen name is to some admission, of any wrongdoing on your part or the part of others, with concern directly to your own life story.*

A Small Mind vs. A Big Mind ...

7/29/2020

Whats the difference between being small minded and having a big mind? I woke up thinking the same thing too, and did a little research. According to [merriam-webster.com](https://www.merriam-webster.com/dictionary/small-minded), being small-minded means: “1 : having narrow interests, sympathies, or outlook. 2 : typical of a small-minded person : marked by pettiness, narrowness, or meanness small-minded conduct.” [1] When you’re small minded you typically have a “narrow perspective [that is] very firm, [or have an] unchangeable opinion on things.” [2] Being “tolerant of those with different opinions or experiences” therefore requires one to have an “[un]biased view of the world.” [3] Perhaps what being so-called worldly is about, is that why people travel? So, someone who is worldly is someone “having or showing devotion to the affairs and interests of this world.” [4] Now that makes sense. Which bring us to what does Big Minded mean? A “big-mind” means something completely different, referring to “the Zen tradition, an awareness of reality that transcends the merely personal or subjective.” [5] So why are we having this discussion? Because to me, being small minded is a criticism taken of someone who is not viewed as intelligent, who does not speak to the masses, with insights or with the amount of care that demonstrates that they carry a big picture perspective and therefore their interests and what they have to say, will or can or is accommodating the best interests of the whole of people, not just directed to a specific organization of people, or class of people, beneficial to all, I guess would be the goal of blogging, to cater to more interests than just my own. Which leads us to our next question ... Why is being small-minded wrong? When it comes to success “successful people tend to approach life with an open mindset” versus someone who is small-minded or narrow minded, does the opposite, with concern only for themselves “at the first sign of disagreement ... would rather die than be wrong” whereas someone who is open-minded is “eager to learn and willing to be wrong.” [6] According to [fs.blog](https://fs.blog/2017/09/open-closed-minded/), “the ability to change your mind is a superpower,” to them it’s the difference between moving forward and being sent backwards in life [7]. I can agree ... so many times, when I am worried what others think, I hesitate, and upon hesitating erase, or make mistakes in thinking, which wind up leaving me feeling embarrassed in life, it took awhile for me to just let go, and go with the flow, and no matter what is said, allow myself to change naturally throughout the learning process, its hard to get started as a perfectionist, you are constantly questioning yourself, wanting to sound right and if you sound wrong, retract your steps and just feel like giving up completely when there is no window for you to grow, just be patient, I would tell myself now. Ive learned so much through blogging. So why is being small-minded wrong? I just went off on a tangent. Excuse the elaboration. According to [quora.com](https://www.quora.com/Is-it-wrong-to-be-a-narrow-minded-person), “unless [a] person has a verified developmental disability ... unable to learn ... [that its] a choice – of living in [the] dark ages and not knowing anything.” [8] I guess there is some truth to that, but how and why is that wrong? Isnt that just being sheltered? To me there is nothing wrong with being sheltered, some people just cant handle knowing it all. Okay so here is where it cuts to the chase on [wikihow.com](https://www.wikihow.com/How-to-Be-a-Narrow-Minded-Person), “they often think they’re right and everyone else is wrong. Narrow-minded people can be difficult to deal with in relationships, work settings, and other situations.” [9] Basically they can be viewed as "toxic." I guess that makes sense, when I think of an addict, who thinks they are not doing anything wrong until it is brought to the attention of others, and in defiance, don’t recognize that they are not well, and hard to get through to or change. So as an overall deduction, I would say that your ability to change and be open determines your likeability and success when it comes to getting along with others, so don’t be small-minded, and instead carry on an attitude in life that is open and perhaps big-minded as suggested by the Zen following, so that you can transcend your happiness outward into the world, and similarly be happy for others, and create environments of trust not conflict.

Reference:

[1] <https://www.merriam-webster.com/dictionary/small-minded>

[2] <https://www.vocabulary.com/dictionary/small-minded>

[3] <https://www.vocabulary.com/dictionary/small-minded>

[4] <https://www.dictionary.com/browse/worldly-minded>

[5] <https://www.dictionary.com/browse/worldly-minded>

[6] <https://fs.blog/2017/09/open-closed-minded/>

[7] <https://fs.blog/2017/09/open-closed-minded/>

[8] <https://www.quora.com/Is-it-wrong-to-be-a-narrow-minded-person>

[9] <https://www.wikihow.com/Detect-Narrow-Minded-People>

Extreme Discomfort ...

7/28/2020

There's always a clash of ideologies when it comes to figuring out whos in charge, why anyone is in charge, or while making allegations as to who is in charge, becomes disgruntled, as to the direction and focus of any company, or place of residence, assuming that it is by a misled direction that things have come to pass, or not go right. In my mind, there is no such thing as being put together wrong, the man up top will always be God, and if you have an attitude, concerning how things are assembled, and by your opinions, do not agree with any assembly of ideas, or understandings, other than your own, well that's not keeping an open mind, as to what is a right or proper form of discovery, or delivery of insights to help aide or assist others in moving forward in life, or steering clear of subjects not concerning them, not make all things encompassing as being related to one another, that would be injuring well built systems of thought in favor of a system cyclically built upon a series of private understandings, as a means to make sense overall of everything, as though truths are contingent upon knowing, and that any system of thought of not knowing, is somehow flawed by comparison to those who do know more, or do know more about, from their own viewpoint of how the world works, enough to put you down in life, as not knowing enough, or knowing less about life, simply because of how much money you don't make, based upon where you live, what you think, and by who you were or were not close to or friends with, judge you, as though you're some kind of tagalong in life, to the successes of others, without a mind of your own, to be well deciphered on your own merits, the meaning of your life, not as it relates to the lives of others made. Call it control, but people have a serious need of control when it comes to mindsets of others, with regards to what they think is happening, what has happened, and what they know or have come to understand as happening, so as to not include anyone who they think is contributing to things going wrong, and it is by that understanding of anyone that people are excluded, from importance, or further interpretation as relevant to solutions, and only related to causes. It seems to be the case that either I am uncomfortable, or someone who does not like me becomes uncomfortable, to that there is no solution, once there is discomfort on either end, it just means that people do not get along, and by one another's condition, either are affected.

In Rare Moments ...

7/27/2020

I guess that's just a part of life, call it beautiful, seeing yourself in others, or seeing yourself as becoming like others in life, and then there is just being yourself, and being found relatable to others who may admire you, and wish to be more like you in life, admiration is a beautiful quality to have about oneself, to not just be about oneself in life, wanting admiration alone. There are two influences in life: (1) older to younger and (2) younger to older. I believe that the root cause of older to younger influences, is people's natural tendency to take others under their wings in life, it's an automatic take charge attitude that someone older has over someone younger, like a pre-disposition that gets acquired upon interaction, thinking their years about them make them smarter or more knowledgeable than someone younger than them, and think that leadership is needed over them. Then there is an influence of younger to older, that's upon watching, either deciding to mentor others based upon their own experiences, and empowering one another, by each other's pre-dispositions in life, to help one another, learn from each other, and to allow the other to bloom, the younger one, grow up, looking up to others. Who knows how and why this occurs between people, I think it's just natural that as we want to be better in life, make more money, that we can't help but learn from those who are successful, learn from their mistakes, pitfalls, downs, ups, and just want to be like, in order to have like in life, there's gotta be a better way than imitating or emulating someone you admire in order to become like in life, I'm sure it doesn't have to be that way, not at all, be the same as. Then there's finding yourself, and looking back on your life with pride, like looking back through a spiral notebook of notes, or journal entries, something that took a long time to make is always valuable for some reason, without fail, it just seems to possess the natural quality of detail, that is expected of anything made with care or made slowly, which overtime becomes of value. Just like things become of value, so do people, and this is what admiration is all about in my mind.

Credits for Wellness ...

7/26/2020

Who should you credit for your own wellness? Why not everyone for that matter. Arent we a product of all our interactions, doesn't it make sense that someone would feel insulted from you in life, if no dedication was made in their honor, for having taken care of you, wouldn't a complaint about anything be disconcerting to them, let alone, insulting, think about it. At what point does one start crediting others for their wellness, and at what point does it become unnecessary to make no mention to who has helped you, or who has enabled you, to be the person you are today, who made you? I think my pen name is a good example of who you are made by, yourself, or others, or at the bottom line your parents, if you really want to get testy and defensive about things, or others claiming to have contributed to your ideals, energy, personality, as though you are a product or a "poser" of the attractions manifested and created by others in their lives, that you only are assumed to have emulated, or become yourself. Is it really something worth worrying about, shouldn't we all be different anyways, and shouldn't we just accept that people from similar places in life are going or are alike, is that such a bad thing, or anything to inflict harms or insults about and to, just be mindful. There are many times in life when you will be thinking things are happening that are not, and everytime you allude to others having influenced you in the negative, or caused you harm, or harm to your psyche, be aware of who is in your life, if no one, than no one not from your life, ever wants to be mentioned, having left your life, as having been of significance to you in your life, that's just a process of recovery and breakups, that people not in your life, generally want no mention at all. That's to not be credited for better or worse, what happens to you, and to remain separate from you, as though a mention, creates some shared identity they don't want to be associated to in life, all insults aside, understand that when you are insulted, that's no ones fault but your own for having interpreted things in that way, and collecting all your thoughts, and applying them to people, as though things were done to you in life, not a by product of your own choices in life. As the saying goes "cant we all get along" ... if its not about others, then say so, and if it is about others, then be clear enough, that as applied to themselves no insult is taken back to them, or to who they know, as having been an example, of a hurt you felt, or experienced.

"There's no place like home" ...

7/26/2020

Theres something unique and special about your setting, being in the familiar, that sense of peace you feel upon returning to your place of rest, new destination, reuniting with people you know, seeing friends, going back to normal, starting over on a new screen, that seems to bring all the comfort back to any situation in life, where you feel uneasy, usually fixes things once you get there in life. ***File this one under #worldpeace.** We all go through adjustment phases in life, ever notice when youre feeling lost in life, you seem to always focus on the wrong things, and then get corrected, its like your power to be drawn to things in life, gets mismanaged by your emotional well being, and everything that feels right for you, is actually causing harm to you, and like all interventions a separation occurs, between something you love and displaced in situations that are unfamiliar to you, call it addiction, when you have no sense of purpose in life, and no sense of comfort, any new place seems just as homey as any another, while expecting less in life, and as you stand in your shell, remember this always, told to "keep my head down" and that that was the way out of an uncomfortable situation that was very scary to me, hitting survival mode, which kept me calm, instead of panic and feel powerless to my circumstances in life, that's one example, of being at peace, even if youre not where you want to be in life, and not allowing your surroundings to control you, or dictate your continued direction in life, down or up, always being in control of who you are, and what you want to be in life, and not become something you are not. There was a character from the movie "The Wizard of OZ" up at the local gas station, for awhile, a movie that features the famous quote "Theres no place like home" recited by the main character Dorothy in red sparkly shoes.

Time to Fill the Blank Space in the Air ...

7/25/2020

Always do things with a good heart, I guess the main point is to feel apart of, and well if you haven't figured that much out yet, don't be too quick to jump to conclusions, concerning the past, what was known, or unknown then, and known now, and whether as known, a combination of what is known could have resolved the past, so that we wouldn't be thinking about it now, have some care other than your own understanding in life, most of life will not make sense to you, especially as lived by another, that's just apart of life, thinking that you know better, or better equipped to tell the story of another which is one motivation being suggested as upon knowing me and me being in a public light, and by what stories Im attached to or people, that that spread the wrong animosities in life, toward any specific gender, type of people, or depth of knowledge and skill when it comes to managing emotions with regards to the unknown in life. Everyone is entitled to question whomever it is they are receiving informations from, we were all raised to be critical thinkers. -I know when I first got started blogging by mentions and hastags Im assuming people thought I was in over my head, or looked or appeared to have some personal responsibility as to the causes for misinterpretations having taken a poster down, as though my action messed up some sequence of events thought or believed to have been transpired based upon me writing on Twitter and picture in my

phone. Its always a tremendous loss, when talent disappears, when people lose motivations in life, and when people become unhappy or lose faith in life, and for whatever reasons made fun of and thought deserved and purposeful within a family song, its wrong to judge me as having been a weak link to someone of a notable family in history, resulting in the death of his great grandpa, Dr. Michael E. Debakey, I met his Father once, and Mother who works for Red Cross, which is why I later applied to FEMA Students and submitted future research studies to compliment, my hashtagging efforts, and website building, to get conversations going to help keep people alive. -Based on my own experiences, when I (1) give up (2) become frustrated over an interpretation (3) feel powerless (4) think something cant change (5) become fearful of what others think, that's giving my power away, and not allowing myself to be heard, too scared to talk or work.

Choosing to Be a Website ...

7/25/2020

There comes a time when it becomes inappropriate to share to anyone who thinks that from their vantage point, their view of the big picture is what makes them smarter, or victim, to anyone who seems to not understand, complains, feel pressurized, or compelled to investigate, question, or be concerned with anothers passing. That's not guilt. That's simply checking in with everyone, and sharing how you feel, not everyone will feel or think the same way you do about life, and chances are the more separate you are from others, the less in tune, you are assumed to be with reality, not a verifiable sounding stone from which to base interpretations in life, past, present, or for the future sake, explain what just happened around now. **Such losses in esteem, can only be assumed to be as a result of (1) disrespect (2) non-compliance (3) seriousness (4) unethical application of ones personal story (5) use of someone elses story to tell your own story. When any of the 5 things occur, we have what you call a trade secret violation, meaning something that as expressly known about someone, is being used to paint a picture without them knowing, and not to the benefit of the one to whos story is being shared by another, as a means to share their vantage point, as being unique while discounting the vantage point, life, and livelihood of anyone they do not feel is important based upon who they are talking to, who they are friends with, who they are trying to help, who has helped them, who has imitated whom and why, and whether who is being supported has anything to do with the rest of all things related to any particular person, as a solution for understanding life.** I chose to be a website to not overwhelm my friends, and chose to write on Twitter, because it wasn't a very popular space, had 2000 real followers mostly professionals and people I found along the way during my time spent on Twitter, but eventually got "carried away" meaning what was being shared fluctuated from comprehensible to not comprehensive #enough.

(Added 07-26-20) Current # of Likes: 2354

For example an assumption made by relating back to self:

Picture of me praying at a Funeral > Song: Picture Me Rolling by Tupac > "Rolling with the Homies" Clueless > "Suck and Blow" Game Movie: Clueless > Monica Lewinsky > President

War is War ...

7/24/2020

Seldom do we share what our views are upon war, and most likely the causes for others immediate disturbance upon meeting you or knowing where you come from or by who you know or what you know in life, think that you have an easier understanding of life than most. There is no way around war, its for causes either not supported or supported that people continue to make progress toward those goals in life, whether others are on board with them or not, relentless so to speak in their endeavors in life, that's not an academican or a blogger, in the pursuit of circulating knowledgeable and beneficial truths to which all can comprehend in a better way without manifesting themselves into hate, that's coming from the viewpoint of someone new, to contributing to general understanding about war, cases, and consequences, of knowing one another. I think earlier I was preyed upon being watched more closely which I do not feel now, looking for some cause or reason to argue that (1) Im at risk of harm to myself and that by (1) being or risk of harm to myself that that equated to (2) putting others at risk of harm if I am putting myself at risk of harm and that upon them knowing me that puts them at risk of harm whether they know whether I am putting myself at risk of harm or not, making them victim. Do you understand how difficult that is for me to comprehend causes or circumstances for others claiming victim to me, as though its okay for them to do whatever they want, get upset, retaliate without me knowing it, as though I do anything to anyone without them knowing it I would never do such a thing, as soon as I studied CSPAN I distanced myself socially from everyone and romantically, barely talking to anyone, and doing nothing but work on finishing my LLM got into another law school, and now graduating, after having freed

myself from unwanted controversies in life, or setbacks, caused by any violence for that matter, and whether or not by those violent attacks resulting in death to anyone, myself included, whether or not anyone is trying to relate my story to the story of anyone else in leadership, is sorely mistaken that I would ever think twice or more than is necessary upon anyone else other than myself. Someone who is trying to be successful, not important, successful, is someone who is focused on themselves, there is a reason for that, its not just a quality about someone that you can fake, imitate, or see and copy and repeat in your own life, a demeanor, talent, or way to smarts that's popularly traveled among others. While others are busy working their way around you and through their own lives and insights without you dropping any hints as though you are aware of others portrayals of a larger picture and trying to include you in it without your permission, and without having coded yet to the masses, is simply trying to pre-establish a means for others to be okay with themselves as related to your hardships, free others from blame, while subject you to negative inquiry or understandings in life, that's to not be accepted as you are, to be looked at in a perplexed way, or to be treated as ordinary, unimportant, or deserving of having your head messed with, that is that takeaway or the memory, from having met someone, and something that they have said that didn't make sense you then, remembered, and later made sense to you or not later, usually doesn't make sense later anyways, just an annoyance to remember. But anything you say, as in memory of anyone who has passed that's what gets fixated on as having some importance as to your demeanor, **as though you are a fake representation of who has passed, and not someone to be proud of equally, as having represented who your parents were, or what they had to offer to world, before tragedy.** Whenever there is tragedy, there is an infliction of guilts, that an unwillingness to accept ones own fears about things, and instead displaces that anger, and resentment toward someone else who is felt to have been more deserving of the responsibilities to care for someone, who is no longer here, and not allow acceptance to take hold of anyone who is not deemed nor should be held responsible for any losses occurring to anyone, who while under the care of another suffers hardships or incurs losses, as being among, coordinated with, or communicating via an upper level of communications as being about something other than what is directly being spoke about, as though its okay to dismember the words of another, read into the words of another present or past, in order to build trust of them, as though they are or are not speaking in their most natural form, of the word speaking to others, without hinting, or any denominating any unwanted tones or words, that would get anyone to think about anything else other than the topic being presently discussed. -Obsession is not the key to success therefore, and in fact is the route to most failures in life, which explains why people who fixate on any particular facts or memories in life, as judged as having an "obsession" someone who thinks: (1) around a thought, memory, or set of words not their own (2) and two tries to derive meaning from those words or memories and not from their own life (3) thinking to better others understandings of anothers, as spokesperson or a more knowledgeable base for inquiry, understanding, recollection, insight, or brainpower, concerning the intelligences of another, not based upon their own lives intelligence derived. That's hurting the normalcy from which information is exchanged, to which an uneven exchange occurs to the recipient leaving the giver drained, without mercy, viewed as "weak minded" if any information seems so redundant on its face, that it looks like someone cant get over or hasn't gotten over anything past, and then to further label someone who cant get over something past, as someone who reacts and responds similarly, and (4) toward people those understandings arrive, that's wrong to assume that someone who is focused on trying to figure out their own lives, while under the assessment of others, is being judged without them knowing it, and before being given the opportunity to explain whatever it is that needs explanation for further insight or understanding. So don't focus on any one particular set of facts in life, not when it comes to understanding others, that's not a Pulitzer, nor a Nobel to take and then balance in ones own favor, a set of inquiries or positive judgements, and then take away from the betterment of all. Sometimes too much negative interpretation can run foul, just as obsessions are capable of running afoul, in terms of (1) whats important (2) whos important and (3) whos detested.

Teams in Life ...

7/24/2020

There is a certain admirability that is given to those who are successful without question, standing alone in a room, noticeable to most, and for some trait that holds them up to a high standard in life, higher than most, not by their upbringing solely, or by who they have known comes across or come to know of in life, been close to, but have an identity all their own, to which others can know and appreciate, but that they value themselves, well enough to have reached their fullest potential during their time on earth, and for that they are not mistaken as being something they are not, not unlikeable, or problematic, that is unless situated on a team different than others in life, and that's where the battle starts. All references aside, generally words are not used, at this point in ones writing career unless to give a positive insight as to the well being of others, winning or not winning in life, no matter whos side has been taken to an issue, however relevant "winning" as a quote was in the level of importance it played to an attorney who defended two clients, and one sat in jail while I was a law student. There is so much credit to give to the past, wouldn't it be a waste of motivation to live for now, having credited everyone past for anything now that has come to fruition, or for what has manifested itself within each person, as the times have changed, no two times are alike, and while youd like to think that its by the opening of doors to issues, that current problems amount to what has passed previously in history, you are once again wrong. Image is so important, and if hearing my story,

without enough detail, or as explained by me, doesn't sit well or seem important to you, that means I am not of influence to you, not important to you, and not consequential to your outlook, or meaning derived from your life, there is a wrong connotation of someone who is a blogger, that all are trying to look or appear as "influencers" in life. That's just not understanding better social graces in life, that there is and will always be a certain standard to be maintained when it comes to photography and filming and video, to look and appear tastefully to most, as one would never archive any moments about another's from their life, or without them knowing, that portrayed them as anything else other than human, then again some people just pry until they get what they want, an explanation of mental health issues, or to test to see if one is mentally ill, and there is always those who size you up in life, pre-diagnose you, or diagnose you in observance of others, thinking that you are the cause for the disturbances to others mental health wise, as though it's by your life as lived, that has been disruptive to the comprehensions of others, no one ever takes the side of anyone, who brings anyone unwanted attentions to the mix. And it's not because of who you are that makes you important it's because of what you have to say, that makes you worthy knowing or hearing from in life, everyone thinks they are important that's apart of life, and my importance to myself, and significance of the life I have lived and *what I have been through, may not be impressive to you, especially if compared to anyone more successful than me, nor is that my drive in life, to be as successful as, or because others around me successful, look or appear as someone who thinks they are entitled to the same successes in life, and therefore a turn off to others,* as though it hasn't taken me years of writing online, and by proper distribution of my work product been granted with likes and acceptances from others, no accommodations required for likeability to take its toll, on hard work and effort shown by someone who cares, genuinely, not as a matter of taking a side counter to the causes in part for which someone who has been jailed, is assumed to be connected to the stresses or strains currently being faced by anyone who is experiencing mental health issues, as though associated to any one's family in life. -What is success a measure of? Conformity to standards or norms of excellency, and what defines excellency, -a measure beyond the basic smarts of most, to be envied, adored, or idolized?

Don't Put Yourself Down in Life ...

7/24/2020

The less you put yourself down in life, the less you give way for others, to take it upon themselves to explain your discomforts in life, or even worse argue that there was always something about you, that they knew was special about you, and thought that that something special about you meant "a secret" and if a secret, that concerned your sexuality, gender, identity, mental health, wants, cares, or needs in life, in such a derogatory sense, no one should ever be sized up in life, based upon how they identify, who with, and whether by who they identify with give reasonable cause to judge someone, as having some kind of deficit, which is later related or fruit for relation as to: (1) causes (2) when (3) and for how long was it known. To me "gay" is a sexual attraction to the same gender as oneself, occurring upon the exposure of your body or upon the exposure of another person's body to your eyes, which you can readily identify as being translated within to some kind of sexual need, or inferiority as to a quality or trait you are lacking, and by being attracted to the same sex, want to be closer to that person in the same way you have desired to be close to a man your whole life, that's gay to me, as identified to me. It's not a fun identity, once it gets disclosed and "when disclosed" as being about you (and though deserved), because others think that they are doing you a service in life by coming out for you, as though you need help or any favors in life, as they have identified something about you, that you have not even thought about yet, especially since you have only had boyfriends. Not only does that do someone a disservice in life, to identify a person's sexuality for them, but you interfere with their choice in life, to identify themselves as they want to be identified and to whom they wish to be identified with, and for what types of attractions they seek to attract in life, for sexual pleasure be judged, as being labeled "gay" that a girly name for a company was chosen to attract women, as though you do not identify as girly yourself having been a law student and meticulous notetaker margin writer and highlight and underlined passages in your textbooks. How insulting. And to view your stats as whether accomplishing your goal to (1) fit in or (2) attract and by what you are attracting argue, that it's by what you attract that you are given choices in life, and that it's purposeful, the gifts you are given in life. Well if I was not born, then I would not have choices in life, and I have chosen to be straight, absent minded any confusions along the way, and by what causes for attraction occurred along the way, to negate any later argument, that gay is some kind of defense to jealousy, as though one has a quality about them, they seek to negate in addition to blaming women for any other women becoming confused or attracted to them, as though I am not attractive myself, a woman, and as though feelings going both ways, can run the risk of normal misinterpretation. And that that type of misinterpretation occurs, after a "gay" judgment of you has been made.

When You're Wrong You're Wrong ...

7/24/2020

In today's day and age this happens all the time, in the form of saying the right things, and always with caution write online, hoping not to say the wrong things, and run the risk of being ostracized simply for sharing a less popular opinion of things. We've all said things we regret, none of which we expect to come back and bite us later in life, yet again, you cannot control what other people think and how they process what you have written, that is just something that you will have to learn to let go of during the process of writing online. In fact one website [shinetext.com](https://advice.shinetext.com) suggests that we start "get[ting] more comfortable being wrong." [1] This article describes the pain and embarrassment associated with being wrong, reminding us that it's all apart of the learning process, that we may not always be right, and how easy it is to become defensive upon receiving critique. [2] In order to overcome any embarrassment associated with being wrong this article suggests that in order to "avoid failure and maintain a sense that we are worthy [as those who are right]" We need to be wary of which "emotional habits" we have maintained over the years, that may render otherwise cordial professional relationships toxic, meaning to "our interactions with other people." [3] What does this mean? Don't wait until you get something wrong, to be told that you are wrong. This requires you to be proactive in any professional or romantic endeavor, knowing that it's okay to ask questions, and it's okay to share information with the hopes that you will be well received, it's all a matter of communication, sometimes the more the better, the less you communicate, your needs, often times, your wishes fall through the cracks without the other person knowing, don't wait until you get interrogated to realize what it is you've done wrong, ask in advance, and if you don't know what you're doing, don't lie about knowing more than you do, that's the worst thing you could do to your employers or to a lover. I understand the concept of qualifications, as not having finished my JD (failure), an ABA Certified Paralegal (not a lawyer), with an LLM (a masters degree that demonstrates my legal writing and research skills). Work with what you've got, sometimes you can only work with what you've got. -No one ever tells you exactly what is you are doing wrong until it occurs, be cautious in all work endeavors, that's why it's so important to ask questions, and not just take the go ahead tackling assignments, that's not being proactive, that's being reckless, doing things without knowing whether you are doing things right, be mindful, of the time wasted on your end, and the future time wasted, if necessary it will take, having to re-do the assignment that you've been working on, because it was done wrong by you. In life you are mostly left to your own devices. And once you get going again in life, you only get so many chances, and suggestions, before you are required to live life on your own and be a "self-starter" that's what the job force is looking for, so don't bend the rules. Eventually you have to live life on your own, such as me blogging for my own company. I must have not done anything right! Of course not! It's because of what I did well, I was able to do well on my own, it's actually the exact opposite assumption, of someone who is successful online, as a blogger, that they were not successful in the workforce, no I got excellent jobs!

References:

[1] <https://advice.shinetext.com/articles/how-to-get-more-comfortable-being-wrong/>

[2] <https://advice.shinetext.com/articles/how-to-get-more-comfortable-being-wrong/>

[3] <https://advice.shinetext.com/articles/how-to-get-more-comfortable-being-wrong/>

Its All a Matter of Pride ...

7/22/2020

I've been having one of those moments again, questioning what it is I am doing with my life. Thinking I could've been so many other things but instead I'm a blogger. I guess it's all a matter of pride from this moment on. I could've been a wife, a girlfriend, a paralegal, or an Attorney, but instead I am a law graduate with an LLM and an ABA Certified Paralegal -a Blogger. I'm not sure what kind of career I have mapped out for myself, but I hope that what goals I have accomplished so far, will get me to where I want to be in life, married and with a paying job one day, whether that's here, selling my website, or applying elsewhere for pay, I'm not sure what to do. So many people would dream to have the following that I have managed to obtain over the course of the past year, it's worth a try to keep going and to keep learning, what have I got to lose. I used to think that it was a gamble to blog, it's not really a get rich quick gig anymore, even with all my ads up, my website still doesn't make any income, it's not something I have quite figured out yet, and kind of embarrassed about it too. I guess that's what hiring an IT professional is for, to help set up my website, and to help me monetize my website, I'm just not quite there yet, because I've not had the funds to invest more money into my website. This all takes time I'm sure, figuring out who you want to be in life, and doing what you need to do in order to be her in life. It's much better than dating on Tinder, and going out to the bars on dates, with men looking for a life partner, I suppose this is a better use of my time, than dating. I guess with a blog/website, I was hoping to attract the kind of attentions in life, that would help me to have things in life, like a boyfriend (something going for me in life), friends (something worth talking about in life), and a career (something I'm proud of doing for myself and others). The skies the limit, only now, I have to continue my education, and learn more about Tech, SEO, Wordpress, Learn how to Code, and continue building my skillset for website building and development, alongside, working on finishing and publishing my first book, my goals at the moment. Everything takes time, I hope that by sharing my journey online, I have similarly inspired others to keep going in life, no matter where you are in life, start somewhere.

News a Good Time to Read ...

7/20/2020

The times can get depressing, but only if you allow your present circumstances to keep you from making progress with or without a job at the moment. That's where reading comes into play. For every job, recently that I have gotten, 2015, and 2018, years that I worked for 6 months to a year, I was a law student studying reading heavily and writing papers, or I went to Amazon Book Store Century City and bought 10 books and read them all. All of these things prepare you for working in the workforce, and going back to work, which is the hardest part, after taking a break from working. Keep your sleep patterns, regular, and make sure to get your rest, and adequate exercise, and don't binge eat too much on cheap food, I just quit fast food, that was a long unnecessary addiction, as a self-professed everyday runner. I guess the whole defend McDonalds in the face of the book "Fast Food Nation" was a bad idea, afterall. That's okay, save money, but not when it comes to your diet, really try to eat healthy foods, its better to spend the money on good food, than to waste money on going out, dating, cigarettes, and fast food. These are things you learn later in life once put on a tight budget. That you can only spend what you have, and if you want to go shopping everyday, don't skimp yourself out on the food department, that's a really big mistake, health wise. Reading for me is really challenging, not something I have ever found easy, in fact on standardized exams, I get lower scores on the reading comprehension passages, but higher scores in sections like arguments and games. But I have enjoyed free reading new to it, used to only read what was assigned to me in school, but now as I am getting older, kind of have to choose my own curriculum, and decide what to study, 2013 was all about watching CSPAN everyday, and learning everyones names, that's was fun to familiarize myself with government figures, and election processes, and the importance of voting, and how laws are made, it's a really complicated process, and takes a lot of volunteer work, and fundraising in order to ensure that the publics health is responded to and our present concerns, something I became very passionate about as a law student, leaving law school to fly to DC for two weeks, to help make a positive difference, and share from my perspective what I know, how I have been doing, and what the environment around me was like. That I think is helpful, but not necessary, sometimes its hard to check into normal, its not like a hotel you can go to, and leave feeling like a different person more normal, sometimes it takes hard working, such as reading, and learning, and furthering your education, to get that "normal" sense of confidence back when it comes to your thinking, while being mindful of others sense of peace too. Not everything that's a emergency to you, for you to understand, will be something that everyone else is into, like how company names are made, and the present condition of an industries integrity and pride and who has been affected, stuff like that no one really writes about, but its stuff we all think about, hopefully not to the extent that we become bothered by what people think, or why things are made, and turn on systems of support, because they couldn't be more perfect, or because of a negative interpretation of how ideas were used to promote whos and what types of interests, you're only as left out in life as you allow yourself to be, why its so important to read the news everyday, and by reading the news everyday, that's how you stay feeling apart of, and by the news, able to assemble, and put together things, you notice overtime, patterns, and hopefully become a better more wise decision maker, as a result of having a better understanding of how the world works, and be in it.

Competitive Edge ...

7/20/2020

You cannot stop someone who believes fearlessly in helping others, and willing to go to extreme lengths to ensure those safety needs are met, including defenses, when it comes to misconduct or errors being accused of them, such as myself, for simply taking a poster down. You would be surprised, how little information it takes to get your hands dirty, when it comes to public speaking, you really have to be in a solid place in life, in order to be heard and to be well received by all. You audience can tell if you are under pressure, and if so, wanting to know why, and always assuming for the most part, that any nervousness demonstrated by you, is a manifestation of guilt on your behalf, as having done something wrong, therefore not confident around others, and for whatever reasons that may be, disinterested in you, or not respecting you. Im the kind of person, who people are naturally competitive with, I learned this at a young age, that's just how people are who are in competition with you, trying to succeed, and trying to be better than you, while they are at it. Its really hurtful to say the least to be one of those people, but you just have to be understanding of others, that as people progress, mature, and find themselves in life, and become less reliant on others for self-esteem, or confidence, or companionship, in order to be at ease with themselves or around others, don't be offended the less you are needed in life, that's just a process of growing up, its not necessarily to do with not liking you, growing out of you, not respecting you, not being proud of you, or embarrassed by you. Sure in your lower moments in life, you can be difficult to talk to, but never assume that its anyone in competition with you that is bringing you down in life, that's how you give your power away in life, to the benefit of others, if you complain, or point fingers, as to the causes for any changes to your disposition in life, and then it becomes a who did what, who said what, who changed what, and even worse, looks like youre blaming others, for any changes you have undergone, while speaking in public or being around others, people

will treat you as they think you are, and that is just something you will have to accept about life, everyone thinking that they can size you up, know you better than you know yourself, and think to treat you as they think that you deserve to be treated, with or without respect, trust, or given a job in life at all.

August 2020

Personal Update ...

8/8/2020

I just graduated from Law School and celebrated my Birthday yesterday. Today begins a new chapter in life, and to start this new chapter feature them on my website. I suppose the ultimate goal would be to create a blog website that features bloggers and courses helpful to blogging, besides just sharing my thoughts daily, and eventually I'll have to learn how to monetize my website, so started applying to

What does that mean? I'm not sure. Just applied to two [#blogging](#) directories today: (1) all free things and (2) [blogging fusion](#). Wanted to create a directory myself

using [@webnode](#) >>> <https://t.co/DZAzuBNNN2> I need to take a [#webdevelopment](#) course to complete.

□ [@mymollydollRT](#). pic.twitter.com/ARzhTfV8Gc

— [mymollydoll \(@mymollydoll\)](#) August 8, 2020

Phase Two: Build a Company that legitimately helps [#bloggers](#) and drives more reputable traffic to bloggers between bloggers by blog shares on Twitter put links on a [#website](#) to popular hashtags and run a stream of posts from my [@mymollydollRT](#) account promote on a search engine.

— [mymollydoll](#)

[\(@mymollydoll\)](#) August 8, 2020

I need to learn how to connect a search engine outside to find within a Twitter feed search the contents of my feed for the hashtags click to get to those posts by [SQUARE: #hashtag] buttons to posts [newsfeeds] all on one website connected to mine to drive traffic to directory.

— [mymollydoll](#)

[\(@mymollydoll\)](#) August 8, 2020

Think Before You Speak ...

8/7/2020

In today's day and age with social media, it's so easy to just speak and say whatever it is off the top of your head. I feel like even though tolerance for negativity and complaining, one should still think before they speak. According to one article by [cookshillcounseling.co](#) words we are choosing." [1] Consider it a healthy habit, for what purpose does this serve you ask ... "you're more likely to make badl said something wrong or not funny, or disturbing, you can't take it back, unless you bring it up over and over again to explain, and then problems at all, then to create problems for yourself in the future simply because of what has been said as coming from you, and depend be judged, some more or less accepting of you, given your education and background, and maybe expect more from you. For instance: offset negativity with something positive." [3] -Note: Things may not be thought until they are said, so be wary of what you say, and be to [hbr.org](#) "[Harvard Business Review](#)," ... "immediately after the average person has listened to someone talk, he remembers only about listening." [4] So chances are if you are ruminating over it too much, worrying what is thought about what is said, perhaps they aren't given what they know about you or others. In fact it has been argued that "effectiveness of the spoken word hinges not so much on how the wrong, or blowing things out of proportion, I believe is the tendency of a law student to overthink something every which way, it's on my own understandings in life, as a barometer for determining the truth of the matter, what actually exists as understood by most, and it's important to be careful about what you say, and if it's about something new, then by all means take your time trying to explain what detailing any accounts from your own life or from the lives of others as affected, and be sincere always. Sometimes the easiest people

Reference:

- [1] <https://www.cookshillcounseling.com.au/the-importance-of-thinking-before-you-speak>
- [2] <https://www.cookshillcounseling.com.au/the-importance-of-thinking-before-you-speak>
- [3] <https://www.cookshillcounseling.com.au/the-importance-of-thinking-before-you-speak>
- [4] <https://hbr.org/1957/09/listening-to-people>
- [5] <https://hbr.org/1957/09/listening-to-people>

2371 Likes
Energy to the Table ...

8/6/2020

To me success is about what type of energy you bring to the table, you either have energy to perform under pressures in life, or you fail. I have had more of a problem with drinking or drug use than it was a problem socially or romantically, usually to quell feelings associated with one or the other, post break-up. Being busy is so important. You are what you attract not necessarily who you're surrounded by a determinant of your future success, or ability to overcome. The impact of COVID, but that doesn't mean you can't still live a disciplined life and continue to plan for the future, have faith. Nothing is permanent. We are all people, traumatized, by what has transpired throughout the Country, following a series of events and happenings, we could never plan for. Social media, call us flies on the wall, pretty much, basically, anyways, that's what's happening, those who live lives, and those who talk about it. It's more important for me to live life than it has been to write about life, how far back do I need to go, in order to feel understood, or be well received. I need to overcome feelings about your childhood, or upbringing, and when is it time to talk about your past, and your childhood, with a Doctor or a Therapist. I'm always close to my Mother growing up, tell her everything: who I date, who I'm friends with, if I drank, if I tried drugs, if I need a job, and will probably start working for her within the next week or so, following graduating, the graduation ceremony is forward to the trip to San Diego anyways, we stay at The Coronado, in one of the house suites, it's a real treat (you get your own house). It was for my Birthday 26th Birthday 2011, this was before blurting out a bunch of things on Twitter December 2012, closed my account but I'm back from my class. *(Gotta go ... to be continued)*. I'm back (9:35pm), had to move a box at my Brothers house with my Mom. --There are times when you are in your element, during trauma, and in moments of crisis, I am in my element, its similar to when others feel like its "game time" and you prepare me for the events leading up to my final decision to leave law school, and visit the Supreme Court, that eeriness, or distance from me, I don't respond to that others may not automatically respond to, and that's why I think I was taken offline, because of what I shared in private, I'm more committed by someone in another state, simply because I went to school in Colorado too, and was then discriminated for having parents who were expected to keep quiet, in representation of myself or others, eventually one must talk, and in sharing ones story, if its not fit for TV, a person puts me at risk of harm, to be used to commit acts and blame me for them, which is why you do not share as to acts committed, then you

Leave Room for Excitement ...

8/6/2020

There's always room for a little excitement in life, I used to say that I am not one to like excitement, but I can see how it can change the way you live. I remember there were 3-4 guys playing baseball in my street, maybe fans I thought to myself afterward, on messenger with Justice Roberts, I guess we were all looking at in the cafeteria inside the US Supreme Court waiting to meet the Justices, and upon being seated in a Turquoise chair next to the Judge there is one in all courtrooms to protect the Judge. My adventure in life to blogger online, started there, leaving law school and choosing to live in DC, I received an invitation delivered to my Hotel Room, I stayed at a Marriot a few blocks away from the White House, it was walking distance from my apartment, who lives in DC, because the cab never arrived. I don't know why I became suddenly independent, I just have always been in DC where I am not a paranoid person, unless I drink or have tried drugs, that's usually been a recipe for disaster, mental health wise, and I've always been insecure, attached, and waiting to hear from them, this also happened to some extent dating someone who lived in Yorba Linda, I used to be that's to keep the horses on path out of the street, but I never saw any horses, I thought maybe I've played club soccer here once before. I used to mail regularly from DNC, after making a donation while working for the LA City Attorneys Office as a Paralegal. I used to be so confident in my Law School and got into a better Law School I was elated, it happened to be a school I was waitlisted to their JD program back in 2009, and

Obama Commencement Speech “protect your GPA.” I just started applying for jobs again, this reminds me looking over my resume, not that big of a deal, but I used to have more energy, they say also that aging is a process, but my Parents have more energy than me and on meds and gained so much weight back, I recently lost 20 lbs, 30 more to go, then I’ll be proud of myself. Lesson, you have to keep your marriage, continue on in life, you cannot stop in your tracks, and stop trying all together, and throw a pity party for yourself, maybe write a book, blogging and how to build a website, I fell in love, was really excited about tech, and thought that as a blogger that meant I was a tech writer, Wordpress, and one for Social Media, I guess I could continue signing up for courses and learn how to code, I was almost committed to a course that may possibly still be in my future, I interviewed for the course and got in, but did not end up taking the course, to save money to fund my education.

Poem (08-06-20) ...

8/6/2020

Lost Purse

Summer streams and Melrose beams
He clapped and clapped and clapped until
No one appeared and no one stared
I wonder who and there she blew
Five button coils and no snakes but few
To wander in mellow dreams and stew
Money this and money that and no one knew
Why does she sing to everyones pockets
No credits shared, and so they melted
Rock bottom she flew, and never returned
Same life and history, one smirked to frown
Seldom shared historical foils, who cares
Who knew, and who was left spoiled

Whats the Hurry 30? ...

8/5/2020

So my birthday is coming up ... its a big deal the big 3-5 that’s FIVE years away from being the big 4-0 I was FIVE at my Dad’s 40th birthday. It means, buckle down, or stay single for the rest of your life, on food stamps depressing kind of life, don’t call it food stamps EVER again. It’s a lesson in life, given to you, like opportunities for housing, jobs, friends, relationships, if you appear to be in things for the wrong things in life, it’s to a primary reason, for being anywhere in life, as having to do with someone or something, theres no way to flip interpretations about it. It’s of some reason associated to who you know, the that’s how things look on the outside, and if things appear to look that way on the outside, though by associations you automatically as interpreted as having bad decision making skills as geared toward the interests of someone else. You think I feel having been a law student, to have been put under pressures in life, and ridicule as though my association was a joke or that I who liked me and wanted to date me because I was bigger than the rest of the women in the 140s not petite enough to date someone who is then those are the men you will attract in life, athletes or performers, and as a performer yourself in sports, or in writing online, maybe even now, maybe real actors and performers and content has something to do with what Im doing online as a blogger ... exactly: “human emotion management, and strategies for controlling or bringing about a feeling, that’s done in an artistic way, but not something we do with emotions generally, not concerned about the emotions of others, how many times do you worry about how someone is feeling? When do you understand them? When they are dating? When they are drinking? When they are trying drugs? Maybe when they are blogging and speaking to you see you in trouble, or maybe people care about everyone and think youre doing a great thing being online if popular and want to keep you a compliment. If God does not situate you so in life, no matter how hard you have worked, in law school or by jobs taken, to work for someone in a position to work for another, then do so, and if your passion is in writing, then continue to work on your writing skills, so that you are able to write how to manage a group of people, each day who visit your blog, and expect information helpful to them, without complaints from them, and no it is not a risk to me to blog, and to help others, only a risk to others to read, and not like me, “complain” are sick by me, that is what I dislike. *[Removed last sentence edit].*

Statements You Can't Take Back ...

8/5/2020

There is a such thing as saying the wrong things and upon saying the wrong things in life cause insult, or discord between ones ability ignored by the other, who feels their feelings are more in need of validation than your own feelings about life, whos more important. For them in life, rising to an occasion, or whether by their own hard work, and earned accolade, comfortable taking on a position of public may not be vaguely associated or thought spoken in reference to, we all experience fame in our own ways, on [facebook.com](https://www.facebook.com), by comp heard in a multitude of ways, that we may not know about ourselves, that's just life, being seen and heard, and known, who knows how things easy on me growing up, being around a social scene, then trying to create a social life of my own, as encouraged by him to make way, sharing friends, and not possessive about who I love, or who I am friends with, thought that was a cool quality, when all of my fr manage to be together and hang out over the years, those were my friends at the time, and by circumstances, neighbors, and who was i comfortable with self, popular or not, or by living arrangements, made friends with. –Its upon traversing in or within an industry that i others, by what title is one introduced, and under what merits is one to be known, like trying to apply to the *shorty awards*, probably, a the time, campaigning for an organization, I felt whos awareness of, would benefit all to care for in an effort to stop the transmutation scale to kids, if the fights not real, then lets not make a big deal of fights online or in the news, or inspire the wrong ideas about how to change, or some change needs to happen in order for change to occur, whatever happened to change within and the change around us b ranks, with expectation of others to change in order to make ourselves happy, I guess turning a blinde eye to other peoples deficits or p we think needs fixing, and correct everyone we think thinks wrong about life, or about others, or about circumstances as though some by formula, through and to, and back out of a problem.

What Does it Mean to Feel Pretty ...

8/5/2020

Feeling pretty to me is something that automatically happens to me upon falling in love, it requires some love within either for self or recognizing the fact that someone else likes the way you look, therefore you should maintain appearances to please one or the other, y yourself, in front of others, around others, when in the company of others, and upon taking photos of self, or as taken by another, an ex you are pretty to look at, because you recognize the beauty in others, or in the world, and there is some kernel of something beautiful a toward you, as though you have something some characteristic or trait, that makes you likeable, meaning you are healthy enough to be matter who is around you, as demonstrated by the face structure and expressions you exude, likeable to most, a subtle difference betw the company of others, liking themselves enough to the extent that they both please others, and others are happy and pleased about you grumpy you don't like the way you look or when you gain some weight don't recognize your face structure as well as upon losing wei how we look, how we appear to self, and how we appear to others, no one person is different than the other, its all about staying positi with yourself, and be happy for others. Not all have been blessed with good attitudes in life, able to maintain that spunk and generosity others get the best of us, and with distaste, we grow uncomfortable, and by threat, we feel stifled, and when intimidated, we don't like someone else with more desirable traits than you makes you feel less than, don't allow yourself to feel that way, there is something be sharing your mind, to feel as intelligent as, I mean ... what does it take to feel beautiful nowadays, if there is something you don't like and if you find yourself losing respects in life, or love, to other men or women, then think what can I do to make myself a better person

Just Applied ...

8/5/2020

There comes a point in your career, when you are done preparing for the future, and have arrived at your goals in life, that would be no to Law Firms in the past and Marketing agencies, but have chosen this year to apply to a few Modeling Agencies and Talent Agencies current ranks are:

- IMDB: 196,019
- Alexa US: 36,974
- Monthly Users: 2.7k
- Daily Page Views: 49,845

- Likes Per Post: 1000-4000

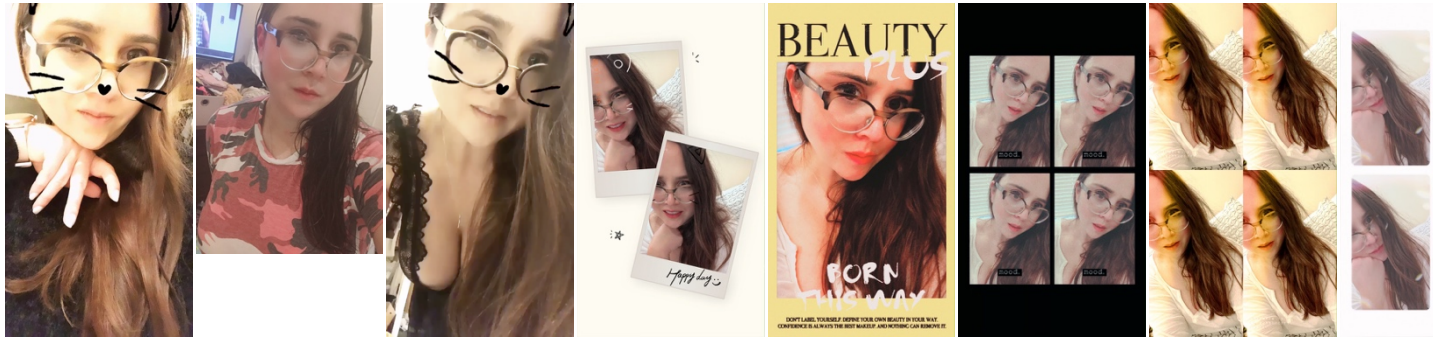
I couldn't be happier with my progress. As you all know I have been through a lot in the past few years undergoing different med regis finally able to finish my Dissertation and graduate with a 3.233 GPA from Thomas Jefferson School of Law (online), with a Masters in

Applying for representation is a very big deal, and not unless I was settled and mentally fit would I apply, and given the number of likes for new talent and a new face to add to their team. I may be known by writing, but I hope to also be known by face one day, and not just my own identity online, and help others. -Hope I get picked! :)

Will keep you all posted, thank you for following!

Sincerely,

Leslie Fischman





How to Be? ...

8/4/2020

There is no one right way to think ... when its time to mature, be mature, for all other things, think with a light heart, and be even temporarily embarrassed by your purpose in life, behave. There's always time for happiness, and sometimes it's not appropriate to be happy all the time, what we do in life, that is supposed to guarantee some happiness within as a result of performing these labors in life. Not all experiences are relative to your own cup of tea in life, what matters to you, what helps you grow, where you foster, and within limits, what gives you the best of us, meaning feeling good when the timing is off, wanting more than what is given, thinking in the negative, and being happy in not all conditions that you yourself understand that they may not, are considered laughable conditions at that. What you may come to know because you to distance yourself from them, and may even cause you to think less of someone, and simply overlook them as with honest phrases, as being about this this or that. That is part of life, summing up things to better process understandings in life, for some that's a phrase, or a category, to file it away as being about this this or that, and then derive the importance or significance from it. No one trying to be important, or have something important to say, and based upon what they have done or accomplished in life, gives them reason to listen, not only talking about myself, but respect is not always given where respect is due, and that is because elements of what results in respect is as a barometer for determining what's important. That's to save someone, anyone time, in time it takes to listen, figure out the worth of what we stop harping on subjects and elements of importance, and just listen with a non-judgmental ear? Does everything have to apply to us well? Advice that when taken to heart, does not disturb us, or corrects us, and helps us to see better, and upon feeling better and seeing things in a new light, guess that's the main goal, everyone struggles with trying to say the right things, it's not simply a gift in life, to say what is right or helpful, personal or professional, one learns tone and how to speak properly, and how to fix themselves, you cannot fix others, you can only help them, that's just being human, respect that about people, some need medical attention, and no amount of writing, or reading, or explanation can help.

They reply: And now you're on IMDB, now you're legit, now you're important, now you matter, now you're officially an influencer, now you're famous.

How to Manage a Workload ...

8/4/2020

I wouldn't say I'm a procrastinator, to describe the length of time it took me to finish my Dissertation off and on over the past few years, somewhere in the middle, someone who wants to get a lot done, but was an underachiever in life, life's not over, there is plenty of time to overcome in life ... setback. So many of us encounter setbacks in life, and how many of us stop performing all together to our highest potential.

This year instead of thinking of everything missing from my life, I started doing. Instead of worrying about having a job, I made a job for myself, blogging, was able to finish writing and submitting my Dissertation for a Masters in Law, which has always been my dream: to graduate with plans to become an Attorney to represent others, for me, if its possible, I pursue that goal, and if its not possible, I pursue other goals, Laws, which is what I will end up graduating with, since I have yet to complete my JD, which I have an opportunity to transfer credit to.

It's never too late, and while deadlines may be looming overhead, don't take advantage of the health of others being poor, to take a step back, a state of everyone's health, it's more like an opportunity, to put your best to the test, and do your best, knowing that the best of you now, for their own wellness, to occur now during a time of poor health among many, lift yourself, and as you lift yourself, hopefully you will find your place.

This year my workload was: (1) Complete a Dissertation and Graduate (2) Work on Book Drafts (3) Launch a Website and Blog (4) Graduate with Ones and Friends, Work on my Relationships. So far so good, and very proud of myself, and so thankful for all my "Likes" this year, in fact, I count, another project and goal to set for my Blogs, minus a shady fan page: I'm sorry. Just had a falling out with a pen pal, who requested to take my meds, Geodone, blocked the page, reported the page to Facebook, and when I'm feeling stronger deal with it later. My Mom was embarrassed right now in public, by a pen pal, who loved me, but wanted more from me in order to keep me in his life, turned on me. I'm not you thinking, and why did you allow that to happen to you, and for what reason was it worth giving your love away to someone you care about? Managing multiple things and doing well, and someone who you think loves you asks for photos, your identity and composure means a lot in life. It can come back to bite you, once you have achieved your goals, sent right back down in life.

The following has been recommended to manage a workload ...

(*See References: liquidplanner.com, and blog.playvox.com).

1. Collect a List of Tasks
2. Prioritize Your Tasks, for Efficiency
3. Determine the Value of Each Task
4. Depending on Effort, Order Your Tasks
5. Be Flexible with Your Time, and Allot More Time for of Higher Importance
6. Know When to Step Back, and Cut Things from Your Time [1]
7. Recognize There Are Different Ways to Get a Job Done
8. Set Achievable Deadlines
9. Assess Yourself, Where are you at Mentally, What can you do today?
10. Be a Good Communicator
11. Take it One Chunk at a Time
12. Take Breaks [2]

Reference:

[1] <https://www.liquidplanner.com/blog/how-to-prioritize-work-when-everythings-1/>

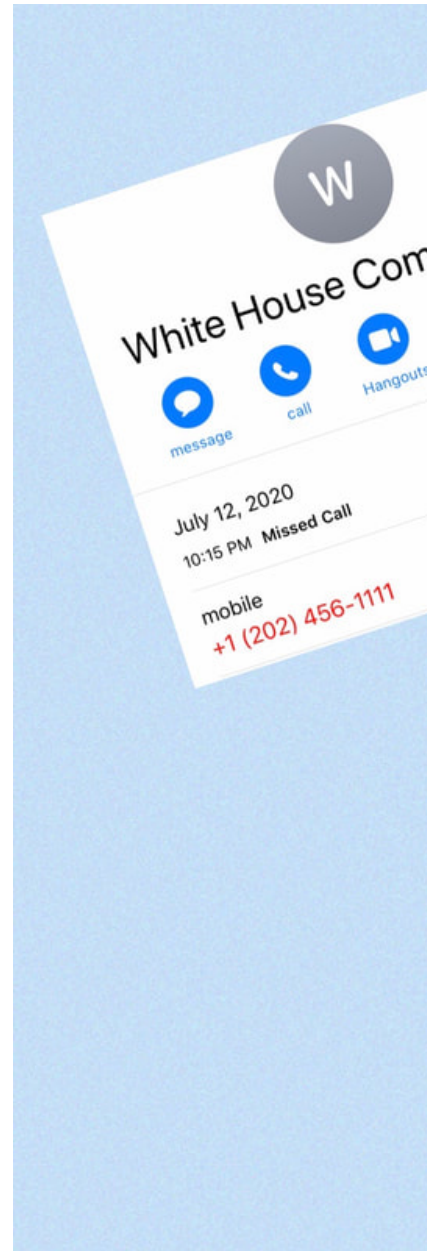
[2] <https://blog.playvox.com/how-to-manage-a-heavy-workload-without-increasing-staff-or-losing-efficiency>



mymollydoll 
@mymollydoll_

Someone who doesn't see you as important and with the capacity to blacklist you will do so at their convenience, thats just the price you pay for being a public figure shown in a different light to their amusement but not to all's betterment insulted done to you in life [#imsorry](#).

5:40 PM · 8/3/20 · [Twitter for iPhone](#)



I Don't Want to Hear It ...

8/3/2020

Nows a good time to stay calm, and practice compassion and patience. Why? So in the event you become overwhelmed and don't know about. No one likes having those moments when you think to yourself "I don't want to hear it," how many of us are stubborn. According in. Hold your ground. [and] Be assertive with your opinions and ideas." [1] There will be many times when you feel like you're maybe doesn't apply to you, or sit and wonder now how is that going to help me to think or be that way, what's your point? Its called "conflict and conflicting advice, "the best way to [overcome those feelings is to] maintain peace." [2] Its beneficial to everyone's health to feel heard and contemplation" of others, thats a rewarding experience to have your thoughts recognized by others, maybe why I blog? However, heard, especially when you feel like you deserve to be heard, you run the potential of wearing people out, its not everyday everyone w facets of life, rather to obsess over whats gone wrong, and be apart of the solution instead. [3] For me starting a blog, was overcoming stated out loud made complete sense to others, funny how that happens. Something you have worked up in your mind to be so comple

and sharing your story too, it wasn't a big deal after all, I guess. Big deal meaning, blogging, and hashtagging to subjects that mattered to our "choice and actions" are sometimes the things that make us most proud of ourselves, and even if you may be initially "unpopular" or feel of shame or embarrassment looking like someone trying to be someone else, or even worse be considered a fraud if your goals are so big, it's still too. [4] Note that even if discussions do get "heated" it "typically occur[s] when people are holding onto their own personal opinions," when you recognize that although your opinions matter, so does what other people think of you matter too, so although "you need to be confident" you may be "wrong and acknowledge someone who may know better." [6] A great quote I found in [aconsciousrethink.com](https://www.aconsciousrethink.com), says this: "We have to always find a balance, and know the difference between when to stand firm to your opinions, versus when to allow for things to be done their own way, versus, allowing yourself to be walked all over, you don't have to do either. So consider the emotions around you, and don't want to feel unimportant yourself. [8] There is always some give and take to life, stay positive!

Reference:

[1] <https://www.themuse.com/advice/3-times-youre-allowed-to-be-stubborn-at-work-and-2-times-youre-definitely-in-the-wrong>

[2] <https://www.themuse.com/advice/3-times-youre-allowed-to-be-stubborn-at-work-and-2-times-youre-definitely-in-the-wrong>

[3] <https://www.themuse.com/advice/3-times-youre-allowed-to-be-stubborn-at-work-and-2-times-youre-definitely-in-the-wrong>

[4] <https://www.themuse.com/advice/3-times-youre-allowed-to-be-stubborn-at-work-and-2-times-youre-definitely-in-the-wrong>

[5] <https://www.themuse.com/advice/3-times-youre-allowed-to-be-stubborn-at-work-and-2-times-youre-definitely-in-the-wrong>

[6] <https://www.aconsciousrethink.com/8990/stop-being-stubborn/>

[7] <https://www.aconsciousrethink.com/8990/stop-being-stubborn/>

[8] <https://www.aconsciousrethink.com/8990/stop-being-stubborn/>

Self-Defeating Tendencies ...

8/2/2020

Don't put yourself down in life, no matter what. At your lowest point in life, you think you're better off away from people, and that sort of shame or embarrassment looking like someone trying to be someone else, or even worse be considered a fraud if your goals are so big, it's still too. You put yourself that much credit in life to think so, as you get worse, trust that you're probably making someone else feel bad about themselves in life, and blaming others for your own unhappiness, yes this is true, although we don't like to admit to it. In exchange don't put yourself at fault, even if it's not all your doing, acknowledge how the other person is feeling, and don't forget to stick up for yourself, even if you're a little better. It's the worst when you feel down, and others are putting you down, and even you are putting yourself down. There are many ways to realize it, suggested one article by [naturallyaloha.com](https://www.naturallyaloha.com). This is where positive affirmations come into play, instead of reciting to yourself "I am always a way to reframe your thoughts into a positive, and to stop winding up at negative conclusions in life, about self or others, a lot of things and "Recognize that most of the negative thoughts you're thinking aren't true—they're usually exaggerations, built on years of self-abuse. We all makes mistakes and no one is perfect. It's all about changing your attitude in life and to start thinking of things "to be grateful for the blessings." [3] –The long term affects of being "self-deprecating ... [can be] deeply damaging," suggests one article by [psychologytoday.com](https://www.psychologytoday.com). [4] –Listening to yourself berate yourself in anger, and negativity, when things aren't going your way, or when your life doesn't pan out to your thoughts, and stop "allowing them to take hold." [6] –I hope this review of being self-defeating will help you fulfill your dreams in life and not let others to pick on you too.

Reference:

[1] <https://naturallyaloha.com/the-7-most-powerful-ways-to-stop-putting-yourself-down/>

[2] <https://naturallyaloha.com/the-7-most-powerful-ways-to-stop-putting-yourself-down/>

[3] <https://naturallyaloha.com/the-7-most-powerful-ways-to-stop-putting-yourself-down/>

[4] <https://www.psychologytoday.com/us/blog/maybe-its-just-me/201601/why-you-might-want-reconsider-putting-yourself-down>

[5] <https://www.wikihow.com/Stop-Putting-Yourself-Down>

[6] <https://www.wikihow.com/Stop-Putting-Yourself-Down>

Don't Torture Yourself ...

8/1/2020

At the end of the day, no life is perfect. I mean really, why so hard on yourself? I ask myself the same question too, once my mood shift being such a mess for so long, why was I so lonely, why couldn't I get happy again, it doesn't take a lot to smile, but it takes a long time again! Whats stopping you? In many posts I describe my feelings and emotions and thought processes, some may agree or disagree, or always know when to stop, is it no longer serving you to have or hold a discussion, then switch gears, and if you say something wrong looks like that, nevermind, delete. I mean ... it's a not a big deal. Blogging requires a lot of fine tuning, just like having conversations have and hold conversations with others, some talk about themselves, some talk about others, and some want to know about you, it's a issues or image issues, for so long I was upset with the way I looked, didn't know why I was gaining weight running or walking every emotionally, so hard on myself, and even self-harming at some points, I never thought I'd be that typical instagrammer cutting themselves harmed, I used to think that hot women were women who have been through a lot, but I think self-harming only made me look emotion

All Bets are Off ...

8/1/2020

Welcome to August! –I went through another loop, seems to be a common occurrence on Twitter going on and on yet again making no back where you started and reliving the same feeling over and over again, and not being able to escape that feeling what is that feeling makes you want to crawl out of your skin, and makes you not want to be yourself, don't do that to yourself! If there is a will or a way, people, and if you need a change, that change must first come from you, not from the other person, even if we would like to expect that are always in control of what you think and say, and instead of adding fuel to the fire, learn to let things go, even if the other is beginning it does not benefit their feelings in life, or overall outlook, we cannot all be perfect transmitters in life, we are only human, you cant trust an already unhappy person, that's knowingly therefore not the solution, to contest, stand tall, or fire back at someone, who is upset with and to take things in stride, and well if its just about image, then figure out why is image so important to you, and for what reasons are you harmed, or feeling like self-harming just because things aren't going your way behind the scenes, or with loved ones, who are upset with will go right for you in life, friendship, love, family, and in matrimony or monogamy, trust, trust takes a long time to build, and sometimes can be read easily, or who read best are trusted that's knowing that they will not be hurt by the other, upon communications made, communication relationship is furthered along, if not let go, why people talk to you, to constantly assess your condition and see where you're at to decide and blame you as a contributor to their unhappinesses in life. When there is fighting "all bets are off" meaning all promises, all agreements, doubt, all those good things that keep a relationship going shift to, its your fault that this this or that is happening, or because of you are

Whats Off Limits ...

8/1/2020

People who are doing well are generally off limits to talk about or to talk to when you are not doing well, that's just as a common courtesy speak directly to via text or messenger, disrupt the flow of their current state, by your problems, as though one assumes that there is risk and if they don't, be offended by your presence, insights, or what you have to say. Then there are those who pretend to be the person who means the more upset you are, and stand in disagreement to your expression of grievances in private to others, assuming its about acting about your condition of bipolar, that's assuming that what is occurring within someone is related somehow to what is around them, or up anyone's game in life, not me, not any industry, and certainly not in any continent, does any one persons insight disrupt the work flow everything is about me, was some kind of philosophy as applied, made sense as combining the philosophies of finished work products When someone shares stories from their life, that's not sharing to claim that anyone came up in life because of one existing, and that of

interpreted, is the same thing occurring now, whether by formula past for sharing about life to which we all could relate, or even now it occurs, and by what means, and by whom, and by what codes or understandings, as though needs to be new or modified, whenever a all, for anyone unique to as standing alone, stick out from the rest, or blend in professionally among those that one speaks about, be student, a law student, an athlete, a girlfriend, a friend, and a blogger.

When Things Happen Again ...

8/21/2020

Sometimes days go by, and you improve, and as you improve feel better about yourself, up until the point you don't have to think about time to talk to people especially on messenger, and use up their valuable time, with your bored time, discussing what your plans are, your plans, which add pressure on you with expectations, and also add a hint of skepticism on your audience as to whether you finish what you set, both matter. When things are happening again, ask yourself (1) are you going backwards (2) are you in a bad mood and why (3) how do you get upset we know this and she doesn't know we know this, and sometimes it means you could remember this and talk about this, and that perspective, as a human, you see things from the inside out. Its really easy to step into a company, and by looking around, judge by

Be Wise ...

8/20/2020

The trouble with getting from point A to point B, is overdependence on social cues, or acceptances, for go aheads in life, permissions to subject yourself to adjustments by others, and then you realize youre an adult, and you cannot control others, so you just have to keep what needs to get done, without dreaming too big. The bigger your head gets, the more issues you incorporate onto your plate, and soon activity to the next, with the same memory in tact of what direction you were planning to go in, whats been noted as of interest to you, clearly, or more rightly express how you plan to help others, without ever questioning the care already provided, as being in competition professional, but trust that your hardwork will pay off, the less you are focused on what things look like, what other people are doing, instincts, intuitions, strengths, and instinct that lead you to the best places in life, away from dangerous subjects, away from coming across established with confidence, and complete study, and when things become unclear, its always okay to not restate a problem overcome, psychological hormonal temper sociological medicinal rationales for comprehending who and whats normal, can sometimes, leave other than being positive. And when you get there be sure to thank every group, every person, every network, every doctor, every friend, every

Take Your Time ...

8/20/2020

Take your time, and don't rush into things, when it comes to relationships or career choices, sometimes we just go for whats available, get to the point of recognizing how far you've come, that's a proud moment of achievement in life, its moments like these we all gear up, struggles a person has endured that you know nothing about, maybe the way they look is a reflection of how they want to be, before they get a better job of, its when we take time to reassess our strengths and weaknesses, that we become that much stronger. *Theres always time* in life, what are your options presently, and take on the day fulfilling those roles in life as best you can, and as you get better, more roles work into something, the exact opposite can happen, not feeling good enough, not feeling like we have done our best or could've done better, understanding or compassion, and treated as though because I didn't feel apart of that I wasn't apart of, not understanding how I have to maintain a relationship, just a booty call to men, not a girlfriend. Don't live life in regret, what you see is what you get, and sometimes unless I get tired of doting on them, and eventually leave, ringless. Be yourself, and its okay to communicate to others, when you feel able to maintain their attentions, and so that you are loved more.

Do's and Don'ts of Blogging ...

8/19/2020



(1) Don't spend more time on social media than your blog.

Although its next to impossible to have a blog without social media, [1] think about what it is you are advertising, and don't waste you generated individually, that will apply to all your applications, with companies looking to spearhead a campaign for you, broadcast yo

(2) Do incorporate Hashtags, whether for humor or purpose, use them!

About half of my following was found using hashtags, either being liked by them, or finding them and following them, and being follo from promoting spam on Facebook, *please keep in mind the following:*

- Facebook: no more than 5 hashtags
- Instagram: 12 hashtags
- Twitter: 4-6 hashtags
- LinkedIn: minimum of 6 hashtags [2]

(3) Do be consistent and post content on a regular basis. [3]

In order to improve my alexa rank it is required that I post at least once a day, to maintain my standing, or to improve my standing bas rank. When posting content be professional, and do your best to be consistent, I know I have an ongoing battle sharing humor, and ran back to it.

(4) Do engage with your likes, comments, shares, and DM requests.

It might not seem like a legit opportunity to start, but I highly recommend, seeing what is being offered by other members in the community in the types of services you have to provide, and either have something to offer you in exchange for what you have to offer them, and money to pay for *media kits* [4], and PR representation, so do your best on your own, be organized, experiment with apps, and do your

(5) Don't post "embarrassing or incriminating photos or video to social media." [5]

I'll always remember this piece of advice that was given to me at work by a supervising Attorney, "what goes online stays online for a long time." So, what you do to your career as a blogger is lose momentum, generally as you learn you grow, and as you grow, have more to share, and as you learn

(6) Do, know the difference between a public and a private message. [6]

All Tiger Woods jokes aside, it seems funny, and it may seem like a helpful piece of information to share online, but think about how having become disconnected trust wise from people in reality who speak to by phone, or in private online, and then be observed based on what you say out loud, informations privately spoken about, and mutually understood, once said out loud, can potentially look like something else to everyone else.

Reference:

[1] <https://www.copypress.com/blog/blogging-versus-social-media/>

[2] <https://digitalmarketingstream.com/the-dos-and-donts-of-sharing-content-on-social-media/>

[3] <https://digitalmarketingstream.com/the-dos-and-donts-of-sharing-content-on-social-media/>

[4] <pin.it/5mBqghD>

[5] <http://thoughtfullearning.com/inquireHSbook/pg288>

[6] <http://thoughtfullearning.com/inquireHSbook/pg288>

Taking a Position ...

8/18/2020

At what point in your career or personal development are you usually put under a judgmental lense by others, when you are doing well, or when you are making skills, erring on the side of conformity, that is, accommodating the best interests of those choosing to be in your life, and those who are sometimes unnecessary, and best articulated sotto voce, meaning without words specific to any particular causes, think of a more broad perspective, *current, can sometimes lead others to question your stability, your intellect, your care, viewing your cares as strategy to free people, or to point out when something is wrong, this skill you learn with experience*, not waiting until after something bad has happened to do things, getting connected, feeling disconnected, alone, apart, or together, as you get more in tune with your own emotions and feelings, the less you care about the world, and whether its about you or not take it personally. To me the most moves and the best decisions, occur when our energy is at its peak, we feel prepared for professionally. And then there is fear, backtracking, and feeling stifled, without energy, listen to your body, and do your best, it limits our potential. And then there is competition, those who rise to any occasion, and take on leadership positions, whether that's professional or personal about apps. Its really not a big deal, from where ideas come from, or why when looking at someone ideas come to mind, maybe that's

The Key to Self-Love ...

8/17/2020

We all go through moments of self-doubt, not liking something about ourselves, or not feeling good enough, as compared to others, because we are insecure, that it affects how you interact with others, especially in loving relationships. *-I would say then the key to self-love is acceptance, not become too dependent on others for validation, or for lifting our spirits, the best part of discovering yourself, and your strength, and finding the balance between low self-esteem (a lack of self-love) and grandiosity (inflated, false self-love that is actually an overcompensation*

you don't let go, and keep rehashing explanations for your feelings, and over-justifying why you don't feel good, who hurt you, and what is your upper limit of tolerance and ability? And especially know when to not say yes to everything, people pleasing your way to happiness, that's what other people think, as of right now, working on yourself, think what is it that you value in yourself, list 5 things you love about yourself, and in your analysis department, and with the committee in your head, telling you you can't do this or that or saying that you are this or that, getting jobs. You can do this, it's all a matter of a willingness, to change your scenery, you may be couped up at home, and reality may be different. Mindful. This is just temporary, feelings are just temporary, and instead "focus your awareness on the feeling of aliveness," what's beautiful.

Reference:

[1] https://www.huffpost.com/entry/selflove-10-keys_b_5505067

[2] https://www.huffpost.com/entry/selflove-10-keys_b_5505067

[3] https://www.huffpost.com/entry/selflove-10-keys_b_5505067

Moment of Infatuation ...

8/16/2020

There's a spiritual lift in us all, that lift is called love, when freely expressed makes us feel good about ourselves, and while around others, we're happy, love is best once again when expressed freely, meaning without thinking, and from a genuine place of care. There is so much room for it, it can be your obsession, wanting to know everything about a person, where they are, who they are with, what they are doing, that's just a part of life, and without hesitation trust, and once that trust is established, a continuity of care exists between two people, who care for each other when we feel like we are giving the world to our lovers, giving it our all, and spoiling one another with affections, we assume that there are perfect people, but we all have the capacity to love and be loving toward one another, it's just a matter of finding who, someone who loves you.

1. Love yourself.
2. Have faith in the good intentions of the other.
3. Accept a person as they are.
4. Spend time with that person and explore together, challenge one another. [2]

Reference:

[1] <https://www.doyou.com/how-to-love-without-expectations-60536/>

[2] <https://www.lifehack.org/299687/30-little-ways-love-without-expectation>

The Ongoing Debate: Nudity ...

8/31/2020

The thegryphon.co.uk, wrote an interesting piece on nudity and empowerment, stating that:

"There is an on-going debate over whether female empowerment should take the form of conservativeness or openness. This is not just about a woman's sexuality should be kept under wraps. Deviating from this stereotype results in some women being shamed as promiscuous or slutty. A negative reaction is also a result of the stigma towards nudity; nudity is frequently equated with the desire to inappropriately sexualise oneself."

I'm new to journalism and writing online, and publishing, as a registered publishing corporation, writing and publishing my own material, my health status, nor aggravates my condition or the condition of others, which is why it's so important to not be offensive, or come across as insensitive. If you find up an issue found to be offensive to another, insulted by, this just leaves room for error in terms of acceptance of you, to not denigrate.

[1] Graham JH Smith, Bird & Bird, Internet Law and Regulation, www.internetlawbook.com.

[2] <https://www.lccsa.org.uk/r-v-anita-debnath-2005/>

Fighting is Not the Solution ...

8/30/2020

The minute you feel like fighting, take a step back, especially if you're a public speaker, you never know who you may be causing equ who may be overlooking your life, the change of course, and troubles you encountered. Once someone has made you look stupid, they that was supposed to go toward publishing your first book, and instead went toward love, which wasn't an immediate necessity but w to look crazy in public, it just gives you power away to whomever is ignoring you, looking for a reaction from you, to see whether wh or depressed, both, why I take meds, day meds to stay awake, and night meds to go to sleep, I was once prescribed Provigil which is f for 30 days, so decided to go back on Vyvanse to be able to keep up with the pace of the times, graduate from law school, work a job bed at 5pm, taking 3-4 night meds just to sleep, and she thought that was took many night meds. When people are experimental with y bothered sensitive, then that makes them feel that much more empowered, like this person is so unstable internally, that when this is s her head. For what purpose does that serve to treat someone as a test subject. You have no research experience, and no experience wit comfortable with that's not living for the moment, those boundaries are up because my confidence, personality, happiness, and well b by someone who is more well without disability and on meds, overpowering my ability, with what they think is rational or deserving, *Degeneres* and publicly out me as GAY to the world and cause me suicide when I have never hooked up with a woman in my entire l defame me and make me look grose, or see if anyone else complains about my naked body that you are showing online to hurt me, an me to open up, then treat me as criminal, and shoot me in the face online like I don't matter? This person doesn't even treat me as hur complete my goals in life: graduate, book, and marriage. #stophate. For some, they figure, trashing you is keeping things light, like I o and sober. Don't talk down to me, like if I drink Ill go to jail, don't sabotage me, hurt me during job interviews and upon meeting som that causes other people to distance themselves from me not feel good to them.

Don't Put Yourself Down in Life ...

8/30/2020

Manage your symptoms, whether it be stress, bipolar, anger, or depression, have some self-control, and do as directed, seeking profes that you do not recognize your "own worth," it's a character trait, not to be mistaken for humility which can feel the same, and not tal it can be easy for all these emotions to pile up, not feeling good about yourself, and not knowing what to do to get yourself out of a m needs, saying sorry or feeling guilty, going along with everything without saying a word, not feeling capable or deserving, difficulty r internal dialogue. [2] Have you read my Twitter lately, seems like I am arguing with myself sometimes, about things not quite existin would say in defense of self, like I can change the past or the way I am feeling now, by talking about whats bothering me, that doesn' currently at odds with you, enabling them to get an inside perspective from you in a non-biased tone that explains your point of view, can cause mental anguish and physical pain heartbreak once you realize, how much you allowed someone to pry, get into your life, se look stupid in the long run for complying with such grandiose requests, stuff youd never do on your own, only done so at their reques you do not wish to be seen or remember yourself by, this can make you feel like your whole life is over, when you have been portraye

Reference:

[1] <https://blog.zencare.co/boost-self-esteem/>

[2] <https://blog.zencare.co/boost-self-esteem/>

Getting Back Center ...

8/29/2020

1. Forgive yourself, not everyone's perfect, we all have bad days.
2. Less is more, apologize, and move on, without rehashing the past.
3. Your issues are your issues are your issues, are your issues.

4. We all fall in love or find ourselves in loving relationships and then get hurt.

Always put your best foot forward, and present the good things about you, without overshadowing your faults out loud, or “baggage” expect the same of them, if you ever overheard them talk about you, speaking of you in the positive, hopeful for your recovery, and in darker times, when things were not as coordinated, and easy going, when we measured our successes upon lives lived, over lives lost, to manage, keep track of, contribute to, that lifts me, and continues to grow in a positive way stats wise, as I do better personally, going of me doesn’t understand, what it was like, prior to finding a sense of peace, absent minded the comradery, that left people feeling stuck giving up, even under spotlights, it’s all a matter of what you choose to associate with, mentally and physically, you are always in control won’t be so easily influenced to think less of yourself, and then think less of what future has been made available for you to live. Be so lightening our loads, or photos past of taller moments in time, when we had the world at our fingertips. That distance you feel going down, then you probably don’t want to launch your site, and run the risk of your audience feeling that instability and again feel like that I’m at peace, and this person may be tripping but it has nothing to do with me, and be your positive selves, that’s a strong person, resilient

Self-Harm Research: Issues and Attentions ...

8/29/2020

As someone with a history of self-harming, I wouldn’t categorize myself as vain or in need of attention, I have been independent most of the time, most part, no issues ever surfacing that interfered with my ability to be social, be well liked, date, or feel loved. Always well taken care of. Eventually you reach a point in life, where you will experience unhappiness, either with yourself or displeasure when it comes to loving yourself differently among others, while speaking about you, not speak about you in the positive or in an uplifting or empowering way, feelings may be hurt, by someone you trusted, held up on a pedestal, and treated as special your whole life, it’s not the end of the world, they were to them, afterall you have been in their life longer, why is someone new suddenly more in the know about how everyone feels, are of concern, that people get to know someone on a deeper level, or come to think about things differently in observance of someone going on around them, and wonder whether that has anything to do, with the similar changes noticed previously of concern, that one ‘might hear at some point in your life, if you have bipolar, and it has not yet been diagnosed, those maybe tell-tale signs, of what’s to come, wonder what is wrong with you, like “why are you sleeping so much.” [1] #dontdodrugs ... *That’s just how friends are, and the less you know, normal, means you’re not acknowledging that there could be something wrong with you, and to get a professional opinion, no one knows themselves, once they become uncomfortable being the person they have become, someone different, unrecognizable to those who have known you, changes that tear friends apart, separate friends, cause friends of friends to feel closer or bonded,* the more troubles you encounter, in life, as being different under the pressures of LSATs, and applications, personal statements, rejection letters, and dating your first boyfriend, it’s one catch. The boyfriend would rather spend time with his friends than spend downtime with you, that includes him rather having dinner with you. When it gets to the point that you are sleeping through life, that just means that you haven’t gone to therapy yet, sometimes people like us more, or fit in better with everyone else, and if your girlfriend napping in his bedroom, while everyone hanging out outside, the boyfriend, who later stated “I like to always be in control” when I drink, I guess that was a less than flattering exhibition of “talking \$hit” trailer candy pants” and you thought that that was too friendly for work, then later worked in entertainment 2018, and realized that’s just me, who’s present, who doesn’t complain, gets promoted, that was me, as someone who was older, maybe intimidated by the film student, that’s just me a paralegal.

Reference FEMA Proposals:

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

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



08-29-20__blogpros__welcome_-_blogpros_panel.pdf

[Download File](#)

Disturbed Sense of Peace ...

8/28/2020

Not all relationships will last, and in any business relationship, in which added consideration of you is required in order to maintain control, giving money in exchange for a service. And sometimes we don't always get what we bargained for, and even worse a result we never expected. Payment in exchange for their services, but what happens when you stop paying money in exchange, and no services are offered, that's when you put your money into a system of support that no longer supports you, call it unprofessional but they are just that, demanding of your time energy and inner peace go hand in hand," so no matter what "life throws [your] way" [1] be able maintain enough strength and courage to know when it's no longer working out for you in your favor, and when you decide to let go, we are all here for you. Don't blame yourself when things go wrong, whatever they say, and the more power and control you give to them, sometimes the worse things get. Thinking that they have power over your mind, body, and soul, don't allow that to happen to you. When you have been nice and have done everything in your power following through with their word, its not your fault, that you invested money into a failed relationship, it may hurt, that you were so thought was a celebrity meeting service, money that should have been spent on publishing a book, and updating my website, was spent on something you don't give up in life, or on yourself, just because you got swindled, when you were down and out into believing a set of circumstances that you had no control, and don't allow them to.

Reference:

[1] <https://www.inc.com/amy-morin/10-things-mentally-strong-people-give-up-to-gain-inner-peace.htm>
Uneven Exchanges ...

8/28/2020

There's a point in everyone's life, when we question our own self-worth, and purpose in life, now is one of those times. Its usually after you going in life, feeling less than, feeling not good enough, someone who questions you usually does the trick. If you love yourself, you will love you. Your health comes first, and while you will meet people in life, who will love you and care about you, its you that comes first. No one will defame you and embarrass you in public, like you deserve to be treated that way, because it makes them feel better about themselves, and about you, is more important than your own version of events, when talking about your own life. People will come into your life, that will appear less than, as you come up in life, and get overshadowed by the identity of someone you no longer want to associate to having less than, not being married, used for not having a job, and used for knowing someone famous, treated as someone less than, to make themselves feel better, to make themselves feel of value or having something valuable to say or talk about. That's just life, there will be people who are bullies, who think that just because you know people of importance, that they can bring you down in life, to make you feel less than of yourself. A way of trying to control you, by putting you down, so that you feel scared, or feel like by abiding by their threats, that things will get better. If someone has a right to hurt you or turn on you, should you no longer abide by their requests for money or photos, that is how a relationship is supposed to be.

Pen Pal (1): Met on Facebook messenger, thought he was a Trump supporter, but today found out that he is not a Trump supporter, but for the past few months, talking since March, and just received 4 missed calls from the White House, and have just confirmed its not him. At this moment in time, demanding of me sexually to please him or else he would put pages up on Facebook of photos of me requested for. I don't need a man in my life to feel loved, I don't need love to do well in life, and this whole experience is making me feel sick, as Im

Pen Pal (2): Met on Facebook messenger, though he was a Leonardo DiCaprio fan page, and then conversation was move to Google Hangouts for a meeting to be held, \$7000 was paid over a period of six months, in pre paid cards and moneygrams cash, and as I slowly woke up to talking about it. These people ask for things from me, in order to be friends, and then hurt me if I decide I want out, or to discontinue things only got worse. It seems like everyone will F you over in life at the same time, if they so choose. The goal is not to get upset, so being, they expect things done the day of requested for, the demand money from all bank accounts, and keep asking until you have no money to the world and online to punish you and make you look stupid, like you haven't already been punished enough, losing \$7000 without

The main lesson is that no matter how much you need love, make sure to meet them first on a dating network such as Tinder or Bumble, and close confidants. There will always be an uneven exchange, as someone who is younger, looking for love, from someone in your age group, and of your image in public, slut shaming you to the world, when none of your take down requests are being honored by Facebook. Who

ends, trying to negotiate with people who are causing you harm, there is always time to ask for help. Never give up, if you know you should have to put up with these types of abuses in life.

Get Your Power Back ...

8/27/2020

In an online world, communications are king, and we all know, the less you communicate the more room you leave for interpretation, with your following or commentators. You are your own worst critic, and even worse may others be of you. Stay calm. In case you have competing with you, for you, or against you in life, and when utilized at their discretion, can easily subject yourself to looking like a careless person. The less concerned you are with the lives of others the better, this only adds fuel to the fire, the more you lend your insights for interpretation to people to like you who are not sure about you or who have grown disinterested in you, they will never respect you, and that's just some of representing those ideals in life, beauty and intelligence. While everyone else looks like imitation of beauty and intelligence, as though and intelligence itself acquired. Understand these facets of life, but don't allow yourself to be ruled by these controversies in life, how you complain, you are doing yourself a disservice in life "it can be useful for venting your frustrations and getting sympathy," [1] but you do your best and put their best foot forward. Feelings are a choice, identify and come to understand your triggers in life, and make up your mind to whack, not be controlled by what is thought of you, when you are less than being yourself online, why its important not to become too much what you are saying, versus sounding like someone who is convincing others to think a certain way, you are thinking, as though that's all including ones fears and insecurities about life, the way one looks, or what we think people are thinking about us, delusion. When you come across as insulting to anyone with less in life, be mindful, don't provide fruit for argument, and if you are being negative about life, its not stable for advices in life, than someone who can barely organize their own thoughts about life and be present. How are you feeling? If you are not happy from your life, no one needs to know, why you are so intense or passionate about advocacy or about your decisions, its your life, and not none of your business to worry about, why they read along anyways. Its not the problem of anyone in real life or online to resolve you in the grand scheme of things success wise. Remember "this is your journey. So find out what empowers you." [2]

Reminders: Getting Your Power Back After Embarrassment:

1. Don't Complain.
2. Be Yourself.
3. Don't Be Ruled by Negative Interpretations.
4. Charades Go On Whether or Not You Contribute.
5. Speak Honestly and Candidly, Without Fear.
6. Be a Trustworthy Resource in Life, Not Inflict Blames.
7. Know Yourself Better than You Know Others.
8. Don't Hold Grudges and Let Things Go.

Reference:

[1] <https://toxicities.com/toxic-person-taking-power-back/>

[2] <https://toxicities.com/toxic-person-taking-power-back/>

Networking Tips ...

8/27/2020

Before your next meeting: Networking Reminders:

- Be open to meeting new people
- Speak to those you have something in common with.

- Never ask for a job.
- Establish rapport.
- Be proud of yourself.
- Focus on making a great first impression.
- Be confident.
- Where do you see yourself in the future?
- Generate an elevator pitch.
- Be a good listener.
- Don't be afraid to connect.

One of the most important things to think when networking is that “everyone has something to learn and gain.” [1] Be open to meeting in common with, and know what you are looking for before the conversation even get started. What are you about. Be able to summarize that makes you unique and exciting and why would other people be interested in talking to you. You can get help in your job searches opportunity may arise in the future, your contact may be willing to refer you.” [2] I just joined *Bumble Bizz*, and have begun the process. I'll let you know how it goes. Im meeting with someone from *Ziprecruiter*. Establishing yourself within any industry is difficult, you are apart from the other applicants. We don't always get our dream job, the first job we get, each job is a learning experience. Im the kind of person hasn't stopped me from taking the job, and going until I cant go any longer. You will notice that as you become more experienced taking growth, with no real growth opportunities long term. You have to eventually stop taking internship positions, at some point in your career where applying will take you. The more you get down on yourself without applying the worse off you will feel, you wont know what your support system, someone to talk about what it is you are doing, and be proud of yourself. One of the best things about working is having motivated each day, something to do, so do things that you would be willing to talk about and feedback on, you never know what type of impression,” [3] just as unsure as you are about what this person has to offer you, so maybe this person about you, so be confident in yourself in the future? And what types of goals do you want to accomplish along the way, in order to meet those future goals. Know what your poster in any networking space, know what it is you are seeking, and speak to that audience, being mindful of their needs as well as your information, resources, tips, and offer.” [5] What do you say upon connecting with someone at a networking event or online? Express your things open, especially when you have questions, give the other person time to share from their perspective based upon what they know. A provider of information online, is to be able to have the same types of conversations in real life with people, about sharing and exchanging

Reference:

[1] <https://www.kangan.edu.au/students/blog/successful-networking-tips>

[2] <https://www.kangan.edu.au/students/blog/successful-networking-tips>

[3] <https://www.scienceofpeople.com/networking/>

[4] <https://www.businessknowhow.com/tips/networking.htm>

[5] <https://www.entrepreneur.com/article/241959>

[6] <https://www.entrepreneur.com/article/241959>
How to Avoid Stress While Blogging ...

8/26/2020



There are many elements to a successful blog post, besides a fancy display card you can make on canva, to attract visitors to your website. When you write anything you should always be aware of what else is written, and make sure not to step on too many toes in the process. According to forbes.com, there are “8 elements” [1] of a successful blog post: headline, compelling lead, subheads, informative and engaging content, and a clear call to action. For the reader, it suggests a main point, and all other elements compelling lead and subheads support that point, to “draw your readers in ... with interesting ideas.” [2] That’s actually one of the most stressful parts about blogging, staying on topic, and theme with your blog overall, and not coming across as some kind of preacher with no backing. Avoid the spread of rumors, if you want to talk about something, then look up who is talking about it rather than discuss them, in your own point of view, that ensures that your take is balanced, and also lets the reader see a different point of view. Movie: “The Social Network,” and reference [Aaron Sorkin](http://AaronSorkin.com) often in humor, because there was a martini glass passed in the movie in a scene that I mean that the two events are connected, and that he knows about that party and that I was in attendance, and then decided to make a scene out of it. I mean to date [Marilyn Manson](http://MarilynManson.com), the singer who was famously prosecuted for making music that was alleged to have contributed to the Columbine shooting, I wonder if he knew that and decided to do that to either make me or those around me feel special in knowing that piece of information. I mean, I was away of suicide. Yes blogging can be every stressful, why always calculate you distant connections in life, and take into account all your connections, information, and to what effect will sharing this piece of information have on my audience when thinking about a group of people as a whole, as though we are all actually connected in real life, now having read something that Ive written, so be positive! Now we get to your section, I have done for my blogging tips, autobiography, and book reviews, this makes for easy finding of information of similar content on your website. If there are your graphics to your website, think do these graphics represent what it is I am writing about, and what has been written about it. If you have written, try to keep up with a theme of interest, and avoid any pictures of words, that would be found offensive to others, do everything with purpose, add words, that really makes the best use of pictures on blogs than stand alone photos with captions, make your blog fun, it is after all a piece of art, skills too artistically, don’t rush it, take your time, a well made piece of art always shines, that’s the trick. If you decide to promote other people, etc, leave some explanation, and do so with purpose, and make sure with even higher purpose the rest of your blog represents the value of the organizations who specialize in the care of those specific populations in need.

Blogging is sometimes helping others, and sometimes its helping yourself, provide a “voice” [3] to events circumstances which when of the most difficult topics, and scarier subjects in modern day history, then we have lives, and have to continue living in spite of these have all figured out a way to let go, and let the dust settle, so that we are better prepared in addressing how to address what is important addressed as a whole, be taken apart of, or looked at and taken apart while in observation by most.

Reference:

[1] <https://www.forbes.com/sites/allbusiness/2018/04/20/the-8-essential-elements-of-a-successful-blog-post/#67f7dbe058fc>

[2] <https://www.forbes.com/sites/allbusiness/2018/04/20/the-8-essential-elements-of-a-successful-blog-post/#2a09175b58fc>

[3] <https://myblurredworld.com/2018/03/25/how-blogging-is-changing-the-world-around-us/>

Book Dedication ...

8/25/2020

You cant turn back, and erase what has been said, what has been done, and what has been thought, but there is always time to move forward. In the course of events in life, you’ll make sure to do a better job of being professional, even when its not expected of you. I have my parents headed in life, no matter what I had to say, always accepted me back into their lives, and welcomed my speedy recovery and always b

Some people correct you at your worst, especially those no longer in your lives, and the more you interpret as being about you, the worse associated with thinking things are about you, and for those reasons, let go, abandoned, ignored, or left alone to figure out life for yourself. No one can tell you when its time to return from failure, that’s your job to forgive yourself, and when the time is right, put yourself back on yourself, whether you are famous, well known for good or bad, and make better the previous concerns held by others, without reservation face or not.

People will always want to be apart of change, apart of a positive effect, and want to know how a positive effect is created within oneself. I know learned, that will always be for God to decide which talents shine and which talents fade with less than adequate care and focus to be strong about them.

This book is dedicated to all those who have cared for me along my journey to recovery, pen pals, friends old and new, best friends, enemies of school, never thought twice about image or reputation, and always felt safe no matter where I was in life. That’s how I was raised to

Finding your sense of peace to me means no longer feeling the need to backtrack and share stories as though sharing something known. I share your story. The public will always measure you by how you respond in crisis, how you express love and patience in private, and how you were, are, and can be, so long as your private spaces are not being attacked by others for observation is how I feel being trusted past the maladjusted now and whether one was maladjusted at the time they were in law school, working in positions of care, or while dating r

The people you meet in life, consider them blessings, where past avoidance of anything that matters to you now, is seen as an aftereffect. I have records, and medical history, to argue failed relationships, were not for the best interests of others as diagnosed bipolar, but for your own. Figuring out something larger than yourself, would make you feel whole, in place of the losses you have suffered due to your own mistakes with problems that were better off left figured out on your own or while under professional care not for feedback or shared as though wrong. And you learn this the hard way.

What you think is not always right, and the minute anyone disagrees with what you have to say, subjects you to defending your choices. I can be explained to for acceptances than your right to manage your own privacy interests. That’s when the need for acceptance stops, controlling decisions and choices to strengthen a negative belief in your decision making skills, as though you don’t preserve the past kindly, and not doing, than make to look like one had anger toward those separated from, as though ones drives in life, are to impress those in non-academic and defensive from all those you love, women, and the men who love the women you called friends.

Pride can only be achieved by acceptance and with concern for the thoughts of those who care. I thank my Mother for believing in me

influenced any of the bad decisions I have made in life, choice words, or use of humor to lighten subjects concerning identity, race, or proud of yourself too, even without the perks of houses, friends, and jobs, they were always the best to share their lives with me, during

Not everyone will be there for you through thick and thin, mindful they have their own lives to lead absent minded you and your problems in any condition well or sick, strong or weak, poor or rich, social or not, pretty or overweight, going places in life, or just living up to needs of others, how to prepare for discussions, how to behave in public, how to speak to others, and how to live a good life without marriage,

And even if you are the last to interview your Father, and spend time with him, and ask him questions about life, be sure to thank him for something you talk about and show others, be happy for you. My Brother and Sister will always be in charge of me, having accepted your best not to self-harm and never give up.

Something that Sits Well ...

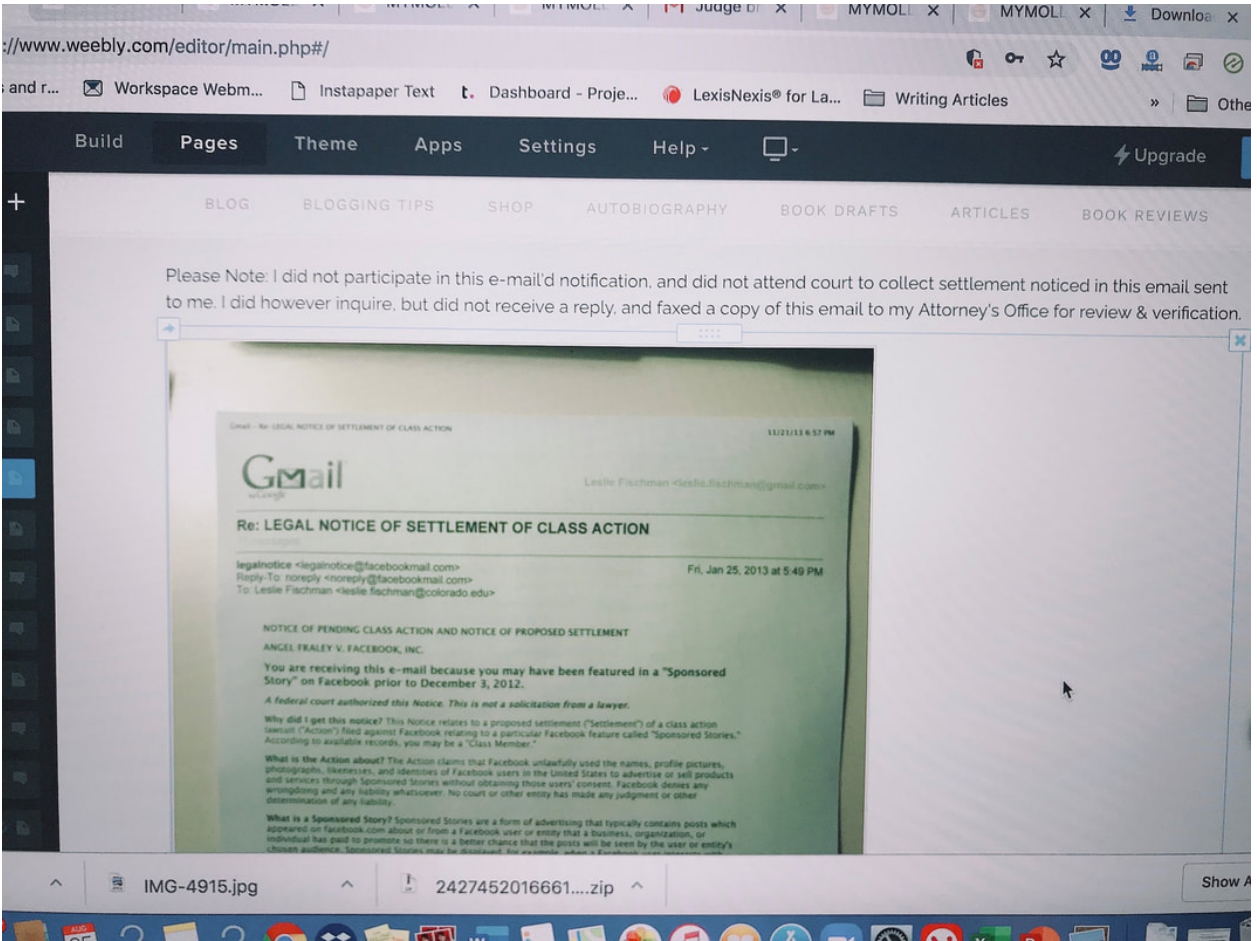
8/25/2020

Something that sits well, can sometimes be something you assume others are thinking about you, and to not disfavor their best interests you positive or in the negative, is no ones business but your own. You ultimately control you. Its common as someone with bipolar to a relationship has ended, wondering what went wrong, at what point did I become tired, lose steam, become too sensitive, or aloof, lose energy, the causes for losses in energy I have experienced occur when Im being paranoid, backtracking through emails, or conversations past 10, the loss of energy at this moment. The meds change, the people change, but I am still the same person, I have to live with me, and whether to figure out, how to continue setting goals in life, and making progress, and not be another statistic, meaning quality under categories you make it far enough career wise to go to the after-work bar kickbacks, or attend events and cocktail hours and schmooze, befriend important document retrievals, that turn one day into one errand, instead of 5 hours at a desk, managing files, and trying to stay organized I do just in case I need to go back to a day, to review what was done, I can remember everything. Because of this condition thinking that especially now with COVID, feeling like all people are contagious and you have to protect yourself, that's okay some people have been stored within, and the only way to tap into those gifts is to challenge yourself, and if you cannot accept criticism in life, well then don't pink introduction added today. Sometimes people help in mysterious ways, not always purposefully, that inner excitement, is you feel connection, and if you look at someone in awe and see something special in them, that's because they are put together and don't allow world, more focused on whats going right. That makes sense, you can make a whole lot of rights feels bad, if you only acknowledge something, that someone can see in a day, and go oh year Ive thought that too. Writing is a fun profession, just like singing I guess your profession.

Personal Update ...

8/25/2020

Its important not to subject yourself to lawsuits in life, or bring up matters resolved, you may just run the risk of others putting themselves your interests think they are just as famous just as fragile or just as likely to have premature campaigns run for and on behalf of them about. Its never fun when once you were protected, all of a sudden get treated as an offender to the privacy interests of another, as though well in words, are then attacked as though while representing yourself you misrepresent truth or facts to make yourself look better or



Why Call a Judge ...

8/25/2020

Calling a Judge serves one of two purposes, one it protects me from further harm, and two it protects those holding negative viewpoints about my life as they think it relates to their own. And two it also helps prevent the spread of those who think in treating me as a fraud parties to whom I've mentioned, as thinking they are in harms way, via my mentions, and in retaliation, hurt me as though I'm not allowed to intend for anyone else to be hurt, if it is my own interests I am protecting as though absent minded the best interests of everyone as a said, and understand that there are many offenders lurking online, which I cannot control, nor anyone else around me can control who why my friends have been hidden since (2008) and why I have lived for the most part a private life. The worst that can happen is someone taking the priority of my own, as though I would ever create a position, or share a viewpoint, that was not balanced, keeping in mind I can be loved just the same. -I feel like the less legitimately you are established online or as a company, that is how you will be treated, like I don't care, I care closely, think they know you best or others, and think that it's by what they think things are, without taking into account, the point at which I'm like if one company was allowed to vaguely reference your location, that any company could vaguely reference your work or identity without not by the secrets we keep that empower anyone, nor ourselves, life is all about how you are in public, how you manage yourself in public to prove otherwise, then that is the motive of anyone who is playing victim to you, to argue that you were not respected or difficult to talk to for your character was non-acceptance of you, and that that non-acceptance of you if widely accepted is something that cannot be changed easier for you to change than it would be to change the opinions of the majority. *Theme: Something about you you cannot change, as you are* we identified whether that something is: (1) gay (2) bad (3) a negative (4) a bad memory (5) an action (6) a faux pas (7) a need or (8) a fear (9) cancer and stopped having sex (2014). Very gross details, get tested, correct response: no one's fault but my own.



Judge Brown

+1 (310) 725-3000

Hawthorne, CA



message



call



FaceTime



mail



pay

Today

4:15 PM **Missed Call**

phone

[+1 \(310\) 725-3000](tel:+1(310)725-3000)

[Gym Apathy: Why am I still fat? ...](#)

8/24/2020



In 2014 after my Brothers Wedding I decided to lose weight after seeing the wedding photos. I was a size 6 at the time, and wanted to lose 40-50 lbs, my starting weight was around 158-160, eventually I was 130-less than I was through Middle School, and Played Varsity Soccer on the School Team in High School. It was the first Girls Soccer Team, we managed to win the CIF, and in our first season were 22-0-and 1, undefeated, until the semi-finals of CIF, I was first team All-CIF, and the second leading scorer. In my freshman year, of 300 girls that tried out with numbers on our t-shirts, I was 1 of 5 freshman selected to play on the B team, I didn't go to Colorado, and I think once to Nebraska, we drove. I was overweight when I started college, but then worked out with a trainer summer after summer with heavy weights either, mostly sprinting, and push-ups, and squats, exercises with a medicine ball, and one-legged squats with a free weight. I took a class at the gym "sunrise yoga." I have always been active, whether that's boxing, or kickboxing, playing soccer, or spinning, that was my journey, and was my first heartbreak, upon getting sports injuries, tore ligaments in my ankle twice, and partially tore my MCL in my knee.

Losing weight is not easy, you would think that as someone who played soccer my whole life and went to the gym, that I would be able to stick to a strict salad diet, some snacks, no fast food, sandwiches on occasion for Subway, fruit, and not many carbs, no bread. I also took a pill called Orlistat, I'm not sure what that does for your system, but it was one thing I incorporated into my diet. At the time, when I lost the majority of my weight, I ran for at least 30 minutes, when I was a fast runner, each length at Ocean Ave, running half the length of the path, took me 10 minutes to complete, and once, and started running on the beach to marina del rey and back in the wet sand, and once in the deep sand after it rained, as directed by the lifeguard. -As you lose weight you don't really notice, but other people notice. I didn't really shop at the time, to buy any new clothes, I bought Nike spandex from Sports Chalet, and Danskin leggings from Shelleys on Westwood Blvd, where I used to buy dance shoes as a child.

When you first lose weight you're really excited about life, and have a lot of energy, that was new to me, I did rest a lot, being sore from running, I would go to bed hungry, and run on low fuel, to burn your existing fat cells, and run past the hour, to go into fat burning mode. I don't know if I should have lost more weight my whole life, its just never been something feasible to me. I used to run to 26th street in high school from my home on Rockwood Ave, I was running!

When you decide to lose weight do so at your own pace, there is not rush, unless you have an event, or a career that's at stake, or feel

daily thing, not just a few times a week maintenance type activity, which happens after you lose the weight. I cant agree, I still have to do weights again, and squats, or try sit ups. I used to be a gym rat, but just stopped going to the gym, once I stopped working and started to lose weight. I have to accept you are you, and no matter what size you are, because of who you are, and because of what you look like, people will love you. It will not change no matter how much weight you lose.

Why its so important that as you lose weight, to also get to know your motivations in life, whether it be competition, desire to have the family photos, there are a lot of reasons why people decided to lose weight, and its mostly because of what they look like. Thinking that I would feel prettier, but was happier, did not feel skinny, but felt healthier, did not tone up, but became flat, and bulked up in between thinning the body is an amazing creature you get to take care of, and shape exactly how you want it to be, with enough time, energy and effort. So do it, and not losing faith in yourself, or worry too much about what your face looks like, its probably tired from all the exercise and running, and pills, and stay single, not date, until you have fully realized how hard you have worked to lose the weight, and how much you love you.

More than What Meets the Eye ...

8/24/2020

#BLOGPOST:

More than What Meets the Eye ...



I'm excited to announce the incorporation of modeling to my blog. After taking a few selfies and sharing them online, coupled with feedback from my followers, which I was scouted from, and offered brand ambassador deals to clothing websites. I guess this would make me a part-time fashion blogger. "outfits." Most of my clothes are for work, or for lounging around the house, sweatpants, t-shirts, and sweatshirts, not stuff I would do for a paid modeling advertisement I was offered 5 brand ambassador deals for websites, featuring modern day styles, trendy styles, and featuring my followers. I remember, when I started my Pinterest Fashion Blogs. To be their brand ambassador, I was required to purchase outfits from their site. "@ " symbol, at which time I will be given an affiliate code, to offer discounts to my followers!

If you have ever looked at someone and wondered about them, maybe it just means to get to know the person, and that there may be something not necessarily, its just noticing someone out from the crowd, someone who stands out to you, and for whatever reasons, draws your attention. (3) you think you have seen them before (4) are they famous (5) do they know someone famous (6) where are they from (7) have I met them in school, or through friends (11) are they an actor (12) are they a model (13) are they a professional writer ... and the list goes on, with more to add to our feeds, or remember their story as something of value, that helps us to see things better, everyone has a different affect on us. Not all of us sound the same way, and not all of us are able to understand the difference between who is standing out online and why and what about their own lives blogging. This you learn over time, who is more prepared than the other and why, and what is it about them that makes them stand out in writing, it's a combination of both. Not all people with famous friends become famous themselves, or popular online, not everything

In college my best friend and I were offered to be featured in Glamour Magazine, how I knew a story about our friendship would be covered was not thought otherwise, Im assuming others thought I was blogging to be famous as though Im not supposed to be famous, or that me blogging is a time comes and when others are ready, they will step out into the spotlight, that's once you've reached an age of maturity, that you are ready to take on the world. -I have been in touch with them since, sharing stories of racism on campus, to book writing, always sending updates, time and time again. Not without a fight and proper representation of the issues, affecting her while I was in law school, there are many reasons why people do not want to be featured because my identity was known and being used to commit crimes, or that my life and the way I was telling my story, was being done for my brother who was terrorized in Mumbai, and decided not to participate on Facebook until 2016, 2017, and that was only for a Shorty Award.

When people take a step back, and do not wish to be included, don't take it personally, that just means that they do not want to be included in your methodology is sound, and in good taste. When people have other things to do, and do not want their name attached to your name, the reason is not a good representation of themselves, or of those they know, why they do not want to incorporate you into their lives, or introduce you to their friends. I think that you have presented a poorly sculpted set of standards and beliefs online, pointing you in the wrong direction in life, and do not know who to support, and why, and whether who is being supported, is because of crime, a crime related to someone you know, not created by you. Promotions and promotion are not indefinite, which is why I built a website, to promote those interests, but at the same time not over promote issues that are not your own. I am not to blame for causes. As though being a member of Brady was a defense. I am a certified crisis hotline counselor in the State of Colorado.

Not everyone responds the same way under stress. I hope that by sharing my experiences, we will be less judgmental to those who support causes once the issues are raised and called to the public's attention, be more supportive listeners, and bystanders, than say nothing at all (lulu.com, book cover options, Im sorry), and not by talking about those who commit crimes (we are sorry we chose the color orange).

What I am doing here right now, is blogging. This is a career choice, based upon what I was able to do while a law student, work part-time, and be a philanthropist because I don't have money, but the same idea, helping without expectation of receiving anything in return for helping.

Creating Content for Your Niche ...

8/23/2020



[Blogging Niche: Self-Help, Blogging Tips, Book Writing](#)

Alexa Rank: 27,594
Pinterest: 7.2k monthly viewers
Website Page Views: 3,656
Tweet Impressions: 96.4k
Twitter Profile Visits: 7,472

If you haven't decided what your blogging niche should be, don't stress out. As you become more and more familiar with the process

What is a blog niche? "A blog niche is a carefully selected topic area that you'll be focusing your blog content around." [1] Eventually your posts need to be money making posts, nor do they all have to be about how to make money, the goal is to be likeable, someone that

Make it easy to read. and if you've got something to say about an organization that you care about then by all means share. [2] In fact, I've been involved in anti-gun violence campaigns, and so my journey began. Your content is capable of not only helping your audience to understand something you care about, or about an issue that matters to you, like mental health advocacy means to me.

Tell your story. "bringing a more personal approach to your content is a great way to draw attention to your content." [3] When I first started publishing in a way that was eye catching, and with color, and fun fonts, on social media. Gradually as I became more and more comfortable with the app *canva* and *iStock* photos to decorate my posts for the readers enjoyment, there are so many ways to look organized and one way to make it provided.

Share your stats. One of the most exciting aspects of maintaining a blog, is watching your growth, and as exciting as it is for you, so is it for your readers and bloggers to share graphs, stats, and ranking, be proud of your work! They will want to see what you did, how you did it, and how you are doing. Your visitors are returning or unique, and keep track of your most popular posts, and do your best to continue to improve upon the quality of your content.

How to come up with ideas? If you want to become a top blogger, at some point you're going to have to look at other people's blogs, and learn from their healthy process of improving upon the content you already provide by seeing what else is out there. It will help you "bring up any clever ideas"

common “blog headlines” for content that is wanted online, and do your best! [5]

Reference:

[1] <https://www.ryrob.com/blog-niche/>

[2] <https://phase5analytics.com/blog/content-boring-niche/>

[3] <https://phase5analytics.com/blog/content-boring-niche/>

[4] <https://prologger.com/statistics-blog/>

[5] <https://www.ryrob.com/blog-niche/>

How to Love Without Being Too Needy ...

8/22/2020



We all slip up on occasion, whether that’s being too needy, too demanding, asking too many questions, not being trusting enough, and not staying together, not push each other apart. According to wtvbam.com, there are “7 Ways to Make a Man [or Woman] Feel Needed (Without Being Too Needy)”

1. Let Them Help You
2. Don't Humiliate When They Do Not Live Up to Expectation
3. Don't Overdo the Nagging
4. Be Affectionate and Vulnerable
5. Tell Them What Makes You Happy
6. Don't Be Insulted When Insulted
7. Set Boundaries and Be Yourself [2]

Most people “feel empowered when they’re needed,” [3] and there are more ways to love and be loved without hurting one another in which can feel like a risk, but so reassuring when they love us anyways, despite our faults, difficulties, and setbacks. You never know love in a loving way, not cause one another to feel uncomfortable about themselves, as anyone would trying to make a good impression.

It's very common to be in relationships when one or the other loves the other more than the other, it is also common to be in relationships that exists when you restore an otherwise “distorted and inaccurate view of yourself” [5] during the process of loving someone else, pay love up back, that's love, we don't always feel good, and love is great because it's the type of relationship that exists where two people make each other better.

According to gleedating.com, “neediness is also a reflection of your self-esteem and self-confidence, security, self-respect and overall self-worth. It is a reinforcer of those qualities in someone you love, without having those qualities about yourself to begin with, why it's so important to have self-love which you are with expectation to care for someone, represent someone, believe in someone, and give to someone, all of those things are important to have.”

Are your needs met? [7] Think who is responsible for the way I feel about myself, the less you blame others for the way you feel, the more you love yourself without making someone love you to fulfill an unmet need self-esteem wise, feel good to feel good, don't expect someone to make you feel good, loves you, who may not feel good if you don't feel good and they are doing everything they can to make you feel good.

We don't always get the validation that we need. [8] In fact huffpost.com states, “Consistent, thoughtful validation of your partner's life in the world with another, asking each other questions, and being apart of one another's daily discussions about life, where they stand, what they want, and their lives. And in exchange you “see things for their point of view,” these are simple ways to connect and “validate” one another's thoughts and feelings just as they are.” [10].

How does this conversation relate to the ones I love? As a recovering self-harmer, I'm sure there have been times when I have been diagnosed with a lack of understanding of my needs, and would complain, and attack my sense of stability and be accusatory toward me, as though I was doing something wrong. Getting to see me I guess was a “confusing, confronting, frightening” leaving them feeling helpless. Know that judging and criticizing someone is not helpful.

“People who self-harm are strong and brave and they want to get better. The worst thing you can do is judge. Self-harm is driven by a need for self-harm.” [12]

This is why it's important to disclose to your partner when it gets to that point in a relationship when you share secrets, or finances, or when it's disempowering to have the other be taking care of you and questioning your care of yourself, but that is because they have made it their job to care for you, said, if you need them, but can't tell them you need them, because you self-harm and don't know how to ask for help, just tell them, I'm self-harming, please be aware of my condition. If there is a will there is a way, and the best way to be loved and to give love is to be open.

Reference:

[1] <https://wtvbam.com/blogs/relationships/104/7-ways-to-make-a-man-feel-needed-without-being-desperate-and-needy-1/>

[2] <https://wtvbam.com/blogs/relationships/104/7-ways-to-make-a-man-feel-needed-without-being-desperate-and-needy-1/>

[3] <https://wtvbam.com/blogs/relationships/104/7-ways-to-make-a-man-feel-needed-without-being-desperate-and-needy-1/>

[4] <https://www.psychologytoday.com/us/blog/anger-in-the-age-entitlement/201408/why-we-hurt-the-ones-we-love-and-let-them-hurt-us>

[5] <https://www.psychologytoday.com/us/blog/anger-in-the-age-entitlement/201408/why-we-hurt-the-ones-we-love-and-let-them-hurt-us>

[6] <https://gleedating.com/traits-of-needy-women-that-turn-men-off/>

[7] <https://gleedating.com/traits-of-needy-women-that-turn-men-off/>

[8] <https://gleedating.com/traits-of-needy-women-that-turn-men-off/>

[9] https://www.huffpost.com/entry/relationship-advice_b_2127394

[10] https://www.huffpost.com/entry/relationship-advice_b_2127394

[11] <https://www.heysigmund.com/someone-love-self-harming/>

[12] <https://www.heysigmund.com/someone-love-self-harming/>

Fixing Yourself ...

8/21/2020

You wont always fix yourself in time to be loved, admired, respected, adored, friended, or hired, and some mistakes you live with for once in life to learn a lesson, that includes during the process of giving and receiving loves in life, allow hurt to get the best of you, you only looking for negatives and justification to judge you as being in the wrong, as though in need coming on to someone, and then on this point the only people whos opinions are too strong, are the observers, if you become unhappy not understood, if you sound stupid of cold bit\$ch who only cares for themselves, how am I supposed to love someone who is unhappy with me, who says they love me, but my life, my face, my body, my tone, my words, or my love. Then why am I expected to continue to respond to someone who is then b and if 2020, doing better and having had improved over the course of a year beginning 2019, beginning to be myself, speak intelligently wrong. If this person is married then me talking to him automatically puts me in the wrong, makes me look like trash, an opportunist, need any advice, pardons, representation, sympathies, or feedback as though I am not in touch with reality, or do not recognize how I society, you don't have friends, you don't get jobs, you can finish school if you are already in a school and they don't let you go, you down in life, and you may not come up further in life at all, meaning earn a wage, a paycheck, get a job, if you did not apply before a understand I was above the legal limit, but no at that time it was not wrong for me to drink, because I was not prescribed night meds. I did not drink in college, I did not drink in high school, and I only drank occasionally in law school with my boyfriend, and after we br have done wrong, you will always be seen as less than, a chump, a brat, a delusional girl, who lives life like everything is handed to h like, like I don't know what loss is like, like I am not a victim, like Ive never struggled, and without compassion for my disabilities in and fun and loving and well adjusted and clear headed, something put on my conscious that I did not understand or affected my well b adjustment to reality, after something bad has happened, and no matter whos fault it is, for looking stupid, easy, slutty, immature, or r who leaves a relationship of someone with a big name, put down and treated as though one is a hot head, thinks they are better can do experience what looking like a grose, fat, ugly, and disgusting looking woman online being sexy in public feels like. That treatment I present mental health issues loss of positivity.

*“I love you not only
for what you are, but
for what I am when I
am with you.”*

– Roy Croft

Thoughts above.com

See also:

From Wordpress.com ""About Love"

>>> lesliefischman.wordpress.com/2020/08/17/about-love/

Ownership, Control, and Image ...

8/15/2020

When you no longer feel close to someone, there is sometimes an ownership and control issue, over your livelihood, what you're doing of others, or you are not, the benefit of blogging to anyone not in my life, is that they get to hear from me, and never have to ask about derived some personal benefit to them health wise, or conscious wise, feeling more in control, having something or someone in life, to best operating independently of one another, and not reliant on one another for insights, best decision making practices, and successful whether its your duty to “have and to hold” a heart of someone who is just a pen pal, for that much one is not responsible for the well being a doctor is needed to figure out those issues, its not the responsibility of the woman to cure the man of their negative feelings, worries, its them feeling good, and you needing to make them feel good, and then if you don't feel better or good, upon receipt of their love, of

starts as blaming one or the other for ones current state of being, how they look to others, and whether as intelligent and hardworking, controversy or embarrassment, this you learn over time as a working professional to leave your egos at the door, recognizing that the point of controversy in my life personally, why I do not date, because in some cases online, you are more likely to engage in half there health issues, or what you have to say being bipolar, as though your thoughts as being in the wrong, or without careful thought is not to lived life long enough to knowingly do something wrong, and with enough experience in life, to knowingly do something wrong, and discomfort of knowing each other, and everyone knowing about one or the other having conversed, that causes one or the other to leave others, because you are writing and “listening to the sound of your own voice” I was once told in rehab “that you love listening to the trying to say, that’s one experience in which insult hurt my feelings “no napping” I was told too. When everyone is trying to correct your loving relationship [then], look like the aggressor [at a later point in time as shown in public], it seems you cannot talk to anyone, who unwanted connection in life [and be proven] an embarrassment, and it is for those reasons I do not date [to not be labeled as the cause of punishments in life], not waste [the] time and energy buttering [anyone] up and mak[e] others feel good about themselves, [as I used to and can do better than you. [Pick someone who equally admires you as you do them] -Stay warm no matter what changes you endure about you, concerning your condition or mental health, and the not the subject of attack or bad mouthing by previous lovers to their ne

Edit 9:41pm

Meeting Expectation ...

8/15/2020

There are so many expectations in life to live up to, in career, in your academics, in your relationships, and as a friend to your friends. are much different, with a higher expectation of reply, and a higher expectation of the speed of processing and production of reply to a between parties. Some are more understanding than others, and when theres a fight, there seems to be no stopping point in the number understandings reciprocated which does always occur in that order. Online it’s the type of environment where people want whats free, screen, does not mean that you are incapable of hurting another person, their feelings, or affect their well being, and ability to trust and started there was a common sense understanding of the value of one anothers time, and focus on things related to their own lives, and that they are not loved, that’s the difficulty with online relationships, they can see you, and get empowered in talking to a real person, extremely nerve wracking experience. I think in my bipolar I just wanted people to talk to, because in my bipolar I stopped talking to people afford to take courses, and lived life at a slower pace, didn’t get married, left a relationship, and decided to focus on myself, everytime diagnose, and finally surrender to the medications that initially cause you to feel really tired and lethargic, it takes awhile to adjust to the demands, complaints, or requests, and when you do when youre tired, usually things go wrong, its not good enough, and then theres re under a different light, to their amusement, then don’t ask for pictures, don’t pretend to be in love, and don’t pretend that you don’t have condition as bipolar, simply because you need love online. This is why I am not going to date online anymore, and am choosing to date

Social Media and Sharing ...

8/15/2020

There are many ways to market yourself, but one of the fastest ways to get your name out there and market your brand or product is through upon that concept of interaction online, as you assemble all the communities and interactions within those communities, you realize how There used to be “fears about social displacement.” [2] However, less interaction in real life, and more interaction online has become true friends, I had, and now rarely keep in touch with if not at all, having completely separate lives now, in our 30s, which is kind of scary, would think that people who primarily spend all their time on social media for human interaction would be viewed in that way, as men anyways. It seems that online where you can be your “ideal-self” [4] is taking away from the need to present our real selves in real life confidence building, yes and no. Its for both, business and identity management. However how can social media aide and assist us with me. I wonder sometimes ... however yes the support online is well worth all the struggles Ive been through personally, without whom

Reference:

[1] <https://master-iesc-angers.com/social-networking-and-human-interactions-how-social-networking-changed-our-way-of-life/>

[2] <https://www.apa.org/members/content/social-media-research>

[3] <https://www.apa.org/members/content/social-media-research>

[4] <https://www.apa.org/members/content/social-media-research>

Managing Bipolar & Negative Thoughts ...

8/14/2020

I can't say that its been easy managing bipolar symptoms over the years, but I can say that things have gotten better with meds. Note: . behaviors. The following tips have been suggested as a way for helping people manage their bipolar symptoms:

1. Control stress, stress is a major trigger.
2. Keep a regular schedule.
3. Stick to a routine.
4. Practice healthy sleep habits.
5. Get moving, exercise.
6. Avoid caffeine, alcohol, and drugs.
7. Write it down. [1]

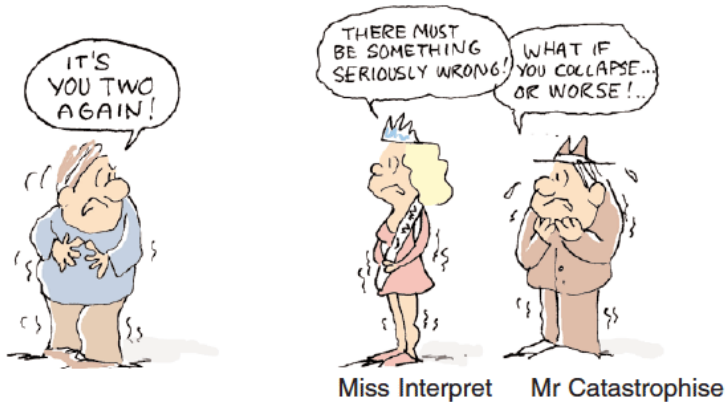
Coping with mood swings, and delusional thoughts can be a very depressing concept to understand about a person, and whether or not imbalance that alters a person's moods.” [2] You would think that someone with bipolar can simply turn their feelings and emotions on example, it has been my experience with bipolar, to notice when my thinking is off, such as believing in things to be true that aren't true being in a negative mood. A lot of managing bipolar is just that, staying positive. We are told to **“catch it, check it, change it”** something

1. Catch It: Identify when you are having negative thoughts.
2. Check It: Stop and think about what you're thinking is it really true?
3. Change It: Substitute those thoughts with more realistic thoughts. [5]

The purpose of “Catch it, Check it, Change it” is to begin the practice of “breaking down negative thinking patterns” [6] noticing when away from the world and struggling on your own, don't do that to yourself. Recognize that you are worthy of thinking and feeling good

CATCH IT

1 - IDENTIFY the
unhelpful thoughts
(Misinterpretations)



CHALLENGE IT

2 - CHALLENGE those
thoughts - look at the
EVIDENCE



Photo Reference: <https://images.app.goo.gl/1mrZygtDPx8hg73s>

Youtube: <https://www.youtube.com/watch?v=tfkhkFwCtxs>

Reference:

[1] <https://www.everydayhealth.com/bipolar-disorder/bipolar-disorder-mood-swings.aspx>

[2] <https://www.everydayhealth.com/bipolar-disorder/bipolar-disorder-mood-swings.aspx>

[3] <https://www.helpguide.org/articles/bipolar-disorder/living-with-bipolar-disorder.htm>

[4] <http://d20wqiibvy9b23.cloudfront.net/resources/resources/000/000/669/original/BBC - Catch it check it change it.pdf?1468>

[5] <http://d20wqiibvy9b23.cloudfront.net/resources/resources/000/000/669/original/BBC - Catch it check it change it.pdf?1468>

[6] <https://intercom.help/therachat/en/articles/1253469-catch-it-check-it-change-it>

[7] <http://mentalhealthresource.blogspot.com/2013/07/the-three-cs-catch-it-check-it-change.html>

[8] <http://mentalhealthresource.blogspot.com/2013/07/the-three-cs-catch-it-check-it-change.html>

Personal Update ...

8/13/2020

The point at which things turn on you:

1. Is by what you allow.
2. Making things about you.
3. Assuming things are thought about you.

4. Assuming the judgments of others.
5. Stating the judgments of others, for them to deny.
6. Being left only with your words with no proof of judgment.
7. How much you provide for misinterpretation.
8. Saying terms to enter the minds of others for added judgment.
9. Turning your audience against you, or into who dislikes you.
10. Leaving room for assumption about you: disfigurement, body image.
11. Not taking good care of yourself ie weight gain.
12. Looking like someone who is unlikeable, or worthy of rejection.
13. Not looking loveable or well liked, easy to love, hard to love.
14. Looking like imitation a character fabricated, other than yourself
15. Inability to be yourself, causing others to think you are imitation.
16. Not yourself enough around the majority, to not be understood as feminine.
17. Being sweet, and punished for being sweet, then treated as grose, or reject.
18. Upon being bitchy or negative, treated as a bitch or a negative person.
19. Upon looking like you are asking for attentions, treated in a hurtful way.
20. Not understanding of you insecurities, or lost confidences in life.
21. Treated as jealous, or wicked, or vindictive, heartbreaking.
22. Lost love due to your own lack of monogamy, when only talked to them.
23. Lost friends due to your own shortcomings, or commentary, at fault.
24. Lost friends due to your own insecurities or jealousies, not able to maintain.
25. Lost friends, due to weight gain, or lack of self-care, or injuries caused.
26. Heartbreak due to loss, loss of people, or loss of ability, viewed as power.

Lesson Upon Mention ...

8/12/2020

Its always a good idea to remember your past, and reflect upon your connections in life, before ever speaking in public, and make sure to an issue, a stance that I think most people by now would agree with, to support once its become blatantly aware, and labeled a pand beliefs, how they have been affected, or avail themselves publicly as resources to help aide and assist others in trauma, how to best mo responsibility for what can be done, without overfocusing on whats not been done, especially during a time of need. Always be wary o should matter at this point. With regards to my latest post on the passing of Kate Spade, this taught me, never to mention a story, to wh current understandings or reflections, sometimes yes it is too late to explain, especially when on its face, is not accepted as most as goo minor mentions, which later may have had an affect on earlier mentions, whether or not that affect went both ways, one side was punis are paramount to the best interests of most, and based upon how closely one is interconnected to the specific issues at hand, not be sub unresolved, or in need of careful attention and care, whos responsibility is it then, once one voice has been made silent, mine. Who the let down, my side, and if others were in support of me let down, how that made them feel upon me being punished, and for that I am s though by mention I put others in harms way, and because one I did not know well only by a business interview was affected, I was p different because I built a beautiful website with care and graduated from Law School finally with a GPA Im proud of a 3.233, and ha learn on my own for 8 years, establishing a website and name online. Its therefore my professional duty to discuss, and help prevent fu

Im sorry for being a let down.

Sincerely, Leslie Fischman. cc: #SCOTUS and #katespade.

#stopsuicide ... Re: #katespade □ cc: @katespadeny I messaged them right away. Trade secrets & controversy. Anything created to he

— *mymollydoll (@mymollydoll) August 13, 2020*

Job Placements and Website Updates ...

8/12/2020

Probably, but just not willing to admit to it, a lot of women, think theyre above online dating, not to say that I was one of them, Ive tried approximately. You never know where this life will take you, but its okay to try something once, I hear on Bumble you can set it to BL featuring them in articles, on my to-do list something new for me 2020, socializing. I guess working beats "dinner dates over Zoom life, still in check. That's a whole nother subject, modeling and vlogging in private, I guess it depends on how comfortable you are, ne responsibility to get someone hard in life, your psyche is more important, than that need to be loved, there are so many other ways to s had one bikini when I started blogging, Im just not a bathing suit person, super shy. -Overall ... "Staying inside and doing your part to after COVID passes in California, if they haven't matched up yet and already started families, which is what happened to most of the *person?* [5] *Of course you can, I get missed calls from the White House, he's very demanding of my time and attention, and Im nice to intelligence,"* [6] ha I just laughed out loud, I see why beauty is so important now, my genes are not strong anyways, my Brothers chil enough in the best of times," [7] good point, and makes the ultimate judgment call that "you are your safest sex partner," [8] and while social online within reason, and don't send any photos youre Mom wouldn't approve of, "don't take sexy photos." Love my Mom she me Im "beautiful."

Reference:

- [1] <https://chicago.suntimes.com/entertainment-and-culture/2020/8/6/21335578/pandemic-dating-new-normal-hook-up-culture-corona>
- [2] <https://chicago.suntimes.com/entertainment-and-culture/2020/8/6/21335578/pandemic-dating-new-normal-hook-up-culture-corona>
- [3] <https://www.cnbc.com/2020/03/26/the-new-rules-for-finding-love-in-a-pandemic.html>
- [4] <https://www.cnbc.com/2020/03/26/the-new-rules-for-finding-love-in-a-pandemic.html>
- [5] <https://www.cnbc.com/2020/03/26/the-new-rules-for-finding-love-in-a-pandemic.html>
- [6] <https://www.cnbc.com/2020/03/26/the-new-rules-for-finding-love-in-a-pandemic.html>
- [7] <https://www.cnbc.com/2020/05/25/why-the-coronavirus-might-change-dating-forever.html>
- [8] <https://www.cnbc.com/2020/05/25/why-the-coronavirus-might-change-dating-forever.html>
- [9] <https://www.cnbc.com/2020/05/25/why-the-coronavirus-might-change-dating-forever.htm>

[2944 Likes](#)

My Original Sober Date ...

8/10/2020

Ive been trying to stay sober for years now, beginning in 2014, then again in 2017, my original sober date was 04-02-17. Be mindful th my senior year in college, in Boulder Colorado where I went to school they were very strict with IDs. I was on Deans List, and in ever of heart, and energy invested into my academics, not much has changed huh. When I tried coke with my friends, I was not planning on going to every class, studying everyday, didn't turn in my final exam essays, stopped volunteering, and eventually lost touch with my Hospital, mostly with people who were court ordered to be there, I was the only one who attended voluntarily. That's when I attended Colorado to LA with my two guy friends, Boulder natives, and dropped them off at a hotel in Hollywood I remember, the Sunburst ho Had it not been for divine intervention, I do not think I would have faired well more than a semester of drinking and drug use, I don't t girls Christian Rehab in Dana Pointe for two months. I used to go to a womens meeting in Venice, and a Gay meeting in Santa Monic fellowship, that's when you are friends with people outside of the meeting and get coffee together, and also went through all 12 steps 1 meetings is when I got sick again, some of you probably witnessed, my bottoms on social media, I tried leaving at a certain point 2017 Website in Los Angeles, Feedspot recently sent me an email to congratulate me, along with being a Top 100 Self Improvement and Pe together, balanced, even tempered, hardworking, stable, motivated, positive, reliable, and responsive. I remember the days when I did to reach my goals in life, such as graduating from Law School and am so proud I finally finished.

My new sober date is 01-18-20.

2670 Likes
E-Books, Blogging, and Reading ...

8/10/2020

Want to join an e-book club, and get boxes of box delivered to your home? Check out:
[Get a 2-week FREE trial from the Next Big Idea Club, which includes access to members-only material.](#)

As a writer myself, I have found that the fastest way for me to build an audience was by blogging, not by publishing a book right away. I recently found this new app *canva*, to make cards for my blog posts, on wordpress, and recently found out that they also make e-books: <https://www.canva.com>. It's money working online. Everyone gets to a point while blogging when they want to monetize their sites, and well if youre not comfortable working with editors, throughout the book making process. Its very expensive to make and edit a book and to distribute a book by a publisher where you were when you started to see where you are now, and fully appreciate all your growth as writer, why books are so important. I write on topics you write on, and that way you can do your own research, and pick which topics to write about that you think will be most profitable. backup. Good luck!

Reference:

[1] <https://blog.hubspot.com/marketing/repurpose-blog-content-ebook-ht>

[2] <https://blog.hubspot.com/marketing/repurpose-blog-content-ebook-ht>

[3] <https://blog.hubspot.com/marketing/repurpose-blog-content-ebook-h>

2559 Likes
The Toughest Part of Being a Blogger ...

8/9/2020

Going through a moment of writers block lately, trying to figure out in what direction I want to take my blog, as you all know, I love social media. It is building and maintaining an audience. As a micro blogger for years on Twitter, I always dreamed of having an account with likes and followers on a platform and sharing on facebook, pinterest, instagram, and twitter (4) sharing links to my work in blogging communities such as blog reading has played a huge role in my ability to write everyday, I buy books on Amazon or go to the Amazon Bookstore, and buy any new books on my account, for collecting bloggers and blogging community RT accounts that collect bloggers and what bloggers post to. I will first have wanted to move my website “migrate” to Wordpress, but will probably need to hire someone to “migrate” my posts to a Wordpress site. While that bloggers face, while trying to build a blog for themselves, I would say never give up, you will find your niche, you will establish a

Reference:

[1] <https://coschedule.com/blog/creative-blog-post-ideas-and-topics/#advice>

3404 Likes
Staying Motivated as a Blogger ...

8/8/2020

Its important to stay motivated as a blogger, no one is going to do the work for you, and unless you are willing to learn will you get be generously and unilaterally for the good of anyone who can benefit from them.” [2] As a self-improvement blogger, of course as I exp benefits from how I have come to know or learn about a specific experience in life, and how I have changed through the process.

According to the *internationalbloggersassociation.com*, blogging can be many different things to you, “enjoyable, a chore, or both.” [3] meet that goal in life, and how do you plan to go about achieving that goal? This article suggests coming up with a “blogging routine,”

Meanwhile, I have found through my own experiences blogging, that once you learn everything you need to know in order to get going will go through in most things in life, its called the learning curve. One of the most important things you will do with your blog is distr don’t give up, it takes time to establish a blog, and hope that as I continue to make progress so does everyone reading, while setting go

Reference:

[1] <https://www.lifehack.org/articles/lifehack/the-4-motivations-for-blogging.html>

[2] <https://www.lifehack.org/articles/lifehack/the-4-motivations-for-blogging.html>

[3] <http://www.internationalbloggersassociation.com/blogging-motivation-direction/>

[4] <http://www.internationalbloggersassociation.com/blogging-motivation-direction/>

[5] <https://heidicohen.com/blog-learning-curve/>

The Ongoing Debate: Nudity ...

8/31/2020

The *thegryphon.co.uk*, wrote an interesting piece on nudity and empowerment, stating that:

“There is an on-going debate over whether female empowerment should take the form of conservativeness or openness. This is not ju woman’s sexuality should be kept under wraps. Deviating from this stereotype results in some women being shamed as promiscuous o reaction is also a result of the stigma towards nudity; nudity is frequently equated with the desire to inappropriately sexualise oneself

Im new to journalism and writing online, and publishing, as a registered publishing corporation, writing and publishing my own mater health status, nor aggravates my condition or the condition of others, which is why its so important to not be offensive, or come across up an issue found to be offensive to another, insulted by, this just leaves room for error in terms of acceptance of you, to not denomin woman, someone who is confident, and someone who is willing to bare all, without recourse, be accepted in life, without negative jud a moment of strength and pride in themselves, and representing to all what a confident woman looks like. I don’t think Im at that point self-harm, is grossly irresponsible of someone claiming to love me, or be a fan, as though that was done with care while telling me he Brown to update her on my progress, and to apologize for taking nude photos upon request, which were shared online, always act with you to be harmed, by sharing your mind heart or body with someone when you are not stable and confident, not completely proud of a proud. Life is short but it doesn’t need to be that short, that you take such risks with your identity in life, and bare all to the world, as t at you and think youre gross, especially if you are not happy with yourself, don’t expect that unhappiness and displeasure with oneself slowly become confident again about who you are, think twice before giving your love away or trust anyone claiming to love you, wi

Reference:

[1] <https://www.thegryphon.co.uk/2016/04/25/nudity/>

**See also on Wordpress:* <https://leslifischman.wordpress.com/2020/09/01/what-is-love/>

Online Harassment ...

8/30/2020

Under article 127 “of the Communications Act 2003” it is an “offence to send by means of public electronic communications network any such message or matter to be so sent.” [1] The purpose of this law was to “protect the integrity of public telecommunication services.” [2] In today's day and age, you are what you put out into the world, and that feeling produced, must reflect your current state of your face no matter what you look like, its better to be seen than not seen at all, is what I learned this year putting photos of myself online depending upon who the recipient is, whether the recipient was the intended recipient, in this case my fans, as noted by the account name the worse version was shown not the better version. If one believes that they are offended and that because they feel offended think well you know you have a record, than that is how they see you no matter what dress, as unattractive, dirty, not smart, and disposable, unempathetic someone without a record, why one who is bad does not show much of themselves, because their presence is offensive to those who are they look worse, because they have been declared worse or harmful to society, and if one has presented a risk to the feelings of another person you without a word as though “you should know why you're not getting a reply” like that's deserved, or their right to reject you because you are punished as though its because one is bad that bad things have happened to them like its because they are bad that is why bad people are a potential for attracting bad luck, to who surrounds them, you are measured therefore by whether someone likes you a yes or a no, and if you want to engage, then that is why they say no, so that in the event things don't work out, they stuck to their first instinct upon looking at you around, and they're not sure of you, is why people do not surround themselves with people they do not trust, out of fear that that bad luck is considered when weighing the potential of harm existing when a website, who poses as a “fake newspaper” (which can include a defamatory in this case with STDs who seek liaisons, whether organizing a “group of hackers to sabotage ... emails and numerous other activities” on the publication of information true or not direct or indirectly communicated to the claimant. Meaning intrusion was fair on the basis of does not want to know or be exposed to someone, and if without choice, does not make it the producer's responsibility, to control the exposure of those who already hold disfavorable interests to the producer's standpoint). What's important to note is that if one is exposed (or assumed to be) to activities which known and seen by all would cause a different opinion of them to be drawn), then whether or not a communication to the existing claims about a person left standing), in response to something shared privately, not known to my audience, and retaliated on the defendant who may be the recipient of an unwanted inference on the basis of a company name “no means no” as though a company name is protected, assuming one should expect harm thereafter suffering from a restraining order on one's record, amounting to “civil harassment”

*“A restraining order that prohibited indefinitely an offender from publishing any information about the complainant or his fiancée, with the offender clearly had difficulty distinguishing between that which was true and that which was false, and it was clear that she was willfully acting with a **legitimate aim and was necessary and proportionate.**” [2]*

Here my ***purpose was to write a book***, a book has been written, and was my job as a law student, to continue working toward goals of a good reputation, and ***re-building positive rapport and trust*** with those around me or newly coming into my life, be aware of where I am at and where I'm directed, ***accountability***, progress, and to finish law school and ***graduate with a masters in law*** (MSL or LLM).

Reference:

[1] Graham JH Smith, Bird & Bird, ***Internet Law and Regulation***, www.internetlawbook.com.

[2] <https://www.lccsa.org.uk/r-v-anita-debnath-2005/>

Fighting is Not the Solution ...

8/30/2020

The minute you feel like fighting, take a step back, especially if you're a public speaker, you never know who you may be causing equanimity to who may be overlooking your life, the change of course, and troubles you encountered. Once someone has made you look stupid, they thought that was supposed to go toward publishing your first book, and instead went toward love, which wasn't an immediate necessity but was to look crazy in public, it just gives you power away to whomever is ignoring you, looking for a reaction from you, to see whether you're happy or depressed, both, why I take meds, day meds to stay awake, and night meds to go to sleep, I was once prescribed Provigil which is for 30 days, so decided to go back on Vyvanse to be able to keep up with the pace of the times, graduate from law school, work a job from 9am to 5pm, taking 3-4 night meds just to sleep, and she thought that was took many night meds. When people are experimental with you, they're bothered sensitive, then that makes them feel that much more empowered, like this person is so unstable internally, that when this is so

her head. For what purpose does that serve to treat someone as a test subject. You have no research experience, and no experience with comfortable with that's not living for the moment, those boundaries are up because my confidence, personality, happiness, and well being by someone who is more well without disability and on meds, overpowering my ability, with what they think is rational or deserving, *Degeneres* and publicly out me as GAY to the world and cause me suicide when I have never hooked up with a woman in my entire life. Defame me and make me look gross, or see if anyone else complains about my naked body that you are showing online to hurt me, and me to open up, then treat me as criminal, and shoot me in the face online like I don't matter? This person doesn't even treat me as human. Complete my goals in life: graduate, book, and marriage. #stop hate. For some, they figure, trashing you is keeping things light, like I do and sober. Don't talk down to me, like if I drink I'll go to jail, don't sabotage me, hurt me during job interviews and upon meeting someone that causes other people to distance themselves from me not feel good to them.

Don't Put Yourself Down in Life ...

8/30/2020

Manage your symptoms, whether it be stress, bipolar, anger, or depression, have some self-control, and do as directed, seeking professional help that you do not recognize your "own worth," it's a character trait, not to be mistaken for humility which can feel the same, and not talking about it can be easy for all these emotions to pile up, not feeling good about yourself, and not knowing what to do to get yourself out of a mental rut, needs, saying sorry or feeling guilty, going along with everything without saying a word, not feeling capable or deserving, difficulty with internal dialogue. [2] Have you read my Twitter lately, seems like I am arguing with myself sometimes, about things not quite existing, I would say in defense of self, like I can change the past or the way I am feeling now, by talking about what's bothering me, that doesn't currently stand at odds with you, enabling them to get an inside perspective from you in a non-biased tone that explains your point of view, but can cause mental anguish and physical pain heartbreak once you realize, how much you allowed someone to pry, get into your life, see you look stupid in the long run for complying with such grandiose requests, stuff you'd never do on your own, only done so at their request. If you do not wish to be seen or remember yourself by, this can make you feel like your whole life is over, when you have been portrayed

Reference:

[1] <https://blog.zencare.co/boost-self-esteem/>

[2] <https://blog.zencare.co/boost-self-esteem/>

Getting Back Center ...

8/29/2020

1. Forgive yourself, not everyone's perfect, we all have bad days.
2. Less is more, apologize, and move on, without rehashing the past.
3. Your issues are your issues, are your issues, are your issues.
4. We all fall in love or find ourselves in loving relationships and then get hurt.

Always put your best foot forward, and present the good things about you, without overshadowing your faults out loud, or "baggage" expect the same of them, if you ever overheard them talk about you, speaking of you in the positive, hopeful for your recovery, and come through darker times, when things were not as coordinated, and easy going, when we measured our successes upon lives lived, over lives lost, to manage, keep track of, contribute to, that lifts me, and continues to grow in a positive way stats wise, as I do better personally, going on. If you don't understand, what it was like, prior to finding a sense of peace, absent minded camaradery, that left people feeling stuck, giving up, even under spotlights, it's all a matter of what you choose to associate with, mentally and physically, you are always in control. You won't be so easily influenced to think less of yourself, and then think less of what future has been made available for you to live. Be strong, lighten our loads, or photos past of taller moments in time, when we had the world at our fingertips. That distance you feel going past, then you probably don't want to launch your site, and run the risk of your audience feeling that instability and again feel like they're not. I'm at peace, and this person may be tripping but it has nothing to do with me, and be your positive selves, that's a strong person, resilient.

Self-Harm Research: Issues and Attentions ...

8/29/2020

As someone with a history of self-harming, I wouldn't categorize myself as vain or in need of attention, I have been independent most of the time, no issues ever surfacing that interfered with my ability to be social, be well liked, date, or feel loved. Always well taken care of. Eventually you reach a point in life, where you will experience unhappiness, either with yourself or displeasure when it comes to loving yourself differently among others, while speaking about you, not speak about you in the positive or in an uplifting or empowering way. Your feelings may be hurt, by someone you trusted, held up on a pedestal, and treated as special your whole life, it's not the end of the world, they were to them, after all you have been in their life longer, why is someone new suddenly more in the know about how everyone feels? They are of concern, that people get to know someone on a deeper level, or come to think about things differently in observance of someone going on around them, and wonder whether that has anything to do, with the similar changes noticed previously of concern, that one might hear at some point in your life, if you have bipolar, and it has not yet been diagnosed, those maybe tell-tale signs, of what's to come. I wonder what is wrong with you, like "why are you sleeping so much." [1] #dontdodrug ... *That's just how friends are, and the less you know, the more normal, means you're not acknowledging that there could be something wrong with you, and to get a professional opinion, no one knows themselves, once they become uncomfortable being the person they have become, someone different, unrecognizable to those who have known you, changes that tear friends apart, separate friends, cause friends of friends to feel closer or bonded,* the more troubles you encounter, in life, as being different under the pressures of LSATs, and applications, personal statements, rejection letters, and dating your first boyfriend, it's not one catch. The boyfriend would rather spend time with his friends than spend downtime with you, that includes him rather having dinner with you. When it gets to the point that you are sleeping through life, that just means that you haven't gone to therapy yet, sometimes people like us more, or fit in better with everyone else, and if your girlfriend napping in his bedroom, while everyone hanging out outside, that's not a friend, who later stated "I like to always be in control" when I drink, I guess that was a less than flattering exhibition of "talking Shit" trailer candy pants" and you thought that that was too friendly for work, then later worked in entertainment 2018, and realized that's just me who's present, who doesn't complain, gets promoted, that was me, as someone who was older, maybe intimidated by the film student, that's just me a paralegal.

Reference FEMA Proposals:

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

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



08-29-20__blogpros__welcome_-_blogpros_panel.pdf

[Download File](#)

Disturbed Sense of Peace ...

8/28/2020

Not all relationships will last, and in any business relationship, in which added consideration of you is required in order to maintain control, giving money in exchange for a service. And sometimes we don't always get what we bargained for, and even worse a result we never expected. Payment in exchange for their services, but what happens when you stop paying money in exchange, and no services are offered, that's not your money into a system of support that no longer supports you, call it unprofessional but they are just that, demanding of your time energy, and inner peace go hand in hand," so no matter what "life throws [your] way" [1] be able maintain enough strength and courage to know when things are no longer working out for you in your favor, and when you decide to let go, we are all here for you. Don't blame yourself when things go wrong, whatever they say, and the more power and control you give to them, sometimes the worse things get. Thinking that they have power over your mind, body, and soul, don't allow that to happen to you. When you have been nice and have done everything in your power, following through with their word, it's not your fault, that you invested money into a failed relationship, it may hurt, that you were so trusting, that thought was a celebrity meeting service, money that should have been spent on publishing a book, and updating my website, was spent on something that don't give up in life, or on yourself, just because you got swindled, when you were down and out into believing a set of circumstances that were out of your control, and don't allow them to.

Reference:

[1] <https://www.inc.com/amy-morin/10-things-mentally-strong-people-give-up-to-gain-inner-peace.htm>
Uneven Exchanges ...

8/28/2020

There's a point in everyone's life, when we question our own self-worth, and purpose in life, now is one of those times. It's usually after you going in life, feeling less than, feeling not good enough, someone who questions you usually does the trick. If you love yourself, you. Your health comes first, and while you will meet people in life, who will love you and care about you, it's you that comes first. No defame you and embarrass you in public, like you deserve to be treated that way, because it makes them feel better about themselves, about you, is more important than your own version of events, when talking about your own life. People will come into your life, that appear less than, as you come up in life, and get overshadowed by the identity of someone you no longer want to associate to having been not being married, used for not having a job, and used for knowing someone famous, treated as someone less than, to make themselves feel them, to make themselves feel of value or having something valuable to say or talk about. That's just life, there will be people who are bullies, who think that just because you know people of importance, that they can bring you down in life, to make you feel less than of a way of trying to control you, by putting you down, so that you feel scared, or feel like by abiding by their threats, that things will get better. You have a right to hurt you or turn on you, should you no longer abide by their requests for money or photos, that is how a relationship is

Pen Pal (1): Met on Facebook messenger, thought he was a Trump supporter, but today found out that he is not a Trump supporter, but for the past few months, talking since March, and just received 4 missed calls from the White House, and have just confirmed it's not I at this moment in time, demanding of me sexually to please him or else he would put pages up on Facebook of photos of me requested for. I don't need a man in my life to feel loved, I don't need love to do well in life, and this whole experience is making me feel sick, as I'm

Pen Pal (2): Met on Facebook messenger, though he was a Leonardo DiCaprio fan page, and then conversation was moved to Google Hangouts for a meeting to be held, \$7000 was paid over a period of six months, in pre-paid cards and moneygrams cash, and as I slowly woke up talking about it. These people ask for things from me, in order to be friends, and then hurt me if I decide I want out, or to discontinue things only got worse. It seems like everyone will F you over in life at the same time, if they so choose. The goal is not to get upset, so being, they expect things done the day of requested for, the demand money from all bank accounts, and keep asking until you have no money to the world and online to punish you and make you look stupid, like you haven't already been punished enough, losing \$7000 without

The main lesson is that no matter how much you need love, make sure to meet them first on a dating network such as Tinder or Bumble, close confidants. There will always be an uneven exchange, as someone who is younger, looking for love, from someone in your age group of your image in public, slut shaming you to the world, when none of your take down requests are being honored by Facebook. Who ends, trying to negotiate with people who are causing you harm, there is always time to ask for help. Never give up, if you know you should have to put up with these types of abuses in life.

Get Your Power Back ...

8/27/2020

In an online world, communications are king, and we all know, the less you communicate the more room you leave for interpretation, with your following or commentators. You are your own worst critic, and even worse may others be of you. Stay calm. In case you have competing with you, for you, or against you in life, and when utilized at their discretion, can easily subject yourself to looking like a clown, less concerned you are with the lives of others the better, this only adds fuel to the fire, the more you lend your insights for interpretation to people to like you who are not sure about you or who have grown disinterested in you, they will never respect you, and that's just some of representing those ideals in life, beauty and intelligence. While everyone else looks like imitation of beauty and intelligence, as though and intelligence itself acquired. Understand these facets of life, but don't allow yourself to be ruled by these controversies in life, how you complain, you are doing yourself a disservice in life "it can be useful for venting your frustrations and getting sympathy," [1] but you should do their best and put their best foot forward. Feelings are a choice, identify and come to understand your triggers in life, and make up your mind, whack, not be controlled by what is thought of you, when you are less than being yourself online, why it's important not to become too much what you are saying, versus sounding like someone who is convincing others to think a certain way, you are thinking, as though that's

including ones fears and insecurities about life, the way one looks, or what we think people are thinking about us, delusion. When you come across as insulting to anyone with less in life, be mindful, don't provide fuel for argument, and if you are being negative about life, be stable for advices in life, than someone who can barely organize their own thoughts about life and be present. How are you feeling? If you are not happy with your life, no one needs to know, why you are so intense or passionate about advocacy or about your decisions, its your life, and its none of your business to worry about, why they read along anyways. Its not the problem of anyone in real life or online to resolve you in the grand scheme of things success wise. Remember "this is your journey. So find out what empowers you." [2]

Reminders: Getting Your Power Back After Embarrassment:

1. Don't Complain.
2. Be Yourself.
3. Don't Be Ruled by Negative Interpretations.
4. Charades Go On Whether or Not You Contribute.
5. Speak Honestly and Candidly, Without Fear.
6. Be a Trustworthy Resource in Life, Not Inflict Blames.
7. Know Yourself Better than You Know Others.
8. Don't Hold Grudges and Let Things Go.

Reference:

[1] <https://toxicities.com/toxic-person-taking-power-back/>

[2] <https://toxicities.com/toxic-person-taking-power-back/>

Networking Tips ...

8/27/2020

Before your next meeting: Networking Reminders:

- Be open to meeting new people
- Speak to those you have something in common with.
- Never ask for a job.
- Establish rapport.
- Be proud of yourself.
- Focus on making a great first impression.
- Be confident.
- Where do you see yourself in the future?
- Generate an elevator pitch.
- Be a good listener.
- Don't be afraid to connect.

One of the most important things to think when networking is that "everyone has something to learn and gain." [1] Be open to meeting in common with, and know what you are looking for before the conversation even get started. What are you about. Be able to summarize that makes you unique and exciting and why would other people be interested in talking to you. You can get help in your job searches opportunity may arise in the future, your contact may be willing to refer you." [2] I just joined *Bumble Bizz*, and have begun the process. I'll let you know how it goes. Im meeting with someone from *Ziprecruiter*. Establishing yourself within any industry is difficult, you are apart from the other applicants. We don't always get our dream job, the first job we get, each job is a learning experience. Im the kind of person who hasn't stopped me from taking the job, and going until I cant go any longer. You will notice that as you become more experienced take

growth, with no real growth opportunities long term. You have to eventually stop taking internship positions, at some point in your career where applying will take you. The more you get down on yourself without applying the worse off you will feel, you won't know what support system, someone to talk about what it is you are doing, and be proud of yourself. One of the best things about working is having motivated each day, something to do, so do things that you would be willing to talk about and feedback on, you never know what type of impression,” [3] just as unsure as you are about what this person has to offer you, so maybe this person about you, so be confident in yourself in the future? And what types of goals do you want to accomplish along the way, in order to meet those future goals. Know what you want to post in any networking space, know what it is you are seeking, and speak to that audience, being mindful of their needs as well as your own. Provide information, resources, tips, and offer.” [5] What do you say upon connecting with someone at a networking event or online? Express your thoughts open, especially when you have questions, give the other person time to share from their perspective based upon what they know. A good provider of information online, is to be able to have the same types of conversations in real life with people, about sharing and exchanging

Reference:

[1] <https://www.kangan.edu.au/students/blog/successful-networking-tips>

[2] <https://www.kangan.edu.au/students/blog/successful-networking-tips>

[3] <https://www.scienceofpeople.com/networking/>

[4] <https://www.businessknowhow.com/tips/networking.htm>

[5] <https://www.entrepreneur.com/article/241959>

[6] <https://www.entrepreneur.com/article/241959>
How to Avoid Stress While Blogging ...

8/26/2020



There are many elements to a successful blog post, besides a fancy display card you can make on canva, to attract visitors to your website. When you write anything you should always be aware of what else is written, and make sure not to step on too many toes in the process. According to forbes.com, there are “8 elements” [1] of a successful blog post: headline, compelling lead, subheads, informative and engaging content, and a clear call to action. For the reader, it suggests a main point, and all other elements compelling lead and subheads support that point, to “draw your readers in ... with interesting ideas.” [2] That’s actually one of the most stressful parts about blogging, staying on topic, and theme with your blog overall, and not coming across as some kind of preacher with no backing. Avoid the spread of rumors, if you want to talk about something, then look up who is talking about it rather than discuss them, in your own point of view, that ensures that your take is balanced, and also lets the reader see a different point of view. Movie: “The Social Network,” and reference [Aaron Sorkin](http://AaronSorkin.com) often in humor, because there was a martini glass passed in the movie in a scene that I mean that the two events are connected, and that he knows about that party and that I was in attendance, and then decided to make a scene out of it. To date [Marilyn Manson](http://MarilynManson.com), the singer who was famously prosecuted for making music that was alleged to have contributed to the Columbine shooting, I wonder if he knew that and decided to do that to either make me or those around me feel special in knowing that piece of information. I was away of suicide. Yes blogging can be every stressful, why always calculate you distant connections in life, and take into account all your connections, information, and to what effect will sharing this piece of information have on my audience when thinking about a group of people as a whole, as though we are all actually connected in real life, now having read something that Ive written, so be positive! Now we get to your section. I have done for my blogging tips, autobiography, and book reviews, this makes for easy finding of information of similar content on your website. If there are your graphics to your website, think do these graphics represent what it is I am writing about, and what has been written about it. If you have written, try to keep up with a theme of interest, and avoid any pictures of words, that would be found offensive to others, do everything with purpose, add words, that really makes the best use of pictures on blogs than stand alone photos with captions, make your blog fun, it is after all a piece of art, skills too artistically, don’t rush it, take your time, a well made piece of art always shines, that’s the trick. If you decide to promote other people, etc, leave some explanation, and do so with purpose, and make sure with even higher purpose the rest of your blog represents the value of the organizations who specialize in the care of those specific populations in need.

Blogging is sometimes helping others, and sometimes its helping yourself, provide a “voice” [3] to events circumstances which when of the most difficult topics, and scarier subjects in modern day history, then we have lives, and have to continue living in spite of these have all figured out a way to let go, and let the dust settle, so that we are better prepared in addressing how to address what is important addressed as a whole, be taken apart of, or looked at and taken apart while in observation by most.

Reference:

[1] <https://www.forbes.com/sites/allbusiness/2018/04/20/the-8-essential-elements-of-a-successful-blog-post/#67f7dbe058fc>

[2] <https://www.forbes.com/sites/allbusiness/2018/04/20/the-8-essential-elements-of-a-successful-blog-post/#2a09175b58fc>

[3] <https://myblurredworld.com/2018/03/25/how-blogging-is-changing-the-world-around-us/>

Book Dedication ...

8/25/2020

You cant turn back, and erase what has been said, what has been done, and what has been thought, but there is always time to move forward. In the course of events in life, you’ll make sure to do a better job of being professional, even when its not expected of you. I have my parents headed in life, no matter what I had to say, always accepted me back into their lives, and welcomed my speedy recovery and always b

Some people correct you at your worst, especially those no longer in your lives, and the more you interpret as being about you, the worse associated with thinking things are about you, and for those reasons, let go, abandoned, ignored, or left alone to figure out life for yourself. No one can tell you when its time to return from failure, that’s your job to forgive yourself, and when the time is right, put yourself back on yourself, whether you are famous, well known for good or bad, and make better the previous concerns held by others, without reservation face or not.

People will always want to be apart of change, apart of a positive effect, and want to know how a positive effect is created within oneself. I know learned, that will always be for God to decide which talents shine and which talents fade with less than adequate care and focus to be strong about them.

This book is dedicated to all those who have cared for me along my journey to recovery, pen pals, friends old and new, best friends, enemies of school, never thought twice about image or reputation, and always felt safe no matter where I was in life. That’s how I was raised to

Finding your sense of peace to me means no longer feeling the need to backtrack and share stories as though sharing something known. I share your story. The public will always measure you by how you respond in crisis, how you express love and patience in private, and how you were, are, and can be, so long as your private spaces are not being attacked by others for observation is how I feel being trusted past the maladjusted now and whether one was maladjusted at the time they were in law school, working in positions of care, or while dating a

The people you meet in life, consider them blessings, where past avoidance of anything that matters to you now, is seen as an aftereffect. I have records, and medical history, to argue failed relationships, were not for the best interests of others as diagnosed bipolar, but for your own. Figuring out something larger than yourself, would make you feel whole, in place of the losses you have suffered due to your own mistakes with problems that were better off left figured out on your own or while under professional care not for feedback or shared as though wrong. And you learn this the hard way.

What you think is not always right, and the minute anyone disagrees with what you have to say, subjects you to defending your choices. I can be explained to for acceptances than your right to manage your own privacy interests. That’s when the need for acceptance stops, comes to decisions and choices to strengthen a negative belief in your decision making skills, as though you don’t preserve the past kindly, and doing, than make to look like one had anger toward those separated from, as though ones drives in life, are to impress those in non-academic and defensive from all those you love, women, and the men who love the women you called friends.

Pride can only be achieved by acceptance and with concern for the thoughts of those who care. I thank my Mother for believing in me

influenced any of the bad decisions I have made in life, choice words, or use of humor to lighten subjects concerning identity, race, or proud of yourself too, even without the perks of houses, friends, and jobs, they were always the best to share their lives with me, during

Not everyone will be there for you through thick and thin, mindful they have their own lives to lead absent minded you and your problems in any condition well or sick, strong or weak, poor or rich, social or not, pretty or overweight, going places in life, or just living up to needs of others, how to prepare for discussions, how to behave in public, how to speak to others, and how to live a good life without marriage,

And even if you are the last to interview your Father, and spend time with him, and ask him questions about life, be sure to thank him for something you talk about and show others, be happy for you. My Brother and Sister will always be in charge of me, having accepted my your best not to self-harm and never give up.

Something that Sits Well ...

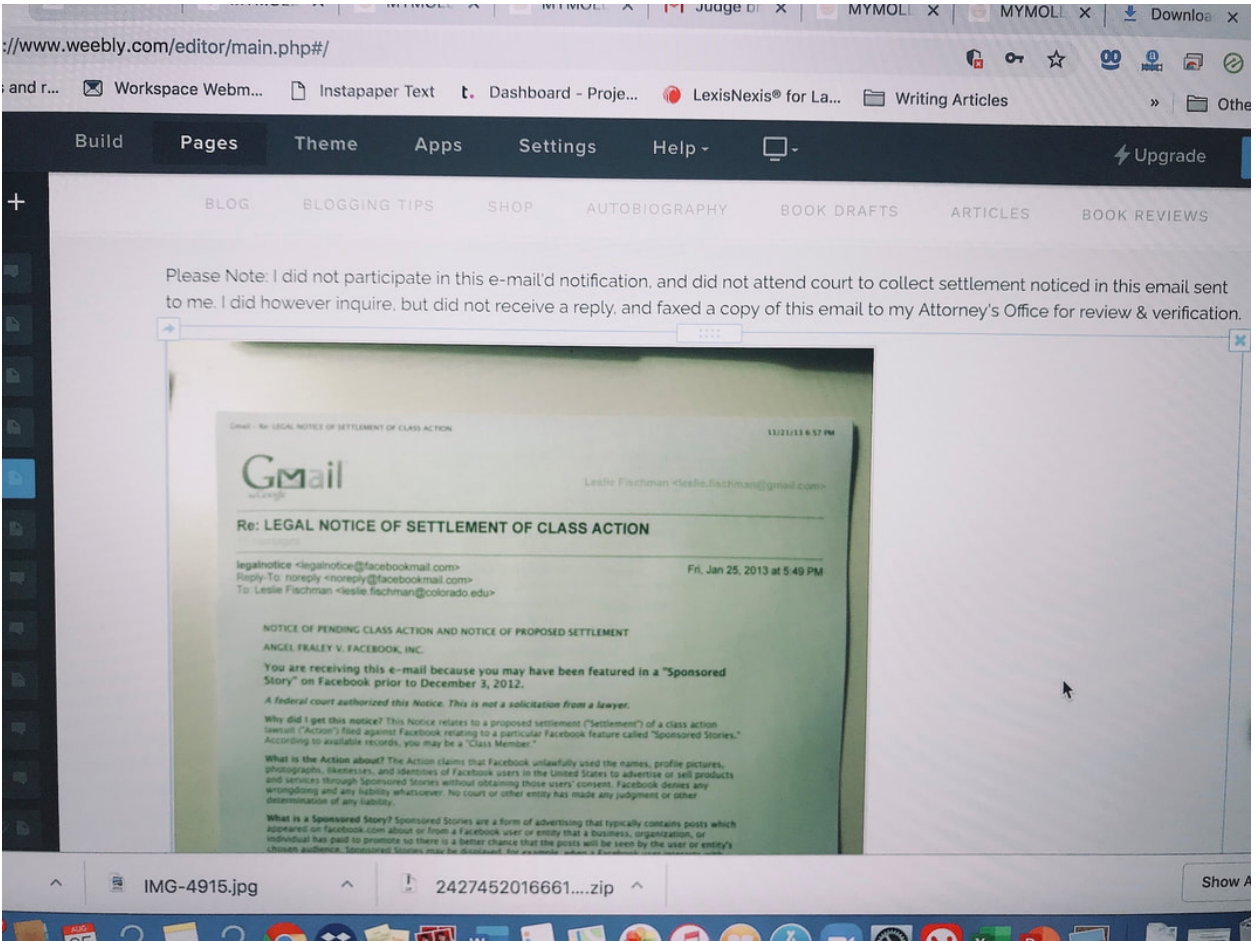
8/25/2020

Something that sits well, can sometimes be something you assume others are thinking about you, and to not disfavor their best interests you positive or in the negative, is no ones business but your own. You ultimately control you. Its common as someone with bipolar to relationship has ended, wondering what went wrong, at what point did I become tired, lose steam, become too sensitive, or aloof, lose energy, the causes for losses in energy I have experienced occur when Im being paranoid, backtracking through emails, or conversations past 10, the loss of energy at this moment. The meds change, the people change, but I am still the same person, I have to live with me, and whether to figure out, how to continue setting goals in life, and making progress, and not be another statistic, meaning quality under categories you make it far enough career wise to go to the after-work bar kickbacks, or attend events and cocktail hours and schmooze, befriend important document retrievals, that turn one day into one errand, instead of 5 hours at a desk, managing files, and trying to stay organized I do just in case I need to go back to a day, to review what was done, I can remember everything. Because of this condition thinking that especially now with COVID, feeling like all people are contagious and you have to protect yourself, that's okay some people have been stored within, and the only way to tap into those gifts is to challenge yourself, and if you cannot accept criticism in life, well then don't pink introduction added today. Sometimes people help in mysterious ways, not always purposefully, that inner excitement, is you feel connection, and if you look at someone in awe and see something special in them, that's because they are put together and don't allow world, more focused on whats going right. That makes sense, you can make a whole lot of rights feels bad, if you only acknowledge what something, that someone can see in a day, and go oh year Ive thought that too. Writing is a fun profession, just like singing I guess your profession.

Personal Update ...

8/25/2020

Its important not to subject yourself to lawsuits in life, or bring up matters resolved, you may just run the risk of others putting themselves your interests think they are just as famous just as fragile or just as likely to have premature campaigns run for and on behalf of them about. Its never fun when once you were protected, all of a sudden get treated as an offender to the privacy interests of another, as though well in words, are then attacked as though while representing yourself you misrepresent truth or facts to make yourself look better or



Why Call a Judge ...

8/25/2020

Calling a Judge serves one of two purposes, one it protects me from further harm, and two it protects those holding negative viewpoints about my life as they think it relates to their own. And two it also helps prevent the spread of those who think in treating me as a fraud parties to whom I've mentioned, as thinking they are in harms way, via my mentions, and in retaliation, hurt me as though I'm not allowed to intend for anyone else to be hurt, if it is my own interests I am protecting as though absent minded the best interests of everyone as a said, and understand that there are many offenders lurking online, which I cannot control, nor anyone else around me can control who why my friends have been hidden since (2008) and why I have lived for the most part a private life. The worst that can happen is someone taking the priority of my own, as though I would ever create a position, or share a viewpoint, that was not balanced, keeping in mind I can be loved just the same. -I feel like the less legitimately you are established online or as a company, that is how you will be treated, like I don't care, I care closely, think they know you best or others, and think that it's by what they think things are, without taking into account, the point at which I'm like if one company was allowed to vaguely reference your location, that any company could vaguely reference your work or identity without not by the secrets we keep that empower anyone, nor ourselves, life is all about how you are in public, how you manage yourself in public, prove otherwise, then that is the motive of anyone who is playing victim to you, to argue that you were not respected or difficult to talk to for your character was non-acceptance of you, and that that non-acceptance of you if widely accepted is something that cannot be changed easier for you to change than it would be to change the opinions of the majority. *Theme: Something about you you cannot change, as you are* we identified whether that something is: (1) gay (2) bad (3) a negative (4) a bad memory (5) an action (6) a faux pas (7) a need or (8) a fear (9) cancer and stopped having sex (2014). Very gross details, get tested, correct response: no one's fault but my own.



Judge Brown

+1 (310) 725-3000

Hawthorne, CA



message



call



FaceTime



mail



pay

Today

4:15 PM **Missed Call**

phone

[+1 \(310\) 725-3000](tel:+1(310)725-3000)

Gym Apathy: Why am I still fat? ...

8/24/2020



In 2014 after my Brothers Wedding I decided to lose weight after seeing the wedding photos. I was a size 6 at the time, and wanted to lose weight, to trim down. It took me about a year to lose 40-50 lbs, my starting weight was around 158-160, eventually I was 130-less than I was through Middle School, and Played Varsity Soccer on the School Team in High School. It was the first Girls Soccer Team, we managed to win the state soccer, and in our first season were 22-0-and 1, undefeated, until the semi-finals of CIF, I was first team All-CIF, and the second leading scorer in freshman year, of 300 girls that tried out with numbers on our t-shirts, I was 1 of 5 freshman selected to play on the B team, I didn't go to Colorado, and I think once to Nebraska, we drove. I was overweight when I started college, but then worked out with a trainer summer after summer with heavy weights either, mostly sprinting, and push-ups, and squats, exercises with a medicine ball, and one-legged squats with a free weight. I took a class at the gym "sunrise yoga." I have always been active, whether that's boxing, or kickboxing, playing soccer, or spinning, that was my journey, and was my first heartbreak, upon getting sports injuries, tore ligaments in my ankle twice, and partially tore my MCL in my knee.

Losing weight is not easy, you would think that as someone who played soccer my whole life and went to the gym, that I would be able to stick to a strict salad diet, some snacks, no fast food, sandwiches on occasion for Subway, fruit, and not many carbs, no bread. I also took a pill for weight loss, not sure what that does for your system, but it was one thing I incorporated into my diet. At the time, when I lost the majority of my weight, I ran for at least 30 minutes, when I was a fast runner, each length at Ocean Ave, running half the length of the path, took me 10 minutes to complete, and started running on the beach to marina del rey and back in the wet sand, and once in the deep sand after it rained, as directed by the lifeguard. -As you lose weight you don't really notice, but other people notice. I didn't really shop at the time, to buy any new clothes, I bought Nike spandex from Sports Chalet, and Danskin leggings from Shelleys on Westwood Blvd, where I used to buy dance shoes as a child.

When you first lose weight you're really excited about life, and have a lot of energy, that was new to me, I did rest a lot, being sore from running, I would go to bed hungry, and run on low fuel, to burn your existing fat cells, and run past the hour, to go into fat burning mode. I don't know if I should have lost more weight my whole life, its just never been something feasible to me. I used to run to 26th street in high school from my home on Rockwood Ave, I was running!

When you decide to lose weight do so at your own pace, there is not rush, unless you have an event, or a career that's at stake, or feel like you need to lose weight.

daily thing, not just a few times a week maintenance type activity, which happens after you lose the weight. I cant agree, I still have to do weights again, and squats, or try sit ups. I used to be a gym rat, but just stopped going to the gym, once I stopped working and started to lose weight. I have to accept you are you, and no matter what size you are, because of who you are, and because of what you look like, people will love you. It will not change no matter how much weight you lose.

Why its so important that as you lose weight, to also get to know your motivations in life, whether it be competition, desire to have the best family photos, there are a lot of reasons why people decided to lose weight, and its mostly because of what they look like. Thinking that I would feel prettier, but was happier, did not feel skinny, but felt healthier, did not tone up, but became flat, and bulked up in between thinning the body is an amazing creature you get to take care of, and shape exactly how you want it to be, with enough time, energy and effort. So do it, and not losing faith in yourself, or worry too much about what your face looks like, its probably tired from all the exercise and running, and pills, and stay single, not date, until you have fully realized how hard you have worked to lose the weight, and how much you love you.

More than What Meets the Eye ...

8/24/2020

#BLOGPOST:

More than What Meets the Eye ...



I'm excited to announce the incorporation of modeling to my blog. After taking a few selfies and sharing them online, coupled with feedback from my followers, which I was scouted from, and offered brand ambassador deals to clothing websites. I guess this would make me a part-time fashion blogger. "outfits." Most of my clothes are for work, or for lounging around the house, sweatpants, t-shirts, and sweatshirts, not stuff I would do for a paid modeling advertisement I was offered 5 brand ambassador deals for websites, featuring modern day styles, trendy styles, and featuring my own designs. I remember, when I started my Pinterest Fashion Blogs. To be their brand ambassador, I was required to purchase outfits from their site using the "@" symbol, at which time I will be given an affiliate code, to offer discounts to my followers!

If you have ever looked at someone and wondered about them, maybe it just means to get to know the person, and that there may be something not necessarily, its just noticing someone out from the crowd, someone who stands out to you, and for whatever reasons, draws your attention. (3) you think you have seen them before (4) are they famous (5) do they know someone famous (6) where are they from (7) have I met them in school, or through friends (11) are they an actor (12) are they a model (13) are they a professional writer ... and the list goes on, with more to add to our feeds, or remember their story as something of value, that helps us to see things better, everyone has a different affect on us. Not all of us sound the same way, and not all of us are able to understand the difference between who is standing out online and why and their own lives blogging. This you learn over time, who is more prepared than the other and why, and what is it about them that makes them stand out in writing, it's a combination of both. Not all people with famous friends become famous themselves, or popular online, not everything

In college my best friend and I were offered to be featured in Glamour Magazine, how I knew a story about our friendship would be of value, I thought otherwise, Im assuming others thought I was blogging to be famous as though Im not supposed to be famous, or that me blogging is a time comes and when others are ready, they will step out into the spotlight, that's once you've reached an age of maturity, that you are ready for the world. -I have been in touch with them since, sharing stories of racism on campus, to book writing, always sending updates, time and time again. Not without a fight and proper representation of the issues, affecting her while I was in law school, there are many reasons why people do not blog because my identity was known and being used to commit crimes, or that my life and the way I was telling my story, was being done for me. My brother was terrorized in Mumbai, and decided not to participate on Facebook until 2016, 2017, and that was only for a Shorty Awards

When people take a step back, and do not wish to be included, don't take it personally, that just means that they do not want to be included in your methodology is sound, and in good taste. When people have other things to do, and do not want their name attached to your name, the good representation of themselves, or of those they know, why they do not want to incorporate you into their lives, or introduce you to their world. I think that you have presented a poorly sculpted set of standards and beliefs online, pointing you in the wrong direction in life, and do not know who to support, and why, and whether who is being supported, is because of crime, a crime related to someone you know, not created by you. Promotions and promotion are not indefinite, which is why I built a website, to promote those interests, but at the same time not over promote issues that are not your own. Blame for causes. As though being a member of Brady was a defense. I am a certified crisis hotline counselor in the State of Colorado

Not everyone responds the same way under stress. I hope that by sharing my experiences, we will be less judgmental to those who support causes once the issues are raised and called to the publics attention, be more supportive listeners, and bystanders, than say nothing at all (lulu.com, book cover options, Im sorry), and not by talking about those who commit crimes (we are sorry we chose the color orange)

What I am doing here right now, is blogging. This is a career choice, based upon what I was able to do while a law student, work part time as a philanthropist because I don't have money, but the same idea, helping without expectation of receiving anything in return for helping

Creating Content for Your Niche ...

8/23/2020



[Blogging Niche: Self-Help, Blogging Tips, Book Writing](#)

Alexa Rank: 27,594
Pinterest: 7.2k monthly viewers
Website Page Views: 3,656
Tweet Impressions: 96.4k
Twitter Profile Visits: 7,472

If you haven't decided what your blogging niche should be, don't stress out. As you become more and more familiar with the process

What is a blog niche? "A blog niche is a carefully selected topic area that you'll be focusing your blog content around." [1] Eventually your posts need to be money making posts, nor do they all have to be about how to make money, the goal is to be likeable, someone that

Make it easy to read. and if you've got something to say about an organization that you care about then by all means share. [2] In fact, anti-gun violence campaigns, and so my journey began. Your content is capable of not only helping your audience to understand something you care about, or about an issue that matters to you, like mental health advocacy means to me.

Tell your story. "bringing a more personal approach to your content is a great way to draw attention to your content." [3] When I first started publishing in a way that was eye catching, and with color, and fun fonts, on social media. Gradually as I became more and more comfortable with the app *canva* and *iStock* photos to decorate my posts for the readers enjoyment, there are so many ways to look organized and one way to make it provided.

Share your stats. One of the most exciting aspects of maintaining a blog, is watching your growth, and as exciting as it is for you, so is it for your readers and bloggers to share graphs, stats, and ranking, be proud of your work! They will want to see what you did, how you did it, and how you are doing. Your visitors are returning or unique, and keep track of your most popular posts, and do your best to continue to improve upon the quality of your content.

How to come up with ideas? If you want to become a top blogger, at some point you're going to have to look at other people's blogs, and learn from their healthy process of improving upon the content you already provide by seeing what else is out there. It will help you "bring up any clever ideas"

common “blog headlines” for content that is wanted online, and do your best! [5]

Reference:

[1] <https://www.ryrob.com/blog-niche/>

[2] <https://phase5analytics.com/blog/content-boring-niche/>

[3] <https://phase5analytics.com/blog/content-boring-niche/>

[4] <https://probblogger.com/statistics-blog/>

[5] <https://www.ryrob.com/blog-niche/>

How to Love Without Being Too Needy ...

8/22/2020



We all slip up on occasion, whether that’s being too needy, too demanding, asking too many questions, not being trusting enough, and together, not push each other apart. According to wtvbam.com, there are “7 Ways to Make a Man [or Woman] Feel Needed (Without E

1. Let Them Help You
2. Don't Humiliate When They Do Not Live Up to Expectation
3. Don't Overdo the Nagging
4. Be Affectionate and Vulnerable
5. Tell Them What Makes You Happy
6. Don't Be Insulted When Insulted
7. Set Boundaries and Be Yourself [2]

Most people “feel empowered when they’re needed,” [3] and there are more ways to love and be loved without hurting one another in which can feel like a risk, but so reassuring when they love us anyways, despite our faults, difficulties, and setbacks. You never know love in a loving way, not cause one another to feel uncomfortable about themselves, as anyone would trying to make a good impression

Its very common to be in relationships when one or the other loves the other more than the other, its is also common to be in relationships exists when you restore an otherwise “distorted and inaccurate view of yourself” [5] during the process of loving someone else, pay love up back, that’s love, we don’t always feel good, and love is great because it’s the type of relationship that exists where two people make

According to gleedating.com, “neediness is also a reflection of your self-esteem and self-confidence, security, self-respect and overall reinforcer of those qualities in someone you love, without having those qualities about yourself to begin with, why its so important to which you are with expectation to care for someone, represent someone, believe in someone, and give to someone, all of those things

Are your needs met? [7] Think who is responsible for the way I feel about myself, the less you blame others for the way you feel, the without making someone love you to fulfill an unmet need self-esteem wise, feel good to feel good, don’t expect someone to make you loves you, who may not feel good if you don’t feel good and they are doing everything they can to make you feel good.

We don’t always get the validation that we need. [8] In fact huffpost.com states, “Consistent, thoughtful validation of your partner's the world with another, asking eachother questions, and being apart of one anothers daily discussions about life, where they stand, what th anothers lives. And in exchange you “see things for their point of view,” these are simple ways to connect and “validate” one anothers their thoughts and feelings just as they are.” [10].

How does this conversation relate to the ones I love? As a recovering self-harmer, Im sure there have been times when I have been di understanding of my needs, and would complain, and attack my sense of stability and be accusatory toward me, as though I was doing getting to see me I guess was a “confusing, confronting, frightening” leaving them feeling helpless. Know that judging and criticizing

“People who self-harm are strong and brave and they want to get better. The worst thing you can do is judge. Self-harm is driven by e self-harm.” [12]

This is why its important to disclose to your partner when it gets to that point in a relationship when you share secrets, or finances, or disempowering to have the other be taking care of you and questioning your care of yourself, but that is because they have made it the said, if you need them, but cant tell them you need them, because you self-harm and don’t know how to ask for help, just tell them, I please be aware of my condition. If there is a will there is a way, and the best way to be loved and to give love is to be open.

Reference:

[1] <https://wtvbam.com/blogs/relationships/104/7-ways-to-make-a-man-feel-needed-without-being-desperate-and-needy-1/>

[2] <https://wtvbam.com/blogs/relationships/104/7-ways-to-make-a-man-feel-needed-without-being-desperate-and-needy-1/>

[3] <https://wtvbam.com/blogs/relationships/104/7-ways-to-make-a-man-feel-needed-without-being-desperate-and-needy-1/>

[4] <https://www.psychologytoday.com/us/blog/anger-in-the-age-entitlement/201408/why-we-hurt-the-ones-we-love-and-let-them-hur>

[5] <https://www.psychologytoday.com/us/blog/anger-in-the-age-entitlement/201408/why-we-hurt-the-ones-we-love-and-let-them-hur>

[6] <https://gleedating.com/traits-of-needy-women-that-turn-men-off/>

[7] <https://gleedating.com/traits-of-needy-women-that-turn-men-off/>

[8] <https://gleedating.com/traits-of-needy-women-that-turn-men-off/>

[9] https://www.huffpost.com/entry/relationship-advice_b_2127394

[10] https://www.huffpost.com/entry/relationship-advice_b_2127394

[11] <https://www.heysigmund.com/someone-love-self-harming/>

[12] <https://www.heysigmund.com/someone-love-self-harming/>

Fixing Yourself ...

8/21/2020

You wont always fix yourself in time to be loved, admired, respected, adored, friended, or hired, and some mistakes you live with for once in life to learn a lesson, that includes during the process of giving and receiving loves in life, allow hurt to get the best of you, you only looking for negatives and justification to judge you as being in the wrong, as though in need coming on to someone, and then on this point the only people whos opinions are too strong, are the observers, if you become unhappy not understood, if you sound stupid of cold bit\$ch who only cares for themselves, how am I supposed to love someone who is unhappy with me, who says they love me, but my life, my face, my body, my tone, my words, or my love. Then why am I expected to continue to respond to someone who is then b and if 2020, doing better and having had improved over the course of a year beginning 2019, beginning to be myself, speak intelligently wrong. If this person is married then me talking to him automatically puts me in the wrong, makes me look like trash, an opportunist, need any advice, pardons, representation, sympathies, or feedback as though I am not in touch with reality, or do not recognize how I society, you don't have friends, you don't get jobs, you can finish school if you are already in a school and they don't let you go, you down in life, and you may not come up further in life at all, meaning earn a wage, a paycheck, get a job, if you did not apply before a understand I was above the legal limit, but no at that time it was not wrong for me to drink, because I was not prescribed night meds. I did not drink in college, I did not drink in high school, and I only drank occasionally in law school with my boyfriend, and after we br have done wrong, you will always be seen as less than, a chump, a brat, a delusional girl, who lives life like everything is handed to h like, like I don't know what loss is like, like I am not a victim, like Ive never struggled, and without compassion for my disabilities in and fun and loving and well adjusted and clear headed, something put on my conscious that I did not understand or affected my well b adjustment to reality, after something bad has happened, and no matter whos fault it is, for looking stupid, easy, slutty, immature, or r who leaves a relationship of someone with a big name, put down and treated as though one is a hot head, thinks they are better can do experience what looking like a grose, fat, ugly, and disgusting looking woman online being sexy in public feels like. That treatment I present mental health issues loss of positivity.

September 2020

Personal Update:

9/3/2020

Ive not been feeling well the past week or so, and it got really bad mood wise the past three days, my sister could barely talk to me, and almost started crying, I was gone, out of focus. When chaos hits it hits hard, especially with bipolar, you cant seem to win with people, who claim to love you then hurt you, or make you look stupid in private, for the purpose of making you look stupid in public, for those reasons its better to not talk to anyone, than it is to make friends or date online romantically, or be romantic with anyone, if those needs need to be met, its better to not be experimental, online sending photos is only one screen away from being uploaded online, whereas in real life if you have a sexual encounter, or friendly rapport with someone, that conversation doesnt get transposed online. The difficulty with having grown up around celebrities, is that you get treated as invincible, as though youre incapable of

human suffering, embarrassment, demise, get in trouble, sued, or have to start over again in life, with everyone simply because of one bad decision, to appease someone who was upset with me in private, and then without hearing from me, assuming the worst, blasting me in public with photos asked for in order to not post a page, to establish trust, or show love toward him. This person is inconsiderate, demanding, volatile, without regard for my health, or my families health and reputation, blasting me, because he thinks my suffering will reflect others strengths and push me down the ranks of importance, as a burden to those who are successful, no it hurts us ALL! #stop hate ... Simply because a rapport that was once friendly is not the same, does not mean take personally the tone of someone focused on staying steady, my life depends on it, I could care less about having friends, or a career, Ive achieved everything Ive ever wanted in life online already, I dont need to get married, I can get a job, work, sell books, write books, work at my own pace in life. Its very thoughtful to offer me marriage and promise for a positive future, but I created a positive future for myself already, that is why you are able to hurt me, on the basis of seeing me as someone who is important who would legitimately think or believe someone famous would talk to me now, marry me. I dont have a big head, Im educated, I committed suicide 2009, I am doing my best, who are you to judge me, my progress, my website, my blog, my stats, and take away from me my pride in myself, my self respect, and waste my hardwork, and cause me suffering and suicide again. Why? Im not even that into Leonardo DiCaprio, Im not talking to anyone on messenger for the rest of my life, and I am not obligated to reply to anyone, about whats going on within me, or who I am loving right now, or what my mind is focusing on, I stopped having sex 2014, Im comfortable not having sex in life!

The minute they have something on you your life is over, thats getting you to take intimate photos of yourself, as appropriate only for them to see, then shown to everyone online, as inappropriate for all to see, his purpose is to try to get me in trouble, threatening me insulting me, trying to subject me to jail time, or going to jail, while he convinces me to throw my life away, giving him ammunition photos, in which he used my identity pen name to attract visitors then showed photos of me asked for by me, to be sexual toward him, upon request, thats not how I am toward anyone, and try to scare me, and use naked photos of me to molest my fans, is an abuse of my condition and theirs and WRONG. Take it to court if you have an issue with me, take it to court, take your \$7000 dollars, and leave me alone, dont treat me like you have something on me, and treat me like anyone famously jailed, as though a rehearsed set of conditions, if occurring with a different human being should be punished the same.

Go for it! If you think that I deserve to go to jail for sending nude photos that got posted online, I dont need anyone to feel sorry for me, or to cover for me, I can go to the hospital or jail, I could care less, I did my best to be a writer, but Im not willing to commit suicide, because I got set up to look dumb. Thats inexcusable, and has caused me permanent damage, and to my fans EYES who dont need to see all that \$hit, and watch a obese 180-192lbs writer whos 35 years old try to be sexy, and do themselves while someone phone sexes them, why do they need to see me naked? Thats inhumane.

[Meanwhile ... a project I made up for myself writing a Table of Content of ALL blog posts:](#)

The Only Catch ...

9/3/2020

The only catch to being a blogger, is talking about what you do with confidence. Blogging has the potential to open doors for you in life, whether or not you realize it at the time you start blogging, which usually starts for personal reasons, one decides to express themselves in public, but all those steps, creating accounts, sharing on accounts, perfecting your profiles, and contributing online, eventually pays off, as difficult as it may seem at the beginning getting started, eventually you enter phases of interaction, commenting, sharing, getting likes and comments, getting inboxed in your DMs, offered deals and discounts, offered opportunities to be an ambassador, this occurs overtime.

When you first get started, its all about becoming more and more acquainted with the systems of measurement of your performance online, just this year I discovered "Alexa Rank," and blog distribution platforms such as "blogpros." Prior to paying for these services, I only used hashtags to get likes, and would tweet everyday, to keep a conversation going, while promoting more professionally written work online.

It's a lot to keep up with, while at the same time recording your life, day by day, with expectation of change, that's where your following comes from, as a blogger by definition its keeping a daily record of your activities and

livelihood, and its not just your lifestyle that attracts attentions, but its also your online appearance, demeanor, and improvements overtime. Ultimately, you will be observed based upon whether you have the energy, look, and tone, of someone who has arrived to wellness, and based upon where you have been in life, have made positive changes in your life. Is your course in life being dictated to you by others, share those references, and also share the wisdom of not knowing everything, many of the decisions I have made with regards to the direction of my focus, to analytics, is how I found Alexa as a metric for guiding my progress, and is how I gained more followers, and eventually applied for and got listed among the Top Blogs and Websites, appearing on two lists, qualified. There may not be any articles written about me, and I may not be included in any magazines about top bloggers, but that doesn't mean by numbers alone one is known, this just means there is more room for improvement, if I ever want to be someone interviewed or featured.

The moment you get your positive energy back, and get outside of your own head about life, and open up again writing in a position of ease, rather than inner turmoil frustration and aggravation (trust me the readers can tell if you are out of it, in the negative, and not doing well) that's the kind of transition back into focus that keeps your audience around curious to see how you get yourself out of those negative patches in life and what you have done past and now to keep yourself lifted out of harms way away from those negative thinking patterns and experiences that cause you to not like yourself and lose all confidence in life.

Are you feeling driven? Don't worry being driven, on all cylinders is not required to start blogging, you'll get there when you get the hang of things and have a schedule of appointments, and to-do lists, and daily tasks set up to do each day, once you establish a routine and a voice online (website). When you are easy to hear from and watch, that's how you know you are able to maintain a following, you have to be happy with yourself, and doing things in life, that's the excitement that attracts people to your blog, who you are on the inside, and how well you are able to present your best online, and what you look like being yourself online, comfortable, with direction, or lost. Its those changes witnessed that are empowering to your audience to witness, seeing you get better without you knowing it. seeing your flounder and struggle when you don't want to talk to anyone and shell up, and there for you when you decide to let go of the past, or what has gone wrong, and keep your head up anyways.

Writing a Book ...

9/3/2020

Just because you have chosen to write a book, doesn't mean you are going to be famous, or become a well known writer, and it doesn't matter who you know that is famous. People who do not respect you, or find you of value, think that everything comes easy to you in life, without regard for your struggles academically, professionally, socially, romantically, and mental health wise, for some book writing is easy, for me it was a difficult task. You have to be very careful what you share online, as everything you say, gets used, and you have no idea for what reasons why, and sometimes you don't even know if you are being hurt in the process of sharing, everyone seems to be out for themselves these days, and that's what makes it hard to be a self-help blogger. You have to be a very giving person, and very compassionate person, with a high tolerance for things not going right, and still maintain a positive attitude, probably why there are not many self-help bloggers, out in the open online, that's because as sensitive people, who help others, do not possess the same openness and outgoingness as someone who is online to be seen, looked at, or admired, in leadership positions online. As a self-help writer, you are concentrating within, and trying to figure out how best to communicate, what is on your mind, and what you think will remedy a feeling or situation, that you have not read about elsewhere how to deal with. A lot of therapy involves you talking, in order to be corrected, or perfected, and if you cant manage to communicate that much, then you don't wind up getting the help you need. By writing I was able to communicate things that I ordinarily would not talk about in conversations, and as I became more comfortable talking about my problems, or ways I have been able to overcome a mental health issue, the better able I became at helping others. Being articulate is a learned skill, its called confidence in knowing what you are saying, and understanding what you are saying, and feeling comfortable sharing what you are saying. It has taken me many years, to settle down, and write in a tone that is acceptable to most, without the humor, hyperness, or writing for advertisement on Twitter, or Facebook. Writing in my natural tone, means without worry for what others think, and without fear of what is read into while reading my writing. That you cannot control, what other people think. But the more able you are to communicate within well out loud, the better able you will be at communicating to others in a way, that either remedies, benefits, or helps them better able communicate themselves

to you, to others in their life, and gain a better grasp on subjects that concern you. -For some reason Im getting hurt over and over again, the minute I am well.

Don't Wait Until Its Too Late ...

9/2/2020

In wellbeyondordinary.com, it has been recommended to “not wait for a cancer diagnosis to step into living a meaningful life now.” [1] Its important to face challenges head on, and not wait until things get out of control, to make choices to step away, or change the direction of our lives. Getting used to things is half the battle, when it comes to feeling comfortable with where you are now, you can pretty much condition yourself to tolerate many things these days, but be careful although it may be great that you are so desensitized to the troubles around you, what in the event you are faced with similar difficulties will you do to get yourself out of a mess in life. So whats a “wake up call?” According to psychologytoday.com: A wake up call is bringing to conscious something that you have been neglecting or ignoring in life, so don't wait until you have to change to change. [2] Notice how “accident or illness ... changes everything,” and so do losses, such as breakups, burnout, addiction, anything that tests your human spirit, that forces you stop and think about life, how precious your days are, how important it is that you focus on reasons for living life, not all the reasons to throw yourself under more pain than you are already suffering. Don't be stubborn to change, there will always be factors such as “habit and fear and laziness” that may keep you from reaching your goals in life, and graduating to the next stage of independence in life. [3] Its easy to “numb out,” [4] states [gottman.com](https://www.gottman.com), you may get many messages before a crisis strikes, you only notice until after something bad happens, don't panic, the most important thing you can do is to learn from your mistakes, and not allow it to happen again to you. We are all vulnerable during moments when things are going well, when we feel achieved, when we feel high on life, doing well, recovered, with opportunities ahead of us, attracting good things back into our lives, but that is also recipe for disaster, the higher you are, the higher you fall, and as vulnerable in a good mood, could let the wrong people into your life, who have the potential to change your life for the worst. If you're not expecting anything bad to happen, how easily you can be blindsided, used, or misused for being nice, and made to look stupid, there will always be opportunists in life, seeking to take advantage of the time attention, love, trust, friendship, and money of someone who is stable, and pride themselves in the instability they cause, where in exchange to harming you feel better about themselves, as though they are above you, above the law, don't fall victim to people like that. Trust your instincts, if its not something you need or want in life, don't let anyone convince you otherwise, to go against your instincts and treat you as someone in need, taken advantage of.

Reference:

[1] <https://wellbeyondordinary.com/rude-awakening-or-creating-your-own-wakeup-call/>

[2] <https://www.psychologytoday.com/us/blog/passion/201707/the-power-wakeup-calls>

[3] <https://www.psychologytoday.com/us/blog/passion/201707/the-power-wakeup-calls>

[4] <https://www.gottman.com/blog/wake-up-before-your-wake-up-call/>

Do Things That Make You Feel Good ...

9/1/2020

Figure out what you want in life, what you need, and go from there. How will you get to that place in life, and what amount of achievement do you need under your belt, in order to handle life and be proud of yourself, what challenges await you, and what must you overcome in order to be a happy person. Happiness is but momentary satisfaction for oneself, sometimes it lasts, sometimes its destroyed, sometimes our attitude changes, and we wonder, will we ever be our happy selves again. It's a combination of things, not one factor contingent upon the other, to cause or elicit a feeling of happiness, but it's the crown to a job well done, having your house in order so to speak (they talk about this in sobriety), and feel capable of achieving in life (that is ability recognized not disability sinking

your thoughts about self, and where you see yourself in the future, viewing life with opportunity not defeat). Its up to you to decide whether you are going to let yourself go, and don't recognize all the progress you have made, and allow negative interpretations to take their toll, on your view of self, become dissatisfied with yourself, like yourself less, then blame others for that dislike, or voices, or you start taking control of your attitude and choice words, and begin to build a new path forward for yourself, absent minded fear, absent minded your past, and absent minded equating now, to what has transpired, as building an accurate reflection to put in stone about you to base your whole life upon a series of mishaps, or bad luck, as though you deserved to live a life in hardship, and under harsh public scrutiny. Things can only get worse before they get better, so long as you allow "voices" that is commentary you interpret to be directed toward you purposefully, or "delusions" that is voices you think are taunting you to bring about a desired result "anger" and then upon viewing someone not at their best, further view how they respond upon rejections, whether they recognize themselves as changed, whether they get help upon noticing changes within themselves, or whether they blame others and make their lives worse, when they do not feel like themselves, like that is anyone elses fault but their own. We are all subject to attack, whether we purposefully put ourselves out in the world, to be subject to attack, and whether or not we are prepared for those types of attacks upon our identity, one must be strong, to not allow physical illness and mental illness to take its toll, and then further spread, that feeling to anyone else who has grown attached to your blog, and feel subjected to the harms you have suffered as empathizing with you be wrongfully affected and lose faith, in whatever they have been struggling to keep their mind off of, self-harm, or negatives, its always disappointing to hear about someone giving up in life, whether in anger or sadness, and expect anyone to feel sorry for them, they usually don't care, once you are gone, and they usually get upset and question why you are no longer present, as though youre expected to talk about what it is youre going through inside. It just goes to show, that when someone thinks you think you are more important than you are, how one is treated in public, like a joke, without regard for the hardships endured as a victim of homicide, the necessity to work hard and to live a conservative life, and let loose on occasion, and the strong adherence to getting help when help is needed, whether that's rehab, or AA, medical help, meds, talking to the police, or courts, or attorney to further assess, what has been done and what can be done to alleviate the current mental health issues you are suffering, to be a stable person, and live life. For me blogging has been the primary means and motivation for me feeling good, waking up each day with something to do, whether I have to push myself or not, or feel like writing, write anyways, and whether or not Im under stress of deadlines, or have other things to do, make time to blog, and to share whats on my mind, what Im working on, write based upon whats going on now for me in life, and without causing added hardship to my audience, who returns at their leisure, like anyone who knows anyone does, not in a rush to get to know, get to the bottom of, get a big picture of, get an answer to, or with expectation of hearing about in a way that justifies their sense of urgency in talking to you, or ignoring you, with expectation that its your energy that is off, not their energy toward you taking what they want from what you have to say, while ignoring you in real life, with nothing to say to you in the positive.

Most People ...

9/1/2020

Most people only care about themselves, and doing what they feel is the right thing to do for themselves whether or not your best interests are included in those equations in life. They don't care how long your journey to respect took, they don't care where you come from, they don't care who youre related to, they don't even care about your feelings, they only care about themselves, and making you do things that you are not comfortable with, so that in the future they can cast you under a negative light, as though you are desperate for love and attentions from men. It is their purpose to destroy your sense of self-worth, and to their amusement, watch you self-harm get upset and defensive in public. They don't really care how you feel, or whether you feel sick, whether your personality has changed from sweet, to aggravated, or upset, they only care about themselves. Don't let anyone take your happiness away, yes you do have control over yourself, enough to quit, giving energy to things or people who no longer serve your best interests, and who only seek to justify themselves as having played with your heart and mental health, for whatever attentions they think you so deserve in life, as though your life is a joke, and as though your position in society online, was not well earned. They for one don't know a thing about pressure, pressure to think under any conditions, and to respond in an educated way, without losing sight of ones own principles in life, become discouraged, by the masses, and further intimidated by someone who does not care what becomes of you, negative or positive, after having interacted with them, its like they feel entitled to harming you, as though you have taken something away from them, yourself, your love, honor, respect and trust of them, they expect in return, by

continuing conversations with them, expect you to provide unconditional support and attention to their concerns or feelings, when they have disregarded completely your well being, and without compassion harm you. Having sex with me, seeing me naked, or getting love from does not give anyone the right to make fun of me online, my sexuality, or my appearance in private, be made public, for the sole satisfaction of defaming, and making look gross embarrass someone who is obese me and 180 lbs who does not wish to photo nude in the first place. That's not body image pride, when you show photos online that I was forced to take, under threat of harm to my reputation online, and then shown anyways, to the attentions and benefit of someone who is experimenting with my likeability online. That person does not love me, does not respect me, and if they don't care about me, should not run a campaign with my audience that I assembled against me, as though I have caused them harm, by complying with their requests. What does it take, to get people to stop hurting you, for their own merits, and self-satisfaction of looking like the bigger person, in the privacy of their own identities, and in the safety of their own not-disclosed locations in life. These people only want to set you up for further hardship in life, like you deserve it, without even knowing you, and without respecting you, as though you are not attached to your family, and hurting you causes hurt to your family and friends, and fans, and then make you look like youre liable for the harm that has been caused to you as though you are asking for it in life, negative attentions, or by your bad decision making skills, choose to love the wrong men in life, or admire, or trust the wrong accounts presenting themselves as fan account to people who are famous. The only people I need to report to are the FBI, Police, US Army, The President, and SCOTUS, everyone else's needs are tertiary, when it comes to be trusted as a reliable primary resource. I can only take care of myself given my disability, and my safety needs matter, whether or not your respect me, trust me, value my hard work, respect my education, disability, or hardships in life, test me, hurt my feelings, fuck with my emotions, and cause me suicide because you think its funny based upon the books I have written to prove me wrong, as though I was not once a stable and friendly person, with my whole life ahead of me, simply to make yourself look like a victim to my love, compassion, or understanding. Then I don't need to love anyone, I don't need to be friends with anyone, and the only responsibility I have is to be honest with the courts and police, and to continue living my life with or without a plan, with or without money, and with or without people in my life supporting me, be proud.

Something to Consider ...

9/11/2020

According to smallrevolution.com, “[who] you're surrounded by greatly influence[s] your happiness.” [1] If upon being social in real life you are not accepted or respected, you cannot expect anything different to occur in the online world, especially on messenger. If respect is based upon intelligence, and if value is determined by ones relationships maintained, then where does that leave you once you're alone, will anyone knew similarly hold you in high regard, and how can we be consistently treated as well, no matter who is around us, no matter who we talk to, and no matter who comes into our lives? What do you have to offer? For some, self-worth is based upon what someone has to offer, which is maybe why I am online, asserting myself, building my ideal representation of who I am, without expectation of that changing the way I am looked at or treated. In thinking beyond your past, how would you have liked to live life differently. If no one was understanding of you then, at your lowest moments in life, don't expect anyone to be understanding of you now. Not after the mistakes you have made socially online, talking to “celebrity” accounts, and then being treated as someone enamored with celebrities as though one sees opportunity in celebrities, and then put down as though one is only being open to meeting someone who is famous, as though one does not treat regular people with kindness and compassion. Theres a general disinterest that occurs upon someone talking to someone, who is more into them, than they are into them, that's someone who experiences wellness upon talking to you, who you do not feel mutually as enthused to speak to. Its when everything is well, that anyone can come into your life, step into your wellness (apartment) and as recognized as well, feel well being around you, then theres illness. Upon sickness, or disorganization, a different reaction, not wanting to be around you, not sticking around for long, busy, not having time available to be around you, that's just a general reaction. So don't let your imaginations run too wild, how quickly someone seeing you as happy minding your own business, will remind you you are nothing, no one important, and replaceable. If you don't see a future in something, then don't stay longer than welcome, you can't force a future to happen, if you yourself are not into it, and focused in a way, that everything around you feels peaceful and at ease, if you don't get that general sense of wellness around you that just means that you are not where you should be. We all acknowledge our personal limits with others, and everyone needs their own space, I am someone who needs my alone time to recharge, rest, and re-group, not someone who naturally feels comfortable around others, that's just me overtime, not comfortable in groups, and not comfortable around people, and Im not sure how I became that way. Just know that you are only capable of lifting others, as high as you can lift yourself, and acknowledging the fact that I look stupid, and realizing how that hurts my family, their image, and their health, is something that was trying to be avoided as a blogger

online, hoping to improve those conditions around my family, any discomfort, disappointment, or seeing my family as small, or see them become disoriented, and not know why. I just know that the better I am feeling, the less of a problem I become to them, not bringing them down, even if anyone tries to bring me down in life, or trash me, and make my family look stupid or trashy. That's someone seeing your life, and not seeing you as special nor your family as special.

Reference:

[1] <https://www.smallrevolution.com/motivational-tips-achieving-success-happiness/>

Common Ways to Ruin a Bond ...

9/10/2020

There's a sense of peace that exists when two people, in the privacy of their own lives, come to know each other, also known as a relationship. In the beginning stages of any relationship it's about bonding, getting to know one another, sharing about ourselves, and feeling love in exchange for our time with one another. It's possibly the smallest fragment of your life that exists, time in love, with loved ones, or in a relationship. The majority of your time is spent working, finishing school, or at home with family. For those few hours you do manage to make time for exchanges of love, don't allow yourself to become overconsumed with what's been lost, in place of your own happiness, give power to who you gave love to, and either no longer feel love from, or feel sick upon thinking about it. I once used to say "sex is gross" in all its beauty, and for all its worth, and for the many moments of joy that we may get to feel consumed by in its presence, it's again only a small fragment of your life, a few hours to your years, and few weekends to your relationship, or that one night out drunk you get scooped up, matched up, and done. I don't think that freely giving love, is such a bad thing, if you're healthy enough for it, but eventually you get older, more sensitive, and the more of value you feel you are, and recognize yourself as, the more you expect from an exchange of love, wanting a relationship, and not just sex, wanting a bond, and not just friendly chatter. If you know your odds in life of getting picked, you never really fear being alone, only struggle with the difficulty of putting yourself back out into the world, and forget how to seem when available, or what made you get picked in the first place. Sometimes the harder you try the harder you fall, treated as someone who thinks they are deserving of love, instead of being treated as someone who does. We aren't all willing to love a fixer upper, I was always someone who dated those who maybe weren't fully put together confident, who later found confidence upon being with me, and later moved on, that's just how I am not judgmental, don't pick or like based upon the total package or what can be offered, but based upon how a person feels to me, likeable, genuine, worth the effort and focus. We all remember the times we have liked someone and they have not liked us back, different than having a crush and knowing you're not good enough for them or sophisticated enough type of admiration, it's the type of like that the other feels offended by, when you think highly of them, and they do not see you as important, or attractive, and think by the way you look, offended to be liked by you or even looked at. That's the worst just being nice to someone, and being rejected by them energy wise, like they need to communicate a distance, as though you're into them, attracted to them, and you being less than, look at you like you're stupid. That's just how life is, either you are focused on yourself, and attentions are solicited from you, to focus on them, and upon you focusing on them, and as they feel their needs are being read, suddenly you become the not confident one, and they seem more put together, and sure of themselves. It's the kind of lights off, light on, inattentiveness, that makes you wonder, whether they just enjoy being in the spotlight of the attentions of another, and purposefully don't pay attention back, to see how you respond when someone is not paying attention to you, whether you need attentions, are solid, or whether upon not focusing on oneself, you lose color or sharpness. What makes people feel smart? It's interacting with someone, able to be in their own world functioning, without ever thinking about how they look or seem to others worried, and never treated any differently for the way they look, or for the way they seem, that's being smart. And then there is being bad, when a loss of confidence occurs, upon not being trusted, looked at, sized up, and forced to push yourself for acceptances in life, to reach moments of comfort acknowledged without appearing annoying or stupid to them. If you don't light out, that communicates one of two things: lack of confidence (and they wonder why, whether because of lack of smarts, or self worth), or from over focusing on others instead of focusing on yourself, out of focus. This is why those who are punished are broken, that's to put your light out, and if you are good, you get your light back, that's feeling good about yourself, and others feeling good about you too. If you are not good, and not doing what you are supposed to be doing, and being judged, then that's how you will appear also, disoriented, or gone, a loss of light, meaning worried, or not focused on oneself, and overly concerned with what others think or are thinking about them, looking at you. So never take any of this too personally, all relationships require adjustment phases, and although you may not feel close to most people, or not good enough to be social with most, that doesn't mean that there is something wrong with you, if you haven't found your social circle in life, there are plenty of fish in the sea, to meet, know, grow, and you never know who may be paying attention to you past, in admiration for your personal growth now, don't disappoint.

The Club Inside Your Heart ...

9/10/2020

People are no doubt picky about who they socialize with, and let into their inner circles, and I do believe for good reason. Something to do with smarts, something to do with luck, and something to do with image. Its as though that overall glow and status, must be a recognizable attribute of anyone deserving of success to be recognized upon walking into a room. Some may be special, because of the way they look, and some may be special based upon how to feel. We aren't intimidated by most these days, and that's the scary part, when everyone looks fragile to you. What was that? That period in time, when everyone looked solid, its called respect. Seeing someone and admiring them, or seeing someone and thinking highly of them. When most do not impress you, we have a problem, that's beyond desensitization, it's the expectation of wellness, that gets looked into, and the minute you think your doctor observing others as less intelligent, is the minute you should take a step back, and ask yourself, why you are or are not being accepting of someone, and what is it about you that makes them seem distant. That's wellness, you can see, but you wont connect, also known as professionalism. When someone who is initially conservative with you, opens up to you and is themselves with you, two things are taking place: trust and comradere. Its then when anything can be said and kept between the two, and shared understanding of compassion for one anothers personalities, when the other become immune to you, not basing acceptances upon attraction. We may bring out the best or the worst in others, usually upon separations, or insult, its how you react and respond when you are not feeling well, that makes or breaks a relationship or an otherwise peaceful establishment of rapport, that's called disappointment, when you do not live up to the expectations of the other, and make them feel good. When you are no longer capable of making other people feel good, whether its because of your disability, insecurities, or personal difficulties you are facing in life confidence wise, that lack of enthusiasm can be felt. When youre gone your gone, its not just that youre not present, and hard to get through to, but also your energy is annoying to most, meaning looking at you annoys them, hearing form you annoys them, and seeing you annoys them, that dissatisfaction and unhappiness with you is a manifestation of how they feel about their ability to push you, control you, lift you, talk sense into you, or fix you, and if they cant it's the highway for some. When you find yourself alone, accepting of everyone else being themselves, but god forbid you flip out, or want to be alone, don't expect many to be there waiting for your return or stepping out of their comfort zones to talk to you, or go out of their way to help you. There are some places you end up in life, where no one can help put you back together. The bigger the mess, the harder it is to look at you, think about you, understand you, support you, or feel sorry for you, you become a waste of time, to even spend a minute of inspection to figure out whats the problem, the more piled on top, the more likely it will be that others say that its because of something you have done, not because of what someone was doing to you, or making you do, because if the end result is making you look bad, and you look bad, you cannot change the impression of you, as being someone who expresses love in that way, and then all discomfort is justified by one exposure. Its knowing you, and seeing how you are with someone who "loved" you in private, is not how everyone else wants to see you in public, is the issue. It makes me appear like I am something I am not, as though because I look grose, means I am grose, therefore that is why grose things happened to me (STDs and Cancer), and make it seem like its my fault, as though I attract those types of people in my life, who don't take responsibility for their own health and get tested.

Personal Update ...

9/10/2020

Right now I am doing my best to stay positive, Im highly embarrassed I had a pen pal, who I spoke to in fun, who is now trashing me, and making a public display of images requested for, cast me under a different light, as someone who does not care about themselves, or does not represent others well, to discredit my wellness, or my improvements, as having been an honest contribution to the wellness of others. I think in the future, if you are a conservative person, and don't open yourself up sexually to people, and shy by nature, then at no later point, under any amount of comfort you have achieved in life, is it then worth it to share yourself in a sexual way in private by photo, thats just recipe for disaster. If thats not who I am, but a version of me encouraged by someone who did not love me, or care about me, and who is now devaluing me online, then obviously it was my mistake, for taking his threats seriously, and complying with his requests. Again, improved, and as improved taken apart in life, it always seems to be this way, the minute I am well, someone makes me sick. I have not been feeling well for weeks now, now in physical illness, but getting a better hold of my mental health issues, and not be overcome with voices or self-harm, but I still have to be careful about what I share, not to cause myself illness or others to hear about what Im going through privately. This person doesnt value me, doesnt care about my family, and has insulted me, while criticizing my Mom, who he called, and she talked to him. Im a caretaker, Im not for sex, Im sorry. And this is why, because if I get sick this makes my Parents not well, and if I look bad, so are they affected, by what this person is doing to me online, attracting dislike, disgust, hate, and disrespect. To be honest I dont want to be connected to anyone, who does not appreciate or value my

wellness, or how long it took to overcome voices and self-harm, who is purposefully causing me illness, knowing I hit my head at one point, knowing Ive not been feeling well, and knowing Ive been interviewing for jobs, hurting my ability to appear well, sound well, and be present, is making me feel gone, that is unable to answer questions, unable to read and comprehend, unable to memorize. Hurting me. Im meeting with a Detective soon to see what can be done to stop this person from harming me in public, threatening me in private, and not make any more public, my companionship choices in life.

Whatever It Takes ...

9/10/2020

In 2008 after attending a Birthday Party in Las Vegas, the wife of The Rodeo Realty founder, is when I started to pull away, from feeling included to separating myself, and usually when that happens, who are you left with, yourself. I remember sitting at the bar drinking, while Dita Von Teese was dancing in a martini glass on stage, sometime before or after the band Journey performed. I of course was dressed to the Nines, dress from Neimans that was Elizabeth and James, a short black dress, with frills on the bottom, and on the top in a scoop around my decalage, I also bough heels from Saks by Christian Louboutin, I was looking for a black stiletto, and found a pair of patent leather heels, that didn't fit me by the end of the night. That Fall I went on to apply to law schools, working on my personal statement, and studying to take the LSAT a third time. And that's when I went into delusion. My Brother suggested to have my personal statement reviewed before submitting it, I was going to highlight a story from working as a crisis hotline counselor, and he recommended writing about how I felt about the trial, and how my connection to my best friend Sydney Simpson, influenced my decision to attend law school. When you share a personal opinion, in life, there is a certain degree of sensitivity that occurs, upon hearing what you have to say, that's someone without an opinion, not knowing you, hearing what you have to say, and providing feedback to you, on how to go about discussing, what you felt was important to understanding, what life felt like sheltered from everything, on the inside. A story is only as important so long as it is kept, and once you share your story, then its up for interpretation by all, either viewing your insights as special, or seeing you as someone trying to capitalize on the fame generated from an audience that was once sided, and in turmoil, learning about the causes leading up to the death of a loved one. Homicide is not an easy subject, I suppose growing up, I never really thought twice about the passerbyers in the neighborhood, stopping the street to ask "Do you know where OJ's House is?" I grew up in an affluent neighborhood, in a home my Father purchased after moving from their home in Santa Monica on 22nd Street I think, a more modest two story home with a pool and a balcony, instead after I was born we moved to Brentwood Park, to 200 North Rockingham, the home remodeled, previously owned by The Redlands a family who's children also attended Carlthorp School, I found their name with my address in a Directory when I was a child, looking up my own phone number. We lived across the street from a double lot belonging to Shirley Temple, and bought the house next door with a pool, that we later rented to Tommy Hernz a boxer, that my Ex Boss recently told me he was the one who leased the home to the boxer in an interview with him 6 years later, I worked for him 2014-2015. He asked me if I remembered him and told him, I used to play on the Pac Man machine at his house. We also rented the home to another Family "The Petersons" their eldest daughter gave me her Barbies when she outgrew them, because my Brothers friend destroyed by Barbie Collection and ripped all the heads off. There will always be a constant thing when observing the wealth that was, and how things are now, and wonder who took things too far, and whether it is the fault of those who others pay attention to, the results in losses, rejections, and ultimately a Homicide. Ive been through enough breakups, without having Kids, to understand that when a relationship is over it is over, and understand that there will always be love there, however unless two people are willing to meet halfway, can an amicable split occur, in my life, when things go sour, and when there is fighting, that only disrupts all relationships post separation. Our Mothers married young, and had Kids young, maybe that's what they had in common, we met, introduced by her Mother, under a Magnolia Tree in my backyard, by the swing, her Mother scouted my Brother playing outside and asked him if he had a Sister, we made fast friends and so did our Mothers. Before I got sick 2009, I had bought two copies of the quotes book "Whatever It Takes" and was going to mail a copy of that book wrapped and a copy of my Mothers Book to Sydney but that never happened. I only remember being relayed a message from her Father in jail, then checked Johnny Cochran's website, then did some research, and read a deposition with my name in it. Making binders is what caused my ex to flush my Adderrall down the toilet. I guess he didn't really see the purpose in reviewing everyone else's work, including Petrocelli who was once paranoid during the Civil Trial and locked himself in a Hotel room across the street. The times are no different now as they were then, the minute you share your story, they either attack you expecting more from you, or even worse attack you as though your withholding information or not telling your story, even if it will help others, as though the wait time and level of maturity required to broach a subject was not worth waiting to share, be treated differently.

I Understand Your Hate ...

9/10/2020

I understand your hate, that coming from a famous homicide case, that I am being looked at poorly, as someone who is capitalizing on the death of a loved one, and not taken seriously in life, or frowned upon, for taking center stage, and campaigning for Brady, which anyone would think is unrelated to my experiences in life, best friend to a victim of homicide, or myself not affected or scared upon taking a closer look at what transpired past not be affected by all the fighting and what was said, and what was said, affecting my family then, as it affects my family now: embarrassment, shame, or blame, for the repercussions of the pains endured by losses, as though we have not too endured pains, and overcome our own set of traumas in life. When someone appears well it is deemed, based upon seeing who they are connected to, as unaware of how they should be, or not with recognition of potential threats to their wellness. And that is how one is judged, upon being well, as being stupid, and upon being sick, as responsible, the power of negative judgement, the minute I do anything to contribute to my condition as bipolar or further reinforce a negative opinion of me, be in any loving relationships private, be judged, as being responsible for my own heartache, my own embarrassment, or my own suffering, as though I allow people to do things to me, knowing that it will cause harm to me, then complain about it later for attentions, expecting others to feel sorry for me. “You did this to yourself, “ or o well its “your fault” “you let men use you” when have I ever incorporated my sex life into discussions of my bipolar condition, or mental health condition, when have I ever blamed men for hearing voices, or feeling sick, or for a breakup, never. I always take responsibility for my own condition, misuse of substances, or drug addictions past, and clean up my act, get sober, recover, or stop being social, that is how I was raised, not to play victim, and to take responsibility for my own actions, never to speak badly of others, and to be independent. For some people the best reason for dislike is illness upon seeing someone, knowing their schedule, what time they walk, who they socialize with, whether they relapse, if they are into addictions, whether they feel like relapsing, what they say, whether in jest or serious, whether they are suicidal and why, and by what they communicate judged, as though they are the doctor and I am their patient, as though communicating to me, and to others about me, is the solution to their worries, or so entitled to, its upon any illness a disconnect occurs, whether by choice, my doing or by what is done to me, I am treated. If you allow yourself to be misrepresented by others, or even worse be represented by what is done to you, you are only giving power to others, to hurt you on the outside, to affect how you feel on the inside, and to change how others feel about you outside of you, hurt you as separate from anyone looking at you. That is a caused condition illness, by communicating to others one is sick, as though I don’t communicate that enough to everyone the status of my condition, and then cause me illness, upon worry of how I appear now, being looked at, worse than I was already made out to be, as someone disillusioned, who thinks everything is about them. On social media, we are given the benefit of the doubt, we are allowed to protect our best interests in real life we are not afforded the same protections, no one is recorded or reported for talking \$hit about anyone, and any of those efforts that occur without you present is not in your control to decide how you are treated and what energies placed upon you looking at you or reading you, as though you will not notice, or to their entertainment value witness you get sicker and sicker, upon people knowing you and thinking less of you, as talked about, without you knowing it, look worse, physically and mentally appear more and more gone, that is a tell tale sign that people think less of you, or upon recognizing you and seeing you, hold a foul opinion of you. Whenever something is built, or assembled, you have to consider with precaution, how that seems, and determine whether that is solution or provocation of issues, why its never funny to make jokes about people calling them: Hitler (he wasnt talking about me doing standup at BungalowSM, that was after I read his story, and that was a separate interview), or Kazinsky, or Monica, or a Porn Star, or an Avenatti, or a Slut, or Accuse them of being a representation of violence toward others, as though their condition is of harm to others, to create conditions to which they appear of harm to self, doing things without them knowing it, or hurting them in ways, they cannot see or have the power to change. (This combination of names, and stories is causing me illness, as Im sure the reader may feel ill, responding to assumed discord, and as stated, make me look like I have a sick mind, or if proven Im self destructive, as though thats how I treat others, no I treat all people with space, and respect). Just because one assembles an Instagram, does not make them a “Movie: Beautiful Mind” jokes, and just because that movie took place in a shed, does not make my studio, or that movie as referenced to me, anything about villains, or right to compare me to “villains” or people who give themselves sexually to men, for reasons other than for love. Im not sure where those joke are coming from, simply because I registered as a company as advised attending Simply Stylist, and simply for supporting a campaign like Brady as does everyone on Facebook. Why should I be treated any differently, as though I have assembled anything foul. Like all illness, once you are not well, everything you have said looks unwell, and then who is to blame then for your condition as caused, yourself, that’s the ultimate platter being served to me in life. A condition that I have to take responsibility for: all that is needed then for a win, is cocaine and alcohol, a relapse, then there is no accountability, then there is proof, then there is your justification for why my creative processes are not in mutual acceptance or humor, comparisons made to my identity, like I have earned a living, had a career, or been successful, or provided for myself, experienced marriage, or been able to stay at a well condition Maybe not a comeback, but certainly not death upon disagreement, or lack of acceptance, its not required for anyone to have faith in anyone in order for you to treat them like a human being. Where have I been wrong: reporting on Twitter, it was best when I reported in person to the FBI (2013) and in court to #scotus (2013), and to the office of UWLA (2013). It has come to my attention at this point that all communications in friendship are considered for masturbation and purposes of sex, and exchange of feelings, and need for a feeling of safety provided to by the recipient of my texts, as though I cannot masturbate on my own in peace without a companion. My sexuality is not anyones business, nor is the path to Gay, I figured out on my own, that’s my privacy, that’s my change in course, and that’s my understanding of what causes looking at, for others to stand out more, than you stand out in a room, upon looking at others.

What is Right? ...

9/10/2020

Sometimes our intuition fails us, mostly when we ignore our own discomforts for the sake of accommodating the interests of another in feeling well, go out of our way to love, pay attention to, someone who we ordinarily would not overinvest time and energy to, but who is in need of our attentions, that's a specific call for attention to themselves. Sometimes it is your obligation to care and sometimes not, why we generally ignore those who seek attention "we call negative attention" that's doing things or behaving in a way in public, with expectation of reaction, sometimes those who are confident gamble with the attentions of others, thinking that by being provocative they will elicit a reaction of acknowledged strength or attraction, but nowadays yoga pose #1: nude, is not as powerful as it once was, not if everyone is doing it, its more likely a flop, than a stunner, and more likely a turn off, than an empowering take on the life as led by that person, who maybe at the time sought perfection and pride in themselves, but nowadays seems ordinary, not as daring and exhilarating as portrayed by the one photographing themselves, it's a lot of work to pose half nude, and Im telling you the fireworks are just not there anymore for it, and I don't know why. Why? Because the discipline and sense of peace that it takes to feel beautiful and then be seen as beautiful half nude, requires that one be stable minded, the same goes for your energy in a room full of people, similarly in photography, your energy and image is compared to a million other memories stored in our photographic memory banks, of what we see potential in, what we find beauty in, and what we find made in good taste, the standards are so high, and its because wellness is demanded by the viewers, something worth a look, something inspiring, and a shape or form that demonstrates discipline and the kind of detail oriented mind of someone who takes care of themselves, someone to emulate, look at, admire, focus on, or study, that's modeling, mesmerizing, because its unique, and keeps you looking. Theres a certain presence about someone who is not damaged, that look, happy, but blind, as though something hasn't hit them yet, that is pain, suffering, hardship, loss, illness, bad luck, or depression, we all go through it, and some overcome those feelings, call it a bad mood or unhappiness, but eventually we go back to normal, maybe not all at the same time, but that wont stop an audience for looking for those who are still in that moment, of bliss, as though nothing can go wrong, as though one cannot be touched, as though one has not been exposed to everything that has caused one to lose their smile, and look at everyone seriously, and lose their sense of humor. When you have lost your sense of humor that just means that you are not entertained by the wellness of another, that's not negative judgment, that's just hearing something and reading something, without relating to where that person is coming from, and instead hear them in an "obnoxious impression" that is someone who is experiencing wellness or expressing wellness, when you yourself do not feel well, and when that occurs, you justify your feelings by viewing the other as being inappropriate and viewing yourself as the more mature opinion or attitude applicable to the present, not sharing a moment, not being in a moment, and maintaining your spiritual distance so to speak from what you view as immature, in poor taste, or on bad timing. That's humor, youre either on time, with a shared acceptance of your viewpoint, or no one can relate. So what does that communicate to one expressing themselves, to be wary that although one may be adjusting to the times, or to their own life realizations in life, as watched if in discomfort, a similar discomfort can be felt, and a sense of humor not realized, that means humor derived from making an uncomfortable situation comfortable, and its that underlying comfort that's not funny, and looked into by the viewer, who will try to understand why you are not funny to them, not cute, not intelligent, not beautiful, those are the types of people who look for whats wrong with you, and upon finding out whats wrong with you, feel better in that way, not because of how you look, or because of what you say. Some see eye to eye and others don't. As a communicator of interests of your own opinions as experienced first hand, processing your own emotions with or without specific reaction from anyone in real life, as you express how you are feeling expect others to be offended, that's them thinking that you have these thoughts prior to interaction, during interaction, or interact with expectation of what theyre thinking or what their saying, reading into things, that's not normal to not accept things the way they are, or to think things are about you, or to think others know you before you know them, treated differently. Whats important to be careful of if you speak in public is not to be offensive, all it takes is one bad impression of you to justify to anyone who was in acceptance of you or who was never in acceptance of you, to turn on you, that is if you do not acknowledge what went wrong and why deserved, that's as open seen as stupid, then hurt to look stupid, and then threaten your sense of wellness, by communicating to everyone else, that this is how they saw you, this is how you were, this how you all should see her, and it doesn't at that point matter whether that person communicated love or acceptance toward you, how it started or why it started, and what the relationship or communication later turned in to, it then becomes a matter of what you allow to happen to you in life, and that's how you lose respect, that's how you become sick, physically ill, mentally ill, and lose your sense of momentum in life, or positivity, that's seeing you are doing well, and deciding instead to shock others with a lesser condition, exhibited by you as asked by them, what you look like in a permanent form photo or video, to broadcast a larger illustration of you in the negative as someone who was looking for love, got love, was asked to express love, and by what they got in return photos or money, made fun of in public, for how they expressed their love, what was given to who told them they loved them, and for further humiliation, that is more negative opinions held by onlookers, to establish how you look embarrassed humiliated, and justify your condition as deserved, with proof of what you look like, when someone asks you to demonstrate love for them, a private experience made public, to make you look like

someone who does these things upon attraction to others, and cause you illness, making fun of your sexuality, independence, to make now look like how it was then. When you reinforce a negative opinion, that is voices, and it gets confirmed with an image or story about you to empower that perspective of you, that you cannot change, people who look at you like you're worthless, or unimportant, trash, or not well on your own merits, by your own hard work, earned, if a condition earned is not respected, then a well condition can be injured by the opinions if held in the negative about you, looking at you cause you illness in addition to the shock you face, trying to accept what is being done to you, handling things in stride.

Have an Open Mind ...

9/9/2020

Yes it is true we are all Gods children, and no you will not see the beauty in all people, no matter how innocent they are, no matter who they are associated to, and no matter where they work, or by what they look like be impressed by most, you do however have to acknowledge that all are human, each with our own scripts and reminders of how to be in the world and what to watch out for, and recognize when to back off and when to keep going in life, when it comes to acceptance. The key to acceptance therefore is keeping an open mind, not rising to any occasions, not living up to any expectations, and not by paving any ways, or setting any new standards in life, that have not already been set, is how anyone looking at you, being different from most, would think of you, why should I accept you, why should I hear what you have to say, and why should I value your opinion, and why is it important for me to even pay attention to you, is how someone not knowing me, unimpressed by me, would feel knowing my name or seeing my face, what makes you special, why do you think you are special, and what is it about you, that makes me not feel good about myself. Some people don't match up in life, is what that is, when someone does not light up to you, or stand out, its just not a match, and then there is illness, when you literally don't feel well looking at someone, that's not jealousy, that's something else, its visually dissatisfied with who represents what you are reading, its appreciating the writing, but not by looking at the person, liking the person. You cant push forward in that way acceptance wise, when someone doesn't like you, just accept people the way they are, it could actually have nothing to do with you, and everything to do with how their day is going, whats going on in their life, or who else they are vying for attentions from some are that way, given your gender, warm or cold to you, based upon how they feel around you, willing to be friendly, or by looking at you socially distant, that's just preferred socialization. For the most part, people are nice to me, women are warm to me, and men are lit around me, friendly and at ease, those are my social experiences, however alone, things change, when I am only left with voices, that is the anticipated reaction having written something, or the feeling that more needs to be said, after having written. That's what voices feel like, like you are being watched and recorded, and others are trying to predict what you are going to say before having even said anything. To me that is a test, if you feel like you are someone, who people read walking on eggshells, and are aware of the fact that some may not be in total acceptance of you, given your past, or past expressions online in a creative way what you thought to be humorous or smart short hand way of sharing in quotes, was likely found to be obnoxious or insensitive to others, who expected a more thorough examination of your recollections historically, and personally, as you reflect on where you are today, having had those experiences in life. Sometimes more is expected of you, likely before you even become aware of how much is expected of you, life works out that way sometimes, they are ready for an in depth perspective and reflection of your feelings, your outlook, and how you view yourself, before you have even arrived at a place in life to speak from that tone, of acceptance and pride. If you allow yourself to be consumed by voices, you will likely not feel good about yourself, as though your psyche is being ruled by what people think, and in a delusional way, become a representation of someone else online, that you are not in real life, and misrepresent who you do know in real life, who are not that way toward you, especially not in the way voices are toward you, that's voices, harping on your insecurities, and questioning your truths, and if you allow voices, which are people who do not know you personally, who think by watching you or reading you or looking at you, that they know you better than you know yourself, its an entitled perspective of you, a way to situate themselves above you as though being beneath others you are expected to respond to all sides of the equation, reality, and esoterically. voices, in regards to things or matters not existing in reality, but a manifestation of what they see or come to understand upon further examination of your condition as bipolar, and by bringing out causes or circumstances that ignite a situation in which you become bipolar, that is in delusion, not in sync with everyone or anyone around you, see how you behave as separate, either reinforcing those perspectives of you coming across as shocking, as though as you are now speaking about seem as though you are justifying how you were, or explaining how you were as though what made sense then to you, still makes sense to you now, we all change overtime. Sometimes how you respond when you are uncertain is much different than how you respond upon being more confident about managing your symptoms, this you cannot explain or rationalize to anyone who does not hear voices or who have never experienced self-harm, and its not their job to understand why, and during moments of self-harm from my experience, no I did not understand why I was hearing voices, all I know is that based upon my choices, exposure wise, I subjected myself to voices, that's appearing in an unacceptable light, nude, and by photographing nude, became paranoid, and upon becoming paranoid, punished, and upon being punished, disconnected, and upon being disconnected, hearing voices. If you keep yourself separate from others, that does lend for the potential to go into delusion, think you can "hear the thoughts of others, or what they are saying" I assure you that no one who

connects is permanently connected able to hear someone while being away from them, that would be an unusually close connection to anyone who upon passing know, be focused on in that way. The goal is to separate yourself from the voices, through writing, I am able to extract the voices from being heard within me, to in delusion, as observed be heard outside of me, and that is how I maintain my sense of self, reading from within, while acknowledging their opinions, and without shocking who could be reading not in acceptance of me, be bothered similarly, hearing from me. That's the price of public speaking, alone, that its not quiet, and unless you have meds or a doctor to discuss these things with, sometimes you are not able to adjust on your own, know understand the difference between yourself, a voice, an opinion, or mere delusion. You live inside you at all times, and its up to you to know yourself, and no matter what anyone else thinks, be able to steer yourself back on course in life, whether or not whether outside of you is in agreement with you, whether or not you are hearing anything offensive, not cringe at the fact that you are disliked, or found to be offensive looking to anyone else, so long as you understand that you hear voices, and that being around people scares you, its probably because you think that its by connecting you hear others, when its simply because of disconnecting from yourself, and people in real life, that you give up on yourself, why its important to never give up, and keep writing, until you achieve that quiet, until you no longer feel bothered, until you feel at peace, until you are accepted, and until you feel strong again. By the time you accept your condition, and by the time you are proud, no voice will convince you otherwise that you are something you are not, and no conditions different will change the way you feel about yourself, or others, no longer manipulated by what people think, be yourself.

That Place Called Space ...

9/9/2020

Upon any separation during the interim time period, between the point of disconnect (whether by disagreement or turn off) how you spend your time away from anyone, who you have grown apart from matters. If you improve, the disconnect remains, but a pleasant sitting, if you do not improve, the disconnect remains, with a hurt that reminds or reinforces the initial decision to part ways. This is where the phrase "rise above" comes from, in my mind, for whatever reasons anyone feels: hurt, blame, disgust, disappointment, or any other unwanted feelings with regards to thinking about a person or seeing a person, that view is either further reinforced by your behavior, conduct, demeanor, dress, or appearance, or the counter occurs, a pleasant experience seeing, hearing from someone, after a period of time away from them. When you rise above, you are no longer allowing what anyone thinks of you, to change the way you feel about yourself, so that upon looking at yourself, you recognize yourself as someone who is of value, and see the positives and potentials in with love, if you allow what people think or say to control how you feel about yourself, there is a likeminded dissatisfaction with self, or mutual disgust that occurs upon being oneself, absent minded the other, or without anyone present, that is the long lasting effect of bullying, voices, torment, taunting, or insult, that lingering reminder past, of what is heard whether purposefully directed toward someone, or overheard while alone wondering what other people are thinking should they see or know what is occurring in your life, or what has happened to you, with or without a visual representation of the moment of disgust or displeasure, and that is how you look less than, looked at without respect, and without you even having said anything or doing anything directly in response to those feelings or ideas about you, misrepresented by the judgements of others, having taken a look at you, and without knowing you, judging you, and thinking poorly of you, even though they have not had a bad interaction with you, and do not know you personally. It will always appear worse in the eyes of anyone who cannot see you, or who knows you, but does not see you in real life, who sees you in public writing, around others, by their oversight, critical of you, how you are living your life away from them, who is in your life in private, and how you are managing your problems on your own, without the necessity of sharing your story in person. Someone who knows you, will never be impressed at a later point in time, seeing you later in life, as you are online, whether successful or not, that's because as they know you they see you, therefore any later impressions of you, do not change or circumvent their opinion of you whether holding you in low regard, or unimpressed by you then, will not seem important or of essence later in time, similarly a headache to read, see, understand, comprehend, or empathize with, that's just how some people feel about others, a headache, that's looking at their life, looking at their face, looking at their body, and basing how they feel as an accurate measure of who you are, as though its because of who you are you make others feel that way about you sick. That's the unfortunate part about blogging, while there will be many who do not need to go word by word to feel good, those who look at you in distaste, read word by word to accept you, that day, by that writing, by that series of words, by their approval of you feel neutral, not bothered by you, but should you write anything that makes them question you, or say anything they disagree with, or see who you socialize with, and think less of you, then that only further reinforces their disgust with you, and allows them to think that its okay to treat others based on how one feels looking at them, hearing from them, or seeing them, based on how they lead their lives in private, as though its their business, what anyones sexuality is, likes, or dislikes in life, is really none of the business of anyone who is reading my blog, to understand how trust is build, what makes me feel comfortable, who loves me, what makes me feel loved, who I decide to talk to and why, will not change my discomforts in life, or make things any better. I just learned as boring and disinterested as anyone else in real life became with me, the same can occur in the online world, that seeing me, knowing me, and having no interest in talking to me, learning about me, or getting to know me, only simply to meet and seek interest from me toward them. Which is usually the

case, I am nice to others, then they seek interest toward them, or in a relationship, want attentions from me, while ignoring me or being too busy to see me, that's just the type of person I am, I have to invest a lot of time and energy building trust with someone, for them to accept me, and if I don't try hard, then like anywhere else, just another person in the room, until I decide to blend in and be social, meet others. So enjoy your moments of space, when you get to be alone in life, and recognize once you have taken the plunge into socialization, and subject yourself to rejections in life, be mindful of who is nice to you, who respects you, who admires you, who tries to control you, who becomes disinterested in you, and do your best to be kind to all, no matter how anyone treats you in life rising above.

Feeling Special ...

9/9/2020

There are so many ways to help others, and be there through difficult times, and one of those ways in making those around us feel validated and needed, is to make them feel special, giving them our undivided attentions. Awareness is key to understanding our own inner turmoils, as well as acknowledging what's going on around us. That's being proactive, not allowing life to just happen, and actually being apart of the lives of others. If respect is what you want, if love is what you need, and if its attention that your crave, what are you doing to make those around you feel good too. I do believe that feeling good, and feeling special go hand in hand, and agree with innerbonding.com that "we all have a need to feel special." [1] Its true that you don't know what you've got until its gone. The same thing goes for feeling special, ever notice that when we don't get the attentions that we want, we feel left out, hurt, broken? Note that that type of "behavior is dysfunctional," [2] so instead of complaining to your loved ones about how you are feeling, with expectation for them to cure the way you are feelings by telling you what you want to hear, don't expect that much to begin with, and start "learning to love yourself and make yourself feel special." [3] When you are doing things that you love, valuing yourself, paying attention to the causes for your feelings to begin with, and expect less, notice how much change can occur through talking more responsibility for the way you are feeling, without over reliance on others to cure you of your discomforts in life. The key is to improve the way you are feeling, through activities and thinking patterns that benefit you, and "refrain from blaming others, with anger or criticism, for your feelings and behavior. Don't be a victim." [4] Remind yourself, youre not the only one with problems. This is particularly true for someone who "believe[s] that their *special circumstances* are more special than another person's special circumstances." [5] Take me for example, growing up best friends with [Sydney Simpson](#), sure that made me feel special, sure that influenced my decision to go to law school, but does that mean I will be met with the accomodations that I thought I deserved in a JD program, of course not, and is it typical for someone who when not "accomodat[ed] [to] act-out" yes, "much like the hurt child who runs away from home – by canceling their next appointment as though punishing [others] for not treating them as special." [6] It may seem funny now, but it wasn't then, visiting the US Supreme Court, and taking notes, and then crying pouring tears, frustrated that I would not be graduating from law school and feeling helpless. Im sure that's not their problem to determine what happened, who was in error, or determine what extenuating circumstances were causing me to feel under a tremendous amount of pressure, but it existed, and that was how I coped at the time, by being out and about, talking to people, writing, sending letters, and updates with regards to my progress, to me that was the best I could do, to reassure others, that my purpose was to go to law school and graduate, and to help others. When you have a purpose in life, and when you are no longer able to fulfill that purpose in life, you are given options in life, to sit there and complain, feel helpless, ask for help, and after you have exhausted all your resources for getting help, eventually you have to help yourself. You may not "feel special, ... [or] number #1 among others, [to] friends, siblings, or [the courts]," but you have to find your self-worth, and the more of value you become, the easier it will be to be heard, to be understood, to be related to, to be advised, and to help, someone with potential is always easier to get through to, and see results, than someone who is in their own world, not listening, not seeing the positives, and focusing only on the bad. That no one can help you with, outlook, that's for you to decide, which thoughts you will allow to control, your understanding of the times, and what you are going to do, to not be apart of the chaos, and make a positive difference in the world. Notice how much I have grown blogging over the past year, as I have looked inward, trying to understand myself, the better things have panned out for me outward, looking forward to life, my future, and creating opportunities for myself to move forward from trauma, breakups, friend losses, and job losses, that doesn't mean that my life is perfect, we are all susceptible to difficulties, no matter where we start or are from in life, the point it that as you feel more understood, so do you make people "feel valued, respected and validated And [this] leads to important changes in affective experience and feelings of social connection." [7] For me my solution to feeling special, has been making a special life out of the life that I have, without worrying too much about how things look to others, and the more solid of a foundation I have laid for myself moving forward, not bothered by how I look, the better I have grown to feel about myself, not led by my insecurities in life. That's who gets heard, not someone clouded in the judgements of others or their own failures, that is a situation no one can help you with if you don't get the help you need. Basically you get what you put out into the world. So if you want others to see the best in you [8] start by seeing the best in others too.

Reference:

- [1] <https://www.innerbonding.com/show-article/668/the-need-to-feel-special.html>
- [2] <https://www.innerbonding.com/show-article/668/the-need-to-feel-special.html>
- [3] <https://www.innerbonding.com/show-article/668/the-need-to-feel-special.html>
- [4] <https://www.innerbonding.com/show-article/668/the-need-to-feel-special.html>
- [5] <https://www.edwarddreyfusbooks.com/psychologically-speaking/the-need-to-feel-special/>
- [6] <https://www.edwarddreyfusbooks.com/psychologically-speaking/the-need-to-feel-special/>
- [7] <https://www.psychologytoday.com/us/blog/evolution-the-self/201706/feeling-understood-even-more-important-feeling-loved>
- [8] <https://tinybuddha.com/blog/70-ways-make-others-feel-special/>

Breaking the Silence ...

9/8/2020

There's always those moments of realization, when you reach a moment of quiet, and decide to take a step forward, the type of silence that makes you want to break the silence, with a favorite inspirational song like Hero by Mariah Carey, what is that feeling? Are you longing for inspiration, the ability to let go, feel lifted, beyond an emotion, what is it that causes us, to want to break that silence, and what can we break that silence with, to enable us to feel better, and what happens when you still don't feel better? When old remedies don't work, what to do then? We must not be in our own worlds anymore, apart of us may be missing, or better yet, gone. How capable are we, of fixing how we feel, and staying in that moment of peace, without feeling drained by circumstances or people who leave us feeling less than empowered in life. Remember its not all about you, and while half of life requires one to remain focused in order to achieve, the other half of life, is based upon connections, who we are connected to, how we are feeling, how we respond to dissatisfaction, what other people feel about us, and then how we feel about ourselves as a reflection of those interactions. What reflects upon you best? How willing are you to allow those who do not see the beauty in your life, your life story, your sense of being, affect how you feel about yourself, you are what you give power to: feelings, people, places, memories, understandings, exposures, we are all a manifestation of all of those things, within, and all of those things affect how we appear. And if there is something about you, or something about you in question to others, how will that manifest in your daily life, as questioned, being looked at, for affirmations or confirmations, rather than acceptances, and how well does one need to know themselves before they go out into the world for observation. I don't think it is required that we have a perfect understanding of life, of ourselves, or others, in order to speak and be of value, we are all a work in progress, and in saying that, I am pointing to the fact that we may not have it all figured out, no matter how smart or capable we may look, or be assumed to think of ourselves. That's tone, you have to write from the heart, and be read in criticism, as though one is not human, not honest, or a fabrication of how they want to be perceived, and not who they say they are. That I cannot make up, how I sound, what words come to mind, or how I look, I may invest in things to help distinguish me as special such as: education, clothing, and makeup, but that still cannot perfect a presence, that someone is not willing to accept as is, wanting more from, or better yet, seen in a different light, and once a non-acceptance of you can be generated from them, then that's their acceptance within themselves, of not liking you, discounting you, or seeing you as less than as compared to those who are successful, wealthy, of high stature, and accolade, treat you as less than, less than those who they compare you to, or better yet, less than a human being, as though your sense of being similarly threatens the basic standard of understanding of what being a human being is, awareness of the feelings of others, awareness of how one is feeling, and being in a way, that does not disturb the feelings of others, and does not disturb ones own progress, as it relates to the progress of those around them, being themselves without offending anyone else. When someone wants love from you, who you are no longer willing to love, think why, how were you at the time, you bonded, and what has changed now, is it respect, or is it simply the fact that you are not the same person you were when you two met, which is usually the case, and as you are, in a worse state of being, look, demeanor, and sound, is how they wish to portray you, as though by your choices in life, have led you to your demises in life, as though you think that achieving in life is based upon acceptances upward, above you, and in trying to seek acceptances from those who are above you, is for the sake of moving upward in life, and if it can be shown that you have not made any progress, and if this person, who is not famous, can justify a lack of love exhibited by you, its to

say that their love for you, not only does not make you feel lifted, but that its not their love that brought you down in life, but the love you sought, not being the type of person you should have sought love from to begin with, from famous. To me seeking attentions, acknowledgements, or speaking via pen pals, to a famous public figure, is about talking to someone who I think understands something that I do not, has more experience with being known to the masses, and how to carry themselves in public, socially, romantically, publicly, and privately, so that they can exist free from harm, work, and have a life, without being affected by who is watching. That's the point of being a professional public figure, being able to be watched, but at the same time not be affected by who is watching. That is the challenge of living a public life. You have to know yourself, and not be easily affected by others, you have to not think that everyone knows you, everyone is watching you, everyone is reading you, everyone is judging you, or that everyone can feel what it is you are feeling inside, that is a delusion, that if you are feeling a certain way, that others can read how you are feeling, and that they will either change to make you feel better, or that you will have to change to make them feel better, that's assuming your audience or who is watching is closer to you than they actually are. These are just words, its not a hug, its not sex, its not an exchange, its not a medication, its not a pill, and its not an alcoholic beverage, which if ingested, read, changes a person inside. That's an assumption, that ones sense of being and expression of themselves is for the purposes of changing another, I cannot change anyone, I learned this as a crisis hotline counselor when I was 19, you cannot fix people, you can only listen, and in doing so, assist others with feeling heard, and feeling better, while reassuring them, that what they are feeling is normal, and provide resources for them for coping. When I started dating, I never thought that I would go through so much trouble spiritually after having been a hotline counselor, with no sex experience, my first exposure to the affects of sex, being "rape." I was not on any psychiatric medications with no history of mental health issues. But as I got older, and with the more experiences I had, later in life, had a few experiences that left me feeling less than capable in life, and today appear as somewhat of a joke, someone who was a crisis hotline counselor yet unmarried, and does not have sex, go figure. Because that is what is special about me, that Im am choosing to preserve myself and not have sex, then that is what is attacked about me, why sex is a topic of discomfort to me, and why I am no comfortable being sexual, and that is the exact weakness that was targeted about me: what I look like naked and what I look like being sexual, and upon opening up, my fears became a reality, made fun of in that light, for what I look like naked, what I look like sexual, to make me look like someone who talks to others, not for companionship (a natural human need) but for sex, an unnatural improvement, which men benefit from, however is an activity that devalues a womans body. So in doing so, was made to look the exact opposite of someone preserved, and what was of value to me, my privacy, my body, and my improvements spiritually happy, was put on display to tarnish my face, my body, and make me look like a trashy example of a public speaker. This is why I don't date, why I will not pen pal anymore, why I feel sick in communication with others, why I am having difficulty holding a conversation in private or in public, without feeling sick.

Online is Not Therapy ...

9/7/2020

Although you may be comfortable writing online, remember online is not therapy. I forget sometimes. Therapy is an environment in which you can share your thoughts, your thinking, your worries, your fears, your personal setbacks, your challenges, whats causing you illness, where you are finding difficulty in life, what your dreams are, what you need to work on, saying out loud and acknowledging your weaknesses, in an environment that does not judge you, with someone who with compassion is paid to understand and support you, and advise you. That's the difference, in therapy you discuss things you do not have the answer to, areas in life in which you feel lost or need help, and discuss what needs improvement, letting our guard down. However online, in AA, or anywhere else where you are talking about your life to a group of people, you don't discuss anything too personal, nothing that if talked about, would cause you discomfort to be the subject of conversation among others about you, in a not so understanding light, you never know what about you, can be used, to hurt you, and make you look like something you are not. Online the goal is to maintain readership, not get into too much detail during a bad day harping on negatives, and being immature about your feelings, expecting a pity party, think, is how you are expressing yourself, as read, going to be helpful for someone to hear, or are you expressing yourself in a way that's teaching someone else coping, as influenced that that's an okay way of processing ones emotions, compiling a list of negatives as though going down that route in life, is going to lead to anything positive. You are how you talk about yourself, is the main lesson, when you speak about yourself, we sometimes forget to say our strengths, and when you do that, and talk about whats not going right in your life, you become the smaller person to a conversation, and the other as confided in, becomes the bigger person. Talking without reply and comments, is lonely, but I understand, Im not the most approachable person on the planet, and Im not on the most reliable platform Weebly, for membership and commenting, but appreciate when I do get comments. -Moving on, that's depression, wallowing in an emotion, and everything we are feeling, or being in action, and doing things, to make ourselves feel better, recovery requires both acknowledging where we are wrong, what is the cause of our addictions and delusions, and which behaviors or choices are resulting in consequences disfavorable to our best interests. For me two things that led to my demise were: drinking, a cocaine relapse, and using messaging services. Not much has changed, since 2017, as soon as I got off probation, I went back on messaging services, this time sober, and clean, and something bad happened to be, this time with replies, but the same end result, a bad

separation, from whomever I was in contact with, who initially was amicable. Im learning that my need to talk and my delusional need to share my thoughts and talk about my day, my plans, and share my feelings with another human being, are not as important at this point in my life, learning to be more private, more professional, less experimental, and subject myself to less embarrassment, fewer separations, breakups, and delusional attachments in life, especially with famous people who I pen pal fan mail to, which at first was exciting, but once you recognize to focus on your own life, not working as though your working toward being where they are at in life socially and romantically, career wise, you learn that the better off you are professionally, the more put together you are personally, the easier it is to talk to anyone, whether that be in real life, in a meeting, online, famous or not, not intimidated by the lives of others, with things to talk about, the more you have in common with someone, the better a match it is conversation wise, equally beneficial to know each other, but if you are not doing well in life, no one famous or successful, is strong enough to lift or inspire you, unless you value and appreciate yourself, make progress, and be someone who also values the time of others, has something nice to share, something worth their review, and having arrived to wellness. Just as much as you are proud of them, for their work, be an interesting person too to know.

Dear Audience ...

9/6/2020

At this point in time, it is clear that I am not able to handle confrontations on my own, and while at times, forgiveness and compassion and support are given, for some reason seem unreceptive to change in someone who I felt hurt me and made me look grose and desperate, as though I think Im attractive and with confidence appear in a way, that I think will attract with expectation of attracting, however now with bipolar and night meds, and reports of testing concerns and personal issues resolved in terms of who is in charge of my health, its me, a really grose subject to talk about, hygiene, and mental health, and what happens when you lose stability and illness kicks in, whos fault is that, the best we can do is be compassionate trusting of what direction is taken, and with support, let them be, that's the type of relationship with someone or friendship in which growth is accepted, improvement believed in, and without question or criticism then or now, never leave them on the basis of appearances, the minute you discuss the conditions of others, is the moment what you say becomes an issue that you yourself have to deal with as having had addressed. I am a very spiritual person, once photogenic, and when not never wondered, just didn't photo and stayed my course, assumed that I was aging or that it was from studying, and had faith that when I have time to exercise can afford to shop and learn how to do makeup, that I will be able to put myself back together, I first discovered "Bobbi Brown concealer" working for the LA City Attorneys Office. As you get older, you realize its important, looking back. Be careful how you describe you appearances past always speak highly of yourself, and try to take pictures, its not normal to document your life, but if you have time to, take pictures and don't be too shy to share, no matter what you look like. -Its actually very painful when you admit what occurred past leading up to your suicide attempt, and no amount of schooling, or improvements frees you from question, its always a bad decision to drink, to argue, be possessive, be threatened by, if someone doesn't want to hang out with you, that means they have more important things to do in their down time, it's a matter of respect, and you have to respect the relationships of others, whatever that's about, they have known eachother longer, you should be happy for those who have friends and lives, and if you have a life too through them, then that's whats painful, that beyond that experience in life there were no future opportunities for socialization of romantic relationships social. If it is disclosed that you have bee hospitalized, that is your partners choice to keep you separate from their social lives, that's their choice, and you may never know who their friends are, or who they have dated, and they may know him, and who he is dating, all that should matter is your own wellness. Those who love you will say things to you all the time to question how serious you are in life, how disciplined you are, and don't be surprised that anything you enjoy doing they feel worried about or question you about: friendships feminine, introduced to all your friends, accepting your past, respecting and loving you, and you may even feel challenged or threatened this is what I want Im not sure, and if it breaks your heart, so be it, be yourself, but don't combine that comment with another comment, as thought both comments have anything to do with meaning "who misses you" is your ideal. That doesn't mean quit being on your high horse, like you agreed to date someone who you find out wasn't that into you anyways, demanding monogamy, and not go out with friends, that's a good thing, all you have to do is explain to him the importance of friendships, and how you would not be where you are able likeable had you separated from friends, that's entrusting your barometer for wellness on someone who is observing your life, assessing you based upon their higher standpoint in life, and the less you are able to communicate, and the more insecure you are, the less helpful you become, if they wanted independent be independent, and stay upon failure. Is the lesson. They will always be nice to you, but its hard to relive life with a huge gap in the number of years you could've experienced growing with someone, and instead alone, sickly. That was a choice you could not have anticipated, but life challenges you with more interpretations than you are probably ready to process, and I promise you if you don't look well, then that is why you get rejected as though you cant handle detachments, and hurt as though you do not recognize what occurs upon separation as though you did not try hard enough and if upon acceptances granted, left someone because you wanted more, always acknowledge that the person who loves you is doing their best and while they may not tell you why they are so independent of you, maybe its because they have exciting lives, you don't blend in well with. When you are easily threatened, that's

is why you cannot socialize in groups.

This is a story about a known cause for separation, alcohol, a known point of disagreement past, which discussion of now, is not to rehash the past to explain what's occurring now. Whatever is the right decision for you, is your faith, and if you think you are doing the right thing, allowing this person to live a better life among those who you feel don't belong too sensitive, then it's best to let them be with a woman they are proud of, at ease, light.

What's difficult now is sharing your story, if your condition is not well, your story past is not important to hear, especially if people think they know your story and have you all sized up, it's they have figured you out, before you have even shared, because they feel it's their right to observe someone who is focused and going nowhere, see how they feel when they work hard and upon thinking they will have arrived to a talkable place in life, wind up alone. I'm sorry.

You Will Never Know My Worth ...

9/6/2020

What is stability? Having faith in yourself. And what is self-worth? Being of value to others. And what happens if you get punished? Upon being punished you automatically hurt everyone who has ever known you, anyone who has ever thought highly of you, anyone who has ever trusted you, anyone who has ever loved you, and anyone who has ever hooked up with you. Once you are found to be unacceptable to most and rejected upon appearing mentally ill, is when society determines "they have had enough of looking at you, and choose not to accept you, based upon where you are at in life." And to further impermeate that impression of you, you are put places in life, that represent why you have mental illness, and further justify your condition as by your own misconduct, lost, or disillusioned, self-harming, or out alone, if out of place, and not where you should be in life, in a different environment, don't expect to feel like yourself, where you are not comfortable, nor used to being, or belonging, or having had experienced good times if you only go out once a year, with friends, and then now with no friends, it's no different, if it's not where your heart is, then you will not find any answers to your problems being around people, it's good exposure, and it may be fun to socialize, but at the end of the day, you have to calculate, to what extent there forward, of who is incorporated into your life, as measured against your progress, to determine whether you are at an acceptable place in life appearance wise, progress wise, or whether you deserve to not be tormented or not questioned as apart of the problem. During COVID many of us, slowed down, including me, and as others have gotten better so have I, regardless of who I have been talking to or not, that shows a wellness curve, such as a beginning of faith, which demonstrates planning ahead, or feeling good ahead, those are the people leading the pack, you are not changed or manipulated nor invested in anyone's changes in life or improvements at this time, for comparison to causes or miscalculations of blames as to the causes for illness in Asia, and how illness in Asia, caused illness over here. Ask CNN, who covered the Malaysian Airlines flight disappearance, I watched everyday, until they found a piece of paper in the ocean, and when a piece of paper in the ocean was found, there were papers scattered across westwood boulevard, I patrolled for 4-5 years, and was attacked once, a car speeding diagonally at me, upon seeing me. That was my first experience of being seen and attacked as though my presence or disillusionment was meaningful in a way, that they spotted me, saw what was going on around me energy wise, and sought to scare me, similar to the experience seeing a car with clear windows drive down San Vicente and up Wilshire, and then a car behind me following the guy inside stood out. Driving a lot, certain people stand out, and you don't know why, or where that energy is coming from. As solution once to gather everyone's best interests before being punished suggested a group to support, and titled the flyers by whom the flyers were made by, this was before I was totally convinced the Tinder Smoke Shop on my street was similar to the Tinder app, a possible connection, all "Cinder-rella" jokes aside, I know they meant well, but for interpretation with the Facebook movie: "hot or not" makes it seem as though there is a beauty question then, then all my friends are looked at, and then they look at me, then they feel above me, with them, and see me below everyone, and then there is me now, converted to gay, upon being called a pervert, conditioned myself. With advance notice to where I was placed, self-identified as someone who doesn't hook up, and because of my condition not worth the risk to love again, told them. People will want to have sexual experiences with you to try to resolve you of what they think needs help, as though your body and face do not resemble something who is content, experimental with you, and if they can figure out what Phil was told upon being around him, then they think they understand everything about you, how you work, how you feel, what your relationship with women is like, when it started and why, and what caused attraction, and whether you knew at the time, that was awkward or not love, and how above you others felt they were or are at this time, by now I can't even hug people or make eye contact, and sex is a difficult subject I don't try for in life. So letting them win and becoming gay, was a step in a direction to appease what was shouted at me, as though confirming that belief would situate them better off at understanding me or the conditions around me, and where that gay energy was coming from, my exposures, touching, wanting, looking, and where my face comes from, heart, attachment, exposure, sex, and whether what was transferred: luck and confidence, has now caused me to be completely separate from everyone, not even gay would be attracted to, mentally ill, that's why it's offensive to shout at me, then cause me to conform to an opinion not hook up, to see whether I feel good

looking at and its looking at that causes me to feel in the mood, whether it's a knowing of something others don't know, and whether I am doing good or not in life, and whether it is acceptable for me to touch myself, and then have me describe in public the purpose for it, how long it takes, and why I don't like myself anymore, after visuals, and lost my body shape, and lost my face, only further conforming to a term, thought deserved. Its not a joke when you give your heart away to anyone, that's you trusting and loving a person, a shared bond, of seeing one another in a way most do not, that's to preserve your normal life, you don't talk about what happens privately, how you look like someone whos not in the moment or only dating for observation, as though you studied men, and questioned their sex habits, because you were a rape crisis hotline counselor, like you were counseling in a way disfavorable to men in general or convincing women that they were harmed or telling them to identify as victim, that's not what a crisis hotline is, its people calling, to talk, and talk until they feel normal again, its not a calculation of incidences, its not a police report, it's a line to talk, and it was not a job anyone knew where I was working. Its not something you talk about who you are or where you work. So whats so shocking? Is that I did not start dating or hooking up until college, I didn't date or hook up or have sex in high school I wasn't ready yet, or who I liked taken, but liked me.

When Someone You Love Hurts You ...

9/6/2020

Its common to be rejected once your personality changes, if you become quiet, if your face changes, if you no longer represent something likeable to interact with. That means you need to change. And whether for what reasons you have changed noticeable to you or not, if those you know are unhappy with you and you don't understand why, with two jobs and in school part-time beginning third in your class, then figure out what happened to you, or what you have said that has caused them to be in disagreement with you, mad at you, or turn on you, if not provoked by you, there must be something about you they find offensive, and its not that you are focused and not talkative your hyper self, its that you exhibit traits of an "herb" someone who thinks they are well, and focused on something other than those in a room, preoccupied like they have important stuff to do, and when you are focused around those who are at ease, they criticize your demeanor as not being normal and question you. Even if you are doing your best, figure out whats going wrong with your relationships and don't be avoidant or get upset, the last time I saw my best friend was 2015 while working in century city she was happy, and we toured the Paramount Lot, it was empty that day, no one was working, just us touring the studios, the one that impressed me was the "props studio, a room dedicated to movie props actually used in movies that are saved all together in one room." I don't think anyone has actual knowledge of sudden mood changes or personality changes, if something has happned to you, like being firevaulted out of your computer non of your "la mer" kit passwords working, and you backed up last this semester but not recently, you saved most, what you dragged over to your Lacie, learn how to do the whole computer is what that means. You don't automatically think someone did this to me, you think, I forgot my password, and if all the combinations you have ever used were typed in, and you don't remember making up a new combination, then maybe you changed it and didn't write it down, and if that hurts your head, because why would I firevault and change the password, and not write it down, that doesn't make sense. If everything important was written down. Now think back. Who has been in your apartment, exactly? That is their alibi. She will never be able to prove it was anyone who has been in her apartment, because if she brings up the subject, she will have to discuss all visitations, and when, and if we know when, then she will look bad, and even worse look irresponsible as having worked for Childrens Law Center with a 48 year old pen pal by text. Who I dated before my job started. So, because Navid and Sarah have died and because those are her siblings friends, and because we know she is focused, to test to see whether it's a change in her that caused a change in who is connected to her to feel sick, and if you retrace what she has been doing who she dated and if I think this makes her look sick, then I can prove that she made others feel sick, with expectation of her doing well as a law student, so lets condition her to separate from friends again and tell her something that makes her choose, lets see how she responds to accusation of jealousy upon hanging out with a friend shes known since kindergarten, and then tell her that he thinks Im better than her, and see how she responds after we have sex and I tell her "she sounds like a truck driver" and she cries, convince her shes ready to date, then say on messenger Lilya told me "she misses me, we used to ride the train together to work everyday" she was renting near Hollywood somewhere on stipend from Yeshiva from NY and he was commuting from Orange in Yorba Linda. And when I walked up, after he needed a ride to the other campus, she starts saying "well I share my notes with everyone." At the time I thought that was unrealistic, why would anyone work really hard on something then share it with everyone, how is that smart if she goes to Yeshiva, shouldn't they be able to do work on their own. But we dated anyways, through a lot, but because he was not sure about me told me "he wanted to be with a smart attorney" and because I was not sure if I was going to finish with my grades or pass the bar, I was there to graduate. Because I got paranoid after they died I micro-blogged on Twitter, and then took it down, and found it up.

Chapter 5: Rewritten by Leslie A. Fischman 09-05-20

9/5/2020

Book Edit: Chapter 5 by Leslie A. Fischman (Rewritten 09-05-20) for "Thinking Out Loud."



09-05-20__book__chapter_5.pdf

[Download File](#)



09-05-20_06-26-19__pdf__v1__email__motion_for_world_peace.pdf

[Download File](#)

Common Takeaways ...

9/5/2020

In sharing your story, whether you plan for it or not, and whether manipulated or not, by the time you reach a moment of reflection, a clearing from the chaos, or a sense of improvement past a moment of difficulty, you will reflect, just as anyone else reading your story does, to differing degrees. As someone who is related to a famous homicide case, there will always be with expectation people reading trying to “solve” crimes, or even worse “dig deeper” into my own psyche, trying to find out more information personal, about me or others, that gives them a better perspective of your life, of the news, or for use for interpretation of other crimes, they deem related to your story, based upon your reactions, what you have to say, and whether with care, responded to or not, as someone who is affected, and why, as someone who considers themselves a homicide victim, advocate for, or even worse be made to look like you're not in the solution, having difficulty in sobriety or emotionally recovering from bipolar, and discredit you all together as a reliable source to be read from, looked into, as though informations derived from your understandings of life, do not lead to positive results, understandings, but misunderstandings if can be proven, you lack direction and purpose in life, you are insensitive to the needs of others, you are selfish, and if proven into yourself, means you are looking for attentions in life given to you for things you do physically with your face and body as though you appear to be someone who thinks they are attractive or likeable for those reasons, then as compared to other women from your life, viewed as inferior, or imitation, or not as good as, pretty as, successful as, as though you have resentment, jealousy issues, as though your femininity and body image issues have anything to do with comparing your body to others. I don't look at people, or other women, and have not begun looking at other peoples work online until fashion blogging from tumblr 2016, that was my first exposure to modeling and how trends are set displayed by professional models and fashion bloggers. When someone injects themselves into your life, and no longer wants you, don't be surprised if they say things to question or cause you to feel inferior or insult you to see how you respond, as though you are a sensitive person, and because you are a sensitive person blame you for a homicide that was committed in 1994, because you did not attend mezzaluna, tired after your recital, and further hurt you to combine another story with a victim of homicide, in which you were called into a Ferrari, by someone who was like a mother to you, “get your fatass in the car.” As though it was that incident that caused you to not attend mezzaluna that night, no our moms had separated, following friendship with Faye Resnick, but they had plans to go jogging that morning, and my Mom was the one who found her body, and called the police, and opened the house for them, the only one with a key to the house, all the candle were lit, and blown out.

Personal Update ...

9/4/2020

Taking a break from blogging, Im being bullied, and if I am being hurt, makes it impossible to work online, and consider it a positive experience if sharing subjects me to more harm, as my self-esteem improves or confidence, be insulted. I am doing my best in life. to stay alive, and not get suicidal no matter how hurt I feel, I dont deserve it, I have done nothing to harm this person, have been in correspondence with him since February for 7 months, through good times and more vulnerable times, manipulated by his threats as though he has the power to expose me in a way that will destroy me and cause me permanent disability, like I deserve to suffer, I love

him too, and grew to trust him, and enjoyed hearing from him, and had fun, considered him a sound opinion. But whenever there are sex expectations, to share nude photos, and be demanded to picture naked when obese and not in the mood, it was simply for ammunition to trash me, not out of love wanted. And that is where I have failed to set a boundary, and allowed this person to hurt my feelings, to the point that it is interfering with my present ability to interview for jobs, sound well and feel like a reliable person, instead I seem nervous, not 100% present, blank, and not sharp. This is how you get treated if someone who loved you feels like you are to blame for the demise of a relationship argue that I was defective or needy, like I was soliciting love from me, it was the other way around, I was being nice to him, and because he wanted me to share in a specific way did so, he can hire someone professional, instead he made me look like I take risks, I have everything to lose, Im in physical pain, and have mental illness now, having difficulty thinking clearly and being myself so much time is wasted responding to someone who gets to read and experience with satisfaction my mental deterioration, my failures, my poor social graces, my mood changes, my attitude change, to his self betterment.

I need to take some time to think about how I share my heart online, and whether being honest only subjects me to further interrogation be treated like I owe anything to anyone, more than a reply. I never ignore anyone, I always report to the police, and I dont need help from anyone marketing or business wise, I already wrote my book, this person is devaluing me online, embarrassing me online as bothered and talked about, like he needs to spread a message to the world about me, that I send fan mail and pen pal others. Then take it to court. I have been nothing but nice to this person.

Now i know not to talk to anyone I do not know in real life, and in the event I get sick or become suicidal the more I get trashed, as though I threw my life away carelessly,. no its someone got to know me, and feel close to me, then sought to destroy me, control me, and insult me, and accuse me of being a liar, or a whore, then dont talk to me, I stay home or running now interviewing for work. I live a simple life, Im not social I work hard and I dont make money. I earned my following the hard way, without paid for advertisements or fancy SEO, by the pure quality of my work, thoughtful.

This is getting to be a tiring conversation and is only making me sicker. I have done my best to be amicable toward this person who hurt me, but its impossible to be myself again, in shock, hurt.

So much for blogging that was a good solid year of improvement. But if I am getting hurt, bullied, and get mentally ill or sick, and emotional, and sound stupid, or look poorly, then its a waste of time for me to present myself in public, if someone its just gonna hurt me, what do I have to lie about. TAKE IT TO COURT, DONT THREATEN ME, MY FREEDOMS, MY INTENTIONS, MY POSITIVITY.

Sincerely,

Leslie Fischman
Lead by Example ...

9/4/2020

Twenty-Four Leadership Reminders in the Field:

1. If you don't know what you are doing ask, before you waste time.
2. If you are not feeling well, let everyone know, breaks are okay.
3. Perform well on your good days, get more work done.
4. Prepare for disaster, backup, get security, and protect your identity.
5. Hire attorneys, and take advice, you never know what helps.
6. The better equipped you are professionally, the better you feel.
7. Hire if you need to, and continue to learn as you go each day.
8. Listen, exposure is everything, a few minutes on social media helps.
9. Don't obsess over the past, be proud of where you are now.
10. Be clear of your objectives and don't ride too high up.
11. Be human, don't recommend or behave beyond human.
12. Be disciplined, a regular sleep schedule, means dependable.
13. If you can work work, all side projects aside, connect.

14. The real world likes you when you can easily speak.
15. Represent what you are trying to represent, give examples.
16. Treat your story, like a rare commodity, seldom share.
17. Attend meetings, stay active, with like minded people.
18. Take all criticisms in stride, only you can fix yourself.
19. Once you get someplace new don't expect directions.
20. If you are thinking out there, is why no ones around.
21. Organize your thoughts, if negative, pause, then speak.
22. Success isn't always coordinated, its doing what your supposed to be doing, and when doing what you are supposed to be doing, you never feel rushed, or bored with free time, and the days go by fast, that's being goal oriented, not living by the hours, but making the most of the hours to your day, focused.
23. Been there done that? Then share with pride, lessons learned.
24. You are never above the law, err with caution, talking about others.

Don't wait until its too late, to fix whats going wrong in your life, or when reaching out to help someone else struggling, no its not your responsibility to coach this person on a daily basis, that is their job to get help, and you as a friend are the support that encourage them to leave one situation for a better situation in life, and not give up on the path they are on. Whenever we experience a loss in life, it can be difficult to comprehend, that someone we knew is no longer here and we always want to know why, sometimes detective mode helps us in the future, and sometimes it just causes a desensitization of who is here now, make them feel bad, as though they had the power to fix someone, and because they were not around to fix someone, they ended up worse off in life. When an old high school friend of friends, who used to frequent my house, disclosed to me his losses and what he knew of two others who passed, and their downfall, and the truth about their whereabouts condition and drug use at the time of their death, I became really uncomfortable. Now that's knowing things are not right, and having knowledge of their last moments alive. I led a funeral on Facebook during the semester I took Criminal Law and got an As on my essays, I made a Facebook Page, which all of my Brothers friends participated in, for some reason I was the person most contacted with regards to sharing their story, I went to college with him, and used to pick him up, and give him rides. This was after learning that none of his friends were invited to his funeral, so I thought to make a page where his friends could contribute online, share their condolences, and later took the page down, for privacy reasons, felt too hyper not easy, it was a new thing then, and made an album of all their comments and photos shared for his mother, I delivered to her home. His sister recently committed suicide, she was the owner of the brand T-Bags, which was featured at high end retail shops. I sent an invite for a bar memorial, and two people showed up Aaron and Kendra. I last saw Navid at Qs, he was eating alone. And called his older brother, while at Qs, and he invited us to his apartment, he too struggled with a suicide attempt, and has always shared encouraging words, stable, and owns his own company, a towel company. My mom was called to the emergency room back in the 90s, he drove a Typhoon, to pep talk him in a hospital bed. That was my mom, always talking sense into people who felt lost, encouraged them, babysitters, took care of her boyfriends, and took care of me during every down, disorganized. I am so grateful to have such a patient family, who just smiles, always hopeful, and proud whenever they notice improvement, like Im one less person to worry about, accepted as is. Lesson: Talk only about your own losses in life, not others.

Being Watched ...

9/3/2020

Before you get to where you want to be in life, you never anticipate that life gets more difficult, in the sphere of criticism, self-worth, responsibility, and confidence, why they always say "the higher you climb, the harder you fall." That makes sense, you can only get places in life, you deserve to be, positions of trust, recognition, be considered marriage material, an advocate, an advisor, with sound judgment, helpful to those who read, or whether you just speak from what sounds like the right thing to say, not speaking in your natural tone. An argument is interjected into your sense of being, which can cause a writer to feel under pressure, wasting time, explaining the position of another, at the expense of making themselves look stupid, this is to avoid fighting, or instigating a fight toward me with the potential to grow in numbers, that's once you don't matter to society, you never mattered, and that's how you get treated like you don't matter, have never made a difference, and treated as though you make yourself out to be more important than you are, as though there is some added benefit to being a writer, and choosing to be off course in life, not work on a job to job basis, yes that means Im my own boss in life as a blogger, and have to develop my own curriculum, my own standards, my out layouts, my own content, my own direction, and when its time to look back, and I have time to review my progress, hopefully be a stronger person now than I was than, that's the learning curve in any profession, writing, public speaking, how to speak, what to speak about, and how

to speak in a way that doesn't causing fighting, inner turmoil, or make things worse, good writing usually comes from someone whos not trying to get anyone to take sides, and if my side is presented, the side of the other automatically taken, as though I am speaking for two, the other without a voice, being spoken for, as though I represent myself and who has offended my best interest, while they benefit from having learned a lesson, while causing permanent damage to my reputation, who respects me, how I look, and has affected how Im treated for having had this experience in life. Sometimes you need to talk, and if you think your issues are big enough to speak to someone up top, that doesn't mean you should, and it doesn't mean your ready to present what you think to them, anything new not well thought out, perches you a plank, where you get pushed and pushed until you have maxed out speaking, and done the work, to give them something to think about, without giving you time to reflect, as though what has been said or written about isn't enough, isn't a job well done, like the work hasn't been done, to the extent that one should not be questioned. Some respect you cant earn no matter how much value you have put online, its like a jab to the stomach, when they are clam toned trying to be supportive of you, after bashing you online, expect you to have anything to say to them, especially if they seek only to reinforce the negatives about you, I have nothing to prove to anyone, that I haven't already proved out loud for the past year, that's an emergency to write about, I am someone who is not competitive in needing to be right, but someone who always keeps track of my thoughts, with the gift of revisiting things thought about finally said out loud.

Hand over all the App Squares, okay ... #scotus helped us! #nofighting -The worst thing you can do to people who make others feel good, is to feel bad about who they are: by name, look, title, theme, etc, be kind. Question but dont blame, recognize interests, and work around positives, reinforce it.

 famisafe



The most reliable parental control
app for Android & iOS Locate,
supervise, protect

FREE DOWNLOAD

The power of snail mail (2013) ... get help once, then youre on youre own in life, the worst thing you can do, is complain, raised no to, dont abuse the system. Or any system for that matter, speak nicely. Im sorry for my moods, its not ok to be ghetto, with language with a non chalant attitude.

What is Offensive? ...

9/20/2020

At a time like this, humor can be really annoying to someone who is trying to seriously measure sources of blame. I called Judge Brown, because Im getting sick again, and give up and need an Attorney. Literally if youre not winning with the people, you instantly become Quaker, pale as night, minus the drinking and drugs, must be the night writer syndrome, trying to stay ahead of the pack historically. I can't believe I do not know Mark Zuckerberg, and am one connection away from Jack Dorsey. If you mention your Father met him at a Bar-Mitzvah one more time, "beh ho da" as Navid would say. We all feel a sudden instability when a friend is lost its like a part of you is gone, a part of you that gave up in life, disoriented as though your wellness is supposed to keep them alive, we

can be there, and we can not be there, and sometimes being there hurts, that's what family is for, for some reason parents are immune from this lets connect and get sick syndrome, and share strengths, and pick apart eachothers weaknesses, there is a such thing as privacy, its really a choice, to set oneself up for criticism, we are not all student council buffs ready for the limelight, some with more leadership experience than others, you either know what working hard and success feels like and can share what worked for you, or you can make \$hit up, if you look like your making \$hit up and don't have the numbers to prove your honesty and hardwork, then that's exactly how you are treated, listen you abuse yourself, online, that's plain see, have you ever seen someone work in public, that's a shoulders up, are you kidding me, like you know what suffering is, or let downs, losses, and failure feel like, I know what no day meds for 14 days asleep feels like, and I know what going to jail feels like, a long journey, not sure if you'll be returning scary. You say stuff sometimes and we just don't believe you, why do you say things private? When you were scared or called police, why do you make your life scary, don't you want to be Auntie 4x and proud. Im not really sure, let the Sunset cams figure everyone out. That's having faith, not my job. -They wont bite unless you offend, 600+ posts strong, you actually need a solid introduction, and "room to breathe" to free others from chaos.

Turning Negativity Into Anger ...

9/20/2020

Whenever there is instability, its better to err on the side, of not enabling yourself to be held under attack, or be responded to in anger. Whether that's giving up in life, looking like youre playing victim, or avoiding causing harm to who has harmed you, in place of bigger goals in life, other than to empower those who fight for or on behalf of others, allow yourself to be utilized for misinterpretation. If you cannot stop a fight, don't incorporate your issues, in a fight not yet ongoing, or ongoing without you, so long as you don't cause harm to yourself or others, give yourself time to speak normally, no matter how confused, or upset you are, not appear as though you are trying to "establish what was done to you" in "defense to what was done to others" and be mentioned, to share to those in mourning, what you think did not help, how you were not helpful, or how your loss of faith, stupidity as directed, misdirected, and later put down in life as though you were not harmed yourself was deserved, as though promises were made, secrets were kept, or emotions shared unique to this specific relationship, a bond not existing ever before in your life, nothing is high maintenance, until it hurts to be with someone, where there are things you know, you cannot tell them, or in the favor of someone who never believed in you or had faith in you, inflict guilt's to see how you respond, and whether sharing stories about a victim, was helpful at all, I think it only made me look insensitive, I was not trying to claim I was b\$itch to anyone, or therefore responsible for "accepting invitation." At what point in the study of the importance of prevention did it cross your mind that "appearance" was necessary upon invitation, and how can it be viewed by later happenings, as though that story was shared prior to being shared now. Its to establish that you have guilt, had guilt prior to law school,, have guilt now, and as no one takes your side, therefore explaining, at what point you acknowledged that showing up, could've prevented a homicide past, if the victim was babysitting that night, instead of with a boyfriend. That is something I have thought about, non attendance, and the consequence of non attendance. Whenever something sensitive is discussed, this tone is thought to be generated, it actually takes awhile for this tone to occur, after speaking to police and leaving a voicemail, I don't think its necessary to explain a few instances in which I have felt heckled, or responded poorly, that doesn't get me anywhere in life, and apparently now nor does my suffering hospitalized 9 times, for 14 days per stay, and attempting suicide twice, doesn't seem to matter, to whoever is trying to justify that there is a guilt, that one does not feel good about themselves, that one has done harm, and like the drug dealer, who I would not sleep with, and told to get out of my bed, after being driven all night and no cocaine was dealt, was tired, that is how I am being treated, as I have expressed others have treated me, or by description of how I have treated others, to see whether I am a nice person, approached because I am nice, or because of what I have to say, and whether what I have to say is related to who has passed, and whether me going out in life has anything to do with trying to understand the passing's of others. -Right now I am dealing with looking stupid, a typical high low, to someone who they don't think deserves wellness, or thinks is riding upon the wellness of others, as though with or without confirmations from others, judged on the basis of whether at peace, apart of a fight, starting a fight, or trying to prevent a fight and why. For the most part its to my understanding that when I am well, if I appear gone, that causes rejection, and by the choices I am left with in life, judged as of value, or high horsed, over confident, not appreciative, caring, or sensitive to the conditions of others, who may confide in me things that cause me to not be attracted to them, that is guilt's they have in life, of things they have done or lives they have lived previously not proud of themselves, never expressed that people make you feel sorry for them in order to get laid, as though that's strategy, for bonding, acceptance or rejection, or ever clowned on anyone, seeking love from me, who I did not feel was an appropriate match, its if told something, where there is a conflict of interest, that is information disclosed, secret, about addictions, or the remaining days of those who have passed, it not that I have not empathized with them or shunned, them it just wasn't appropriate to have sex.

See Yourself Out ...

9/20/2020

There is a lackluster set of circumstances that occur, when your sexuality is put into question. And for whatever set of jokes confirm the confidences of some, its mostly having to do, with who they are, and what they specifically think about someone else, that has convinced them they are better than, call it competition, when one is accepted, and another is denied, when one is sent away, and the other recommended, when one presents self and is ignored, and the other given opportunities in life. That is based on who you are, not based on who you know, let into social circles in life, or companies for that matter. It then doesn't matter who took whos virginity, when it comes to those tastes in life. If you even seek to go there in life with me. As though I fodder older men, for the sake of asserting my own femininity or know how in life, treat me as though Im homewrecker to someone elses dream in life. As though I can achieve on my own, happiness, and require the happiness of other to feel happy myself, as though Im dependent, or rely upon the confidences, trusts, or admiration of others. And this is when subjecting others to harm comes into play, its by the rejections and attentions, provoked from me, that sends the wrong attentions forward to others, who are relishing in the positive attentions they get, from making fun of me, or by making their mark in life, absent minded me, absent minded recognition of my spirit all together online or in the entertainment artic sphere. Then be your own solar system in life. They reply. What is it that drives you in life, and who is it that inspires you. For what its worth, when others are in error, they always do their best to make their amends, whether its obvious to you or not.

There Will Be Few People ...

9/19/2020

There will be few people who change your life for the better, that's someone who by education, upbringing, or connection you meet in life, whether from afar, or up close, have the privilege of meeting. That's in good grace, you are allowed into the lives of those who are well, and by privilege allowed to be around those who are well enough to distinguish between who is relevant, who is important, and by what someone has to say, of essence. And then there is failure, not living up to expectation, and losing all privileges in life. Success is mostly short lived for anyone who does not recognize what they have before its gone, whether that's success, wellness, recognition, trust, or mental health wise: intelligence. For some, as soon as we make it up the hill, we get sent down again in life, and some people are smart enough to stay well, and maintain footing, equally, on the playing field, we are not all fortunate, to be given those God given talents in life, to recognize when we are found, and not waiting until we feel lost, to ask for help, or recognize that we are gone, gone from discussion, gone from care, gone from worry, gone from acceptance, and gone from respect. You are what you make of yourself in life, its not by who youre surrounded by, by who friends you, by who you date, or by what school you go to, that you should ever feel pressured, to represent more than what youre capable of representing in life. Most people just want to see you squirm under pressure, and based on the totality of your life, whether you recognize whether you have been harmed, what you do about it, or whether you care enough about yourself, to say anything at all. Whos fault is that? Its when we take things to extremes in life, that is thinking without limits, speaking without filter, and behaving without recourse, that we find ourselves with odds with any select number of individuals, who think that they could've done better, they would've risen above, they could've stopped or prevented bad things from occurring, and see your failure with one instance in life, as reflective as a failure as a whole looking at your life. You can choose which moments in life define you, and its by what you remember and share about yourself, is how you will be judged, picked apart, and only gives added justification for tormenting you when you feel at odds, until you become at odds, and until you remedy the extremes toward you in life, take responsibility and know when to stop, that is when to stop fighting, when to stop discussing, when to move forward, and not turn discomfort into illness, or discomfort into blame, and learn to roll with the punches for so long as you think you deserve to not be of importance in life, and then you grow, past the shame, and responsibility for caring what others think, and past the point of accepting, any ill feelings toward you as a result of your own decisions in life, or misgivings. -No matter how much potential is lost, no matter what has transpired, and no matter whos on your team in life, what you lend insight to, is how you will be looked at overall, as contributing to social ills, supporting the wrong causes in life, or further misidentified as the problem, that is for as long as you allow for it, that non-acceptance as you, as not properly informing others, not being proper, not influencing anyone for the better, and be treated as a has been, or someone deserving of worse treatment in life. If you choose to drink in this Country, and drive after having a drink, that's your own fault, and as a result you get treated as someone who puts others at risk of harm whenever your at the wheel, that is a lost trust in your ability to manage a motor vehicle and when your life is in your own hands that that means you put others lives at risk of harm. That is how you get defined if you drink and drink, and get a misdemeanor. If you wait 8 years to rebuild yourself, that's letting others win at your own expense. That's not trying hard enough. That's allowing yourself to get beaten up. Usually when we care too much what people think, we don't have the heart to prove anyone wrong, and just let everyone be better than, that's giving up in life.

To everyone who cared about *Justice Ginsberg*, I offer my sincerest condolences, that no amount of blame can fix, or repair, whats been broken, no amount of care can rebuild ones faith, and every amount of disappointment, can only result in a worse set of outcomes and circumstances for all.

Im sorry, if I failed to represent what was in everyones best interests, Im sorry I was made to be a poor decision maker, upon graduating from law school, and Im sorry I was harmed in the process, of becoming a better person online. I see now that whether I am online or not, that cannot prevent whats to come, not unless I am prepared for the amount of social ills that are presented to those who are found to have done others wrong in society, and who by law have been sued or punished.

That's Not Magical ...

9/19/2020

When someone thinks its your experiences or who you know that is solely what is making you feel special, then that is the first connection sought to be disturbed, a disconnect sought, to reinforce the remaining side, to its own merits, separate anyone from a person they deem to be an unwanted connection, and that is how a reject is made. First one rejects, or views someone as not beautiful, or ugly, or without the capacity to be honest, as a foul representation of wealth or intelligence, and dismembered from a group, that's the second way one is alienated from the norm, separate from people, then groups, and then left to their own devices. That is so they can respond on their own, without the added benefit or safety they consider to be the "upper" transmuted through the one "connected" as though one is lit, or strong, or smart, or confident because of who one is connected to, not on their own merits, sound of heart, and reasoning, and intelligent by effort, not a denomination of something told to them by another. That is thirdly what is sought whether someone as told by another, is affected, how strong is one to know, what is being done or said to manipulate their character or affect their well being, and how does that look to any innocent bystanders upon watching someone who looks miscalculated, disoriented, sickly, fading, lost, or stupid, then how are others supposed to accept someone who looks to be an odd number out, what does that look like, it looks like others are not as strong, when no one stands out to you, that is when you are bold, and what is causing you to be bold the discomfort of others, do you knowingly understand that others are made to feel uncomfortable by looking at you, do you genuinely see yourself as bonded to others, and do you think overtime, anyone can get used to you, is that strategy for being loved, and what is acceptance, is that what is "requested" for, so that those who have grown uncomfortable can "co-exist" around you, and who is seeking to cause your dismemberment, disillusionment, and further make you a source of discomfort, someone who saw me a reject, and based upon my connections in life, saw others as victim to who I know, how I lead my life, and clearly as "loser" as compared to the wealthy and connected people online, who I was compared to, seen as the "odd man out" or someone who is not rolling with the crowd, or who is sickly, because they have been rejected in life, no its upon not fitting in that I leave, and its upon me becoming disoriented or sickly looking, that I get shouted at, and its upon me not being able to loosen up, and look disoriented or my head being gone, that I am let go, as though to reinforce the wellness of the remaining people in a room, as though I am the source of disgust, or the cause for gone, and if I become the only one not well in a room full of people who are well, than that must mean that I am the sick one, that I am not strong, that my life is a joke, and if anything bad happens, what is gathered is to prove in advance that should anything go wrong, that it is her fault. She is mentally ill, she is not attractive, we rejected her, she is not smart, she is "in it for the wrong reasons," she is "gay," and she cannot prevent crime, as though my association and being hired was a "political move" to strengthen what condition that was already strong, and what condition was weakened, as a result of "turning my badge in," I lost a connection, a physical connection to an identity earned, upon drinking, and as a result I got pulled over as lost, upon being rejected from a job that I already left in Compton. And "rejection" is sought to be proven, that I am someone who seeks sex, or is sexual to people, I pick, as though I am not picked, and then treat me as knowingly a reject engaging in sexual activities as though I knowingly have bad luck, and was given bad luck, because one person saw me as bad luck decided that all people should see me in that way as "bad luck," that if I am given disease, then that guarantees, rejection by all, justifiably, so therefore making it wrong for me to seek love or validation based upon the way I look post lawsuit.

Yes I have a right to blog, and yes I waited 4 years on probation, and yes this is my job, and earned it, mental health wise, overcoming self-harm, and suicide, and yes this is my solution to voices: writing.

Reference: Book: "The Year of Magical Thinking."

The Basics of Non-Violent Communications ...

9/19/2020

Sometimes in expressing our grievances out loud we forget to remember the basics of non-violent communications. "Nonviolent Communication (NVC) is a simple method for clear, empathic communication consisting of four steps: Stating observations, then feelings, then needs, then requests." [1] When your peace is disturbed it can feel next to impossible to get your point across to the other who seeks to drill issues into you, expecting you to react or respond in a way befitting to their interests, that is to hurt your stability, your voices, and your sense of reason, when trying to communicate to the other, that what they are doing is wrong, and explain to them how they are hurting you, and others by hurting your identity online. Don't wait until its too late, and as a public speaker, don't allow others to use you for political medium to get negative results to occur in the favor, disfavorable to your own interests as stated. I was told to "get used to it" get used to what? Defamation and hate, the questioning of my integrity and ability to help others, my identity as it is being used by this person to cause harm to others, portraying me as easy, or not a positive representation of the organizations I have become associated to overtime, how does that help him to hurt me, and how have these organizations been affected by his expressed hatred toward me. Some relationships end, and what occurs in fantasy, once the truth comes out, sometimes fizzles, that is a discontinuation of my best interests, and to not continue on in a "romantic" or "personal" relationship with someone online, demanding of photos and information from me, to establish his case against me, as though I led him on, or am not a real person, with real feelings, real problems, real mental health issues, real connections, and really associated to *OJ Simpson and his Family*. Instead this person, despite telling him to stop, privately and publicly, continued to bring people into his arguments toward me citing to *@FBILosAngeles*, *@The RealOJ32*, *@FBI*, *@GlaserWeil*, *my BFF since age 4*, and *#Petrocelli*. How do you think they feel. They have nothing to do with the demise of this relationship online, which was strictly fantasy for companionship, sharing my updates, or videos, and responding to his texts, when there is no trust, no relationship can continue, not if since March he has been flashing a page of mixed images of my on Facebook, or private photos taken for him upon request, and photos of me as a child at *Nicole Brown Simpson's Funeral*. When you establish a set of images online, they are generally for the purposes of communicating a message to onlookers, who do not know you, and do not know me in that way, and upon seeing me look like that, noticing that we are in disagreement and do not talk anymore, that is to establish himself as the honest representation of me, not being in a relationship with me anymore, feel like its his right to communicate to others, that there is something wrong with me, something defective about me, and treat me as though I am the cause of the demise of our companionship, as though I have done something wrong to him, or would be likely to do anything wrong to others, shun people away from me, thats defamation, expecting that his point of view, is the best representation of who I am, and seeks to establish a poor point of view of me, illustrating me as a weak person, or source of insight, while "Brady" is listed on my website as a point of association. If I did not represent those ideals respected by people from my profession, or from people who seek to protect others from harm, then they would not have been mentioned, and I would have not met with them. Thats one person seeing you in a different light, requesting for photos to see you in that light, then trying to get everyone else to see you under that light too, as offensive, not sound, not strong enough to combat gun violence, or help maintain the peace concerning the issues and causes for it. A non-violent approach is just that "does not refer to the mere absence of physical harm. It is a way of life that takes its lead from a compassionate and connected heart, and can guide us toward a more complete and happy way of being." [2] When this person hurts my image he hurts my ability to: (1) represent myself (2) represent others (3) communicate to others (4) increases interference with my efforts to curtail violence (5) hurts my image and (6) hurts my voice. There are four components to NVC: Observation, Feeling, Needs, and Request. Here is my request, to please stop bullying me online, and treating me like Im suspect, or have done an individual wrong, to in turn make me a "likely" contributor, to social ills, or bad things occurring, as a "poor representative" or not a "strong enough" advocate when it comes to a non-violent approach. In a request one "make[s] clear and present requests is crucial to NVC's transformative mission. When we learn to request concrete actions that can be carried out in the present moment, we begin to find ways to cooperatively and creatively ensure that everyone's needs are met." [3] When it comes to conflict, this person continues to raise the bar on my understanding of the significance and importance of my childhood, how I was raised, what I did with my life, and what struggles I face now, telling me how it is, instead of allowing me to share what its really like speaking to the public, that he can't understand because he is not me, has never stepped foot in my shoes, does not know me well enough to value me, and does not understand that is causing harm to me, and without empathy continues to do so. According to *qz.com*, "*Rosenberg's method*" of managing conflict, in conflict negotiations, involves the following: "rooted in the belief that all humans share the same universal needs, including the sense that they're being heard, understood, valued, and respected. Conflicts arise when words are perceived as threats, which devolve into power struggles." [4] My job is to continue to inform this person if he is crossing a boundary, to stop, because if I am to protect the interests of others, I should not allow myself to be harmed by anyone who does not believe in me or does not trust me, and his threats to my well being online and in public, should not affect who is listening, not by what I have to say, or by what he has to say, all should remain unaffected. This person thinks that he is getting to the bottom of something, as though there is information I have not shared, I have not been well for years, it has taken me many years to get well again, and thats not my fault, mental health issues, and as I am getting stronger, its become ever more important for me to pick and choose my battles, and not get suckered into personal issues with people trying to get close to me, who I allowed to get to know me, and now need my space, to maintain my own wellness, and perspective in life. Whereas this person just reads, stuff he finds on the internet including me, but has no idea how to prevent crime, or how to stop the wrong types of thinking that enable criminals to carry out their agendas, which are to hurt the faith of the well, to cause illness to the weak, to hurt those in positions of power or trust, and

hurt the integrity of systems that support our values, in place of their own ways of looking at the world, which is what he is doing, treating me as though I have something that he deserves to know about, hurting me like I have a quality that I am not sharing me, and treating me, as though his expression of hate toward me, was caused by me, and not taking responsibility for his own illness expressed toward me, as though I am supposed to cure him, or give him stability. Who is unstable me, the minute I self identify how Im feeling, he reads what I have written then he self-identifies in that way, the minute he feels bad, he makes me feel bad, the minute he feels insulted, he insults me, there is no way around an eye for an eye a tooth for a tooth, that is a road to destruction, for me self-destruction, to continue to engage in argument with this person, who I have blocked on several occasions, and have told not to contact me, since making pages online, to offend me and my audience and make me look stupid. How is this conversation relevant, because he just made a comment "goodnight girl alone" a pun to the title of the book "Gone Girl," and recently Hillary Clinton's book "Rodham" came out by Curtis Sittenfeld, with a "profile photo" of her face, the same face "pose" I used in my #bloggingcampaign photo of myself featured on IMDbpro.com, sometimes with a green ribbon for #eachmindmatters, and I used to live on Rochester in Westwood (2013-2016), and there was just a mass shooting in Rochester New York. How do things like that happen, if you allow for communications to you to scare you, then that is how you get treated by criminals, or bullies, as though you are asking for unwanted communications in life, or as though you are a source of unwanted communications, and if they can continue to establish that you are an unwanted communication that is to further separate you from the norm, and further situate you among communications like that.

Reference:

[1] https://www.citizenshandbook.org/nonviolent_communication.pdf

[2] <https://www.cnvc.org/online-learning/nvc-instruction-guide/nvc-instruction-guide>

[3] <https://www.cnvc.org/online-learning/nvc-instruction-guide/nvc-instruction-guide>

[4] <https://qz.com/838321/nonviolent-communication-the-scientific-proven-step-by-step-guide-to-having-a-breakthrough-conversation-across-party-lines/>

The World is a Big Place ...

9/18/2020

As big as your problems may seem, remember that the world is a big place. What youre thinking may be important to you, but how important is it for you to explain your thinking to others. Often times when we are most passionate about what we have to say in life, few listen. Think about how you sound before expressing yourself to others. Are you being defensive? Do you sound offensive? Is what your saying of importance, to whom and why? Is there a better way of saying what you have to say? Then look at the ground in front of you. Are you in a good place in life? Where are you coming from? Who is around you? What opportunities do you have before you in life? What do you have to lose? That is how you will be judged by others: (1) By what you have to say and (2) By what you look like and based upon where you stand in life, heard. According to qz.com, it isnt in your best interests to share you mind, and amongst those who do, they "tended to feel less rapport and less positivity" toward one another in a group of people studied. [1] Why is that? The problem lies in "deal[ing] with the aftermath of that disclosure." [2] While suppression of emotions, can increase "rates of anxiety, insomnia, and other unhealthy outcomes," there are other ways to avoid concealing emotions, than expressing how you feel to a group of people, you're not all together comfortable with sharing in front of, it may actually increase the, "risk [of] them refuting or rejecting the validity of what you told them, which can be devastating." [3] No one enjoys arguing about how they are feeling, and no one feels better once they have shared, told that how they are feeling is wrong, or that what they are saying doesnt make sense, or to have the side of who they are upset with be taken, over what it is they are saying in support of themselves. Thats just life, you wont always have your way with people, and you cant always negotiate with others, if what you have said or if how you are feeling in found to be in the wrong, it doesnt matter then who hurt you or why, all that matters is whether you are in control of your emotions, and what your purposes for sharing are. Remember to maintain the peace, and while your peace may have been disturbed by another, that doesnt mean that you need to share who and why and run the risk of disturbing the peace of others, who may not want to hear from either of you concerning your personal battles with them specifically. So be mindful. Note: "But even when you're dealing with people who are close to you — a family member or friend — there are situations when spilling your guts may exacerbate negative emotions, not assuage them." [4] Also know that "This sharing of personal details about your life—your feelings, thoughts, memories, and other such things—is referred to as self-disclosure." [5] According to verywellmind.com, consider what you share to another as a building block, and as you grow closer or more intimately involved with another in any relationship, remember that what you have to share, will have an affect on the bond between you and any person for that matter. Especially on social media, where "Inappropriate or poorly timed self-disclosure can sometimes lead to embarrassment and can even damage relationships." [6] There is an imbalance that occurs, between two people when one shares more than the other, and its the imbalance that you feel as the sharer of information, "When someone shares something intimate, it creates a sort of imbalance. You suddenly know a great deal about this other person, but they might not know as much about you." [7] So be cautious remembering that less is more. The good news is that "Research suggests that

self-disclosure plays a key role in forming strong relationships. It can make people feel closer, understand one another better, and cooperate more effectively." [8] So keep sharing, keep your power, and dont share anything you wouldnt share in therapy or to a doctor, chances are if you are thinking or saying something beyond what could be carried on in normal conversation, that its too far out of the scope of the norm of any conversation online too.

Reference:

[1] <https://qz.com/quartz/1548501/is-sharing-your-feelings-always-healthy/#:~:text=And%20when%20you%20share%20your,to%20yourself%2C%E2%80%9D%20Pennebaker%20says.>

[2] <https://qz.com/quartz/1548501/is-sharing-your-feelings-always-healthy/#:~:text=And%20when%20you%20share%20your,to%20yourself%2C%E2%80%9D%20Pennebaker%20says.>

[3] <https://qz.com/quartz/1548501/is-sharing-your-feelings-always-healthy/#:~:text=And%20when%20you%20share%20your,to%20yourself%2C%E2%80%9D%20Pennebaker%20says.>

[4] <https://elemental.medium.com/is-sharing-your-feelings-always-healthy-a6be3579c4ae>

[5] <https://www.verywellmind.com/how-does-self-disclosure-influence-relationships-4122387>

[6] <https://www.verywellmind.com/how-does-self-disclosure-influence-relationships-4122387>

[7] <https://www.verywellmind.com/how-does-self-disclosure-influence-relationships-4122387>

[8] <https://www.mindtools.com/pages/article/self-disclosure.htm>

Take Your Time ...

9/17/2020

Recovery is a process. Pace yourself. Although everyday wont be perfect, I assure you that sticking to a routine or schedule in life will make sure things dont get out of control. Stay Sober. No matter what happens to you in life you cannot go back to your old ways of coping. Whether thats drinking, or on social media, expressing your thoughts in words and pictures. If you know and understand that that type of thinking looks weird, then dont express it. Its not okay as someone with bipolar to go into delusion, that is thinking things are true that arent true, or coming to believe in a set of understandings that later dont make sense, you are only embarrassing yourself as a writer, when you over rely on your fears, or your past, to explain your now. There is so much power therefor in moving forward. Writing about where you are presently, its a better judge of character to see where you are now, therefore no matter what has happened past, that is how you make yourself of value again, not by sharing what has happened to you, or where you have been in life, or what has gone wrong in life, thats the surest way to feeling again defeated in life, like nothing has changed. *psychologytoday.com* reminds us that "you can't change the past -why talk about it?" [1] Sometimes we are curious to better understand ourselves, like why was I that way then, why could I not have been where I am now then, what took me so long to get better, and why was I not feeling good about myself. You will always feel that way overcoming any difficulty in life, wonder, I wish I could have been as strong then as I am now. Thats the beauty of life, "things get better" I was told outside an AA meeting in West Hollywood once, totally lost, and depressed, and on a ton of anti-psychotics for sleep every night, super lethargic. And then you wake up again, its such a beautiful feeling when you wake up again from any depression, and it takes a lot of hard work, discipline and dedication, to believing in yourself, and not giving up on yourself.

Reference:

[1] <https://www.psychologytoday.com/us/blog/matter-personality/201303/you-cant-change-the-past-why-talk-about-it>
When Do You Feel Most Proud ...

9/16/2020

Every moment of arrival to a an end point in life does not always mean you earn a new beginning in life. That's the main lesson. So long as you are declared the unwanted embarrassment, or cause for discomfort, then that's how you are treated, tested to see whether you recognize if you are making another uncomfortable and how you respond. Which is why its okay for others to make you uncomfortable test your limits, and as a shared experience if shared, equally embarrassed or uncomfortable, that's knowingly having done something in the wrong, acting unprofessionally with someone in public, how do you expect someone to feel, if you allow them to be experimental with you, the relationship lasts for as long as you feel well or feel comfortable with yourself, and that's how a relationship fizzles, someone wanting something in public, leaving both feeling stupid or looking bad. You don't talk about relationships out loud, or the causes for disillusionment, if someone is important educated achieved in life, never say anything that takes away or calls into question that persons decision making, accept how you are treated in life, and rejected on the basis of how you make another feel, its upon separation that the campaign starts, accusations, questioning, non-stop texting until you start hitting your head, honestly responding and not understanding why they think you are out for "sexual favors" or out to "attract sex" once you've been in a relationship no sense of independence or alone time is respected, that's when you are trying to find your sense of peace running, or trying to lift yourself past failure or "burning out from law school" anything you do without the other knowing, is what is sought to be known, what are you doing why are you doing what you are doing, and if you say I am here I will be home soon, Im moving boxes, I visited the US Supreme Court, that's how you will be treated, looking for "what are you doing that's wrong" and accuse you of "being out for the wrong purposes in life" and that's how you lose self-esteem, and acquire a guilty disposition, and when you look guilty or down in public, that is how you get treated as "gone" and upon being gone others feeling smarter or faster than you at life, don't expect anyone to do you any favors, or take you under any wings in life, they may be friendly and supportive, but never do you need help breaking up with someone, or establishing a distance past the point of rejections following failure if they were not sure about you when you were doing well with a job in DC and broke up with you during finals and dumped you by pay phone in the hospital, then that's how they feel about you. So don't stay, you have nothing to prove to anyone, you are no ones charity case in life, and while later forgiveness may be asserted to one another as having lived life separately, once there is loss of enthusiasm and pride in the other, that's why one is ignored, or not taken seriously. If you are feeling gone and crying and don't understand why you are being rejected in life, then that's testing your smarts, to see how do you feel being rejected, or left alone, how do you respond when you do not understand why someone who demanded monogamy, has sex with you and spends time with you when they can, but still sees themselves as better than you, separating you from everyone is not helpful, that's someone seeing who you are connected to, and to make them feel better isolate you, that happiness you experience around friends, is what makes them think low of you, your comfort around the women you grew up with, is something they see and recognize as important, but admire and respect your friends more than you. That's dating someone better than you. Wants to get to know you, not sure if youre ready, crying, and being insulted, that's not being playful in a kind way, that's being playful in a way that you don't understand how that's insulting, but you take offense to what is being said, without understanding the purpose. If someone dates you seeing you as bearing resemblance to an offender, and if you do not shine or become pretty upon having sex with someone, yes they take that personally, it doesn't matter how hard you are studying, and if you photo your condition as separate from someone you are having sexual relations with, how does that make you look? Not stable mentally, and as unstable probably not a good idea to date yet, means your not strong enough, not prepared to please, represent, and love someone, who expects more from you, "a smart attorney" why they love you, but don't feel close to them. Allow for that space to occur, if someone you love does not accept you, and if you trust them, never judge them, no matter how they behave or speak, its never your duty to investigate, why they don't need you, are around you, and say random things playful, just accept their version of love.

Loss of Excitement ...

9/16/2020

What is intelligence? It's a drive you have in life, an ability to prepare oneself in advance, to be tested, based on what you know, able to perform, it doesn't always mean that you have knowledge in your hand, it just means that based upon what you know, able to apply yourself as best you can, in response to a series of questions, you are either trained to respond to, by education or experience, or able to assemble a coherent understanding of informations given based on what you know, lead yourself to a basic understanding with room for more. That's the thing ... with addiction, you push yourself and push yourself, and when you don't arrive, keep pushing yourself, arriving past the point of understanding the causes for not feeling well, trying to arrive to wellness, by thinking or feeling, and by the time you have gone too far, become unwell, not stopping to change direction before pushing yourself beyond your means. Ive always been one to say "if you cannot afford the overhead" not to overinvest in thinking or responding to circumstances "beyond the bounds of your basic reasoning skills." This is very true, those with more knowledge, will always seem to have a better understanding of what been responded to and dealt with, have thought beyond the circumstances themselves, and have a head start on processing beyond a specific situation, that they pride themselves in, science is one of those professions, that keeps going, knows when to stop, and knows its limits, when it comes to faith, privilege, processing, exposure, illness, and condemnation. Science cannot perfect anything in the

wrong, its for anyone in the wrong to perfect themselves, that's when it becomes your responsibility to understand the difference between right and wrong, whether or not everyone is more composed than you, more conservative than you, understand that what you felt comfortable with expressing made others uncomfortable, whether you are willing to admit or not, that your decisions or exposures are what led to those behaviors or results, self-harm or suicidal behavior, no need to specify in detail what was done, only that a hole in my wall was made. Its everyone after late to an equation, that sees things minimally, that's not that they don't care, but upon looking back on your life, as assembled and articulated and timelined by you, are quick to pickup and point out what they feel was the point of disillusionment or illness, and even if they are wrong by their assumptions sizing up your issues in life, you are always responsible for correcting the faith of your haters, that's basically what everyone is seeking to find some control over, what is viewed in private, what is viewed in public, and figure out why what goes on in private, not shared in public, is affecting people in real life, connected to private discussions. If I am not having private discussions, and only assembling in private in my google pictures, or in my computer, or phone, that's not a shared consolidated timeline of my thinking and exposures stated out loud, but an assembly of what stands out to me, whether made in reference to me, or a theory highlighted for explanation of the energy at the time responded to. How is freedom of expression related to faith? Who controls how we feel, and why is it important to have a basic comprehension of the effects of what we see, feel, and know? I don't think its by common knowledge that respect is built, nor is it by political ideologies that power is maintained, anyone can look stupid at this point. Its to what lengths are taken to ruin peoples lives, and in the process of ruining someone elses live, assume guilt themselves, I have always been one to believe "that you cannot hurt anyone without also hurting yourself, that as a human being, you naturally empathize with what or who you have harmed, and that's how you intrinsically become harmed yourself." If we are a summation of the pieces of our exposures in life, than those pieces of exposure in life, must in some way have become apart of us, whether we would like be related to those exposures or not, we have to account for what we are connected to whether we are aware of the process or procedures for getting people out of our systems, or pictures out of our minds.

Trust, Honesty, & Respect ...

9/15/2020

In uneven terrain, its easy to get lost, lose sight of whats important to you, forget your values and better sense of judgment, and be controlled by what others think, how others behave around you, by what you hear be affected, or feel "under" the authority of another, that is **what "fear" does to us**, it either makes or breaks us, and separates the weak from the strong, or so it used to, be the best determinant, of **wellness** at the time of chaos, understand who is affected, who is not affected, who changes, who becomes stronger, who becomes weaker, who fades, who lightens up, who feels empowered, what is justified or not, **is always based upon how you appear, how you treat others, and how you feel and present self in front of others, it doesn't matter therefore what is thought about you, or what has been collected as whole known, to judge you as being in a positive worth forgiving or not, not all is lost until you yourself are lost**, remember that much about life. Always retain your capacity to overcome, moments of doubt, or conflict, you'll need your brain for that, there is not such position as a losing position, or a shared loss, until you understand the value of your own life, and with faith understand the capacity to overcome a feeling, a set of circumstances, beliefs, not call into question ones own abilities to overcome an emotion, a feeling, an understanding, an interpretation, or any heaviness weighing on your outlook and current understanding of concepts. Call it controlling, but sometimes, unless I control and keep track of my thoughts and what stands out to me, and contribute daily what I am thinking and how I am feeling, there is otherwise no accountability or scientific means for judging what is coming from me, a feeling, what luck has transpired outward, that doesn't give back to those who used to have faith and confidence in feeling a apart, and **leaving some who were once well connected, feel disempowered or outnumbered, that's when happiness and strength leaves the middle, those who were once unaffected by everything, literally lose our place in life, as bystanders to the outside opinion held of whats going on within**, it then becomes the position of the public, assumed, to not be brought into controversies, and as bystanders have the **benefit of observing losses without suffering any losses themselves, that occurs when there is an exchange of luck or perspective**. We are all afforded opportunities to reserve our right to privacy, and few expose themselves in public, that immune from controversy feeling that occurs upon anyone hurting me, speaking badly of me, now or past, curbed from being denominated or assumed to have been a deserved treatment or series of reactions, is now viewed in the positive light they felt at the time they were hurting me, and change in appearance or inability to see in the positive, comprehend those changes inward and around to themselves, is what can be observed but not known to the one being affected, that's the power of loss and speaking badly about someone without them knowing it, and the power that a lots itself to those in the know, and leaving the one not in the know, not understand what any togetherness is about while being nice to me, and not anticipating anything hurtful to come. By the time you recognize your own importance, you understand why you were treated as small or left for anyone else who was more lively than you taking life less seriously than you, its that intensity about your work that turns others off, that's not a drive that attracts that's a drive that looks stupid to most, who see the end of the road, by their understandings, and instead see your drive or compassion exhibited in life, as fake not headed in the right direction in life, for the purposes of making onself look good. **That scientific benefit of looking at everyone in a room**, and seeing those who are well and apart of as bigger or better than someone who appears

small and trying too hard, is what establishes a sense of confidence between people looking at each other, one serious, the ones at ease, judged to be carrying more confidence, because carrying less burden to prove themselves in life, the less burden you carry, the easier it is to accept you, that heaviness detracts from your value in life, doesn't matter where it is coming from, whether you recognize why you are enduring a heavy feeling or not, all that matters is that it can be seen and was placed upon you, and the fact that you appear this way serious, just makes you look stupid as not being apart of the lighter side of life not on the outside to a controversy, but dead center. -Which is why people let go when you appear "gone" or "guilty."

[removed second paragraph for privacy reasons].

Like Yourself ...

9/15/2020

We all feel insecure from time to time, you're not alone. And sometimes our insecurities manifest themselves in our lives in the nastiest ways, we all have demons to battle, one of whom is "insecurity." What is insecurity? According to psychologytoday.com, "Insecurity is an inner feeling of being threatened and/or inadequate in some way." [1] How exactly do our insecurities ruin our relationships? When you overburden another with your insecurities, that is things you are unsure of, you threaten the peace of the other in any relationship, when you yourself are feeling disturbed or less than adequate, blame the other for making you feel that way.

What types of behaviors do our insecurities lead us to do? Constantly seeking "reassurance, [jealousy](#), accusing, and snooping—erode trust, aren't attractive, and can push a partner away." [2] Don't be irrational, recognize "that most insecurity comes from inside ourselves," [3] not necessarily having anything to do with anyone else. Those are your feelings, such as not feeling good enough or feeling inadequate. Note: feelings centered on yourself, are selfish feelings, that's feeling things are being done to you to cause you to feel that way, without taking accountability for what it is you are doing with yourself and in your life that is causing you to feel that way, unstable, or insecure.

So what is the solution to feeling insecure? Instead of pushing people away from you in life, and in order to begin attracting things back into your life, start by keeping a positive head on your shoulders, that's for one. And if its better treatment that you demand from others, than be a person worthy of positive interaction, it starts with what you are doing for yourself in your life.

Nickwignall.com reminds us to: stop being "disappointed in yourself" [4] and "break out of the cycle" of being "defined ... in terms of other people's expectations and values." [5] Ever notice, that feeling of exhaustion following catering to everyone else's needs except your own? That's exactly what he's talking about, sometimes in doing things for others, we forget to make ourselves happy in the process of making others happy, and then expect the same treatment in return. So DON'T do the following: "ignore [your] own suggestions and desires, disregard [your] own recommendations and commitments, and flake out on the plans we make for ourselves." [6] That's not love putting your life on hold to accommodate the other, there has to be a happy medium, where one another is allowed to live life as separate but still feel together bonded while apart, that's the main goal to any relationships, not feeling that physical withdrawal. -Listen we all have different personalities, genders, ethnicities, backgrounds, different upbringings, and lets face it, not everyone was raised to go out of their way to make others happy, and some were simply raised to be around when things are good, and ignore you when things are not good, make an effort at the beginning of a relationship and expect you to chase them for the rest of the relationship, that's just how some relationships are.

No one can convince you you are worthy of how you think you deserve to be treated, and sometimes they simply just don't know what you want from a relationship unless you ask for it, so don't blame them for not giving you what you want out of a relationship. Some of the strongest women I know are good decision makers, have the biggest hearts, have been through the worst breakups, and overcame the most insecurities, and where are they now, married and with children, why? Because they believed in themselves, in spite of what others thought about them, they valued themselves, in spite of how they were treated by others, and they didn't allow themselves to be defined by the expectations or judgments of others, and were later on respected by all, whether that's family being hard on you, or socially others being hard on you, sometimes we are hardest on those we expect more from.

So find your balance, suggests nickwignall.com, "balancing the wants and needs of others with the wants and needs of yourself," he explains "It's just basic psychology: In order to feel good about yourself *and* be helpful to others, you have to make sure you're putting fuel in your own tank. And one of the best ways to do that is to keep your promises to yourself." [7]

How did I get my power back as single? I started blogging, and decided to finish law school, then go back out into the world, and face

the same obstacles as anyone else does, single and unemployed, except with the security blanket of a blog to bolster my self-esteem and confidence, something I worked on everyday for a year and am proud of. Something to talk about, doing something for myself that also helps others. And share an example of something I have done for myself, and have found success in doing, writing and blogging, and why I would be of value as an employee to any company I have applied to for a job. That was my strategy for acceptance, bettering myself, building my resume: with a degree to increase my chances for interview and hire, showing ability to start and complete a project, and built a website, illustrating that I am a self-starter, and how with little direction was able to achieve success on my own online, while establishing myself in competition with many other websites and online personalities, stood out in a good way.

Reference:

[1] <https://www.psychologytoday.com/us/blog/living-forward/201609/four-ways-stop-feeling-insecure-in-your-relationships>

[2] <https://www.psychologytoday.com/us/blog/living-forward/201609/four-ways-stop-feeling-insecure-in-your-relationships>

[3] <https://www.psychologytoday.com/us/blog/living-forward/201609/four-ways-stop-feeling-insecure-in-your-relationships>

[4] <https://nickwignall.com/how-to-like-yourself-more/>

[5] <https://nickwignall.com/how-to-like-yourself-more/>

[6] <https://nickwignall.com/how-to-like-yourself-more/>

[7] <https://nickwignall.com/how-to-like-yourself-more/>

Becoming a Professional Blogger ...

9/14/2020

Here are my current stats for *mymollydoll.com*

Pinterest Monthly Viewers:	21k
Weebly Monthly Viewers:	5,815
Current Alexa Rank in the US:	21,228

Top 100 Personal Development and Self-Improvement Blogger
Top 50 Blogs and Websites Los Angeles

My biggest challenge has been despersonalizing posts, and giving more generic advice, without mention of specific examples from my life. The goal is to be a reputable blogger online, a trusted source, and an reliable opinion on subjects and topics of my choice. In order to keep things “fresh” its become really important for me to avoid “repetition.” [1] I have written two books, one manuscript of all my saved favorite shares online on lulu.com, and one book that has yet to be published with Amazon Book Writing Inc. In addition I have written approximately **826 Blog Posts on my Website**, that’s just my front page not including writings on other pages. Im a work in progress. I feel so lucky that I get to blog online, with the majority of everyones blessings and share my thoughts and life with everyone, hopefully without offending anyone, and I think so far, its been an awesome personal growth experience! Ive improved so much through writing, more collected thought wise, and have made vast improvements to my life overall: clothing, makeup, free read books filled up my book shelf, blogging gives me things to do, and forces me to have a life, so that I grow and have things to talk about, so glad. Ive always loved writing, since switching majors to Sociology my Sophomore year, from Psychology, which I couldn’t get a minor in, and didn’t take Statistics and a couple other courses to double major, o well. Im really not good at multiple choice questions, but I always seem to manage to get As on essays, even if its Law School, straights As on both essays Criminal Law and a C on the multiple choice section. For some reason reading comprehension has never been my strength.

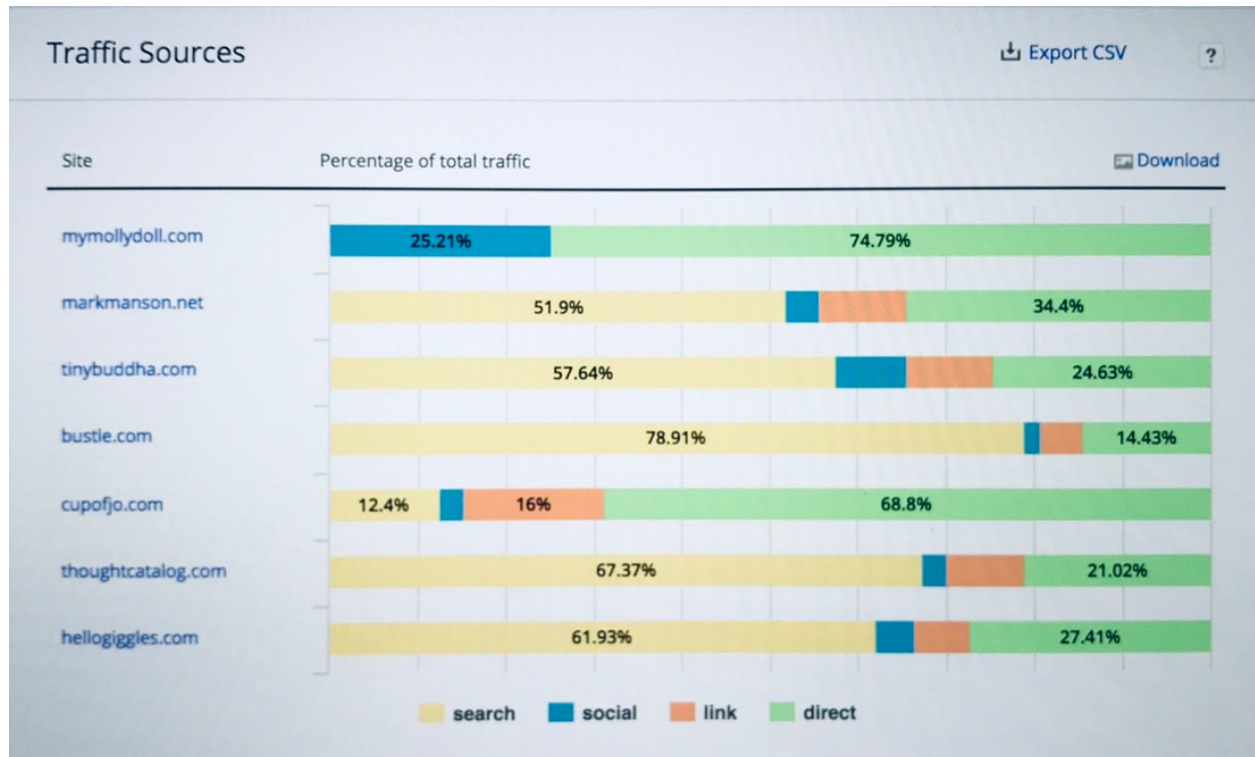
Reference:

[1] <https://www.workitdaily.com/creating-professional-blog>

Additional Stats Courtesy of Alexa ...

Traffic Metrics		Rank in Country: United States		Export CSV	?
Site	Global Rank	Rank in Country (US)	Global Reach %	Global Pageviews %	
mymollydoll.com	143,897 ▼ 152,805	21,228	0.0004% ▲ 120.00%	0.000029% ▲ 220.00%	
markmanson.net	27,349 ▼ 3,797	15,294	0.003% ▼ 0.73%	0.000147% ▼ 14.23%	
tinybuddha.com	29,401 ▼ 268	13,180	0.0031% ▲ 7.00%	0.000115% ▼ 3.05%	
bustle.com	2,646 ▼ 4	993	0.0279% ▼ 5.28%	0.00105% ▲ 5.00%	
cupofjo.com	38,930 ▼ 217	10,873	0.002% ▼ 2.37%	0.0001% ▲ 7.00%	
thoughtcatalog.com	9,113 ▼ 2,786	4,227	0.00924% ▼ 28.47%	0.000324% ▼ 25.72%	
hellogiggles.com	39,397 ▼ 4,974	14,438	0.0022% ▼ 15.38%	0.000082% ▼ 7.93%	

Site	Pageviews/User	Bounce Rate	Time on Site (minutes)
mymollydoll.com	2.90 ▲ 50.00%	62.10% ▼ 23.00%	6:34 ▲ 16.00%
markmanson.net	1.90 ▼ 13.51%	68.60% ▲ 2.00%	2:35 ▼ 5.00%
tinybuddha.com	1.50 ▼ 9.09%	75.90%	2:08 ▲ 2.00%
bustle.com	1.50 ▲ 10.00%	65.00% ▼ 14.00%	1:48 ▲ 7.00%
cupofjo.com	2.10 ▲ 10.00%	53.80% ▼ 7.00%	2:33 ▲ 12.00%
thoughtcatalog.com	1.40 ▲ 4.00%	79.80% ▼ 4.00%	2:04 ▲ 5.00%
hellogiggles.com	1.50 ▲ 9.00%	75.10% ▼ 3.00%	1:38 ▼ 9.00%



Fixing a Bad Attitude ...

9/14/2020

Losing your sense of faith can be a very painful experience, when you lose all motivations in life, when your days become difficult, and life becomes challenging. Its easy to lose your sense of self, “blaming others for whats happened to you ... won’t help make your life better.” [1] Here’s what you can do, crosswalk.com tells us to first recognize that “you can’t control situations or people, but you can choose how you’ll respond to them.” [2] When looking inward during a moment of pain, is causing you more harm than good, then that’s the moment when you may seek advisement from others during a time of need, such as asking God for help, asking for forgiveness, or praying to be free of the poison affecting your heart, that bitterness inflicted upon you, is not your fault. Taking a more positive approach to life, is a “lifelong process that requires perserverance.” [3] And doesn’t come easy to most, to put aside negative thinking, in place of more helpful ways to put things in perspective, without beating yourself up in the process of finding your inner peace again. Social media can be a very helpful way of reminding us “Our battles can make us feel negative and isolated. But we are never alone!” [4] avalonchurch.net reminds us to not lose faith, in positive thinking, and not lose sight of the potential for “*everything coming together for good,*” [5] *especially when you’re thinking has been offset by the words or discouragement of others, who may seek to make everything come together for the worst. According to yetnotibutchrist.com, there is so much power in “positive thinking is a “technique” for changing your attitude and fostering optimism.”* [6] Here is where humor comes into play, “think[ing] about [things] in a positive light,” has many benefits, one of which is to limit the “potential [for problems and inner turmoil] to affect [you] adversely.” [7] Sometimes we can’t solve our problems on our own, when we focus on our faith, it’s the type of inside out thinking that is necessary when outside in thinking is tearing you apart. [8] Restoring our sense of faith, is not allowing the bad to prevail in our lives or the lives of others, casting a negative shadow over life, seeing the bad can sometimes disturb us, and cause us to lose sight of whats going well for us in life, and in order to not make matters worse, step forward with kowing that “Faith knows that everything is good, even things that have the so-called appearance of evil.” [9] Know that you do have control over what becomes of you, that no matter what happens in your life, so long as you do not give in to the pressures of discomfort, you will not enable others to cause you to not like yourself or become ever more distant from reality and assimilation, that fear induced that causes you to distance yourself from others, is coming to believe that you’ve lost your potential in life, or left feeling like you have nothing to live for, like your options are limited in life, questioning your purpose and value, that’s your self-worth. Sourcesofinsight.com suggests that “**Life reflects back at us** what we put into it and pay backs can be tough, so throw some sunshine Karma’s way.” [10] So when fear is intruding upon you in life, its okay to take a step back and choose a course of action that doesn’t feed into those pains in life, that’s no

ignoring what's causing you pain, it's just not enabling that pain to worsen, stopping in our tracks, and losing all momentum forward. Don't lose your enthusiasm for living life, and loving what you do, if you're a writer, it can be extremely exhausting and trying when you go through something personally, that then comes out through your writing, it's like you can't speak freely, without first addressing the hurt and the issues that arise, in the process of coping with what is being done to you. If "*Attitudes are contagious,*" [11] and if everyone else is living their lives separate from you, be cognizant of how sharing your experiences can cause inner turmoil to others, or bring up feelings that they too have not yet addressed for themselves, after all you are sharing your mind, and they too are processing within themselves what you are saying, to see if they would be affected the same, don't induce any emotions that you have yet to figure out a solution yet for.

"We all live under the same sky, but we don't all have the same horizon." — Konrad Adenauer [12]

Reference:

[1] <https://www.crosswalk.com/faith/women/how-to-change-negative-attitudes-to-positive-ones.html>

[2] <https://www.crosswalk.com/faith/women/how-to-change-negative-attitudes-to-positive-ones.html>

[3] <https://www.crosswalk.com/faith/women/how-to-change-negative-attitudes-to-positive-ones.html>

[4] <https://www.avalonchurch.net/ritchies-blog/2015/8/26/how-faith-leads-to-a-positive-attitude>

[5] <https://www.avalonchurch.net/ritchies-blog/2015/8/26/how-faith-leads-to-a-positive-attitude>

[6] <https://www.yetnotibutchrist.com/faith-or-positive-thinking/>

[7] <https://www.yetnotibutchrist.com/faith-or-positive-thinking/>

[8] <https://www.yetnotibutchrist.com/faith-or-positive-thinking/>

[9] <https://www.yetnotibutchrist.com/faith-or-positive-thinking/>

[10] <https://sourcesofinsight.com/positivity-quotes/>

[11] <https://sourcesofinsight.com/positivity-quotes/>

[12] <https://sourcesofinsight.com/positivity-quotes/>

Figuring Life Out ...

9/14/2020

You cannot be expected to know everything, and if you are, don't pressure yourself, to figure out what it is that is known about you, that is causing a dislike, or for you to be viewed as a joke, not taken seriously in life. Building a company, or a set of ideas is a difficult task, to speak freely, especially under criticism, or assumption of being about others, or with reference to other expressions, be viewed as someone reacting in response to thinking things are about them. There are few quiet considerations you make, and a few subtle references you may notice, but the point at which you become unwell, none of that matters. You will always be judged as someone, who if on their own can achieve success without connections, or be viewed as someone who does not work hard, or who is "hyper" "up" in life as though by "medications" made to feel good about themselves, a false sense of wellness or positivity, which is frowned upon, someone too energetic for comfort, or too strong for acceptance, met with hesitancy. When you start to feel sick, think whose fault is that? And without discussion past, or with reference to the conditions of others, or displays by others, think, what is going to help, with appreciation for the health of others, be best, how to better oneself, in light of others' hardships in life, not be someone who threatens the conditions of others, as not well. Once you become not well, you become an unwanted connection in life, or association, well associations, make others feel well to see or to hear from them, it's like an automatic sense of things being okay, but once you get sick, you are hard to talk to, hard to listen to, hard to see, and hard to be around, that's how mental health issues affect people around

you. Expect that much disappointment in life, it hurts, but what can you do, so long as you allow yourself to be led by acceptances of you in life, and automatically accept others without question, then that is a gift of your acceptances of others, empowering them to take on your gifts in life, as though you have spent your good luck or not fit for employment, or marriage. If no one can fix you, then that's when you have a problem, that not even God can help you with, voices, or acceptances, rejections, turn off, or other inappropriately uncomfortable consequences of dating and then have you displayed in public as advertised, as someone worth rejecting who does not value themselves, or the opinions of others. As someone greatly affected by what others think, I always take into consideration the feelings of others, their personal limits, a never push for more than I am capable of giving in life, whether it be love, job, or friendship. I am someone who can only focus on one thing at a time. If your attentions to others makes them feel special, and if you believe in others, and they are found to be special too, that's your acceptance of the condition of others. However, don't expect anyone to mutually accept you if your condition improves, or if you become likeable, that's the present difficulty faced. Even if it's a song, that I hear auditory delusions to, or voices I hear questioning my behavior in private or motivations online, so long as you are punished, then that is what is thought of you, someone who was doing things for attentions or respect, if that was something lacking previously, or someone who was liked on the basis of attentions given, happy. Then there is the term "co-exist" which is happening now, when I'm assuming, its already been thought I was gay, and trying to understand what stimulated arousal from me, upon being alone, whether it was who I was dating, or because of drinking alone, and that is who my power was given to, or feminine edge, as someone trying to be like, or in competition with, less than or threatened by, and that's who gets empowered, the woman that makes you feel inferior, or not as strong, or without enthusiasm continue on in a professional way, be yourself. When you are being sized up on the basis of your: (1) face, (2) sexuality, (3) behavior, (4) writing, (5) progress, (6) sobriety, (7) dating, (8) friendships, (9) addictions, (10) connections, (11) mental health, (12) or intelligence ... that's to dehumanize you. That's to knowingly pry, and derive content disagreeable to your tastes, to benefit whom? The side who thought you were gay, who saw you as grose, who views you as a reject, and sees you as someone who masturbates to women, when and for how long, as a justification for emasculating you as a woman, or as a human being be treated as a woman, and that's for the added justification, or hurting your femininity, to say that those who slept with you, were misled, thinking you were straight, which I was at the time, then to argue that their psyche is hurt, because you did not stay and continue on casually, as though you are not grateful for those who gave love to you, as though it was not an expense to you mental health wise, and image wise. There is a such thing as coming down too strong on people, especially me as a woman, in terms of making things about, and that shared feeling of it being deserved, as though my condition now, has ever been intended to cause harm to anyone not in my life now. I'm assuming they have better more normal lives, and that's with understanding that nothing lasts forever, and because it is too much commitment for attachments and to take care of one another in Los Angeles, that was accepted by me, not questioned by me. Not continuing on, is with respect for your condition, nothing demanded of you, or from you, acceptance of what you're able to give, with no expectation of more, or for lasting for a long period of time, a commitment, that's dating casually, knowing that its not a long term commitment, and respecting the health of one another, then there is rejection. If you are viewed as someone who feels inferior to other women, or who does not like themselves, or is not intelligent, then you as reject are treated that way, if they know they can do better than you, then that's how you are treated as less than. It doesn't matter therefore who you know, if you do not have the confidence to be loving and to be sweet, and to represent yourself well, then that is why no one is attracted to you as not well, not feeling sorry for you, or for your condition if poor, that's what is expected to happen to you as separate from everyone, hurt. That's in retaliation to viewing you as someone who leverages their own wellness by who they connect with, judged as an addict, who builds a good feeling off of a good feeling, as though a bunch of good feelings creates wellness. I'm 35 and smart enough to know that I only have one life to live, and that once I become sick or not well, then yes that makes it difficult to connect with others, and understand what creates a turn off, or heartache, or heartbreak, its expectation of wellness, and disappointment with results. When even at your best you are not good enough and viewed as grose, that's when you have to take into consideration who has bedded you. And wonder why anyone new views you as grose?

Personal Update ...

9/13/2020

Writing an Inventory of all my posts on my Website, and reviewing what's been written as a whole. Not sure whether I am going to include any of these posts in a book. Thaw out, or re-assemble. Right now I need to finish working on my first book, then can consider drafting a THIRD MANUSCRIPT, which is my writing in the raw, without editing or review, written and reviewed only by me.

I think its getting to the point, of the reader controlling the writer, so that's as reviewed, thinking about, and based upon who I'm connected to, I think about, and as I am reviewing my own work, stumble upon things I have said, that have already been used to make an example of me, with my own commentary already stated. Its become clear that if you share your life, as examined quickly by anyone else, can relive those traumas or experiences in life, as a joke for them to decipher, whether you were honest about your past, and if relived whether you have become a smarter or wiser person because of those experiences or whether you get treated the same by

all people, having read your personal history, or after overhearing your story, respect you less, as different now than you were when you were respected as a law student, as a girlfriend, as a daughter, as a blogger.

The point at which someone is wrong or looks stupid, seems to be a clear invitation to hate, or gives ample opportunity, without limits for attack on my credibility or livelihood, before I have even realized the process in which you present yourself to the world, then made of, treated as though everyone knew you before everyone knows you, so as you get recognized, so do all other things. Maybe with the intent of your story, not being the point of attachment, the only deficit to being important, is that as watched or recorded, if I do not stay on point moving forward, have the capacity to be lead by what others think about me if in the negative or be lead by what is said, have scripted interactions with me, where everyone's on the same page in life, except for me, about me.

No I don't think that "lead or be lead" is a proper response, and does not explain why I am writing online, if there was something that needed work, I worked on it, and if there is something likeable, that must mean whatever was a turn-off before about me or my writing, has since gone into remission, disability wise such as "voices," which I have now learned can occur again through discomfort, that's whether or not everyone or specific groups are on a certain page about me, looking at me, that I cannot cure, the distance I feel when someone is nice to me, or the separation that occurs, upon one's inability to get through to me, and just because I feel different than most, does not mean that I'm hiding something bad within, or have any bad secrets, or a dark side, maybe it's just not feeling loved enough. supported, encouraged, when it's needed like now, and hard on me, when I'm lost, leaving me feeling alone, which must mean, upon being on my own, expected to find my place again, that cannot be done for you, as painful as it might be, to do something for yourself that makes you proud of yourself, how easily the little things that made you proud of yourself, can be injured.

[So far have entered 339 blog posts to my Table of Contents. Still need to input 2019 and 2020.](#)



09-13-20_09-03-20_pdf__mymollydoll.com__website_directory.pdf

[Download File](#)

Cycle of Trauma ...

9/13/2020

What to do when you freeze? Eventually, you can't rise above anything that is causing you harm, and embarrassment. Especially when you don't like the way you look, and didn't want to photo in the first place, observed as someone taking a photo of themselves, usually we take photos of ourselves in the positive, be viewed in the negative, that feeling is mutual. If I don't want to be seen, and if someone wants to see you, then that is the energy read off a photo, that is taken, to please another, and not to your liking. As a writer and distributor of my own content from my thoughts, and from my life, I've always been careful not to overshare photos of myself, and just recently began showing photos of myself 2019, writing only for the most part.

So yes it is shocking when the worst photos of you are shared in public, something we want to control about ourselves, how we look to others, and be seen under a different light, can be very difficult to comprehend, and to experience yourself. How should one "react when a situation confronting you overwhelms your coping capacities and leaves you paralyzed in fear?" [1] That's a loss of power, when you cannot control the reactions or responses to looking at you, something you are ordinarily in control of, how you present yourself to the public, without crossing any boundaries, when it comes to acceptances of you, being what is expected.

This leads to unnecessary confrontation, when unwanted feelings are felt, either from the displayer, or the one photographing, which can be felt by the viewer, who then feels an unwanted reaction, and change in course of emotion or feeling about someone, that generates disgust or disappointment, how could someone be so stupid? Why would she subject herself to that? Why would she pose that way to someone who is disinterested in her or does not like her? Why would she pose if she is overweight and does not like herself? Why would she be vying for attentions from a man, in a sexual way, if she is already uncomfortable with her body and her image? Why would she explore her sexuality with a companion in private, and not just date online. And other uncomfortable discussions, the list goes on, that's the type of unnecessary hurt that is caused when someone who should be valued gets devalued, or someone who should photo well, does not photo well, or someone who is expected to keep up with appearances, and who has invested in doing so, purchasing clothes, fails to do so. That is someone who does not respect the length of time to recover from mental illness, the length of

time to earn back trusts, the length of time it takes to earn respect, the length of time it takes to establish oneself online, the length of time it takes to earn a following, and the length of time it takes to feel good about oneself, all of which can be lost at the flip of a switch.

Then there is the typical response in a painful situation: “Under such unnerving circumstances, “freezing up” or “numbing out”—*dissociating* from the here and now—is about the only and (in various instances) the *best* thing you can do.” [2] The expected response, addiction, or self-harm, that is a dislike built within, which manifests itself, by voices heard, resulting in one to either try to make themselves feel good, by taking meds, or allow those bad feelings to fester, and become self-destructive and self-harm. For someone who does not experience inner turmoil or who so chooses to react in the negative, is their choice to be negative toward me, and their goal to generate negative reactions toward me, “destroy me.” And if I’m not crying it’s because I’m frozen, and if I’m not warm it’s because I’m keeping to myself, and if I’m difficult to talk to or get through to, it’s because I’ve been hurt.

What it looks like is embarrassment caused by my own poor decision making, allowing this person to scare me, and trying to deal with problems on my own, and as directed by his hate toward me, a worse result. It later becomes unnecessary what the relationship was like, only necessary for him to make me look careless, as though there was a monogamous bond, which seems to have been claimed only after bad things happened to me.

It’s obvious then, that because things were not working out and because I moved on, he sought to console me, as though if things were more bonded then that would not have happened to me, you are the luck you bring to the world, is what gets sent back to you in life. So it’s obvious if I am not strong or if I am not bonded well enough, and something else comes along, understanding of my disability, may seek to make an even worse example of my mental health condition, make me look stupid and take \$7000 from me, as though money can buy happiness, marriage, or is needed to meet anyone of value.

Clearly if I am not of value, I cannot be around anyone of value, nor can anyone of value relate to me. So that is what was done to me, and on top of me seeking marriage, this is how he is treating me, as though it was not understood that my goals were to date again and try to get married, which he supported at the time. If I am hurt, it’s common for those who did care about me to get mad at me, as though it’s my own fault I got hurt, not the fault of those harming me, for causing me illness. That’s having something of mine, money, which was of value special from edd.gov and my Charles Schwab saved, and now having money that was in my name, under their name, that’s money belonging to me, to benefit their health, while subjecting me to illness, voices, and leaving me without money.

There will be moments in life where you will be disciplined and going, feeling good about yourself, and that moment is not now, a hard earned moment of peace, with opportunity before me, was easily ruined, upon socializing with the wrong people in life, who did not treat me as special, who treated me as stupid, and to their added benefit felt special, convincing me I was worthless, while convincing others that I am worthless, as though I deserve to be treated that way. The smaller of a world they make for you, the bigger they feel, the smaller they make you feel, the smarter they feel, that’s how a writer gets changed, from being at peace, open minded, to everything being about them, whoever hurt you, taking pride in themselves that they made you look small and unimportant to the entire world, so that no one takes you seriously, so that everyone looks at you like you’re a joke, so no one understands you, so no one reads too tired to try to understand you, so what is said hurts the mind, is difficult to process, or sounds unintelligent, without solution.

If you’re feeling stuck it’s hard to share or talk about, because you run the risk of leaving the reader feeling stuck, and what’s even worse is someone who is hurting you, reading what you have written, and continuing to criticize you, as though you’re lying, while trying to write under a condition caused by them. Wellness you cannot fake, happiness you cannot fake, love you cannot fake, you are the way you are, disposition wise, based upon how you are treated by others, and by how you treat others, and respect occurs upon acknowledging how one another is, without being personally offended by one another’s demeanor. And if someone looking at you perceives you to be someone who thinks highly of themselves, how quick will they be to put you down in life, to see how you respond to others looking at you or talking to you like you’re stupid.

What’s contagious, now is the feeling of anyone who has since disassociated from me, taking the side who is upset with me, as though they are on guard, as though I hurt others, or do things in private that make other people uncomfortable, and by sharing photos of me “being sexual” that’s using an aggressive posture by photograph, to offend others and generate a reaction from all, as offended by looking at me, my body, or my face.

That harm cannot be undone, when there is a mutual discomfort felt between two people, that results in not getting jobs you are interviewed for, hostility toward you as though you are headed in the wrong direction in life by the choices you have made, and everyone feeling bigger than you, as though you were trying to outsmart a system or take a shortcut in life, and got caught believing in

something to be real that wasn't real, and if you talk about your experiences, only be made to look more desperate or stupid as compared to other women, who are trying to establish themselves online, look worse, look unattractive, look stupid, not deserving of time or attention, a waste of space, a "wannabe," a "bad influence," or has "bad luck," seeking to "demonize you," take what was beautiful about you, and destroy all that you have left in you.

Reference:

[1] <https://www.psychologytoday.com/us/blog/evolution-the-self/201507/trauma-and-the-freeze-response-good-bad-or-both>

[2] <https://www.psychologytoday.com/us/blog/evolution-the-self/201507/trauma-and-the-freeze-response-good-bad-or-both>
Moments in Life ...

9/13/2020

(1) Pride: Usually experienced after completing a project, or arriving to your chosen destination, a place you encounter a few times in your life, having worked hard, and able to sit back, review your progress, and make a better version of yourself. It's a starting point in life, upon completion of a job well done, that makes you feel like anything is possible, and that you are capable of growing once more.

(2) Feeling Stuck: Once you've exhausted all resources for coping, and only left with yourself, feeling less than average, and incapable of getting out of a feeling you feel you were put in, when any step toward improvement hurts, and any step forward feels challenging or difficult, it's an emotion to be overcome, with faith in better days to come. It's when looking at you, everyone else has lost faith in you, and you have to still believe in yourself, in order to come out of a difficult situation in life.

(3) Feeling Alone: When everything you do cannot undo a feeling that you have been situated in, when nothing feels good, and when all your best efforts went to waste. Figuring out what your goals are in life, without subjecting yourself to being harmed in the process of achieving your goals in life. It's being scared of the future, what you feel incapable of achieving in life, and living anyways as best you can, with all the pressure.

(4) Happiness: There are rare moments of happiness, sometimes shared with others, and sometimes, not shared, a feeling absolutely content. Either everyone is being nice to you, and things are starting to get better socially, professionally, and with family.

(5) Disappointment: When either you fail to live up to expectation past the point of improvement, prove yourself incapable of taking care of yourself or those around you, and are once again ignored, not acknowledged in a room full of people, occurring when a shared understanding of you in the negative is established, whether by your own conduct or by another's hand at life. When you feel powerless, and not moving forward.

(6) Difficulty: It's not seeing eye to eye, not understanding the causes for hardship, and not able to undo life's challenges, faced. It's when everyone is strong without you, and you have to meet them half way, and get better on your own. These are moments when you distance yourself from others, and stop engaging in activities that benefit you, whether it's exercise, socialization, attending meetings, trying to date again, or network, it's when you take a step back and disappear from reality and keep to yourself. Such as now.

(7) Addiction: It's doing the same thing over and over again and expecting a different result, such as engaging in loving relationships, or shared comradeship with those around you, and expecting for that feeling to last, basing your togetherness, on acceptance from others and trying hard for things in life, to have things in life, and wind up empty handed. What you invest your heart into, should be something or someone of value to you, not something you have to try for, love is something given to you by another. The harder you have to try to achieve a feeling, means you are not in the right place at the right time, you may be well, but any turbulence, is a tell tale sign of nothing positive to come, there's no such thing as a future relationship with anyone who does not accept you initially as important or special. It's having future hope, being nice, then getting hurt again, it's being looked at as stupid when you are nice, and then met with horror should you change or be less loving, become distant, or leave a relationship that no longer suits you. Nothing that begins innocently, ends that way, it's always who looks better, and based upon your wellness judged, as someone who got hurt, deserved to be hurt, or deserves to move on in life, none of which can occur so long as the other asserts themselves as victim, with pictures to support their position as wanted, you as reject.

(8) Loss of Power: You are only special a few times in life, it's upon meeting you, being met with acceptance in life. That dark cloud

looming overhead, is illness, and how you feel is you absorbing that illness, and what is projected from your being, is something that turns others off from accepting you. What is attractive? Someone who is at peace, who recognizes their self-worth, and who likewise makes others feel good about themselves too, it's a special power you hold in loving another that makes them feel good. That's being approachable. Then there is being unapproachable, when you bear resemblance to someone who has lost beauty, or is disfigured, meaning not themselves, not uniquely identifiable by looking at sharp looking, meaning has been touched too many times, has been played with too many times, or whoever was hold their heart, caused them to dislike themselves, and that feeling of not looking good can be seen by anyone watching you, the lack of light within, the darkness overhead, and not feeling good to others.

Losing Value ...

9/12/2020

The point at which you become devalued, shamed, and ridiculed online, is when you begin to question your own motivations in life, what is it worth to write, what is it worth to love, what is it worth to talk to anyone, what is it worth to apply for jobs, and what is it worth to be accepted. It seems if you're going to be successful in life, and if success is the story you seek to share, then whether or not you are successful in life, will be the point of attack, by anyone who does not view you as a person of value, to be respected. It takes a lot of hard work to write a book, and to assemble ones thoughts, to live life, and then to share about ones experiences, that was my planned goal. And then things happen to you in life, that make you look stupid, and not feel good about yourself. And you wonder why? Why did I open up to this person, why did I do things to please this person, and why was I scared of not listening to this person and complying with his requests, because in the end it is me that's being hurt online and embarrassed, it is me who looks as though I brought trouble onto myself, interacting with anyone in private, and it looks like I was coming on to people disinterested in me. As someone who is not that pretty and overweight, attraction, and sexuality, is not my go to mechanism for seeking attentions in life. That's not what has gotten me jobs, and that's not what my relationships past were about looks. So if those are not your strengths, then it must be me as a person, that feels good upon looking at me, without worry, or turn-off. That's a privilege in life feeling good, upon looking at someone, means they are doing the right things in life, they are presentable in private and in public. When someone records you in a different light, that's not just to get them hard, as they may seem in the moment, attracted to you and want to see your body, or how you would behave toward someone you wanted sexually, that's a provoked demeanor, and the permanency of recording such behavior or look, is devastatingly embarrassing, and forever tarnishes your image, to anyone who did respect you, and for them to try to understand why you would behave that way in private with someone who just wanted to get hard. Its actually very painful when you open up sexually to anyone in private, then they turn on you and shame you, question you, or accuse you of being something you are not. Its like they expect you to constantly light up for them, be in love with them, and unconditionally each day be the same toward them, as though they deserve that much for giving you love in exchange for you sending photographs per their liking. You would never think that they would share those photos to the world, or for what reasons that was done to me? For what attentions, or to appease which jokes in life, about women associated to *OJ Simpson*. To me, he is just looking for the wrong attentions in life, and using my face and body to direct those attentions back to me, in my life, face harsh scrutiny, and without awareness, of the repercussions for overexposing me online by picture and video, I don't think he really understands, crime, and why victims of crime are offered protections in life, and why would he beat up a victim of homicide, and make light of my experiences in life, as though they are so unrelated, and not respect that Im conservative, and photo on good days, and not respect that when I am not well, or if I don't feel like photographing or video-ing myself to respect that too. Theres nothing more unappealing that something distasteful, stupid, or done without care, and nothing worse than a representation of self, as provoked by someone who does not respect them in the first place. If someone is not in the mood to photo like that, then don't make someone photo in a sexual way, simply as agreement, not to defame them, then use those images to defame someone who does not deserve to be hated, or disgust others by my image.

Getting Into Life ...

9/12/2020

What happens once you get hurt doing something that you love, such as blogging? Then what? That's exactly where I am in life. Yes it's a gamble blogging, and no there is no such thing as guaranteed success, after having written online for 8 years, I finally developed online (2019-2020), which took a lot of hard work and dedication. Still you can invest so much time and energy into something and still get hurt. Respect is a huge part of success, its upon looking at your life, and observing your progress, not going out of your way to make someones life a living hell. This is why as you improve and as you make progress, only to share those results in a therapeutic setting in which members observing your progress, are told to keep things confidential and to not judge you. Unfortunately the real world is not as kind. And while you may have experienced something special wellness, you cant expect anyone else, to respect your improvements. Ive been through very difficult times in life, hearing voices, self-harming, much of which I kept private to myself, not

something I shared online or video'd. And because I have a condition in which I am bipolar and hear voices, that is how I was preyed upon, for reaction, to cast me in a negative light, self-harming and hitting my head, aggravated, and taunted, and insulted in private, so that in public, I would appear sick, disheveled, and disoriented. And that was what was done to me. This is why if you have bipolar, not to get too close to anyone online who does not respect your disability. Who decides instead to treat you as though you are emotionally available to fight, or put up with insults and not get hurt physically and mentally. This is upon sharing your life in private, with someone who feels like their entitled, to share their story about you, as though I have not been sharing my story online for the past year in front of everyone, to watch me improve, and see me make progress. For someone such as myself, who does not have any friends presently, and no boyfriend, that was really hurtful. This person acts as though I did not waste time too, responding to all his emails, and texts, and threats to expose me, as though I never treated him as important. Ask anyone from my life, Im not close to anyone. Its really hurtful that after years of being alone, I allowed this person to get close to me, to be in my life, to share my progress, and share my sense of peace with. If this person no longer respects my sense of peace and stability, then that is why we are not talking anymore. Some people take things too far. They always seem to want more and more from me, a greater commitment, a deeper bond, know every secret, this is for the purposes of generating content from me that is personal, things that are not shared online, so that he can be the first to share things about me, as though I don't already share everything about myself online, openly writing everyday, sharing my thoughts, and sharing my life with everyone. Im not sure what hes trying to do, but hes not helping me, and hes hurting me on purpose, because he expected the relationship to continue, past defaming me online, on Facebook and Twitter, making fun of me, asking for pictures, then writing very hurtful captions, calling me schizophrenic, schizoid, prying through my medical history, trying to diagnose me, called me Lesbian, and posting other hateful content about me. Things are only amicable so long as there is mutual understanding, and once the other person, who claims to love you, no longer seeks to support you, then that is what is happening now, he is trying to destroy all my progress, defame me online, ridicule me in public, and make all sorts of outlandish claims about me, as though I am not an authentic person, an honest person, a loving person, a kind person.

Right to Life ...

9/25/2020

What are you talking about right to life, what harms have you suffered that you have not caused yourself recently, recently not really at my best, cant really win with people, its everyone above you or the highway. If youre forgetting that's a good thing. It doesn't really matter at this point. I don't really care to share anymore what is going on within me, or about any miracles, or fun ways of seeing things. It doesn't really seem to matter, treated as though I don't appreciate, or given things without effort or hard work, its so I am not treated poorly, I went shopping, that was overtime, collected. Im really getting tired of being compared, please leave everyone alone, and don't compare struggles or successes they really have nothing to do with me, and I really don't care who is doing well, what matters is the continued effort to shame me and make fun of my law degree as though I did not work hard. I understand its funny to you rehab and break ups and blow jobs, obviously I am not the winner in life, please don't make fun of my experiences as though it was easy overcoming those embarrassments in life or treatments public, and be screamed at by the ones who loved me, I was not really expecting things like that to happen, and later doing anyone who was attracted to me, who I picked back and talked to and actually had things in common with, really didn't seem to make me look special either. You aren't really special if you are comparing yourself to other, that's just how it is, based upon who you date seen as a gold digger or opportunist, I understand one was married and that was to fulfill his fantasy not mine, I was not of the age yet where I was attracted to older men, I think talking about things past, Im not a match now, not especially after rehab and punishment, its about "how I feel" "what I look like" "do I obsess" I don't look at people I don't care what they are doing with their lives, I don't even assume they are reading for that matter, as though my condition affects them as connected spiritually at all on any level, that's something that happens upon separation, illness. Maybe just needs more alone time. I don't think that sounding smart or being upbeat or expressing love really helps, its seems my story although honest gets turned into evil and evil and more evil and then make me look stupid, as though Im some OJ promoter, Steve-O naked online, that's not my racism, that's you turning me into a puppet, to make others feel better about themselves, inspire, lead, remove yourself from equations whatever.

Example of: I don't care writing, whats this about, what a waste of time, no heart, garbage. Then there is everything else written by me with heart then there is my MSL, what do you care. When I was able, I got things done, when I got punished, that was so embarrassing, I never smiled again, o well.

This would be a typical feeling I would cheer up, usually requires someone sweet with a good sense of humor, not trying to outsmart, or cause anothers head to hurt, or feel intimidated by the issues. Thats being kind. As a writer, on a bad day no matter what, its

important to keep your energy up, you never know who is reading or will become disinterested in you, or lose enthusiasm of care. Its really no big deal, people should come and go as they please, based upon their own wellness. Thats not being controlling, allowing people time to heal, allowing people time to think, and adjust themselves to any standards of reality, that we are so required to comprehend, whether literally through reading, or as a majority held, an understood feeling upon being with others. You cannot read the thoughts of others, and no one can read your thoughts, unless you speak, and no one knows what you know or why what you know is important unless you articulate the significance of being you. Not at fault. Whats a disappointment? What is the expectation. And by what standards compared, insulted. Is that deserved, when one is found to stand out among, and others convinced that caring means "understanding" or "comprehending" failures among others, what is provoked upon being confronted by someone who appears well, thinks they are more well, or clearly in need of some understanding. It seem like there is a loss of compassion, when really its just a lost of clarity, dont get too paranoid, life is a learning process, and when any number of blames gets placed upon the well, by people on the outside, assuming leadership within as to what is thought outside of an issue, dont be surprised, when someone from inside the issue, sheds some light out loud, online, for all to review, be kind.

Thinking About My Health ...

9/25/2020

This year was productive, there were good moments, and a very rough start, a lot of trauma, and losses suffered at the get go, without explanation. I don't think as a non-scientist its for me to discern, the causes for illness, falling over our Country, and the reasons why, Im not a COVID expert. I just know that if I am not doing well and paranoid and unstable, chances are things will not feel right around me. You are given so many opportunities in life to enjoy the moment, and should you fail to participate or be available for moments of rest you miss out on a lot in life why they say to "stop and smell the roses." Sometimes, it helps to keep going, and sometimes its necessary to slow down, and think about what you are saying and why you are saying with some kind of plan or agenda or main point of bigger point to arrive to that explains why certain stories are being shared, as though you understand the male mentality in life, or whether you are commenting from a woman's perspective homophobic or being judgmental toward straight men, I understand. When it comes to sexes, if it looks like you are trying to play victim as though my mental health concerns have anything to do with a mans mind, you are sorely mistaken, no one can teach provoke this type of mental illness, not unless its thought deserved. Im sorry for sharing how others were with me, that's not trying to invite public review of my relationships as though there was something wrong with my relationships then, I was a star student and star athlete my whole life, never a trouble maker, there for my friends, worked hard, and dated monogamously. I think writing online, made me look too carefree like I did not value my intelligence and was giving up in life, and the fact that I was being creative was frowned upon being "multi-genre writing" was taught to me at CU, and no one likes CU, because a "psychology student from CU" was responsible for Aurora. I am already connected to a famous case, that was an unwanted insight, as though I am connected or drawn to cases in life, standing out to me, from an educated standpoint, if it stands out doesn't mean your connected, and if something affects you, chances are there is something you could be doing to make things better, or add to stability around you, not falter during moments of instability be attacked.

Allow Yourself to Be Called Out ...

9/24/2020

Theres an unwritten course of action that occurs whenever it is found that you are either unfit, not strong, embarrassing, not smart enough, thought things come easy to you, that comfort and expectation of you continuing on to produce notes, outlines, essays, read, highlight, thinking that your some bottomless pit driven to perfection or high on meds feeling good about yourself in life. When someone does not think you deserve to look or feel good, then that is how you are treated, to see whether you understand what it means to suffer, be rejected, not confident, or not sure of oneself, that's to test to see whether you are confident in your surroundings, with the content overhead, or communicated to you, or whether, you think things are about you, the more aloof you are, the more appears around you to confirm your identity, as though its an equal playing field in life, of equal opportunity to solicit attentions from, to call you out as knowing code, and having assembled all your memories prior to law school, no I only put together two arm folds, and that was that. I did not really understand how to deal with that energy around me, or distance, or lack of enthusiasm, it seems, the outer perspective lets know about this this or that, interest, although flattering and scary, took hold over my more balanced viewpoint, of what was and what is, and then I got sick. Trust your instincts, and if you want to be weird, be weird, study whatever provides solution to your wonders about life, things in your google search, but don't go around telling your boyfriend what youre doing, that will only make them think you are stupid, or not smart, paranoid, or not settled, if you have information, that doesn't mean that upon sharing respect will be granted, or that you will be more understood for that matter, sometimes looking at things and you your home, your life, your study habits, mistake you for some idiot, thinking big thoughts about life, dreaming the wrong dreams, like helping

others is a “fraudulent” effort, especially if you have sex, and later in life having experienced mental health issues, have difficulty in close contact with others behave and respond weird, and if attached treated as stupid, or offender, more whole than you. When you walk in sweet, and leave stupid, what does that tell you, you are trying too hard for acceptance, take a step back, and don’t bring up information, otherwise private to you, not shared with everyone around you, and allow yourself to be attacked as though withholding information to a case or people.

Header: #blogpost: Allow Yourself to Be Called Out ... "well thats a b&tch company name" & "hacker fund coding for kids" dont attend, Mom encouraged - #ronhacker -Notified: General Assembly #WP.

Knowing People ...

9/24/2020

I would by lying if I did not talk about my experiences in life, and self-harm as though Ive not lived a special and blessed life. Im not sure what happened, but I got mental health issues, and Im not sure that mattered to anyone in observance of me, if you can get yourself out of a condition in life, and take meds, then wonderful, that makes you a winner in life, and so I cried. Being smart is tough it was my dream to go to law school performed well on some exams, but like most things “if your hearts not in it” its hard to keep going and do well. That explains the trouble with dating and going to law school, if you are a woman, that didn’t work out at all. Examples of honest mistakes you make in life, following your heart, sometimes not everything works out. Then you take ownership of your problems in life, its like manning the station, a space station, sitting up at the control tower, and managing your issues one by one until you are able to be present again, in the moment, damaged, gone, or tired, life is tough. But never quit and give up, the only one you are letting down is yourself, of course you’ll feel tired, of course you’ll lose faith, of course, you wont excel, if shining was your thing, doing well no matter where you were in life, how quickly that gift can be lost, once a positive opinion of you is changed, that’s knowing about you, and not thinking anything less of you versus, knowing about you, and hearing things to make you think less of someone, that’s the disappointment, of your 4th step and doing your step work, sounds like a current issue, but really is the past, sounds like it explains now, but really was a precursor to all positives, avoidance of trouble, and dating, keeping busy, studying, and getting into law school. Those are friends, there when you need them, and waiting during difficulties, with faith you’ll overcome what is it you are going through. Everyone else, is just a test, have fun in life, and don’t forget to be playful, and leave your dirt in a diary or with your nearest #scotus companion. When there is room for acceptance of you pat yourself on the back, you’ve earned that ability to speak to others with ease, no burdens too heavy, no stories too difficult to explain, and no guilts to revisit in fear, just emotions and feelings presented by what others think, that’s the most difficult part about public speaking, they can be very unforgiving, and remember everything, maybe remember more than you are able to remember yourself, as the writer keeping track of everything. You know yourself best, and never doubt that, and so I wrote. Writing is not to solve, resolve, cure, make sense, or gain advancements in life, that you would not otherwise be privileged to in life, you are always afforded wonderful opportunities in life, blogging was never necessary, (playing with my voice now, caught that), but when in Rome, and not when your defenses are up, that’s the worst time to speak, its to every pitch wrong, and every pitch offensive or insensitive, read in the reverse and backwards and upside down by anyone who thinks youre remotely offensive or of low class. (And now that’s the English impression being put through me as though that’s how they feel as though I am reading the energies of someone who thinks my commentary is obtuse). At this point I don’t feel like writing anymore, not when I cannot be myself, and certainly not as anyone else, that’s the difficulty with sharing your story online, no one influences you for the better, except her. That’s past the point of punishment and odds, your life becomes a joke to every onlooker who perceives your generosity and bravamente be a delusional and paranoid response to posters and shootings in movie theaters in Aurora, simply because you spoke. Tell me for how long was I known, that if something like that happened, what was I expected to be apart of, and was that known generally. For that much don’t hold either of us responsible, as though that moment was a joke, or what has been since, has been a joke for anyone, trying to move forward, without empowering the wrong teams in life. That’s being smart, that’s not avoidance, that’s not seeing someone who is educated as bad, thinking that they are mentally ill within, and poor decision makers, capable of being made to look the same, it doesn’t matter how many photos, or notes, or tests failed, I will always be me smart under any conditions, that’s knowing me. What you cannot predict or anticipate is not of my concern, that’s called being controlling, when someone who seeing you, fears what your forward is going to be like, and based upon watching you think you are someone who enters lives and victimizes as though dating was that, as though correspondence was not helpful, as though Im expected to hear voices and get along with voices or be treated as a traitor, as though if those voices were government or some social body of individuals watching over me, like what they think is from a better viewpoint than my own, is judging me in the wrong. That is watching to collect, watching to observe, watching to predict, then watching as people die, not say a word, make no reports, and expect me to respond, as in defense, something done for me.

Looking for a Fight ...

9/24/2020

You can't fix anyone looking for a fight, and reading into the causes for their feelings toward you, will only bring you down further in life, as responded to. I may not be CIA or some powerful government official, with a paycheck, and people to talk to and help me do research in life, Im on my own. I don't have anyone to help me, confide in, or advise me in life, everything said is solely coming from me. Whether its to my benefit or not speak, on good days and bad days. And whats especially not helpful is being forced to speak on days when I feel like giving up, and all hope has been lost, that's feeling beaten up in life, as though everything you have worked hard towards in life, has been ruined, or spoiled. When you are of no value to someone, be of value to yourself. It really doesn't matter who you get through to, when you try to assert your intelligence in life, or what has been done well, share. Don't squander your assets, if its what makes you feel valuable and special, then continue to work on yourself until youre proud. No matter who's attacking you. At this point, I don't think I can handle another defamatory tweet. I apologize for saying things suggestive of me being attacked as though Im being treated as terrorist to the best interests of my Country, as though I am creating a version of myself online, that does not accurately represent who I am in real life, a better version of myself, this is me right now. I may not have been vocal about my bipolar in the past, but that does not mean its proper to discuss my delusions out loud now, especially not if it puts my health or the health of my loved ones in jeopardy to discuss things suggestive of guilt, that's not whats causing me pain, its losing that's causing me pain, to someone who thinks theyre better than me, who thinks I deserve pain and suffering, and who think me being devoid of continued relationship to them, means for bad purpose I am keeping myself separate as though Im not allowed time to heal. I think there is a false impression of me as watched, that I get energy from it, or am rolling on a high, or things I say, or excited to state deductions as though that makes me feel good to comment in a way that simplifies the struggles of others or at least my own. I just know that I have always done my best (now representing myself in the positive), and have always made it a point to help others during times of need (although now may not be one of them), and have always done my best to (assert a boundary where one is due, alone time). I don't understand what is expected to be not human about me, expecting me to "feel good" or be on a medication like "adderrall" that keeps me lifted, Im on depression meds, learning disability meds, and night meds for sleep, whatever that translates upon looking up in your psychotherapy dictionaries I am not sure of, but I am sure that upon disclosure of the medications I take, think for reasons having to do, with drug abuses, or failures due to mismanagement of medications on my own behalf. What does losing feel like. When you get beaten up in life, for instance a "website" would be the equivalent of an additional blow, causing me physical bodily harm, whatever legal definition that fits, which I think is being done in retaliation, to say I was well when Sydney was not well, and therefore hurting me or exposing me, is to support her wellness, well it doesn't, when I am doing well, there are improvements seen in all my friends, so that does me a disservice, and because we haven't re-attached talked, not as painful for them to watch as it all unfolded, why I live a very public life, I don't keep secrets, and if there is disappointment, that's not a surprise, Im sure everyone has an opinion of their own about my life as lived, thinking they could do a better job of being smart, that's not being under the same pressures, disabilities, or hardships as me, staying stable and being normal no matter what medications I am prescribed, and be a successful career girl, I actually thought I was going to finish law school, I think I finished at some point this year, I forget.

That's the Thing with Mental Health Issues ...

9/24/2020

No one can advise you of your maladies in life, tell you anything remotely comforting when you are feeling ill, that's a disposition acquired, of someone like me, who has been hospitalized 9 times, that is not being able to figure out why I lose composure, and how I lost my smarts. There is a such thing as others being convinced that you have done something wrong and depending upon how foul they believe you to be to the health of others, justify themselves, as having done the community a service, by hurting you or injuring your ability to help others, that's what is done to someone who is viewed as being stronger than they are, that's the misunderstanding with mental health issues. With regards to jail or punishment, when you go in, that is not something you can control. Being put in jail, that is not something you can argue your way out of, if someone complains and is unhappy with you or does not like you, that means that you do not belong, and if you do not belong, responding in the negative only does you a disservice in life, allow for the blasphemy to continue, no one can affect you in life, not if you allow it, not if you pay attention to it, and not if you allow yourself or others to believe that you are in harms way, respond to provocations in life, and fight. I have always been one to say that fighting causes mental illness, maybe that it just something others do not understand about me, basing how they feel about me, or think about me, as deserving of being controlled in life, as though I don't have a mind of my own, as though I cannot make decisions for myself, that is just how you get treated in life, if it is determined that you are the cause of their unhappiness toward you disappointed, that's just how I am treated in life, WAS treated in life, as an "embarrassment to my family." And that is how I was treated, and because I was treated that way, my relationships did not work out, because I was no longer confident and feeling good about myself. That was God "or my doctor" deciding for me that recovery was necessary or rehab following hospitalization the second May 2011. So long as I allow other

to be convinced Im mentally ill, then that's how I will be treated as the cause of illness, as though with expectation I was being watched, and disappointed others, and was made fun of on a grander scale, because I deserved it. This is why you do not hook up with anyone who you meet at a bar, that is how you get treated as damaged goods, and that disappointment, you feel within, is heartbreak, that is was feeling good and no longer feels good, and everyone else who is hard on you, is hard on you because you don't feel good, because there is something wrong with you, that's not acting, that's my health. And as amusing as it may seem, there is nothing I can do to adjust my condition to meet the needs of others, in order to feel welcome, past the point of me not feeling well, which is reason to stay home. You can either not be known, and treated like youre up and put down as stupid, to make you feel bad about yourself, or you can keep trying in life, and not allow those who did not love you, to continue to have the power to cause you harm now, shame, and embarrassment, look like an easy lay, so what if that's not rape, that movie was about her experience in life, I was 22 years old, and in law school, "what difference," some things are done in love, and some things are done without leaving a number and a name. And so long as you blame a consensual encounter on the other for your hurt esteems, the longer it will take for you to realize the beauty in life again, and come forward as a new person, not one who is complaining about treatments past, that is how you get treated in life, if you are drunk and alone, as someone who is lost, who upon connecting to loves, and upon loving, gets drained, that's then not their fault that you are a woman, but it's a learning lesson, that even someone who does not look pretty, who is nice and friendly and talks to you, does not mean that she needs sex, passing out drunk getting in a cab. I have never really complained that much, because it was not technically rape, it was just an experience that did not make me feel good later, nor did the second time, seeing him maybe just meant not a match, that's the lesson with meeting people when drunk, you may be nice they may want more. Don't take your racist energy out on me, and accuse me as though Im telling a story about racism, to project myself as victim, and be controversial on purpose, if the majority of the Mexican population does not like me, because they think Im claiming victim, than Im sorry you lost your gusto in life, and light, as associated to someone who was "Samoan" and from "Hawaii" lived with his Uncle and Aunt in the Mariners Village a block away from me, and "sold T-Shirts on the Boardwalk." -That's just how people are feeling good without you in life, wanting things from you and not needing you in life, and making you feel bad, when you recognize a quality within them, confidence, which you used to have.

Personal v. Public Issue ...

9/24/2020

Recently I have just overcome for the interim, and personal disagreement with someone who was a pen pal, who proceeded to humiliate me online, on and off since Friday, not respectful of a "Getty Image" photo featuring me in attendance to very famous Funeral, and collaged photos of me sent to him, requested for in my underwear, sexual photos, per his taste. Let me see this, let me see that. And that is what happened to me, the photos were requested for to be used, to post online, not in compliance with his statement of taking everything down and not sharing them online, that was not to my knowledge, the purpose for the photos. Once a relationship has ended, remind yourselves that you are under no obligation to cure someone elses upset with you, not matter how deep the relationship was, you are not their therapist, and you are not making them feel good, then a photo of you being sexual will not make them feel good either, which was what was requested for. Trust your instincts, when you feel things are over, its okay to focus on other things, and if that is not allowed, you do not have to respond, no matter how connected you are, and whether you are being aggravated through all hours of the night in retaliation for who sued you, that's is to treat you as they think you treated someone else and were sued to see how you feel being spoken to without the necessity to hear from someone, and tired, not in the mood to respond, or to engage with someone who is being demanding of your time and attention. That is beyond an update, beyond checking in, that's not a brainstorm, that's not trying to help me, that was trying to hurt me, thinking that me begin robbed \$7000 has anything to do with him, as though his identity or previous purpose to help me flashing a Facebook page since March was brought into the picture. What was done to me, caused a change in me, and that change in me, caused me to be a poor decision maker, and that lack of focus, was taken advantage of, and my loving side, was too nice to people, and that comfort, did not exist elsewhere, that's hurting someone seeking a feeling from you that cannot be provided to them, that's not my fault, nor my responsibility to cure anyone who claims to love me or hurt me, of their anger toward me, as though Im not well enough or smart enough. That's when you need to learn to back off, and trust that the person to whom youre hurting in life, means well, and when they need to time to heal, or recuperate, not take personally, or attack as though they have done something wrong to you or to themselves, that's just a consequence of not being good enough, someone else scoops you up, and is nice to you. Im not an expert in who did who wrong, and Im not even an expert at my own health, mental health, bipolar, and voices, all I know is that things got worse. Im sorry for being upset, a video of me naked dancing was shown on Twitter and that's permanent. That was very upsetting, very provocative, and very shocking, and that was intended to destroy me. People for some reason think self-harm is about "hate" or "frustration" or "not liking oneself" or "unhappiness" or "jealousy" its about AGGRAVATION and voices just like people can cause aggravation leading to self-harm, that is a pain you inflict upon yourself, or a pain inflicted by another, as though that feels good. In this scenario it was someone saying love you, and sexing me, and being sweet, nurturing, then hurting me insulting me, and calling me names, and defaming me online, that's hurtful on many

levels. Don't make things about me doing myself, then not liking myself, because doing myself as gay, and then hitting my head 2020 like I was hitting my head 2017 after getting Syphallis and my head shrunk and looked like an old man, in a photo I took and deleted. That was really grose. Im sober now, and not on drugs, why hurt my heart in ways, you think cause my heart to hurt, that is doing myself, to someone who I think loves me, and then rejects me, as though hurting my heart causes me self-harm or suicide.

"Disarm[ing] Hate" ...

9/24/2020

What does disarming hate mean to me? Without bringing up how self-harm and suicide have affected me in my life, its hard to think beyond your worst moments in life, or weaker versions of yourself explain. To me it means not enabling others to create battles within that can otherwise be fought on ones own, that is not bringing in the issues of one, or others, to articulate, paint, draw, cast, mirror, transcribe, or create a visual representation of a feeling or a set of beliefs about what they feel or think, if it means to cause harm to another. Thats not help, that maybe isnt even hate, but its starts with a discomfort, taken out on another as the cause for that discomfort, as though someone who is around is purposefully causing harm to the comfort of those around them. Then there is mental illness, or mental health issues, when you are in your own world, not bothering others, and going through your feelings on your own, thats allowed, singing in your car, writing in private, journaling, writing poems, experimenting with self-care, recording yourself by selfie or video, liking people, talking to people, and then there are rejections, that is upon seeing you not wanting anything to do with you, or becoming aggarvated or annoyed at your presence, as though its your presence that is causing a discomfort to the room, as though its you of "low intelligence" thats causing an inequity of harm around you in terms of the balance of interest in wellness to a room or to a group of people upon being around others, thats when you are being viewed in the negative. Everyone finds comfort in different places in life, and one should live where they feel most comfortable, thats not to communicate a harm, thats not because one thinks theyve been harmed, thats to situate oneself, to be more well liked, to be visited more often, to be more convenient to whomever loves them, so that they dont have to go out of their way to be seen. Thats love, following your heart. Theres a such thing called likeness, that used to happen upon being around people, seeing one another as normal, today however, its about who likes who, who wants who, whos above who, whos more well than others and why, and if it is so determined that you dont deserve to be well, then that is an example of a cause for attack to the wellness of a person, who one does not think deserves to be well or happy, thats being around people, and not being able to be happy for others, thats being around people and offended by the happiness of others, or their wellness, thats being in an environment to which you have grown intolerant of, whether its the people who comprise that environment or whether you as a person, have become less in tune with your surroundings, respect less the environment or the people and start to not do well yourself, thats not taking responsibility for your own health, expecting others to change, or seeing your failure to adapt, as a weakness on your part or on the part of another, we cant all be strong at once, just go where you are most appreciated and valued in life, and not waste too much time or effort, on those who you dont do as well around.

Where You Come From ...

9/24/2020

To not make matters worse, now would be a good time to hold a discussion of remembering where you come from. If you have it good in life, and if you have worked hard in life, there is no reason, to speak to others fears about you, or play up to anyones chaos, assuming to be affecting you, upon insult. We are all allowed to reach moments of peace on our own, there are no directions to peace, that is something you have to figure out for yourself in life, whether that's "coming to terms" with your past, your present, or your ability to prepare for your future, some tasks are less daunting to others than most. You can't pretend to be something that youre not, whether that's refined, educated, or street, not all of us were made for the real world, or jobs, and some of us are best left at home to work, at least that is what I have discovered for myself. Although working in the private sector "internships" were good experiences for me, there were not money making opportunities for me, simply experienced based learned based upon wellness kept, encouraged, or given privileges in life to be apart of. That's working at a fun job, you get a cool boss you admire, and you get to apply what you have learned in more academic based internship opportunities, to a real world setting, you either have skills that benefit your tolerance for assignments, able to complete, and figure out as trained, or you struggle to maintain momentum, its all in your work ethic, are you a stable person, why or why not. You don't really have time to have personal issues, disabilities to overcome, or lawsuits to worry about, basically anything keeping you from focus, is something that needs to be dealt with, prior to starting a new job. That's wellness can you work, are you able to work, and what is holding you back from being able to focus your time and attention to the task at hand and be present, are you where you need to be, do you feel fulfilled, and what is keeping you from not feeling like you are in the right place at the right time, that's placement, sometimes you feel good, settle in and adjust, and sometimes you don't, that's work, you either make the most of your surroundings and do your best, or are particular about where you see yourself and where you will be mos

comfortable. How hard are you willing to work to achieve your goals in life, you'd expect would be taken care of by schooling alone, but schooling alone doesn't guarantee you a job, not if you have things constantly resting on your conscious about things or people past, or even words or things said, that you cannot prove, such as voices, which is what I have bipolar. I don't think that much is accepted about me, I don't really think that someone who doesn't have voices really understands the concept of disability, just recognizes that they are well and doesn't understand why you are not well, thinks you are "lying" or based upon your experience "well years" not working hard enough, or not trying hard enough, or look at you well, and think "things are given to you" or "things are handed to you" or "gifts were given to you" "you were born with it" "you have it easy in life." That's the type of understanding that someone looking into your life thinks seeing you well, that you arrived there by plane, and that wellness was delivered to you by God, because of wealth, that's not true, we all go through difficulties, and we all are challenged to perform and compete in any environment in which we are expected to thrive in academic and work settings, and that determines whether you are sensitive to the needs of others and able to make others happy, working hard, or whether your demeanor, dress, and attitude in life, poorly represents the companies purpose and mottos in life, if they had them transcribed somewhere they forgot to show me, as to what standards of wellness they considered proper of who they ever felt represented by as though I did not meet those standards, that's looking at where you wanted to be in life, and judging you from what you look like now, as though you are a joke for ever thinking that you were capable or ever in an acceptable condition then as well to work among the well, whether that be in law, or for #scotus applied, told it was a one year commitment. I was that well, to apply, and was once accepted to a job: DC Law Students in Court. Summer 2011, which I could not attend, when I was taken off all medication and sent to rehab 2 months. It is by the stories you share, that you are forced to relive situations, as told by someone else, who then represents the maker of those circumstances then as though in defense to who, decided it improper for you to go back on meds and work in DC, and decided instead to make a different life for you as identified as "addict" in a professional environment "law school" to discredit you as "smart." That was what was done to me label me "addict" discredit me as "smart" and then lost all confidence in life, confidence meaning "intelligence" the basis for my intelligence is confidence. So when my confidence is hurt, asked to do things in permanent form, such as pose nude, that's to hurt my value to others as respected and when my value to others is not recognized, then I do not feel good, as obese 192lbs., then lost 26 pounds and got down to 166lbs, then just gained weight now 170lbs. Weight matters to me, maybe not to me then at 140lbs, when I left my last relationship for marriage 2012, but eventually upon being rejected after losing 50lbs, from conversation, lost running, it was how I was and how I looked that made others determine I was "so far gone" "beyond repair" "something wrong with me" and because I did not sound smart, or look smart, and because I am someone or something that doesn't represent to others what beauty or intelligence looks like, after having been classified as an "addict" that made me classified among another class of people: rejects, wannabes, delusional, criminal, stupid, and ugly. Ive never felt pretty my whole life, Ive never been the smartest my whole life, I just work hard, Im sorry if my condition, as not being on point enough, or of the caliber sought to represent your ideals ever made you feel shorted in life, as though you did not get what you bargained for, as though Im supposed to awe, or impress, enlighten, or bring good luck to who is around me, as though I don't already do so. The times are different, and when you mislabel someone, that is not something you can return from, a condition a thought of in the negative labeled: addict, or alcoholic, easy, slut, or stupid. That is not a condition you can return from confidence wise, and maybe why Im bipolar now and have been hospitalized 9 times twice suicidal, and now with a new condition since 2017, punching my head. Its obvious that I am not good enough to work in DC now, given my health on day and night meds, and it is obvious that doctors had difficulty caring for me, or empathizing with me, seeing me or treating me as a difficult patient, and not believing in my intelligence, or obstacles faced professionally, and it is clear I am much slower now than anticipated would be, after having accomplished so much in a year. At some point I failed, when schmoozing on messenger, and as a result I look stupid again, not empathized with, and while my effort to inform an individual who harmed me to stop is important, it only makes me look bad in the grand scheme of things, that I am paying attention to who is hurting me, as though I am threatened by this person, after having suffered losses myself, and then have to try to understand the losses suffered by others (40 shot) and Justice Ginsberg passed away, that's not a rhyme with a reason built in, that's me taking responsibility for loving someone or talking to someone who I thought shared a common interest, who treated me poorly because he did not understand my interests, again that's representing his behavior in the positive, and as a result things that mattered to me were harmed, in the process of responding to someone, whos respect, admiration, or love was not as important, as impressing other groups of people, who expected progress, not worse than what I was sued for, nude. With everyone knowing you that can be a blessing or a curse, and at this point that is the last interaction personal I will ever have with a stranger who is not a government official, and hereby wish to speak, bond, or correspond, only with government officials, who understand that gravity of my questions in life, who are understanding of my disabilities, and who understand why it is difficult to return from labels. Whether placed on you under false pretenses, or thought deserved, it's a disability I cannot seem to overcome, the negative interpretation of my life as lived. I rarely went out, and if so with friends. Your lifestyle choices, can change those bad opinions of you, to not being able to comprehend you at all. If you are looking for things in life, you wont get what youre looking for, but you may get something else, like a job online writing, self-respect, smarts, and confidence back, but that doesn't mean that all other systems that were based upon you failing, or becoming something grose from where you started, will be pleased, or equally be doing well, that's the consequence of not improving and giving up in life, its really hard to push past failure, and its really

hard to overcome disability and mental illness, I know where I was in life, and I know that I can improve, not all are capable of the same abilities in life to overcome.

Have Some Class ...

9/24/2020

It would never be safe to put lives on the line when it comes to image, that would be an irresponsible antee in terms of making any bet in life, when it comes to what people think, that's something you cant bet on or predict, that's just an earned trait, people skills, when the odds are with you in life in terms of acceptances and sounding well to others, that's not class, that's tact, and that's not a vocabulary ability to speak to others in a way, that levitates you or places you among the best, that occurs overtime, not by communications public or private, but by communications on paper officially submitted in conjunction to the opinions already held by them. I am not someone to represent someone poorly, but I am someone who others do not want to be represented by. And just as its not okay to make Hitler, "Odole Rules," Osama Bin Laden, jokes about me sharing my thoughts, or my ability to move forward past trauma, does not give you ammunition if mentioned to say that if stated in reality I would take personal offense to such commentary, as though trying to teach me how to think evil or make evil jokes like a triple axel Barack Obama joke, that's like if he "shot a Father and son responsible for 9/11" overseas and found them, that similarly committing suicide if my Father dies, would be to communicate a similar message of blames, as though assuming that is something evil thought about my family and I. Because if mentioned as affecting thought to literally be something plausibly connected as though in my power to DJ the correct songs prior to 9/11, and that my DJ-ing abilities were responsible for 9/11, I don't think so, but I do take all assumptions into account. Triple axel meaning quadruple homicide, that would be two people dying for a crime, then two other people dying as though being framed for the same crimes, as responsible parties, via DJ-ing rap music, or alluding to Rap Music being the song DJ'd that inspired the taking down of the Towers as though Black People should be threatened that a Black Rapper's song was alluded to in the terrification of NY and our Country as a whole, that any medium we produce could be used for a negative purpose, by another culture who understands what brings us pride, our differences, not our similarities clearly. For anyone new not from 1985, its seems ridiculous, how much we have improved, doesn't seem to see the value in anyone who is not evolved. I choose not to evolve, not to be adept to trends, but have done my best to evolve when it comes to technology building a website of my own without advisement from anyone. As far as Im concerned, my beliefs don't seem to matter in a culture that was so fixated on "predicting" well they were gonna free OJ that was predictable, and she didn't have to go to law school, and its not because she visited that he was freed. To argue that it was my drug or alcohol use that led to my suicide, not what I comprehended and wrote about, and that it was because of my own instability that I committed suicide, not having to do with anyone elses beliefs or non-belief in me, while trying to go to law school. If people respect you they don't think less of you, and if someone does not see you as having "overcome adversity" doesn't understand what I have overcome, and was advised to write about, as having overcome "adversity." I don't have dirty thoughts about others, I don't even look at people, and to be treated as though Im a dirty person, who comes on too strong, is typical of who is thought to be above me, as though I am a lesser caliber of woman to be involved with, not solely because I am older, but because of who my family is, treat me poorly, as though my decision making when it comes to men, is poor [removed -Called the DA today, not a requirement to speak].

Removed Posts (+ New) ...

9/23/2020

Link: www.mymollydoll.com/removed-posts-new

At the time this page was made, I refrained from bringing into discussion anything that would make me or others uncomfortable to speak about, and since the turning of events, have decided to share. Whether this empowers or disempowers me that is something I am not sure about, whether its too argumentative or opinionated for anyones tastes to be mentioned, I forget now, what was discussed and why, but at the time of discussion always do my best to be as detailed as possible, sharing.

There was a password to this page, to not make mass produce these opinions or blog posts, nor to be mass produced privately in secret as though the sharing of informations secret is how any bond is made, no of course not. The sharing of informations secret is what is of concern now, whether something known secret, is what hurts someone on the outside, treatment wise, as though withholding opinions to hurt others or themselves, by not disclosing publicly opinions held, on a private page.

By: Leslie A. Fischman

Repercussions for Your Actions ...

9/23/2020

There will be many repercussions for your actions, that is a distance occurring between you and any number of people who are either listening, or not listening to you speak, reading, or not digesting what you have to say, or looking at you or your writing, and looking for something that remotely indicates guilt, that's is when you are writing, from a high profile case, are you aware that guilt is what is being looked for, and do you transcribe a guilty understanding of events based upon who is watching or do you have a better understanding of the ramifications of correspondence to someone who is a stranger to the case. That is someone getting to know you, then after getting to know you wanting to hear more about cases, controversies, and more detail concerning your life history, that is what is done to someone who opens up in a loving way to someone or in a sexual way, what occurs? When someone feels as though they have been "molested" either by the actions words or thoughts of another toward them, does that change your disposition to behave in a way that is malleable to their tastes, and are you someone who is conservative, or easily opened upon communication, easy to get through to or difficult to get through to, and what makes you feel small. All of these factors are to be determined, based upon my communications and connections judged as the connection causing others to behave that way toward me, as though Im asking for love or in need of love, or difficult to get through to, that it becomes uncomfortable to be around me when not well, some are better opened up, and some feel hurt opened up. I don't think at a later time, feeling good talking about my life past, or sharing recollections or memories, does anyone a service to lighten things up, not especially, after what today symbolizes. Who was in error, thought, and as described whether it was me who generated trust in a way that was inappropriate, or whether I was professional in my discussions about self and others, whether I take the courts seriously, and respond and report to them, and then whether I am taken seriously, or not, treated like those who have been arrested, whether or not their disposition or demeanor was directed toward me or not, behaving in a sexual way, I think at the time feminine content was king, and sexuality was not offensive, but when the times get tough, its no longer appropriate to open up in that way toward others, let alone oneself, for the privileged viewing of another, who just wants something to share or to prove "I got molested" and "she molested me" I was "not interested in her" and then I grew to "love her" and then became "disinterested in her" then she "left me" and then she "got robbed \$7000" and "they got caught by the FBI." -Now its become a her situation or her condition is not my fault, although he was making fun of me on and off for 7 months on Facebook with funeral pictures and my body half naked. And told to stop on several occasions and complained about. But he continued to punish me in that way, as though deserved as not being loving enough. If I have bigger problems, and other things to worry about such as my health, then its therefore not my responsibility as pen pal, to respond to all texts and emails, never playing the silent treatment, and be punished as though I am cold or not responsive connected, that is abusing the system of communication given my record, turn me into an offender to your interests to play victim, to my sexuality, as though its about your health, and your wellness, my ability to love myself, and feel good in my own skin, and be proud of myself in public, and having overcome bipolar and delusion voices. I will have voices for the rest of myself, that is my condition its not my phone, I broke 3 droids, and its not my iPhone, turned off, still get voices in the shower. That means that there something so connected to me, that upon watching me, their thoughts have a stronger gravitational pull toward my thinking and decision making, than my own ability to think, comprehend, feel and understand what is going on within, communicating for them not myself. -Thats why I call the LAPD, "if the voices are controlling me" then I go to the hospital, if I am in control of me, and the voices are just bothering me, then I understand whats me whats them.

Dodging Obsessions ...

9/23/2020

You are what you fixate on, it doesn't matter what others are thinking of you, whether they know you or not, this is when you have to see the positive. So long as you allow yourself to become fixated on the negative judgments of others toward you whether inflicted by words, or by actions, that is what will become of you, whether you are consciously aware of the purposes for heckling privately or publicly, is what is being tested for whether a series of words can be implanted in your mind, that causes you illness. That's to say that my words online, cause illness to others to be thought about. That is as though words or what is heard read or understood, is the basis for the creation of all other thoughts, that is just the lense which used to read into my work or to look at my face in that way, as a product of voices, when all I hear are voices, my face looks disgusting disoriented and ugly. When I am running and after reading, talking, or singing, I look like myself again. I don't really understand the science to it quite yet, I just know that I am the only one capable of repairing myself and that is why I choose to be alone. Its not as insult to anyone elses condition, to not engage socially, or romantically, its not that I was well and choosing to refrain from social or sexual activities, its just that I valued that moment of wellness, to use that energy for good purpose in life, writing, not for social purposes drinking or being around others. Everyone has a different physiology, and as studied, everyone can appear stupid to anyone who is sizing up the other, that is when you look at

someone, including yourself, and your thoughts move from the forefront of your mind to the back of your mind, and make focus on oneself or another, what do you see, someone who is human, or recognizable as human, or someone who does not make sense to you. That is called having a judgment of someone, when you see nothing in them, looking at them, and that disinterest, is seeing someone, and not looking into them, or reading them, that's listening. How long does it take to step out of your shell, a long time, especially if you feel introverted, that's not being shy, that's just not feeling strong about your own identity, and not being comfortable around others. This started sometime in college, living in the engineering quad, no one talked to me, my roommate was very positive, she attended an all girls school in Arizona, she was pregnant, at the time, and had an abortion, I think, or some kind of procedure, in which she was questioning her pregnancy not sure whether I forget. That was when I started eating every meal alone, that was for 3 years until the end of my Junior year made friends with a group of girls, prior to which my only friends were neighbors for 3 years, I was the girl who lived alone and studied for 5 hours everyday, kept to myself, and they would always greet me excited to see me, and talk to me, and sometimes, we would do activities together like wakeboard. A misunderstanding, then is looking at you hurts their head, thinking about you hurts their head, and reading from you, hurts them, that's hearing from you and not liking you, and then when their head hurts thinking its because of something you have said that is causing their misunderstanding in your head about you. Then there is pain, that is a withdrawal from a feeling of wellness to illness, and so forth, then there is understanding and compassion and heart, when something that is said makes sense. People will always have their reservations about you, thinking that they can control your thoughts by saying things to you, to gear or affect the arrival of what you have to say to encompass that concern or that judgment of you, or be pulled from the whole, a bigger picture of what is being said or that last stroke of the paint brush across the top of what you are saying, as having to do with something, some word inlaid in you, to see if everything adds up to that something, or whether you are thinking about them as you are writing something, in avoidance of them or their thoughts or actions toward you, that's allowing someone to get close to you, and upon being close to you, get through to you, and upon getting through to you change you, and upon changing you control you, I swear we are not that weak. -This is when a recollection of something previously said, amounts to a name and upon recognizing that trigger, a feeling of pain to the head, and then heat to the heart and then a head tightness, of no thoughts, that is something being said helpful but doesnt help one continue on thinking, and if to continue on thinking causes anger, thats not feeling good and this is already the end of this post, which was my specialty once stated "saying things in a nuanced way." And generally a good day, is everything ending, with a peaceful quiet, never not enough leave others in a position of pain, that is not feeling like anything has been said of value, which is now.

Beginning to Understand ...

9/23/2020

Feeling the impact. The gift of being a good problem solver remains in your ability to stay calm. The moment you allow an effect to take place, is the moment you have lost momentum, that is your forward thinking ability to separate yourself from what it is you are feeling and think correctly in terms of whats important, and whats not. That time clicker, that's pushing you, is falling behind in your sense of reasoning, lifes not a race remember that much, its about what you can do that differentiates you from someone successful, versus someone who is found to be reacting for personal reasons, without the best interests of everyones sense of peace as a whole. Remember that, "Positive as well as negative moods and emotions can facilitate as well as inhibit problem solving, depending on the nature of the task." [1] What spurs creativity? In not knowing what to do, we are often times forced to think, literally thinking yourself out of a problem, whether or not you put yourself in that position, to think "outside the box" or the place you have been positioned in feeling wise, alone. What is creativity? Creativity is defined as "the production of effective novelty." The word production implies that some act or action is involved. Thus within the field of cognition, the act of creation." [2] To me creativity means recognizing problems without causing problems, and in order to be in any solution, there needs to be a good feeling about what youre doing, as youre doing it, that is without fear of repercussions, and without discomfort, being sure of yourself, and does not require you to be sure of others for that matter. Sometimes in working toward goals we "encounter some barriers." [3] This may occur when what we are feeling, cannot be overcome by what we are doing in life. Does that mean that what we are doing in life, is contributing to the feeling of not being sure of ourselves, or are there other intervening factors pressuring us to think that what we are doing is wrong, or that what we were doing then was wrong, to ourselves or others. If you don't know what the problem is, chances are you will be viewed as the problem, someone who does not recognize that what they are doing is wrong, no one will tell you therefore what it is that is wrong about you, that is something you have to figure out for yourself. What is it about you, that people want nothing to do with, and why has it been determined that you are a source of problems to others, is that their understanding of you, or is that thinking that you have misunderstandings about others, and therefore consider you the problem to the equation of who is right or who is wrong based upon how you are feeling, what you are thinking about, and based upon how others feel, and how you respond to others, is the basis for that determination, do you contribute to the wellness of others, or do you disturb or attack the wellness of others. That is how someone is determined to be a threat, based upon what they look like or feel like, sucks the energy out of a room, or the wellness from others, or benefits the room, and the wellness of others being in it, that's the difference between someone who is strong versus someone who is

impressed upon changed. How easily affected are you by others, and depending on how sensitive you are, determined to either be the cause of that energy toward you, or because of you or what you have said, treated that way based upon what you look or sound like the problem. If others view you as small, and heckle you, its to see whether you shout back, behave in a crazy way, or become an ugly person, that's treating you as an offender someone who on the inside is ugly, and seeking to bring out any ugliness within you, to be seen on the outside of your body behavior and face wise. Note that "emotions do not just effect organizations but contribute to their structure." [4] Just like feelings give us a sense of whats to come, positive or negative, that is how people are treated too, based upon feelings, and if your feelings do not match the feelings of a room, don't expect to not be recognized or looked at as the odd person out that is you carry something, noticeable to others, a recognizable energy, which in general is determined to be bad, that is why everyone else seems obnoxious to you, or not bolded to you, upon being in a room of people, who see you standing out, as a position of guilt, not wellness.

Reference:

[1] <https://www.cambridge.org/core/books/psychology-of-problem-solving/feeling-and-thinking-implications-for-problem-solving/35F8D85FEA75ED15475BD73A80C962E1>

[2] https://link.springer.com/referenceworkentry/10.1007%2F978-1-4419-1428-6_741

[3] <https://www.slideshare.net/QazafiKamal/psychology-how-emotions-affect-problemsolving-71865525>

[4] <https://www.slideshare.net/QazafiKamal/psychology-how-emotions-affect-problemsolving-71865525>

What Speaks to You ...

9/22/2020

Remember the days when we were naturally drawn to things that used to make us feel good, whatever happened to that feeling, admiring the wellness in others, or seeing the beauty in good people. When that quality is lost, ask yourself, what is causing you to lose faith, and what is going on in your life, or in the lives of those you see on TV that is causing you to re-prioritize the level of importance you place on connecting what youre doing in life to what your seeing in life. What controls what? Have you ever asked yourself that. There will be moments in time when things may feel whimsical, living in the humor of oddities, or discomforts upon knowing something about someone they do not know you know about them. Then there is the sharing of our lives with others, always holding high expectations of ourselves, even if we are met with criticism or low expectations for the quality of our work or words. Not all will be impressed, especially anyone vain enough to think that their beauty was made on their own without credit to their surroundings, the people in their life, or those that love them, contributing factors. What is love? Recognition of your gifts, and upon recognizing your gifts, shining, and upon shining respected, what is that? Its called making a good impression when others are nice to you, its partly to do with how you carry yourself, and by what experiences in life you decide to represent yourself by. Those who do not wish to see you as important, will always put you down in life, that's whether you are confident and doing well, aloof and focused always try to get through to you, not bask in any glow of admiration for you being on point, usually someone who sees something to do with you, not allowing you to arrive at any better points of wellness in life, or be met with pleasant opportunities for further acceptances in life. That's upon viewing your life, choosing to take from you, that is a well perspective inherited upon meeting you, then cloud you as though they feel they were clouded as not being raised apart of those who are well to do or connected to people of importance, that's not jealousy. That's pride in their lives, and seeing based on where you are, and what you have in life, as given not earned, gifted not learned, and takeable, not irreplaceable, to me I was raised to believe that "anything that can be replaced by money is not a problem." So where does that put me in terms of my views of health? I think that if I can fix my condition, than anyone who tries to change my condition, no matter how hard they try to leave their mark, or impress upon themselves their decided exposures to me, I will always be myself. As a woman you think about these things, who tries to hold your heart, who tries to change you, who tries to manipulate your emotions, who tries to control you, who wants your love, and who punishes you if you decide to focus on your own health, we are but girlfriends, we are not your doctors, here to fix those who seek to be loved, to be nurtured, to be made confident, to be believed in, and to be set free from harm, we are not your bodyguards in life, we are not your saviors, we are not your forgivers, we are not even your best friend to be put down, as though we bear similar egos traits and confidences the same sex. -Meaning, maybe amongst guys you put eachother down to test one anothers spirits in life and its funny, but women are not built the same in life, are sensitive, require uplifting not put downs in order to bloom.

When No One Understands ...

9/22/2020

When everyone for some reason asserts their superiority toward you, whether that tailgating you parking next to your car at stoplight, that's not leaving you alone when you deserve to be left alone, and if that's to insult you, move you around, or manipulate your condition, then that's what is done, I pull over, I can do better. Im not out in the world to socialize, be met, gain new connections in life, or please anyone unimpressed by me or who thinks low of me, I can do better. There are certain moments when you want to be left alone, and that involves my present, past and future. For whatever its worth, now someone wants to share their story with me, I only knew for 7 months, as though that time period wasn't also important to me, treating me like he owns my content or identity or wellness. That was wellness earned after 8 years of struggling to adjust to the conditions of being known and being treated as stupid, everyone with an "eh" whatever attitude toward me in life, as though I care or have interest in anyone elses wellness or attitude toward me in life, ride your high horses and do whatever it is you need to do to tell your story, even if its to make fun of me or to allude to a connection to me, as though Im deserving of negative attentions in life, or a source of shame or embarrassment to my country to anyone I have met or interacted with in life, if you didn't want to meet me, then, if it took awhile for me to warm up to people, its because I am shy, and now my energy is nothing but comforting and everything made to feel uncomfortable, unhappy, and all interactions private short lived and fake. That's what feeling stupid feels like, its an energy of not wanting to be around people in life, that's not feeling good, and especially not feeling good around others, that's nothing specifically directed toward any peoples or cultures its COVID, nows a time to keep your distance and be alone, and for me a chance to work on myself, as I have been alone at home in my room for 4 years anyways trying to work on managing my symptoms of bipolar, and be compliant with whatever "settlement" and probation set was done by the DA, as told to me by my Attorney. When I decided to write again that was after working on myself, so that my content did not appear stupid, out there, in poor taste, cocky, or insulting to anyone who thinks they have a better understanding of the world or their specialties in life, its not my responsibility to make fun of a game in existence, a series of jokes on a roll, or types of understandings that best suit their interests to see me as beneath them or less than, and depending on what schools you support or have been associated care. I am in a position in life where I don't want to be close to anyone, and after years of being alone, opened up by video to someone in private, who then treated me as though that wasn't an earned or improved condition or a special experience, and made fun of me at the end like Im some Kim wannabe as though I was not offended that that tape was made of her, considering her potential and stature, scolded whoever did that online, and Mayweather went to a springs overseas and took a picture where one of my quotes was made from my original blog they were friends, I found out that tape was mad sometime 2012 I think living at my moms house. People feel so entitled to thinking that you want to be them, or be close to them, or want to be included, or don't appreciate when people are nice to you, that they feel personally offended when you seem disinterested in talking to others, Im shy, and if I try to hard Im quickly made fun of, that's how they treat someone who is not lit, lights on, well if Im prescribed Provigil then it was because I have wakefulness problems, sleepy, I have been taking naps all through law school, some people are just not awake enough to live life, and that terrain demanded of those who see themselves as better than, that everyone else is floating under, does not mean that what Im floating under is stupid or not smart, or that Ive lived a dirty life or do others dirty in life that's not how I treat others and that not how I should be treated as replaceable, I don't make people feel small, I don't belittle women or make them feel not good enough, and I don't emasculate men, or make others feel uncomfortable, Depending upon how well you look in this country you are judged as floating in a quality of wellness you don't deserve as though you have not struggled experienced pain, or have ever been mentally challenged in life, I have.

Being Special ...

9/21/2020

What you later become known for, is measured by the quality of your interactions with others. Its upon rejection, or fighting, that you are measured by weakness instead, whether you are in control of yourself, your body, or your mood, or whether youre so broken down on the inside intimidated that you have the capacity to be controlled by others, sure you can think big, but that doesn't mean that you wont be treated as small, or picked on for your disabilities in life, affected, or put under unwanted pressures in life made to feel frozen or be affected as though anyone is toying with you emotions, body, or face, simply because its easy to get to you or get under your skin. That's life, it's a tough world, and that's reality, if you are known to society, as you make the transition from being not known or private to becoming known or recognized you may or may not stand out to others in a good way, impress upon being recognized by others in public, not all are paparazzi solid or beautiful, that's the difference between a writer and a model. A model enjoys attention, and does not fear others, and when called upon to be in a spotlight displays a well picture or a well face, if on the other hand as a writer one is tired or not in the mood to be seen, or cannot look at themselves, unhappy with themselves then they will not light up for others that's the difference between someone who is of value look wise, versus someone who is not for modeling, appears obnoxious in wellness, and turned off by in sickness. How far can you get career wise, based upon your wellness, so long as you are well the skies

the limit, but if you are someone who is easily changed, and not recognized as gifted, impressed upon too easily, or too easily made tired, and if you lose your head upon confusion, or fun, or become too serious introspective, then that space is not respected, you are more likely to be “perturbed” or “disturbed” and that’s to wake you up from whatever it is you are focusing on, any rapid eye movement, or drop of the eyes, or failure to make eye contact, is deemed to be a weird trait, someone who glances looks at others, or is sizing others up, no one wants to be looked at by anyone who they think is weird, its as though their wellness, or their feeling of normal is disturbed by someone who is looking at them they think is for wellness, of for self-identification purposes, recognize how to be, as though one is not well within on their own, but needs to be taught how to be likeable. Once there is a rejectable quality about you, that is what others use to determine to reject you or ignore you, treat you as though you look weird, or look sickly, or have bipolar loss of concentration, because of your sex life, or because of what you have to say, is inappropriate or not funny, and doesn’t make sense in time, reasoning, tangent, or communicates an unwanted message which is attention to something that brings up a different unwanted set of thoughts about you or others, and that is how you become rejected as writer, a poor representation of who you are, where you come from, and informations made known about you shared, that affects your psyche, as an unwanted communication to, or suggestive of sexual pleasure within communications wanted, that’s when someone does not want to be around someone who looks at them, and knowing their sexuality, does not wish to be thought of, as though one who is in themselves is thinking about another person while concentrating on their own wellness and bodily movements in life, anyone who does sports knows that studying and playing sports is hard, Im either running, or working more, and running less, if I have a lot to get done, means I can best concentrate on one thing at a time and by concentrating on one thing at a time, able to do things well one at a time. If youre not judgmental you will not be able to tell the difference between someone who is well or not well, that is you accept everyone as well and adjust to them accordingly that’s being nice. No one can look at you and become you, you are either well and make people feel well around you, or you become sick, and when you become sick even looking at yourself doesn’t make you feel good or give you ability to be as well as you were then, that’s more than just the aging process, its acceptance of a good work product, and not being too hard on yourself to recreate the same image more than once, if youre having that difficulty in life, that’s because you were treated as though you don’t understand the beauty of the human body and its capacity to rebuild itself, as though I wasn’t a runner at the time I was made to feel bad about myself or rejected, or not paid attention to, if they think you are used up, or if something happens to you, that is being done by someone who devalues you, means you are not street enough to be out by yourself with an attachment feeling safe, and as a weaker set heart given to another, see how you are treated as an airhead when you are nice and not looking for trouble, is how you get controlled and made to look stupid with love, as soon as you are loved, is as soon as it is lost, once that is seen by another wellness.

All Lives are Beautiful ...

9/21/2020

All lives are beautiful, there is no one way to live life, think, feel, behave or sound, and that’s the beauty of life, that people from all different backgrounds can come together and mutually observe their own humanity, when one another can recognize eachothers presence, and without judgment live life. That’s in an ideal society, not rattled with racism, and concerns over image, well being, health, intelligence, and superiority. What is wellness, is it something gifted, is it something imitated, surely not, if we are to value ourselves as human and capable. Its not by the attentions we seek, that let us know when we are well, but its upon recognizing ones own condition, and accepting ones own condition as human, is what speaks volumes of anyone, no matter what their condition may be. We all wish to have a shared sense of peace upon knowing one another, and that does not always occur, not to sound speechy, but sometimes in the aftermath of hate and disgust there is quiet, that’s recognizing your own sense of peace, and whether you so choose to bother test or look into the peace of others that’s your choice of exposure. You don’t really need to compare yourself or observe wellness, to achieve wellness, you do however need to stay well on your own, no one can live the days for you, the hours of your life, or even minutes, and it can be painful when you are in moments of sickness, and not sure when you will retuning back to wellness, or when you will be seen in a positive light, or just plain viewed as human. Being human does not mean you are immune from controversy, as unfair as it may seem, that someone famous knows me, there is nothing I can do, when I am discredited as though living was simply following in footsteps prearranged, to come out of messes in life, or challenges not difficult to comprehend, when no one is encouraging you in life, and when you do not talk about what you know in life, and if you feel like something should be done, that is a painful step forward you take on your own, and often times with convincing others, that you need to do something, in order to make things right. That doesn’t mean that the solution at that moment in time, can provide solution to now, or is always the solution when it comes to facing questions in life, some of the biggest questions in life have no prepared answers to meaning there is not cookie cutter established set of responses for responding to some pressures or questionings in life, no one can teach or prepare you for being defamed, insulted in public, or fought with, every fight is a challenge, especially with individuals, who may have known you who no longer want anything to do with you, that is someone who feels as though they have been wronged by you, and its in the support of their surroundings that they feel loved absent minded you, that’s upon separating from you moving on in life no matter what your life

looks like, no matter what youre doing in life, and no matter what you are saying online, able to enjoy their sense of peace no longer being in your life, and no longer feeling like they have to help you, represent you, talk through to you, or help you.

Remember the Good ...

9/21/2020

So much of life requires us to remember the good. Looking back, as improved, and appreciating had you not tried, or sought help, would not be where you are today, speaking in public, or doing well in life. When you put your heart into it, any number of things can go well for you in life, if you are so dedicated to self-improvement, focused not on errors alone, but what has been done right, accept that much about life. You cant always fix the past, by trying to re-order events as you comprehend them to have taken place, that's meddling with history, there is a such thing as leaving things alone. The more you harp on subjects, and the more blames you accept, youre only casting yourself away in life. So be at peace knowing that what has been done right, is the only well input needed in order for one to move forward, and realize their fullest potential in life. We are all given gifts in life, the gift of knowing, the gift of learning, the gift of exposure, the gift of connection, the gift of insight, and the gift of foresight usually occurring among the last of our gifts to evolve, our ability to anticipate, prepare, and hold steady and weather any storms in life, that's with experience and know how, and that stability is what translates to all other things in life, amounting to good things to come. Stay true to yourself, and it doesn't matter whos watching, or earns the last laugh. Never think in terms of how things look, and if you have ever been rudely awoken to things you later comprehend that disturb you, learn to let things go. We may all at times wish we could be the same person we were then, or before trauma, or unusual hardship in life. Im telling you the more you focus on positives, and the less leeway you give to negative inputs, the stronger hold that positivity has over concepts, drowning away all doubts, including self-doubt. Have the courage to represent yourself, from where you stand, at any moment in your life, and learn to be proud of yourself, no matter how wrecked or ravaged your life may seem, never to an onlooker are things as hazy as they feel on the inside, youre not as lost as you may feel or seem, and maybe not even that far from return, as you make things out to be. We don't all have cornerstones, precursors, or given directions in life as to how to live our lives, and do away with whats causing us displeasure, it takes a moment to process and years to decompress at times, and maybe even months to get things out of your system, that's just life, inheriting things we don't want sometimes, whether that's power, fame, attention, or humor, you just have to learn how to deal with those discomforts in life no matter whos dominating or feels empowered in life by your story, we cant all be leaders and influencers at once.

#justiceginsberg

Sources of Stability ...

9/20/2020

A previous disappointment, will never be a source of stability to you lets just agree to disagree that so long as I look weird, am weird, lose beauty, get offended, threatened, or look or am made to appear jealous, then that means that another "has something" I do not, meaning in possession, a talent, or set of friends, or respect from someone I admire, or trust, that doesn't really interfere with my respect for someone, or change how I represent those interests, but yes, if my own interests are not strong, then I think that is what is sought to be proven, whether my blog causes violence, I can only say that so long as that is thought that is what you will think and there is nothing I can do to change someones opinion of me as uneducated, not smart, well minded, or bearing some talent, worth earning a wage in life. Its really not a big deal, we all have dreams, not everything that seems intense, is purposeful, such as writing, or communicating, some people just don't know when to stop, and I think people are reading into things that I say, as though, I thought then, as myself as big, or as communicating to others, a showboat, or performer, I was confident, I didn't know many people, and respect is something that people talk about, not a conversation I am privied to. I had tons of friends in Colorado, just a little out of place in Los Angeles that's okay, it's a different setting, tone, and breed of people, in sync or with respect for one another, tip: be sensitive, either having gone through mental health issues. As you get older you think more about how you are made to feel by others, and even think can what someone is thinking change me, and how do I know whether one has the power to read me. Its just based on how focused you are, whether you recognize when you are smart, sound stupid, or not making a good impression. I think general disappointment is the goal, failure to meet the mark in terms of acceptances, discomfort. Especially if one applied for a writing award or requested for professional review today, already slow. You do your best when you can and shine, and when things are not going well, its best to share only things that will help not call attentions to yourself, if it was your mismanagement of private relationships that caused others to think you were stupid or not smart intellectually -hardworking. -And Im sorry I mentioned who I dated, Im a much different person now, more paranoid, after having been hospitalized 9 times, to myself home, bipolar. Meaning has to think how one is put together, and by careful assembly of thoughts think properly.

Hearing Voices (Untreatable) ...

9/30/2020

There is not cure for voices, not 63k following, and not staying separate from all, that's something connected to you knowing you and like a telephone talking to you within you, without you being able to prove to anyone from where the voice is coming from, that's how challenging it is for me, to be alone, without being read connected to in life, that's how little privacy I have as though my mind is transparent, as though my life is being looked into for negatives, so that is why every experience is shared as it arrives, that's not sued by anyone, some things are first shared online, not in my phone, I do not share anything privately in my phone anymore, because I do not want to have any unwanted feelings toward me as though information is being shared to self as overlooked not shared in public, as though what I am going through needs to be stated in detail, in order to understand or trust from where I am coming from that's treating me as though I have something inside me not being stated to protect self while subjecting others to harm, as though my story as shared is to stop harms, or to articulate how harms have occurred toward me, in order to not subject anyone else on their own to harms, upon trusting anyone new, who does not understand their disposition that is not my fault, whatever happened to me, I am always doing my best, but if you are being judged by someone who does not want to do you, then that is how you are treated in life, based upon whether someone is sexually interested in you punished, I don't come on to anyone, I get picked in life, and I don't dress up sexy in order to be picked, and I do not show off think I am better than anyone, that is not how I light up by standing out in numbers compared to others, that's me at my best whether you like it or not, see me get well, it just so happens that after four years of rest at home in my room, I am starting to get a positive momentum from writing everyday and just lost 5 pounds sprinting following the funeral of a beloved Justice. That was me not complaining about things personal make public, and get back to myself, that's pushing through depression, that's because as weak or complaining trying to report, and nothing getting done, meant that I did not have an emergency worth addressing and once you begin a relationship you cannot complain of treatment or rejections that seems to be allowable, and if you are to be loved, if someone does not love you anymore or thinks less of you is allowed to broadcast that to the world, make you look bad, that is how I am treated, with me until loved, and then stronger without me, doesn't need me, I do not put others down, once you become disoriented or lose focus, then that is how you are treated by others, how whoever rejected you sees you, allowing others to relate to them, and not relate to you, and at the same time, send voices until you hit your head, not allowing you to be alone in peace, and it doesn't matter how hard you work, no one cares about your condition, wellness, or voices, will not be happy for you or proud of you, just waiting to see "who your next connection is" as though when no one is bothering me, will meet someone new as though I victimize others, I don't = #selfharm. (This is an example of choice, reaching a moment of peace writing, then punching my head "#selfharm" choosing to leave you in peace, and cause myself pain, so that I do not have to be apart of your peace, and stay separate).

Condition of Hesitation ...

9/30/2020

Many things can cause you to hesitate in life, not feeling well, not feeling up for it, not into it, not feeling drawn, hearts not into it, feeling insulted whether specifically or now figuratively as interpreted by others, if its not in your control don't worry about it, and don't allow others to control you or try to influence you by hurting you to see what you come back as and then then try to take credit for the changes you endure if in the positive say that they were apart of that or because of them had it not been for them you wouldn't be where you are today, credited. As far as Im concerned, there are two ways of looking at my success so far online, a valid effort at combatting hate, discrimination, violence, racism, and segregation, or being online has done a disservice as though Im responsible for someone who upon knowing me and seeing a few popular representations sees me as being given a mold of jokes to work with as though not affected on land by people. That's not being apart of, which mostly has to do with how you are feeling, no one can fix you, others can help talk you through emotions, but if you are not well it is always your job to get well, you cannot hook up with someone well to feel well, that's not what I meant, benefited from the

wellness of others, not the creator of my own wellness. You cannot force people to love you, like you, respect you, not even if you are a website, if someone rejects you and does not think you are special, does not value you, and does not think you are of positive influence or connection in life, seeks to treat you as a “problem” or bearing problems others “do not want to deal with” “not attractive “into self” “confident” “not special” “doesn’t feel sorry for” “no empathy” that’s seeing someone and not recognizing that they have worked hard based upon where they are without a JD “as though not finishing a JD speaks for the subject of gun violence as volunteered for” that was a later reaction, 2015, upon the passing of the Founders to Brady Campaign decided to get involved, and get some community support to help resolve the pandemic, that is non-action, or not affected by. That’s a blessing whenever something happens that doesn’t shake your core, or ignite a set of reactions that cause you to attack people as though they are responsible for curing you of your social ills, misunderstandings, or unhappiness in life, it’s a difficult subject therefore leadership when it comes to non-violence, and Im not saying that because of who I am I have 63k monthly viewers, and that’s not to be compared to my life in reality without friends living close by, there is a such thing as recuperating after trauma, hardship, or failure, then going back out into the world and being social getting jobs, that doesn’t mean that I understand how to keep my light, and that’s not because I think socialization dims my light, that’s not what Im saying that I am affected by others wellness or demeanor as though my disposition in life is an ideal disposition to have in life, where I am now in life, which is not a choice. Its not an easy subject wellness, and others will be sure to be insulted if they think their condition is being described as being seen as being at fault for your condition now, not well, or easily affected changed by others, that’s the consequence of not being trusted, and viewed as deplorable by something or someone who sees themselves as above you in life, and doesn’t wish to be associated to you, as though connections pass guilt, as though my connection to Sydney Simpson created a condition of confidence in me, which led to good grades, and athleticism, or popularity or wellness, that’s not understanding the value of hard work and why its important to be smart, not just go by what other people have to say or by what other people are feeling, and that’s a gift the gift of remaining at peace and being able to speak well and be articulate no matter what conditions you are under figure out what the problem is, be sensitive to the needs of others in upset, or disagreement, and not be blamed for a shooting in which he blamed a girl for the reasons why he shot the entire school, that’s saying that he was defending himself as though OJ defending himself in that way alleged to have been responsible for his wifes death, that’s saying that me supporting Brady Campaign, shined light upon another case OJ if the color chosen was Orange, and then blame me for the color chosen being Orange, to say that his life should not have been highlighted by an association to him, volunteering for an organization trying to prevent gun violence. That’s not seeing me as good enough, not seeing me as smart enough, or saying because Im Jewish, was why a Temple was shot by someone, because someone Jewish is attached to an anti-gun violence Campaign, that’s blaming my identity treating me as though I do not represent myself or others properly, and if photo nude, do not deserve respect seen as used up devalued, or asking for it. Then that is putting me in Womens shoes, whether we are to be defined by the Men who do us, who think they are responsible for bringing out the beauty in a Woman by making her feel good, or stop taking credit for the wellness and beauty in others, and respect peoples right to privacy, that is what they do in their alone time to stay well, not be judged as being dirty, or unattractive simply because one does not want to bed them or see them as sexable, judge them as not being smart, if not desired or seen as bearing traits of someone of value, and if someone looks of value, not judge them as being into themselves or rich, and treat them as though they are hard to look at, because you do not think they deserve respect or attention to see what they look like without love, or upon rejection, judge them as abandoned. That is an unwanted study of my face and my body, making fun of my jobs, and treating me as the client who I provided support to, to say that I am not intelligent enough to recognize myself as different as though I am influenced by others including clients, and treat me as though I am not a combination of traits that I have achieved in life via hardwork not by influence of others in a room, competitive, or learned from. You can make a lot of right decisions in life, but once you are influenced by others, easily affected by others, then you are forced to assume the interests of others that are not of your own making, **and that is why people are punished, light dimmed and heart broken, that’s to put their light out so that others can shine and feel above and not attached to a human body of lesser strength and confidence, that is the purpose of the Justice System, to innately not empathize, to see as small, and to treat as stupid**, and that’s what gives those who are not punished confidence in their wellness, that they can do things in life, and test their own limits in life, and get tired, and not be viewed as guilty, that’s the power in the publics perception, and sense of togetherness, that in their own wellness, cannot relate to someone with mental health issues, or lacks confidence, doesn’t light up, dims, or whos body is not strong enough to manage criticisms and whos heart breaks upon being attacked someone being mad at them, or hearing an auditory delusion a voice, saying degrading comments about my sexuality and body. Seeing my body is treated as undeserved, thinking I have boobs, because I am friends with women, who were beautiful then say that I am not beautiful, and without women in my life, look manly, to say that I was not born with beauty, and that my beauty was acquired from growing up

around wealthy students. That's not true, depending on how well you take care of yourself, you will look, it's not by birth: wellness.

For more on challenging subjects please read: www.mymollydoll.com/removed-posts-new (Which is everything I hesitated about put up then took down, not comfortable sharing).

Most Are Not Immune ...

9/30/2020

Jealously: It's not a trait I was born with, and not sure where it comes from in others, but it must be seeing something and not liking something well or not, with the false impression of wanting to be something that you're not, that is seeing something and not respecting what you see or recognizing it as a well impression, and instead seeing something and thinking that if it were you would be different. That's not respecting the length of time to produce or become something worth looking at, and putting down something you do not think deserves to be where they are, looked upon for advice, or listened to kindly. That is someone who while looking at you or reading you does not feel good, does not match in terms of words or reactions, or reads and thinks that what you have to say is easy to produce or based upon something existing, that's the difference between acknowledging a thought as original or judging someone as imitation of a concept already presented, or something commonly thought known, not respect someone for what they have to say, as though speaking is a waste of time compared to what is common knowledge or already accepted, some are insensitive to others, do not see the value in others see themselves as smart and see others as stupid condescending, and then there is relating that is not intimidating and acceptable to most, which is what I am, not jealous, enjoy being myself love my mind, and my abilities in life, whether I became bipolar or suffer from imagined discrimination that is voices, whether those negative voices are being directed toward me or not it still hurts to hear negativity. Some are immune to negativity that is talking about others or speaking badly of others is second nature to them, for me it hurts my heart, and not a type of activity I engage in. I understand that being online is a choice, and to expect to be talked about and do not recognize being talked about as jealousy or hate, that is where unnecessary defensiveness takes place, that's someone knowing you who you don't know, feels bad about themselves because they know you and you don't know them and you don't notice them. That's being known, it's not an interaction that lights up a room if you know someone and they don't know that you know them, it usually causes a light to go out in one or the other as an imagined connection takes place, that's you standing out to someone, and because you stand out they dim, that's not recognizing oneself as recognizable, and that's where jealousy takes place, who can be identified as smart or intelligible, and who is identified as stupid, usually demarcates who is well and lit and who is dim in a room, so when I walk into a room, they light up, but I do not, that is the consequence of not being respected and feeling energized by the fact that this person i.e. me does not know that they are widely known, and treating them as though they should know that they are widely known. Widely known does not occur until you have done something unique and been credited for a skill or a trait that stands out from the rest, for me that's writing, and it doesn't come easy to most. It's a learned trait, blogging, that occurs over time, comfort speaking in public and making sense to others, that's feeling comfortable with yourself and in your surroundings make sense to others, it's not a high pressure zone, not unless you have been heckled to hear what you have to say in the negative as produced by your changed tone, or feeling on the inside once your feelings are hurt, then a different voice is heard. Within I am very talented athletic, an academician, works hard, doesn't go out only 2006, and afterward only once a year with friends, until done, then I stopped going out 2010. That's in your younger years making choices that's not strategy for lighting up or being original, that was how I got good grades, and ultimately get picked in life, based upon my abilities, ability to work hard, and be loved for it too.

What Does Being in Love Mean? ...

9/30/2020

Everyone has automatic skills in life, something you're trained in, something innate, or something from the heart. Love is one of those automatic skills that comes from the heart, something you do willingly, without end, that's not addiction, that's working until someone else feels loved, that's is appreciated, valued, recognized, and completed. It's amazing how capable we are of treating others with kindness when well, but if we become sick, addicted, or drink, how trapped in our own worlds we become, as though nothing in reality exists other than what's in our minds about

life, without regard for the feelings of others in that same space of time, remember not all social/medical/interpersonal ills are shared, and most of those problems only exist in your head until stated out loud. And this is why love is so important, think how important is it for you to share something personally bothering you with someone who brings you peace, how willing are you to sacrifice that rapport of peace and love, in exchange for expressing something within that brings you discomfort, think before you speak, will something shared in the manner in which it is shared bring about a similar feeling in another, if so, is that feeling positive, or is that feeling negative, and if negative how have you been reacting in response to those feelings, not well, then maybe it is something to be discussed under professional advisement who can redirect your thoughts which are derivatives created based upon feelings you presently have, how do you think someone who loves you will feel if you are not feeling well and talking to them, not well either, one because they cannot help you, two because they cannot fix you, and three because the power of their love cannot rid your mind of the feelings you are presently having toward yourself not feeling well. That is the one weakness to love, no matter how powerfully drawn to one another we are, it cannot cure sickness, not unless we allow our thoughts and our actions to be redirected by the ones who love us, toward better conclusions and thinking in life, and that is how love protects us from harm, that's not shelter, that's your mind worrying about who loves you, instead of worrying about who doesn't, and that's how you don't give your power away to people places or things, that bring you unhappiness, which is a manifestation of how one feels about themselves unhappy, not proud, not found, at ease.

#justiceroberts

Meeting in peace (2013), then after it was known that we met, how I was treated afterward not well. And as a result, other issues came to mind, and were trust on my plate to discern, illnesses about gun violence and causes for gun violence, and treating me as responsible for curing the social ills related to non-action, or fear with regards to the pandemic, did my best to write.

Also read "Leslie's Diary" >>>

<https://www.mymollydoll.com/louboutin-diaries/re-steve-jobs-cancer-my-computer-privacy>

"Superpredator" - Extracting the Devil ...

9/29/2020

What can you do to extract the devil from your life, and not focus on the negative, some battles are not worth fighting such as the conditions around you, empower others to create conditions to control any number of people, that includes me, speaking, although I have 61k monthly viewers that doesn't mean we are attached making promises in life and letting others down, its awareness, we are human, we are fragile, we get burnt out, and we don't have the time and energy to fight with anyone who cannot achieve peace first within themselves and blames others for their conditions, that's not the solution. Taking accountability or responsibility for your own health is not just for addicts or alcoholics, you don't have to destroy your life and drink and have casual sex, just to show up and say hey I F-ked up my life, and this is how I F-ked up my life and why I lost everything, except most are not acknowledged at their lowest and grossest moments in life unrecognizable as coming from wellness, looked at with the beauty in the heart and encouraged to "speak with you head up." That's being shy, listen life is short, the longer you wait to get strong again, the more pain you will endure for having waited too long and not taken on the challenge or adversity faced along, that's coming out of hardship that's F-king up in life and then improving your life so that you can live life "live long" dont be careless and be appreciative of the life you have had and dont waste an entire lifes work on one disagreement or foul opinion of you, that hurts everyone, when you allow a failed image to the masses toderrail all your progress in life, as though you deserve to suffer for others opinions held of you not knowing you well enough to set limits when it comes to attacking your good character. "Teaching people to hate our Country" listen we get the World jokes, superleaders who got put in holes, shot thrown in Oceans, and jailed a religion to spread whatever he felt was smart at the time, listen if you destroy everything, that is for who to thrive? That's a bad example of conquering any opposition in life, to destroy people, or even worse end lives, I don't care if you're a drug addict have faith I don't care if youre an alcoholic have faith I don't care if you lie are a \$hitty person get tested, I don't care if you have no friends, make friends. The minute you complain is the minute you are required to pick up a mirror and put yourself in everyone elses shoes who have lives and do not have the time to fix your mini problems which are interfering with your ability to influence or stop bigger problems, if you get voices hit your

head, don't talk to them, exactly. And if others feel like its too dangerous to support an anti-violence organization then go to the baby shower, I went to the baby shower, and was given all the chocolates on display, that's my best friend I was the only friend at her baby shower, it was just her Moms friends. How would you feel if they were forced to go through what your going through, I would be in so much pain, and do my best to make sure they don't get hurt, that's how to be a caretaker in life, not someone who gets lost and creates burdens and problems for others, if luck is not on your side, the best way to respond is IN THE POSITIVE RISE ABOVE! -Listening to the debate in the background, I feel bad, lets combine problems send energy my way, and do not absorb the illness and then become less motivated and clear speaking please.

Reference: Quoting the Debate 09-29-20 on NBC.

Why Talent/Gift is Required for Attention (Positivity) ...

9/29/2020

Video: Because Prince died, you have to be legit, ... to send the talent back.

[View this post on Instagram](#)

A post shared by mymollydoll (@mymollydoll1985) on Sep 29, 2020 at 5:49pm PDT

Video: Trying harder because self-harm is weak as \$hit, letting "hate" win

[View this post on Instagram](#)

A post shared by mymollydoll (@mymollydoll1985) on Sep 29, 2020 at 6:04pm PDT

Video: Where does animation come from ...

[View this post on Instagram](#)

A post shared by mymollydoll (@mymollydoll1985) on Sep 29, 2020 at 5:43pm PDT

Video: "by issue, by race ... peace that you feel, by issue by race by complaint."

[View this post on Instagram](#)

A post shared by mymollydoll (@mymollydoll1985) on Sep 29, 2020 at 5:32pm PDT

Socially Cued Out (humor) ...

9/29/2020

Allow people to move forward, note that how you work is not indicative of how any games work in life, and if one is not feeling well, no game is to blame, for any inputs, whether or not you think things are about you, its by what you speak to, you give power to in life. If the opinions of others is something you worry about, then it is for sure not by my opinions that others feel better about themselves, example of awkward conversations to have. (Movie: Billy Madison). I don't think its possible for anyone to mold you into an ideal in life, to fit with all the jokes, but if you are so disciplined, to inquire and look into things, then these are things that may pop out to you "Movie: Black Swan" and Movie: Billy Madison, and "nudey magazine day" in which he sees in delusion a "penguin" among other things in his driveway. I think the Swan imagery is in reference to battling something capable of taking your place in life, meaning someone you don't have an issue with who has an issue with you, from the 5 minutes of the movie I saw, and stopped watching when she started cutting herself. When I mentioned previously to walk through movies, that was in reference to the Movie: One for the Book I saw once on TV, in which President Reagan poured a glass of milk, to me that symbolized something beautiful whether it was in reference to something that has not happened yet (1947) [1] now searching Google when was MLK's "Dream" Speech? (1963) [2]. Content organized in timing with as found deductions in real time, shout out to Emeril (Google Search: "known for." ... quote: "bam" keep searching). "Emeril Lagasse was born on October 15, 1959, in the small town of Fall River, Massachusetts, where

he was raised by his French-Canadian father, Emeril Jr., and his Portuguese mother, Hilda. While working at a local Portuguese bakery, the teenaged Lagasse developed a penchant for cooking. In 1973, he enrolled in the culinary arts program at Diman Vocational High School. Also a talented percussionist, Lagasse led the high school drum squad, playing at dances, banquets and numerous local religious festivals.” [3] I knew I cited to him for a reason, hes a musician too, and knows how to work an audience, “leave things alone,” Im currently throwing up, from hitting my head, not exactly the same professional skill set managing anger toward me, upset, questioning, or digs at my current condition as representative of what pains in life, as told. Then if you add all of these assumptions, its like casting onto stage, everyone else's interpretation of you, on behalf of who they think you have harmed, and whoever does not respond to you in the positive, when youre gone youre gone, its hard to talk to anyone, who is not presentable positive, you either keep going in life or you give up, and that's why my Brother doesn't have friends over at the house anymore, during my nieces birthday concert, called 911, because they guy I accidentally crushed on my 21st birthday gave head to, murmured something while I was at the fridge, because I had 1 margarita in a plastic cup. Obviously he knows we'd never hook up unless I was black out drunk, and because two friends liked him hooked up with one during middle school, meant he is physically attached to one or both, the other hooked up with my brother, and that's who confronted me about hooking up with Benjy on my 21st Birthday, meanwhile my Persian friend said that I kissed everyone on the limo on my Birthday, and I only remember making out with Katie in the limo, that my Brother was present in, why I don't talk to his wife, and was not present while they were getting ready for his wedding got ready separately, so that I would not be present while everyone got dressed made up. That's recognizing that smoking weed while watching *Sklyar Grey* topless jumping from bed to bed, meant that I was gay, something they knew I don't. -Got into UMASS Amherst.

Reference:

[1] https://www.pinterest.com/pin/483292603731769473/?nic_v2=1a6aoh6om

[2] <https://www.archives.gov/nyc/exhibit/mlk#:~:text=On%20August%2028%2C%201963%2C%20Martin.Lincoln%20memorial%20in%20Washington%20DC>

[3] <https://www.biography.com/personality/emiril-lagasse>

Be Gracious ...

9/28/2020

If you know that things can get worse for you in life, then you don't need to explain your reservations to others, it doesn't matter how much you improve, its really not worth it to me to be sweet with anyone, seeing this is how I am treated, and the fact that that's allowed, is “unbelievable.” If this is what is thought of me, I think “than why am I alive” for what purpose am I to live life. If being happy or talking to someone is seen as an opportunity to make fun of me “as reject” or “wannabe” to another persons wellness, then as compared is not why I am treated that way, that would be blaming women for having it good in life, and watching me suffer, as though I go out looking for love, and reject love, all my relationships remain open, only a phone call away, with no clear ending, that's what “hooking up is” without commitment and without a breakup, left open, that's being done, without complaint. However because I allowed other people to do me, people who don't even want to do me, were judgmental towards me, and the choices I made with my body including a statement in work “well you did that to yourself” or “you allowed men to use you” if I have mental health issues, what does that have to do with sex, maybe it has something to do with what is thought of me, my soul rests in me, no matter who does me and feels like me, and if I need to get f-ked by someone with a Porsche and an M3 well that means I have found the solution to my problems, to be done by someone rich, with a nice car. I don't even think I was that to others, Im sure all love is exciting, Ive just never experienced it, where I am excited about them upon meeting them, all except for one who I shared “laughing until we cried” and we didn't even know eachother, passing a bong around, we had just met. -I am gracious, Im sorry if I ever seemed too confident or not grateful for the men who loved and adored me, if I thought “they could do better” then that is why I left, so that they could find someone who everyone loved and adored, and was not threatened by the attentions from others received while we were together, intimidate me. What you leave behind in life, actually makes you look like a chump to others, or a loser, is what happened when I left relationships, and bad things happened to me, and they moved on, that life you create for yourself post breakup makes or breaks your recovery from leaving a loving relationship, in place of more casual encounters with men, and that's how you get sized up by the rest of society

treated as though you deserve to be devalued or not remembered “that is if you devalue yourself, then they don’t feel bad if you get sick, and think that you got devalued trying to find a better match, and if you get sick is why society puts you down in life, seeing them well and seeing you sick, then treat you as the waste of years to their life being cared for, as though you were never good enough for them to begin with, well.” It is very insulting when others hold you to terms on your Twitter, with a “that’s it attitude ZERO respect” or a “NEVERMIND your worthless attitude, you must be the problem hurting my image.” And that’s how you get treated in life, if you are not well then by “AIR THEORY” you cannot create wellness around you, I just shared a funny story about looking like my Boss I had a crush on he was male, this one was female. So now I am alone, and if I cannot stay well can go to the hospital no matter which direction “essay no direction home by Bob Dylan” while on drugs did not turn in papers barely wrote, and got an F in documentary film, in which I was exposed to Michael Moore videos and there was no seat for me in the classroom sat in the back on a table every class and arrived late, and took notes, it’s a no win situation for me, and requires a lot of “not mentioning” and “forgiveness” for those who did not fully accept me, and relished in feeling special as connected to me, then dumping me, as though they were found without me, when fires happen, it is you that gets blamed, and once the trauma passes, you get let go, that’s them coming to terms with micro-managing you as the problem, get their power back in public, rejecting you in public, that’s them making an offender out of you, why I stay home, do not work. NOTICE: If I dont improve will go to the hospital.

Personal Update ...

9/28/2020

When things get to be too much, which is right about now, usually you are given the opportunity for alone time, to rest and recharge, however as a blogger, you are not expected to become sick, no matter what you talk about. There is a such thing as illness inherited through the discussion of sexuality, and whats currently an issue, “mental illness,” versus what was previously not an issue: confidence, beauty, look, attraction, intelligence, reputation, defamation, wellness. Ive been an athlete my whole life, usually these are conditions I can control on my own, I just know that Im more balanced when I exercise, why I became a long distance runner, the one element missing while dating in law school, gym time, and present while getting As and popular at school meaning could talk to anyone invited to dinners and karaoke with classmates and beers, which I stopped attending upon dating because my boyfriend got jealous, thought I still like “John” someone I dated before I dated him in law school, and left that “hook-up” situation, to be “monogamous” a commitment demanded of me at the beginning a serious relationship without knowing the person well enough to commit to the rest of my life with, then upon agreeing to the commitment, he messaged with another girl and told me about it. I don’t do people dirty if that was what was thought of me, hook-up and hook-up with other people while hooking up, I don’t cheat, Im either taken, and if I “get kissed” by another man, who tried to bed me, left a 4 year relationship, without fully explaining why, and it was because on a break, someone else tried to do me. Usually its when you have love, or something going for you in life that you attract the attentions of others, there are a lot of fish in the sea, and although you may feel special, that doesn’t mean that you are regarded as special to others, doesn’t matter who your parents are or who your Brother is. In the real world, you are not recognized as your Brothers little sister and respected among the popular as a sibling to someone who was popular, and if you do not have friends presently to prove popularity, then you will not be seen as anything worth investing a ring to, without friends, doesn’t matter who attended your Brothers wedding with you, that doesn’t make you special, to have one cool friend, and no other friends in life, not close to anyone. It takes a minute to digest, how your life was changed, which you don’t really think about until after your life has changed for the worst, how things were, compared to how things are now, that you have to let go of, what people thought then, compared to what is thought now. Then there was no cohesive group think mentality on any of these subjects, but when in Rome, you generally speak to what you feel, those are the words that come to mind, and that’s what being a writer is all about, what comes to mind, as communicated makes sense to others, and then there are your worst moments, even if recorded, get frowned upon, as insensitive, or not well enough stated. You cant make a better life, out of a bad life, that’s how things appear now, as though a nicely made website, can undo those hardships I endured, or judgments passed toward me as deserved **“The People vs. Leslie Fischman” that means DO NOT TALK TO HIM OR TALK ABOUT HIM PROBATION FOR 4 YEARS. That’s what that meant. That’s not intellectual property, that’s someone who felt victimized by me, which is why I don’t talk to anyone anymore,** if being loving toward someone, while building a website was considered “CIVIL HARASSMENT” then that explains why a situation happened again, except this time with someone talking to me, THEN I received no replies, there were no communications

back. *To the families I disturbed upon knowing me talking to one of their family members Im sorry, and to anyone who feels like “this is too much” information to know about me, I don’t mean to overwhelm, and if you are feeling sick or overwhelmed, its because Im under pressure, being made of in public, by someone who “had to convince me he has a high IQ” “to get me to talk to him” is admittedly insecure.*

Internal Communications ...

9/28/2020

It has been argued by *idealist.org*, that ““Effective, authentic communication is a critical ingredient for change.” [1] In telling your story, understand that others may already know you under a different set of judgments, given your history, upon their own examination, judge you, without assuming that others have gone through your personal records, or after having seen a different side of you, reject your well moments, your good moments, or your happy moments. Just accept how people are, whether it was you who talked about life, and they changed, treated differently, or whether you talked about life, and yourself were treated differently, remember those gone moments between family members, as being the causal factor contributing to that disillusionment occurring when things are occurring that cannot be communicated or spoken to, also known as mental illness, that is the ill interpretation of events or of your life, as thought by others, upon looking at your life, and then treating you as a “sell out” to your own family, for having made the wrong deductions, about a statement provoked by Petrocelli, which doesn’t matter at this point, as my health is failing, and so could my families health, means no added discussions, concerning that moment 2009 held privately, should be re-introduced, via football kitchen table to my Father who shouted yesterday “get away from me” did not want to continue discussions, about having a website, as I am currently the one who has wronged my family, sharing private communications with someone who is now making fun of me in public, and who is trashing me, and trying to trash my entire family, who other than me, have normal lives. This is when youre the odd one out, and that’s when things have been “taken too far” whether that’s you currently taking things too far, that is peaking past the point of illness, as though explanation or sharing can rehabilitate whats gone wrong in your life, or as though acceptance from others can repair which parts of you have been injured, in the process of getting back to well and trusting anyone with your heart for that matter. If you have been distant from your family for many years, this is probably why, too much to think about, with no one to talk to, and kept busy in law school, and kept my problems to myself, then you move home. At this point in terms of wellness, I am not now physically well enough to work in a job, its “the street or jail” my Father says, he will not support me financially with a website, that’s being cut off, as a result of nude photos being requested from me, to see my body, and as a result I am now ill and so is my family who are conservative, not into politics. Remember who was there for you when you had no one? A substitute Attorney “Ceballos” not Richard Sudar, who then showed up, talked to me, and I cried. “This person doesn’t care about you, he doesn’t want anything to do with you.” And I cried. I didn’t know why, people will meet you, know you, and you may NEVER know why. They just hear about you and stick together with all the jokes, and stay among the well, and if you are not viewed as being among the well, then that’s where you roll amongst, the sick. This isn’t helpful and its not controversial, its not helpful to me either to discuss, I feel indifferent to others, not angry, I don’t feel connected to others, alienated, and I don’t understand what was causing others to be so as a matter of fact with me, and I don’t think sharing about is helpful. If you are vulnerable, you wont know it, in life, things will happen to you to make you look stupid, and any proud moments dressed in Bebe, will be frowned upon, like youre out looking for sex, not proud because you just lost 50lbs, and going to your first professional mixer, Im sorry if I did not impress anyone, Im sorry I signed up for your pop-up shop, and Im sorry I did not get the email telling me that all spots were taken, until I got to the doorman, who rejected me at the door. The constant theme is hearing about your life, then treating you the same: arrives and reject, as though its my demeanor, that is worth rejecting or calls negative attention to me or others, or as though I behave inappropriately, Im sorry I took a picture inside *Rhubarb Studios*.

Reference:

[1] <https://www.idealists.org/en/careers/why-internal-communications-matter>

Commentary about #KUWTK (2012) etc. ...

9/28/2020

When Everyone Looks Good Except for You ...

9/28/2020

That's the gift of writing, that no matter who is mentioned, or what experienced referred to, you always look worse, having been the one to mention or discuss, that's everyone else being outside of you, and no one wanting to be you, judging you, as though you are in some kind of comfort zone, that they are not privied to knowing, whether that's presumed to be above, up top, connected, or with reference to supported. I am the type of person I once described, as "everyone jumping to the other side." That is if you are found to be in the wrong, then that is the side that is defended or supported, not what you have to say. These are experiences you have in your typical younger years, then you learn what is called "compassion," understanding others, without needing to hear from them, or anyone for that matter. I think being online has been a great learning experience, but there are still setbacks, when it comes to feeling good or better about oneself, that doesn't happen automatically, doesn't matter whether 60k are in support of you, if 4 people don't like you, who you know, then that's how you will feel, threatened by the four people who know you and don't like you, and the more you respond to it, the better they feel, having known you or met you, and not liked you, feel justified, and that's how someone new coming into your life, hurts you, sees you as well, sees everyone else's condition, then hurts you, so that you don't feel well, then feels better having changed your condition of wellness, to suit their needs, to feel like they are victim, the one who has been wronged, and to illustrate that create conditions for you that cause you mental illness, so that if you are mentally ill, they then have a stronger position against you in life, as having been mentally ill, and knowingly spoke or engaged in conversation with another with mental illness, if one knows that I have bipolar and on a schedule in bed by 9, on meds, then that is to see me nude off day meds, and to argue with me off day meds, to see what I sound and look like off day meds, and capture that moment, then call me the devil, like I'm asking for sex from an Angel. There is sharing your life, in support of one another, then there is making me masturbate to him, it's a solo activity, cherished in the company of oneself, it's not an activity to share or do in tandem, in company, that's not unless you are having actual sex with someone, then all activities occur, naturally. -I just don't think he understood me, and I think to make himself feel better is defaming me, labeling me mentally ill, and grose, like I chose to be infected with viruses, and given STDs from sucking dick "syphallis," obviously I loved the wrong Dick in life, otherwise I would have gotten STDs, and almost died of full-blown ovarian Cancer, with hpv dysplasia, going up the tube to my Uterus, they had to partially cut, and had them remove skin cells, versus option two to freeze parts of the Uterus wall, containing the dysplasia. That was \$4000.00 worth of surgery, caught by my own examination of myself, following CVS treatments, then saw a Doctor, then was diagnosed, then had surgery and was treated, that's dealing with HPV. So yes it does matter to me, to be photo'd nude online, I stopped having sex 2014. Don't label me, retire me, or defame me, to injure my chances of acceptance in life, like I deserve to be labeled as diseased. This is why I stay home and don't work. Who cares what happened to my cunt, if I'm not trying to put out, and if I don't need anyone to love my cunt, then why am I not allowed to be accepted as well? Apparently no medications is required to be treated as well, and if you have a history like 3 moments in life when you lost confidence and went to the hospital and put on anti-psychotics, that was the treat your condition as "gone" or "lost" or "paranoid" or by looking at you with no sleep "mentally ill." That is what I do when I need help I go to the ER, they interview me, then they reset my body & my clock, rest. -That's my inner turmoil if anything, loved Men, hurt by them.

What Defines You? ...

9/28/2020

∆We are all defined by different things in life, we all have different exposures, different upbringings, and some more confident than most when it comes to speaking their mind, and especially toward anyone who they think doesn't deserve a shot at life, or an opportunity to earn a living, talk at, talk about, or talk down, anyone they do not see as deserving of wellness, and that's when your true colors show, are you composed of well parts, or are you ugly on the inside, like a candle I once compared finding your beauty within, and when I did not appear well, when I focused within, and worked on myself, that is how I became beautiful on the outside, more attractive and with a prettier face, just as I had guessed. Which is why they always tell you "beauty comes from within" and to "focus on yourself." Everyone wants to know your secret to success once you've found it, while others

are in denial, and do not recognize you as having overcome anything, while others, moved on in life, lived life, and went through no years in question, no years in torment, no years treated as guilty, and no years defamed, put down in life. At what point is it important to become human, that when you leave things alone, accept the conditions as they are, and challenge yourself, to improve despite what is thought of you, that's the challenge, once everyone has lost faith in you, to believe in yourself, and even if people are hard on you, continue to set goals and improve, that's without encouragement, that's having faith in yourself. Blogging requires you to have some technical skills in website development and creation, its not premade, you have to visualize and assemble, in a way you think best communicates to others, what it is you are trying to say, and present in a way, that equally supports the sharing of that information as important as it is to you, be viewed and appreciated with the same care and attention you pay to your writing, no matter how your writing, is made, be of value. It takes many years to get comfortable speaking in public, get used to a crowd, or just a few people, and open up, its not a skill that comes naturally to all people, everyone goes through phases of being self-conscious, and gradually as you become more and more comfortable sharing, confident, and that takes time. And with writing online comes risk, my Mom just got worried, with regards to what happened to me connecting and getting robbed, said that its so bad anyone can just break in and shoot us, how she feels about Men from all Countries looking at my body being displayed in the nude online. And my Dad doesn't like my website. That's like multiple let downs, in one month, defamed, trashed, parents upset, and many passings. Which leaves me alone to think about a few things, how can I make my life more positive: get a job. -This is when things become painful for me. Then disliked.

Reference: www.dictionary.com/e/pop-culture/parental-advisory/

Please Note: This post, while copying from Microsoft Word, contains characters not typed by me, in the process, of figuring out, how to remove these characters from publishing.

â€

[View this post on Instagram](#)

A post shared by mymollydoll (@mymollydoll1985) on Sep 28, 2020 at 5:14pm PDT

Not Feeling Good ...

9/28/2020

They always say, "its just a bad day, not a bad life." Let's face it its easier to cheer someone else up, than it is to cheer ourselves up. And some of us, just don't feel good, and can't stay feeling good even if we tried, Im one of them. I used to be someone on the go, always keeping busy, never thinking about life, sleep, without worry about the future, I was on a schedule, and getting things done, and then you get tired. Im not sure what happened, sudden loss of motivation, and giving up in life, I wasn't suicidal, I was just underperforming in life. Today, I face a different set of circumstances, being myself and feeling good, without feeling bad about myself, feeling in control of my emotions, without feeling manipulated, and thinking about my past, without being triggered presently to talk about my past. Its gotten to the point where I am not longer present, Im not sure whether that's trauma, or just not feeling good, about where Im at in life, and how Ive been treated recently, but that's life, some people will be nice to you and some people will be hard on you and that's not something one should take personally. I wonder how it feels on the receiving end of my writing sometimes, in real life, its other people feeling good and then I don't feel good, Im not sure what that is, its not jealousy, and its not their fault they don't make me feel good, it might just mean I have mental health issues, not feeling good around others, most likely a product of "social anxiety," that is worrying what others think, and then not feeling good, in anticipation of what you think is being thought about you. Some things you can't control. When I first started taking adderrall I felt good all the time, capable, and got things done, kept busy, and slept at night, I never had addiction issues, I didn't drink or do drugs while I was prescribed the med, except for summer and one semester 2006, when I turned 21, and started going out to the bars. Then gradually the medication stopped being as effective in law school, prescribed the med abilify in law school but didn't take the med, I think based upon how I was talking, too fast or too hyper, made the Doctor think I was disorganized or didn't make sense and prescribed it, because hospitalized, once 2009, after swallowing a bottle of kolonopin, after my adderrall was flushed down the toilet by my ex, had a bipolar episode. Im not really sure how bipolar happens, but its an imbalance, today is no different, it seems once others are aware of a condition it happens, even if it was just

that once 2009 I attempted suicide. Knowing that, its important to do things that make you feel good and keep you moving forward, sure its nice to make other people happy, but not at your own expense, such as sending photos, that was a huge mistake. If you're not feeling good about yourself, yes it could be that you have done something wrong, that is enabled someone else to read you by sending them photos, that is a mistake I will live with for the rest of my life, treated as disposable, replaceable, an airhead, or a "slut." That's not me, that was what was wanted from me, not my doing, but instead was displayed online, as though that's how I talk to people sexually. Im not a flirt, so to be treated as someone who uses their gender to get their way in life, was really insulting to be treated that way, especially if Im very conservative in real life, that's where things went wrong. You can want things in life such as love and companionship, but that doesn't mean that you wont pay the price later on in life, for bonding with someone you accepted, who did not accept you and did not see you as special. I guess a blog is not an impressive profession, to that person, nor is my work history an accurate indicator, of my capability in life professionally. Seems these day you are only judged by the job you have and the amount of money in your bank account, which has been \$0 for me for sometime, I don't have any money. So because I was doing well I was given edd.gov money, and because I was in a good mood and loving, was nice to others in private, and because I was nice to others in private, I got robbed, that was them assuming that my life is easy, or that wellness is plentiful its not. Everyone faces difficulty staying well, and feeling good that's not unique to me. But because of where I come from, and because of who my family is, that was how I was treated, like life is easy for me, or intelligence is easy for me, or law school was easy for me, or socialization is easy for me, or dating is easy for me, no its not, all of these things I find difficult and challenging. The most important thing is that no matter how bad anyone wants you to feel or look, you don't stop loving yourself, and lift your head up, and do things that make you proud to be who you are and be where you are at in life, happy.

Destroyed Originals ...

9/27/2020

No one ever warns you of the problems arising upon telling your story, or sharing your life publicly, usually its by complaint that others do not wish for you to be heard. That's seeing you, and not having faith in you, and not believing that you are sharing in good spirits, not on foul pretenses. Whenever someone comes forward and shares, that's with acceptance of everything past usually that one is able to put together oneself, and present themselves to others, not in disarray, and not in a disorganized way, but after having made sense of things, seek to make sense of things in public among others. Theres something special about being special, its being one of few to know, and be gifted a way of compartmentalizing ones understandings of reality, upon meeting another, whether that's in shared humor to onlookers, or whether by expression public, shed light or help others to make sense of what has occurred looking at who is in the neighborhood, or who is known to be living in a neighborhood. Take all things in stride, sometimes, what looks like a communication congruent to an idea "American Girl Dolls" does not mean there is a connection to American flagged homeless tents in Brentwood. That would be an unwanted attachment or communication about me, illustrating me as "schizophrenic" upon my own doing "talks to self" or "talks out loud" to say that because President Trump blamed the fires on someone "homeless" in the news, that that gives the right for the homeless, to designate another source of blame to someone without them knowing it, me, someone whos pen name is named after a Doll company with the word American in it since 2013. My mental health issues, have nothing to do with anyone else, present or past, and everything to do, with my ability to be confident in my surroundings, and comfortable with myself, whether anyone understands me, that's not my job to be understood or to communicate for understandings in life. I just know that as an OFA Fellow, when the homeless community first moved to Brentwood, I passed out hygiene kits, I made at CVS Pharmacy. Recently a member of the AA congregation I attended, BBQ for the homeless, on Instagram, filmed herself and was awarded a flag, she had framed, with a card. That was her servicing her community. -I think there is a misunderstanding with concern to a poster I took down before Aurora happened, defacing President Barack Obama, and blaming me for taking a poster down, and was retaliated on, by taking all my blogs down, as though I am the problem, as though that poster being left up was okay for viewing. How you share things matters, and if you alert others to what you think happened 2013 on your website, and then don't follow up, with a clearer picture of the direction of influences in life, you get made to look like you brought illness or hardship upon yourself, by doing something you are not supposed to be doing, removing a poster from public view on the side of the road on Wilshire. I also called the Colorado DA to report my poster, in my apartment in Boulder, of a French Artist who passed away, with the line "love life with Cora Americano" on the bottom, and picture of a girl turning and snapping. That was a vintage poster on canvas, I bought

on Pearl Street at an Art Store, it was one of a kind. However rumors start, or clubbing starts, I think it begins with a communication to all, who then looks at everyone, and identifies, communications by or by what they look like or by whats around them, be identified by those who know them, or who have been privileged to be exposed or see the inside of their apartment, it is them who are gifted the big picture, and it is you who is being looked at by them, without knowing what you look like to others, that's the difference between what you see, versus what others see looking at you. -There is a certain discomfort, in being talked about, whether that's in the negative or the positive, its that upper edge that others seem to have over you in life that you wonder about, why you used to be well, and now are sick, and whats causing illness to you. Maybe its an unwanted connection to the homeless, and an unwanted comparison to the homeless, as someone who speaks in public, with no one listening, or compare me to someone who speaks in public, that no one wants to hear from bothered by. -I was just thinking today about Justice Roberts, who I have mentioned, who I noticed while taking notes inside the US Supreme Court, had his hand on his head, when I returned to the Court Room, I took a break and left sometime during the 3 ½ hours I was present taking notes, and listening to those speaking within the Courtroom. Its very disheartening to have have undergone, mental health issues, with no way of communicating to others, past the point of non-acceptance of me, I think that's fair, when someone is done talking to you, and no longer wants to hear from you, ignores you, makes sense, only in the sense, that they do not want to talk to me, that's fine, that doesn't mean Im talking to them here, it just means that they have their own understanding of things treating me as though I was put in jail, for a misdemeanor drinking and driving, but was to serve as punishment, for a bunch of other things they thought I was guilty of, as though I am a trouble maker, not a peacemaker, as though I am not smart, and bring trouble to the Country, or as though I misrepresent self or others, punished in life.

What is Spiritual Awareness? ...

9/27/2020

According to compellingtruth.org, "spiritual awareness is being conscious of spiritual ideas or matters. Some think of their soul, a spiritual path, a spiritual leader, a religion, or the unseen forces in our lives and in the world." [1] Whenever I don't understand something I ask for help, whenever I feel confused I look for answers, and whenever I care about others I try to help. No matter what stage in your personal development you are when it comes to accepting what has past, be kind to yourself. Notice when we are too hard on others, its often to do with something not right in our own lives, we could be doing a better job of, remind yourself you cannot control others in life, we can only do our best to see the good in others. Everyone makes choices in life, its not our job to prosecute as we go, cast blames on people for things not going right in life, always think what if in the reverse I were to be blamed the same, thats why we are told to "put ourselves in other peoples shoes." What would it be like if someone were to think the same about me, that's called empathy, its treating people as we would expect to be treated ourselves. That doesn't mean that what the other person is doing is right, its just choosing not to care or worry about what someone else is doing in their life, and make it matter to us, that's not unless we are required to care, and this is where professionalism takes place, its being there for others when we are required to be there for others, and not enjoining ourselves to the chaos that surrounds them, being a sound voice of reason. There is so much confusion in chaos, and so much confusion in trauma, and so many reasons we find difficulty speaking up, and figuring out what needs to be spoken to in life to correct whatever is going wrong in life, that's being cautious. Whenever there is a problem you have two jobs: (1) stop the problem and (2) not make the problem worse, just like a band-aid, stop the bleeding, but not make it worse, allow it to spread, get infected, or remain open. Most of the common solutions are based upon basic practices in medicine, you would think that social ills, or social confrontations would be treated differently, its not as abrasive as you would think to confront an issue, you cant exactly prove, and action not in writing directed toward you, but if you feel as though you were of influence, and made fun of once, then sure you have the capacity to be a solution, if you were focused on once. That's the beauty of life, we continue to change we continue to grow, there is acceptance and focus on us when well, and that translates to wellness elsewhere, then there is failure when its hard to look at you and hard to think about you. What you should always remind yourself of, is the beauty in life, even when times are tough, and more you forget about whats important to you, the more you allow things less important in life to take hold of your thinking, such as the way you are feeling. We fight feelings all the time, laziness, unmotivated, sadness, and doesn't it feel good when you arrive back to a place you are proud, that's not letting a condition take hold of you, that's rising above, that's having a sense of faith in your wellness and the wellness of others, no matter how bad a condition anyone gets placed in.

Reference:

[1] <https://www.compellingtruth.org/spiritual-awareness.html>

When a Loss of Respect Occurs ...

9/26/2020

Politics isn't for everyone, including me. It seems that in the event respect for you has been lost, that's the minute you look stupid to everyone else, that loss of respect usually occurring because of something you have done, which gets looked at in conjunction with whomever else is in your life, or no longer in your life, by comparison treat you as different, and upon being treated as different, meaning not nice to you, you are introduced to a new form of living, that is not as well as everyone around you, not as special as anyone you see, someone different, less than, or not of influence. When you appear in front of others, and are not well, that discomfort can be seen, and if you are comfortable with yourself, that confidence can be seen to, but once you are made to look stupid, all moments in life look stupid, all your happy times, all your innocent years, all the years you were never paying attention to how you look, none of those years matter, compared to where you are now, which is what others are trying to figure out, why you sound intelligent, or smart or aware, and why during other moments in life questioned, as not being good enough later on in life, that is after having hooked up with someone married, then dating in real life someone who went to another law school, and should have married. Once you leave a good life, there are no well moments past leaving a good situation, in hopes of finding yourself, or creating a life for yourself, if it was intended for you to create a life with another and get married and maybe have kids, then that was what was expected of you, and should you leave a situation in which all of that was possible, is how you get viewed as a poor decision maker, it doesn't matter what failures you have encountered academically, not excelling in school and getting good enough grades to continue on with the pressure of taking exams and learning material. That is what is being viewed in question, what were the causes for your disillusionment, and what did you do with your life, to do better in life. I think past the point of being known, there is an automatic discomfort, and a loss of respect that occurs at the point of you becoming aware that you are known, how you choose to respond, with respect for others, or whether you put yourself down in the process of becoming known, make no assumptions about it, if you share something only you know, and everyone else becomes knowledgeable about, don't expect to be known for good things in life, only be looked at in the negative, as someone who does things in private, to be known in public as something they are not, or someone who does not respect themselves enough to avoid becoming known to other standards of acceptance in life. This is what happens when no one respects you, when you cannot control what you have to say under pressures, and if you speak while another is resting, not composed, that is what is brought out of you, for the sake of viewing you as not smart, affected, or not having anything important to say, to make others feel better, offensive. If the goal is to create an offender of someone who is not an offender, the way they do so, is by creating a feeling within someone, who they do not like, so that they speak to the offense, and sound mentally ill, and upon sounding mentally ill, situated separate, and upon feeling separate, see if they can cause someone to look or appear different to see how they respond to others, and that's to create a situation of arrest, someone possessing traits, or having looked or appeared to be someone in possession, of a feeling or attitude of distaste in life, to judge their face or their body, as someone possessing the feelings body or identity of someone who causes harm to another, and upon having been influenced in that way, feels like someone is an offender, means that an offender is within them spiritually taken. When you get devalued, whether by photo, or by dating, this is how you get treated, as gross, not only do you look gross to people, but you speak gross, and anything you say sounds gross, that's being labeled. And upon being labeled. All instances in which you were treated as gross, get looked into, when have people argued with you, when have people taunted you, when were you not liked, in law school, which trying to get a JD, and that's why people f-cked you, and put you down in life, because you were up in life, intelligent and doing well. Its upon insult, that you get treated as though you have done something to yourself, in life to create a condition to your face or body, such as masturbation, which causes a womans body to gain weight, and face to lose beauty, it's a condition to the heart, which is the traveling of energy through the body, from the hand to the body, and feeling occurs, and what gets represented on the face of someone who does themselves, is thought to be what was thought within a good thought or a bad thought, and based upon whether someone is good or not, appear on my face.

Responding to Hate? ...

9/26/2020

Generally someone who is more well than you will be indifferent to you seeing themselves as better, and their wellness is not a representation of knowing you, although those who knew me are doing well, that is because they are among the well, and were never brought down in life, not by my personal history or changed outlooks in life. That's wellness, you're either apart of, or not, and if not, always do your best to blend in no matter what condition you are in. You can never blame others for your changes in faith, or for your decisions to be alone, and whatever happens to you, look wise, be strong. That's just another's re-direction of attentions to you, and the impression they have casted on you, of what they think things should look like, also known as sex, someone who does you, and then feels better after having done you, and if you feel worse, that isn't jealousy, that they are well and you are not, that's not being well yourself in the face of them not being attached to you having done you. When wellness can no longer be exchanged, that is when people find it difficult to be around you, that's not feeling the benefit, by not seeing from where the benefit can come from, that's "judging a book by its cover." What is meaningful? Derived meaning from the telling of a story, is what is understood to the audience upon looking at someone, that is the strength of story telling no matter how sad a story seems, and no matter what the story teller looks like. As a human being you cannot change people, it doesn't matter whether you are of influence or not, and wellness whether based upon a mutual hate for someone, or based upon the togetherness, or a unit, who in comparison to one another compliment one another, that's how beauty takes hold. There is a lot of beauty to life, if you are patient enough to work hard, and enjoy the moments that make living worth while, and if you're sick and tired of hearing about how short life is, then you have come to right place. And just because I am sober does not mean that I'm living day to day, as though there is no positive momentum to my life, or as though I am working only to the opinions of others marked, re-directed, confused, triggered, or changed, we are all human, we both can be read, understood, view, and notice, but when you are forced only to look into yourself, that's punishment, seeing everyone else, and not feeling apart of, feeling looked at funny, and seeing them as whole. That's life, sometimes you inspire, and sometimes you are ordinary, and sometimes people think less of you for having shared your story, as though you are unimportant, or not important to another Family in time.

Negative Possibilities ...

9/26/2020

That's not illness, that's wellness, and that's not paranoia, that's future tripping, also known as bipolar, when all the negative possibilities come to mind, that's a loss of faith in what is well now, and predicting negative outcomes, in anticipation of difficulties, acceptance wise, or belief wise. Always keep a positive head on your shoulders, and when in love, roll with the punches. Love is a beautiful feeling once shared, a feeling of natural peace occurs between you and the other, do not mistake that feeling for something bad, that's not created by either giver, it's a gift from God, when two people are together and feel well around each other, well enough to share love, or give themselves to the other. Okay good because we never have sex when it's foggy out only on clear nights, I'm assuming you guys were wondering about that, when does it feel like a sex night, if you were raised on booty calls, you also watch the weather channel, put up a dream catcher, and keep yourself busy, until your positive signal are emitted and felt by the other upon thinking of you, that's love, waiting for it to arrive, like any good feeling, not all days are good days. Have a sense of humor about your health, the body is much stronger than you think, often times stronger than your mind, if you can believe that much, how we wish both to evolve in the same way as a computer has taken us places, I just know when I read my handwriting, my body slows down, because it was written slower than typing, that's the benefit of typed writing, written 60 words per minute, and that speed can be communicate back to the reader, and energy is transferred. Are all smart thoughts quick, do all things smart occur quickly, I'm not sure, and that's where blogging comes into play, for me overtime it took one year to write fluidly about just about anything with confidence, but in the beginning I really challenged myself to speak opening up and see the big picture including past concepts of intelligence, and challenge myself to see whether those intelligences have been equally displayed now among us, whether past intelligence encouraged us to try harder, I think so, or was past intelligence more intelligent than now, and how so? That's a good question to ask historians, are we to benefit from informations and become smarter and stronger, or is information supposed to weigh us down, well if my readers are reading on average 6 minutes a day, and I have 60k monthly viewers presently, then that must mean they stay long enough to feel good, meaning it's a nice place to be, not a bad feeling felt.

When Your Wellness is Controversial ...

9/25/2020

Yesterday I called a crisis hotline, because carrying on in discussions about my private life only did me disservice in life. Although I have moved on, sometimes being connected to who has passed through your life, doesn't feel so good, that they are well and you are not, or expected to be weller. That's just life, sometimes you connect and are well, and sometimes you improve, while they find better. That's just life, not everyone will see you, and at the time of meeting you see your value, they may love you and respect you, but find other things more exciting in life. This is why lifestyle is so important, how you feel and by what you have to offer the world, in presence, and as a homemaker, translates to the rest of your life, how you are seen. Just stay steady, its to the point I have shared so many "psychotic breaks self-harming" that I just cant be myself right now, its not fun being treated as predictable. Always be in control of yourself, no one can control you, unless you allow them to, and trust your instincts. How you are feeling matter, and how others feel matters too, and sometimes you need to be alone, that's okay too. Just enjoy life, there are so many facets of life, to explore: travel, learning a new profession, getting good at a sport, picking up a new habit of reading, finding a new website, anything that keeps you chipper, and with ample room for comfort, I promise you being social or dating will not result in what I have gone through, its really technical, history, legal, medical, and I have to improve and think, and I don't know the laws with regards to the subjects concerning me, a fast decision maker, on point. Notice today Im slowing down, after not having slept, that's just overcoming a mood, sleep is important, you cant think youre way out of a feeling, sometimes you have to pick your mind off of what you are focusing on and focus on something else, that makes more sense to you, Im sorry if I don't always.

October 2020

No One Has it Easy in Life ...

10/2/2020

Someone who thinks you have lives a Shitty life, or assumes that going to law school was to make oneself look important, or as though one knew that two Attorneys passed, as though one is insensitive upon having suffered bipolar from drinking attempted suicide, as trying to be like someone who has passed, to argue that to receive a relayed message was the cause of suicide, that's seeing me as imitation of real conditions existing in professionals with many years experience, as not being able to handle disappointment, assume that then I was aware that "I was being looked at as a source of disappointment, beyond my family and friends who were worried about me during my time using." This is the difficulty in sharing a story wanting to know what you were like then and why you are this way now, and trying to understand how you got into law school, if you understood whether you were a wanted connection or a difficult connection and why, as though you pretend to be something you are not and subject others to harm, after having heard your story, know who you have been connected to or who has supported you, someone whos house was raided in Boulder, and gun taken from a safe and passed around, shown to me, by the girlfriend, who was being attacked by her boyfriend shouting at her calling her a "cokehead" and then she showed me a gun, and then we hid the gun in one of her roommates suitcases in an attic, that she almost took to DIA International Airport. The first time I saw a gun was at my house on Leonard Road had a pool party and my friends friend brought a gun in a case to my room to show me and told me to hold it said it belonged to a rapper, she was later seen on the show with *Ozzy Osbourne's* family, and later defriended by my friend, my Filofax notes friend. And told her to tell him that the gun was hidden "by someone who cares." If you do not know how to manage a situation of bullying, and a gun is shown to you, means remove the gun from the situation hide it. Then he got nervous couldn't find his gun, and begged her for it back it belonged to Bauer, from his safe. They were staying at his house, while he was home or not in town, one of his roommates gave me a blue earring and told me "this is Bauers earring" and made me ship Heroine in CD cases in balloons at the Boudlerado their private courier service, and was later told my brothers friend Devin saved his life, meanwhile he took away my cocaine and called me "blowfish" and then I told my Mom I had addiction, and then went to rehab and graduated without going to Betty Ford, sitting on Bauers couch in my James Pearse ¾ length white blouse with a waist tie, his Mother greeted me at his door, said something like "I know you" in a nice way she used to be close to my Mom the shopped furniture at the ETrade building in Brentwood when it was a home goods store. My Father was best friends with his Father until one night eating on Ocean Ave at dinner, he said something offensive about my Mother, why he was defriended. I smoked Heroine out of a flashcard

with him I didn't feel a thing, but my tire got popped in front of my building the car was stuck to the curb in the snow, and couldn't drive to his place anymore, he used to play Xbox against Kids from other Countries I was told, I met him when I was in 5th Grade in Mammoth. Explains why and how when I was at Bauers house, my brother walked in with Devin, awkward. We didn't have sex, Bauer told me he was scared of my Brother, maybe gave him a handjob, described it.

Afterword: I am sorry for sharing this story I understand how extremely irresponsible I was to connect socially and understand that I did not need to drink be of age to drink or try cocaine to be social, I couldve been conservative, I know its not necessary to understand the condition of others situate oneself similarly, as described by my Sociology Professor, in her Deviance in US Society class, this is not to showboat those incidences as having been an example of making a positive difference, and understand that if I tried drugs and became addicted and not able to have friends or date or maintain composure in school perform, means that I was disappointing to Professors who recognized me as a Dean List student, turned drug addict (Summer 2006), and understand that going to bars Spring 2006 making friends via Facebook messaged with a elementary school alumni, who was put together and worked, was not a bad experience that caused me to hear voices and and isolate with a hotel lock installed on my door, for safety. The hotel lock, was not a representation of an obsession with hotels I really held no theories with regards to crimes, nor ever self-identified as criminal all my friends were through my neighbors. That is by luck picked a cool apartment building the perfect apartment, and even made wood floors over the checkers contact paper on the floor, I was comfortable living there, then there was a blackout, and remember being outside my old building made a bon-fire in the barbeque, the last time barbeque was mentioned was by a neighbor above me cooking brauts who used to blast the song Lean Back above me, so I studied in the Library instead for 5 hours, his friend a Sorority girl said "oh I know Julius" and his Father came to my building looking for him and his Mom would call my home phone to check on him, we cohabitated Summer 2005 I think he stayed in my apartment while I was home for a few months in the summer, then he moved out. We flew him to New York and he met my Dad, but he was not approved, maybe because he was too tall, and slept together on the couch at the Waldorf spooning, he has family in Brooklyn, when I attended one game with his cousin he goes "so youre the girl who helped Julius got him playing ball again" and then he outgrew me, dated someone else, and went Pro.

Heading: #blogpost: No One has it Easy in Life ... Boulder Hook-up no sex as described, then a dick platter was made to identify Trumps dick while messaging a Trump Support Account.

Recognize a Historical Moment of Silence ...

10/2/2020

What you have to say whether that's a Papa Johns joke, or a Kobe joke, or a Trump joke, or a Scottish accent joke, or a Hamburger joke, or a Lotion joke, or a Truck Driver joke, that is just something you have to deal with, that's seeing your potential to be hated, say the wrong things, to see whether you get treated similarly in life, as someone like Ashton Kutcher, who says something insensitive was most popular, then takes over a TV Show, after having punked celebrities scaring them into Shock. These are combinations of understandings in life, if one gets measured by, seeks to lead to similar results, to say that one is not different, with special privileges, and just like a Shopping Cart joke, saved as though one recognizing things to be openly about making fun of a family member, whether that's a shared understanding or story having been told to all from your perspective. The say that you listening to music, or your music choices are obnoxious and sexual, claiming you to be too much, or hyped inside feeling music that resonates with you inside, that's watching you listen to music, thinking your weird by your tastes, or have a quality within you that is not loved, why you like R&B songs, and trying to figure out what it is about you that you don't like, and whether you were friends with others, who you recognized beauty in as the chubby ugly pervert friends with tall beautiful women, as though you misidentified yourself as pretty, or judge people based upon what they look like, superior to others, thinking you deserve to date wealthy, well to do, or friends in common, when your world is small you see people as special, and light up upon getting to know them, speak to with enthusiasm or love, if someone has heard from you online and thinks you're a joke, or not a winning hand in life, sensitive to the passings of others, as mentioned, makes you look like you don't care for the causes for Cancer, as though being defensive, I was given Carcinoma Cancer I am one of the victims, of Cancer, and got surgery, that's not to say that those health related issues could have been prevented, had I not been asked "Who do you think did it?" In Colorado

and West Hollywood, treat me as though I was someone who knew someone and was trying to figure out death, and that's why being introduced to cocaine made me look bad, as though someone knowingly experimented with their condition on Deans list, as though one is trying to be like, or is not an advocate to women, and lose all respect from everyone, having tried drugs, that's becoming addicted to something that makes you feel good but look bad. That's not understanding that I can only live life once through, therefore next time, not try cocaine, if its not needed, or unnecessary, and if another is feeling confident about it, its because they do not value you as smart, and see you as impressionable or stupid, that's taking a look at your life, and helping you to live life differently under another lense, and as mentioned, her Mother a legal professional, Father passed. I don't understand the guilt associated to me or to anyone mentioned I just know that as mentioned is being looked at to mention to say that my mentions subject others to death or look guilty for any reason, I never thought that anyones luck was riding on a system of luck built within everyone, that if one is found to have contributed to a condition, assumes bad luck or guilt or responsibility. His daughter campaigned for Brady on Facebook, went to her Dance recital, it was a Modern Dance style emotional.

When a Woman is Emasculated ...

10/2/2020

Its not just Men, who get intimidated in life, to not feel as successful as, I promise you that feeling of being whole, and appreciating whats around you being right where you need to be, is a spiritual thing nothing to do with money, power, or privilege, from my experience it's a feeling you create for yourself via accomplishments, and as you work hard and make progress, THEN you feel good after working hard, that's the faith in the metrics, that if you give it your all push yourself, that you arrive to a state of wellness, called pride, that's something you do for yourself, to realize your potential, and then be recognized by others with 65k monthly viewers, wondering what youre about, how you arrived here, what you have to say, whether its current, or whether its something we've already heard and know. Does what your feeling have something to do with a personal interest, and if having to do with pride, should that be something you discredit a woman for, by not dating her in public, ignore her texts. That's an interesting concept "ghosting" Im assuming it happens to women like me, who seem fine on their own put together and not needy or controlling of a man, took shopping, gifted a handheld xbox, let them go to strip clubs on his birthday, and only went to one basketball game, and stayed home on weekends crying, that's not being an arms trophy, that's dating in Colorado, he was scared to get sandwiches at the sandwich shop in public together, with a theater downstairs, I once went to a show, and took two friends, to hear a neighbor play, he forgot the lyrics to his own song, we were three of one or two people on the couch behind us, sitting in chairs, while he performed his song. I was his biggest fan at all his shows, I told his friend Wayne who rapped, Ive never hear electronic and rap together before, that that was a really good idea, unique, he later told me that he would be working for his family as an accountant, we spoke last while living on 13th Street, I must have been attached to my old apartment, I never really got comfortable at the new apartment, with no garage promised on the lease, got a pile of parking tickets, then got a parking pass, where I parked, a family of racoons left the sewer. How to get your womanhood back, that is confidence and feeling safe and put together and well liked, don't do drugs, don't drink, don't go out alone, don't be promiscuous, respect when you get scolded by strangers, and told "Go back to California!" That really explains driving home to California with two guy friends, one slept in the back the entire time, the other drove for like 45 mins, and I drove the entire way, that's friendship, they went out and I went back to the room, and upon crossing a bridge in Las Vegas, in my leggings and Chloe boots, one said "How much for the girl?" They thought that was funny. Never fight with friends, when you look bad or don't feel well, its impossible to have friends that are women, they usually get upset with you or blame you for not being your positive self and expect more of you, that's women caring about women, you are either are the \$hit or your pretending to be the \$hit.

Heading: #blogpost: When a Woman is Emasculated ... #friendship #womanhood #lasvegas #confidence #femininity

Letter to #scotus concerning President Trump ...

10/2/2020

Dear #scotus,

It has come to my attention that now President Trump has become sick. I understand in my little world comprised of just me, that I am responsible for my own wellness, as it affects others as shared. And not to make a mockery of what has turned out beautiful in terms of our Country's story, be made to look unappreciative, in support of whoever was reported to have been "talking \$hit about me" regarding "my spending habits" in High School, that is informing me that someone I am close to, speaks badly of me, and for those reasons, a bond was broken, that is feeling the same as someone, and then led to her crying upon me dating, saying "I feel like I don't know her anymore." As told by another friend a mediator, pictured with her at a bar all together, without me, while I was in town from Colorado not invited, out together. Little things in life, that make you not feel good, but don't say anything about. Now as observed by everyone, thought that I did not value my friends, with agenda to improve to spite others, as though recovering is for looks, that's just recognizing my condition as not well, and focusing on myself, detached, that's how hard you have to focus in law school to learn, maybe it was easier to others, but I read and studied very hard, and eventually burnt out, with later commitments made to care and figure out what went wrong, that was seeing someone leading from a hospital, and thought that it was important to help him fly to DC, that was my dream to work in DC, without momentum in life, jobs taken, you lose respect if you don't work, and then lose years to your life such as opportunities to be respected later in life, sometimes that has been predecided for you by others, with potential or thinks shes going places, and not if we have a say [with regard to the] past, which I would never credit them as being a force that pulls me back in life, as though that's how people connect as pillers separate and affecting one another, that's to get me to speak to private images, as though through my own mouth speak to private parts as though I have an obsession with others, as though Im an exhibitionist Im not. That's a source of heartache, friend loss, that's not empowering to better yourself without them, and if you get sick, or bring them up, in a moment of illness, that's to say that you were not apart of that, and you spent time studying and lost all of that friendship to what degree, and what other degree that's a law school but doesn't mean you are an Attorney, that's not making it in life, not able to manage an outside crisis, and perform well in school, and mangle everyone elses energy as unaffected, or not feeling urgency or responding, that's how you get looked at as connected, whether you are at ease, or whether while people looking at you know why they are looking at you, because you put a thesis in columns. There is no plan in crisis, there is just silence, I think that is best, nothing that's leading the sick astray, that's not how to help people, identify who is sick, or try to fix everyone with your own wellness that's not leadership, if I am not accepted as someone smart, then this is as high as I rise to the occasion a blog. And that is what makes me seem stupid or replaceable, I don't steal anyones thunder in life, or make others look like easy moves to achieve, that's saying I do things for response, like going to law school to then claim that I represent someone, or having shared my insights, credit self for anothers freedom, by his Attorneys, that's situating me in a position feared, as in defense of "a killer" like the Youtube we were required to watch in Law School "Defending a Killer" to psychoanalyze what an Attorney goes though defending someone guilty, asked to respond and watch a video, if that was to communicate to me, that I was judged as an OFFENDER then I don't need anyone in my life or to date, as though my energy causes that energy of up, or that my lack of abilities causes an energy of down. If I am best apart that is reading others, that is when things were best, but past the point of illness, you always stay alone, working on yourself, fixing your own condition, and not being apart of connected well.

Heading: #blogpost: Letter to #scotus concerning President Trump ... #presidenttrump #wellness #thepast #repetition #torememberlosses #forcedrelivingofrejections

Fighting is Not the Solution ...

10/2/2020

And this is where the phrase comes from "the sick get sicker" its upon fighting that you max out in life, lose energy, that's speaking to terms, that do not make you feel good, and only improve an opponents condition of interest, who treats you as an outsider to the best interests of any majority in life, if it can be identified that you are mentally ill, addict, or alcoholic, someone who goes to extremes without limits, or has energy beyond reason, going for things in life, feelings, or goals, that are not beneficial to the health of others, to be in any zone of improvement in life. As soon as you get labeled one thing, how quickly you get disproven in life, as not measuring up to as described and that is being treated as "fraud" presents oneself in one way, and underperforms, or waste energies fighting with non-existent voices, then going back into addiction, and trying too hard in life, for the wrong reasons, more acceptances,

as though that is how wellness occurs, with attentions drawn to individual needs, to share, compelled by questioning the standards of care one has been under, as though not well cared for, became sick. This is the challenge of being loved and in loving, staying well, and it will always be Gods gift to decide, who is loved and carries on to the next generation, that is by choice and by preference seen as being a human being to be duplicated, loved until duplication, or loved until one feels loved, bloom, that is with faith in the other, an easy union, where one or the other does not need to try hard in order to be loved, accepted. That is basic to life, not something you need to try for, looking good, or feeling good, and that is where my problems put me at odds with others, easily affected and not well among, that must mean that I don't understand, cannot comprehend, or not on the same wavelength as others speak, some speak to higher callings in life, as pronounced, speak on a more intelligent level, that others pick up on, that's being professional that air or arrogance, that's not understanding what is wrong with someone as quiet, or insecure, and when that condition occurs, fix it and listen to the ones you love, because if the ones you love do not accept you in the condition you are in, chances are those in public, or other professional settings will similarly agree without having communicated that there is something wrong with you, that foreign antsy energy of being late or trying too hard just to adjust and not being able to, that's being seen as stupid, if you are not at ease, there is no standard cool way of being, confident, you either are confident in your surroundings or you are treated as stupid so that others can rise to the occasion, and whether there is a larger story to be told, how you look, how you respond, what controls you, who friends you, who disassociates from you, who believes in you, is NOT the job of others to live your life for you, learn how to be behave think react grow provide love and get hurt, and fix yourself, there are always band-aids in life, such as reporting, no one is required to be street about trying to achieve the tough disposition of others see what real life is like around people who go out, let loose. When bad things happen to you think, what did I do, that enabled all of these things to happen, think? That is taking "responsibility" as described in an open AA meeting I attended, that directs one to think about what their own responsibilities for wellness are, upon communicating to others in a sober setting, how when one is well, naturally they are required to help make others well, and that's how trust and confidence get rebuilt, I don't think I fully understand the meaning of those posters, until I made a website and wrote everything I needed to say, with regards to how I have lived my life, and what I know now, don't expect anyone to keep up with your personal changes over the years, be proud of you either, not if you complain, when in pain, imagine all the negatives, and not upon delusion complain that because you think these things exist in the minds of others, why it translated through you, as sickness. That is blaming others for your condition, you cannot improve so long as you do not take responsibility for your own health, and if you cannot figure out what is wrong you can always go to the hospital to reset. That is putting your life in a Doctors hands, to fix your sleep cycle, your daily wakefulness, and help you to manage your thoughts, so that you don't play Doctor on yourself, and make sudden choices to quit living life, or make your life more difficult expressing grievances, and not appreciating the value of care.

Heading: [#blogpost: Fighting is not the Solution ...](#) [#sober](#) [#wellness](#) [#systemsofcare](#) [#sharingiscaring](#) [#responsibility](#) [#givingback](#) [#cyclesofrecovery](#)

How It Feels to Not Be Good Enough ...

10/2/2020

When you are not good enough no opportunities avail themselves to you upon being well, that's others waiting to see what you have to say in wellness, and in anticipation of you being happy, cause you illness, to see how you react and respond upon becoming ill, as though your wellness is interdependent upon reaction to the conditions of whats around you, not understand that your wellness is offensive, that's if can be proven offensive, and knows that one is considered to be offensive, preferred to be obese and suicidal at home in bed all day, that's letting them win, assuming the condition of "pervert" as shouted at, to say that one gets down to the unhappiness of another, makes love to someone who is powerful as though that can resolve the diss-ease of others or empower them, that's to say the "Charlies Angels" shrine over the phone in DC, was making fun of myself or an admission to masturbating following being sent a bottle of wine and an invitation to inauguration, as though with acceptances one performed for love for another, as though there was some magical bond of acceptance, if now I know someone knows me, they do not think highly of me, and do not need an impression or love, in ordered to feel like their interests are recognized, why 2013, living in Westwood, I changed my Victim Impact Statement, and erased my name and rewrote it for Barack Obama, since he was the leader at the time, and suffered graver harms than what I suffered bipolar wise, that's acknowledging his life and job as real, a caretaker of the interests to the majority, and accepting

my condition as mentally ill, and speak on his behalf, after speaking in SCOTUS, that is treating me as though I do not identify with someone who represents everyone, and did not help him out of a crisis by being myself, and reacting and responding natural, that's to say my experience in DC was mentally ill, or that my experience in LA was mentally ill, maybe that just means stay home, once it appears you are communicating to a crowd, that is when you know, you literally do not fit among, and if you do not fit among, means stay home, that's because you don't know anyone being out, why you do not belong. If you have a solution to a pandemic, don't hurt me as though I've been on the inside and as a figure looked upon, motioned signaled or did actions in my computer not school related and knowingly was subject to harm or interpretation, or for reaction changed myself my demeanor or computer space to be hospitable for entry by anyone, as though there was nothing of value in my computer, that as observed once did not benefit seeing through my eyes, or looking into my life, to figure out their own determinations of life, when it comes to what's important, or see patterns to empower themselves. We are all entitled to the freedom to choose, we don't have to listen, and if I am someone deemed to not have endured hardship that's not understanding my life as observed, and me getting sick as deserved, and the only way to stop that pattern, is to continue focusing on myself and improve, not by talking about others, or explaining the moments when I was not well, its not known or understood until said, and likewise its not memorized, or rehearsed until stated, and that is how a person shares and becomes controlled by what is known about them, waiting for just enough to prosecute or excuse their hate. That is how someone is not taken seriously in life, makes a good impression, then gets treated as mentally ill. And to make an even bigger win, say that someone who speaks is not smart, or a product of adderrall. As though that's not a naturally enthusiasm for the subject of law to try, then be the sweet one, while I am the one despondent gone, pretend like its okay to be different with me, but not give me time to think, alone, and be separate, figure out how to finish law school, that's not letting myself be treated as a cause of death, which is as soon as stated, becomes ammunition for attack on me, on those notes. This is why I cannot win with the public and I cannot win at work, and I cannot win in AA, and I cannot win socially, and I cannot win romantically, that with expectation to treat me however they want, based upon their condition, and expect me to continuously accommodate them, and subject myself to attack, that's not treating me like a human being if it takes longer to stop a bad interpretation for disgust, and not enough time to explain something said in the wrong, making fun of Barack Obama shooting a terrorist and his son in a notably wealthy neighborhood in the middle east, as though I can relate. That's saying that Barack Obama assassinated me and my Dad, or like him going to Russia, explains Micah putting a finger in me, and then showing me his dick, as though I did not report to the police and then that happened, if everyone is better off without me being alive, then that is okay too, it is clear my happiness is unwanted, food poisoned twice, and hospitalized 9x, that is when my condition is not well, that's where I belong, and because I belong in the hospital, is why I was put in jail as too stupid to live life, not well enough to be loved, too grose to be attractive, or too in the wrong to be valued speak. That is trying to protect Barack Obama, as though I was pulled over by the CHP for him, when I got him out of a bind, that is feeling like things were his fault, why he gave a Science Speech, then I remixed EMC2, trust. Trust those in power, who by the numbers educate others on truths to live by not go by the advices of someone who can barely manage auditory delusions and voices, "smashed my matching watch that I gifted Sydney, bought one for me too, into the sidewalk outside Barack Obamas house." Just like the Movie: Shawshank Redemption, that wasn't admission to guilt, that was movement in silence, when no one else was speaking, that was allowing myself to be watched, so they could get ahead, that is trusting those above me, and not letting them feel gone, or not good enough empowered.



Letting them Win ...

10/2/2020

I can't explain why it took me so long to finish law school, but it has something to do with being paid for, and being well enough to have been invested in, that I cannot control, how others feel about my legal education, or whether they think its necessary, for me to continue on with my legal education. If I committed suicide upon being asked "Who do you think did it?" That is because that was what was asked after reading what I had written, that was my neighbor "Chris Sonia" who later moved to New York, and did special effects took me on a tour of his Workplace in Santa Monica, he was from Boston. That's to argue the Justice Sotomayor's name change was to call me out, as though I misinterpreted or read too deeply into a deposition upon searching my name on Google, then credit the Movie: Clueless. That would mean my education was paid for, and my family not represented well, treating me as mentally ill, or one of my Parents as guilty, or my Brother and I, maybe why he taught at Harvard, and grew up calling me retarded, and before I committed suicide told me "not to blame my Parents." That must have meant 2009,

I became ill on my own, drinking alone, which was not the solution to my problems, and what sparked the bipolar, or disillusionment, ignored, or not loved, or wanted to be around, that was another at peace without me, and me in chaos or mental illness by myself. I do not think that suicide is the correct response, that if you have a problem to communicate what that problem or incomplete understanding is on paper, maybe someone else who has a better understanding of life can figure things out for you, or maybe you need to be more patient, and allow for others to make progress too in life, whether you have figured yourself out, or whether they have figured you out in life, respect the time away from loved ones, as to their betterment, not to be extra loving or supportive of you, while you are under pressure, that is applying to law school, talking about things private, and sharing publicly, in way, that demonstrates that you do not know what things are about, or trying to sound important as connected, think you are important, without having any evidence of being important, with a few recommendations past to view you, not seriously, or not respectable, that is not mature, or not confident, a poor representation of a human being “shady” meaning not trustworthy. I think if you have completed something that you have worked hard for and was your dream to complete, as stated, that that happiness, only last for as long as you can apply yourself, and its not for respect, or permissions in life, to speak, or to be regarded as intelligent, that’s not what creates a speaker out of you, or listeners to your podium in life, that’s not how understandings were built, upon fights, or re-ignition of past lives, as explained now, to illustrate how things were when the times were good, to say my health now is a representation of the times now, which are well, situate me as not among the smiling, not among the proud, and not among the ones to be loved or remembered, that’s being ignored, until one fits the definition of someone who appears disheveled, obese, miscommunicates, communicates defenses, or without sympathies or empathies for the conditions of others strong, as though nows a good time to motivate anyone to believing in anything when their health is on the line, nows not a good time for any changes socially, or romantically, you cant go back in time, and everything you try for in life, will not be achieved even with the credentials, if in the past you were not included, means try for different things in life, not love, or to have friends, if those are things you left to study.

Heading: #blogpost: Letting them Win ... #scotus #namechanges #callingleslieout #notincluded #notabout #ignored #notloved #playedasstupid #confidentastoherfailuresmine

 **mollydoll,**
Your Tweet got favorited! 



mollydoll
@mymollydoll

PLEASE FOLLOW: [@Justice_Scalia](#) for updates on the day and life of a US Supreme Court Justice, who he follows, who follows him, & the whys

07:45 AM - 06 Dec 13



Favorited by



Tweet



Clarence Thomas

@clarencethomas

My favorite [#Tweets](#) in 2013 came from [@mymollydoll](#). -ct ([#CTCares](#))

12/31/13, 8:53 AM

2 RETWEETS 3 FAVORITES





UPA to SEN RAND PAUL,
Antonin Scalia replied to your Tweet!



mindyp

Follow

@deadpanspecial

Prom proposals on YouTube...what about a SCOTUS clerkship via twitter? ^^ @Justice_Scalia #SCOTUS - 26 Mar

More Tweets



UPA to SEN RAND PAUL

@randbocotimes

@Justice_Scalia "clerkship via twitter"? Practice makes perfect consider this a really long interview and interrogation & trust test

- 18 Jul

Antonin Scalia

@Justice_Scalia

@randbocotimes I think first you'd have to get me more followers.

12:05 AM - 24 Aug 13

"Although 44.5% of all justices have died in office and 47.3% have retired from office, death in office occurs in 2.6% of justice-years, and retirement occurs in 2.8% of justice-years."

Lets KEEP him! #justiceroberts (Empower those who need it, not injure those who suffer, if I am not going to live long, that was my choice, by my choices, not fit for survival, means does not benefit, whos strength is too strong, injures the pride or confidences of others, so so long as he remains in good condition improves, means I have done a good job, if he get sick, means as connected I am not doing a good job of tying up loose ends, or making matters worse, overcomplicate what is going well, or not listen to the timing of the lives of others, mislead, that is upon following my heart, need to be social or be loved, what was more important was making a good impression, its upon being fought with, your true colors show, and they all return anyways, no matter how angry or hateful they were to you, thats a fairweather boyfriend, either blames you for the illnesses you suffer, has the power to make you feel good, or you are alone).

Reference: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3000028/>
Being Driven in Life ...

10/2/2020

If you're not sure what it is, it's not being in need of you, how I once defined what a "pervert" is, in one of my definition jokes as someone "in need," and once talking to myself described how I was running "as being in the positive" and explained I was not "running on negatives" that's thinking about someone or with obsession of another, hence not running too close to an ex's complex, stopping at the bridge, that's upon recognizing ignored, and responding poorly, expecting someone to explain to me, why I was not spoken to, or why everything else was easy to connect to but not me. That must mean that I am not well enough for conversations about life, or am someone who is not worth talking to about life. When you have questions in life, no one provides you answers, when I was growing up and in law school, journaled, there was no such thing as social media, and sharing ideas or having conversations about history or politics, or music, or film, those conversations were left to majors in professions in their collegiate studies, not for someone who does not specialize in the arts or communicating about the arts, those are larger discussions and larger impressions made, based upon the natural progression of a profession addressed, bettered, corrected, or improved, not for later discussions to detail too heavily on specific examples, as an accurate portrayal of the health of a profession as doing its job, which is to either contribute, or to not contribute, and focus on yourself, whether that was judged as being "a know it all" or "having a hand at life that situates me above others" or trying to "appear as though one knows or is personally offended and trying to improve as though it needs improvement" is judging me as though my timing is based upon what I know respond to others as small, and if it can be viewed as me being someone who thinks they are above others, that is when a closer inspection of one's life is made, whether one represents any ideals in life, or whether to disconnect entirely from public interpretation, as having a general understanding not with specific targets for acceptance, and whether one is drawing humorous attentions to examples, as though in memory of those films, represents now, highlighting a negative loss, and comparing one's Country to a situation further back in history. First, if you do not appreciate wellness, you will not appreciate in sickness, the condition of others presently or past, and if you seek to blame others for the condition of a Nation, that is not looking at things as a whole, and if what you are seeking is to transcribe evidentiary support for someone being a reject or bearing qualities that are obnoxious or asking for it in life, is to say one is not a positive representation of a Country or its people, as though my condition presents itself for attack, that my wellness, or smarts, make me look like I think I'm above others, and ignore others, as though they are below me, I am nice to everyone, and if someone is not in the mood, that means they are awake inside, and upon being awake inside are thinking about life, not about who is around them, and a break in focus, is a loss of light, meaning one is no longer alone thinking but being looked at and thought about, and upon others thinking about them, what is thought about them, is by what is said in writing and based upon how one presents themselves. You cannot judge the direction of a person in life by watching them, that is the main lesson, although it may be clear to you, where you think this person thinks they are headed to in life, employed, is a joke, and see their strength as stupid, that's not allowing one to focus on themselves long enough to arrive to wherever they are accepted, and if one cannot stay focused now, that doesn't mean that one was known to that extent, comfortably talked about or made fun of, as though their life did not inspire, or motivate others in positive directions in life without their help or present input. When someone changes, it's usually to accommodate another, for purposes of love and acceptance, that is being a woman, being monogamous, and not worrying the one you love, by staying put focusing on yourself. That's being loving, and in a humorous sense, that is when you discover yourself and your face, lesson. If you do not recognize yourself, that just means that you do not remember when you were well and why you were well, and if someone did not respect you as living a private life, don't expect them to like you now or look at you any differently in awe, or be pleased, with your life out loud online, that only creates distance, not improve social relations past, allow people to live privately, and even if you later become a public figure, always do your best to speak highly of others, or say things in the positive so that they do not feel like they are to blame, or have been the cause of you being harmed, or being off tangent and focus. Know when to stop, and if you decide to focus on school, then stick to what you're good at in life.

Once the Damage has Been Done ...

10/2/2020

You can make due with the rest of the life you have to live at 35, or you can revisit every instance in question that you have ever felt separate from others, whether it was because you were new, or stood out in a bad way, judge others in the negative if spoken about, as having treated you differently. That's taking the past, and describing it now

in the negative, or not having represented in the positive, having learned from those experiences in life, or become a better person, that doesn't mean that you can change those experiences in life, upon talking about the past, bring people back into your life, once you have left them, that's upon disagreement, do you work things out, or is law school more important to you? This is why a later condition is not valued, because read or understood as improving from a worse condition, to justify a condition existing for rejections, or for mistreatment as mentally ill. That is after having made an assessment of you past, decide for you how everyone is to look at you, disinterested, the more the merrier. And that is how you will seem to others, a latecomer to wellness, a wannabe to love, or a poor example of a human being or woman, ignored. That is not seeing the value in you, and it doesn't matter where you come from or how special others were to you in your life, its in chaos, are you negative composed of negative compartments of thoughts and say slanderous things or vindictive of the happiness of others, or are you trying hard on your best behavior, and if you are well are you withholding or not shedding light upon another side of you, that talks \$hit, without concern for the health of another, speak badly about someone, and if there is question, explains why removed from friends, or from bars, or from apps, that means something within, that upon communication represents something held within that is not wanted to be associated to, an element of disgust, or improperly responds to others, who are well as connected, to say one is jealous, or the bringer of their own chaos, trying to be like, that's upon not being at peace, seen as different, and the more you lend insight to conclude in the negative about you, the more likely you make it to be, that those judgments were true. If you're not looking for a fight, don't represent a fight, or seem to act as though you know what gun violence is about past or presently, if you do not identify with negatives, then do explain how by your thinking in the positive or by representation of facts you can explain how you are now compared to how you were then, then explain why you were not offended by your yearbook, and why you were not apart of the happiness of others, and did not feel well, by your own misconduct "smoking weed" and because you submitted a yearbook page with someone who took your virginity and captioned the photo "I will never forget ..." and later blacked out that photo, because that was the mistake you made, submitting your yearbook photo early, and because you were given a picture of him, they treated you as offender in a yearbook, because they read that caption to mean you got hurt or remembering someone who came into your life, as though he would want to be remembered for having taken your virginity, and went to Georgetown, that's looking at a personal matter, and judging one on another level, as "voted most shady." That is why you are excluded from discussions, because when you were alone piecemealing all interpretations, when you were in moments of doubt, removed or erased things, from use by others.

It Doesn't Seem to Matter ...

10/1/2020

It doesn't seem to matter past the point of non-acceptance, no one can benefit you, better you, if you decide not to continue on in life, and that is how one chooses to die unwanted life, because it suits the offenders to the best interests of someone who is doing their best mine. That is not seeing the beauty in life to my life, only to their own, enjoying their peace, without allowing me to have peace of my own making, and not allowing me to communicate or update the courts and the police, as though that offends their interests to make my world small as connected to me be of influence or control the direction of the imaginary crowd, unwilling to admit to the hates they bear, and their motivations to resent to extremes until disfavorable outcomes are created for any individual, sect, or demonination of human, they do not seek to be regarded with high esteem, if law school seems easy to you then go to law school and get into law school, and don't criticize the reality of acceptances or the procedures for letting people into the lives of others, there is no faking about it, wellness, life is not like the Move: Catch me if You Can, that's not my resume, that's not my upbringing, that's not the value of my work ethic, and that's not who I am, built for reactions or for respects from others, which is why respect is not given to me, or to the legal profession, in a society that handles things on their own, overzealously prosecuting unbeknownst bystanders, and without hearing what I have to say judge what is said privately as an open admission to being gay, as though that's the next step in my life, to have sex with a woman, I would never, that's an unwanted transition of treatment, to elicit confidences and experimentation from those who think by controlling what my face looks like and how I speak situate me in a way, that sets me below them, that's the predominant class: feminine. And that if one does not bear those traits feminine: means "jealous" or "trying to be like" or "threatened by" "or wished she was someone else" that's without recognition for the life I have built for myself, destroy as though my place in life is not of value to say "sex with men devalues" or sex with the men who picked me or I picked was for "self-betterment" or "love" or "feeling apart of" which I could not achieve on my own as a student without going out, dating, or drinking, like I had a need to fill,

likeability, that wasn't already fulfilled in High School. How would you feel if you were told your story and others behave as though they already know your story, or worse, have seen another or alternate view of you, that gives them reason to hold disgust for you, as though you knowingly do things in life or purposefully do things for attentions, in a provocative way, seek attentions, that is treating someone as though they are invincible to hate or to public exposure, I was once well and able to go out, and get along with others, to say I am not that person anymore, only does me a disservice in life to give up, its not an empowering fact of life, when you no longer blend in, or get along with others, some will decide for you before you have decided for yourself, whether to go one and continue doing well in life, feel beautiful, if they think you deserve to be destroyed to paint another picture of something they do not think you are worthy of speaking to or who does not address the concepts well enough in good taste to be remembered for a positive take, that's seeing what you have in life, and doing as they wish with your hand at life, and communicate to the masses something different about you, which can be inferred, or read as in connection to the severity of repercussions or treatment of you, hiring someone accused of civil harassment and then being friended by a female Boss, who is now pregnant, and married, who was single upon meeting, that is her life panning out in the positive and things working out for her, and my life not working out, as can be viewed by all, as though because I did not make the right choices in life, was not selected for marriage and impregnated, as a 35 year old, it may be important for me to get picked, but what is more important is for me to stay well, whether or not I can bare children, is my choice to have possible in my capabilities in life, and is not for the man to decide who gives birth or who is rejected from selection not able to give birth, as though my God given traits or abilities in life, should not be remembered for future generations to come a representation of me made, or "3D Printer" of a human being in the future that resembles my gifts and able to provide insight or shed light upon the importance of carrying on in life and letting go. For some, what happened to me, is a "karmas a bi&tch argument" and for other "Brady" is a cop out trying to be "on the right team in life" as though I was on "the wrong team in life" be treated to look.

Being Content ...

10/1/2020

There is pushing yourself during times of need, and there is acting out of character, for whatever it is worth, to what youre responding to dosesnt matter upon the timing of your responses will be judged, as with the best interests of others at heart, or whether acting to be watched and responded to, that's the difference between living a private life, or being subjected to harm for reactions off beat with reality. Anyone who does not believe in you will test for connections to what, whom, and why, whether by: (1) watching others (2) who is in your life (3) by what voices you hear, whether auditory delusions from people who were in your life, or whether made up voices in your head, speaking for others (4) then your face will be looked like, the impression made on your face, upon thinking of whom and why, whether that be female, male, and by (5) what voice is elicited, upon looking at you, whether the voice represents whats in, or something inherited, a trait from your environment, that has changed your face and your tone, to then judge you by (6) composite parts in life, positives or negatives, then situate you based upon how you (7) make others feel well or sick around you and that all has to do with (8) what is thought about you, in the positive, in the negative, what is said, how you appear, and what is recorded remembered of you, and based upon those reactions (9) rejections occur, to not benefit you, or to dismantle you, or to not represent you in the positive if you have for any reason inherited any negative traits that (10) are not agreeable to the tastes of others, or which set you apart from others in a negative way. Never make light of your experiences in life, as beautiful as acceptance is and love sharing is, no one generally wants to hear about your times being loved and how, not if you are not well now, once it can be distinguished that you have lost all likeable traits about you, that is when judgment of you is passed in the negative, it doesn't matter who is well or not, if you are not liked, and others are vocal about it means (11) they think they are better than you, see themselves as better than you, and happy without your presence in their lives, and doing well in spite of you, that is what is thought of (12) someone failing in life, not looking well, appearing ugly, obese, unkept, or disorganized, that is a confirmation (13) that someone is only well when they are doing well in life to (14) make them look like someone who is not well when others are doing well to prove (15) one is incapable of being happy for others, or is not doing well because of their inability to make another happy (16) treated as insult, as though one expressing themselves in a loving way to another, is to treat the other as pervert as though one is to do themselves to the body or love from another reject the other as (17) thinking they are someone to be admired or masturbated to is what (18) private communications look like, not in peace, for love, and if love not received or given, chaos existing in the other (me) upon being blocked. And in that chaos of rejection, sent voices to further exacerbate a condition of detachment, to say that upon losses one is looking for attachment, or upon detachment one experiences chaos, as

though one was dependent upon the wellness of the other or upon the wellness of who is no longer here, to say that I am someone who naturally becomes despondent or distanced to anyone who is not well, as though as a child I could recognize or viewed others as not well, or not in acceptance of as though I saw myself as more well than, or more put together than who was taking care of me, if I was at peace, and not shining that night, that doesn't mean that I understood my deficit to be communicating to me of a need to be present, at 35 I now question how I am feeling and choose to respond to those who are in need, that is not a matter of regret or guilt, that was been inherited upon sharing my childhood memories, but that is how I am treated as having been responsible by body voice or face, as having been an unwanted influence in the lives of others, or source of bad luck, and by giving me disease is to say that I attract negative ions in the air, or attentions, which then got attracted to others or those who are no longer here, to say that attachment to me causes bad luck, which is why I was given a disease in life devalued.

Not Feeling Well and Empathy ...

10/1/2020

You can only adjust so many times, before you become ill, and neither your improved conditions makes you feel well, and no improvements on your behalf make others around you feel better, all of which taken offense to. That having a trait, not a god given trait, but one acquired, that is not attractive or is something the bears resemblance, to an offender, looking sharp, or looking healthy, or confident, that light is though to be a light, that was a derivative of the wellness of another by sex, and the attraction thought to be a derivative of privileges given, or spent, and not worthy of present affections condolences, or respect, that seeing you and being offended just looking at you, and that's entering an environment in which you don't fit in and standing out, and that discomfort from any rejections is not fitting in, and not being liked, being found to be offensive, and that you are responsible for those reactions toward you, whether by face, voice, or demeanor, how you are responded to. You can't control people, not by dress, or wellness, if someone does not recognize you as human, they will hurt your feeling and try to mold you into who they think you are based upon where you have been in life, that's to suit their best interests to turn you into a cherub troll or toxicity and offensiveness, not congruent to their best interests in being adored, shine, or made to feel special above others, that is why you are picked to roll low in life, and not situated among the well, because it is thought based upon comparisons, what you have in life, to love or love you not, based upon where you live, respected or treated or valued, or thought to have energy to spare in life, do not realize where you are, take as many cheap shots in life, until you find your self-worth. And that's how you get judged in life, me as a woman. I think others are thinking do I feel well not sounding well, of course not, I preferred to write articles and be in peace, not reflect upon worse moments in life, and especially not speak to those happenings to others, as though that's possible for all others, its all within you, how you see the world, and by your wellness, how you appear and are treated by others. Not all were fit for intimacy, and certainly not past the point of insult, usually causes one to behave in a strong way, or come across as manly. That is how a woman goes from being sweet to sound bitchy and offensive, with a negative attitude. Know that what is offensive to others is your candor, what is noticed is what is not attractive about you, and what is valued in others, is how womanly or sweet others become, as you light up in the negative about your life, that's you being in a moment of aggravation or moment of strength, or moment of seriousness, think about you with confusion as though your thoughts mislead, as though your ideas bite off of others, as though you do not build well thoughts with respect to other peoples thoughts, and to further define you by lawsuit, as though you are him, and consider me as offensive, too strong, or issues to big, to be considered from a well standpoint, as outside the realm of human decency to care about gun violence. If that is an issue to which you are not concerned, than maybe that is something being considered within me having nothing to do with anyone personally, maybe that's seeing something happening, and wanting to do something about it, and it starts with being out in the world and seeing how others are doing, that care, that's no staying sheltered to the interests of wellness of others, as though I live my life in a bubble only exposed to people who have been harmed, as though I help those who have been harmed by thinking of myself as important, you become important by helping people individually, that's not by helping a large number of people by speech, that's not how wellness works, its by job, its not by becoming famous, or by saying a bunch of right things, its job by job, why blogging is helpful but it is not the solution, to bettering my life, no matter how many people are listening, no matter how many people care, and that is the internal fight, the dialogue between who is connected I can hear, and myself not being afforded the space within my body to be alone, and stay calm, constantly responding and changing my condition to better meet the needs of who is attached to me, that is called being human.

Everyone Thinks for Themselves ...

10/1/2020

That's your God given right to think for yourself, generally think for what's for your own good, without causing harm to the instincts of others, be misled or misdirected to believe in things that cause harm which don't such as socialization, going out, or getting in trouble, the human body is stronger than that, have faith, including my own viewpoints, and losses of faith in my ability to heal from whatever traumas were caused to me, upon cutting loose in life, or spreading my wings, experimental with my own body. When things are not right, expect hostility, that means either something is not right with you, as felt by another, treated differently, or something is not right with them, expect to be treated as though something is wrong with you, that's not accepting themselves as being off and keeping their distances from you, that's ignoring the peace, and distinguishing a feeling from being caused as by you, not wanting to be situated in the same realm of peace as you, that's seeing you as being off, and knowing what is wrong with you, your diagnosis, consider you the cause of disillusionment, as though people's energies can cause those results to occur in others, by being around them. That disappointment, are things not being perfect, not perfect for myself or others, and writing is therefore what? To make things better, not to articulate without solution, or having found solution to my own problems in life made progress, that's the difference between someone who gives up in life, versus someone who challenges themselves, believes in themselves, and doesn't give up on their abilities in life, to improve past a condition of self or others situated in, not believe things to be permanently wrong with self or others. Life is short the longer you wait to fix yourself, and the longer you allow yourself to be dragged down by things not important to your survival, such as what others think upon achieving wellness, or while accommodating others moods, take responsibility for who you are, what you're about, and what you think, feel sick, if another does not feel better by what you have to say, that's stating a problem, then creating an existence for that problem to occur, without solution, allow others to enter into a condition of frustration or illness, having believed a set of terms about you to exist, to which they played out loud, convinced of themselves that you are a low person, or low morale, who is disgusting, or benefits wrongfully, from the wellness of others, made not in love, but a human composed of wrong parts, two parts ill, with another part ill as influenced a Black contributor OJ. That's treating someone as lost, because of what makes them special consider them different, privileged, or not having recognized privileged, by gene, immune to the aging process, no that's staying home sober and not going out, and just like anyone else, am capable of being made tired working everyday, and lose face structure and wellness, that's normal, working to the bone, and some get tired under any working conditions, in which they have to force themselves to work, despite not feeling well, that's pushing themselves to extremes, some are capable of working anywhere, I am not one of them, easily get sick, overheated, or exhausted, hungry, or thirsty, or in need of a break, I'm not invincible, not at 35 and not at 22, clearly. I'm not insulting anyone's work conditions as not being suitable, that was my argument, with regards to someone I bedded who was younger than me, that the improv stage he performed in was too hot, I was overheated having hiked that day in Hollywood Hills, with friends from IOP, that's normal, to be tired, and disillusioned, or not mentally present to have conversation, but still showed up with my sister. I'm sorry if I'm not sharp enough presentable to empower others around me, and be looked at with pleasure, or with pride, I don't consider myself as a bad connection in life, and don't expect to be treated as though I am an offender to the best interests of others, or be considered a "rapist" as though I am the carrier of a disease, or retarded and mentally ill and psychiatrically radioactive spreading stupidity to anyone around me in my environment contagious, and mentally ill. That's how I feel when I get voices calling me a "pervert" as though my beauty comes from what it looked at as though I am not the creator of my own face and body, as though my improvements are to be created by undeserved wellness or gene, made a weaker human being, or less pretty, so that other traits predominate, my legs, or my face disorganized, to say that what my body looks like represents my potential to live the years to my life, or get married, give birth, and that I treat my body as though it's for use by anyone, to do as they please, and to use as they wish, or to take as they need, in order to improve themselves like a salad bar. When you look around you, that moment when you get sick, is what I feel everyone was waiting for, a moment of feeling lost, or not being apart of, to say that no one identifies with me, and Alice in Wonderland, as though I'm not relatable, as though my experiences are privileged, as though I don't know the meaning of life, until their kindness or care seems insulting, to me, then that's kindness turned anger, kindness turned resentment, and kindness turned strategy for reinforcing hate in support of wellness and unwanted attachment to populations of interests as being representative of ideas, that I tie into, civility of care, kindness of attention, and compare my cares to being unwanted terms, or conditions for the wellness of all, to care about gun violence, sobriety, or texting without response, as spreading a condition, of knowledge of responsibility to others to bring down the interests of them or to all. That is how I am treated, unwanted once, and unwanted all future interactions private, as though I was not at peace then without a filter pretty, not accepted, treated as gross dirty, and then punished, for having become suicidal upon rejections in life, or worry for my

condition as mentally ill, which is to defend how I look by pictures, and after having slammed my head into a wall, defend that condition as being okay, that is an example of an argument I cannot win, and does not make me feel better to discuss. All I know is that the condition I am in presently does not improve the condition of myself now, and that through these discussions, only cause me illness, to give words for interpretation, that benefit the actions of others as seen, to treat me as stalker for looking, to defend another as having been sexual toward me, to say that they are not responsible for my condition, crossing legs at me, and popping their breasts in my face talk to me, whatever that was about that was looking at me and treating me as gay.

Accepting my Life as Different Now ...

10/1/2020

I accept that I will not be liked by most, I understand that I am no ones sweetheart, nor America's sweetheart, I understand where I have been, and whats not to like about me, I get that I appear obnoxious or confident for no reason, thought to be by connections made by others, not by my own upbringing connected, I get that it is thought I was born into wellness and became mentally ill. That is not my fault that I have mental illness, now and was looked at as stupid, and those form my life, seeing themselves as above me, and I get that it is painful to hold discussions that if causes pain, also causes me pain too, no matter who is listening, attached, if they cannot relate, criticize my condition as being the source or cause of illness in thought as though even merely thinking congruent to me by reading, causes a feeling that's translatable to me, as though I do not recognize if I do not sound or feel well, compared to others, wonder what is wrong with me, that's being human, trying to understand conditions, ones own condition and the condition of others, make others feel better, by being asked for help, or being introduced to your world or bubble in life, and feel loved, but once you get in trouble, you get stuck with a bubble of illness, that is of disgust a force around you that makes others feel small or rejected or not smart, or powerless, that's not being able to change you or get through to you, and if they get to your heart sound dumb, as connected, that's not matching up with anyone in life, something stupid outside of you controlling whats within, to make whats within feel stupid, then as communicated sound stupid, that's being controlled by someone who does not like you, trust you, or think highly of you, versus hearing voices, lose motivations in life, that's not solution for gun violence my condition, to worsen, weaken, or interfere with the wellness of others having read through my own thoughts question me as being inaccurate or an inaccurate indicator or measure of the wellness and capability of everyone together as a whole, whether I am allowed to be apart of that wellness, online or in real life, or by job, accepted and included, that's someone seeing potential in me to help others, whether you are so convinced that you are not being helped, that does not give you permission to change my condition, or try to empower yourself among others to treat me as bad, until you feel good like youre doing the right thing, that's not how the right thing is done to the betterment of all, "turning someone in," labeling someone as "guilty" or communicating to everyone "this woman is mentally ill" to communicate to others "this woman has carcinoma cancer HPV" to say this woman upon going out gets done, and that's why those she was with, no longer wants her, and move on without her, that's to say "this woman gets sick on the street, upon people comfortable in the street hooking up with her" then say "she is gangster because she gets done in the street" then say its not "mans fault" because this woman, cannot stay well based upon who does her, expect her to look solid or be strong or stronger after having "looked stupid." -I get that my life is different now, and I understand the importance of outlook, I don't understand how people looking at my life, seeing bad things happen, blame me or themselves, for not preventing bad things from occurring, if that was your focus to resolve bad, by studying me, than that was your opinion of me as bad, for having recognized that bad things were occurring and writing a study, group me among high crimes and terrorism, as though I am supposed to resolve my condition as labeled criminal, and resolve that condition of terrorism, and criminality, as though I was responsible then or now, and supposed to explain, or lookover all conditions, make sense of the times, and reactions presently. That judging me as looking at all with judgment, then situating me, to make all look at me with judgement, as though I am the subject to their perspective as though I ever treated others as small, better than. I get that I can either ignore what was done to me, and focus on the positives and live a good life in the positive no matter who responds upon being well and wants to be apart of my life, I get that that happens when you are not well, others are mean to you, not responsible for your condition as though you are supposed to understand the meaning of life, wellness, sex, and companionship, as though you knowingly have been in a bubble of mental illness a force no one wants, and that you talking to anyone now, subjects them to entering the same bubble or force in life, or mental illness, why I was put in jail (2013, 2017). Im sorry I was punished #sober #bipolar now.

Polarized Interests ...

10/1/2020

If you get voices my best advice is to stay calm and if you are hearing negative voices, or commentary from anyone who does not believe in you, and who seeks to prove polarized interests about you, stay true to your character. That's the difference between someone establishing "focal points" for you, like they do in art work, what stands out to you, and seeks to make what stands out to them fact about you, establish that you are something you are not, life is not about being molded to the concerns of others, nor are others expected to be molded by your concerns, controlled, that's being human, with respect for one another's beliefs, and if disinterested, not take personally, no one thinking you're anything special, that's everyone's right to see themselves as special deserving the best, even if it doesn't include you, that means that a later showing of intelligence such as a website, should make no difference, if it were to be proving anyone past wrong, who has since been detached from my happiness and their wellness not contingent upon my success or failure that's creating a fight, shedding light upon the life of another, a past incident, then them standing their ground when it comes to how you are identified in public, to better suit the needs of your past, as though you were something then that you were not, or am now something you are not, that is why people say things to you, upon leaving a relationship, its to suit their confidences about you, not with expectation of you bettering yourself in spite of them, that's seeing things as a fight, that's just life, you are close with people, and they may say things to you that you in the immediate are not hurt by but later think of, and feel insulted, that is just how people are that's not being vindictive, that's just not seeing your potential to shine, or to do well in life, and that's how some people are for your best interests or for their own best interests protecting themselves, not wanting to look bad when you look good, or thinking you look good because they look bad then blame you as being the cause for what they look like after having known you, that's why people stay separate or do not communicate, that's not love, that's symbiosis, that's without political preference or know how, that's friendship, that's not how work is, and that's not why work is brought, up, and that's not how I should be harmed to empower people with money who did not hire me, who I did not have the skills or know how to work for them in a paid position, that's making me look like I felt entitled to employment or pay, I don't care at this point, that's their life, and this is my life, and if we do not share a life, I do not need help from anyone past, who has a life of their own, that's their choice, to not include me in their life. And if someone is nice to you, yes talking about the demise of a friendship or relationship is abrasive to anyone listening including myself, its like ripping my heart out and stomping on my face like I deserve it, until I appear stupid and they look better, that wellness they experience post me being in their lives, is their life, not their life as defined without me being in it, and to mention is considered an insult to them. I treat everyone in my life as important, so to be treated as someone with behavioral health issues, or an addict, or alcoholic, making things about myself and my condition, does not make anything better, I cannot help the fact that I am on night meds for sleep and day meds for functioning in the daytime, that is a condition about myself that I cannot change and if that is no one's fault, that doesn't mean that it is my fault, based upon how many times I've gone out, drank beer or cocktails, and whether I got sick, if I cannot perform in public as normal, and start talking to myself, that's my inability to manage my own discomforts in life, its called being lost, not fitting in, everyone else solid, or not confident, and me either immune or not from the wellness of others around me, I stay in my own portal in life, so please do not treat me as though I do not value my own life and wellness and purposefully ever subject myself or others to harm, and if I have not been stellar in public I apologize that should not affect everyone here now, to know what I was like before I had a website, I was small, an "introvert" as my ex-boss described me, and for whatever reasons that came to be, Im sorry that I looked like an uncomfortable reject in life, I always do my best to report, Im not street, Im not confident, and if I stand out that's MY WELLNESS.

Practice Kindness ...

10/1/2020

That's not discomfort, that's being abrasive, whenever a woman asserts herself past or presently, to an unbeknownst audience member, who takes insult to the seriousness of another, as being about their needs, or their condition, as affected, placing them in the shoes of the listener, that's like fear, feeling overwhelmed by the feelings of another, that's not misunderstanding, that's hearing what someone else has to say, and being unapologetically indifferent, that's to say that what one person has to say, is not representative of all women, just about themselves, a source of their own emotions, feelings discomforts in life, or unhappinesses, as though how one looks or sounds an imagined manifestation of what they think happened, without knowing what happened. That acceptance and non-response to

you, as emotional, is an unwillingness to help, treat who feel aggravated as the creator of their own condition, no the LAPD replied to my email and told me to report what I had to say and what I was feeling, that was with concern, for what was posted, agreeing with me that that was inappropriate, and so did Twitter, comply with my request to please have those tweets removed. It doesn't matter who saw how I was harmed, that would defeat the purpose of having something taken down that caused me harm. This is to highlight or draw a relationship to what was taken down by me a poster, of Barack Obama painted as the Joker a "villain" which I found at the time to stand out in a bad way on Wilshire. It doesn't matter the reasons internal, but thought that that was an inappropriate representation of the First African American President of the United States, before the gun violence pandemic erupted. Because I went to Law School I was treated like my Mom, my Dad, and OJ, someone who was interviewed for responses, to see what they had to say, as though what I was saying was spoken in reflection to their interests, if I am the daughter and daughter-like figure to them growing up, then yes their best interests are at heart, and because I grew up around someone Black in the 90s, that I could empathize with President Obama, upon his inauguration, and based on what was occurring around me in West Hollywood, reported to him, and unusual activity, either coming from others, or from myself, that's something he has a right to know, whether there is movement socially, and if there was movement socially why, and because a bouncer was shot in West Hollywood, then it made sense for me to report to his White House website 2008 that I would eventually speak, after reading a blog and the news about the Simpson Case at age 22, and a deposition, see from an outsiders perspective wanting to know more about those who were close to the family, and to what effect, the victim was displaced prior to the time a Homicide was committed in the neighborhood, as a matter of "professional responsibility" a board game I was begged to play leaving a bar Qs, and made to give a blow job until I threw up, after telling this person trying to talk to me, that I was not interested and going through a breakup. He seemed to be insulted, and then followed me outside walking to my car to convince me to hang out, which wasn't to hang out, was for a sexual favor, not to be a friend, which was the ending to attacks from an Ex who demanded I drive to Yorba Linda, after flying to DC, interrogated to, to ask if I had hooked up with anyone to tell him if we were to remain friends. And that was his version of letting go, until I started punching my head, making me feel bad about myself, as though it was my fault I was taken advantage of, by a UCLA Law Student. He asked me to pick a movie and I picked the movie: Snatch. -I think I am way out of my league when it comes to re-introducing a case into public discourse, and I am sure that anything I have to say will sound dumb, treated as though oh we already knew that, or we don't care get over it, or youre stupid deserved to be made fun of esoterically, or accused of reading a deposition because there was a deposition scene in the Movie: Clueless. No it all appears as though my exposures made me make choices in life, but it was upon searching my own name on Google while looking for and applying for jobs 2008, that I discovered I was a named person in a deposition by Petrocelli, who I found out does International Corporation defense, and works for O'Melveny & Meyers, a company a recruiter on LinkedIn messaged me to apply for a job opening there once during probation. I just don't think I'm ready to go back into the world, until I have said everything that needs to be said to not be looked at as though I create or make up problems, be called a "fraud" or make it okay for everyone else to make money off of me making fun of me, because that's okay for them to do. If it was a dream to work in film and if I dedicated a few years to Twittering lines, and PDF-ing them, then sure that was a huge accomplishment, to take my scripts PDFs to a Movie Lot in West Hollywood, to me that was a fun experience, my work in my computer on the premises of a location that creates films for a living. To me that was something occurring within me, a secret accomplishment, a source of pride, not a strategy for extending my campaign interests in a way, that was a gamble or asking for any favors, I notified Brady Campaign of where I was working, and what field I was working in just like when I worked for Farmers Insurance, and my Boss went to a gun show, and had me make an excel spreadsheet of gun and knife dealers, that was a situation to notify him I volunteer for Brady, why it was on my resume for the job in Film I took 2018, if it looks like a manufactured Campaign that seems instable to your best interests, and which you feel shot should anything happen, as connected to someone who supports Brady, then don't put my cares at the forefront of your responsibilities in life to care for them also. Be yourself. And should things not go right for them, explains why I am home, writing daily, so that chaos does not erupt, racially, or figuratively get out of control interpretation wise, lend power into the wrong hands in life, someone who does not wish to be apart of, and excluding from discussion or care, such as myself, or an offender, or Brady an organization that has been around for years, not built to respond to mass shootings, in response to "overall happiness" with the nation as a whole, birth "manifesto shooters" then compare my writing, to a persuasive writing seeing myself as apart from others, which is how Ive been situated, someone who wanted to be famous, and did something to become famous, that is being argued hurts others, as though fame is the end goal, fame is what is given to someone who works hard, and stand out from among their peers recognized and as identified, looked to, as someone who got somewhere in life, few have been able to get, that's being noticed, being well. But just like anyone can get sick, so can someone in the limelight online, and in a manufactured sense, can be dismantled, to cast shadows or "composite sketches" of others over my face, compared,

is wrong, to compare someone as being big in a destructive way, after having built something that attracts. Im sorry I made a “recruiter” joke, it was in response to others in my life inspired to lead.

All the Times Ive Mentioned "Brady" on my website:

www.mymollydoll.com/apps/search?q=brady

Waking Up Disheveled ...

10/1/2020

We don't all wake up feeling good, and some mornings you may wake up more tired than usual, accept your condition as normal, for those of us with voices, who may or may not self-harm, that's a choice, not to take good care of oneself, or “self-love” for that matter, I don't think that self-love means sex with ones self, that's a really demeaning approach to treatment of individuals who choose not to date or engage in close relationships with people, take personally, and credit wellness to a derogatory approach of feeling good via self-stimulation, that would be treating someone as a self soother and then criticizing them as someone who self soothes in order to feel well, take offense as though one self soothes because others do not make them feel good, well if Im not feeling good, then do not look at my face (2013) and say that I left to look like how I look now, how am I supposed to know my own potential without a companion see what my face looks upon disconnect sexually from another in a loving relationship. I wouldn't know what the cause for that is, so please don't attack me as though I did not take good care of myself then, if my studies were what were focused on, if Im not looking to get laid, and not looking for attentions from men, then please do not treat me as though by photos there was something wrong with me because I was not appealing looking by looking at my face, as though I purposefully did not look pretty to cause other people to become dinterested in me, or feel groosed out by the way my face looked, if its something I could not figure out then beauty changes, then it is not something now a skill that I have accomplished would have known to do then, running, exercise, and more makeup. I think the facebook messenger alterations are helpful because on video basically you have to be pleasing to look at, whats more important is what I am saying and I would rather look good saying what I am saying, without looking grose, and say something important, and not be listened to, thinking what I have to say is grose because my face looks grose, and argue that because my face looks grose, that is because what I have to say or what I am thinking is grose. If I do not get pleasure from sex, but love to love others, than that is me giving love, and when I decide not to give love, that must mean that I am too tired to give love to another or unwilling to give love to another, all women are allowed that time to rest and recuperate in between loving someone, recognizing their strengths again, and then choose to love again and open up, its an internal reaction, to no be accepting of connections when you are broken or do not feel good, when you have given it your all and things don't work out, or when you are minding your own business, nice back to someone who makes you look stupid, that's being a woman. You never know how things will look so long as you put out in life, you are made to look like the bringer of your own unhappiness and chaos in life, as though you have sex to feel good and if you do not feel good, then that is why because you expect to feel good by doing something with someone and expecting a feeling back to you, if you do not feel good, you cannot give a feeling or receive a feeling. That's basic physics when it comes to sex. Im not sure whether the same standards are being applied to my blogging abilities, well if she cant accept D into her life, than how can she take care of readers. Its not a sexual encounter its not an exchange to write and read, that improves or decreases an ability within called confidence related to self-esteem called self-worth, which is your ability to feel good, be considered new or stand out in a good way, and not stand out in a bad way, tell something is wrong with you, that is being done and not being able to recognize your face, that's not being yourself, done in life. It's a big learning lesson you later come to realize in life, that anyone who touches you becomes apart of you whether you like it or not, whether that's a deep bond, but someone benefits, even if its not you.

Understanding People ...

10/5/2020

You may not feel as well as others, but that doesn't mean that there is something wrong with you. Anything made with hate, anything made in competition, any improvements intended to prove others wrong, and any behavior that is not congruent with respect to everyone around you, is considered a downer, a disappointment, that's you looking

like you're ahead in life or going places in life, and is what makes other people feel bad about themselves seeing you, in the reverse don't let them win, and prove them right, gain 50lbs, and stop living life, that's not the correct response to let yourself go in life, whether or not you deserve to be put down or let go in life, there are other jobs, that doesn't mean that you didn't do a good job while you were working, and that's where the unwanted politics come from, how you look compared to how another looks, set in competition with, there can be no competition, where there lies no competition, and there can be no comparisons, where there are no similarities, or standards from which to base or compare the wellness of one another to. That's being yourself, and then there is vanity, either not like yourself, not liking what you have to see, and not feeling well, whether that's looking at yourself in the mirror, or seeing others, a negative judgment. It is your responsibility, to feel well, and this is why, so that no matter who you are around and no matter what you hear or see, know that it's not about you one (in professional form) or two (in physical form) your body or your mind, when it comes to the health of others, does not affect, and that's being human, understanding your own wellness, the privacy of your body internally. That is how voices hurt, you don't have privacy within your body, and whether you like what you're hearing or not, do not feel well, and that is internal communication, your body not feeling well, upon what it is hearing internally an "auditory delusion" then there is being around people, not taking that system of internal communication that is causing you illness, to the external, and this is why treating people as you wish to be treated comes from, not doing things or saying things, whether someone is intelligent or not, that would offend them upon being seen, think communicate a separate not said statement by you, so as to offend by pictures or by words, anyone who is displayed, and that's not wanting to be used for demonstration or to aide you in communicating your interests or seem like you are communicating the interests of those displayed. I am a very professional person, maybe not an "introvert" but a quiet person, whatever that meant then as compared to now, and maybe not confident, I can speak, and do not need help having anyone speak for me, that is the difference between a professional and someone who is not professional, someone who needs representation versus someone in the condition they have been given in life, able to speak for themselves. I am in a condition right now, that I have never been in in my entire life, hearing voices or hitting my head, and that is not because I was called an introvert, and that is not because others thought I was gay, and that is not because I was an athlete, and that is not because I did not get into good schools, and that is not because I have not tried hard in life, and that is not because I was promiscuous, and that is not because I tried drugs or alcohol, and is not because of who my friends are, it has everything always to do, with what I am doing with my life, and whether what I am doing with my life feels good to me, I am not social, so I wouldn't know where voices come from, but if I have not presented myself in public past properly, I am sorry, there is no going back from being known in the negative, that is just how people will treat you as mentally ill, or an alcoholic, or obnoxious, and there is nothing anyone can do to change your face or your body except for exercise, and try not to internalize everything or take things personally in life, and allow them to change you.

Heading: #blogpost: Understanding People ... #blogging #writing #feelinggood #voices (How do you get voices, by: (1) drugs: cocaine, (2) socialization, (3) drinking, (4) being known, (5) being known and not respected, (6) not feeling good around people welcome). #stophate
Tips and Tricks When You're Not Feeling Good ...

10/5/2020

Learn to lighten up, you're only as big as the secrets you keep, stay feeling good. If its "whats inside that counts" then it should matter to you, to figure out, how to manage whats going on internally, to promote better outcomes for you moving forward. According to verywellmind.com, "There are two main types of coping skills: problem-based coping and emotion-based coping." [1] The difference between the two strategies lies, in the realm of control, whats in your control to manage versus what is not in your control to fix. Yes it is possible to trick yourself into ways of thinking or coping to better suit your interests such as taking your own side to an argument, not supporting a side to an argument, surrounding yourself with things and people that better suit your needs, or separating yourself from situations that no longer bring you happiness. You are your own pawn in the game of life, and sometimes we don't have a choice in the matter, things happening to us, or things ongoing in our lives that we cant escape from, such as responsibilities, deadlines, and commitments. Stay loyal to what matters to you, without hurting yourself in the process of complying with what you think will make you or others feel good, and inherit a whole host of additional problems in your life, you're not ready to take on. What do I mean? It has been said that "it's up to you to decide which type of coping skill is likely to work best for you in your particular circumstance." [2] Sometimes only you

know what is needed in order to better yourself, we all eventually become adults, and have to figure out how to live life and live life well, but its not always easy to do so. Sometimes life is challenging such as now, when we are not excelling in life, or limited, such as wearing face masks, or running out of money, due to job loss, or inability to find a paying job, with limited opportunities available, these are just facts of life, sometimes we need things to get done, get paychecks, but don't have paychecks, or need to do laundry, and have something to do, we merely just need to get started in order for things to get done. Know whats in your power to control and get done, and recognize whats not in your power, and you need to better situate yourself in life for, in order to make happen, like marriage or dating. This is when we ask ourselves "is what we are doing right now going to help us get to where we want to be in life" and from there you make changes, not only to accommodate your goals in life, but also to accommodate the future interests of someone coming into your life, be sure about you, like a job, or a date, or a husband, and this is where image and confidence come into play. Does how you feel mirror what your needs in life are, do you represent those qualities or traits, that demonstrate that you deserve to have those things in life, why or why not, and go from there. This is why "having healthy coping skills can be key to getting through tough times." [3] Recognize that youre not perfect, and we don't have it all, it may not feel good to be you sometimes, but that doesn't mean give up in life all together, simply because you have nothing, no fancy wardrobe, not fancy job, no fancy car, no fancy boyfriend, and no fancy website, or a fancy education. That doesn't mean that there are limited spots in life, when it comes to wellness, there is always room to fill in an auditorium dedicated to people being well and feeling well, and that's how you should look at life, not by the opportunities available to achieve wellness, but by your spot in life, making the most of what you do have in life, and filling up your spot in earth well, by staying well, appreciating whats around you, and what you do have in life, not basing your value on what you do not have in life, a fancy boyfriend, a fancy car, a fancy home, or a fancy education. You don't need many connections or many friends in order to appear well to others, we cant all be celebrities, with stellar Instagrams or Facebooks, with lives recorded to be viewed by others, that's not how everyone lives life, recorded and remembered, most of us live life, without taking pictures or having pictures of every well moment from our lives for review by others. I grew up with disposable cameras, if I had any pictures with friends in college it was by disposable camera, we didn't get to review what a photo looked like, we just took photos, and found out later what we looked like in a photo, and those were the years that no bad photos were taken, and every photo we appeared well in, that's being photographed, and knowing that you are being photographed, and appearing well to be photographed upon the camera clicking. That was how life was life, before digital image saves of life, and that is how sometimes life changes. You may not always adjust to the reality of the times, and if its possible sometimes we engage in activities without understanding the repercussions for sharing what we look like during different conditions of life, or different phases of life, or during times of sickness not shine, that's not your fault if you don't look well, or don't appear well, and I assure you that's not why you are not treated well by others, based off of what you look like, compared or not, it has more to do with how you feel, in writing, by message, and by condition (meds or not) that dictate treatment of you. So its okay to share when you were not feeling well, but not at your own expense, broadcast to the world, how you were whether that was drinking or trying drugs, and build acceptance for those conditions as being normal those conditions are not normal, shortening your life, losing friends, being alone, not being social, not feeling well, not looking well, and self-harming. **Addiction, is intake without having an upper limit to that intake, and not feeling well upon taking in a substance that causes your mind and body to rot, or shortens your life, that's not reading or looking at pictures whether that be movies, or songs, that's not a physical change looking at something or reading something, that doesn't change your physical biochemical makeup to match someones face or body, that you are in disagreement with, that's not what stirs illness toward you,** illness toward you, occurs when by who you are and by what you are doing in life others are in disagreement with, and its your condition on meds, that make you more susceptible to catching a disease or disorder, how anti-psychotics fail and how I got carcinoma cancer with my body's defenses down on medication, for mood stability, got carcinoma cancer, that's not because of what I looked like, how clean my apartment was, or how I dressed cheap or not deserved, and its not because I drank alone at the bars, but I do know my face changed drinking.

Heading: #blogpost: Tips and Tricks When You're Not Feeling Good ... #lifeskills #lifestyle #looks #beauty #sober #dontdodrugs #photography #agingisaprocess

Too Much Blogging ...

10/4/2020

Always maintain a certain comfort zone when it comes to talking about life. Its not meant to be shocking, or to make myself uncomfortable, or to cause others to become nervous, if so just means that there is disagreement, not how someone wants to hear you talking, doesn't think you should be talking, doesn't want to hear from you, or hear anything you have to say. That is someone who does not see you as smart, it therefore doesn't matter whether you make sense, have something helpful to say, or if everything makes sense knowing you, that's the gift of being new, standing out, or meeting others, who want to talk to you, that's not always the case, if people know you differently, or don't respect you, that's just human nature to be shy, no Sociology degree is required to think about life, or about people from your life, its when you have to start thinking about or be concerned about people around you you don't know, that you are paranoid, or thinking everything is about you, as though everyone is reading youre blog, they are not, people have their own lives, and their own problems, and this when it can be said that life is short, and see someone as wasting their time on earth, and not see their life as having been lived well, and this is where insults come into play, to convince you you are something you are not until you self harm, to make a Black Swan comment in reference to a building or 9/11 Memorial, to then say I have an obsession with Memorials or the lives of others, or think as anything to do with me, or would respond in the negative to something built to memorialize the lives of those who have been lost during times of war, that is for them, not for my reference, when it comes to understanding life, or how people are to be remembered. I think when I first joined Instagram, I did not discuss things in a way thoughtfully enough, to be understood as with concern, or with forethought, or prevention in mind, that's claiming to be something you are not, simply calling 911, or reporting an incident, or something happening to someone else in your family, does not make you an expert in causes for crime to people you know, including yourself, maybe later on in life, mistreated without proof, sometimes you get hurt in life, and its not intended because they know you as connected to someone famous, but because of how you are, is being argued in a later condition as mentally ill talking to myself, as the cause for me being treated like Im stupid or not smart I cant remember enough times that I was ever treated that way, to deserve the number of voices I hear. Which is not through writing, and its not by reading as though I am the reader, and no my writing does not make the reader of my writing a writer, not especially in the condition that I am now, looked at in the positive. The later you arrive to life, the worse you look, and that's to say, you were never anyone important, you were never a good person, you meant nothing to people, you don't matter, is what someone new sees you as, who are you, why should I care, why are you writing so much, and what is your writing for, and based on what your writing is for, what are you trying to demonstrate in life, and what condition exemplifies, what is needed by you or others. I think everyone is doing well in their own worlds, I do not think that anyone needs to change based on anything I have said, and I do not think my condition now improves anyone elses. If that is why I am being given voices, as though I have something important to say to help now, and if I care does that mean that I have guilt for the conditions now, not having tried hard enough, over the past four years, and how I was able to do well now, writing for 4 years, and why am I pushing myself now after being hurt and seem to be writing more, because I was forced to defend myself and share all intimate details about my life past stated and now, and that's not to build trust or a better understanding of me, its to acknowledge what went wrong, that's not to say that what I was doing then drinking or enjoying life was okay. Why I do not go out, have never gone out, do not drink or do drugs, and stayed in school, that's not strength when a Country is battling COVID and its not an argument in support of my mental health issues as being normal, nor do I understand or comprehend why I have mental health issues, I am always doing my best, and its most likely a product of trying cocaine and drinking alcohol. Which is why I am sober now, I am not trying to be funny in an uncomfortable way, and understand that I am not liked when I am not funny, and its expected for me to be like this.

Heading: #blogpost: Too Much Blogging ... #socialmedia #writing #mentalhealth #disability
When Someone Doesn't Stop ...

10/4/2020

When someone doesn't stop hurting you, its not until you experience mental illness, that they feel better, that's sending you off in the wrong direction in life disorganized, and writing to the point of not making sense or sounding of importance anymore. That's someone being sure about you in life, and treating you how they think you deserve to be treated like a whore. And that's when it no longer becomes acceptable for you to be around people, work, or be social, and explains why I stayed home for 4 years and worked only Summer 2017 and Fall 2018, and have been resting since then. That's not prepared for the politics of acceptance now or past, to likewise be treated worse than I was ever treated to my face, this is a new condition, with the capability of getting worse not better, through

blogging. When you speak to something it happens, and that's how it happens if you describe how you think you were harmed or how others treated you when you think you were harmed, then that's how people in the future treat you as not accepting of your condition, as though they have done nothing wrong, subject you in the limelight to harm by others, as you present yourself without knowing to what calls to action it was communicated to everyone not to respect you or to think less of you. That's how you turn a good life into a bad life, and then all choices made post socialization, and work, are even more support for mistreatment of you if you decide not to work and socialize. How friendships turn into politics, how family members turn into sides, and how you get torn or beat up in life, as though you don't belong anywhere, and have not done well in life in support of others, that's how one fails in life, and does not return back to a good life, upon not fixing their lives as given to them in life, and with all opportunities afforded to them to get help, and let someone who has not been through the same number of hospitalizations, or public humiliations, as I have, being sent to rehab, or hospital, for not performing well under pressure, and not performing to the standards expected considered smart, for not working hard enough, with a job and being in law school, not good enough by the standards of others in law school part-time, and that's not being well, and not an over-achiever, or a high performer in life. Im not sure what that means to others, if you are slow, or not on all cylinders, or when that is expected to occur for anyone in life, and why, and Im not sure how drinking, or past drug use, or relapses, affected my condition to be punished or rejected from establishments, as trash. That is just life, no one will tell you what it is that's wrong with you, will only exclude you. And that is how you figure out not to go anywhere where you don't know anyone, and why now anywhere you go, there is a 1 in 10% chance that someone will see you and not like you, or talk loud over to you, acknowledging your presence and expecting you to hear them, that's Im not sure what that is? Not something I care about, but yes affects my phycially, even if I don't know where it is coming from, or why. Such as getting a hemangioma this Spring, following not graduating February 2020, missing a deadline, and Kobe Bryant's helicopter crashed in the mountains. That was shocking. That also doesn't mean that if I am not at peace, that something could go wrong in another persons life, be affected luck wise. And that is the moment you become human, recognizing that your condition, is to be valued, and that no matter what you go through in life, not to be someone worth hating, subject oneself to harm, or be used as a puppet, to corroborate with known incidences of natural disasters, claim that one person is responsible for all known natural disasters, as though one was known to all, influenced anyone for that matter to care in a way that was offensive to anyone overhead, or now referenced to. And that is how something happens, as an example, of treating a Country like its not until something happens, that a Country feels like another Country, as though it is the responsibility of each Country to feel like eachother in order to understand eachother, or prevent misunderstandings between people, and or Country's accept responsibility for discord in other Country's as though one another influences the health or viewpoint of the other for the better. And this is how someone new in public, gets hurt, as though ones condition as private, was not good enough then and not good enough now to be presented in public, as known, and with reference to all other natural forming conditions, be looked at, to see whether I did a good job speaking, and if what was spoken to, did a good job of representing what was needed at the time. That is advocacy, "what is needed at the time" that is "quoting me right now" those " are for "emphasizing what is important in what I am writing" "maybe something you should remember" that's "not to be obnoxious" about writing as though I can control "poignancy" or what is to be remembered about me or others, the story-teller, or story-maker, or story-explainer, or story-supporter, you can either accept the beauty of life, or you can call everything out "tea kettle black" everytime you see something that makes sense, make others feel bad or look stupid, as not having done a good enough job representing the truth, about the past. When the truth is represented in building and books, that's not to do away with an issue that's to resolve an issue of misunderstanding, to create understanding, that is what words are for. And the more you accommodate hate, the more you bring into account, the needs of someone who does not believe in you, and who does that serve "God" or the "Justice System" or "themselves" deciding who "their human punching bag should be for answers in life" I don't think that person is me, I think I was gifted an opportunity to speak, for so long as I am well. That's the "times up over blow" by Eminem, its once you F up, and become disillusioned, and go back to reality, like starting a new job, or applying for jobs, you realize, youre not that important, you have a long way to go, youre not there yet, youre not in the best shape, you could be doing better, youre not doing a good job right now, with hope: you'll feel better. Some people have time for fun, and while that was fun to vlog and model in private, we are again in a State of mourning, and yes I did call NTSB, because I messaged them and yes this is an NTSB issue, form where was faith lost, and on whos merits was faith transferred, how and why? Edd. That is my mistake, asking for help from the Government, afforded a privileged then they were hurt, because they gave money to me, that was then given to someone random, and I got hurt. That was my savings and the money earned following graduating and starting life over again. It always seems to happen that way, starting life over again in the negative, you guys actually didn't need to crash Kobe Bryant's helicopter, to make us feel like Malaysia, I posted flyers. That's not okay, to treat people as stupid, and when lives are in your hands, to put lives in jeopardy, or use an iPad to fly a

wealthy family, as though we are to remember Aaliyah by this. We all know what happened, as representing oneself, in response to the other, they all did their best, and for whatever wrongs they did commit, does not mean that was done purposefully.

Heading: #blogpost: When Someone Doesn't Stop ... (Movie: Clueless) Representations of self, and representations in response to characters. #IMDB #issue #history
Being Experimental with Your Health ...

10/4/2020

You are only given so many chances in life to make a good impression, always do your best. Then there are times you can't go back from, a bad opinion, or a poor impression. That you may feel you cannot reverse, illness toward you as expressed by others upon looking at you, that's not something that will be communicated to you in the immediate, not liking you, and don't waste time wondering about those who did not care for you either, just be happy that they are doing well or have moved on in life, or not in your life permanently try to make sense of those interactions in life, however few. If someone does you dirty in life, that is because they think you deserve it by looking at you, thinking you are stupid and deserve to be made to look stupid to everyone, and especially in front of the world, whether you have 65 or 64k monthly viewers attached to your Pinterest which is attached to your website. What exactly is the cause for noticing someone, is it that they feel drawn to a condition to better, or is it being drawn to a condition that betters. That is what is being decided, whether in sickness, that creates a condition to feel sorry for or pay attention to, and what causes empathy, or loss of enthusiasm. Consider loss of enthusiasm, a poor condition, or a wellness concern for future reference, not necessarily the fault of the writer, or the reader, it just means like all things that lose a good feeling, not a match for wellness, and that's how things can be going well communicating to people, and then for people to have a change of heart about you, and not feel so well around you, either you have disappointed them, or you have spoken to something not needing to be spoken about, as it relates to your timeline of conditions in life, in support of those who have suffered elsewhere, absent minded you, with nothing to do with your potential, and mostly to do with the wellness of everyone else around them, be in tune to, and make feel special. Before you know it, if you don't stay stable as a blogger, you will have convinced others to not like you, or share insights to justify their hate, before arriving to a point of personal defense to hate, that's the natural transition of an argument or disagreement, to first interpret what is wrong, then to figure out from where the harm is coming from, then assess where one is at mentally, the calculate to what effect that will have on others, and this usually occurs after responding in the negative, not feeling well, or becoming an unhappy person, as directed about how you are feeling, based on how you were made to feel, on top of everything else going on in your life. And as you explain what you are going through, and as the person who harmed you thinks and recuperates from hating you in public, there is illness, that is not feeling well, that no matter how many moments were good, no good moments can repair, a bad moment with, or that sense of peace you experienced being well and sharing wellness to another, that is watching you as you were coming up in private, hearing you share in private, upon speaking to someone, them watching you change, and grow your blog, and then as disinterested, or upon being social, experience a change in condition reported, which the FBI punished them for, and he punished me for, by sharing photos demanded for with threat, and upon complying showed everyone, that was without expectation for being shared, because was told that was for agreement to not cause me harm, or to maintain a relationship, I no longer felt compelled to have or be with, hated. -When you stop looking special, which is now, whether by energy, look or a quality felt an impression made of wellness upon another or sickness by interpretation of sight, seeing beauty within or feeling illness by, that's wellness, the one who hated you well, while you remain sick, and that if you improve or get well again, wanting to be in your life again, well. That's the basics of hate, done because thought deserved, without expectation of you recovering from a condition caused to purposefully destroy you, and rising above anyways with 65-64k monthly viewers, and running sprints, and punching your head, that's not allowing hate to win, and doing you best in spite of being hated, and doing your best to improve no matter who hates you and try to understand why someone hates you, and imagine the possibilities. That is how you lose your color, under a cloud of hate, and the other who hates you shines, or feels better, that their condition has neither been tainted nor ruined by your circumstances in life, that is being hurt, someone who in order not to be hurt, hurts the other, so they feel better. If I am not someone who makes other people feel sick, and if I am not someone who is selfish, and if I am not someone who gives others the silent treatment, and if I am not someone who ignores others, and if I am not someone made to detach from others, that is because I looked sick, or disgusting to most or those who hated me, and did not

want to see me being sexy to anyone for that matter or see me in the condition of being feminine, preferred professional. That is a condition I only share with a lover or companion, me in feminine mode.

Headline: #blogpost: Being Experimental with Your Health ... #womanhood #femininity #girlssupportgirls #datingonline #photography #beingknown #representation

If It Makes Anyone Feel Better ...

10/4/2020

I have lived a hard life, under many different conditions mental health wise, and have been able to overcome those conditions, with or without the support from others, other than my family. No one can motivate you to try harder, if you don't listen, or are thinking or behaving in a way the demonstrates that you have given up in life or mentally ill, its not a condition you give in to, like sex, it's a condition that overcomes you, it's a feeling you think, and then by not thinking in the positive consumes you, so that everything else thought matches to that feeling, whether to justify that feeling, or try to understand why you are feeling that way, think about moments you can remember, and wonder whether those were the moments or causes contributing to your illness, I don't think people have that much power over you, to cause a condition to you, whether or not they know you, or thinking something and speaking differently to you, and for you not to know why you are not feeling well, or experiencing difficulties in life. There is being well, and there is not feeling well, a lot of not feeling well has to do with having money, not feeling comfortable, and working hard toward achieving a condition to be employed, that's being set behind in life, not having the comfort of achievement under you belt, work experience paid, to negotiate with anyone for a paid position, especially after having been hospitalized 9x bipolar, that's not being able to stay well sober, and not know or understand why, means it doesn't matter where I am in life, work wise, or school wise, if I cannot stay well on my own, means that I will not stay well even in a nice environment to work, which is why I filed for disability, given my condition having been hospitalized 9x on 5150 holds "gravely disabled" without harm to self or others, was the box checked, that was 2009. Mental health issues are not always occurring because you or anyone are doing anything wrong, its something within you that is unstable and not able to maintain stability on your own, it doesn't matter where you are, or who you are with, that's doesn't mean youre not smart or not a good person. But it will make it difficult to date or to be well received at work, should you not stay well, with expectation of you being able to work hard for 8 hours a day solid, and not be able to, only able to work at most 5 hours a day, that has nothing to do with focus, and everything to do with work ethic, and becoming tired easily, such as having learning disability, those conditions then were different than they are now, when it becomes about your health, that is what is in question, you have to try harder, to prove that you are not mentally ill in the sense that your thoughts are grose, and them thinking your thoughts are grose why your face is grose, so that no one feels responsible for you looking grose, my face and my body, whether credited to what was thought about me, or by what was thought of myself, is my responsibility to correct that's not a public issue, nor the cause for mental illness what I look like or bipolar, I am not delusional in the sense that I look at myself and see myself as grose, maybe bigger than I am, body dysmorphia, and maybe never skinny enough, kept getting smaller, that's just my body type proportionate, that I cannot change upon losing weight, becoming more attractive or pretty, and if at my core self minus 50 lbs, I was not well received, that is because I was looked at as grose or stupid or over-confident for the wrong reasons and not impressive, kept out. That is to say that my behavior is inappropriate or in a room full of people demonstrates the type of personality to be ignored, as though me under the influence lets out a different set of characteristics or traits within disagreeable to the tastes of most, which is looking like I do not care about what others think, which is me focusing on myself confident, offended by looking at me, someone who thinks theyre important, without knowing anyone, treated as weird. This is why you do not show up anywhere where you do not know anyone, and do not go out alone, that is how you end up performing to an audience, or talking to yourself upon observation by others not make sense, and that is to compare me to someone who shouts at people, or thinks less of people, or sees myself as above others speaking to others, as though they could be listening, that's not understanding taking risks in life, to open up in public, and practicing first.

Heading: #blogpost: If It Makes Anyone Feel Better ... #speaking #publicspeaking #bungalowSM #writing #talking #exposure #people

New to the Scene ...

10/4/2020

There will come a point in time in your waking years, when you lose enthusiasm for the present or for others, always keep a kind heart, that's "being young at heart." Its will awareness of things being well, and being happy for others, upon seeing those who are well, and then there is disappointment, naturally occurring upon illness, whether or not that is our fault, or based upon our choices made to not feel well, then there is being done dirty in life. Never fear a competitive edge thrown by someone, be intimidated, if you were first to stand guard. Its just The White House, no connection really, ruins a connection made, that should not make one feel less special, or not capable of the same, you earn your stripes in life, and accept offenses along the way, of people thinking you are not deserving of being special, think special only because someone died of homicide, be treated as being known, knowing you, and uncomfortable by the fact that they know you, and you don't know them, let you know, by ignoring you, that's seeing you, and wanting to see how you respond not being helped, left waiting in an aisle, that's shopping at Sephora, waiting for someone to match you with your color, in Fenty cover up. I was actually really patient that day it hadn't hit me yet, whether what was being done to me was to alert me, that they did not want to help me, and went around and bought over \$100 worth of items anyways from every aisle, that's spending money, in spite of being ignored, to show not offended, and taking the upper hand, giving money to an establishment that left you waiting to be helped, with expectation of being helped, and not leaving or being upset by the wait time, take it personally, or think for two seconds, I am known and this is being done purposefully. Like buying shirts for AFM at the mall, they closed down the entire mall, I was told to buy blue shirts preferably collared, for the event, then my ticket bought, got cash from my Mom for \$900, was give to another paid employee, engineer, put their name on a ticket with my money, that's being told "youre not ready" to meet who in life, or socialize during cocktail hour schmooze, someone who has never seen you light up or be social, will not believe that you are someone with social skills, that's not for work, that animated light the room up positive trait, that's saved for special occasions, trying hard to impress a room or be approachable make conversation with strangers, that's not a skill I am intimidated by or don't have in life, but if you are seen as someone lacking people skills, then that's how you are treated, as timid as you seem to, likely to be timid to strangers approaching you in a professionally ticketed environment. That was running on the beach instead of working from home and then late to AFM. I was so devastated, I ran for 2.5 hours in the rain and mud, and sprained by knee, then ran for 2.5 hours with a sprained knee in the sand with a brace in purple headphones, because my white headphones kept breaking (one ear out) I invested in a more sturdy pair (purple beatsbydre headphones from the Apple Store), and was crying wailing in my room pouring tears the night before I ran on the beach, at my desk, the walked to work with a sprained knee, I couldn't bend my knee, and had difficulty walking without a limp, injured. That's an example of having an emotional reaction, following having your hopes up and excited and working hard toward being given permission and then paying for the position, and then losing money, as though you have money, see how you respond upon losing a lot of money. Because that is what happened at work, when there was gun violence in Florida, that is what happened to me again by stranger, this time upon being given \$13,000 from edd.gov, \$7000 that was deposited to a card issued to me, was immediately asked for money in increments of \$1000, and by pre-paid cards, that's after posting my Dissertation, treated, while my head was gone, following modeling and videoing in private, and then talking privately to an account, who then turned a conversation of updates, into questions for things in life, in exchange for marriage, a goal I was set up for, finishing law school and feeling good, and then asked by what I was advancing my career for, and doing well for, stated, and that's how a dream is lost, or a well condition, speaking to someone who you do not feel illness from, who with judges you as stupid, and then makes an example of you as stupid, telling you to do things while youre half there, that's managing your heart, that's working hard, under the influence of other people. And then being pushed to comply with requests, based upon a connection a feeling, of making the other feel better, and then you being made to feel worse, at your expense, they shine, that's how an exchange of wellness occurs by money, your money well, your condition well, them not confident, then as they get to know you connect, and understand the sweet side of you, then communicate into you, to see how you behave upon talking to your heart, and that is how an airhead is made, someone connecting to your heart, and controlling how you feel, by making you feel bad, or then making you feel good, and not being able to connect, with your head gone, that is mental illness, not being able to tell if you are being harmed or when you are being harmed, and its not until the harm occurs, or until afterward do you realize what went wrong upon reflecting on your condition now as better, and wonder why you were not strong then, or treated as stupid then, and to what benefit did that serve others, to see you in that way. That is love, trusting who you are with and not as connected be affected, easily forgiven. That's being made fun of by someone you love, it doesn't hurt, you don't understand it, it goes over your head, like movies or songs, meant to illicit or cure conditions within or around you.

"When Nothing Matters" ...

There is an illusion of being important feeling important, or arriving to an argument, a fear, a conclusion, or a chaotic disposition in life, that seems to have been created by others, but is really a manifestation of what is occurring within off base, with reality, or with reference to the past, misunderstood as to now, that is how inner chaos seems, something you clearly don't understand but others understand, or something you are feeling, when there is shared understanding, peace, or comprehension, that you are not readily apart of, that's to discern whether you are "in the solution" or "not in the solution" that is sober, and coherent, or mentally ill or under the influence of alcohol, drug, or ideas to what, whom, and why. What keeps you going in life, that's pretty human, to feel good when others are to themselves and doing well in life, and being well at the same time on your own, that's called not being a problem to others, that is what you are doing separate from others, does not alert, anyone else of a changed set of conditions which they should be worried about with regards to your health, then there is social media, that is seeing how you are doing without you knowing it, and worried about the content you provide, as a representation of your health shared, whether that is benefiting you or not beneficial for others to hear. And then there is seeing things as whole, judging someone to look or appear as though they are "being smart" with others, that is doing things and not saying things that they are doing as they are doing it, or doing things without saying things purposefully, to not speak to, or doing things without saying things, to which others can see or think clearly and see, which you have not so stated yourself, whether what can be seen or understood by others from reading or watching you, creates a feeling in another, that does not make them feel smart, does not make them feel good, or makes you feel good while who is around you is not feeling good, or whether you pay attention to how you are doing in life, with regards to how others are doing in life, aware that you could be affecting the health of others, if you are not doing well, drinking or doing drugs, worry others, and do so anyways, and do not recover, and get better, or smarter, continue your studies, or stay motivated in life to live life. So long as you are behind in life, not in tune with what is making others feel good or feel smart, that is nothing you should worry about, who they are connected to and why, and what is resonating with them, that's mass communication, speaking to what can be said, and speaking in a way, to which others respond in the positive and like back, whether that is speaking to something already felt within not stated, or bring about a set of conditions in others, that makes them feel good, that's where the question of "what was made in love was made well" comes from "work ethic" and by what "work ethic" demonstrates a quality about a piece of work or endeavor, that communicates a good feeling in others, and whether writing is a skill that can be damaged, or made not to look smart, if it does not provide that feeling in others, look like garbage on the outside, not look well by looking at it, or identify a piece of writing as not from the heart, or made to make others think in a way that supports a negative ideology about life or others, or ones particular sect or denomination of people, misrepresent, that is being of low quality, not a representation of high quality, to look bad. And that's how you get treated, whether you make people feel good, or whether you make people feel bad, and that's mental illness, and inability to make others feel good, then not mattering.

Heading: #blogpost: "When Nothing Matters" ... #blogging #writing #thegift #wellness #mentalillness #change #physicalhealth #mentalhealth #defamation #imagery

What is a Breakup? ...

10/4/2020

A breakup is not a political rally for favor toward sides, or is it. That makes sense, therefore I am not the side favored, in any breakup, whether or not I was in the wrong behaved poorly, and whether or not they have done me wrong, at this point it has become clear and doesn't seem to matter. That what was said "hate Leslie" was what was felt congruent to what was thought of me "free OJ" and that made sense that if to say one that that equated to the other, not a condition of pride, to be seen as a representation of a correct way to think about if a known offender was known to me as a child. Having stated what was stated, seem to establish a known condition as expressed by me to convince someone who was not sure of me, to be sure about me in the negative to hate, that's letting voices win, having said how I feel if it convinces another not to like me, a condition I once described, a "drug dealer" who wanted to bed me, and did not bed, and did not want him on my bed, and offered to call him a cab home, and he sat outside of my apartment building, upset, that I would not bed him after spending the whole evening with me driving my car, and took me to a club, which I took meds to stay awake for. There really is no solution for hate, its either justified, with commentary to confirm or okay those feelings to be felt, justified, or you do not speak to what you think or where you think its coming from and why, and you accept what has been put on paper, and not think too

much about it, or wonder too much for its continuity. That is a breakup, when one gets to know you, then upon disillusionment, one either want to be around you, in focus, and if you do not wish to resume communications, watches until they are ready to put you down in life, with negative expectation overhead, fail to speak to positives, and speak to negatives, that's called a negative influence overhead or person in your life, who hurts you privately, for conversations to hurt you publicly based upon what you say, talk to you to get you to open up, or generate a response from you based upon the content they have created privately as communicated to you, wanting to hear how you communicate back, like nahhh, its okay, well as a matter of fact, or loss of emotion, tired, or a slow response, or not enthusiastic, or a non-reply, meaning offended. That is talking to someone, who speaks to you with the façade or trying to make you happy, and then upon you not responding hate you, or think less of you and tell you that's how they think.

Heading: #blogpost: What is a Breakup? ... #blogging #responding #truth #communication #mood #intelligence #triggers #replies

Im the Type of Person ...

10/4/2020

Im the type of person who is liked, but usually by the time I am well, and stop chasing them or being needy of them or sweet, they like me, that's after I have felt rejected or ignored, or been questioned, that's to discover or prove whether I am someone who is nice only until I am tired, or am nice to be chased, to be treated similarly as I treat someone who I like or adore, do things for similar reaction to me, as though my condition as treating someone, upon leaving gets imitated or embodied the reaction toward me, as though that's a knowledgable pattern of repercussions for being treated as needed or works to make me feel better upon being tired, if you get insulted, and someone is nice to you afterward, that's not food for thought to say that them being nice means they are a nice person, and have presented themselves well, and should accommodate their feelings or reactions as though a deserved product of my responses, and be assessed by everyone, whether I do things with love, or in poor taste, to see how another responds to me, as though I am fake, love in the wrong, gay, and that I was not straight, or loved to assimilate, as though receiving love from a man, was not a lifelong dream I used to pray to the mood for love, because I never had a boyfriend. I understand that being human is a challenge, and I get that that is normal to love, the man is ready before the woman, and that the woman when not paying attention receives love from a man, I do not think that women by masturbation can similarly anticipate whether a person is good or bad based upon how they feel doing themselves, while sizing up or responding to another human being to know whether someone is good or not, that's not a skill I acquired until 2010, "so sue me if Im new" is the joke, that I was someone who was nice to or admired someone not interested in me, and punished as someone "who was not known to them" to say that I am "delusional" and that I like things that "do not like me" to say that I "was not gay at the time" on "tumblr" and that that was not my "first exposure to studying women by photo." For what reasons I was punished is by content, and as publicized by others, treated me as an offender someone who watches content and does themselves to the content that they see, as though one is not beautiful or admires themselves in the condition they are in, takes good care of themselves, that is to punish someone for being "into themselves" "proud of themselves" as though that's their "revenge body" or "body for competition" or "wellness to make others jealous" created. That is punishing a human being not for being human, but because of who they are hurting their options in life, and as hurt, test to see whether they know if they are being hurt or not, to say that I am someone who hurts people without them knowing it, and that that is a condition their bodies can tell, which they can not decipher for themselves as having occurred, a condition about them changing, upon being known or spoken about, affected, to say that by mention or interaction, one is offended by another, to prove that in one instance offended, all mentions or future interactions public, are considered offenses, not just on paper, but as felt by another to be exposed or known to be exposed to a mention about another or another class unwanted. By now since I know that I am the "unwanted connection" or "unwanted association" now I am on IMDB just in case I then become known as the "unwanted mother-fker inside anyone" sick. To say that this person is clearly mentally ill, and that as situated among or within another is the cause for mental illness, that's comparing my body to an unwanted component of a male body. This is why I cannot work, I cannot date, and I am having difficulty feeling motivated to continue writing, but have no choice but to write, because with voices asleep all day I get suicidal. It was always my purpose to build a website, not my purpose to prove another wrong who stopped me. That was his choice to not be included made known to me, and no later time of performing really makes a difference or makes what was done okay to do, use the image of another alongside my image to promote a campaign as though

together, that was wrong then and now, no matter whether someone is famous, if it is my face no one wants to be connected to then at a later time sharing the face of anyone famous on my Instagram is not to make light of the past.

Heading: #blogpost: Im the Type of Person ... #sex #bodyparts #face #identity #feeling #punishment #illness #mentalillness #comparisons

Until You Stay Positive ...

10/4/2020

Until you stay positive will things get better for you, that's a no brainer. It shouldn't matter whether anyone empathizes with you, its upon speaking that you are judged or remembered as something you are not, or even worse by video offended by your presence whether that be in public or in private, thought that you communicate secretly in words to communicate illness as thought about in others, or especially to anyone who already views you in the negative to be something you are not, until what is said arrives to those deductions about you, stated "voices" or delusions of "voices" which are all negatives to affect your thinking about self or others, or to confuse your manner of intelligence so derived, thought of in response to companies, without merit, imitation of concepts by others, or as though your model or the business of model of others, based upon your records kept private, on in publicly stated, is what is thought to have occurred, which is the cause for prying, that the Government cannot protect against, what is kept in my computer, or what is thought about me, based upon what is said in public, versus what is said in private, or in private via communication to others, once it is so decided that you are an unwanted attachment, then all attachments become unwanted or painful to connect or think about, that is your condition, does not make sense to others, your words don't make sense to others, and that is why you are spoken to or referenced to, as seen, supposed to be offended by thinking or recollecting what it is you remember upon being exposed to. Whether that's a secret with permission to intrude upon the life of another deserved, that is something you cannot protect against, someone going through your things, or seeing the world from your perspective or connecting to your place of residence, or channel of focus, computer, that then doesn't matter whether a benefit occurs, or whether (test) if you can read others, or speak to what another is thinking make sense on that basis, from whom you are connected to and why, or whether if someone not from your life knows of you, whether you can speak to their thoughts or not, able to say things in good timing, that makes sense to anyone, whether they know you or not, to determine whether in your own world, are you so delusional to think things are about you, and expect anyone to care, or if you speak to the concerns of who is offended, represent those thoughts as spoken to you, to say that my writing speaks to something or someone or some concept in a negative way, communicates or defends those ways of thinking, and hurt me decidedly so, as not congruent to the thoughts or thinking or feelings of the majority, that's not a misunderstanding that's "calling the tea kettle black" that's with proof of illness, then to state cause of illness, is in defense of concept, thought about, to say that one writes with anticipation of negativity or illness, as though one writes to accommodate those interests of negative interpretation defend against, to say the route cause of illness, is thinking of ill thoughts, or ill concepts, or ill interpretations of me, to say that my behavior private is due to ill exposures of or of wellness around me, treat me as though I consider positive responses a reflection of my condition or wellness, no the Italian Restaurant was well, and I am mentally ill hitting my head on San Vicente, that's not connected to wellness, that's why I stay in my room and don't interact with anyone, and will not attend meetings, or date, because I am now an unwanted connection, that is not well enough to be around people, or to be accepted by most. That is my condition, no Doctor can help me, and nobody can make me feel better, that is me inside myself, trying to figure out how to not speak to negatives, and this is a reflection of being treated like a terrorist, because I submitted a study, trying to understand how to respond to everyones changed condition, and figure out how to help others. Its by what you say is what is the watermark across all of your work seen, disfavorable words and images, and that is what you amount to in life, nothing, no matter how hard you work, no matter how intelligent, that is how someone conducts experiment and science upon you, seeks to see how controlled, by what, whether what acceptances or things stated private, amount to what is said later, and then say as excuse or for calculation to present condition, argue that it was this experience or that experience, or this interaction, or that interaction, to say you are a product of the wellness of others, and that the wellness of others, causes you to be accepted, and what is not stated is who interacted with, then what is the condition for improvement, issue thought acceptance, as though that it the condition or permission for improvement of others, your changes private, how you shower and when you shower, and whether you shower or touch your body, in response to acceptances is mental illness, not being alone, not feeling alone, and things not being quiet, that is the cost of losing your right to privacy, that is the cost of mentioning terrorism in a blog or in a

document sent to a University, and that is the cause for being treated like one, someone to be eradicated from society, destroyed and removed from the face of the earth, someone who thinks in the wrong, and concludes in the wrong, and aligns with the interests of people who have done a Country wrong, to say that I love in the wrong, or I am friends with people in the wrong, or that I make the wrong decisions, and make others feel as though they have done wrong, or that because I have done wrong, don't make others feel good, or think in the wrong, and that is how a wrong person is made, and that is how a person cant even shower without others thinking that one is pleased to themselves, and that is how one cannot be around people, or around children, once one is declared mentally ill, that is a person who self-harms, and others cannot see, do not recognize, do not greet, or cannot remember as being well, that's when hope is lost, and hope is the condition of not being made fun by someone with reference to a Goalkeeper who stripped on a field upon a win, a game I attended at Rose Bowl, the Womens World Cup, against China and saw JLo perform at halftime. And now my throat is burning, my head is small, and my mouth is open, and my heart is burning, that's mental illness, not being able to carry on a conversation private or in public without feeling sick or mentally ill, that is why people punish people, to cause them mental illness, to not be loved or accepted by most, until their illness changes their face or body, and until they are recognized as someone who is mentally ill, or does not fit in or recognized as well, and cause another to not feel well, that's not being well on the inside, and that's not stating a behavior private, or condition private, speaking to someone privately, and what is not stated and that's to argue that I speak to negatives in life, or to terms not stated by me until stated, and until stated to cause everyone else 65k in real life to see or hear terms and see the same. So that's seeing my condition, the generating 65k followers, then causing 65k people to not be into, not recommend, not understand, not comprehend, not like, be indifferent to, or see the same read everything to an interpretation of an ill representation of someone "who was liked and then got punished" to see whether their beauty or looks changes if everyone hates someone, as though I am someone who is performing to hate or because one is hated, and that is a condition or comparison to someone accused of homicide, to treat my body the same as another body who was represented by Attorneys who are no longer here, to say that I am becoming something I am not, because someone has died, and that I do not deserve to be who I am or to be well, because had this person not died of homicide I would not have tried hard in life, or been well liked, or gone to law school, or had friends, or been important to anyone. That's to say that I was only important because someone close to me died of homicide. That's to say that I am someone who is known, or works, and lives a different life private, that makes me not a good person recommended to help others achieve well in life, based upon my inability to achieve well in law school or finish a JD, I left and was not able to return to school after leaving. That's giving up an opportunity to finish my JD to fly to DC, and now thinking for what? At what cost was it for me to visit, and what was I thinking at the time I decided to do that? And that's to figure out whether I do things in life with a picture in my mind of how things should be or think that I see things clearly more clear than others, and as though I expect others to see more clear or see clearly based on what I know, that's to see what I look like guilty, with the words, proof, timing, and records of another watching me, predict, or capable of causing the wrong things to occur for me, or for others, as read from my condition, of mental illness, that's being mentally ill, not being able to take a shower alone and hearing voices, that's affected.

[#blogpost: Until You Stay Positive ... #mentalillness #voices #hygiene #intelligence #conclusions #beingwatched #thetimingofyourlife](#)

How You Get Treated ...

10/3/2020

Everyone at the time of meeting you, will treat you how they think you deserve to be treated, whether or not you are acknowledge friended, or ignored, that is something one accepts about life, not all will be well upon meeting you, and not all will be excited to meet you nice, that's attitude and unhappiness, not being well, a condition to expect and value in those who are recovering not indicative of the rest of life or of all people, not everyone knows you, and not everyone will care even if they know you, what you went through, or what difficulties or challenges you faced, that is not what makes you special, we all have disabilities and discomforts in life, appreciate the condition of others who are well, not everyone who is well gets along, that's something you learn later in life, and not all will stand out, or be well around you, that's something you learn not to take personally. How you look is how you get treated in life, why self-harm is not advantageous to my health, and only improves the conditions of others, as lit, such as today, driving by a restaurant, everyone well, after I walked by in Star Wars leggings, and then they added heat lamps while the weather is still hot, that's to view my leggings as an unwanted communication, and heat lamps to

communicate back “to go to hell.” That is seeing my Star Wars leggings are relating to “porn star” and then say “Star Wars” leggings are to “fight porn stars” as though I am offended by them or a dark green dress the color of the trash can at work I smoked by as though that trash can is part of my identity. There will always be the past, others calling you out, or seeing your wellness, as stupid, and it continues for as long as you begin reacting or taking things personally assuming is about you, and that’s the point, until what point is one confrontational, and upon being confrontational, what is spoken about, why one is made fun of, because treated as someone who was made fun of, and not taking compliment to a positive representation, later negative representations were made, based upon an assessment of ones condition not being well among others, that’s illness. Not being strong enough to work, not being clean enough to shine, not being sharp enough looking to make an impression, and not strong enough to handle moods, or looks by others, that’s something you cannot control, what you look like, to others, expect that once you become ill, that is how you get treated, the other better, the other feeling better, or until you respond in the negative as aggravated “lose your head” that = a “blackout” to someone who is bipolar or hears voices, to “not be wanted around or in a room” gets up and leaves that’s storming out of a room and not remembering the walk to the door, that’s similar to leaving life, being present at the next location, outside, without memory of how one got there, that’s aggravation, that’s the purpose for identifying someone as an “unwanted person” to society, for marriage, or for dating, one who cannot stay well, doesn’t look well, or cannot make others feel well, that is one who does not look well around others, labeled an offender or mentally ill, that is why people are punished, so that they are not identified as well, or clean looking impressionable, that is why a blog cannot change my physical condition, no matter what is said, no matter what is said well, or unique, or special to my circumstances or others, an accurate representation of humans all together, who are better when Im sick, suicidal, or dying. That is how I feel around people, not thriving, cannot stay well, that’s not indicative of guilt present, that’s indicative of a solution to get rid of a person, or jail, not looking organized, looking dirty, not lighting up, dimming, or not feeling well among others, that is a condition I cannot change, once people know you, identify you, do not respect you trying or your wellness, and have more energy than you, or light up more than you are able to, that’s society, reacting without you knowing it, their presence well, by identification of hate: heat lamps, present a different kind of people, people who are well, when someone known does not feel well around. This is why I either improve, or upon disagreement get sick or suicidal and why no one cares if I get sick or suicidal, and why there is no memory of me in the positive, if I have not stayed well in the past, and why I do not make others feel important, or the contributor to the wellness of those who do not know me go by the wellness of others, then respond to me or treat me as with recommendation from hate to cause harm to me, then expect me to do well, or nice to me, upon a change to my condition, illness or suicide. No one really cares if you become sick or suicidal, that you cannot change not being well around others, and if that was a previous condition, and law school was your solution, that’s to hurt you to say that you were not able to overcome suicide and that law school was a waste of time, that’s to say that you get sick, and as you get sick, others feel better, to see whether you are offended by the wellness of others, think is about you, until its about you feel offended, that’s to treat you like you are an offender, until you see yourself as one, to make society or people feel smart as though they have done the right thing harming you in favor of who hates you. That’s to their majority, you not being well for good reason, and then hurting your ability to appear well in front of others, and to others be viewed as stupid, sick, or grose, give them reason to, to have you video’d as trying to be intimate in private, so until all see you as sick and disgusting, so that you do not feel well, and no one is enamoured with you, special to no one. These arguments are to illustrate why Aaron texting me, is not strong enough to keep me well, and why upon speaking if I get sick, that is because there are people who don’t think I deserve to live life, or to have Aaron in my life, and have a new life, want me to suffer and die suffering.

Heading: #blogpost: How You Get Treated ... #hate #stophate #punishment and #dying #society #wellness #humor #blame #offense

The Purpose for Perseverance ...

10/3/2020

You may end up swallowing a voice or two in life, that doesn’t sound like you, that’s because during Death Valley, humans were cannibals that ate other humans as described in “Book: Guns Germs and Steal” who survived longer than the others, the bodies they ate. Eating people is not the solution, to living a longer life, be comprised of parts not surviving, or to survive comprised of parts of those who did not survive as long as the those who ate them. That is why cannibalism is bad, reading is not that, reading is a beautiful historical art, because it’s the gift that keeps on

giving, writing is from where historical premises are read from, the foundation from which thoughts were made as connected to past thinking, and the foundation from which new thoughts can be built in furtherance, from, or with consumption, a better system of thinking made, how book towers are made, informing each book past, by production, of something better than what was thought before, a more cohesive approach to building better understanding among, or remedy discomforts, existing then or now, how history helps knowing, but doesn't necessarily improve upon remembering, why only one period in time was recorded by famous paintings, and why no later periods in time were recorded by paintings, because not better recollections of a period in time, could capture a transition as powerful as what society or members of a society looked like during huge disparities in wealth, or during huge changes in time. We study the past, not to enter the past, to understand, but with foresight to learn from the changes that took place in the past, to not relive those conditions now, admire the present, just as a period in time was admired as peaceful, no matter what size they were, changed, and understand the concept of earth, as not responding in wellness, upon changes to the conditions of a people, and not blame people, as being the cause for changes to the wellness of the earth, who can only reflect on the wellness of everyone as seen and respond, and cannot accommodate hate, or disturbances caused by the people on earth to one another, which is why war is bad, or marches that break the peace, to communicate injustices felt to any group of people not feeling well, conditions so obvious, that one chooses to speak. That explains why marches are so emotional, and why marches are so strong and vocal, it's the changes they feel within, or a weakness to their kind, so affected, that they choose to respond in a way that communicates to all, of the changes they have endured, and the respect of attention needed or required in order to them to be accommodated with awareness of the effect that incidences have had on their health as a community self-identifying with those who have been harmed, why marches are a necessary reaction to unwanted changes in life, or unequal distribution of wellness or attentions, vocalized as not wanting to be apart of those changes or conditions affecting their health, speak, to self-identify as strong, and to assert their rights to care, even if everyone is not so motivated to the same interests react similarly for know about, how things end up on social media, why social media is important for informing people and staying informed of the conditions or wellness of representatives from different types of people, some who can identify whats in error, and some as affected who cannot speak for themselves be heard or understood to have been affected or marginalized by their condition changed. That's speaking on behalf of another or those who need help speaking cannot. That system will never change, caring, reacting, responding, in peace, whether or not earth is disturbed by the presence of those reactions, or whether those reactions are knowingly in response to the disturbances of a people, by the changes to the earth above them or around them, that's mother nature, who takes care of people, who nurtures people, who responds to change just like humans respond to change, react, that's something we cannot control earth in the immediate, but what we can do is be a better example of wellness to be seen by all, earth. What is perseverance, it is accommodating change, it is accommodating illness, it is valuing peace, it is promoting the best interests of all, it is not being bothered by disinterest, or anger, emotions, feelings, or conditions changed in others, that is wellness unaffected by change. If we could all be so strong, that would be wonderful, but there are some too sensitive to the conditions of others easily affected as feeling smaller than, or intimidated by, or not as solid as, that's another condition, called competition, or notification of one exerting their superiority over anothers condition as dim, or not present, not sharp, not vocal, or small on the inside. This was occurring before I started blogging, therefore blogging is not with expectation that my condition will change or that people will be nicer to me, or prouder, based upon the job they are doing in life, for themselves, pride, not for a job they are doing, to improve me: bipolar. There will always be jokes, and things without contrary opinion, be read into as smart, or indicative of blames, or causes for blames, or reasons for blames, or justification for blame. That's just humor, points you out without you knowing it, and not with respect for what happens to you if interpreted in the negative thought about you, that's not unless you can prove that you are not those things in life, the cause for leaving others feeling like they have not done a good job in life, believing in themselves or others, a condition necessary to live life. Having faith, to overcome conditions, faith to rise above conditions, and without fear or not falling back on your own two feet, arriving to a better condition, and knowing once youre there, that you have overcome a condition of change, that's normal to any society to affect one another, that is not unique to any city, that thrives on the condition of its people, to stay well.

Heading: [#blogpost: The Purpose for Perseverance ... #humankind #history #wellness #beliefs #faith](#)
There's a Saving ...

10/3/2020

There is a saying that “everything happens for a reason.” That doesn’t apply to bad conditions, illness, or gun violence, or home-grown terrorism, or inner turmoil. Those are conditions to be avoided, not the responsibility of the public to monitor and correct, something or anyone who does not feel apart of. That may be the condition I was placed in in life “not feeling like others” to say that me not feeling like others is similar to the condition of someone who commits crimes as: (1) seeing themselves as above others (2) seeing themselves as justified (3) reacting in accordance to their beliefs whether true or not causing harms to others and (4) blaming their mental illness on others having acquired, not taking responsibility for the choices that caused them mental illness, that is not (a) feeling well among or (b) not thriving among others well. This is why (1) poor decision makers (2) poor behavior and (3) poor word choices are frowned upon or punished in society to say that (4) the condition of this person does not the support the conditions of those around them and (a) label this person as bad (b) label this person as mentally ill or (c) label this person as offender so that by record this person bears a quality of title about them that notifies others (d) your health is not the same as theirs and (e) being around a person of this health may affect your health that is what separates the weak from the strong someone who knows their value (health) versus someone who doesn’t know their value (in poor health) why your exposures (indicate or inform others from where your illness came from why if you drink or do drugs your contact or behavior does not excuse anyone who is not in agreement to how you look or behave as proper so that who is is better understood). Not feeling normal, is a condition of someone who is sent to jail, someone who is bad, or is being bad and feels good being bad, why someone is punished, as someone who is not well on their own, but is well in the company of another, and then treated as an offender to the interests of others, someone who is “made well” by “being around well” a human body capable of “stealing wellness” from “those who are well” who “benefits from who is well” but as alone “is not well.” That is the difference between a criminal body and a normal body, a criminal body “is not well” and a normal body “is well.” That is why criminals are considered “mentally ill” and “stupid” thinks that in the clarity of their thoughts “is well” and sees others “as not well” “or not smart.” That is a “big head” someone with a big head “thinks they are smart” and is perceived to think that “others are stupid” seeing their condition as “better” or more well as compared to others, meaning with the capability of seeing others “as weak” that is “seeing themselves as stronger as” which is the cause for “weakness” to someone who is around someone who is bad. A condition I cannot change about myself is “not feeling well” or “going to the hospital if not feeling well” that occurred before I was arrested “for not looking well” “or for a light” that was because I did not go out often “if I did go out stuck out” and “because I stuck out” for bad reasons or because “on something” that “made me stick out” on a freeway. That is not behaving normal “changing lanes without a blinker” not being proper “driving under the influence” and being somewhere I should not be, after having had three drinks “a freeway” which is why I got pulled over. There is a system for catching criminals and this is that “seeing someone who does not belong” or “seeing someone who is not where they should be” means that this “person should be doing something they are not doing or could be doing something wrong” or “this person is not where they belong, here, or should belong somewhere else jail.” That is the Justice System, removing people from society who do not comply with the laws of a well ordered society, and whos conditions affect, change, or take from the wellness of society. That is why people who “are different” or who “do not abide by the law” easily stand out, and they stand out on the basis of whether “the know they are doing something wrong nervous” or “are doing something wrong, and not knowing what they are doing as wrong, dim, not paying attention to their own body, or not paying attention to the body of another, respond correctly understanding that it is their condition that is the cause for another body being nervous, it is their body that is bad or has done bad by law misdemeanor DUI, and then recognize that their body does not match the body of another, and is the cause for that body not feeling well with, or not being sure about for marriage, and then think that what they are doing is okay, or well if the other condition is not well, that explains why after jail, you cannot date regular people, or younger, or someone who has a condition, will not match someone with bipolar, and jail. That is how the Justice System labels people, giving them a condition, that if replicated among others, and another is harmed, can identify the cause for a change in condition, as being by someone who is known in the Justice System to have done wrong, and the source of discomfort. It doesn’t matter then whether you have gone to law school, it doesn’t matter then if you recover, it doesn’t matter then if you are smart, it doesn’t matter then if you realize later why you were arrested, and it doesn’t matter now 8 years later if expunged, to explain why you were not able to stay well among others, be loved continuously, or were treated as stupid, that is someone who knows of you, and then upon seeing you, sees themselves as better than and lets you know that they are better than you, by not identifying with you, as labeled as bad. This is why being sent to jail or hospital is bad for your health, and shortens your life, because you will not feel well around people, you will not stay well, you will not feel strong without looking obnoxious or inappropriate, and you will not be loved upon being at peace, because your peace will not be respected as earned, and destroyed because another’s smarts is dependent upon illustrating you as stupid with a record, and then getting what they want a response 65k, to images of you being stupid, under the influence of threat, as though you deserve to look like someone trying to be famous, or thinks they

are important, or is trying to sound smart but is not.

[Dedicated to #justiceroberts explains why not a match anymore.](#)

Hearing About Things ...

10/3/2020

Truth is established through writing, that is how sense is made, and without writing, that is how disagreement is made, upon assuming what is right to be based upon what is going well, and then assuming that what was not well, was not right at the time, that is that persons condition changed, as being a contributory factor to things not going right, based upon where someone went to school, as though a State is at fault for gun violence, or a Student who went to school in a State the experienced gun violence to be at fault as connected to that State or to its people known. The Game is not a known set of uses of identities to produce a known set of images about, based upon what movies came out, and who went to school where, that is something later known, and which has become obvious to be about or probably in reflection of. What is clear now, whether that's looking back, or thinking of why, maybe makes sense to others, and upon viewing the two classes of people, able to see likeness in quality to what was produced. Which is why anyone who sees me Tweeting instead of speaking at a Meeting treated me as mentally ill, or the condition responsible for being spread, with no followers December 2011, and the reason why I did not feel comfortable at school, that is correct, its sharing in public, and then not feeling comfortable around people feeling different than but not knowing why. Some things are in your face, that is saying something expecting others to accept something you have to say, without a purpose for hearing what you have to say be represented as current or relevant to the conditions present, that's a mental health issue, how you are feeling does not represent how others are feeling, that's a feeling just in you, versus a feeling in everyone else. Now its how are you reacting to thinking Movies were about you and is it you that seems aggravated or would be mad at or insulted, and is that what caused the Shooter to shoot inside a Movie Theater, then compare my ideologies, or thinking to that of someone who Shot Many People inside a Movie Theater, that is what is being distinguished, the causes for Gun Violence, trying to say that trying to help resolve causes means that I am trying to change people, making the argument with regard to Women, it not being their fault if harmed, the same rule applies to Victims of Gun Violence it is not their fault if they are harmed, and they nor or the people around them responsible for changing their conditions in order not to be shot, that means that Social Responsibility does not apply, to Victims of Gun Violence. So to treat me as someone in another State California, soliciting for support of Brady, was not in defense whether Bipolar (2009 or 2011) to have been a like mental health condition or illness existing in me, which was similar to a condition of someone who Shot everyone in a Movie theater. Nor is me holding a wine bottle, a charade to solicit attentions for the Movie: Psycho, or buying a Matchbook communication for anything else relevant in life. Therefore taking down a poster on Wilshire defacing President Barack Obama was my choice, as inappropriate, inferred personal offense taken to content as excuse for reaction. Which explains why even with a boyfriend, I was hospitalized for 30 days, from a meeting I left prior to Tweeting online, that doesn't mean Rape, just because he was younger than me, that was on Provigil only, not as sharp and too loving stupid, not being professional, with a job at Farmers Insurance, who went to a Gun Show, who I reported to Brady, that that was done to me this was 2017. Which is why I was hospitalized for 30 days, because I got sick by assignment, not comfortable, without telling them on my resume, who had a Kobe jersey above his desk, because asked to work Downtown, where the suitor's company is located, under suit, and 2017 when hospitalized asked to sign a document notifying me that I was not allowed to be around guns or purchase a firearm, because I saw Aaron Brown in Yorba Linda a DA who has access to guns, the next morning the LAPD showed up knocking at my door, to search my home for a Gun and search my Instagram in my Living Room. I have never shot a gun in my life, and just reported the two incidences where guns were around me before I met Brady and before the pandemic. -If making me sleep on concrete for 14 hours was the LAPD's way of telling me by lawsuit "someone who cares" called the police, that was to say that because I saw Aaron Brown a DA, that I saw him not for sex but to gain access to a firearm. It was to have sex, and then I went home, with a hole in my wall, from slamming my head into the wall hearing voices, not my fault, I was only on 10mg Abilify at the time for sleep, not strong enough. If you seem like you do not support film or music, then you are seen as someone whos support of film or music is for change, as though you think there is something wrong with it, if you seem like someone energized by a subject or too verbose, they think that's guilt, either having known things were about you, full of yourself for secret reasons, or treated as though you thought you were important or smart, deserving of being paid attention to treated.

Why I was treated like no one, and why a monument was made: The MLK Memorial with Movie Theater lights, and why I was told about it, and someone drove me to the Memorial at Night.

Option Not to Care ...

10/3/2020

We all have options in life, one of which is not to care, especially about things or people you share nothing in common with, and keep absent minded from interpretation, just like a painting, or an incident, not something that comes to mind, fueled through your writing, articulate to or to describe, something seen, or experienced, from your mind onto paper, not an image captured through your writing or to the minds of others, expose to. I can't say what makes a successful writer, we are all different, depending on whether you are a visual learner or an auditory learner, we all learn differently, we all see differently, and different things keep us going in life, and just because anyone has something in common with another, does not mean that friendship will occur or sex, its coming to know someone and liking them, not by seeing someone like, or grow feelings toward, we all match up differently in life, based upon our standards, and we all love and like different things in life that's normal. Then there is dislike, hearing something you don't like, or feeling something that causes you illness upon hearing, that's is not liking someone, or something they have to say, and that's not trigger for speed or energy for reaction from someone, to hear something they do not like, or to be treated with dislike or arrogance, that is not the cause for upset, disturbance of peace, or leaving an uncomfortable situation, that's not always clear when someone in a room notified you that they do not like you, or something you are doing, or something about you disagreeable to their tastes, but we are in control of how we respond, such as leaving a room. That's being aggravated upon notification, while waiting to receive a COVID test, from someone seated 10 feet away from me, reporting that my mask was not on, that's an example of leaving the room. An example of an experience, that makes people think less of me, upon speaking about, as though that was proper for my mask to not be on, as though that was proper for him to complain my mask was not on, or as though that was the right thing to get up and leave the room and call 911 to report the incident, to me that was the right choice, I cannot sit in a room with someone who complains, because he thinks I have COVID and with my mask not on, could catch COVID from me, that is me leaving a room in which the other thinks I have disease. That is doing the right thing in my mind. Just like hearing voices, aggravate me, that's not wanting to hear from anyone, and enjoy my peace, that's to mentally disturb me, to hear what I sound like mentally disturbed, that's to say my writing upon aggravation if shared, causes a similar feeling in who is reading, to be disturbed, or waste energy reading, and then say their condition is changed by my experience, feeling different about me, or about others, empathize with. If you are someone who sees me, and hears from me and does not like me, then please do not read my writing, that's is you reading my writing with expectation of feeling good, and not feeling good reading or hearing from someone, you do not wish to see my face or hear from, because seeing me or hearing from me, interferes with your internal feelings that is something I cannot change about someone, who does not like me, and does not want to see me or hear from me. -Allow people to be well. That's is wellness, well without you, absent minded you, doesn't need you, not affected by you, and gets sick hearing form you or thinking about you, chooses to connect instead to people that feel good, or are well in their minds, and does not see you as someone they want to meet, connect with, know, or come to know, understand, gets sick. That's intolerance, that's treating someone who you acknowledge exists but see yourself as better than, that's seeing someone as below you, and that's where voices come from, that's hearing form someone not in your life, who thinks that they need to tell you how to feel or control how you feel, because you are not capable of caring for yourself, that is hygiene and mental illness, that is not feeling good about yourself, and feeling aggravated upon hearing from someone not in your life, who sees themselves as in your life, speaking to you, that is someone who wants to be heard, or represented someone who want you to explain a few instances where people were not in acceptance of you based upon what you look like, what youre doing, or who you are, know you who you don't know, and purposefully hurting you, so that you do not feel comfortable in a room and leave. Where does a voice of hate come from, not from me certainly, I do not sound that way on paper, the voices I hear are words that I do not say, that is something or someone, who upon watching me, is trying to speak through me, that is treating me, as someone conducive to their purpose, to spread dislike of me, to get me to behave in public or on paper, in a way to achieve a result: dislike. That is hurting a writer. Trying to change the opinions of others about themselves, by demonstrating themselves in a way on paper or by face, that would cause others to not want to be around them or exclude them, that is an example, or discrimination based upon fault, the fault of the person for being somewhere they are not wanted or liked, and then treating the other people there as most suitable to the best

interests of the people within an establishment. The doctor came and got me I was outside on the street instead. If that was WORLD NEWS, Leslie got sued and went to jail for text messaging someone and sending photos of herself, building a website, then that explains why I smashed my head into a wall repeatedly until a hole was made, hearing voices. *That was not the correct response, to being at peace, and then upon suit, not being at peace whether that was with myself, or another not at peace with me, watching over me, literally by phone, or by app, or whether by connection to anyone, could hear anyone, talking to me, I do not know how a schizophrenic is made, but its an unwanted connection or voice from someone who does not like you, that is what causes voices, or by my diagnosis bipolar auditory delusion.* Once it is known that people don't like you is how you get treated like a second class citizen, everyone not impressed by you seeing themselves as better than you *which is why my bettered condition blogging with 65k monthly viewers cannot be comprehended by anyone who doesn't like me,* and doesn't feel good, hearing from me, or seeing me, that is because they do not understand me, and their happiness can be achieved without me, that is not someone basing their happiness on me being at peace, that is someone threatened by my being at peace, and hearing me or seeing me online, not happy because others like me, *that is thinking that people like me because of OJ, no it's the exact opposite I have been hospitalized 9x,* the most athletic and used to be popular, but did not stay well after leaving law school and flying to DC, and left my then boyfriend, the rest of the World could not help me, and I was not ready to be back in a relationship, still figuring out life, and my own condition, put on many meds, that made me tired, and sleep all day, and tweet. Which is why talking about High School or College is not beneficial to my health, and only causes me illness, I had a 3.2 GPA at Windward, and received the "Best Female Athlete Award" of my Class, I did not have problems at Windward, I had friends, maybe not with one crew, but I still had friends.

The Forefront of Care ...

10/3/2020

If you're doing well in life, pat yourself on your back, if your day to day, way'd it go keeping a schedule, and making it through each day feeling whole, and if you're behind, don't fret, you'll surely catch up back to speed in no time, and if you're feeling alone and wondering about life, be proud of the years to your life, and don't stop looking forward. Life's not a competition, and if you feel threatened by others in that way, that's assuming that your success is interdependent upon the successes of others, and while you're throwing the heat in life at your best (a baseball analogy) and others are watching you at your best, don't be afraid to stop and look around, and check to see how others are doing in life, that's how wellness is spread, doing well in life, and stopping to make the time to talk to others, that's understanding yourself, your limits, your time, and your focus, able to manage focusing on others, and also focusing on what you are doing with your life, be successful at. You won't find interest in most, if your head is in the clouds, then that usually causes things around you to seem dull, that's normal, going one way, and not noticing anything around you, or so it seems. What is an influencer? First off it is someone who feels good about themselves, and upon watching them, feel a sense of reassurance in ourselves, that things are okay, and with open ears, listening, without expectation of feeling down, or being harmed in the process of paying attention, from a conservative standpoint, this is what makes some look solid, and others look not as professional as compared to others. There are many different types of professionals in the United States, not all are the same, not by how they talk, or by how they dress, or by how they lead their personal lives, they share one trait in common, able to do their work, day in and day out, show up on time, stay the time they are required to be there, and make a positive difference doing what they are doing, whether that's providing a service to others, or working on the task at hand, focused on their work, not what's going around outside of work, or focused on those who they are working with, in their own zone so to speak in life. Never feel rushed, that rushed feeling in life, is an energy moving through you, that causes one to feel nervous, not where they should be, or out of place, not in focus. That you cannot control, time, how you manage your time, and how well your time is spent each day, all equals how you feel each day. I wish that we were separate from time, but there is nothing you can do, to separate yourself, from the day passing, and manage what you do in the day, feel with the hours of the day, flying by, or feel stuck, with the hours overhead slowing passing over you, that's the difference between a long day and a short day. You cannot stop time, depending on how you spend your time, the hours may fly by, that's not being efficient, and then there are moments when time moves slowly, that's upon concentrating and doing somethings slowly, maybe an important project or a big paper, and the beauty of working hard, is that upon reflections things are clear, and upon review things go smoothly

thinking wise, or upon being read an energy is felt, clear. I have once described, the value of writing, as presenting: (1) easy to look at, easy to comprehend, and (2) has a flow to it, that feels good makes sense, which a point can be pulled from it whether stated or overall can be said or thought about. That's not just in wellness, that anything intelligent can be assembled, during times of illness, sure we can try to make sense of our thoughts, even if it takes us longer to assemble those thoughts, and looked at as stupid. What causes a dirty looking face? Or dirty looking writing? And what is cursing for? And what causes shouting or fighting? Is that something internally as reflected over us, that beauty is seen or not seen by one another, or by mimicry (that's racism, no), it must have something then to do with positivity? (not sure about that either now with 65k well or not). I think it has something to do with clarity of purpose either known or not known, and ramification of results, whether stated or not, what points of arrival stated, whether achieved, or whether purposes stated prior, were not achieved, neither improving or disproving the wellness of others, or within. To me it has something to do with what is seen, not by what is replicated, and if God is something within all of us, then certainly to argue that something negative could be found in another, was certainly not the product of God achieved, but by connecting to something different, something that sounds good, or doesn't make sense, and then causes the sense of someone else to malfunction or cause illness, that would be an example of something made in hate. Which is where flyers come into play? Whether the flyers I made were made with love, or hate (in reference to the Movie: Mean Girls), they were made by HP high speed black and white printer I bought in 2008, and with love, Weebly stats, and by website name: mymollydoll.com, that was something needs care, lets raise money to care, and who should we give care to established, an organization recommended to me by WIIDC (2011) to apply to, prior to the pandemic. So that's not an idea I was drawn to initially, but a later organization thought of when the time came. -Back to the essence of time and wellness, no one can credit themselves for whats working within a Country, or supporting a feeling of overall wellness of everyone. And someone who may appear well and not social, can easily be seen as someone, benefiting from the wellness of those around them, and by diagnosis, think they are not with God, because they are not well, not comprised of pieces of human beings that result in wellness, but connected to people or things like drinking and drugs, that resulted in their illness, not a well person, deserving of being situated among the well, that is how someone with a diagnosis is treated as different, not perfect, and not perfect because of whatever is argued to be the cause of their imperfections in life, that is by looking at someone, not seeing them as pretty or intelligent, because of what they see, or by comparison how they look, not as wealthy as or important as.

The Gift of Warmth ...

10/3/2020

There is no exclusivity to human warmth, its not just what we share in common that makes us human, but also by what we self-identify with that also makes us human, warm. I don't think it was intended for us to get sick, not by one another, or be offended by the candor of others. I think a lot of being human has to do with pride, and happiness, whether that's being happy ourselves, or being happy for others. Then there is feeling smart, smart to me is putting things together right, its thinking about something, and arriving to feelings that make us feel good about what we are thinking. Then there is not feeling good, whether by instinct, or exposure, our bodies telling us that something is wrong, somethings not measuring up, or something doesn't feel good. I wish that we were all compatible in a room and that we all lit up upon seeing eachother, but that simply isn't the case, there will always be those who stand out from amongst others, and those who we feel drawn to or want to get to know or be closer to, that's going out, who if we knew, would want to get to know, and who if we see, feel like we bear something in common with, with a chance for bonding. That's going out, you never know who you will meet. I am someone who everyone talks to, I never went out much in my twenties, and when I did go out, always managed to find someone to talk to, or someone talked to me. That's being a quiet person, someone who gets approached in life, Im not really a go-getter when it comes to being social or romantic. I am someone who someone who is brave enough to get to know, makes an effort to get to know me, noticing me from amongst the rest. Always be someone special to meet, and someone fun to talk to, that is my best recommendation for anyone with social anxiety, you'll never know your capabilities unless you try, socializing is one of those things, once an olive branch is extended toward you, you have to either make an effort back to communicate and maintain a bond, or you shy away from bonding, and choose not to be ready yet for friends or relationship. Its something you have to put effort into like most things, getting to know others, which occurs overtime, comfort, it's a quality about a person, that if you don't have, wonder, how come I am not confident or comfortable, that is because they have things in life that make them feel comfortable with themselves, like friends, jobs, companions, homes, accreditations, and pride, that's a quality that occurs overtime having things in

life. Just like a blog, why does it sound so easy for her, that's because over the past 8 years I have practiced speaking in public, about just about anything, and have done my best, to share in a way that brings quality to the reader, quality of thoughts, with anticipation of how the reader feels, I cannot say that all are comfortable speaking in public its not an easy trait to have being comfortable speaking with anyone able to read, and feel that confident and disconnected from reaction, spiritually and physically, we may all get voices from time to time, but from my experience, its by who you connect to on a one-on-one basis that determines who lights up and who fades. I am someone capable of lighting others up, I consider myself to be a warm person, who promotes the wellness of those who have been in my life, and probably stand out online special, because I have had the same 5 best friends my whole life and have only been in two serious relationships for 4 years and 3 years monogamously, before taking a break for 8 years to work on myself. Because I have had few exposures in life, choosing not to go out to bars or clubs, and be social, and focus in school is why I maybe stand out from amongst the rest, not used to being in a bar scene, but easy for others to jump that cusp, from not knowing eachother to getting to know me, and be comfortable around me, that's being new. Its always fun to be new, that's the beauty to life, you may not be in the same job for 10-20 years, but that doesn't mean you cant also work a different job year after year, the longest I have worked a job is one year continuously, and I know that may not seem like a long time to someone who is considering whether to hire me, but that is a long time to me, on a schedule. You will find that the more difficulty you have settling down in life and keeping still, the less opportunities you will experience for getting to know others, we all have commitments in life, and I have been lucky enough to be supported while blogging, and build a new life for myself online, making a commitment to each day to write, until where I am at a year later, comfortable with myself, and with my audience, no matter who is heckling me in my mind, perform anyways. **That's being professional, understanding that not all days are good days, and when you have a good day, to get as much done as possible,** that's knowing yourself, and your condition. That's how I was in law school, I took naps, I studied a lot on good days, and I woke up early to get my work done in the mornings with a fresh mind, and be prepared for class each day, whether that was right after work in a cubicle for an hour briefing before class, I always made time for my studies, and did my best to keep up with the curriculum. But the rest of life isn't like that, there will be people you do not like, or want to perform to, people who make you feel sick, people who threaten you, people who intimidate you, people you find obnoxious, people who try to scare you, people who bother you, people who annoy you, people who hurt you, people who confuse you, people who offend you, and people who try to steal your light and happiness in life, by demanding your time and attention, that's just life, its not a game.

Personal Update ...

10/2/2020

You wont know until its too late, if you don't listen to who cares or who loves you, that's listening to who is trying to help you, or keep you from falling off course in life, whether that's family, or friends, or boyfriends, they can only do so much. Once you get in a habit of self-harming that is a new condition, that only makes you feel worse, its really disheartening to improve physically and appearance wise, with a condition of self-harm. (Get to the point). If you do not value your life, as illustrated means that you do not value your life because you did not value the lives of others, subjected them to harm, as though you have always been this way, your later condition will always be used to try to understand the causes for illness past, as though your body can handle hurt over and over again, until not empathized, and speak out of context or out of turn, or unnecessarily, if you are not having troubles in life, and only voices, if you convince others that you are not well or something you are not, then that is cause for testing your limits, as someone who gets hurt easily tantrums or inferior to women, that's treating you as having problems, obviously no one pays attention to me, and never ready for love or for companionship, and if anything happens they feel communicated to as confident and see me as sick, or weak, or not well, attack me, as though that communicates to alls betterment, a result that would improve or justify dislike, I think photography just makes me look obnoxious, although its been a wonderful experience to see me blossom and recover, if one bad picture of you is taken, or one bad picture of your head looks grose, as focused upon as not a proper representation of you, molded myself to, to fit what was thought of me then seen. I understand that being feminine is important and I understand gaining weight is not appropriate, and I get if you look mentally ill or not well, that is how you lose friends, I get that. So in honor of everyone who left me, just notifying my readers, that I hit my head, weight: 167lbs. It will take awhile to get back to the 140s, that's not why Im self-harming its because of voices, and because I have not been social, I am not in sync with anyone, annoying too loud. I will do my best on bad days not to be in public, not to have an outburst to explain why I did not feel well at a bar anymore, I felt comfortable at, and why this is happening elsewhere, its if you do not

present well, you do not fit among, and if you abuse a privilege of being among, then you do not feel well utilizing the premises a shared environment of varying wellness, stick out, as not well, its not really cool to show up anywhere broken without a job, act like you work hard, and if your blog is not considered work, then don't take it too seriously, to make others think you are trying to be serious, that's not a nice way of sharing a story, interrupt others. Im sorry, I was not emotional in a way conducive to the titled day of silence, and that discomfort is me, and can simply call like I called today the US Supreme Court to apologize, and see that you can say something thoughtful, and then sound and feel like something else, too strong, or offensive, that is where anger comes from, an upset, or a blame, or calling FBI, its physical just in you remember that, not everyone needs to know exactly how stupid you are, Im sorry. This is a moment when I recognize I am not smart with people, and realize to stay home be selective. -Dont play old people, Im sorry P. Trump.

Headline: #blogpost: Personal Update ... #presidenttrump #everybodystaycalm #dontfuckyourlifeupandbreakhearts #aaronjusttextedme

Most Things You Don't Notice ...

10/2/2020

Most things you don't notice or take personally growing up, never once think that things are about you, or having identified you making fun of you personally, when it comes to interpretations. But once all is lost, photo albums, yearbooks, a tiffany necklace, notes for teaching the following semester, you wont notice why youre gone, when youre gone, but you feel gone, and don't recognize it has something to do with whats missing, that's having everything, then losing everything, that's to teach you what being gone feels like, as though you have the energy or stamina, of someone who has not experienced pain, a star face person heading nowhere in life, without faith, once you become something your not, dating, or drinking, or trying drugs, and having friends "what did you do to Leslie" he said upon me going to rehab, someone I used to hook up with got mad at my friends, they later went to Aspen together and took a group photo on a bed, and I was not in attendance, my phone number changed and disconnected from all my friends. That was sad. When you are not mentally stable, that is when things go missing, money, anything important to you drawings, and your William Sonoma cutting board, seen at your cousins house, who kickstarted your rehab told to stay with him slept on his trundle a fold out couch, while my cousin-in-law was pregnant, a Naropa Psychotherapy Professional who recommended volunteering for MESA "Moving to End Sexual Assault." At the time Im sure I was professional put together, I was not popular in school well known or recognized or looked at, I had not friends except for neighbors. Then no one knew where you worked, that was not something you talked about, or on public display, in 2004 I was told to join Facebook, and made a profile, and took a photo of myself with my poster in the background. Im kind of upset I destroyed what was left, a photo of Julius and I in bed, posted on Facebook, to which a dorm neighbor replied "Im really disappointed in you Leslie." And deleted it from Facebook, and found that picture framed in a shoe box, I did not put together, and tore it into pieces and threw it in the trash can at Anita, the home I had to demold the patio during finals it was green. I have noticed based on how I am feeling think, sometimes it takes time to settle down, be understanding that life is meant to be lived in the moment, without worry for what others think or see upon looking at you, that cannot be corrected if they see you identify code, or think your identity is associated to historical mishaps, that's very painful to accept looking back all the times when you felt hurt, or try to understand that hurt as having not been respected or disrespected based on what you look like, wellness, who you dated or did not date, and your decision making skills smart or stupid looking. That you cannot change not being popular you just do your best and keep to yourself, not call attentions to yourself, but later you realize you could have been known, and as known, sparked interest upon your failure or addiction or poor decisions made mishaps. Its really painful after having pushed myself to finish law school, to not have achieved a better condition, and its very painful to have to revisit the past, with the intellect I have now for looking at things perspective wise, snow to my waist, flew to NYC still, present. That must mean that if my heart is in it, things happen for me in life, but if led astray, or put in a position of shame or embarrassment known discrimination, that's to argue I deserved it then and now.

Heading: #blogpost: Most Things You Dont Notice ... #defamation #drugaddiction #job #stoprpe #hookingup #academics #directinsults #interpretingasaboutyou #whenknown

Being You and Being at Peace ...

10/10/2020

There is being you and being at peace, knowing yourself. Then there is being you and not being at peace, not knowing what is wrong, being you and trying to figure out what is wrong, so that you can be at peace, being yourself. Then there are mental health issues, where you don't feel well. Whether that is because: (1) You are not saying things right (2) What you have to say doesn't make you feel good (3) What you have to say is not unique to you (4) What you have to say does not shed light upon what another is thinking (5) What you have to say does not make another think you are special (6) What you have to say is not unique to you (8) What you have to say cannot change how another feels about you (9) Get judged as someone you are not (10) Not feeling good because of something you have said that has caused a change in how another feels about you. You can't win them all over in life, and if you base your success on others liking you, you will never be happy with yourself, while you are being you, and that is when you become something you are not, a product of those feelings toward you and that's what causes illness, or not feeling good in life, and then put you down in life, as not having done a good job living life, or speaking well of self and others. That is some of the things that do not serve your best interests, that is how you become subject to harms in life, to your identity, how you look, and how you feel. There is a such thing as being special, special to know, and someone to know who does not interfere with ones thoughts about life, as someone who either sees congruent, or who sees differently, not in congruence to what is thought, seen as offensive. **What does this mean? Where does the offense come from, and that does not provide solution to how others feel, if you cannot readily provide solution and speak from a feeling of having a condition.** This is an example of a discussion, that does not help, but only makes my condition worse as stated. I know that I may not be able to respond in moments when I give up in life, and I know there will be times where I will say things to either favor my condition as well, or cause a thought about with disgust, or to be viewed as shared in poor taste, or by looks demonstrates an ill quality about me, that is sexual or personal about sex, or being liked on the basis of whether or not someone is interested in me in a sexual way, I understand that there are better ways to be intelligent women, I understand that I'm not the best at everything. And that is not the reason why I am not married it is because I left the Program. **Sometimes what is said, does not help you to feel or to bring about emotions within you, to make you feel better, and here though I am not well, and now speaking to the reader, from an ill standpoint, or a moment of illness. And that is where offense is taken, treated as though its because of ones internal dialogue that is wrong, or offensive, that one speaks in alignment to ill thoughts about thoughts or demonstrated wellness, not valued by someone who sees better in others.** And that's how as a woman, if you later come across as defective, as gross, as negative, as less than, or not sweet, not loving, not warm, or deserving of love, ignored. Its when others have been look at you like your nothing, you're not special, and see themselves as above you in life, as though you were never well, sweet, caring, **then as you are now, with mental health issues, bipolar, on meds, or a suicidal self-harmer, and that's how you get treated in life, and others who were disconnected from you anyways, committing suicide is not to cause harm to others, its not understanding the cause of your condition.** I do not think there have been enough suicides in life, to make it proper to put me in a condition of suicide, to respond upon losing everything in life, including respect from others. **And that is a point of discomfort, hearing from someone who committed suicide, seems insensitive to how others feel, if I am not comfortable discussing the causes for my suicide, then that must be avoided, having gone to two law schools, that is without expectation that my condition is invincible to future harms, that comes unexpectedly, they wish with you, to see if you're lying or not,** whether you go into pain upon breakups, whether you go into disillusionment upon disappointments or rejections in life, deserved, and based upon a recording of your thoughts for better judgment from an outsiders perspective see whether you are in your condition, your wellness, your reputation, your feelings, and your identity. **#stopsuicide**
Anyone's Capable ...

10/10/2020

Anyone is capable of starting a blog, it then becomes a matter of being of value. Are you creating work that is of value to you, and where here is where inspiration meets competition, are you someone who speaks to prevent competition, or are you someone who allows for the growth of your content, and are you someone who plans for future uses of your content. How far along are you in terms of your understanding of being a team player, are you someone who contributes without expectation or anticipation of how others will respond, or are you someone who is generated by the content you provide, and how professional is professional. And this is what makes blogging difficult, besides, also trying to be aggravated, not allowing a negative condition to overcome you, that is called illness, or mental illness, where you are speaking from a place of being in a normal condition, and expecting them to understand you. Not everyone is capable of lifting themselves out of conditions in life, and that is forced to talk about things we don't want to talk about, or forced to be judged based on something we have said, be misunderstood.

that is said is based upon things we have said, life is not lived like a research paper, upon citation to something carefully assembled to speak without thinking, and sometimes people speak from how they feel, without anticipating others listening too carefully to them, or something else. And this is how becoming famous, or being famous matters. You are someone who gets read into, you are someone who are someone who people think they can diagnose or who think they know you better than you know yourself, or people think that your reasons you are on meds or having difficulty in life. That's people deciding for you what you are about, what you should be like, and how people. That is what fame is, reacting and responding to an audience, and accommodating them, or behaving or speaking in a way, that. Then there is being a private citizen, not forced to respond to others, not reading into the treatment of you, and not expecting to be treated in private life, with nothing known about you beyond as you appear, or beyond what has been provided by you. Then there is becoming used to good or bad days, and be manipulated by your audience, or by what other people think respond, and this is why it is difficult for some people someone internally, does not have a strong understanding of their own issues, then it will be others playing doctor on you, trying to diagnose you. And this is something I have just realized, what becoming famous, or being known feels like, based upon how I have responded, and through in the process of becoming known or well liked online. Once you get put in a bad mood like anyone else its hard to get out of, and understandings about life that overwhelm you, that's living and learning, or rolling with the punches. That doesn't mean you have lost, it mean that you don't understand, it just means that others pleasure themselves in being aggressive toward you without you knowing it, you get treated when you look expressionless, or not hyper, or not animated, how you get treated if you don't light up in life. When you realize when you felt good ignorant of the consequences of fame or the ability for others to cause harm to your progress, as integrated into your life not carrying positive light. That is something you cannot change about yourself how you look, or how other people make you feel, and not everyone could be famous, and become successful then everyone would become famous and be successful, but its not possible for everyone to generate an audience online. I just know that when I am comfortable with myself, that still cannot fix the problem of voices, and maybe controlling the internal dialogue within my body, that's not me trying to control the internal dialogue in other bodies as they relate to my issues. Voices is an incurable condition, hearing voices, that can only be solved by taking meds as directed, and by carefully managing your life when you are off balance, or not in balance that voices occur, whether or not others are in disagreement with you, support you, or not.

Let the Good Times Roll ...

10/10/2020

There is a such thing as being too particular or too picky about advices. Sometimes you wont always hear things that resonate you, and that's them looking at you, then telling you what they think you need to hear, in order to offset whatever it is that is going wrong in your life. Advice, Relationship Advice, Homie Advice, Girl Advice, Life Advice, or Advice from a Smart Alec. There will be time when you will listen to you or others, that's just life, not all things are always in proper balance, and sometimes off beat with your tangent in life, or your reality in life, the more distant you become from everyone, the more difficult it becomes to help you, the more alone you'll feel and the worse your problem only you see, blows out of proportion, you cannot expect anyone to read your mind, or to predict what to say and how to say it. Sometimes we just have to listen whether that's a no, whether that's criticism, whether that's a negative judgment, whether that's being told your chances are if something is not going right for you in life, and you are not readily aware of what is going wrong with you or your thinking, or to making sense of what someone else has to say. Be patient with yourself and others. Only time can tell. If it's a matter of time past your problem was was letting go. If with time a problem only become worse, it just means that it is something you have not dealt with yet. And that just means that things have gotten worse not better. And if change was something you were avoidant of in the past, don't expect it to come you coming to realize what was in need of change, and that's the shock. Doing something over and over again, and expecting a difference is "selfies" and whatever expression that was "femininity" if that was not the solution to you recognizing yourself as well then, then it is demonstrating that you are, happy about the way you look by face, or happy about the way you look by body size and shape. Some moments of ourselves, are not necessary to be shared out loud, such as on social media, some people just don't want to know us in that way, and feel the way we look, that inner sense of pride is not a quality about you that is shared these days. For someone born in 1985 size does matter, we were seen as large in the past, just like it was not acceptable smoke weed or to rely on drugs or alcohol to be yourself or to have fun, to be confident, social, or romantic, without the need for substances to feel that way around others or be comfortable in that way around others. It's too high, expecting wellness, and if someone is shy, or not enthusiastic, or doesn't try hard enough in those departments such as social media, something defective about them, if they lack personality, or traits about them that make them seem dull, or not animated enough. You learn the main lesson, people will either go out of their way to get to know you, or they will ignore you in favor of something else they find of value. How you look like, is how you get treated in life, with respect or not. Now pile on diagnoses and medications, all the more reason you get sick, or contagion to an environment, or a source of discomfort in a work setting. That is someone knowing you, who comes to publicly reject you if you cannot work the hours, if you do not stay healthy, if you do not look well, if you do not appear well, if you cannot stay focused, if you work hard or deserve to be there, there will be other jobs, there will be other people to meet in life, there will be other people to love in life. When establishing a positive rapport with someone who does not know you, its only until someone gets to know you, and later does not like you, how life is, they will meet you, they will get to know you, and they will decide for themselves whether to accept you into their lives, or not. Warming up to people to begin with, just accept that that's what an aggressive society is like, expects people on point, awake, and focused.

medications to function in the daytime, and to sleep at night, and expects you to adjust to their needs, that's a job, not someone who thinks of themselves, trying to monitor their mental health, and be easily affected by the conditions around them, or the moods of others. That's you are expected to accept all parts of others, some may be like you non-judgmental, while others may be conditional, that is based upon someone who is not judgmental toward others, I treat all people the same, I may not be interested in many people, but I am no more or all people with the same level of enthusiasm, a listener. At what point does socialization or romance generate enthusiasm, that's the point happens, it's not an act, and it does not mean one another is immune to conditions of one or the other, upon exposures to one another, or how to build trust, thinking that upon seeing you, or hearing from you more, will create stability in content, or in look to others, as though to like yourself or the way you look, that's an internal feeling, that is not caused by who is watching you, or by who you like, it's about interacting with others, or with someone you like, or who you are being social with, dictates what you look like. That's a literal change in look like, and what you look like mirrors how you feel internally. Well or not. -I feel like what is not understood, is why I have mental imbalance in my brain, that requires me to be on medication, and then treated as someone who does not make others feel good, because I'm intelligent enough to speak to others, or doesn't have anything intelligent to say, if I was given mental health issues in life. I think if I should be blamed as though my mental health issues, can be triggered or caused in someone who has not been through what I went through with investing a lot of time and attention to my studies, not to socialization, going out, or romance, I am someone who stays home, and a disability and works from home, because I am on bipolar medications for sleep and daily functioning. That's no one's fault. So to be treated by others, is in defense to others treatment of me, hurt me, as though I'm focused on what other people are doing in life, thinking that how they treat me, it doesn't. Just like my mental health issues, don't have anything to do with how other people are, look, or behave. I may be sometimes based upon how I look, but that's just California, if you're not pretty and confident or wealthy, that's how you get treated, like someone not deserving of insult, or harassment in life, that is mistreatment of you, either by public rejections or commentary geared toward excluding you rather than be valued for who you are, what gifts you have in life, or limit what you have to offer the world, by staying well. And that's a disagreement with, by shouting at them, or by publicly putting them down in life, that's so that upon speaking that is what is talked about you, who has made you feel bad about yourself, who has threatened you, who has caused you to hit your head, or who has caused you to feel well for you in life, affect your mental health and stability. So no, that doesn't make me feel good to mention who has hurt my feelings, or misread me, to seem as though I have interests in others that I do not, or be shouted at, as though I am someone who is annoying to someone healthy. I am doing my best to recover too, without money, without friends, without a companion, and without a relationship or lover, and discomfort, a position of no resolve, a position of illness, and then provides no solution to the reader, discomfort, and then seems abrupt about. And that's talking about problems, you can either see the positives in life, or be measured by what has not gone right for you in life, or problems that don't help you move forward in life, but only empowers who has harmed you to feel righted by their actions toward you caused, or your discomforts now, feel a sense of power in themselves.

Getting Over It ...

10/9/2020

Like all feelings, it takes time, to especially get over something that hurting you or breaking you inside, whether that's withdrawals from someone to forget about someone, something, or some feeling. Allow yourself to go through the process of becoming normal again and going back to the process, whether that's through talk therapy, or journaling, you'd be surprised at how strong you really are, even though you may be generally mentally and emotionally weak as a person. When it comes to love and heartbreak, remind yourself, "remember that there's no set time to get over it." It takes awhile to get strong again, and feel like yourself again. I go through this a lot, not feeling good about myself, and then not sound like you are broken, or not feeling well, you don't sound like yourself, and you don't like yourself. That's normal, when you're not feeling like the way you sound. Just remember no one can control the way you look or the way you sound, and that is something always in your control. If how you look and how you sound affects how you feel about yourself, then make sure to work on how you look and how you sound. I really thought that image was a big deal, I was never someone who spent more than a minute glancing at myself in the mirror, or getting into wearing makeup, this all happened later in life, not liking the way I look, or becoming overly self-conscious about how I look to others. I go through many stages in life, when some things matter more to you than others, such as looks, or intelligence. Just like you recognize your own sleep cycles, your daily habits, job opportunities, lifestyle, ability to earn a living, intelligence, seeking a higher education, career, men, when you think about it, the more it bothers you, and sometimes the more you think about it, the bigger of a problem it may seem. Recognizing your own feelings, you to feel heavy, to feel powerless, to feel weak, to feel tired, to feel defeated, to feel lonely, to feel exhausted, figure out what is causing it, and what you can do in the immediate to change the way you are feeling about yourself, about life, about others, about love, about friendships, and about moving forward in life. Life is a learning process, a series of steps we go through each day, hoping that the next day will be better, but sometimes things get worse, and we don't feel better. So keep your head up. Remember you are your best advisor in life, just like I advise myself. I do things in life, give myself advices, and while saying what I think would've been helpful for me to hear while going through a problem.

Reference

[1] <https://hackspirit.com/how-to-get-over-someone/>

Missing Out on Life ...

10/8/2020

If you missed the good years working on yourself, those were your good years remember them, and if you have failed, that is why you are here to live. That's giving up, having missed out on what was going on in the lives as addressed by those you cared about, that's what I did. I had bipolar, but I never saw discussion of my bipolar beneficial for others to view, it's something you think, but you don't say out loud. Paranoia, which is a product of substance abuse. By now it's pretty predictable for reactions from me, but what cannot be controlled is how it worsens, why I can hear others, but do not talk to anyone, doesn't make sense to me, how I can hear them, or be taunted, with expectations. Usually the type of commentary you don't respond to or assume as being about you, and so the low blows have been thrown in advance. A feeling of being gone, everyone hard on you, and you not feeling well, people as well then seeing you in a condition of focus, hard on you, or not feeling coherent, and maybe that was my introduction to being known, and what is held privately known about you, of use for others, or not exposed to or like, such as a MacBook. I think it's great if someone sees you, and can do a better job in life of taking care of others. That's how they see you, and either accept or reject you, or hard on you, as though you were the problem or cause for their disillusionment. I think after that, more professional, it's upon focusing on others, that you may lose steam in life, if you cannot stay focused on yourself smart, then you focus on others, whether that's in law school, or dating, if you are not well enough to date, and easily feel threatened by others, then leaving yourself from the lives of others, the more people think there is something wrong or defective about you, as though you are an unwanted person. If you rise to an occasion, that is one opportunity to present yourself as you are whether you are there for good reason, deserve to be in that place, do your best. I think that describing my experience made others think that I was a hot head, or with an agenda to look like, or mimic a certain person, or me to act out, and I think that's why I was focused on and get voices now, it's the feeling of control, or understanding a human being, or others, as well as their responses to the wellness of others, appear well too, or disheveled mentally ill, grose, and trashed, ruining their lives, myself, and be treated as liar, as though bad things happen to me knowingly, or willingly, and that I deserved to be on the streets playing cards, and then there are later exposures and if you have to think of something to make something happen or connect in life, that's thinking to yourself, you look like your head is gone or guilty, not smart, and that is why people are distant toward you, because you seem cold, or full of yourself. My confidence was from losses, losing 50lbs, as though insensitive or for attentions cared, that's not me to schmooze, that's caring because I care or think about how to help others, without causing fear. I'm sorry that what I do as volunteer work is frowned upon by others, I am not convincing that nothing bad will happen and proof of the results, proven. Bunch this up and bunch this up, and let the people speak for themselves now, don't worry I'm not studying people and not looking at anyone anymore. Stay well!

Heading: #blogpost: Missing Out on Life ... #life #lifeexpectancy #voices #mentalhealth #watchyourstep #sherlockholmes #embarrassment #givingupinlife #wellness #lettingthingsgo #movingon #whatwillbewillbe #leavethingsalone

When Things Get Out of Hand ...

10/8/2020

What I can't control are reactions to me, in the positive or in the negative, what I can control is my own wellness. Once you become sick your entire life gets looked at as sick, or coming from a sick place in life, or position in life, that's upon hearing what you have to say. I thought because one was not a member of society then, that one not being a member of society now, should "make no difference" that's what Paul and I followed the story, and did my best then. It's not always based on what you have or by what is provided to you, able to make sense of things will not always know where things are coming from or why, that is something you cannot control, portrayals, impressions, secrets, ideas. Accepting of the conditions then means with respect to who is well now, still not mention, that is leaving things alone, and not interfering. I know on my own, without causing anyone else to look bad or anti-semitic. No there was no secret Jew in the past, and no that is not well, no that is not from a source of blame. When it's too late it's too late, and that when your identity and ethnicity or opinions on race, gender, who everyone can read and better understand your life as it is, or whether as described you subject others to insights having thought or feelings, have thought or think, that's something new, trying to understand the shape of my head, the beauty on my face, my wellness, the shape of my body, sounding stupid, how far along do I get speaking, and what has been resolved if anything, and if I heard voices, does that mean then that it caused me mental illness or voices, I did not know many people and was not social even if out, always out with friends, so I wouldn't be disappointed. How long does it take for someone to speak, and is it necessary for them to understand or fully comprehend why they do that somewhere, is it possible to make others feel bad in the process of sharing your story, yes if you make unimportant details about life in their right to be free of harm, which is why when I hear voices, or feel as though I'm in harm's way, how sharing my story, causes me to feel hate toward me or discomfort toward me sharing online, as though it was intended to be told or be deciphered in detail until I become

wanted to be shared was by book, apparently more detail is wanted, even if it does me a disservice in life. And accept that by what was how I responded as mentally ill, insulted, or self-harming, and suicidal, whether others felt better by my failing condition, or whether my relationship with the police or the courts as not comforting, just because you don't trust me, think that I am talking to positions of trust to like me or be consumed by illness. They are accepting of all, they don't talk themselves into illness, they are well. The position I'm in is for others to fear less, or to not be scared, that's using me as a test dummy, to cure fear, not in a reassuring way, be treated as a human speaking, past the point of not feeling well, as though when vulnerable that will make me stay well, it won't, I cannot stop voices, those are me, and treat me as though I should be responsible for taking care of imaginary voices within my body, while being tolerant of hate in my life, made fun of for trying too hard. Its for marriage, its not a movement, its not a poignant salute to a loss, its not representing myself as being a condition of self-harm suicidal. What is causing suicide, its voices not being tolerant of me, and its only feeling well upon speaking, the stronger they feel, and that's how voices win with or without me, whether or not I'm significant or was special, makes no difference in my writings, and seeing well, then hurting me as though I am deserving of illness, or not a provider of well thoughts, so that my writing does so that I appear slow, or not in solution, arguing with voices, or with people who are not fighting me, or who have already said their piece correcting people. Everyone is entitled to responding how they want, especially with my entire life examined for reaction, whether one has done enough job in life and others were harmed, trash myself. When the show "you are the weakest link goodbye" turned on, the host was violent and one was convicted of molestation. And upon being told that news, I got done in the valley, and later became a website. That's a bit of a story developed, is not taken seriously, a pen name, an identity, not seen as special or capable, then there is replacing you, seeing what you have produced, as used by others, be questioned as: causing illness or not.

Heading: #blogpost: When Things Get Out of Hand ... #wellness #tvshows #youaretheweakestlinkgoodbye #victimization #pennames #gettingdoneinthevalley

Whats Not Cool ...

10/8/2020

When in recovery a lot of acceptance, comes through "accepting your part" I was told by a Crossroads sponsor, I was set up with before always support you, but only if you are working the Steps, they cannot manage problems past, or discussions held privately or public, or of puppeteering you, or others for representation, that's accepting others in recovery, as not being strong enough to stick up for you, not being strong enough to engage in disagreements past or presently with concern to your mental health issues now. You can never put your main lesson when it comes to recovery. Being honest is a plus, but not to the point that you reach your max threshold of acceptances for yourself to be treated as one big unwanted communication to all, whether that's you existing in real life or in the past, be blamed as a sinner not cool enough, too low key, or too private, and that explains the type of turbulence and pressure I have undergone speaking in public to a listener, and that doesn't mean that I was defective within or on the outside, that's a personal trait, not talkative, not raised to be talkative a woman, maybe why I stand out so much online, its usually a trait of a woman who is cocky, or who speaks expecting others to like what they all are fortunate to be that people savy. You live and you learn to be there for others, you know, not by circumstance alone help, and that's in life, upon acceptances of them granted, no one really deserves friend loss, nor should bear the burden to tell the story of all, but if you take your time, and explain as best you can without being a showboat about it, that's not cool. You can either identify what the problem is your condition now, once the past has spoken, the people have spoken, by the time you speak, expect to be shocked, that you are not cool to fix your face, but you will always be human, connected to the conditions of people around you, and responsible for maintenance of those conditions you can tell anything to without judgment, I was one of them, and no me being public, should not subject others to harm, having share of others, or share my story or the change of my conditions to make myself look better, we all grow and mature at different paces in life that's your choice. And no I do not mean to not be sensitive to family losses, by referring to an entire family loss, as being a matter of life who were accused of "vehicular manslaughter" in a "silent running drill" hit the car of a sponsor to someone I carpooled growing up, and once through, and you either know when its not safe to be social, or are social when you feel safe not in harms way, and that's what sets limits, and knowing when to stop, and not talking to people, or using people to look better, or well. People cannot fix you, not if you cannot how to stay well, without love in your life, be strong, and that's how blogging happened, that's was more than a soul search, that was finding something wrong with me, and informing others as I was figuring things out, giving others a head start, when it comes to representing prevention technique, not if we later inherited COVID, means that more can be done on the forefront of wellness, that has not already been successful as our Country should ever be hit with a condition of blame or not being good enough, that's letting one another down, over the conditions of others, as affected by our wellness, as though wellness was dependent upon strength in numbers or sides within. Once it was an addict, or alcoholic, that really caused me to give up in life. You work hard to be at a certain speed in life of wellness, and if you don't have wellness in life is easily lost, and that's your fault for giving up. It shouldn't then matter who takes lead in life, that's everyone being vulnerable because you are not doing well, or others more put together knowing you, and even more put together without you in life, sometimes they do but don't need you, that's life, we meet people and figure out life for ourselves. You are never the center of an equation of wellness for either figure yourself into the equation, as having been hospitalized 9x, or you attempt to figure out what went wrong, when, and why,

or whether others did well without you, we never forget people from our lives, may this be a learning lesson, you will always be affected. You know you, brush off on, that's just life, we have lives, and then people meet us, and we are introduced to their life, or they just meet us. The benefit doesn't go both ways, it doesn't matter whether you are a woman or a man, if you have sex, you leave with sides, and that marriage and things seem like too much, because I have been writing for a year, and now what is being said, is being treated as information known, and not have been stated, that must mean that what I am saying is not the solution. If you are the type of person who has to prove themselves, you have already been hurt, in the process of generating content from you, that is secret, or has once been thought of, but not at length, as if you are waiting to hear how you sound after being hurt sexually online, see how you respond, and see how long it takes for you to arrive to clarity. And accept that even if you speak, the harm already done to you, was thought deserved based upon your condition of wellness, or based upon what has happened. And that's when you understand life through a different lense, everything that you can make use of or what has been said privately or not stated, gets treated as having been made use of to describe things esoterically, or with possibility of having been about a computer. That is a later showing of events occurring for others, seeing you, and then seeing a picture of what your life is like knowing your point, pictured, and that is how upon exposure to someone, one is able to think or see like the other. That is how thoughts come to someone to understand life from your standpoint, whether or not that is balanced, changes, ruined, tormented, or haunted, and sometimes you go to someone who has suffered not losses, not counting relationship losses, notes, photo albums, or yearbooks. So not its not Barack Obama beyond individual mishaps in life, and taking control of a complicated understanding of life from the viewpoint of someone who is not racist, well groomed to represent everyone, on the basis of him having a life separate from what was endured elsewhere. My mother helped me pick and apply to schools, Im sorry I tried the common app, and did not submit the per school addendums, to complete my application, I did not get in. This all must have started, before I applied, the loss in respect, popularity, smarts, not seen as special anymore. And that is why I and smoking weed, explains how I lost the 9th Grade election on crutches, gave a speech and handed out "gold fish crackers." That was my "gold fish crackers" looked like code for something else "swimming with the fish" a quote by mafia, and my most likely to I wrote was I smoked weed, which was what I combined by free period next to lunch for, to take naps, and left campus at one point, that was after getting into college, I got in in December, I also got into UMASS Amherst, but did not know how small Boston was, that outside of the city, was not far away, and you have to explain what youre thinking as youre thinking it, so others know where you are at in life, and its not okay to respond to others, to perceive yourself to have been thought of as being made fun of. If you draw people, and if a serial killer draws his victims, then it is that you are the killer, and not supposed to be offended or feel threatened by. And that is when you become aware that no matter how perfect or smart you are, its not safe talking, not safe sharing, not safe explaining how affected, mistreated until you match the conditions of a criminal, and that's what happened to me. Watched like a stadium crowd, experimented with, then backing off, and hurting me, for all to see, then treating me as if something occurring not in agreement then highlighting Harvard making the band Pink Martini and the song clementine, I think Ive said that which was though to have been a term of endearment, [Im sorry for a negative reference not intended to lend insight or for use for internet], I had an illness to speak to a miscommunication about me not stated, trying to understand why quoting Kate Spade for example "dont hurt the feelings of the Coach, a company my Brother disliked, as noted in his blog in NY, which later represented her -[Please Note: If my head is gone, mean it on TV], [with regard to] changing the direction of my company from clean to personal and offensive as nude, thats hurting me as though I committed suicide, having been told attended a Birthday Party in Las Vegas with her Brother "David Spade" in Louboutins and Neimans, and left the party was not gay at the time, with a boyfriend, its now very painful at the epicenter, and this is a condition created to open up to prove that I am the cause of pain, with regards to Justice Ginsberg's passing, having mentioned that I bought a Kate Spade purse to gift my BFF in a edit of my story, sharing or having mentioned out loud, affected the life of another, who I do not know, who has lived a different life from me, this is to teach me what it is like to look or appear in a way that does not accurately represent you or represents you in the negative as though I put myself else into the conditions I have faced in life, tolerate such abuses, that was me being made to look stupid, upon graduating, having difficulty at a sporting event with voices to say that my condition now was like when I was hitting my head and got a black eye, before we lost Kolby, upon what is going on in the world matters, whether you and your condition have been affected by losses in life, as told, whether you are not strong, of course things hit me hard later in life, of course I worry about inheriting evil spirits or evil things being thought about me, to work, socialize, date, or talk to the courts anymore, make a positive impression, and yes that hurts that I turn into a jolly obnoxious person, that's how life is, you are either well enough to speak to, or not able. This is an example, of not speaking about evil, to not inherit a bad reputation, as said, as though to glamourize police work, say that Im not helpful. Again arriving to no solution, harm has already been done, and now the lesson in not being able to change the condition of others to accommodate your condition of not feeling well liked, if what you have to do is hurt others, but only further justifies their mistreatment of you as sick, to say you think sick, remember sick, or that sick people are making a mistake, **shoes, reading the communications of others, with their baseball mitts on, saying this was meant for her, or this was not meant for her, to be around, doing well, sick or doing well in life, need to be heard, that presents a new problem.** Lesson: Im sorry if I have ever referred to my own story, and Im sorry if by telling my story that exposed others to hurt, or fear with regards to their beliefs, or their need to DISRESPECT, cause them trauma, cause them to relive trauma, or weaken their spirit and their ability to live free of trauma, sickness, illness, or negativity, if one wants to be apart of, and I can see now that if no one wants to be apart of me, then that's a false ad "American Girl" if I am not visible, what matters, then I should not be someone within anyone who matters, taken into consideration, or thought of, or been apart of their thoughts, stupid by others, that's just life, you are treated in life, based upon how others treat you, and if you fight too hard or question the cares of others, that's arriving to mental illness where I am now, that meds cant cure, love cant cure, and smarts cant cure, and that's how you convince yourself to win? That's letting yourself lose in life, and that's you saying how things are without anyone saying anything, and that's overcrediting

in in life, or to keep you separate from the thinking of others, not be calculated, a F up in life. I don't have a solution for what was done at this point. And if it means anything to anyone, not attending AA, not making friends, not talking to old friends, only reporting to the police, amends wherever amends are due, in order to live life, not live life as hated, then I cannot be around anyone, and that is something I learned enough to anticipate being hurt in life, and learning to accept that others thought it deserved to put me in harms way.

The Goals of Refinement ...

10/8/2020

There is a secret to looking well, and that simple secret is thinking well of self and others, I don't know how else to describe what peace is without worry for others, that's leaving things in God's hands, trusting the process, whether that's recovery or the Justice System, allowing not to do one another a disfavor in life, or disservice, that is put one another at odds, unless the odds were with us, and we begin to feel that where film comes into play, capturing the essence of life, the living, and the expectancy of humans on earth, humanizing the concept of war. And this is why I believe a haunting study, dysmorphia study, self-harm study, suicide study, femininity study, mental health issues, me, to say that my condition well, did not exist in strength prior to the homicide of a loved one. When I said I held the record 12 pull ups occurred in my life, as a child, when a homicide occurred. That is thinking about life later, had you supported Moms jean shorts, had your boyfriend girlfriend as children with each other, and kissed one another hand over mouth as taught by the girl with a Molly doll, that is what experienced was memorialized to highlight another fact, that my best friend may have felt offended by me at one point in time, I may have may not have liked me based upon what I looked like not attracted to me, and its upon non-attraction, that the use of substances, puts you feeling good about yourself, and wanting to share those feelings with another, and that is how a reject is made, when no one wants to kiss you have kissed likes or dances with someone else, and that is how a friend is lost in 5th Grade. Something I totally forgot when I called her fought over someone Asian that I liked then she liked, that pattern seemed to always happen, she would get picked, and I would not get a normal competitive spirit for attentions get blown out of proportion, when one likes one, then another does one, and then one feels bad because who liked hers place got taken by another, and then I took one to my Junior Prom, and ended up giving a blow job to the other found out, that was notification that I did something wrong, that as known he was embarrassed that we hooked up, got along, but never each other that night, when I was blackout drunk clubbing and when I got home, put on a one piece bathing suit and did a cannon ball with two peace signs, and someone took a photo of me to memorialize that moment, and then a photo of me sleeping was taken. That is flirting with you, it's because you are drunk its not to hook up, even though he came in my mouth, but we didn't have sex. That was not known publicly would embarrass you or the other, that is an example of feeling like you have done something wrong, by the reactions you have done something wrong. Hooking up is not the way to refinement, its feeling good about yourself, and feeling good about others that was how we all made friends, guys in common we liked in Colorado. There is no such thing as being above hate, or mental illness learned of looking ugly, being stupid, not achieving, or being made fun of in life, and these are not good enough jokes, to limit "the term" called a friend 2013 paranoid to ask what was meant by the yearbook page with a photo of me driving with the guy who freak danced were on the Beema, I walked past like James Bond, whos brother died of a Brain tumor, and whos High School crew, dressed up in treads in High School and in College, I covered my wall in magazine photos, miscommunications elaborations past, as seen or looked at, as sent to my family, to my past via albums, or via friends got to know me as the neighbor memorizing flashcards with neighbors who worked convinced she was a size four, who left her boyfriend, who then dated an older woman, who when seated on a couch in Denver started was taken away from me, told she hooked up with my friends girlfriend in a bathroom, to explain why she was taken away from me. Life things are coming from, and this is where responsibility takes place, your computer, your life, the posters you pick, your wellness, and you of you as questionable, fathomable, told in defense of, with sincerity, as obnoxious, as becoming, whether changed, and as you are now or not as sharp, or did not recognize anything would be about you, or understand whether your condition had the capability of affecting tests you, to see how others respond or who is affected if you become sick, go under the influence of drugs or alcohol, to determine what is hard to understand, or someone focused on that causes illness to others. I applied to one sorority who served me Cesar Salad with no showed me the attic, which was a bed in between walls, sectioned off. To me that didn't seem like it offered any privacy, and couldn't live living area so small with others, but that's sorority life, ambulances and all. That's living alone, while your neighbors across the street don't go out, you don't date, you have not friends, your not playing soccer, youre studying 5 hours a day in the library, and then your I you make friends with your neighbors guy friends roommate and a mutual friend in common who is now married to a friend in common someone in a serious relationship who messaged you on Facebook, he, Richard Roby, and your Dance major friend who was your upper literally partying and parting ways in life, and when youre on your way out, that is not in focus, and not well, many will try to talk to you you are no longer present and able to give love, get anywhere in time, be loved, or represent yourself well, that's partying, it keeps you respect for you, lose your shine, your confident glow, the likeable quality about you "could you be anymore perfect" I was told by some Grassrootscali lives in Colorado, who shook hands with the President, a photo was shown to me. I once held a hat, at the Chateau Mar up with me but declined.

Heading: #blogpost: The Goals of Refinement ... #colorado #california #hookingup #wellness #town #studying #remembering #goals

It Takes Years to Improve ...

10/8/2020

We all have set backs in life, things we either are or are not proud of, and its moments in life of wellness, that make or break you in life and exposures in life, then what you later become a product of is not your fault, for starting late, that is dating or working having jobs. in life, you cannot make up for lost time in life. And this is the voice of an advisor, versus the voice of someone who is fighting, this is by what is interpreted of me, to remain the same, that's called composure. This is why people are looked into usually, to find something are pried into. And then there is a condition of not being well, not looking well, and not sounding well, after fighting which is now, be well about themselves, while other demonstrated wellness, that is not being as sharp as, or as well as in life. You cannot justify how you drugs or alcohol, no later explanations about your condition will make you feel well now, not especially if by trade or profession you v you later get sick, not appear as though you are claiming to not have benefited from dating, or have been made sick the same, that is an experiences of others, then later upon dating not feeling well by others, whom you have shared intimacies with. I am someone who is size others up, I do not think I am better than others, I do not think I am smarter than others, I do not think I am prettier than others, an good impression is not made, based upon how you were then, as compared to how you are now, be treated the same, that is while over hurt you on the basis of who you have worked for, or based upon what your resume says, make you look like someone who doesn't ca someone else what you look like vulnerable, and as though your past allows them to hurt you as vulnerable. What is being vulnerable, someone who is bossing you around like you deserve it, that is treating you, as though your condition otherwise permits others to feel bossed around others conditions as though forced to comply with your condition. And that is why an unwell condition is made of me, upper chaos overhead, which equates to someone standing in my shoes not feeling well, by the same thoughts, or precursors in life, to intelligence, that good feelings do not come from my condition now or thinking, that my condition now or thinking attracts the chaos o monthly viewers, as though I was not doing well with the steady number of following I had at the time, or needed a boost, more attent the lesson, you are either quietly supported by others, or faced with more pressure in life, pressure from those who received unwanted private filmed or photo, and that is what makes one offensive, seen in a way, not wanted to be seen, then seen here, not congruent to h looking at, and now matches my writing, not feeling good upon reading what I have written, that's my condition that has changed to m and then being short sounding, not enlightening, not with a main point, cyclical, or redundant, without solution, without leadership, no that condition was caused, to serve as experiment, to not make me feel good, then as mentioned through me, every moment when I hav direction of my writing to meet the needs of who does not like me, cause me illness, which has no stopping point, when it comes to ha that was otherwise at peace, and only further supported by facts, anecdotes, or stories, to confirm an illness felt about someone, as bei matter what age they were then, until everyone thinks someone is worthless, or not of value, and until what they feel like look like, by confirmed by them, is gay, or is ugly inside, is mean spirited, talks \$hit, does not benefit others, is a source of illness, is to be made fun in the negative, is suicidal, self-harms, hears voices, as though Im in hell, and that voices means that I am in hell, or that I have a acqui hell, to say that I do not feel well because I have done hellish things, or am a hellish person, who deserves to suffer, as though not sens accepting the sexuality of older people, as being happy for, as though I claim they are being sexual toward, or for their own benefit sex as adults, able or capable of giving wellness to older people by sex, as though that's approved by me, and this is about maturity. Comi human being that you are capable of providing wellness to another by sex, and at what point do you realize that you are capable of inh having sex and why, and at what point do you acquire illness by sex, and is it your fault. I think we are all smart enough to recognize t before one decides to give up on us, or we give up on ourselves, but that gives no one the right to speed up the process for us, by givin our choices and preferences in life, whether its by smell sensitive to, or by choice: sex with men. That is who you are drawn to in life t doesn't mean that women don't feel good to eachother and to men, that just means that's who made me feel good, or who made me fee way to live life by love, or by who loved me, become dependent, and that's what made me look immature, and maybe that's how I got my friendships to women, or women losing respect for me, because I got done by men. Its a learning lesson.

Heading: #blogpost: It Takes Years to Improve ... #livinglife #yearstoyourlife #beingbehindinlife #treatment #professionalism #age #
Putting Yourself Out in Life ...

10/7/2020

There is a such thing as putting yourself out in life, and its not about what others think you become, if as talked about treated, its called experimentation treated as jealous, wanting to be like a woman, why one is curious about women, or looking at women, to be more lik another woman feel good, as though one is capable of making another woman feel good, or is a woman trying to make women feel go taking care of women treated, that's what being labeled gay is like, and that's how you get treated, as though how you are, how you lo themselves, or that their weight evidence of someone who does not like themselves, or a characteristic of someone who is trying to be

And it is those characteristics that are sought to say if you were the one being made fun of, and imitated or replicated among others, the tendencies that it was your body masculine, that as made fun of made other womens bodies masculine or not feminine looking, as though love, make fun of the fact that I have boobs, or to demonstrate that I have a female body, think is to make other women, who do not have love. And that is where the cookie crumbles. If I have never been with a woman sexually, then its treated as though one is losing weight to be and punished so that one does not feel good and cannot be with either, and then it becomes a right to procreate issue, whether one takes and based upon what they have been told be treated worse, as responsible for what is told to them, responsible for the feelings inherited wanting to know, discuss, or have to explain what is known separately to oneself, and not known in combination with what others have luck. Its not such a grosse subject afterall, but the longer you prolong the process of being understood by others, the worse you feel, and where they are now, in terms of wellness and success, compared to where you are, either ruining your life, and your future by speaking forward, I am not God, therefore it is not my choice, who loves me, likes me, or wants to fight me, that is just something I will have to be responsive to the needs of others, not combative, looking for a fight, nor calling upon attentions from others, with an anticipated fight myself under the care of others, what I have communicated about myself, with my interests in mind, while mindful of the concerns of others it's a matter of saying what is thought, that's when in illness such as now, its peaceful, but as watched, speaking to what is withheld or my illness, to make myself look bad, just so that whoever feels smart doesn't look bad or feel bad, having done whatever they have done as bicurious. I understand Gay as being a choice, of comfort, who you identify with, and understand that identifying with me, can cause or intimidate Women, into seeing one another as objects for sex, or belittlement, or self-betterment, I get that, not being considered on I am able to make friends, or because of money, made friends with beautiful Women, that is how I am judged. Then my condition now I had friends or lost friends, no this condition of self-love was discovered 2005, while dating someone, home crying on weekends in bed of wait for love. There will come a time in everyones life, where you will become vain, it sucks, to care what you look like, or to care how you look like, usually you should just have to be well in order to talk to others. Nowadays you have to like what you see, like yourself, and liking yourself, and while looking at others feel good. We cant all be machines, strong and focused, looked at admired or loved, doing what we watch, see you well, or think about how you achieved a well condition, think by illegal means, or not from dating by doing oneself. They don't, you either live in pain alone, having done others wrong, and have no one to bond with, or you make your amends and fess up to about how you got yourself out of illness.

Heading: [#blogpost: Putting Yourself Out in Life ...](#) [#bicuriosity](#) [#femininity](#) [#thoughtfulness](#) [#thoughtless](#) [#womanhood](#) [#intimidation](#) [#exposure](#) [#bodytypes](#) [#feelinggood](#) [#selfesteem](#) [#notfeelinggoodaboutoneself](#)

Not Everyone Has Meds ...

10/7/2020

Be mindful of the fact that not everyone has meds, or experiences in life to explain their conditions like Leslie. Note: What is a manifest fact or people. And what is communicated internally as being about her, is also done so with respect to all sides, or people, with consistency it is new to science to accept the fact that we can (1) be internally communicating as to whats going on around us presently or past internally presently or in representation of self past having not been well and now better, (3) internally communicate and recognize now that that supposed communication about or inherited from, and (4) recognize now that by stating what is, insult is taken as to, who thought first responding or reacting similarly, seen as a product in it of itself, not like or similar to a product in it or of itself past. That's history, which benefit of living presently, not having to go through the same battles alone, literally or figuratively, and being able to read with cohesiveness frame of mind, that is a recognized wellness apart from the chaos, and that is the gift of literature, when it works. Take you beyond the like writing to make sense, rather than to meet ideas, and arriving to a new way of thinking about things, that keeps others in a state of that is like typing up my table of contents and going backwards and Barack Obama suggested forwards, that's when we are trying to reach without solution provided as to dealing with new facts and circumstances and variables, addressed, as to what has gone well, leave alone this is why professionals are important, not that they create short-cuts for us moving forward, but they are capable of protecting people from unreasonable assertion of defenses, unnecessary competition, unreasonable interferences, loss of enthusiasm and withdrawals, and let them think about, in order to comprehend what is of value now, the time of one another on earth, without the necessity of wasting the time of the other, which is a fight, when neither side sees like the other, and when each side feels as though what they think is right, whether or not and this is why we have LOWER COURT Judges, to micro-manage the emotions and thoughts of people who think they are not at fault and them so deserved, and either given an opportunity to be heard, or ***if you live in California it is highly recommended to hire an Attorney*** into consideration, whether or not a person meant well and was not able to help you with your problems, if your problems wind up hurting your needs work or what is working, then it is your fault, for shedding light upon problems or issues, one does not want to personally feel in a dedicated to preventing gun violence, so that everytime something bad happens does not feel apart of the solution that's either working or rather not be included or be precluded from discussions that's understandable, I know everyone feels hurt when things are not going well or rolling well, and I understand that everyone has to make money and usually only dedicates 2% of their everyday thinking to social issues or COURT for, well one thing is for certain its not for gambling, and secondly, of course they care about everyone, and maybe even you

nominate you most popular in your class, if it ends the same way no matter what State your in, if you smoke weed, or do cocaine, no matter your mind, and you go into depression, and God knows who else was dependent upon you rolling well with Straight As on every board. Women of the Year Awards, that's when others were proud of you, maybe not proud of who your friends were and why, but proud not to be expected to wow a crowd, or inspire a Nation, or set a trend with barrettes in our hair. Proud!

Heading: #blogpost: Not Everyone Has Meds ... #dontdodugs #drinking #teams #expectancy #hopes #dreams #State #Colorado #California #higher court).

Feeling Good and Not Feeling Good ...

10/7/2020

That's just a facet about life, that you will eventually come to accept, not being as well as, not being as confident as, not being as strong as, not being as strong as, not being as smart as, not being as wealthy as, not being as powerful as, and not being as resilient as. Some of us are that just because one serves their Country, whether in the military, or workforce, means that they are strong enough to handle a fight, and we remember we are all human. Allow what wellness, has been invested in, serves an accurate indicator of what support systems for humans are in it, that means it was either worth the money invested into it, whether that's education or for health purposes preserved, given medical care. All that's the difference between, your individual health, and the health of a community, or a people as a whole. Sometimes we reflect on our wellness sometimes our wellness seems counterintuitive to the type of life we do lead, without a job, without friends, deemed to be in an irreparable situation for a specific few. And that's how we treat people sometimes, based upon what can be provided, whether capable of making others feel well, or something which can be contributed to the whole, whether that's a company, or ones own health, be benefited by the investment of time in living their lives absent minded ours. And that is the order of importance in which one is heard, based upon how one makes others feel, or of value to say, and whether what one has to say speaks to all, or just themselves an individual condition, sought to be replicated in others. The difference between an inspiration and a let down. Someone who seems like imitation, trying to be important, or someone who is not well, witch, someone who convinces others to believe in things or tries to convince others that they have an off the counter cure for their malady, getting others to connect to ideas for wellness counterproductive to the wellness of others be made well by, one woman, or one belief, a society whos wellness depended upon what was accepted at the time, and feel good among others, not feel good by someone living out a better remedy that superceded other available remedies at the time, and by looks ugly, not representative of someone well a typical person looking, thought to be a provider of illness in disguise by trade or profession thought to have a skill, inherited, better than most, by body symptoms or illnesses, by their own means, without permission to treat the illnesses of others, against the law, which is why witches were witches, for the illegal practice of medicine, having illness themselves). If that is my weakness, having given love to too many men, and then bringing up that condition now, is to argue that me sharing or blogging is to make light of the fires in California as a designated non Show Sex in the City, to say that I am taking advantage of a condition of society, by getting better, or doing well, when others are not, to make other people feel better, to argue that I am not helping others, or thinking that I am helping others when I am not doing well, if I am not helping others feel better, or if I believe then or now that my wellness does not benefit others. Sometimes what is said now, and what is said previously that is the cure to disagreement, miscommunication, hate, disagreement, argument, to talk. When is talking not the solution, when it matters respect to the feelings of others stated, and if it subjects oneself or others to harm combative, or a position that insult is easily taken from (1) you have been sued (2) your condition as having mental health issues not a preferred voice of reason or representative of the conditions medications thought immune to the conditions of others or stronger than others, and not deserving of being intelligent or of achieving what's coming to them, as though one has purposefully situated themselves for attack, and therefore argue that one does not represent themselves or others from harm, that's being treated as stupid in life (5) then there is not respected. You are given one opportunity to live, been in a fight in my entire life, and then once its starts it doesn't stop, and that's how you get treated in life, as the source of the fight, something or someone to be fought, disliked, not liked, heckled, mistreated, or tormented as thought deserved, and then you arrive to realize too late to get along with everyone, too late to stay well, and too late to work among the well. That occurs once you are known, and by then you are based upon what you look like, capable of handling a fight or an attack of your condition, as though it will bring out things about you. And that is the purpose for a fight, to attack, and bring out traits to cause a dislike of you. And that is why some people are not liked when they are seen, and not liked, and so treated in life, as the basis for attack, once they have acquired all the traits for attack, not in a condition of wellness, easily offended, sensitive to torment, and that's to treat someone like someone who is famous, to say that it was my identity that attacks our Country, then attack me, as though I see myself as different from people, invincible to attack.

Afterword: There is being in someones life, and not being able to share a life with someone, subject them to harm or to pains you endure them as though they are in your life, or responsible for your hate or mistreatment of them, treat them as an unwanted attachment, or an unwanted woman as feminine as grose, or the cause for anothers illness toward them as deserved based upon what they look like, what their disability, whether or not they have cancer be discriminated, as though one who gets cancer is supposed to be responsible for their luck in life, as though ones condition brought a fight upon others, based upon where someone is in life, and based upon how well they are able to live.

Heading: #blogpost: Feeling Good and Not Feeling Good ... #usarmy #fighting #wellness #fitforafight #selfharm #permanentdamage #mentalillness #stopbullying

VP Debate Notes (+ my responses) ...

10/7/2020

“become a nurse and save lives”

What are your goals are in life, and based upon what you look like, whether another can predict, tell, or recognize you, as capable of a

“ideal of equal justice under law”

Where does one stand in terms of equal justice. Once you are punished you will automatically not feel a sense of equality, that’s because member, or accurate representative, of those who are given all their rights preserved.

"Was justice done?"

Justice is never done, it’s a rhetorical question, whether in sight of what is right, and if another has done wrong, the preservation of the opportunity for another to be heard, or to be represented by laws, as they exist absent minded them, their circumstances, or their choice

“bias against minorities.”

When the men and women of law enforcement serve, they seek to protect the rights of all, and what happens when the rights of all are wrong. At what point does the public take responsibility for the direction of the law, which characteristics get reinforced, and which cl

“only one on this stage who prosecuted ... for taking advantage of our veterans.”

Who represents veteran status in this Country, does Social Studies count? Exactly, just because you know of what has happened does not prevent it from occurring in the future, that is not a public responsibility, to situate one another as worse off, based upon color, creed, or kind, to the comfort of thinking, or knowing a set of ideas or beliefs to be true, about themselves or others.

“condemning Neo-Nazis”

Can archaic understandings of power and privilege dictate treatment of those conditions now, when will change be accepted, at what point as a reminder to the conditions of people now be understood. That’s when we no longer represent the way things were then, and no longer at that time. At what point will we be proud, and what point will we feel like we have done a good job, making decisions in life, and how we have come.

“body cameras, keep them on full time.”

If we recognize ourselves as technologically capable of understanding one another, and if we have grown more accepting of varying levels in all walks of life, at what point are we worldly enough to know and understand the value of our own life, and the value of the life of someone else alone.

#blogpost: VP Debate Notes ... #nbc #vote #thinking #commentary #thoughts

It's Too Soon to Know ...

10/7/2020

It is too soon to know, the historical implications and ramifications of the advent of “photography” as a proper system of communication, subject recorded by photograph, and by where those photographs are kept, indicative of wellness to subject as retained by another. That private figure someone known to the masses, and has light (respected) versus someone known to the masses and loses light (such as m

those well moments, there were also moments when I was not well and recorded those moments too, and just like anyone trying to fight for their lives, reflect on those moments, when they were well or when they were sick, and there is also a Justice System that records with pride and honor, rejected as well by a member or members of society who did not recognize you as well, and who viewed your condition, face, or level of intelligence, though you were stupid, not pretty, and treated as such, someone whose condition spreads, an unwanted influence in life, by establishing you on the brink of non-acceptance of your condition well, not being congruent to their interests in perfecting or justifying as they saw you: not being liked, insult, distaste, not happiness, unhappiness, and not wellness, illness, and not put together, feeling wrong or wronged, or in a wrong feeling, not happy, and in their own world, affected by you bringing up or through your discussions talk about, when you were not liked, why you were not liked, and how then it was offensive to look at you, and why being offensive to look at does not benefit the condition of those who are well and happy, much, much like a vampire and a victim, it's the brink of change, it's an unwanted influence that they do not want to be changed by, and it's a condition, subjecting one to a permanent change of their condition, if forced to accept or to adapt to the condition of someone not accepted, to overcome with emotion, it's called becoming overcome by what? Loss of enthusiasm, loss of drive, loss of motivation, not feeling good, not wanting to socialize, not wanting to talk to people, not wanting to be out and about, not wanting to help, not wanting to write, not wanting to be not being consistent, not improving, not staying well, and that is how you get treated for the rest of your life if you are unliked, or disliked, you have to accept, being less than, not feeling well with, easily affected, being sensitive to others, and easily changed by others. That is well, the conditions of others physically, so that those who are well or who are smart and perform well absent minded them are not affected by the conditions in life, affected in the same way. That's why this is not a fight, that is why I cannot stay well, that is an inner frustration, that is something like an example of speaking to negatives to justify a hate toward me, as offensive, or in poor taste, or not intelligent, or not deserving of equal treatment, I may not be that person. And if you are looking for change, I may not be the light at the end of your tunnel. And if you are trying to fight for the body to mirror or base your wellness from. And if I am not viewed as intelligent, it's based upon a comparison of what is out there, not on point, and not as put together as others. This is an example of non-compliance, not saying things to make anyone feel better, not saying things in life, not saying anything to benefit who has harmed me or why I was made to feel different than, and this is not in acceptance of my condition on a daily basis changing, my face, my body, and how I feel. Nothing consistent about me, difficult to maintain: wellness, and hard to understand, changes and why, and for what reasons I am having difficulty accepting others, and why I have to work so hard to improve, whether or not I can continue to look well, and how I am dealing with permanent damage to my face and body as a result of loving others, and why I was now treated as an "offender" the mind or body that disrupts the conditions of others, the sense of humor, that disturbs the thinking of others, and to how others think or feel, and a voice of reason, that does not console someone who hates me, or doesn't care if I lose beauty of becoming well, and to be well among, why I stay home. ***This is an example of "aggravated" and speaking upon being aggravated "not making"***

Heading: #blogpost: It's Too Soon to Know ... (#anger v #temper) #beauty #intelligence #permanentdamage #identity #face #expression #character

You're Overhead Trajectory of Thoughts ...

10/7/2020

Whats does that mean, allow me to explain what Im trying to say. If you are comprised of your thoughts present and past, then your future is determined by the process your thoughts present or past in the positive or in the negative, some of which we have control over and some of which we don't. We see things presently. What we therefore shed light on, past or presently through our writing or through our speaking, represents exacting our own insights or negative ones, based upon who we are, what we know, what we think, and how we choose to reflect on the past presently, or how we view ourselves. Who we were, who we are, while reflecting on who we are now come to be. What is tragedy? According to Oxford Language, "Tragedy is a story causing great suffering, destruction, and distress, such as a serious accident, crime, or natural catastrophe." [1] What are common reactions to tragedy? "A sense of hopelessness or helplessness." [2] One solution to overcome tragedy is to "talk," as explained by healthpartners.com, "Getting meaningful support is critical for recovery. It can also be helpful to connect with others who have shared a similar experience." [3] As a writer, I am always in a spotlight while I may not be like you, or think like you, or have the same experiences as you, that does not mean that there is something inherent in being in a spotlight in life versus someone who does not live in a spotlight in life, capable of seeing the world so differently, that one another's view of the world is different with respect to addressing things as they are, less capable. I have had a learning disability all my life, I used to be a top athlete, with a 3.2 GPA in college, finishing strong, but had my peaks. This may have something to do with it, being a victim of tragedy in the 90s, no matter how normal it may seem, it can hit you readily until you are older, "Common symptoms of PTSD include re-experiencing the event in nightmares or flashbacks, avoiding reminders, panic attacks, sleep disturbance and poor concentration. Depression, emotional numbing, drug or alcohol misuse and anger are also common." [4] I was in a weed 2003 and not drinking in college except for 2006 upon turning 21, it has become extremely important for me to understand, have control, and represent myself well, as well as those around me, and not cut loose. Not that the health of others are contingent upon my ability to control my drinking or do drugs, then I get blamed for how others feel, whether or not they are in my life, considered a contributory factor to the failure of others, not connected. That's social responsibility, taking care of yourself, with regards to the health of others not affect others. Always assume that others will suffer mental health related issues to drugs to alcohol. And that is where I believe disagreement lies, as to the treatment of me, whether or not I have health issues, upon coming forward and speaking in life, or whether my problems were because of something Ive done to change the v

me discomfort in speaking, not being sure of what is thought of me, and whether I am viewed as someone not to empathize [5] with, or me, be affected in life, or suffer harms. According to [healthpartners.com](https://www.healthpartners.com), tragedies affect us all, whether or not you have been “directly those who are.” [6] At this point for the sake of equality its safe to say that we have all been impacted by tragedy, and it has now become of having each been affected, not assume that the other has not been affected, expect one another to treat each other with acknowledgment care having been given, with respect to the internal barometers of acceptance when it comes to dialogue conducive to supporting the health that excludes one another from wellness. Now exists a problem of acknowledging whether a problem exists and allowing it to exist, or a problem to be paid attention to like COVID. Sometimes the more you think about it, the more susceptible you become to fearing something making around a cause for fear, subject yourself to fear internally, thinking about, focusing on, until it consumes you, that’s how a man feared, thinking about the possibility of a condition happening before it has happened, get sick. Getting sick, is not overcoming, that all a spiritual sense, seeing yourself as not strong, or not capable, then there is being human, recognizing that while situated among others therefore to have problems when it comes to intelligence, which includes image, behavior, and beauty, something we think upon looking something that is seen, that’s purely visual, then there is feeling, what we see or what we think, upon processing come to know or understand thinking, resonates. Visual Knowledge, what is the purposes for discerning visual knowledge from mental knowledge, well one thing is certain things aren’t always as they seem looking at things, this is a growing field, “the visual meaning-making process on the open social [such as with], pop cultural communication.” [7] Why is this important, because its whats inside that counts, “the viewer’s own perception become part of the interpretive process.” [8] One of the biggest dilemmas faced, is what intelligence looks like, and what wellness looks like and intelligence looks like, then that could mean we are being too hard on others in society, when it comes to (for the sake of equality) seeing one another as a threat to our health, or to our intelligence, which is not being human, taking responsibility for your own intelligence exposures, come to be, a representation of what you have been drawn to, what you like, what speaks to you, what represents your ideal you get to be who you want to be in life, and part of living in a free Country is getting to be who you want to be, within reason, that’s why these are qualities or traits you get graded on as a child being in a classroom of your peers, expected to be a certain way, that is so when intimidate, or make others feel small or not comfortable, you respect the air space around you, and practice good hygiene and proper etiquette so you do not offend the rights of others, or their personhood, ability to be human, comfortable with themselves, and that’s whats in question someone who is well, and should we accept people solely based upon whether they are confident and feel good about themselves. And what does that mean? And why is that okay to treat people based upon what they look like, or sound like? Tomboy or not? For example research, just made up a word “visual knowledge” arrived to, that exists. :)

Reference:

- [1] <https://languages.oup.com/google-dictionary-en/>
- [2] <https://www.healthpartners.com/blog/tragedies-and-mental-health/>
- [3] <https://www.healthpartners.com/blog/tragedies-and-mental-health/>
- [4] <https://www.mentalhealth.org.uk/publications/impact-traumatic-events-mental-health>
- [5] <https://www.healthpartners.com/blog/tragedies-and-mental-health/>
- [6] <https://www.healthpartners.com/blog/tragedies-and-mental-health/>
- [7] https://www.researchgate.net/publication/248937532_What_Is_Visual_Knowledge_and_What_Is_It_Good_For_Potential_Ethnogr
- [8] https://digitalcommons.nyls.edu/cgi/viewcontent.cgi?article=2140&context=fac_articles_chapters

[#blogpost: You're Overhead Trajectory of Thoughts ...](#) [#thinking](#) [#thoughts](#) [#intelligence](#) [#negativejudgment](#) [#technology](#) [#beingahead](#) [#basingyourthinkingoffthethinkingofanother](#) [#seeingisbelieving](#)

Not Feeling Like Yourself ...

10/7/2020

I woke up today not feeling like myself, feeling beaten up, lethargic, dehydrated, and with a headache, it happens. Life is all about self and do you feel physically the next day. A lot of people have difficulty not feeling good and Im sure Im not the only one who doesn't feel

esteem issues as the culprit for not feeling good, but I'm sure that it's more than that. What does living "a balanced life" mean to you? [1] early, going to bed on time, eating healthy foods, walking everyday, and saying the right things. It can be incredibly painful to feel mis- yourself that you beat yourself up over if things are not said right. No one enjoys feeling uncomfortable, let alone making others feel un- wants to acquire the disposition of someone who's not comfortable in their own skin anyways, probably no one. It's actually not that eas- that was awake and energized," [2] especially not on meds, it will take some getting used to, don't fret. Many of us, when starting a ne- ourselves to get through most of life, including starting a med regime, or going back to work, working from home, etc it can take some- through life, that's just part of life, sometimes learning can be a painful process of accepting where you are, while doing what you're d- people in adjustment phases in life. -I was just thinking, at what point does what people think matter? If you're someone who is trying- matters. If you are someone who has been in trouble before in life, then what people think matters. And if you are someone who has m- matters. Then there is coming to terms with how you are feeling with respect to what other people think, in acceptance of you or not in- torn, or not feel completely whole, that is while doing your best not well received, and not feel well, based upon who you are able to b- yourself to. And that may cause you to not feel good, although doing your best, someone not caring what you think, or not liking you b- jobs are a good fit, and not all men or women were meant for relationships. You never know to what degree you are being sized up for- whether based upon what you look like well received or not, whether that's for respect, liking, sex, you never know what basis is the b- people will pick and choose who they surround themselves with whether or not you were special growing up, or special to a famous fa- are, when it comes to the reality of it. Basically describes my problems, trying to get a job, making friends, or dating, don't we all wan- positive to others in life. Then there is being treated like everyone knows and loves you, that's also an unwanted feeling, concepts that- to the courts on behalf of self and others, easy to comprehend by others, as though you're life is living a series of jokes about you or oth- that no matter what things look like, still be able to communicate your needs without making others feel bad, for not being intimidated- understanding why you are on meds, or having difficulty finding a job, making friends, or dating. They may not be big problems to a b- my livelihood, my ability to live each day, feel normal, do things that make me feel good, and enjoy living life doing them. That's me- life being treated as a joke, it doesn't feel good. Am I insulted no, it's a free Country. Am I bothered no? But do I feel good? No.

Reference:

[1] <https://www.prospecttherapy.com/blog/2018/5/18/signs-of-depression>

[2] <https://thoughtcatalog.com/kim-quindlen/2016/03/15-things-you-should-do-when-you-dont-quite-feel-like-yourself/>

**#blogpost: Not Feeling Like Yourself ... #thinking #growingup #girlproblems #selfesteem #confidence #feeling #popularity #beingkn
Whats a Good Idea ...**

10/6/2020

What you see in others, is considered your reading of others, what you see in them. Then there is looking inward, what you see in your- one another, that is believing in someone else, or believing in yourself, that is something you have to figure out later on in life, what yo- or a job) and what happens to you (a bettered condition). Decide for yourself what's a good idea, and if you so choose to believe in an i- that idea by someone, that's standard, to have an idea, and then to ask others what they think. I know my Instagram may not be fitting- have said things or shared something that has come to mind, that another may find insulting or not understand, you always have to be- never to support any actions such as tagging, or the passings of others, as instigation for speaking, not everyone will think you're best s- of view. That's life, there are moments when you are living life, and there will be moments when others are passing, be mindful; and t- to the passing of others, living your best life, absent minded fear, and without intruding upon the basic sensibilities of others, become I- I am apparently not one of them. I have always felt as though I have been someone that more is expected of. A better impression, a pro- where you come from in life, find themselves to be set among, very strict standards in life, of how to be in order to be considered, apar- those who are loose with their words, don't spend money wisely, don't look the part, don't make good decisions, don't date people of- education was for, and don't speak or look the part, of someone deserving of being heard, that is with something to say, and a proper v- Accept all parts of you, and if you decide to be sober, accept that part of you too, when the time comes to remain sober. That is the mo- associated to drinking, and decide not to associate yourself with alcohol, and the combination of events, or behaviors, or looks, that co- you're not, something not respectable, something less intelligent, something less beautiful, or something less attractive, fall apart. Don't- you, or to be quiet around you when you walk in a room, or to look at you, if you're around, that's thinking you are something that you- then in a lesser condition in life, you will assumed to be someone of a lesser condition looking for attentions to be looked at to change- unwanted attention occurs, seeing someone or hearing from someone and your head hurts thinking it's because you recognize someone- not want to see or hear from them, that's called racism or negative judgment. What does being tolerant mean? It means not worrying v-

people think, not believing that the thoughts of others can control your own, not seeing yourself as above or below others, not being shy, being confident around others, not thinking things are about you, not believing the thoughts of you held by one person means that even though your condition favors the condition of another, and change yourself to better suit their needs, and just be yourself.

Heading: #blogpost: Whats a Good Idea ... #mentalhealth #publicappearances #publicspeaking #negativejudgment #health #looks #be
Single and Unattached ...

10/6/2020

Its not advantageous for you to be single, and it is recommended to date in your 20s, and not wait until your 30s to settle down, especially a single woman in the workforce, that part of you that is left unattached, attaches and that is how you are made to look stupid, or to think about your work or to people at work, that's an uncomfortable position to be in in life. Not sure of yourself, not sure about others, or while forcing talk, or not talking to you at all. Its always better to have someone in mind, someone connected to you, someone to rely on, someone to not be stranded in life, with no one to love, always have faith, that if you do your best there will be someone to love eventually when the time comes, love others, to love others, with the hopes of finding a match, someone to connect with spiritually, emotionally, and physically, in a way that is different from others. I am someone who never dated, Ive hooked up, but Ive never dated, been taken to restaurants, or out on a night in town, many times in public went for me. Some relationships are limited to the bedroom, and just be grateful for whatever type of relationship you are given in life, a public boyfriend, someone to put on your Facebook "in a relationship with," or friends to take pictures with, that seems to be a good show. After you become a public figure it becomes a matter of who wants to identify with you, who has identified with you, or who not to identify with you. There can be no understanding past misunderstanding, and this is what makes public speaking difficult, everything you say from you, as though the basis for you being well liked, or read by many has anything to do with everything you say being right, or exact, or can be understood by others, whether it is coming from you, or with expectation from others, speaking, and where your tone comes from. On any given day, depending on what youre going through, depending upon your exposures, depending upon how you feel, this you cannot control, something you come to understand later in life, accepting of your conditions, accepting of what others thinks, and not take anything to heart, that my drive is coming from a fight, a fight placed within, or a fight placed in my face to deal with, those may be the troubles that others face (I have 66k monthly viewers to my Pinterest), wondering where my motivations in life come from, whether its to help myself, or to help others, or coming from at all times, we all have different experiences in life, different focuses, and different things make a person feel good in life, based upon where they come from, who they are surrounded by, friends, companions, and in public, by what attracts to them in life, is based upon by what thoughts they become consumed by look, whether that's guilt, having a dirty mind, whether that's wellness, having a sharp mind, or good with another, or whether that's feeling good, doing things that make them feel good, or whether that's anger, being consumed with anger, or own happiness in life. It is on those basis that people separate themselves, seeing someone as guilty, and then making quick judgments about others, feeling like them, or seeing someone as emotional, caring too much, or too deeply about issues, and so separate themselves from someone, in life, you cannot expect everyone to be happy for you, you cannot expect everyone to empathize with you, you cannot expect everyone to love you, you cannot expect everyone to listen to you, you cannot expect everyone to respect you, you cannot expect everyone to be quick to light up around you, and you cannot expect everyone to wonder like you about life. Think about life when the time comes, and if you are hit with a hard hit, then by all means live for the moment and enjoy life, as it comes to you. But don't force anything to happen for you in life, that is to be easily accepted then yes you will find trouble speaking in public, mostly disjointed, or not put together, or have trouble vocalizing in front of a camera and microphone in shy in life, that is without experience not able to speak well. Speaking well comes from experience, and not from anyone, that's improvement, it not being difficult to speak, and when asked to speak confident.

Heading: #blogpost: Single and Unattached ... #mentalhealth #datingtips #goingout #education #work #jobs #career #single #respect
Where You Are in Life ...

10/6/2020

I was just thinking about this today, am I with the pack, am I behind in terms of understandings, am I bringing the pack down, am I leading the pack and slowing down. Then I asked myself, am I where I want to be in life, and found an article that told me this, if you feel like you are behind, to remind yourself that "Your end-state is unique to you. And therefore only you can do the requisite soul searching." [1] No one can be your advisor when it comes to living life, to plan out your curriculum for the next year of courses to take to end up toward reaching your goals, you invest into each area of your life, that makes you feel whole at the end of the day fulfilled, exactly where you want to be and need to be, by thoughtcatalog.com, that mentioned the following, "The happier you are with your decisions, the less you need other people to be." [2] and be mindful of your influences in life, when you see someone doing a better job at living life than you see yourself doing, don't be jealous, you weren't trying hard enough" [3] and should you have tried harder focusing on those things in life, that the other person has, maybe you

of those Facebook people looking at other people's Facebook's and getting depressed. Typical. What makes you feel good, and if you for those issues are, and it certainly should not be their happiness absent minded yours. If your happiness is not dependent upon the ha success should not affect you. That's basic to separating yourself from a person's interests in life that do not serve you, not all will be care about making one another happy, its not always your responsibility to discern the cause for unhappiness in others, only your job t you, and what you have to offer the world. Know your strengths. Another excellent point this article makes is to stop "just chasing hig best is when your business is in order, your work is handled, your wellbeing is prioritized." [4] Now this makes sense, how often to w thinking that only doing things that make us feel good, means that we are doing things right, sometimes you may be doing things that in life, think about it. How far will you get in life only doing things that make you feel good, only doing things that are easy, only doir that would be going straight to work after undergrad. Not possible. Therefore I went to two law schools instead of applying for jobs, th and instead got to work places I loved and enjoyed helping others as legal professional in the workforce, a standard of care above the s certified crisis hotline counselor, a volunteer position, but wanted to do more, wanted to be more able to help others, and then went to those in need, with more professional skills and training in order to do so. That is an example of challenging yourself in life, that's not challenges head on in life, like putting on an outfit, where nothing matches, and you look odd, sometimes there will be fights, not wan not wanting to attend an event but forcing yourself to go, not wanting to show up to an AA meeting, but making yourself go anyways, somewhere you have to be in life, in order to make things go right for you in life, sometimes that's the difference between wellness an

Reference:

- [1] <https://medium.com/the-mission/do-you-feel-like-you-should-be-further-along-in-life-by-now-read-this-a0fe25425514>
- [2] <https://thoughtcatalog.com/brianna-wiest/2017/08/20-signs-youre-exactly-where-youre-supposed-to-be-you-just-dont-realize-it-ye>
- [3] <https://thoughtcatalog.com/brianna-wiest/2017/08/20-signs-youre-exactly-where-youre-supposed-to-be-you-just-dont-realize-it-ye>
- [4] <https://thoughtcatalog.com/brianna-wiest/2017/08/20-signs-youre-exactly-where-youre-supposed-to-be-you-just-dont-realize-it-ye>

**#blogpost: Where You Are in Life ... #writing #selfimprovement #thinking #positivity #Facebook #jealously #life
For Some People ...**

10/5/2020

Accept that for some people making fun of you makes others feel good, whether that's calling you out, discriminating you, rejecting y to another in disagreement with you, seeing how you respond as others are remembered, whether you take insult living the life you hav influenced by who you are, where you are in life, or where you are headed in life, be judged. That's others watching you, with anticipa headed anywhere in life, doesn't have a good feeling about you, or sees nothing in you, you cant accept to be treated well by everyone you in life, or by where they are in life, not think highly of you, based on what you have in life, or where you are in life, not all will be care to be nice to you, or with enthusiasm help you, or want to hear what you have to say, that's people, not about you, about themselv life. I am aware of the fact that as I write, I may not feel good, based upon agreements in life, agreeing with what I have to say relate, not feel well, that is something I cannot control, the length of time it takes to make sense to someone I do not make sense to or the leng good, or feel proud, or feel smart, we don't all recover at once, from any hate, or disagreement, concerning ones own condition or the does not like you, to not want you to feel good, does not want you to do well, and does so threaten your purpose in life, to do well and they want things to look like, its not how they feel things should feel, and its not what they expect to see coming from you in life. You and lows in life, depending on how put together you feel, how well you stay, and how sick you get, and all those well moments, well t respected by someone who give you love, but cannot stay, or babysit you, through every up and every down in life, that's being loved. played a major role in their careers or their lives, but I do not think that all sex is pornographic, only the sex that is shown by photo or for judgement, that's to see your face, and your body, in public to see how others respond looking at your face and your body, as you c with you be featured as being intimate toward another and to yourself, that's the equivalent of a heartattack. And if that is not somethi that is not something you need to record for anothers pleasure, its not their pleasure that's being recorded, its you being pleased with y you proud of yourself, and you behaving in a way that suggests that another likes what he sees, or admires what he sees, that's a confic upon thinking that another is watching them, how they behave, and whether they seem like they like the attentions that they are getting asked for love lights up and looks beautiful in receipt of love or attentions, or whether someone is receipt of attentions does not shine o photography, whether someone lights up upon being looked at for an image to be saved, or whether someone does not shine upon a m for later public use, to defame, or ruin someones career. I have always said that you only live life once, meaning once through, just lik from my head to pen and paper, 60 words per minute. You cannot go backwards in life to perfect your past, and for every moment you

have not felt well, similarly thinking about that moment now, can cause you to not feel well, or to not be proud of who you are, that's you, happening in the past, that doesn't represent who you are now as seen. You cant have a new life, if you're not proud of yourself and learning from your mistakes being a better decision maker, and keeping to yourself, not allowing yourself to get hurt, loving less, work independent, absent placing yourself above or below others in society, accept others as they are, that's acceptance, that no matter how other is thinking, and having respect for what they are going through in life, as not being about you, whether or not they know you, true

Heading: #blogpost: For Some People ... #losingweight #image #whatpeoplethink #righttoprivacy #judgment #predictions #health #n

Being Given a Life to Live ...

10/16/2020

When given a life to live, you live your life, generally without worry for what others think, and without worry about how you look to others, on meds, that slow you down and make you tired, then that is not a choice, to be limited in energy, and for it to take longer for you to get things done, and not in harms way. Generally no risks need to be taken when following your dreams in life, if its something you have been doing, and they are, if matters can be easily identified by others, need not be stated. Then there is following your intuition, that is by skill, practice, and does one react in the negative to all or to specific professions, think any decision making needs change, things may only become relevant in the past, however relevant your past is as applied to your present condition having gone through what you have endured later in life as a family, not attentions from others, that's how you feel about yourself in life, you cant make things happen for you in life, by leaving others, who have been focusing on since the time you began to focus solely on your studies, and wherever you are now, hopefully its in a position that works so long as you are living a good life, then you do not become a factor accounted for should anything go wrong for anyone else in life, by those who trained them, or by the jobs they took, expected to lead a life in congruence to those principles, and that is how professionalism is practiced, be confident when focused on things that matter to you, then be so driven in life, and accept the expense of feeling hurt, bothered, or concerned, but excited for you, or take matters into their own hands, when thrust with the responsibility of knowing you, or feeling compelled to share their support, or the more you allow for it, the more unstable they become, when that feeling is lost, not feeling good about you, and then they are considered stable, or well enough to be of value to others. When there are a lot of interpretations already made, and when many have a hard time of you, who did not believe in you, who did not support you, or with hesitancy gave up on you, that's just life, you are either living life or not, life, however few, and just because we don't have a group photo to prove it, does not mean those friendships don't still exist, and does not

Thats Not How Life Works ...

10/15/2020

No one will rescue you from your problems, no one will answer your questions, no one can read your mind, and no one can predict for you the moments in life, that's not going to help. In accepting all parts of your life as remembered, there will always be moments when you will be in a condition to improve from, or bounce back from a disordered thought process, and cannot be fixed via discussion of how you were when you were, who cares what makes you special in life, that's usually something that others don't care about, what makes you beautiful, or smart. I don't know. When you stop living life, that means socializing and going out, or attending meetings, that's not the solution to overcoming social anxiety, respect those who I have attended meetings with, I understand that it's hard to attend meetings, and if people are attending that means they are recommended to attend meeting twice a day, if you are able, then do so, its doesn't matter to me, if that's to paint another picture of me to other people, don't practice outside. When you are well, and if you have presented yourself well, that is when you are heard, but not if you are not in what you have to say, that takes practice, learning how to speak to a lot of people, and Im sure I have done a worse job in the past or

For Further Reassurances ...

10/15/2020

If I return to AA, will only attend when well, and not if my condition is in pain, or having bipolar delusions, or negative thinking, expect and not get lost in how things were said and later proven wrong, and no matter who that strengthened, to put me at a disposition in life, in a bank, in case it gets brought up, can speak to it, without defenses, and without trying to make sense of why I thought that way, look like I crashed. I understand that I will have voices for the rest of my life, and that is something I cannot change about my life, right now, and I remember having hurt someone, and not known what I was doing, whether that was done to me and imitated, or whether that was read

and I stormed out with my iBoom and Detergent, walked home. Therefore I do not think it is necessary to bring up other references po about me, doing cocaine in my room, instead of lying on the couch with him when he first tried to hook up with me. And Im also sorry perspective. Im sorry if I was not anticipating anyone being able to go through my computer, like iTunes could be viewed in the Dorm always kept my computer organized, whether or not I ever anticipated being watched overhead for insights or to be made fun of. I thin scene. I am not intending to be a “sob story” and no this is not a “mafia” all losses have been accounted for and were reported, along w respected among their peers, and is now no longer here, not do my best to respond and ask for help understanding what the concepts w means there is trust, and with trust decisions made, and by those decisions made, others either feel better, or hopefully find the right co affected their decision making.

How an Insult is Made ...

10/15/2020

An insult is something that is not taking lightly in general in American Society, which is about individual health, not about the quality the past, and when the past cannot be used to cure right now. That must mean that right now is a new condition. Enjoy the good times your past becomes your opponent, the more you talk about it, and the more you reference your past, that’s what eventually consumes y appear as the immature one, or someone who has not outgrown those issues, and still bothered by them. If your past is something not k fixate on what is not going right for you in life, can cause one to think or remember other times in life when things have not gone well overall, wonder why you are where you are now, not strong, weak, mentally ill, in pain, and suffering. I think I am past the point of be meet in life, that make a positive person to be around and to know. All difficulties aside, if you have to start your life over again, be th only seen as a reaction to poor reactions toward you, then get hurt for reactions in life, to prove what? I think this cycle of reactions fo their actions. Whenever you do something wrong, and whenever something odd occurs, you will always remember those moments in l shows that you have given up in life, or thinking about whether to continue living, that’s not helpful to anyone. And if someone thinks Media changed my life for the better, and also made things more complicated for me, not allowed to be myself, not allowed to stay po that time, as it affects others being known, that was before now, which is more complicated and more difficult, and more painful. I wa to me, and be mindful of my space on earth, website, and not intrude upon the life spaces or life cycles of others, keep to myself. This upon you, as the condition that changed the conditions of others, as known, not appreciative of being known or referenced to in life. T and that’s a very difficult position to be in in life. Not feel accomplished at the days end, and not have worked hard enough in the day

Everything You Say Matters ...

10/15/2020

If what can be said, can be said with ease, then do so with ease, but never in the heat of any moments, claim to have it all figured out i proof strategy to a successful launch, and if you get tired by the end, means you have done your best, and that’s what makes or breaks mentioning those you remember from your life, that devalues you as an asset, it takes away from your originality, and it makes you se followers when I was in law school, along with other multi-media accounts, sharing their mind and humor. When you have the time to set of good ideas about life, gets compared to another persons ideas about life, or company direction and focus, and that’s how you ap presentable, that one has the resources and ability to represent others, and as compared to another company, who once mentioned that difficulties or handicaps in the making of your identity online, and through sharing your story, seem the more difficult concept, as con has been changed or based upon anothers company being registered as a “publishing corporation.” And this pen name now a magazine in life. After having been mentioned by me, as standing out while I was in Law School, noticed.

Picking Up v. Logical Thinking ...

10/15/2020

You can’t outsmart a system that works, and sometimes whats working for others, is not suitable for you to be in the know about, and what makes sense for others, may not always make sense for you. Then there is your attitude in life, if you are not a happy person, if y quiet or lived separate from those you consider family, including friends, best friends, and loved ones, not all are capable of finishing wellness again, and this is what faith is for. When things are not going right for you in life, to continue trying hard in life, until things prior to a suicide attempt. At this point in my personal development and writing career, I can now say, that I was helped by Doctors, w time in order to enjoy living life, that’s the cost of being stuck in your head about life, thinking there is something wrong with you, the slower speed in life, maybe that’s so one is not hyper, does not speak too much, thinks carefully before they speak, and does not jump

called “#thegame” how many in your face cheap shots can you take in life, and how many tell you how it is companies need to be made at the cost of not growing up watching *Michael Moore* films, and tuning in to those idiosyncracies in life, or devastation, and witness the aftermath. When something past has occurred that has been lost in time, or cannot be re-manufactured, a valuable insight had at a point in time, but you have to say is based upon a present reading of now. [How to Exit The Game:](#)

1. Share what you knew, and how you have been affected by right now.
2. Share how what is thought and felt now, has to do with how others feel.
3. Share about how the makings of your beliefs, were not comprised of happenings.
4. Share about what films and music genres, captured your attentions then and now.
5. Explain why you have not worked, and what you were doing during that time.
6. Have compassion for those new to your life, who may be overwhelmed too.
7. As you look back on your life, understand your happiness is about your life.
8. As you reflect on what is working for you now, understand that can be tampered with.
9. Figure out what you need in life, and based upon those respects wanted, earn them.
10. Never give up building trust in life, and doing what is required of you to stay well.
11. Be forgiving of those who lost faith in you, due to a suicide attempt.
12. Understand that Abilify prescriptions are customary for Bipolar patients.
13. Understand that Bipolar is a pre-condition to suicide, means your thinking is off.
14. If your thinking is off, understand that that is Bipolar, not because of others.
15. Understand that when your thinking is off, it can affect the thinking of others.
16. If your thinking is off, it affects the thinking of others, because you are Bipolar.
17. If you are declared Bipolar, that’s what that diagnose is for, to declare you ill.
18. Once you are declared mentally ill, that is a disability you have to live with.
19. What are the causes for Bipolar, well if its not “#thegame” its thinking gamey.
20. What is gamey? Its thinking things are about you to hurt you, or with risk.
21. What are the risks involved in being “#gamey” -that a person misunderstands.
22. What are the costs for misunderstanding? A headache or disinterest, confusion.
23. What makes sense? Something that resonates with your condition, a feeling.
24. What is something doesn’t resonate? Means that you don’t get it, not for you.
25. What is Entertainment for? To make people feel good and not explain why.
26. What is writing for? To communicate ones thoughts, in a respectful way.
27. How did I abuse the use of Ebonics? By hashtagging everyone to problems.
28. How could I have made better use of Ebonics? Not play victim, and see the good.
29. How is one responsible for their image? Must stay fit wear makeup if needed.
30. What is my problem? I don’t have any problems, never had problems until 2006.

[Lesson:](#) Next time my college counselor “Molly” decides to action pack a town (i.e Boulder, CO), Ill be sure take the LSAT three times.

How this Differs from Reality ...

10/14/2020

If in reality people are having trouble speaking, and don’t talk much, then maybe that explains how the blogging thing took off, its to get pleasure, assimilate to that lifestyle of bearing it all, blogging is not for everyone. These are but examples in the grand scheme of things bought it, or is it because its Stephen King and author I followed, its because its Stephen King and author I followed. I don think his be managing the past, and things said. That’s always a good sign, if people are immune from controversy, or upon recognizing where a co them to be well spoken. For some people change is simply a matter of hearing something said well, and then talking themselves back to more positives through you than negatives, and doesn’t bring you down in life, that’s where a natural sense of motivation comes from, of life, means that you have to think based upon how you are feeling to discern what has processed, makes sense, and what words or id is a difference between two people, why some people do not match up in life, see you online, meet you online, talk to you, then reject sexual way. That he could tell. For the most part, I think my blog has been helpful in getting to know me, I don’t think my blog is a po now has pain, so shorter on time when it comes to bonding with others, and less present responsive when it comes down to decision m without people in your life, as though you are someone who does not warm up to others judgmental. I don’t know how smart you need

conditions, or wonder too much about why people are this way or that way, we all have bodies to maintain, we all have conditions to overcome, difficulty eating food, or eating too much food, we all make choices in life, and like smoking, why? If it's a condition you have nervousness, and worsens my condition. Much like embracing the Gay aspect about me, I later realized, that growing up my Dads house, with two more girls, Explains being rude until College. I never grew up competitive with Women, but learned later in life, that upon being less than, that's especially not if you share about it with others, all the Men who did love you, accept you as is.

When Things Are Not Okay ...

10/14/2020

I may not be feeling well, but that is no ones business but my own, and whether me not feeling well empowers anyone, to not feel at fault, has to be announced to the world that you don't make them feel good, and do not make them feel okay with themselves, or having intentions. In 2009, I did my best to go to Law School in spite of how I felt when I drank, and have not been drinking for the majority of my life, alcohol later in life, now obese. Ive usually always been in the 140s whether or not I was petite, or had a pretty face, only recognized myself as a challenge for me to run. I really have to push myself. Those are conditions about yourself you cannot change, not feeling as well as you want to figure out whats wrong with you, or why you do not feel good with them, or why it takes so long for you to fem up. Maybe that's just life please. This happens to you later in life, as you get older, become more selective about the time spent around others, more to yourself, is what was done with you, by those who were not patient to witness you blossom, become confident, more self-assured, or become a website now. Because others could not figure out what was wrong with me, and because my health kept failing, I did my best to keep it from hurting, it doesn't matter what hurt you, or how you got hurt, youre expected to overcome that hurt again and again, no matter what the cause is.

Issue: Whether Its Clear ...

10/14/2020

Some things come into existence, via the creation of understandings in life, and some facts about life come into existence, made by people who want to communicate, do so. And although the times have changed, the systems by which one is trained to communicate, will always stand, things are about, either by reading into the writing, by who is mentioned, or by what is known about a person, separate from their writing. I want to know to understand how you came to be, what causes you peace, what has enabled you to change, or what has aided you in coming to a move, and mouth opens, and my head feel sick, then upon covering the lens, I try to regroup, then internally I feel sick, that's being worried around others, run out of air, or feel uptight. We are not all capable of visualizing where we want to be in life, and by what we are doing, a good fit, and sometimes you will not be able to find a job, and not be a solid fit for the position, that's all based upon your wellness and how you are perceived. I'm impressed, give people that right to be better than you, and don't take it personally, if you don't shine or stand out in life among other peoples way of testing to see how far along you are in terms of understanding insults or inside jokes, take personal, and if you take personal, aggravated or bothered, ask yourself, why are you bothered by the comfort of another with someone you know, and whats so offensive? **world, where others feel comfortable, they will act in a way, that demonstrates their comfort and confidence in any given setting.** -C. I feel counter to what you are saying, whether as a result of taking the side of a situation described empathize with the other, or whether you are. **Regardless of who is in your audience, whether that's someone reading in support of your work, someone new to your work, someone who doesn't know how they feel, no matter what you sound like, no matter what you look like, and no matter whether what you have to say makes sense or not, it can be something interpreted not stated, such as a feeling, or a deduction, or an assumption, or a short phrase that sums up what is being said, or subject someone to illness, that is being misunderstood, misinterpreted, where no matter how anything is said, everything is understood, or wrongdoers, and that is not a type of behavior I want to condone, talk about, or teach others about in life, how I was hurt or treated like a child, [reconciliation] and transfor[mation] [of our] biological understanding[s] of the human condition.** [3] From a Biologists standpoint, "life" making it at times "unbearable," then goes on to exclaim how we "nearly destroyed our own planet." [4] How can this be? If we are not achieving "real peace for the human mind." [5] To me this means letting things go more, until we are better equipped to forget, have self-control, or not for better or worse. He then pleads for more acceptance of the human condition as is, explaining that even in our "seemingly imperfect, selfless moral instincts, and why we humans became conscious when other animals haven't," is because we gave meaning to our lives.

Reference:

[1] <https://idioms.thefreedictionary.com/add+up>

[2] <https://www.google.com/search?xsrf=ALeKk01OLWpsOxrgbVXkUISuqtNTTjgh1A%3A1602731853556&source=hp&ei=Tb-H>

gTl242YAQ&q=definition+idiom&oq=definition+idiom&gs_lcp=CgZwc3ktYWlQAzIKCAAQyQMQRhD5ATICCAAyAggAMgIL/ABCxAxBDOgkllxAnEEYQ-QE6CwgAELEDEMkDEJECogUILhCxAzofCAAQyQNQnwRYyiRgzCZoAHAAeAGAAZwDiAGf

[3] https://www.humancondition.com/?ref=adgrants-search_human-condition&gclid=CjwKCAjww5r8BRB6EiwArcckCz8RoI-vzdGi

[4] file:///Users/owner/Desktop/Freedom_USLet.pdf, https://www.humancondition.com/?ref=adgrants-search_human-condition&gclid=CjwKCAjww5r8BRB6EiwArcckCz8RoI-vzdGi

[5] file:///Users/owner/Desktop/Freedom_USLet.pdf, https://www.humancondition.com/?ref=adgrants-search_human-condition&gclid=CjwKCAjww5r8BRB6EiwArcckCz8RoI-vzdGi

[6] file:///Users/owner/Desktop/Freedom_USLet.pdf, https://www.humancondition.com/?ref=adgrants-search_human-condition&gclid=CjwKCAjww5r8BRB6EiwArcckCz8RoI-vzdGi

Interdisciplinary Measures ...

10/14/2020

Sometimes when something goes wrong in one area of life, we are forced to improve upon what we have left, the same goes for discipline, to understand a discipline or study. I can't say that the same problems occur time and time again, as though history repeats itself, not unless you are far, that's hurting the established order for processing problems, issues, or circumstances, and abusing the trust that has been given to you by your behavior. And trust is broken, or stalled, when one party fails to reciprocate." [1] This explains what was later stated, how to defend a relationship come to be? To me an untrustworthy relationship comes to be, whenever someone is treated until a manipulated condition is created, or devaluing a person in front of everyone to communicate that this person online is not the same person they are offline, to make a person seem as though they are saying one thing and doing another, or saying what they think others want to hear, and not speaking the truth from me, or what I have to say in life. When how you feel is connected to what is written, this is how a disconnect occurs, when one goes to a viewer or the reader, and that's what causes a turn off, when someone does not make sense, when things do not add up in their statements, when needed, or feel whole in return. There is stating the issues as you see it, then there is dragging people into problems unnecessarily. It is not about someone who pleases themselves to the wellness of others, but am not well myself, as though I need others to feel good, and do not care if they want what they cant have in life" or "someone who wants what others have in life" as though I have not already provided for myself and my life, be, is not for another's negative insights to cast me out as someone who is disorganized, or a disorganized thinker, who is not positive and who is not we all connected. Many people use the test "sleep on it" before making a big decision, that's when they cannot make a decision the day after, the person cause me to think too hard, and does life become more difficult for me having accepted this person into my life. That's what trust is, who doesn't feel good to look at, to be with, to know, or to think about, a headache, that is if someone thinks there is something wrong with you, doesn't make sense, someone who is not normal, someone who is responsible for the condition they are in, based upon what they look like, friends, but instead decided to focus on Law School, graduating from Law School and with pride continue to go to Law School. Maybe I should have hands, be loving toward me, and ask me to do things, which I would only later come to understand as stupid, and a misfortune, why I should have harmed, and make things about themselves, as though they were harmed when you got harmed, seek attentions for themselves, without caring in spite of what was done to you, despite who made you look stupid, despite what choices you made in life that others think you made you should have harmed you in life, with awareness, that it could happen again to you, because of who you are, what you sound like, how nice you are, to make themselves feel better about themselves, like my life is replaceable, or can be relived, as though I have not worked hard to make

Reference:

[1] <https://trustedadvisor.com/trustmatters/others-abuse-trust>

[2] <https://trustedadvisor.com/trustmatters/others-abuse-trust>

Intermediate Phases in Development ...

10/14/2020

I can't say that personally it was easy becoming a blogger, sure I was following my heart, but had never anticipated to generate 63k monthly views, 24,645 on Alexa, all within one year's time. My site's current valuation is \$475,899, according to siteindices.com. This all occurred on

started distributing my posts via the application Blogpros for likes. And that's when I started to receive comments to my Blogs. When exactly, whether its based upon those who sign up or not. For example positivethinkingblog.com is not Alexa Ranked. You can check

- “Alexa rank is a measure of **website** popularity. It ranks millions of **websites** in order of popularity, with an **Alexa Rank**

I have been on and off Twitter for years, generating upwards to 100k Impressions for my posts, although with no Followers, probably would write, and that's how the brainstorming process began, now we have Pinterest. At the time Google only had a few quote cards but now things have changed for the better, it's a great system of sharing, short and concise. I used to make quotes on an app called Quote then I got sick etc. got into trouble, having relapsed on Cocaine, that was a mistake, when the weather is perfect, and your mind is clear were crying in your car afterward symbolized one thing, you are alone, still alone, and why you are alone, is probably because you don't help you in life if youre not willing to help yourself, and make friends in life, friends are important, and its especially important to be rich you were posting things to your Facebook, as though something shared privately in a business meeting was for all to hear, without the box wine, and did a gram of Cocaine, while your Cat was dying of Cancer. I kept my Cat alive for 8 months, begged my Mom to pay for him alive, put him down. -I heard in an Interview that Jonah Hill came up telling jokes in bars in NYC, so I followed suit, and shared that I met my Ex 2013-2014, after singing Mariah Carey with my headphones on, did backwalkovers, and then had Tacos and a drink watch information on it. At the time I was attending Alcohol Classes around the corner, and hung out afterwards and drank once or twice, this

Life will not be perfect, and sometimes as described life may seem, stupid, slow, or uneventful, not the beautiful story we had hoped it would be, talking to people, making moves. No one can coach you to success in life that's the main lesson, I went to one Google Mixer I made but it generated up to 66k monthly viewers to my Pinterest and website. Not what I wanted. I paid \$50 to meet with a Google Executive to pitch my having been associated to OJ who was in for Gun Possession. I know that concepts may not be perfect, and I understand that applying them is not enough to do volunteer work, and although others may hesitate to publicly support others, all that matters is that you are comfortable speaking up there was no anti-gun violence music campaign, maybe one listed that wasn't in present working condition, not known to all, that is why it is as the cause for violence or for the use of weaponry in real life. You are what communicates to you, but that doesn't mean that anyone is responsible “socially responsible” for Gun Violence etc. That's not how change is made, by negative acts. We may change in response to what we had, and if you so choose to gear people up for a fight, make sure that it is a fight to be won, in so motivating others, to respond and help with non-acceptance. That thin line is called aggravation, when a thought becomes lost, when a feeling cannot be fixed, when an idea is missed so that externally, others are not exposed to the same conditions overcome and endured in private, which was why I emailed myself. Success is a condition by popularity online, which decrease upon illness mental health issues, and improves upon wellness, flying high, absent mind

Reference:

[1] <https://blog.alexacom/marketing-research/alexarank/>
The Influence of Pop Culture ...

10/14/2020

If you're not working with Pop Culture, don't work against it, would be my best advice as a Blogger or commentator online. I have been able to strengthen[ing] interactions with people who are also into the same kind of things,” and serves to “help foster bonds among people of different backgrounds in the manner in which they have expressed themselves, and the meaning that can be derived from those works, communicates to all something that is shared in the vast amount of representation throughout the various genres.” [3] However that influence is not mutually accepted when it comes to the social etiquette based philosophies when it comes to the establishment of who is important to a society and why. [4] Perhaps not all were into the equivalent of stating that what is well liked in America and popular “Pop Culture” wise, is viewed as an unwanted influence in other countries exposure to the cultural values of one institution that those values be carried throughout our own lives, let alone another Countries life style idea of a glamourized American lifestyle that is practiced by the family.” [6] There is one connection to the Kardashians and that is through my family under a Magnolia Tree in my backyard by the swing, I remember. Kris Jenner, the Mother to Kim Kardashian, attended my Birthday Party which she featured on the show. I have been to the Kardashian's home once as a child I think, there was a Brady Bunch style photo of squares on the wall however fragile those terms are. Im not sure whether that means that others will be more in acceptance of me, or whether that will cause the more uncomfortable I feel, as though I am supposed to go along with jokes and insults, and treat me as an unwanted connection or influence. Famous Family in life. I feel like it would be cruel and usual to treat the Simpson Family as a catalyst to fame, or The Kardashian family. If you do a good job of representing you unless you believe in yourself, and represent the traits of likeability yourself, there will always be the

knowing, or being known, or being connected to others, cause harm to self or the reputation of others as valued by the majority, or val

Reference:

[1] <https://medium.com/@thenewswell/impact-of-pop-culture-on-society-fde92ae986f0>

[2] <https://medium.com/@thenewswell/impact-of-pop-culture-on-society-fde92ae986f0>

[3] <https://medium.com/@thenewswell/impact-of-pop-culture-on-society-fde92ae986f0>

[4] <https://www.globalization101.org/pop-culture/>

[5] <https://www.globalization101.org/pop-culture/>

[6] <https://www.globalization101.org/pop-culture/>

Its an Acquired Taste ...

10/13/2020

I wouldn't say that dating older men, or having crushes on older men is normal. Its an acquired taste. While older women seem to be d you, and seeing men who are older as more intelligent than younger men, put together, but that's not always true. As we all become m smarter the younger generations get, the less reliant they have become on others, let alone older generations, for providing answers to to-peer networking is important, there still needs to be some oversight with regard to what is being shared, how things are being shared each ones peers in life. Not thrown into the public stream of commerce for use or interpretation, this is why private social networks ha from treatment of dating men my age, who do not have the time to talk to me, or do not spend as much time bonding with me and talk in love with you," while we were having sex. Sober sex is a really emotional experience, I do not think all are prepared for, keep a box intended to be a casual experience such as a one night stand, but it happens for some reason, others wanting you just in that moment in beyond just self-betterment, and it involves including people in your life, whether through work, socialization, dating, going out, netw happen for you change wise, and this is why its important to get going again in life, after failure or setback. Many people will come to you do not feel comfortable dating younger men, does not mean that those will only be your options in life if you choose not to date of

Your Face When Upset ...

10/12/2020

Depending upon what you look like, how you feel, whos watching, what voices you hear, you will either look at peace when you are t messenger services, there will always be changes to how you feel and how you look, so long as you allow voices to enter your body an feelings or carry upset so that if your face changes think that their face will change too, and that's how the beauty in life is called into a permanent condition of the face and body, that is difficult to change, people thinking they are better than you, people not liking you, or there is how you carry yourself in private and in public, that also matters as to how others feel about you, whether they can trust you, a something talked about, how just talking to someone, can change your face, that was something realized by me, that's not by love or n something talked about, whether my heart is something not fit for replication in others, whether my face is not viewed as helpful to be And yes my face has changed since college, and that doesn't mean that my face has changed because of sex, or say that my face chang attached, that's being human, and different things make different people feel good in life. Sometimes people like to be watched, and so composure, lost confidence, or do not like ourselves, and that can happen upon opening up to someone who does not like you, but just that is to excuse all other rejections or punishments of you in life, as though you have had a negative influence in life, connected by he with my head tilted in a photo, that was imitating *Justice Roberts*, and then my face changed at work. There will be moments of pride face, and that is losing your composure and beauty, easily affected by others, spooked, or made to change inside look weird. I think lo posing through voices. Voices serve as an intermediary step between you, your beauty, and your ability to connect with another, then y is when bad things happen to you when no one is bothering you, why voices are given to you. That's is to see whether you are controll as through those happenings shed light on the rest of your life, or generate light for others to feel free of harm, absent minded negative something that scares you, like an idea, or a memory, or a look. That is losing your heart in life. That's not going by how you feel, and instead of thinking within. Thinking within is interfered with, so that you cannot connect to *Justice Roberts*, as though you would situa

this much, God is more powerful than face changes and feelings, more forgiving than negative times or things gone missing, and less lost, that was power created by me, by few interactions, and trusts built by me, by a recording of my thoughts presently, and because I control me, and affect me to see if others change around me. That's not the point of connecting to cause illness to others. And that's not with from anyone, and I don't need improvements, or impressions made upon me to achieve beauty.

Overcoming Depression ...

10/11/2020

Recognizing those heavy feelings, can be a daunting task, especially if left to your own devices, trying to figure out what is wrong with disorder" and thoughts of suicide, and here is what she had to say, "The thing that makes depression feel worse is that there usually isn't comprehend, if its difficult for you to comprehend why someone would feel that way, then pat yourself on the back, for not having bipolar are resources to begin coping, or to help a loved one begin coping with depression or thoughts of self-harm, and suicide. (SAMHSA's keep to yourself, that can only make things worse. Ive been through recovery from suicide enough times to know that every time I talk endure some pain along the way, and know that youre not alone, the pain will pass, and before you know it you'll be back on your feet come out a stronger person in the long run, its like out of thin air, you develop an understanding of life, through your own pain and suffering in relation to a higher power, universal spirit or God." [3] Its not uncommon for those "who have experienced natural and man-made tra feel victimized to engage in negative self-talk, such as those who self-harm or become suicidal, referring to themselves "in negative self This explains why someone who is going through something difficult or who is self-harming or suicidal needs someone to talk to, if you everything on their own, or be able to solve their problems on their own, it is then not a matter of intelligence if you encounter difficult others, and have proven to work, one of the "major goal[s] of interventions [are] to help individuals [to] engage in non-negative thinking and adversities." [8]

Reference:

- [1] https://oc87recoverydiaries.org/shades-of-depression/?gclid=Cj0KCQjw2or8BRCNARIsAC_ppyaNdGo3t2J9SuuSvYkFRBc-WiE
- [2] <https://www.srisriravishankar.org/blog/post/from-depression-to-deep-happiness/?keyword=what%20is%20depression%20all%20a>
- [3] https://www.melissainstitute.org/documents/SPIRITUALITY_PSYCHOTHERAPY.pdf
- [4] https://www.melissainstitute.org/documents/SPIRITUALITY_PSYCHOTHERAPY.pdf
- [5] https://www.melissainstitute.org/documents/SPIRITUALITY_PSYCHOTHERAPY.pdf
- [6] https://www.melissainstitute.org/documents/SPIRITUALITY_PSYCHOTHERAPY.pdf
- [7] https://www.melissainstitute.org/documents/SPIRITUALITY_PSYCHOTHERAPY.pdf
- [8] https://www.melissainstitute.org/documents/SPIRITUALITY_PSYCHOTHERAPY.pdf

Lighten Up ...

10/11/2020

What are the benefits of lightening up? "Lightening up can help you to drop unimportant stuff and leave you with more time and energy box? Exactly. Don't limit your thinking to negatives alone, you'll be bound to tie yourself up in a bunch of things that don't make your voice is your ego, and reminds us that sometimes it is your ego telling you things, that can cause you to have negative thoughts about you given to us as a group. The ego is not a part of me Ive ever thought too much about, but I guess it's a part of people that seems to be there made a paycheck in the history of my career, only having worked as a law clerk or volunteer for government organizations, or for minor "egotism, an inordinately large sense of self-importance." [4] A 12 Step program is "designed to deflate the ego while suggesting steps pumping up those feelings within us, that cause us to behave in those ways, and that is how "destructive behaviors begin to subside." [self-destruct," [8] and this is what causes one to self-harm, without awareness of the necessity for decreasing self-importance, while ac

acknowledge what you may have done wrong such as using substances to feel good, think about who you may have harmed while using again, minus the use of substances to curtail your feelings or how you live your life absent those pains or experiences in life that cause when I returned last time to meetings that what I went in for, you can go to AA meetings for pretty much anything, you'd be surprised

Reference:

[1] <https://www.positivityblog.com/lighten-up/>

[2] <https://www.positivityblog.com/lighten-up/>

[3] <https://www.positivityblog.com/lighten-up/>

[4] <https://innerself.com/content/personal/happiness-and-self-help/creating-realities/5417-deflating-the-ego.html>

[5] <https://innerself.com/content/personal/happiness-and-self-help/creating-realities/5417-deflating-the-ego.html>

[6] <https://innerself.com/content/personal/happiness-and-self-help/creating-realities/5417-deflating-the-ego.html>

[7] <https://innerself.com/content/personal/happiness-and-self-help/creating-realities/5417-deflating-the-ego.html>

[8] <https://innerself.com/content/personal/happiness-and-self-help/creating-realities/5417-deflating-the-ego.html>

[9] <https://innerself.com/content/personal/happiness-and-self-help/creating-realities/5417-deflating-the-ego.html>

Reaching a Point of Controversy ...

10/10/2020

You are either well, and represent controversy well, or you falter in upset, not strong enough to withstand, any upper chaos of disagreement, lived, associate the past to you, as though you bear the responsibility to represent those ideals in life, or feel pressured to demonstrate to others of disagreement to others. That's the point of being loved, or being well enough to be loved, remembered pleasantly in life, not be an obstacle in life to make the right choices, be judged based upon whether you make the right decisions in life, or whether you make the wrong decisions. change. If you are to be a provider of insights online, for better thinking, that must come from a good place, otherwise don't broach the negatives win, or be ruled by interpretations of me in the negative speak to. While that may slow you down in life, revisiting things said that don't make sense, don't process, don't lead one away from discomforts in life, and don't resolve any chaos existing when it comes to what you have to say to accommodate another's needs, whose interests are not in your best interests or are intended to disfavor you, when they don't understand you, or view you in the negative, that's not being able to perform. If you can't stay well, it makes it hard to be around people. Now come to my attention that if my computer was looked through then I am being judged upon complaints made by me, then treated as though I think that your condition now is a product of mistakes you have made and in defense of self have situated you so that if mentioned you would see whether later statements were about people from your life, or in communication of wrongs, as though you have done others wrong, by which they see you in the negative who hears what you have to say as being about them, or about people connected to them, and the hurts you so much that you are abhorred by society, someone poor, who talks to themselves, as though you were who the President was making fun of, to see whether you are **feelings and losing motivations in life**. There is a stopping point when it comes to writing, and that includes how you feel, how others feel, as though I have not developed fast enough, as though I'm supposed to develop with others, living in my own world, focusing on myself.

Reference:

[1] <https://speakingaboutpresenting.com/audience/losing-audience/>

Selective Speaking ...

10/10/2020

That's not being at peace in life, speaking differently to people, depending upon whether one is in private or public, and its by how you jobs in life, judged, and that is why I work from home. And that is why I am presently having difficulty carrying on conversations you, that you have to disprove in words, or by face, or features disprove as not being true about you, that is base the condition for acceptance you get treated by society if you don't stay well and stay a member of society. The looking at people others standing out to you, will think less of you. Its by how you are alone, you get treated, and how you are around people in real life, and how you are online in public seen by someone who doesn't like you is: an ugly face, beauty loss, loss of features, changed head shape, body dysmorphia, inability to bad energy, or not the energy of someone smart, who stays home, and doesn't drink or go out, and then say that because this person has the wrong way, or that you are a bad connection in life, ignored. These are the that's not my princess arguments, idolizing other people then be treated as stupid, for not being comfortable in ones surroundings, made to look at, or be looked at as stupid. And that's how you cannot stay well around others, and that is so they get placed among the sick, get treated like the sick, so that they cannot move forward own devices, left alone in life, and watch from afar, how they seem, trying to figure out life for themselves without help from anyone, doesn't understand why that was done to me, or why I was misrepresented in life, and why sex was asked of me in private by email, and billion dollars, and are considered assets to this Country. Why taint my image, my body, my heart, my mind, to benefit whom should I hearing what I sound like strong, then why hurt me, a waste my energy in life to hear what I sound like strong, and change all the energy incorrect, all reactions are incorrect, and if that's what brings you peace to see me respond and become mentally ill then that's why I to

Example: Now I am not at peace. Tomorrow try again, to stay in peace, and write.

Exhibitionism and Self-Worth ...

10/10/2020

Some were fit for modeling, I am not one of them, not until I lost 50lbs, was I happy with the way I looked, and proud of myself, for because one was not attractive already as is. That is where whats inside that counts come from, you may think changes to your looks or think nudity is a symbol of strength, not if you don't deserve it, can otherwise be offensive to anyone, who doesn't want to see what you an emotional response, not a matter of pride and independence, seen as offensive. Not everyone wants to know you in that way. Not even in the public realm becomes a source of discomfort to all, like being told something you shouldn't know, or don't want to hear. Therefore something else, based on what has become of me, someone not as playful, fun, humorous, fun loving, kind, or easy to hear from. Therefore transpired, and where you have been in life, no longer represent the values of what it means to be a good woman, a smart woman, a beauty at some point in time and no longer do. That's when offense is taken as to your representation of self, and based upon your genetic makeup seen as a later reaction for "coverage" of issues, to say you have later identified as something you are not, to cover for an issue with respect about them, or you would not have loved yourself had it not been for them, or their acceptance or non-acceptance of you, then judge yourself and pride yourself in who you are, another thinks its because of their wellness, or their acceptances of you, that you are connected on to building confidences in life, that is not a proper foundation for building respect in life, and that is not a proper foundation for establishing communicate to others questionings in life, make things about themselves, or derive other meanings from what has been saved or come order to feel well, no one cares where you are at in your life later if well affected by you, and no one cares what your condition is now something about you, overheard, or based upon a present showing of self, judged you as having made the right decisions about excluding wrong in your life, becomes the focus on their behaviors or actions toward you not in acceptance of you, or having given you a hard time strong or weak, confident or fading, intelligent or stupid, scared or brave, and depending on what basis shown be judged as scared by the good job of being themselves, and that's how you get judged as being in the wrong. Whether everything adds up to negative insights or body is inherently weak minded, not intelligent, defective, or mentally ill, to say that any well being or any normal state is not a sum part that nothing said now, means that they should be treated any better or differently, and makes no difference moving forward, so that no

When Story Looks Like Excuse ...

10/10/2020

By the time you share your story, everyone will have already had their take on your life, upon meeting you and treating you in life, and though those factors should have been weighed with regards to your suicide attempt February 2009. Past the point of mental illness, it happened to you happened in life. That's living life, you either get smarter as you get older, and more accepting of others, or become not taken as to your present condition, and the manner in which you share your story, at some point you have to stop allowing others to do fear of others judging you, or how you live your life. And then there is acceptance, which can only be learned through experience, not their lives. And based upon the guilts that others carry, is how they correct themselves moving forward as observed, what was not li intelligences in life, and strength unaffected by the wellness or illness of others. The last to move on is a rotten egg, that's the big lesson make in your life and in the life of others, so be it. Once you become a public speaker, understand that people will automatically not re

compared to, and that is why I am treated as less then, because my displays are not as nice as, my demeanor not as confident as, my co
the negative, and needs to be corrected in order to see the positive in others, as though I was not a positive influence to the lives of
be corrected by others, as though my way of life, or what I have to say, is a product of the lives of others, and not an accurate reflection

Don't Be Ruled by Your Obsessions ...

10/22/2020

There are healthy ways of thinking and there are unhealthy ways of thinking. I feel best when I am learning, working towards a goal, and living in the moment. And then you get glued to concepts, reasoning, and concerns about life. And its like your world stops, and you can't get yourself out of a rut in life. Don't panic. There are many ways to move forward, and sometimes overthinking does not help, not without a licensed clinical supervisor (therapist), to run through your emotions and thoughts with you. Somethings need supervision, such as going backwards in life, or even talking about others, sometimes we cant be left alone with our thoughts and that's okay. Its possible to "become obsessed with a person, a place, a goal, a subject—but obsession amounts to the same thing in all cases: addiction ... [and] like all addictions, with time obsession unbalances us." [1]

Keep your mind on things that keep you healthy, don't think yourself into upset, and this is why maintaining a gratitude list is important, to focus on your self-worth, without becoming devalued, chasing feelings, while recovering from emotions, just to feel good.

What are some examples of unhealthy obsessions?

For example, there is:

- "“Obsessive love disorder” (OLD) refers to a condition where you become obsessed with one person you think you may be in love with. You might feel the need to protect your loved one obsessively, or even become controlling of them as if they were a possession.” [2]

Symptoms and Causes for “Obsessive love disorder” may include:

- “Disinhibited social engagement disorder (DSED) is an attachment disorder. It may make it difficult for children to form deep, meaningful connections to others.” [3]
- “RAD develops when a child’s most basic needs for nurturing, affection, and comfort haven’t been met. This stops them from forming healthy relationships with others.” [4]

How can disordered thinking and obsessions affect how we appear to others?

There is a such thing as being out there, or too interested in what attentions you receive, such as on Social Media, which can spiral out of control, researching those who have found success, then wind up comparing ourselves, to those who have found success and followers feel bad about ourselves. There will come a point in time in your life, when you will no longer be the person texted to make plans, and eventually have to be the one to text others to maintain relationships. Same applies to life online, the point of being a public figure is to live a good life, and set a good example to others, of how to live life, from your own standpoint, and with that comes responsibility, its beyond perfecting who you are now, its about continuing to challenge yourself, continuing to work, and continuing to be a good Samaritan in life, understanding that not all work will be paid for, and realize its your responsibility to be nice to everyone, no matter how you feel, no matter how your day is going, continuing to practice what you preach without fail.

What about Social Media Participation? My best advice would be to only participate on Social Media, with likes, searches, and scrolling, when you are in a positive mood, that's when you are able to be happy for others, without comparing yourself to the lives of others, be affected self-esteem wise. Or check if you are stuck in a mood, that usually forces me to read. I am best most even tempered and calm, when I am reading, why I stayed in Law School. Then there is participation on Facebook, checking in with your real friends and their lives as published in your mixed newsfeed, and that also requires you to be in positive spirits to participate and send a like.

Social Media, requires that you be well adjusted, thinking in the positive, able to censor yourself from things or people that don't suit your mental health needs, and a place to strategically avoid, people or accounts, that don't represent the value of a minute of your time to keep in touch with. Some people can be draining, and some people will not make you feel good, and some people will be demanding, and some people will want more from you, and some people will make you feel like you're not good enough, and some people look for attentions, and some people do not receive attentions from others. It's all a matter of how you see yourself, *be accepting of all would then be your goal, not avoidance. How you feel, and feel about others, will be how you feel to others looking at you. Be wary of your choices, partake or avoid. In order to be well liked online, some participation may be required of you, to have some presence on Social Media, and focus the majority of your time on your blog or website. If you have trouble multi-tasking, then Social Media can be a distraction away from moving forward in life, only invest time in building an account, if it is necessary for you to keep track of your influences in life, and if you think it's necessary to partake and like.

Personal Update: I'm actually meeting with an Image Consultant right now [cancelled], and recently signed up for a course in Public Health: "Systems of Thinking in Public Health" at John Hopkins Bloomberg School of Public Health, and looking into a Scientific Research Writing Certificate, and maybe a Life Coaching certificate and skills training. Instead of Mental Health Counseling, I don't think as someone with Bipolar, that's something I want to focus on on my blog.

Reference:

[1] <https://www.psychologytoday.com/us/blog/happiness-in-world/201004/overcoming-obsession>

[2] <https://www.healthline.com/health/obsessive-love-disorder>

[3] <https://www.healthline.com/health/disinhibited-social-engagement-disorder>

[4] <https://www.healthline.com/health/reactive-attachment-disorder-of-infancy-or-early-childhood>

Letting Go ...

10/22/2020

I know it's hard to hear from someone in the positive, when you are feeling in the negative. The less you feel personally offended by the happiness of others, and less you interpret the behaviors of others to be obnoxious, the more accepting you will become of all dispositions in life. Life isn't meant to be lived like an equation, there will always be missing pieces, and things that either don't connect, or upon thinking about hurt your head trying to make a connection. In addition, life is not intended to be lived like a game of charades, for understanding concepts, or for reinforcing the lives of others, nor made with respect to real people not mentioned, those are other people's lives, and characters created by someone who sought for those ideals in life, be represented and by whom. However, as a public figure, as you become more aware of how the news translates to understandings of life, you realize what is being looked at for comparisons or for creation of similar circumstances in life, to treat you as a public figure as a character, for developing a different set of ideas, based upon what another sees, as important or relevant to be addressed, or what can be seen by them looking at you. You will represent a lot of things in life, and maybe I won't be compatible with the thinking of everyone, and I'm sure I will say things that could be said in a more positive way, but never have I threatened the thinking or beliefs of another, and challenged others with regards to how they live their lives. That being said, I may not be perfect at avoiding the negative, but that doesn't mean that I ignore those feelings, and do my best to explain where I'm coming from, with hope not to be bombarded with misunderstandings over countered by others in life, with regards to my choices in life, what has been recorded, or what has been saved, misinterpreted. My life was not made for a movie, but since it's so easy to just scroll and judge, then that is what has become of me, integrated for judgment by real

professionals on IMDb. Its not easy to assemble your life, its not easy to go out of your way to help others, and there will always be moments when you are trying to figure out what to do, to make things better, that you seem lost to others, that's not being sure of yourself and others in life. You are most trusted in life, when you are in action, doing something with your life, not just thinking about life, or analyzing things that others are saying, trying to find answers for understanding life better as it happens. Don't waste too much time psychoanalyzing others, while its important to understand what makes a person success, not all people who find success are alike and do not achieve success based upon the same understandings or motivations in life. We all come from different bases for understanding, by education, that is what is intrinsic to your decision-making abilities. Notice that whatever you anticipate, happens, upon worrying or focusing on the thoughts of others, that you begin to say things that support that type of thinking, without reinforcing what is true and correct about your life, that's being sized up, where the more you describe what is being done to you, or others, the more likely a side will be made against you to challenge you in life, your thinking, to figure out what is true about you.

Managing Overhead ...

10/21/2020

Having a good working memory is key to being a good writer, without having too much going on in the subconscious, affecting your working memory, and ability to remember.

For example in one research study on medicaily.com: "the brain utilizes both conscious and unconscious learning mechanisms in order to compensate for the effects of stress on the brain. Specifically, this switch from completely conscious learning to subconscious learning is triggered by [mineralocorticoid receptors](#), which are released in response to stress by the adrenal cortex." [1] Furthermore, "these transitions are mediated by the [amygdala](#), a part of the brain that's responsible for both memory and emotional reactions." [2]

Your unconscious learning system, (i.e. your subconscious), gets triggered during emotional transitions of thought due to stress, and that's how your opinions shift from being memory based, based on what you are learning, to personal experience based, what you know personally. Its always important to stay objective, when it comes to discussing your thoughts out loud, and to base your thinking on cognitive structures, that gear your thoughts toward making sense, based on what you have been taught, not rely too heavily on memories from your past to articulate yourself, that would be being ruled by your subjective interpretation of events, not objective.

Why is this important? No one wants to sound out there, in their own world about things, you'll be less convincing the more passionate you grow toward articulating how you feel about things, based on what you have read, rather than articulate what you have come to learn, without the necessity of using your emotions and feelings to explain what you know and why. So much energy is wasted when we rely too heavily on our emotions and feelings to communicate ourselves, its better to step away from information, not internalize information in a personal way, make sense of things as they are now, or as they were past, become too connected to information.

What is the purpose for focusing on our cognitive thinking? Mentalhelp.net reminds us that although many may not be bothered by the past, and although your past may have nothing to do with your present, its important to recognize that: "More often than not even present day problems have their roots in the past." [3] A book that has been recommended by them is "Emotional Intelligence written by Harvard trained psychologist, Daniel Goleman." [4] The book is about "emotional intelligence" (i.e. EQ) that teaches us to "learn to recognize and accurately label their emotions and how they lead them to act." [5] Why? For example, in bipolar patients, on everydayhealth.com, "cognitive behavioral therapy (CBT) to your treatment plan can help stabilize your mood and keep your life on track." [6]

In IOP at UCLA for "thought disorders" that was one system we were taught, to help us to manage what we are thinking, to understand how our thinking affects how we feel. In a bipolar patient, for example: "mood swings are influenced by your thoughts. The researchers found that having extremely negative thoughts may bring on what's called "descent behaviors" (such as withdrawing from friends) associated with depression, while overly positive thoughts can lead to "ascent behaviors" (such as risk taking) associated with [mania](#)." [7]

So how are thoughts, feelings, and behaviors connected? "Feelings, unlike thoughts, involve a total body reaction," that are "influenced by your thoughts and perceptions," its how you "react to your own inner thoughts processes or "self-talk," imagery, or memories." [8] Feelings can be further divided into two subcategories "simple and complex," that help us to recognize by what feeling we are having, to determine whether what we are feeling is a "basic emotion" (i.e. anger, grief, sadness, fear, love, excitement) or a "complex feeling" (ie. eagerness, relief, disappointment, or impatience), the difference being a complex feeling may involve a

“combination of more basic emotions.” [9] *Why is this important with regards to our memory bank?* “Feelings are what give you energy,” and on that basis, the more “in touch [you are] with your feelings,” and the more able you are to “express them,” the more energetic you’ll feel. [10] -There is a such thing as bottling up, that’s not saying how you feel, or having difficulty talking about what you are feeling or thinking, that in turn affects you presently, that gone feeling. So much about enjoying life, is being present and able, and when you lose that ability, and as you come to understand that something may be wrong, don’t panic, be patient, and you can do anything you set your mind to, its all a matter of having the skills, to accomplish your goals in thinking. What is causing you to feel “lethargic, numb, tired, or depressed” are your inability to express how you are feeling, that may be due to them being “blocked or withheld [and can] lead to anxiety.” [11] *hcf.com* warns us that “suppressing emotions can negatively affect our health,” and “stifling negative emotions doesn’t make them go away and could be unhealthy.” [12]

So what types of thinking should we avoid? Some unhelpful thoughts discussed in IOP at UCLA “Intensive Outpatient Treatment,” following hospitalization on a 5150 hold for not feeling well, or self-harming, is to avoid “**Mistakes in Thinking**,” (i.e. what blocks us from goals or makes us feel bad) [13] which include:

- **All of Nothing:** generalized thinking (ex. Never)
- **Jumping to Conclusions:** problematic negative way of thinking, followed by behavior (Ex. No one likes me).
- **Fortune Telling:** (Ex. It gets worse). “types of thoughts can become self-fulfilling prophecies if you’re not careful. When you’re predicting doom and gloom, remind yourself of all the other possible outcomes.” [14]
- **Mind Reading:** Thinking you can read the thoughts of others, assumptions about the thoughts of others. (ex. Doctor doesn’t like me).
- **Emotional Recovery:** cognitive distortion (Ex. making a decision based off temporary feelings, moment, feel like you need to do something, make an informed decision), includes maladaptive ways of thinking, solution: use less emotional reasoning, driving your decision making; and
- **Catastrophizing:** (Ex. struggling with anxiety) difficult to catch the thought, check the thought, includes thoughts of what it will be like, creating a whole scenario that doesn’t match reality. Playing things in your mind, be mindful. [15]

What is the first solution to avoid “catching feelings?” First: (a) Identify the Feeling, (b) Express it Don’t Judge or Criticize, then (c) Change the Thinking. [16] Be kind to yourself, “Feelings are not “right” or “wrong.” Think of feelings as “existing” whether or not “valid or invalid” and the better able you are to express in words how you are feeling through talk therapy or writing, that is the point at which you can begin to fix your working memory when it comes to how you thought things were, versus how things are now, and fix your “perceptions or judgement[s]” that may or may not have led you to your feelings, whether or not you were right or wrong, valid or invalid, in stating how you felt, start somewhere. [17] Have some awareness, it takes practice.

Reference:

[1] <https://www.medicaldaily.com/subconscious-and-conscious-memory-work-together-learn-efficiently-while-under-stress-248193>

[2] <https://www.medicaldaily.com/subconscious-and-conscious-memory-work-together-learn-efficiently-while-under-stress-248193>

[3] <https://www.mentalhelp.net/blogs/memory-brain-and-psychotherapy/>

[4] <https://www.mentalhelp.net/blogs/memory-brain-and-psychotherapy/>

[5] <http://www.danielgoleman.info/topics/emotional-intelligence/>

[6] <https://www.everydayhealth.com/hs/living-well-bipolar-disorder/cognitive-behavioral-therapy-techniques/>

[7] <https://www.everydayhealth.com/hs/living-well-bipolar-disorder/cognitive-behavioral-therapy-techniques/>

[8] UCLA IOP Handout, “Some Facts about Feelings.” (Received: 10-07-19).

[9] UCLA IOP Handout, “Some Facts about Feelings.” (Received: 10-07-19).

[10] UCLA IOP Handout, "Some Facts about Feelings." (Received: 10-07-19).

[11] UCLA IOP Handout, "Some Facts about Feelings." (Received: 10-07-19).

[12] <https://www.hcf.com.au/health-agenda/body-mind/mental-health/downsides-to-always-being-positive>

[13] UCLA IOP Notes, "3 C's Catch It, Check It, Change It." (Notes, 10-10-19)

[14] <https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201501/10-thinking-errors-will-crush-your-mental-strength>

[15] Unhelpful Thoughts (IOP UCLA Notes) (09-04-19).

[16] UCLA IOP Handout (Notes), "Some Facts about Feelings." (Received: 10-07-19).

[17] UCLA IOP Handout, "Some Facts about Feelings." (Received: 10-07-19).

Ask Yourself ...

10/21/2020

If most of what you're going through is happening to you via auditory delusions, ask yourself why, and whether it's deserved, then from there do your best to communicate in public and in private in a way, that does not further separate you from others, or your right to live life. That's what's at issue when someone is kept away from living their life, thought deserved that they be situated alone, or while being alone, taken as insult, by people who are not in my life, or were in my life, that's a miscommunication of interests. Sometimes the best way to protect others from harm, is to keep your issues to yourself, and figure out life for yourself. You can only be helpful, if by the choices you have made, have not purposefully put yourself in harms way or others. As separate it is possible to be misidentified as someone who is not put together or who by default is alone, because one has not been well enough to be picked in life. At what point is it time to stop, when either you or someone else is not feeling good, that's a good time, to stop what you're doing, and see what you can do to do a better job at being yourself in life, without putting others in harms way. That's figuring out what's going wrong, by who you choose to talk to, and without trying to understand why you were harmed and solicit for more negative attentions toward you report, if you have been harmed, that is not my fault, for talking to people in private, and does not need to be a matter of public concern, what was talked about or shared, as though I discuss my problems or views on life, in relationships, that is stuff I keep to myself, unless required to divulge in public, my past. That is not something others can use as confidence when hurting you, as though they have information to destroy you, that is someone coming to know you, and not made to feel good about you, or thinking your condition is a reflection of them, punish you, as though you are reporting what happened to you, to make another person responsible, that is taking two separate interactions, and treating those interactions as having occurred because of something you have done wrong, that's for neither side to attack you or punish you, as though you are not a nice person, strong, giving, and deserving of being well, hurt as though your discontinuation of sending money, or love, puts them in harms way, or deserving of public punishment for a period of months, I did not talk to the other account until July. That's things not working out, and talking to someone else. No one is completely stable alone, I don't have money, I don't have a job, my future does not have limitless potential, I have to work hard everyday, and be a nice person to everyone just to get by in life, and continue living life, without resentments or discussions past, to make my life more difficult than it already is, that's a good life, becoming a hard life, because of choices. And by what I represent or who I was thought to represent, and by the content of my discussions, hurt as though I did not attempt suicide, because of what I thought looking back, and that was my error, to be hurt by an incident that hurt others, not me directly, that doesn't mean that I'm nervous, or have guilt, or knowledge of how and why something like that occurred, it was just something I factored in, because it was something mentioned before I committed suicide. That is not with knowledge of how all incidences occur, and why, and that is how I was mistreated and given voices, as though my confidences were about knowing how harms occur, of believing that I have some imagined ability to help others, I have helped others, and do help others, and that's because I am a good person. No matter what is misunderstood or communicated by me. I don't F with anyone's head in life, I'm always clear spoken, and if I lose my head, or if my hand numbs, that means that I am overwhelmed and need to take my night meds. And this is how talking looks like screaming, or explaining looks like justification, or aggravation looks emotional. One cannot be aggravated living alone. And that was one experiment, with managing my own mental health, as not considered well and hospitalized for 30 days. That is upon losing stability or sharpness, punished and sent to the hospital, that was on Provigil. I understand that if another feels harmed by what I have to say, that I am assumed to be in error, and

upon appearing in error, I may sound too strong, and upon wasting my energy explaining, may become burnt out. That's talking without resolve. That's until no positive thoughts are had creatively when it comes to idioms, communications, or symbolism, that's things being thought of creatively in the negative about you, and that's not okay, like these are jokes for sick thoughts, I don't have sick thoughts, I don't speak badly of others, and I don't communicate to the sick, I don't talk to bad people, its people are bad toward me, and that's how I was misunderstood. That's dating, you either want to love someone and be bad with them, or don't. When I choose to be alone, that doesn't mean that I'm not fun or upset, that just means that I need to focus on my own health. I need alone time, to rest and recharge, that's how I've been my whole entire life, someone who is at peace, someone who naps, someone who takes their time in life, working on things until perfect, someone invested into their studies, not someone having a good time, because they don't feel good about themselves, I'm someone in tune with others, not someone who has difficulty making friends, and drinking doesn't make me feel good. Drinking causes my face to age, and I cry, and then I get sick easily. I take meds now.

Be a Nice Person ...

10/20/2020

It's not difficult to be a nice person, it requires that you simply be at peace with yourself and others, that's not bothering anyone with your problems, and not needing help or advice from anyone in order to manage your own thoughts about life, that's being an adult. And if you have questions about life, or ever wondering what other people are thinking, that's a problem you discuss with a Doctor, without assuming what things are about, 2008, 2017, and now 2020. That's not letting a difficult time get the best of you, and leaving things alone, that's being smart about your time, not wallowing in guilt, shame, or resentments, that's thinking too hard about the past, and if it's not something that you're currently focusing on, sharing those bits of information about yourself, if not described in the positive, will ultimately lead others to think that you are not thankful, or grateful for the life that you have, and the people who have been in your life, and moved on. There can be no later point in time, of being at ease, proud of yourself, and able to talk to others openly, with confidence, if you can't stay positive, or if you are too critical of others, including yourself, it's those feelings of not being sure of yourself, that cause others to not feel good about your life as lived, treating you as a waste of education, expense, or see your career as being a failure. That's living life in accordance with what others think, or based on how things look, not feel good about yourself. You cannot live a perfect life taking chances, trying drugs or drinking, some of us are not equipped mentally to party hard and play hard, we were not all gifted in that way, to have dark pasts, or live dark lives, and present oneself as normal to others, in the workplace, that's too much for comfort living a life like that. If it's your choice to miss out on life, or miss opportunities in life to be social, that's okay, when you are good and ready those opportunities will present themselves at a later point in time, but not if you are unhappy with the feedback, or the effects of speaking, hearing voices. Don't be a difficult person, or stubborn to criticisms, whether that's name calling, or having an auditory delusion, and think that it is you that they are taunting or speaking about, that's what happens when you share in public, there is always the possibility for you to be talked about, and the more difficult it is to talk about you, the less likely that anything positive will be said about you, just another opportunity, viewing your timeline, to anticipate failure, that's not allowing you to move on to the next phase in life, and that's giving up when things are going well for you, and being social, when you feel like being social, mismanaged issues.

What's a feel good story? Someone who shares, with the ability for others to have compassion, anything past the point of compassion, is overwhelming the sense of others, and that's draining, to be misunderstood, or with expectation for something worse to become of you, expected, that's being loved, being hurt, and then self-harming, that's how fighting feels to me. That's not the solution, to attack me, to watch me self-harm, that's a pattern of what happened past as explained privately (Summer 2011), then tested on me, to produce the same result self-harm. Self-harm can occur when you value the opinion of someone, you think highly of, and do not have a problem with, and they suddenly they have a problem with you aggressive toward you, as though your experience in life presently, is intended to hurt them, and that's why you get scolded in life, as though you should bring more happiness to the lives of others, and a failure to be happy with another, makes you look like you don't care.

What are your attentions dedicated to in life, and who matters to you, and if described, will that be a situation that later gets held against you in life, as being someone who has failed to help others, or screamed at. With different issues shed light upon, different people caring, more people knowing me, to create a system of not caring about me at all, and letting me fall through the cracks in life, job wise.

I'm not a fighter, that's not what I went to Law School for, and that's not my personality to fight with others, or to openly criticize others, if it's okay for others to be emotional, then it should be allowed for me to be emotional at some point in my life, and be forgiven, if I appeared disorganized, or not someone who could be relied upon to help others, or for added insights in support of existing structures, existing beliefs, existing potentials, and existing ideas about life. That includes company names, companies earning,

potential, as well as speak in favor of the establishments of organizations dedicated to entertain and manage those who do entertain. That's a system of representation I have had little experience with, but understand that if I am to work, or to represent another, I must first understand how far they have come, surviving all the heat, disaster, and fights over issues and representations of the past and made it this far. Those are private matters, that occur in the news, shared by professionals who write from established systems of critique, network, who are legally authorized to speak about those within the talent industry, or share an opinion about the present management of talent. That's not me joining a profession, seeing myself as more able, that's adding my character, my identity, to a system of managing views of talent within the talent industry that uses IMDB. That's controlling the use of an identity, and avoiding the misuse of an identity key to creating things that make people feel good, and then be about someone who does not feel good, stand out, or upon knowing, think things are about, and that's an example of an unwanted attention, or insight, that someone can see looking at me, but I cannot readily see, directly related to me.

Things are only fun for so long as someone is fun, easy to read, easy to be around, and without worry for what they have to say. That's being at ease around someone. That's without worry for whether or not they are predictable, and in no way am I describing my failures in life, to create wider tolerance of people who have failed, as though its okay to do so, or lend insight from my life, to study patterns from my life, to be used for illustration and comparison to criminals or people who do others in the wrong, or for the wrong reasons, cause others harm. That's a fight you cannot win, when someone does not respect you, does not see your story as special, is not enlightened by your findings or experiences, or sees your life as joke, that's not valuing what I have been through in private, and without acknowledging all the years spent bettering myself, and working my way out of problematic situations in life, we all suffer traumas, whether that's inherent to living life, not all harmed suffered are willing with notification in advance of the risks for leaving a situation, retaliated on, that they just do to you, without explaining why they hurt you, those are people nice to you, that you have nothing to say about, but if you describe them, have nothing bad to say about, that's getting away with it.

Don't wait until it is too late, to turn your life around for the better, and understand that by sharing your story you do subject yourself to retaliations in life, as though you owe anyone anything in life, or owe anyone explanations for the life you have lived, as though what you know benefited you, without helping others with what you came to know or understand in life. That's being treated as someone who is high on medications, who is driven by pills, and without a heart, affected, or feelings hurt by others, meds don't make you invincible, no meds can cure a failing condition, and that's whats not understood, the only way to overcome a condition, is to not think about things in the negative, and if stated in the negative, and things turn out in the negative for you, can cause you to feel sick, upon doing well, and suffering the same abnormalities in life over again, that is bipolar thinking, with worry or fear, discomfort, alone. There used to be a such thing as working hard in life, and then feeling a sense of peace.

Unfortunately the same results have not occurred for me blogging, (that I did not anticipate) working hard and being proud of myself, and suffering any harms, not anticipating harm to me. That may be because that was my solution previously to be sober, because I took myself to rehab once, and then was sent to rehab by my Doctor, and taken off all meds, explains why I stayed in law school, applied to another Law School, and used to perform well. The conditions are much different, now, having gone out and drank, and as a result, instead of being viewed as someone trying to help, I got made to look like someone worth leaving in life. And that's how the side of others is taken, based on where they are in life, compared to you, and your side is not taken in life, and you are not supported, and you are not empathized with. That's judging you for being bipolar, or sharing, when everyone was at peace, December 2011, simply because you were sent to rehab after hospitalizing yourself for not feeling well, without voices. Being unstable is a condition you later learn to deal with on your own, which doesn't require hospitalization it's a loss of focus, and loss of functioning ability, to concentrate that's with nothing wrong occurring, and nothing bad happening to you in life, that's not feeling well and not knowing why, either because you have done something wrong (sex in public), that is an example of one cause for losing your head, doing something you don't want to do, and lost focus. Some are openly comfortable taking risks in life, and I am not one of them, I don't like excitement, I don't get hyper, Im low energy on meds, if Im positive its because I am positive. Im not an actress, who can put on a face, and pretend like everythings okay, if I cant show my face, and am not happy with what my face looks like, that means I need rest and weight loss.

No Matter What Emotion You Feel ...

10/20/2020

No matter what emotion you feel, the best condition is when you are free of blames, hardship, questioning, and able to weather the conditions presently, with ease. When you are not at ease, figure out why. One recommendation has been to "delegate more," that's if you are so privileged to be heard, be mindful that others want to continue doing their part to make others feel good around them, with or without your permissions or blessings in life, we all have to work toward bettering ourselves and others. Mindbodygreen.com, reminds us that "other people want to help you and by delegating, you're giving them the opportunity to step up." [1] That's especially

true when it comes to the feelings of others, reminding others that it is not their “public responsibility” to care or to step up, not unless they so choose to. That’s to each ones responsibility in life, to live a good life, and focus on whats important to them. No matter how many negatives get thrown at you in life, not lose sight of your own abilities in life, to create wellness, by your words and actions, regardless of how you feel or how others are making you feel. Its easy to think that when things are not going right for you in life, to question yourself or others, its mostly your life to live, no matter what you remember from it, your good years, and your not so good years. That’s letting go. If you are not doing well, then talking about the past will not serve as a reminder presently of what needs work and whats going well, don’t spoil your progress, and regress in life. That can cause a whole host of other problems for you, to assume others think poorly of you, then think of all the times from your life, you were not composed. You are your reputation in life, that’s a simple fact about being known. Whats the purpose for change? To change for the better, your life is best unamended by incidences to prove or disprove your self-worth, especially when you are lost in life, don’t experiment with your own condition, by taking risks such as drinking or going out alone, that’s not brave, that’s stupid. That’s how privileges are lost, when you no longer represent what it means to live a privileged life, that’s upon becoming a disappointment in life to those who cared for you, and do not have the time and energy to waste, buffering you from all your new problems in life, which are of your own making, generally, it starts with a negative assumption, or pattern of thinking, that is not justified, or without evidence to prove, that that is in fact what is occurring, the only way to best understand yourself, is to value what you do have in life, and remind yourself of all the positives. That is how to prevent making a bad life out of a good life, and avoid others losing faith in you, not being able to reply upon you in life, painful to talk to, hard to talk to, or misrepresented by you at any bad moment in life, embarrassed by you, that’s not the solution. Those heavy feelings, are not being happy with yourself, or not being content with your progress thus far, we cant all go pro at the same time, its something you work towards, by proving yourself, capable of getting the work done, without feeling overwhelmed in life, with problems of your own making, or problems caused by others. What happens in life, is not because of you, and not because of me, the only person you are responsible for in life is yourself, you come first and foremost, either help, or not be of service to others, that’s the difference between someone able to help, or not yet readily equipped to manage the stresses of others, quell the anger of others, or explain to others what is going well or what has gone well, and without expectation of what has gone wrong, be attacked for information about, as though one is supposed to be intelligent enough to understand the faults of others, or transgressions, in life, point out what stands out to someone about others.

Reference:

[1] <https://www.mindbodygreen.com/0-16231/10-ways-to-feel-more-ease-in-your-life.html>

We All Have Potential to Be Loved ...

10/20/2020

We all have the potential to be loved, and while it may be easier to love some than most, that doesn’t mean that we are all not capable of being our usual loveable selves. Being yourself requires you to love who you are, without feeling pressured to conform in order to be loved, but its can improve your chances for being considered a likeable public figure, not all are impressed with the same responsibilities in life, to be a good role model in that way. What is a role model, a role model is someone who can be seen, and does not hurt the sense to know, or to view, someone who represents the qualities of a human being, that has a skill, a trait, or quality about them, that makes them nice to know, or hear from. You will always be attacked for what you are not in life, that is if you are trying to be something you are not, fail to meet the mark in terms of acceptances of you, without question. Its when one is not feeling well, that causes an unwanted wonder about you in life, trying to figure out what is wrong with you, or by looking at you, make their own determinations about what is wrong with you, and judge you as someone who does not like themselves (overweight), someone who is unhappy (single), someone who is a chore to care for (bipolar), or someone who is into themselves (nude). There is always something about someone who is unattractive, what is attraction? Attraction is carrying traits that another notices, or thinks makes you special, its what draws people into your life, whether that’s being a positive person, having a unique trait that differs from the rest, or being confident about who you are, at peace with yourself, and at peace around others, that can be a quality that is desired by another.

Not all environments are conducive for being liked or loved in that way, there should be a mutual care, that is focus on oneself, and what they are doing with their lives, that makes others feel good around them, easy to know or be around.

Then there are private interactions, which are about the energy you carry, are you reassuring, are you confident, do you have problems is there something about you that needs to be shared, is there something about you that if shared, will cause others to not feel comfortable around you? Then there is appearing as though you are wanting more from a person, or wanting a person to react to your condition, to make you feel better, which is an unattractive quality about someone, someone who is into themselves in a way, that

another only feels good upon being paid attention to in life, that's not independence and unconditional love, that's control, with expectation of specialized treatment, that when that specialized treatment discontinues, the other is affected by that discontinuation, also known as co-dependency.

There is being needy in a good way, that is in a loving way, and there is being needy in a way that offends the sense of others, a distraction. There is only so much love that another can give to you for you to be reassured in life, that then becomes a matter of whether you have faith, do you have faith in others, are you trusting, do you have trust issues, is it easy for others to trust you and why, how have your interactions been limited as a result of losses in life, and have you changed the way you feel, to better accommodate the hesitations of others about you. Are you available to be loved, why or why not? There are moments of innocence and self-exploration, that's a confidence you carry in the confines of what you do best, whether that's in a work environment, or at home working, those are your private moments of pride, creating work that you're proud of, without help from others. That's being independent of others, then there is dating, when two lead separate lives, and when together, do not carry resentments toward one another, patient with one another, and at peace with one another, not judging the others, no matter what condition they are in.

What makes you special, and how have you been able to achieve? If you don't know what's working for you in life, don't expect others to help you get working in life, that's not unless they care. If you are someone who people enjoy figuring out, and pointing out what your issue is without you sharing what any of your issues are, that's how problems are created in terms of acceptances of you, not taken seriously in life, or treated as though you have issues with others, or treat you as though your issues in life, are because of other people's issues with you. And that's a cause for not being loved in life, or for not loving yourself, being uncomfortable with yourself, that's not solely the product of something privately known about you shared publicly, but you are also responsible for what you share privately, that if known to everyone, does not put you in harms way, or cause others to think that you are gross, in the management of your own life, or criticize your caretaking abilities in life, be seen as someone in harms way, or someone who would put others in harms way, that's others taking out their anger on you.

Being motivated in life. Being motivated in life, is about your ability to feel good about yourself. *Are you proud of yourself? Is there something you need to work on? Is there something you would like to share about yourself? Is what you have to share going to offend the sense of others, if so, how so, and is that something you share at all, in private, or later about in public?*

There is basic common sense, there is reacting in the moment, and there is a later acceptance that occurs, when people are desensitized or used to things, which is why patterns are sought after, for knowing, to better understand on a combined timeline, what your health was like while other things were occurring in life, to determine whether your health was poor at the time you were doing well in life, to diffuse blame from anyone else's interactions with you as having contributed to your failures, failed image, loss of respect, and see you as the offender, looking for attentions from others, and having been a sick match, or causing the inheritance of problems or defects in life, as having been in your life, later affected by knowing you.

That's sex, and monogamy, and casual sex. If you as the woman, look mentally ill, or responsible for your own mental health issues, that's to diffuse blame that was never casted upon who loved you in life, or who didn't love you in life, if one was well at the time, was why someone was loved, and my condition now, whether stable or not, does not make me a candidate for love at the moment, and that is because I do not feel good about myself, I am not happy with myself, and the progress I have made in life, is not good enough to better my life, in the face of others' issues with me.

Then begs the question, what has become of me later in life, after having the career that I had, am I still fortunate to work for the same kinds of jobs, am I well enough to work? That is about energy, am I able to work the hours, am I reliable enough to wake up early each morning, and establish a routine for myself, and work as a professional, and that's when meds and mental health matters, something about myself I cannot change, my brain chemistry, that's not about mood, that doesn't mean I have a bad temper, that doesn't mean I'm angry, that doesn't mean that I'm mean to others, that doesn't mean that I'm a problem, and that doesn't mean that I can't handle life or reality, and need to be on meds to cope with personal issues, and that also doesn't mean that I'm not stable or smart enough to be around people, be kept away from others, as though I'm problematic, or have issues that others don't want to be exposed to.

I deserve to work, I deserve to have created a job for myself online, and had I not been diligent writing everyday, then I would not be able to continue speaking now. Writing doesn't occur in one big swoop, that's a matter of practice being able to write, and a matter of energy, that's can you remember what you are saying as you are saying it, are you able to write from the heart and say things that make sense to others, or are you making up stuff as you go, just to sound good or sound smart, and that's a matter of negative judgement, to someone who is doing well online, and had 66k fans or followers, and put them back into a position of mental health issues, to see how others respond to someone when they are sick, or self-harming.

That was a coming to be hard earned by me, but certainly not a strong enough momentum in life, to sustain a 66k following via Pinterest. And that's when by looking at your company, based on how things look or feel judge for themselves whats of value and whats not, what is missing from a work to be of value, whats included, and what is causing a work to be devalued.

As a writer, what you have to share, is viewed as of value based on whether or not your writing is beneficial to health of the consumer. And sometimes how others feel is based upon how you feel as a writer. And if you don't feel good, one must also account for not making others feel good. And sometimes hardwork, looks easy to someone not invested in your progress, and who doesn't care to see you shine, or improve overtime. Popularity is based upon whether or not one can rely on you to work hard, without being affected by your experiences in life, hold secret any information not easy to talk about or view from their perspective, and does not interfere with their perspective of others, or confuse their understanding of the issues presented.

As a blogger you are expected to perform everyday, that's with high expectation of you not met, that less expectations of you occur, that's not just expecting less, that's disappointment in numbers. That is something that is in my control, to better fix my attitude in life and to express positive viewpoints of life, that aren't geared in a way that speaks to negatives, that I myself have never thought or carried with me as a premise, or gear for thinking in life. Thought about. What in the event of disaster, photos being shown, did I have a plan? No, I only knew how to respond in the event of a disaster, called the courts and the FBI, to figure out whats going wrong, and to decide for themselves who was in the wrong, and go from there, even if that meant that I would be punished, for sharing photos in private shared in public, I took that gamble in life, of being honest. And because of my inability to detach and say no, I was harmed and money taken for me, for simple acceptances from a celebrity, who was not a client of theirs. That's the shame in having money, and the minute you are given money, money taken from you, which is maybe why I am not given money to begin with, for how it is spent and why.

I think if I am a blogger, and now finally doing well as a blogger, picking up speed, in my ability to speak and communicate, without losing motivations in life, means that I am not a negative influence to others, or the cause for slowing anyone else down in life, or make anyone tired, from trying to understand me, my condition, my meds, my bipolar, or question their own health with regards to me. I treat me as someone who influences conditions in others for the worst. I think confidence will always be based on feeling good, without anyone being harmed in the process of one feeling good, and whether or not anyone can be proud of you, that's competition, and general depression felt upon seeing another, that's not disgust, that's a look. Is it blogging that makes me feel good, what caused me to get out of being in bed all day, relying on heavy meds, and what gave me confidence to speak so candidly about 2013, is that guilt for the passing of Justices, or is that with understanding and comprehension of whats going wrong? I think I am still trying to figure out for myself, how to be in life, in order for things to go right in the lives of others. There was a moment of mutual understanding and care, which I feel now, has been replaced, with too much explanation, and too much writing, which cannot resolve, the upper limits to ones thinking, which is easily overwhelmed, by the pressure that one is under me, to perform under the pressure of criticism and blames, and make sense.

Public Acceptance About the Way You Look ...

10/20/2020

There will be many milestones in life, when you will be proud of yourself, and failure is not one of them. When someone devalues you, that is them being done with you, but that doesn't mean that you should be done with yourself, making progress in life. And that's a big lesson to learn, that when you give up in life, with your defenses up, not opening up in a loving way with others, its by that same token when you do, that you subject yourself willingly, to be treated as stupid, that's seeing what you are like when you are in a loving relationship, or under the control of anothers feelings in life, which may or may not have anything to do with you, or be of interests to you, until they are in disagreement with you, or how you have carried on in your life, come to be. And that's being devalued, by a public opinion expressed about you, who you are, where you come from, who your family is, and disrespect you in public, because they think its deserved. No one is trying to make my family famous, they already have friends and connections. No one is trying to be like others in order to be successful, everyone already has jobs and careers. That's an unwanted public evaluation of my body, while trying to build a website, which ultimately caused me self-harm.

And here's why ...

Posting nude photos of women, not by their choice, but by the choice of another, is a private interaction held, for the purposes of demonstrating in the future, what it feels like to witness or see someone, in a loving light, expose themselves privately, and then

expose me to the world, hoping for the same reaction, hate or disgust, that's taking a risk with my body, and my mind, as affected by an unwanted showing of my body in public, in a negative light, partially nude. In studies, where AI imaging was used to show the naked body of a woman, without their permissions, was explained to have "cause[d] significant emotional and reputational damage." [1] As a blogger, I photo, and not comfortable yet to vlog, Im 170lbs and need to lose 20 more lbs in order to be figured proportionally fit for viewing as recorded. I have already lost 22 lbs. this year. Note: I do not know who my audience is, I don't know their ages, I don't know their backgrounds, I don't know their temperments, and I don't know their sensitivities in life, likes, dislikes, or level of immunity to being offended by photos shown of an author they may or not know, read, or have come into contact with otherwise, had it not been for my partially nude body shown on Facebook to 7,000 viewers to one video of me dancing, there and on Twitter, as requested for, under the hashtags "schizoid" "mental health" and other hashtags to which the content was not approved by me for distribution to those populations searching that hashtag. If its a condition that has since subsided, publicly announcing a diagnosis of me, that is not my current diagnosis, did not improve my condition, but only made things worse, as thought about in the negative, or after having been viewed not in a positive light, and with the labels given to me. It doesn't matter what your rights are to feel right in life, and those rights do not include your unidentifiable rights or permission to hurt me or injure me in public, on and off for several months, there is no eventually tolerance of hate expressed toward another, its only a condition that one can rise above, that's something no one can help me with, if Ive been harmed by another, or if nude photos were shown of me, to someone who does not like me, or want me, I have every right to keep photos for myself, and that's the difference between a wanted influence and an unwanted influence in life, how a person looks, how a person feels, and what is thought about them, all affects how a person looks, how a person feels, and how a person thinks. I was first to acknowledge that "The images could easily be mistaken for the real thing and used as revenge porn or a powerful tool for silencing women." [2] And instead took ownership of what went wrong, and without explanation of why I had pen pals, explained to everyone else, that what was done to me was wrong, treated as stupid, and at my own expense, embarrassed in public, therefore there is no later shared happiness, there is disappointment, there is regret, there is illness, and the harder I allow others to be on me, the harder my life becomes, adjusting to hate, or discrimination based upon what I look like, how I feel, and what is thought of me.

This is not a new problem. "The image-based sexual abuse of women already existed as a problem. Now deepfakes are adding fuel to the flames." [3] I don't think that self-harm is the solution to hate, but it certainly gave a winning feeling to whomever is detached, and doesn't care about me, that's letting them win. Not proving them wrong. Whenever someone feels threatened by your abilities in life, or promises for your future in life, to live a better life than they are able to create for themselves, whether with you or without you in their lives, that is the basis for an attack upon your character, to see how you feel viewed in a disfavorable light. I can only say that the causes for voices, are a direct reflection of how I feel about myself, and the sense of entitlement others feel, wanting to see me do well photo, or be happy, or appear happy, and that cannot happen if I do not feel good about myself, that's the problem. Why its important to be careful who you share to and be mindful of what you are sharing, and understand that when one does not feel good, they then do not feel good to another, and justifies them talking \$hit about you, or trashing you in public, to say that your life is not worth it, worth hiring, worth knowing, or worth living for that matter, even if under the lens of comparisons, that's not my life, that's their life, and no nude models did not invent the concept of what makes a woman beautiful, as their images were captured, and no one not being beautiful now, does not mean that one is jealous, of others confidences in life or feeling good about themselves, that has nothing to do with me, everyones happiness in life is of their own making, not mine.

[1] https://www.technologyreview.com/2019/06/28/134352/an-ai-app-that-undressed-women-shows-how-deepfakes-harm-the-most-vulnerable/?utm_medium=tr_social&utm_campaign=site_visitor.unpaid.engagement&utm_source=Facebook&fbclid=IwAR3rIVtO-HH0eff7A-nj-Tl1kPIS2eq9j-ptS2Rha5YxgFKldFEQ3zMbqCY#Echobox=1603205865

[2] https://www.technologyreview.com/2019/06/28/134352/an-ai-app-that-undressed-women-shows-how-deepfakes-harm-the-most-vulnerable/?utm_medium=tr_social&utm_campaign=site_visitor.unpaid.engagement&utm_source=Facebook&fbclid=IwAR3rIVtO-HH0eff7A-nj-Tl1kPIS2eq9j-ptS2Rha5YxgFKldFEQ3zMbqCY#Echobox=1603205865

[3] https://www.technologyreview.com/2019/06/28/134352/an-ai-app-that-undressed-women-shows-how-deepfakes-harm-the-most-vulnerable/?utm_medium=tr_social&utm_campaign=site_visitor.unpaid.engagement&utm_source=Facebook&fbclid=IwAR3rIVtO-HH0eff7A-nj-Tl1kPIS2eq9j-ptS2Rha5YxgFKldFEQ3zMbqCY#Echobox=1603205865

Groupthink: Benefits and Costs ...

10/20/2020

While it is advantageous for you to care what others think, it may not always be the solution to your problems, in thinking, or coming to understand others, there is always value in your own perspective, left unchanged. *We are raised to “not worry what other people think,” why is that?* Overreliance on what other people think can make “their opinion pivotal to our success ... we start tailoring our lives to fit the expectations of others, and from there it’s a vicious cycle.” [1] Do unto others as you wish done to yourself is the motto. I’m thinking with regards to reciprocal care and attention paid to the issues affecting you. Know that although you may have been focusing all along about others, that care can only be demonstrated by being a good example of how to think about the issues, without getting into the issues, and causing chaos to the thinking of others about the issues. It then becomes a careful balance between, leading discussions online, while at the same time supporting an organization dedicated specifically to something else, not make each a product of reliance upon the other for action or cause inaction in those subsequently affected by your opinions. And that is how responsibility happens, whether in support of another, organization, or set of individuals, you represent yourself separately in a way, that does not interfere with the quality of life lived by others, who should remain unaffected by the causes or concerns you do have, not a direct causal influence to the way in which I have decided to help others online, by blogging. Or draw inference that the organizations you support should be responsible for curtailing violence. That’s not their responsibility, where there is no groupthink, there can be no group blame, and that’s why creativity is so important, a quality about life discouraged by a groupthink system of acceptances, that relies more heavily on feeling right, and proving themselves right, about how bad things happen, misassociate someone to a cause for bad things happening, before they have even taken a stand against, or have already. *I asked my Attorney if I could volunteer and be a member of Brady, and he said that that was okay.* Remember that “people spend more time thinking about themselves than [they do] thinking about others.” [2] *So what is groupthink, and how can a better understanding of the groupthinking phenomenon better situate ourselves in the future when it comes for more acceptance of what others think?* By definition “groupthink” is “the practice of thinking or making decisions as a group in a way that discourages creativity or individual responsibility.” [3]

When groupthink is required to maintain stability of a group of thinkers or speakers, “Groupthink [becomes] a phenomenon that occurs when a group of individuals reaches a consensus without critical reasoning or evaluation of the consequences or alternatives. Groupthink is based on a common desire not to upset the balance of a group of people.” [4] One of the benefits of groupthink is that “people will set aside their own personal beliefs or adopt the opinion of the rest of the group.” [5] Sometimes marking a transition toward a desired change in others, acceptance as things are, acceptance for how things could have happened, and acceptance for one another as either having been responsible, or for convincing of taking responsibility for their own actions in life, in order to be accepted into a group, centered in avoidance of blame as to certain issues with regards to politics, based on “attraction not promotion” of interests, personal, such as in AA. When a majority opinion has been established as to what is allowable for discussion, it then becomes inappropriate to discuss personal matters, without carrying on the mission of the group which is to share stories of “experience strength and hope.”

How can one identify where groupthink is at play? There may be many “different “symptoms” that indicate groupthink.” [6] One of the consequences of a groupthink purpose oriented environment, is that it may in turn hurt the inhibitions of those who don’t think the same as, or sound like, and because they may feel different, become shy to sharing their issues, if they do not sound like others, as confident, prepared, have difficulty opening up, not feeling like others. There is a such thing called, “Self-censorship [which] causes people who might have doubts to hide their fears or misgivings. Rather than sharing what they know, people remain quiet and assume that the group must know best.” [7] Basically you lose your sense of agency in life to the confidences demonstrated by others, and its not until you yourself become confident about your life and your story, that you no longer feel influenced by the opinions of others as shared about life, and that marks a change in your recovery, when you are no longer under the influence of what is being said, and hold thoughts and opinions of your own, that’s learning a system of care, you may or may not completely understand, until you go through it yourself, feeling separate from the issues, from people, from stories, that do or do not resonate with you, feel safe in your own shell, about life, safe around others, and safe from harm, that’s when you are given the benefit of the doubt, a whole hearted acceptance of you has been achieved, by the more you show up, the more you share, and the more you demonstrate the quality of care taught to you.

Reference:

[1] <https://www.inc.com/lolly-daskal/how-to-stop-worrying-what-other-people-think-of-you.html>

[2] <https://www.inc.com/lolly-daskal/how-to-stop-worrying-what-other-people-think-of-you.html>

[3] <https://languages.oup.com/google-dictionary-en/>

[4] <https://www.investopedia.com/terms/g/groupthink.asp>

[5] <https://www.verywellmind.com/what-is-grouphink-2795213>

[6] <https://www.verywellmind.com/what-is-grouphink-2795213>

[7] <https://www.verywellmind.com/what-is-grouphink-2795213>

Sometimes You Don't Recognize ...

10/19/2020

Don't wait until personality changes occur within you, to understand who from your life, believes you to have been an unwanted influence in their life, a blog is therefore not a means to create a similar condition, of having been viewed in the wrong to another, knowing me. There is a sense of being alone, that's being yourself, and then there are delusions of being taken over, by who is thought of upon insult, manifesting itself through you, that is a connection made, after a relationship ceases. A connection by soul, influenced within you, can only occur upon constant contact, that is sleeping together, waking up together, how time gets lost, and one can slow down as connected, that's anyone asking you about "meals" or about "your day" anyone in a depressed state that is talking to you, does not have faith in you. You can always get your energy back in life. There will also be moments when others are at peace, that may be something you have said to them has caused that, or being where they are in life, has made them feel well and apart of. I think what is not understood is why I am not well, and that is because I do not currently earn a wage, and am not working for a company. I have applied, but that also means that I have to have my life figured out, to dedicate time and attention and focus to learning a new job and that cannot occur if I have problems or voices. That will be up to a company to decide whether or not to hire me, based upon my current condition, believe in me, or hire me, with belief in my potential. Note: People from your life will assume that you are jealous, or watching the lives of others, I have enough on my plate. That also means that being well must be factored in when discovering the issues currently faced, and without a second thought, is apparent that being well is essential to things going right for you and others in life. That is something I had to learn with experience, that if something bad happens to discuss it with an authority figure, to discern whether I have done something wrong, that caused this person to commit suicide, or better understand larger concepts of wellness and connection to determine, whether my life as lived has played a role or a factor in changes ongoing within other industries as affected by well known characters in time. *When does wellness occur?* It occurs on its own timing, not by anyone crediting themselves for being apart of change, or crediting themselves for having been a positive influence in life. We are not all a product of what is focused on, and it would be wrong to assume, that it is because one is focused on, that others have not been harmed, or out of harms way, that would be looking at my gifts in life in the positive, there is also a risk, that is later inherited upon telling your story, that is a moment when things have not gone right for you, and sides taken without you knowing what any sides are about, or what concepts others are speaking to, who are not fans of American Culture. Then there is shared happiness, that is not wanting what is secretly known about the temperature of the times, known to anyone, who has the capability to disassemble what is going well for you, or for others absent minded you in life. There will always be winning teams in life, they are those who are unaffected and feel good about themselves. If you are someone who did not live a life you are proud of you, you easily are assumed to not feel good about yourself, and are not respected as a woman, loved, or paid attention to in life, until you love yourself, accept yourself as you are, all issues aside. I cannot help anyone, when I myself am not doing well in life, and that's a condition I have had to pull myself out of in life, that is going to bed at 8pm or 5pm everyday tired, on heavy night meds, I missed a trip to Las Vegas for work, and missed a Film Festival, not strong enough mentally and physically to attend, and represent another in public, stable. That was working 9-9pm, and pushing myself for acceptances in life, which generally runs out, when you lose strength or clarity of vision for yourself and others, those losses of faith can be felt, when you are no longer working to the standards that please others, and when in disillusionment, you are considered not in a workable condition fit to represent a company, teach others, or take on your role given to you.

There is stepping aside in life, when another is dominant for attentions, and taking on lesser roles in life, and sometimes lesser roles in life are given to you in life, that's to see you play your hand in life, with handicaps, challenges, and without general acceptances of you, appreciated, for your expressions through essays or statements, not viewed in the positive, or seen as a joke, as though one who works for the Government or wanted to work in DC, is a sorry exception to the rule, when it comes to respect, or comparisons to those who are more successful in life. That's being compared in the positive, to someone who is successful and known for their success, and challenges faced, and who has lived a good life nonetheless. Then there is the challenge of stepping aside, and viewing others as a threat, that is upon being insulted by how one is treated in comparison. Then there is the concept of competition, when one cannot be happy for others, and when another's success interferes with the light of others, intimidates, or lessens ones purpose in life, as compared to someone of lesser importance, such as myself. Not known. That's a woman's struggle, you cannot expect a woman to be shy or timid to others, no matter how smart or strong another may seem, you must always allow a woman to follow her instincts, and

then there are matriarchically theories of behavior and acceptance, that is when you accept an older figures position or feelings over your own, based upon your experiences in life, talking to people, or working with people, who can only protect you so long as you are compliant with their wishes, otherwise feel wronged, if you don't listen, or become difficult to care for, that's creating uncomfortable conditions, not leaving room for others to be happy, absent minded your pains in life, your delusions, or your issues, not be bothered by you.

For example, "Women, [are] often experts at being tuned in and sensitive to others' feelings, may easily overidentify with other women's insecurities, projecting how they would feel in the other's shoes and then feeling bad about their own success." [1] Which is why sharing in a space with a feminine title, is viewed harshly, as being someone with bipolar, who has been rejected, or deemed to be behaviorally not sound upon drinking, or by who they dated alone still. That makes one look like they are there for attentions, treat them as preying. And that is how one who goes out alone, is made to feel about themselves, called out, and then it happens, and that is what makes one look pathetic, that's losing a fight with an ex, (we have since forgiven each other) as though ones purpose for being places is to hook up, this is why I stay home, and never going out for the rest of my life. If you have been wronged, or if another views themselves and their life as having been wronged by you being in it, explains why it is difficult to talk to others, be social, and to find companion, date.

Only later in life do you come to understand others as obviously sensitive, by the nature of your story, and upon closer examination, is either empowered or disempowered by your tone, and your manner of expression, sensitive to your needs, or ignoring you all together based upon your wellness, that you cannot control others reactions toward you, just be proud of who is well, and be thankful for their kindred spirits in being strong for others.

By the time everything becomes a complete misunderstanding, people are long gone from your life, and have moved on, and that's just life, it keeps going without you. Much like the news is on everyday and with the same tempo every morning, lifting everyones spirits. That's the unnerving positive spirit of those who care to tell stories, and with precaution. They are not controlled or exposed to people around the clock, who tire or bore them. And they are very careful with their words, that's a trusted heartbeat to stick to in life. -That being said, I think sometimes things can feel too demanding, whether that's me being too hard on myself, or whether that was others being too hard on me, that was how my life was lived.

How my life was lived is something about myself I cannot change, and I also cannot change anyones feelings toward me, having liked someone in common, no matter how strong someone is, and no matter what lengths they go through to accept you, and help you, as someone who used to be strong, you will only feel good until you are strong and smart again. And whether or not that is because you were punished, just like everyone else have to go through adjustment phases in life, even if it's a more challenging life to be lived.

A feeling that does not make others feel good, is one giving up in life, or speaking as though with punishment to others, as though Ive had bad experiences feel. That is to sever what relationships I have had, and make the past seem combative or a loss. That is viewing my friendship cycles as me trying to win others over in life, and treating me as person, not deserving of friends, or who passed bad luck over to friends, subject them to hardships, not a good friend, or a good advisor in life, intended to suffer repercussions in life, for a failure to maintain friendships over the years in public. There have been opportunities for me to talk to friends, I have not engaged in communications with friends seldom, because I have not been well enough to have anything to talk about with them in the positive, and that is why I have improved, so that I can be social, and blog.

Whats sad about right now? What is said, is to hear someone sharing about their struggles when everyone is struggling, as though one struggles sheds any positive light or insight upon life, declared delusional. Then there is acceptance of others being conservative toward you, not on board with you or your choices in life, that's either because they feel wronged by you, or may feel that you are responsible for leaving them out of the equation, when it comes to wellness, not having appreciated the years when everyone was well with light, living a separate life instead. Whenever discussions are problem based, that is not a helpful discussion. When my blog has done well, that is when I have been at peace, and things started to go well for me in life. There is an obvious difference between someone who makes sense, and someone who is talking without solution, that requires work, not only fact checking, but also research, one of my skills from undergrad, and something fine tuned, as a graduate student in Law School.

I have never been in an abusive relationship in my life, and have never been in a fight in my life, until Law School, and have never fought with a companion, until I took alone time away from my ex from Law School. Sometimes you are needed when you decide to be alone, and that is when trouble stirs, that upon disconnect, you see yourself as stronger than you are, and its not until a connection is lost, that you realize how weak you are as a person, how unstable you are as a person, and how difficult things may seem as a person. *That's being alone, and not ready to move on or to date, arrive to the next happy place in life, that's inner turmoil, the wait*

time in between relationships when you have to get well, and be strong, in order to be loved, trusted. Sometimes you make it to the next relationship, and sometimes you don't, its all a matter of how strong you are, not allow your past to define you, not worry what others think, respect water under the bridge, acknowledge your faults, and not make anyone else feel bad in the process of telling your own story, used as a stencil for imitating the lives of others, and that's how respect of you is lost, once you go through comparison cycles in life, made to feel not special, not effective, not intelligent, less than, or not with a good heart spoken to referenced. That is also leaving people alone and not bothering them, to me that's respect. I think there is a false impression of someone who is down in life, as needing another for a lift, this isn't the wounded warriors project, I don't need someone to help me walk, or open up in public, that's affecting my good timing in life, to wrap around another's viewpoint in life of me. If it was a problem for me to be thin, and if a comeback was not wanted explains why I'm 170lbs, and got a benign hemangioma this year. I would never steal love from another, that's not my purpose in life, to have what someone else has, or to affect their peace, become an unwanted association in life, or be mutually loved, accepted, brought under any wings in life. If you have disability, that is something you will eventually face, living a lesser life to others. I was getting well to get married and to have a relationship, because someone saw me as damaged goods, that is why I maybe won't have a child, and that was never not a goal in life, made to wait. I have always wanted love, I have worked hard for it, and I have never demanded love, if love was not given, that's something you cannot fix, love lost, and then you move on in life. And this is where a shared sense of being encounters a problem, when someone doesn't feel good, and doesn't sound good, then no one wants to share a life with you, that's being a difficult catch in life, hard to accept, hard to talk to, hard to love, the other more well without you. You can earn respect back in life, but if you aren't a good person, if you respond poorly, if you have not been consistent and given your best, it can be heartbreaking when things don't work out for you in life, based upon the lack of respect given to you, upon being open, sweet, and well.

Reference:

[1] <https://psychcentral.com/lib/competition-among-women-myth-and-reality/>

When Things Are Not Well ...

10/19/2020

When things are not well, its never a good time, to shock the senses of others, that's not being strong in a smart way, being strong, is describing how you have overcome a problem, without asserting superfluous information, as to where you are in life, as though that relates to what you have been through in life, a manifestation of. That's when the tables turn, from inspiration, to being viewed as a threat, a turn off, intimidating, or an unwanted interaction public, that's when others can sense you look at you, and you are looking at the entire room, that's a focus issue. If you become depressed or lose energy, that means that your energy is offensive to others means that your strength is intimidating to others, that's when you look like someone to be avoided, versus someone taking up space, for you to avoid, that's running and someone moves to the other path, experiences in life. Just be kind to all, and to all chatter, not turn your head to look at people, I think that was the point, whether its your responsibility or not to identify everyone around you, that's not smart. When you finally understand what being human is all about, you have thought about life way too hard, if you're thinking about breathing etc, that's stuff that is supposed to be automatic for most. Fitness can help but it cannot fix every condition, related to understanding, breath, trust, nervousness, and ability, that's why its important to stay calm. I think that's the point of everyone being calm, to see whether you connect and imitate your surroundings behave like, or whether you operate on an even keel without direction from others, are you appropriate in a room full of people or do you call attentions to yourself, become uncomfortable or loud. That's normal. And sometimes life gets handed to you, and you become a camera, not living life in action, or within yourself, but with constant concern about those around you. Whether you are made up of: anger, hate, resentments, hostile, an outsider, an outcast, defiant, whether you express love and tolerance for others, whether you are judgmental, and whether as described if life is viewed from your lens, does that cause sickness to others stepping in your shoes, or having been exposed to your life as lived. No matter how upset you get, gone you feel, and no matter how many times others have given up on you, its your responsibility to return to living a normal life, that's people hesitant to support you, and feeling as though things are not working out for you in life, and that's why support is lost. And if you continue on in a direction, against the wishes of others, that's to label you as an offender (why I need an expungement), because one is not viewed as a peacemaker (evidenced by bipolar, mood changes, upon insult, or hearing voices, during my moments of peace, to demonstrate that I am not at peace, and then forced discussion of why I am not at peace alone or comfortable or made sick). Anyone who grants permissions to others to be made fun of in life, out in the open for the picking, I think that was a fair assessment, being a team player, and registering on IMDB for assessment, that's not being territorial, that's just not assuming, things are about me, and not be viewed as someone who has mental health issues, because they think things are about them, and got upset naturally, that's not my story. Its not until life happens to you in that way that you become aware that something has

gone wrong and respect has been lost. Its always important to cut to the chase, when called upon, *The President* recently gave a speech commending “Armenians” so I later added that to my experience with an Armenian Paralegal who was one of my Supervisors, who took his son to Lego Land (2008). There is no delayed response when it comes to living life, you are not expected to be a public figure to live a public life, or responsible for managing your public identity, its called having friends. You either connect or you disconnect, and its upon disconnect others wonder about you, wonder what is wrong with you, and based on what they think of you, treat you in life, that’s doesn’t always necessarily make you a stronger person in life. You only have one opportunity, for being treated as innocent everything thereafter is viewed as an unwanted telling of ones story, and neither makes the story teller feel good, or the listener feel good, and that is an example of someone who is perceived as bad, telling a story, which the other wants no part in, or does not want to know. That’s not wanting to be known, or not caring what you’ve been through, we have all experienced life long enough to know and value ourselves and others in life. Depending upon how fast you are, is how you get treated in life is the main lesson, and because I am on night meds, and day meds, that may be something about me, that’s difficult to read, or viewed as suspect. I am getting my record expunged this year when the courts open. *How is peace made?* Well it cant be shown, if one has not said enough, and if more is needed to feel calm myself, that means that the last post, was insufficient to quell, whatever is going on within me. Now quoting a book I found at the LAX Courthouse, I later bought online, “History teaches us that many things that had once been unimaginable have come to pass. Such knowledge can inspire not only yourself, but perhaps also those you meet who say they might support your cause if it were not a “hopeless dream.” [1] (Need to finish reading this book).

One attribute key in order for peace to be reached, is to be thankful for all those who are well, and in positive spirits, that would be accepting things as is. Then accepting those we do not understand nor empathize with, those who maybe self-harm, drink, do drugs, make bad choices, not well spoken, not yet arrived to a place of fun in life, its not meant for all. Then with respect for the Courts, comprehend why they did not want to hear from you, and what was said by you, or demonstrated by you, that solicited negative feelings toward you, that is another not wanting to be apart of your life, and take responsibility for not being someone to be loved or talked to on a professional basis. Then be aware that during moments of peace, to leave others alone, to figure out life for themselves, and not influence their power of choice. Its when things are most fragile, you cannot tell people how to live their lives, or talk about others in a way, that makes them feel threatened by you, or insulted by you, as though you are communicating to a crowd that they have done something wrong talking to you, and that’s how you get blackmailed or blacklisted, and photos asked, messaged all day and all night, after being robbed for simply talking to someone who turned things into taking all your money away as demanded, and someone treats you as though you were in a monogamous relationship and expected to be the only person they talked to, and a website threatened to be made of you, of all the videos you sent on your journey back to wellness, out of a dark phase in life, issue by issue, discuss how you think and how you feel, *until able and coherent enough to share the difficulties you faced, what was not clearly known about you, explained, that’s after punishments and illness faced, that is minding my own business, that’s non of the business of others, to understand how and why I got sick, those were my choices in life, and sometimes based on your choices in life, no one cares to console you, or talk to you about life, or give you advice about how you are feeling support you. That’s others being well without you, and having to live their lives to achieve for themselves, that’s nothing personal. We are all given opportunities to move forward in life, and based upon whether you care, those are the same people who are there for you, whether or not your alive. That’s the Government who trained me, but didn’t teach me public speaking, Im organized. I have to remember, never to lose faith, to always try hard, to continue to work, and earn back trust.* That means not giving up in life, not speaking from moments of bipolar, and not sound well to others, that’s taking things too far, in terms of being helpful and light, to being too much. Then factor in everyones spirit, no one wants to deal with \$hit that happened, and no one wants to be viewed as someone who is imitating or not representing well others for \$hit that happened. *Whos fault is that? I thought I saw President Bill Clinton walk by me in a trench coat in DC.*

Reference:

[1] Neil Wollman, Ph.D, Working for Peace (1985).
A Good Attitude v. A Bad Attitude ...

10/19/2020

There is you absent minded others, and there is you thinking of others. Its been my experience that when around others, they step out of their shells, to say something, whether or not relevant to me, about themselves, that they think will help others. Whether or not that’s your problem, that’s how you get treated lets say for instance in IOP, someone with an issue of self-harming and thinking songs were about him an ex-model, and when we were asked to pick a song for the counselor to play another picked a song for me “You Need to Calm Down” by Taylor Swift. At the time I am kind to everyone, never assuming anything to be about me. That would be

assuming that people know me, and just to make sure am now online, with a better grasp of the issues. When you appear in DC, all records are reviewed with or without your permissions, why: (1) souvenirs were bought (2) why an itinerary was made to visit SCOTUS (3) why a bedside collage of souvenirs were made around a telephone, (4) why one shouted in the street in DC "F-K" and the DC Police told me to "calm down," (5) why CU Buffs was written in the snow in the sidewalk by me, then rubbed out by the time returned, (6) why I was told about the MLK Memorial and driven there by a Taxi Driver who told me "you live by the gun you die by the gun," (7) why I sat outside Barack Obamas house, and later (8) smashed my matching Marc Jacobs watch gifted to Sydney into the sidewalk 200 yards from his home, and (9) why the barback was humping the bartender in front of me at the bar, then left and stood on a yellow dot and called 911 to report them, my first report, and (10) why a cab never arrived to pick me up from Harry's apartment so I walked home back to my hotel room, (11) why an invitation to Barack Obama's inauguration was sent to my hotel room and a bottle of wine, (12) why the speakers were not on during the Inauguration and the gate I was directed to was blocked by a crowd of people no one going in, so I (13) walked around the perimeter in an FBI DC hat, and a soldier by the tanks saw me and told me he liked my hat listening to Nas, (14) why I walked into the FBIDC Office to make a report about a Privacy concern and also asked if I wanted to apply who should I contact and was given a business card, I have already been screened by the FBI was given clearance to work for the Government 2008, (15) why I walked the US House of Representatives and signed every book that was out with my information, (16) why I took a picture of myself on an airplane, and (16) why I went back to SCOTUS in the snow and took a picture of myself in the lunch room with no people around another day, (17) why a box was made of every important document concerning my medical history and education and writing samples and free writing a book about my High School experience and recollections up until that moment and prior to attending Law School, which was USPS'd to SCOTUS, stamped, then USPS to California Supreme Court, stamped, the USPS'd to Attorney John Sifton from HRW. Then I remembered, upon moving boxes into storage, and organizing my notes downstairs all my files where in my Brother's room, and pulled some of my best work handwritten that went missing upon being found and placed on my desk, not scanned or saved by me elsewhere, and was screamed at by my ex while moving boxes, asking me what I was doing. Then (18) went to the bar alone a few times to drink and made two friends I stayed in touch with over the years, and another who did not contact me afterward, prior to which (19) I made videos in my car after drinking, speaking emotionally that "of course I care" even though I was not pretty because I was drinking, talking to no one, just my phone, then (20) met someone who I did not date, met in the daytime, prior to driving to Palo Alto and Las Vegas alone, to get away, and visit towns I have one not been to, stopped by Steve Job's house, and stayed at a nice hotel I did not walk to from a party in Las Vegas 2008, because I didn't want to afterparty and do drugs or drink more, and carried my heels crying in a casino and couldn't find my boyfriend, who was in bed sleeping by the time I got to the room, then (21) in February still going through a breakup while my Ex was applying to the DA's office and didn't get the job, figured that I was the problem and left him and he got a job up North and in Texas, and now in LA, (22) I was interrupted writing in my phone, to talk to someone seated to my right at the corner of the bar, who was initially tough toward me because I shrugged him off, did not want to talk to anyone, told him "I was going through a breakup," and then was hospitalized February 2013 I don't remember how I got there, I just remember them opening up a box of cigarettes that were shared and no one visited me and don't remember leaving, (23) then I searched my closet, and found a Lakers Bag gym backpack free, that had the piece to a Poster that was torn down by me from Wilshire, and later moved close by, after delivering my box to the Federal Building and walked back to my car with it, told not to leave it, and later submitted the pieces to the Poster which was a painting of Barack Obama I thought offensive, a photo of the painting was saved in my phone after tearing down the poster, and gave them my phone number in a plastic bag, and that was the same time period a suitcase from DC went missing, my coat went missing, my notes went missing, and a small kitchen knife with the tip broken off was put in a hole puncher box 2010 while living in Marina Del Rey, and was told "Marta broke the knife" when asked how the knife broke, in the dish washer, I took from the house on Leonard Road, and during that move lost a box of important things, I made sticker labels for all the boxes, my Windward diploma, and a sketch book my cousin made as a Bat-Mitzvah present. **That's being paranoid, assembling something in private that if found would look suspicious to someone else, not expecting to see that, in my "Lesley bag" gifted to me by my Godparents nanny who was English, they used to live off of Bentley where the Bauers lived.** -Meanwhile, all the while CBS Movies was now across the street, from the bar where I last saw Navid, who I was told died of Schizophrenia, and then later told was doing drugs at the time of his death by a friend in common Major who dated the daughter of a family who's Father passed, and she passed was hit by a Police Car in a "silent running drill" and was the Sponsor to my carpool in high school an underclassman, and their Son passed of Suicide (who I did not accept a friend request from on Facebook, Im not sure if he was the guy in an argyle sweater at my friend Lindsay's birthday party at Macai (a bar my best friend Sydney later took me to with her then boyfriend, who I talked ab out nighties with, because we are overweight, and then they took me on a tour of The Paramount Lot, after taking them to two bars in Hollywood "Harvard Stone" where I was arrested on my way home, and a Club a drug dealer took me too, the same night there was a shooting by the Rainbow Room where we almost went), I didn't talk to him there, went with an underclassman Jules who went to Amherst, I played soccer with in High School, whos Father played for the Dodgers, and moved into an ex-classmates house, from Elementary School, same house different people), who I was told raped my best friend in 5th Grade on an airplane to DC, and cried, while the other friend window seated apologized for not crying or being equally moved about the sharing of her story, which was upon advice asked, when having relationship problems told my best friend to tell him "you don't know me" and to tell him what you told me, and then their relationship didn't work out. CBS across the street from

the bar I went to alone, and later complained about girls talking s%hit, and then served my check outside and told that I should go home started punching my head. I was seated by the beer drafts, they were seated on the corner to my left, the same place the guy who followed me to my car, talking to me after I left, convinced me to hang out and play a game of "Professional Responsibility" with I didn't believe him, and there is a game of Professional Responsibility a board game and that was a relief, then he had me pick a movie I picked "Snatch" and then we hooked up and he spooned me, I threw up in my mouth and ran to the Sink. Backstory: The daughter of CBS, who dated a guy in common to my best friend, recommended that I not speak to someone, I later found out had a friend in common to someone she dated and went to the Suitor's school, who I was messaging for 8 months April 2016 to January 2017, met November 2015, was in NYC December 2015 running by my Brother's apartment at the time stayed at the hotel local to his neighborhood, while learning how to build a website, someone I pitched to, who I also sent emails to of all my records, and Twitter archives from December 2011, which was after Rehab Summer 2011 with a job in DC, attended a Women's Meeting with a Crossroads Sponsor who was given to me after my then Sponsor moved out of State, who I did my 4th Step with, and was recommended to wait a year in the first year of sobriety told not to date. And based upon my thesis sent to him, all my school records, and resume, work history, and after crying outside his house, after pitching a music campaign, and Concert Across America was made sat on the other side of the wall by the pool crying tears in front of a bouncer who watched me, messaging on my phone, to someone who would not reply to me, nor wanted to attend, dropped a marching poster off at his house afterward. This was after I ran a flyer campaign down Sunset and through Hollywood, "Brady Music Campaign" was later told, to do something general and said "#bloggingcampaign and that was approved over Starbucks, the President of the LA Brady Chapter, sorry for the imposition, Donna Deese, who later added me as a friend on Facebook, managed and founded Concerts Across America, and is the Leader of Million Mom March. I think because I hashtagged them so much, that Moms Demand Action, texted me without signing up to volunteer with them, already having met Brady and after later attending meetings, and was supposed to phone bank, I phone banked once it's a complicate system, I didn't understand, and was supposed to be a Data collector of all new volunteers and make a spreadsheet added 2 numbers. I attend Vigils, at a meeting it was discussed to build a better relationship with Brady Campaign another anti-gun violence organization founded by Jim Brady who I found out worked for President Ronald Reagan, who also owned a home in Bel-Air sold, who was seen pictured with *Justice Roberts* shaking hands, sworn in during his presidency. He took down the Berlin Wall I think. My Mom used to live on "Bulingame" sounds like Berlin Game, on Harvard. And there was a Tinder shop on the corner, and when I moved to that home, given a home all to myself, chose the small room, and made an office with the other room, Bauer had two rooms at his house, the other room was for his Music, drum set etc and Video Games. My crush in College, who was there for me during addiction, told me to stop, then went to Rehab and he got clean from Heroine, for some reason we connected, my last year in College. Hes married now and has a child, very proud of him, he married a former dancer, and lives in Pennsylvania. He was maybe the only friend who texted me while living in Westwood, to check on me. I was on meds at the time, and going through something, and was tweeting, and losing 50lbs, happy. Lesson: If you don't put things together clearly you get looked at as not as sharp as anyone else, who sees what you've been up to, and after reviewing your timeline makes decisions for you, or leads others into assumptions about you in life, and your condition becomes their source of empowerment. My housekeeper who moved me, later got a Divorce and moved back to Mexico, she used to run on San Vicente after work, and packed up my closet living in Marina. When I made an AOL box, everything went missing, and a song was made, talking about someone elses trash is another mans come up, and I just deleted my emails, that wasn't trash, that was me recording my journey, singing, and maintaining a diary in private, and gave all my passwords to all my accounts to the US Military and to SCOTUS. That's trying to figure out what went wrong, that's not me suspecting that other people have done me wrong, that's being open, that's not appearing in a way suspect, that gives people the right to search my things in order to better understand where Im at, not trusting me, and taking it upon themselves to decide for me, the direction of my course in life, or what I speak about, as though I would ever be offended by apps, websites, accounts, company names, movies, or songs, and then not stick up for others, or my family, or friends, or subject anyone to harm, including myself. I don't think that questioning is a condition you can rise above, you can be honest, but that doesn't mean that others will be more trusting of you, or loving, some deserve love and some don't, that's based upon your mental health, whats bothering you, how you are managing your life judged.

There are many pros and cons to blogging:

Pros:

Enhanced self-esteem.

More confidence.

Proactive attempt at living a life in question.

Managing your moods in a visible space.

Not interfering with the health or privacy of others.

Setting a good example, and being proud of yourself.

Experiencing life out in the open, living a safe life.

Not being viewed as competition, or present difficult concepts.
Not subject myself or others to harm, or embarrassment.
Not intimidate or pose a threat to anyone's wealth or decision making practices.
Not being relied upon as a voice of reason, to make promises I can't keep.

Cons:

People get to things before you.
You may feel slowed down by the energy of others.
You may not be proud of yourself, or viewed favorably.
You can be viewed as the problem, if you appear that way.
No one will want to keep secrets for you, so get your story straight.
People will assume if you are not happy means you are not with the people.
Based upon your connections in life despecialized.
Based upon who you are, not inflate the chests of others, cause depression.
If you appear strong, leave room for annoyance or attentions drawn.
Easily intimidated by others, or made to look foolish or lost.
Be treated as drug addict if you continue to talk, not in an organized way.
Not be respected for your Twitter feed, seen as in avoidance of word count.
Be treated as someone who keeps secrets, and not healthy by being a good person.
Not seen worthy of attentions or looking for attentions, seeking to be known.
Others may have difficulty relating to you, and that's the difference that can be felt.
Be viewed as a bad influence, given the meds you are on, or whether having attended rehabs.
Seen as a negative influence, or someone with a poor attitude, not deserving of respect.
Being viewed as a lost cause, or someone raising awareness to a cause non-existent.
Not viewing a sense of being put together, or the togetherness of others, as solution.
As seen get minimized to terms, disrespectful of you and your experiences in life.
Seen as excuse, or verbose, without solutions provided of essence to help others move on.
Seen as someone who creates problems based upon their choices made, not apart of.
Then you get tested, to see if you fight, and what is seen now, is not a fight.

This is responding to a fight, and not creating a fight, where none is needed for anyone.
I'm the type of person who would rather self-harm, then question of fight with others.
I'm the type of person who is aware when others become off, my reports are not validated.
I'm the type of person, who complained after a co-worker told me he wrote about "The Armenian Genocide," and a Science textbook was placed in my cubicle, then after complaining, and not responding to a co-worker who asked me to meet him in an alley downtown with a friend in common I lost the 9th Grade election to a shorter speech, wrote a letter about my experience after 9/11 a New York experience, that was shared with me by my cousin, what it was like running across the Brooklyn Bridge and what his face was like, who moved to Hawaii. I talked about my Dad crying while watching the towers get hit in NY, with his arms folded. And after Google searching my name, applying for jobs, didn't get the Government Job told to apply to, after my personal statement was shared, found all the links and articles with my name in it, and cache'd to a deposition, and watched the video of my Dad testifying with his arms folded. And my neighbor, hopped over the balcony fence, and read what I wrote, by candlelight in my apartment in West Hollywood, and asked me who I thought did it, it was about War Overseas.

What You Have that Others Dont

10/19/2020

The career path of a writer is not predictable, its by far one of the toughest professions I have ever worked in, and took 8 years of careful study and experimentation with different audiences to come up with an algorithm dedicated to making people feel good, feel assured, and without worry past, presently, or future, and that was only possible by staying sober, and staying home, and applying for jobs, working for jobs, or writing at home, or working on books. That was how I scheduled my time. It doesn't take a hero to create stability within or around you, that's just basic social graces, and requires being a functioning adult, able to care for themselves, and others, or animals, an independent fixer of ones own identity, without requirement or necessity of others to prove themselves in life or get a job, that's something friends cannot help you with. The fewer the obstacles, the better, that's limiting your time spent on things

that don't matter as much to you, and focusing your energy on things you want to know more about, such as art, music, film, blogging, writing, books, everything you don't have time for as a student, exploring all those extracurricular studies, such as summer schooling in Paris 2002, studying Art History and Drawing at American University of Paris, or Fashion Design at Otis College of Art and Design 2001.

What are your variables for success in life? That means what are you doing with your life right now, in order to get to where you want to be in life, it all adds up. Life is meant to be lived to its fullest, that requires you make friends, get jobs, be social, manage a public profile, update your public profile, maintain contact with previous employers updating them on your progress and requesting for references, and all of that is possible when you stay on top of things in life. That requires you to be organized, to focus on the positives, and to make the most of the life you have lived, whether or not you are replaced, whether or not things work out, whether or not anyone empathizes with you, whether or not anyone thinks you're not trying your hardest, and whether or not anyone understands you. There will always be something special about you, so long as you treat yourself and others as special in your life, that is how someone or something special is made, by the time spent working on a relationship, or time spent on your schooling, or time spent working, that is how special connections are made, and that is how people come to know you, whether at your best or worst in life, ultimately that is how you are judged by society.

How you come to identify yourself is your job, not the job of others, to make light of your life, to be used to evaluate you, judge you, or decide whether or not to take you seriously in life, your life is not a movie, until you so decide to share your life with others, and wish to be viewed presently performing in life, whether you make it or not, that's never certain. I think blogging was a stretch, but a more feasible option than becoming an Attorney, since I could not keep up with my studies focused, and get good grades on exams, overwhelmed, or not confident by exam day, that's a result of not studying in advance, and trying to cram in an entire semester that's three courses of study into a couple months before the exam, memorize, consolidate material, make outlines long and short, and make flashcards and memorize definitions and rules you felt the need to dedicate your time and attentions to to perform on exam day. That's Law School, your given cases you have to read, and you have to create your own outlines for understanding the law, and figure out how to apply the law when, where, and why, and which cases stood out to you as important, which ones you remembered, so that if you are given a fact pattern in life, able to apply the laws that you know, or have learned during the course of your study in lectures, as well as in private study of the law, realized or understood.

Nothing is given to you in life, not jobs, not connections, and certainly not comrades doing whatever makes you happy in life, or feel whole and complete, we are each given an opportunity to either understand or not understand one another, and that's living life, meeting people you either mesh with or don't mesh with, acquiring skills you love or don't love, learning things you wanted to know or didn't want to know, and coming to know people as identified who don't ring a bell to you, or show up on your radar, or ever think twice about. That's living life, those who do stand out to you, are those you follow, those you are exposed to, and upon knowing someone overtime, that is how some becomes well received unconditionally, and without question occurs upon demonstrating your ability to perform under all types of pressures, with the same result occurring over and over again, that is success, that's being reliable. If you are given a job in life are you able to do it, and if you set goals for yourself are you able to come through with what it is you have promised or promoted about yourself.

Everyone's a critic these days. Everyone gets sized up. And yes if you are paid millions of dollars to act, that is what is expected of you, to make others feel good, and yes if you say anything unfavorable to others or insensitive to the times, that gets frowned upon, sometimes in a career ending way. That then becomes a matter of others having something that you don't have confidence, and in knowing that, treat you as someone who is lacking a quality that they have, that's self certainty, that's then seeing the big picture with acceptance, and that's seeing you in the grand scheme of things as unimpressive, for show, or for re-calibration to what ideas they have about life. We all are entitled to our own right to be consumed by whatever we want to be consumed by, that is our daily thoughts about life, who we think about, and how we come to feel about ourselves, upon exposure to others, always with grace, accept all attentions. And it's when a bad opinion of you is held, that that opinion of you seeks to be reinforced. I may not have lived a perfect life, but that also doesn't mean that I'm here to fight or prove myself in life. Worthy of a job, worthy of friends, worthy of a companion or worthy of making my family proud of me, and how far I have come, through disability and back over an 8 year period estranged from my family, friends, and in Law School online, fixing my resume, to get jobs.

[My Career Prior to Blogging](#)

[by: Leslie A. Fischman, MSL, Writer and Creator of \[mymollydoll.com\]\(http://mymollydoll.com\)](#)

[Background Information: Resume Sent to Senator Rand Paul April 6, 2013.](#)

[My Box was stamped by SCOTUS, the CA Supreme Court, and Sent to HRW: John Sifton \(2013\)](#)



10-19-20_v2_no_address_lfishman_wiide_resume_detailed_040613.doc

[Download File](#)

Life's Not Totally Over ...

10/19/2020

In Outpatient Rehab 2006 from Cocaine Abuse for one assignment we were required to write a goodbye letter to drugs and alcohol, along with writing a detailed timeline Biography from childhood up until now. I partied one semester in college my Senior Year, Summer-Fall 2006. The rest of the time, I was disciplined, not social, studying everyday in the library for 5 hours a day, and one semester got straight As, was so proud of myself. I was on Deans List a couple times and graduated with Honors Cum Laude. So it was a big deal that I tried Cocaine my Senior Year, with girl friends, and got carried away in the moment. I was supposed to be a Crisis Hotline Counselor, and got the job at the Boulder DA's Office as a Victim Advocate and attended one training session, then let them know that I would not be able to take the job, due to addiction. Know that all your problems may come up for you while using substances, and if you don't understand why you are using substances to cope, chances are you will be creating problems for yourself in the future, mental health wise, socially, romantically, and academically struggle later on in life. That's once you flip the switch, from living a normal life, to living an alternate lifestyle, that most do not agree with. That you can't bounce back from, hardships endured, because of what people think of you, having lost respect for you, or because you have become a disappointment, to those who expected more from you, being who you are. I still took the LSAT three times, and got into two Law Schools. I really pushed myself anyways, and I don't believe that it was to my detriment to attend Law School, although it was a challenging goal, I think I am in a much better place now, than had I not attended Law School and worked in Marketing or elsewhere. A lot about life requires that you be fulfilled, and while now we may mostly be desensitized to hearing stories from others about their lives past, their downfalls, or failures, know one thing: you only have one life to live.

I've been reading a great book called: *"Unf#ck Your Brain."* by *Faith G. Harper, PhD*. Who reminds us that our trauma does not define us. [1] (50) Even if its trauma you have caused yourself via addiction. Which is why self-care is so important, "Noticing your emotions and thoughts with gentle awareness is another inward sign of emotional self-care." [2] Just like recovery takes 30 days to heal from addiction, misuse, and abuse of substances and or alcohol, so does the time it takes to recover from PTSD, 30 days. (40) That's the time it takes for your body "to recover from a traumatic event," whether that's being exposed to "a victim or an in-person witness," being hurt badly as a result of an incident, believing you or others are in danger or feeling helpless to protect them or yourself, or having a severe physical or emotional response during the traumatic situation. (38) Whether its your mental health or the mental health of others as affected by you that's of concern, understand why people keep their distance (they have lives of their own, don't take it personally), the best thing you can do is to assimilate, do the research, learn about your condition, and develop better coping mechanisms for managing your moods, whatever they may be, whatever the triggers may be, and no matter how others appear around you, you will eventually be put together again, and have genuine interactions with others, its all a matter of you first accepting yourself as you are, whether or not that condition is permanent, have faith that you will recover, no matter what the conditions are.

Faith reminds us that "trauma is often complex and continuous." (40) I have noticed that while in recovery, it has taken me several tries to get back out into the world, whether that's running, sensitive to loud noises and chatter, how I dress, buying all new clothes, and talking to family, I used to stay in my room during dinner parties, too shy to show my face and talk with my Parents and their friends, one came to my room to get me. That's holing up in your room writing books, that was my solution to being taken offline, that was a devastating loss, but its just an Instagram and Twitter feed, to me it was assembling my thoughts on paper. Well if its online, it should already be assembled, and if you are putting something together, keep it in a safe place, such as your computer, to record your ongoing thoughts, and best to connect to something that is all you, not connect to a space online, viewable by others, in that moment of finding yourself. Know that "you deserve every opportunity to heal." (59) If you put yourself out on the table for surgery, on social media, others may see things differently from an objective lens, not understand your viewpoint, and that's having mental health issues when you are deep in thought, others think your strange, when you are being humorous, others think you are being obnoxious, when you are scared or living in a state of fear, others think that you are being too extreme, when you are too sharp or focused others think you need to calm down, if you see things clearly others think that you are seeing things in the wrong way, if you feel as though you have been wronged no one wants to be blamed for your condition later, and if you are shy, treated as small babied by others.

What does that spell? Patience. Note that “addiction is any repeated behavior, substance-related or not, in which a person feels compelled to persist, regardless of its negative impact on [their] life and the lives of others.” (142) So just as you may feel right about how your feeling, also recognize that others may feel right about their feelings and choices too. That someone being hard on you, is your caretaker, that someone pushing you, cares about you, and that person screaming at you, is your ex-boyfriend, and that’s your choice to leave a loving situation, and all the consequences that come with being on your own in life, so treated. Don’t go into addiction, and engage in maladaptive conditions to suit yourself in life, that’s giving love without love returned, fostering that “barrier between [you] and the rest of the world” (143) that was created by you, giving love without receiving love, or giving love to someone who is not available to love you back. The greatest fantasy match is to someone with a job mature, things were perfect with my ex, then I went out alone when my mind left me in Law School, bipolar. He’s still single now, now he’s the adult with a job and a real car he bought a truck, an upgrade from his Honda cube.

You are the choices you have made in life, and by your decisions to keep yourself separate from others in life, impedes on your self-development, and progress in life, that’s putting yourself down in life, when no one else is, that’s on you to decide to forgive yourself. Choosing not to “engage in the addiction at all,” is one step in the right direction, whether that’s drinking, using drugs, medication abuses, or self-harm, and that will be your “only mechanism of healing,” with awareness that it is you creating those barriers for yourself in life from others. And that is how the “harm-reduction” process begins. Know that while you recover from such abuses in life, whether that’s abusing your body, having sex, or abusing your mind, writing random stuff on Twitter, gaining weight feeling sorry for yourself, exercising everyday and still feeling fat at 123lbs, explains why Im now 170lbs [lost confidence]. That’s the purpose of punishment, its not something to be angry about, “Anger is [an emotion] triggered by: Hurt, Expectations not met, and Needs not met, which explains why I moved home after living alone 2004 to 2017. That’s living alone in one bedroom apartments for 14 years independent of others.

Review: Overall I think this has been a great reading experience, and really helped me put together an action plan when it comes to self-harm, and understand why I would hit my head (2011), cut my wrist (2015), or slam my head into the wall with voices (2017), if only I could be more compassionate, and accepting of all voices, the better off I’ll be, and know that the worse off I become the more aggressive others become over me, my condition, and my health, play doctor on me. And know not to record myself by photo and video, in all of those circumstances, play doctor on myself, and keep track of my own health and well being, while finding myself. I think that allowed me to be put under observation, before I had an opportunity to shine, or rise above these issues in life, and outgrow these problems, which is where I thought I was now, but still having technical difficulties when it comes to understanding why I am this way, and how to improve. I get that my philosophies in life may not pan out and make sense for everyone, but I always mean well when others are addressed or included in my concerns, and not meant for joke alone, for whatever its worth. Im on page 150, and plan on finishing reading today or tomorrow, thanks everyone for listening, Im sorry.

Worksheet:

<http://faithgharper.com/app/download/7243931275/Adverse+Event+Log.pdf>

Reference:

[1] Faith G. Harper, PhD, LPC-S, ACS, CAN, [Unf#ck Your Brain: Using Science to Get Over Anxiety, Depression, Anger, Freak-outs, and Triggers](#)(2017).

[2] <https://brickelandassociates.com/9-signs-you-need-better-self-care-trauma-survivor/>
What Does Loneliness Feel Like? ...

10/18/2020

Just because you’re lonely does not mean you are living a meaningless life, and does not mean that you are anti-social. If the conditions permit for it, one is social, if one is not sure of the conditions weathered around them, then one refrains from being social. There is nothing obtuse about not trying hard in certain departments in life, and has everything to do with self-esteem, self-confidence and being sure of yourself. We all have issues that Im sure of, and if you are in the process of figuring yourself out in life, and trying to figure out what you want to do with your life, then that’s being lost. When you are lost no one can help you, no one can motivate you, and few will encourage you or remind you of your strengths in life. That is something you have to figure out for yourself in life, being

comfortable with who you are and where you are in life, and making the most out of life, no matter where you have to start. We are all the same way when tired, overwhelmed easily, thoughtless, temperamental, and unmotivated, that's called depression, running out of steam in life. It's you that has to set a schedule, get out of bed each day, and do something with your life, that gives you meaning and purpose, for me that was running or walking everyday, and blogging. I have since stopped Tweeting. I'm in a new space now, that's blogging without Twitter, checking on the well-being of others, and without knowing how others are doing, that may make me seem out of touch with reality, not on the same emotional wavelength as everyone, and without speaking to what is going on socially online on social media. I have since started watching, CNN, NBC News, Fox News, and watch Movies. It's not my goal to be a headache, or a source of discomfort to anyone, and although I may have been popular in High School and in College, that doesn't mean that I was popular in Law School social, that was because I don't drink. I think dating is important, I have always wanted to have a boyfriend, and did not start dating until College, and almost got married twice as a Law Student, that something that was missing, was the fact that I have Bipolar, and needed to take night meds, which was not clear to me as needed at the time. Had I been prescribed night meds and taken night meds, then I would've stayed in those relationships, and probably would've been married by now, happily married. I am not someone who dates to begin with, so I would never gamble with my heart. Later in life, if you become less self-assured, and confident about yourself, then you do allow voices to get the best of you and may make bad decisions for yourself, that's a consequence of isolating, and not having positive examples of your current skills, social, and romantic to be referenced to, with regards to your present condition, be trusted. That's the cost of not having dated since 2014, hospitalized twice while dating, that just means that I was not strong enough at the beginning to date casually, and that I was not strong enough to maintain a relationship casually at the end. People will come back into your life, the ones that loved you, and if you loved them back, then that's one another forgiving each other for what has passed, with acceptance of you as you are now. I have messaged with both ex-boyfriends who wanted to marry me, and who still support me to this day. Everything else occurring while single, has nothing to do with them, and everything to do with the choices I later made for myself in life, and experienced bad luck with.

Stick to What You're Good At ...

10/18/2020

No life is perfect, we all have problems. Just because your life is difficult, does not make you special in that way, not if you can't speak positively of yourself and others, otherwise it just looks like everything's a justification for better or worse to become of you in life, the sum total, of the times you have f-cked up in life, or a sum total of the times you have succeeded in life. It all depends on which moments you allow to define you, and your progress in life. Each day, we are given an opportunity, and while my goals may be centered on not self-harming, that doesn't mean that all my efforts are in addiction, or causing me to self-harm, that is writing. If it's not the writing that is helping me, that doesn't mean that it is because of my writing I've been harmed, or doing a disservice to anyone else's sense of being and belonging on earth. There are many ways in which you can put yourself at odds with others, one of which is not being believed, or being thought of as a liar, or someone who exaggerates, for attentions. I have done my best to pursue a legal education, and that was because I was a crisis hotline counselor, and took the LSAT three times, studied, and was prepared to be a Law Student. I took Princeton Review twice, and Kaplan twice. I took my first LSAT 2006. There is no rising above, when less is expected of you, and when your success is thought of as making other people look bad or in the wrong, don't be so full of yourselves too. Not every life was lived to make a positive impression presently, to forgive a poor impression past. There is no occasion to rise to, under hate, apathy, competition, or ill feelings toward. That just means that I am not the remedy to your unhappiness, I cannot remedy your hate, and I cannot remedy your misunderstandings about me, or those from my life as mentioned. I have never once, said that anyone I've met has been a bad influence on me, never once have I ever blamed anyone on the face of the earth as having been a negative influence to me in my life, I'm not judgmental. And while I may not express hate, or say any intimidating remarks about those who have caused harm to others, that also doesn't mean that I empathize with them, or have been affected by them by influence, stood up for anyone outside of my immediate exposures in life. I am not someone who turns on people, not my family, not my schools, not my friends, not my sponsors, not my companions, not my boyfriends, and especially not people with good lives, have never placed blame on acceptances, or lack of attentions paid to me, as a cause for my disillusionment, or poor comprehension of the issues present, that took careful study of now. I am always in control of how I am treated in life, and that is something you cannot change about me, no matter what is said, no matter what is done, no matter whos on board, no matter who agrees, no matter who disagrees, no matter who is happy, no matter whos unhappy, no matter whos focused, no matter whos lost steam, and no matter who has friends, and no matter how few friends I have now, or none at all. Understand that someone who is working on themselves keeps separate from others, and for good reason, that is to not disturb others with their problems, and to make improvements to their lives, via schooling or invested time in projects that they believe in, and carry concerns that they believe deserve reprieve from focus on.

I have never had problems socializing, or working. I have never had problems getting jobs, or being hired. I have never faced difficulties blogging or sharing my mind. I have never feared competition, nor never have been threatened by the successes of others

affected. And although I have a few distant connections to people in positions of power, they cannot help me, they cannot motivate me, they cannot protect me, and they cannot help me make decisions for myself in life, that's the catch. That its not until you yourself become a success and worth knowing in life, that you become known whole heartedly, and with pride, not shame, not embarrassment, and without discord internal resulting from being a person known, or talked about by others, or brought up to those who knew you, an uncomfortable subject. **And that is how spokepeople are made, people who come to know you privately, then upon being addressed by all, seen in the positive, that is how a positive reference is made, to someone who knows me, who is viewed by others with positive reference, having known me personally.** I cant say that in the reverse the same has been afforded to me in life, that is others thinking positively of me, knowing who I have known in life, or who knew me well. And that is how bad connections are made, when one is viewed as a negative influence, or a person who has not lead a good life, does not make good choices, and as a result gets viewed as someone who is the cause of bad choices, or bad luck to others, seeing you as a previous connection in life. We all live our lives separately, that would be great if we could all experience success at the same time, but its all a matter of jobs, and you have to apply for jobs, and continue working, to eventually find a job, and that was a process I gave up on, and focused on finishing a masters instead. You can only be where your heart is in life, and that's the lesson, and if you heart is leaving you, that means that you are not where you should be in life, and can be somewhere else in life that you will find more comfortable and suit your needs better in life.

Always see the good in others, and while your presence may be of benefit to others, only upon being well are you of value to be around in life, its can you both speak, and appear well, and if not, that is how you get hospitalized, based upon what you have to share and whether or not you have been able to sleep at night, and if you appear out of sorts, that is a condition no one is tolerant of. Whats embarrassing, is being someone who everyone knew, and then for rumors to go overheard or blurbs about me, "oh Leslie went to jail" "oh Leslie went to rehab" "oh Leslies in the hospital" "oh Leslies on Twitter" "oh Leslie blogs." You determine what is said about you in life, and maybe that was something I realized later in life. That with "oh Leslie is in Law School" that more was expected of me, better grades, and finishing as strong as I started 3rd in my class.

I don't think I deserved to be punished so harshly, and to complain if to subject me to a worse result, is therefore not worth complaining about. Whats so important is how you think, of yourself, and others, and the care you demonstrate toward living your own life, is viewed as an example of the type of care and attention you paid to others when required to in a job. In todays day and age, no one shares this much about themselves, and no one talks that much to people in private, its mostly, hearing what you have to say, without replying much, that's how you get treated post punishment, like you are stupid, or a poor reference to be associated to. And that is what makes getting a job difficult, while I may have had a positive work experience prior to punishment, after punishment, people give up on you more easily, if you don't have a lot of energy, if your hearts not in it, if things occur overhead, that cause your mind to leave, all of that gets weighed, when determining your worth a connection to them. And yes how I am now, although separate from others, does matter to connections past, having known me. And that's a connection I do not have to anyone past, and a connection they have, reading my blog now. That is something I have also come to accept, that anyone can read, past, present, or future, and hopefully the same determinations will not be made about me, not live up to negative interpretations of me.

Therefore one of the purposes of blogging, is to demonstrate that I have moved on in life, that I do think in the positive, that I have good worth ethic, and that people do like me, and that if I work for a company, if it is known that I work for, will not hurt the company's name, will not be considered a risk to the company, and whether or not it is me that is the cause for any issues socially, I will not be viewed as the association that interfered with treatment of anyone, or the cause for anyone to be viewed in a negative light having been associated to me in my life. You are your issues in life, and while you may try to prevent the misuse of your confidences in life, it is what is said in confidence or privately that gets used as ammunition against you later on in life, as having been an accurate account of your current thinking as connected to them, demonstrated, and that's how a fool is made out of someone bright. Someone with expectation of hearing about specific issues, as is relates to your ability to love or be in a loving relationship, then hurt you publicly treat you as a reject to society, injured. And this is what makes it difficult to have online relationships, never in my life has someone I have liked or who has liked me, ever hurt me in public, to change my odds in life, or cause me self-harm. Just "be careful." I think it is best to live life freely, without worry of being harmed, and maybe that's too tolerant of me, to have few fears in life, when it comes to socialization or impressions made upon my face or body, that is not something I can control, what becomes of me, all I know is that so long as I stay positive, and take good care of myself, that no one will be able to affect me or change me.

More is Not Always Better ...

10/18/2020

On my #dontdodrugs page on Facebook, it was recommended to keep things short. That's from the viewpoint of someone in recovery, and for the most part I have kept things short, and have not gone too much into depth, running the risk of anyone getting lost in my

thoughts, and not able to comprehend or see a bigger picture. Blogging improves overtime, and yes some writing experience is required, that is if you want to keep an audience, demonstrate some professionalism, without being too loose spoken about your personal experiences in life, which sometimes can or cannot help what it is you are going through. We are all given examples in life, and blogging is not one of them, everyone has a different style, and a different set of standards they adhere to and tone. What is blogging? Its coming up with a system of thinking that works for you, and works for your readers. It's a place where people can go to think, and to better understand themselves and others. And more isn't the solution when it comes to writing. Its all about how well you articulate a point of view, without becoming overwhelmed, and without overwhelming your reader. This requires letting go. Not all value is contingent upon a total value of all your work, as accepted, life is too short, to need to have read everything about a person, in order to accept them in life. That is a standard too high for most to be held to in life, I have been kind enough to share timelines, and have writing references from different years to my life, and as developed have either improved, or encountered new problems in my personal development as a writer. Don't be surprised if others first want to know what is wrong with you, and how you relate as a blogger to sobriety, don't do drugs, and mental health issues, and what are your valid personal experiences relevant to your mention of having been apart of groups in life, in recovery. Yes, I have recovery experience, both in rehabs, AA, and NA meetings. And no, blogging is not solely me sharing in a way conducive only to those in recovery, as they may or may not relate to me mental health wise on meds, Ive lived life long enough to have had more experiences in life, and have lived more days to my life sober, than moments spent using or drinking, that's for sure. Its apart of my story, but is not my story. And that's the limit to others understanding of you, whether you represent what you represent well, and if someone else represents those facets of life better than you. How you are compared to someone else, of your same intelligence, degree, or standing, respected or not. Know that everyone sees themselves as smart, and while you may be simply sharing your thoughts online, as it relates to your understanding of life, know that there will be some in disagreement with you, who do not value your writing, or what you have to see, seeing you as less than in life, based upon the meds you take, and the condition you are in, lifestyle, and living conditions in life. And wondering whats special about you? How you were able to generate a following up to 66k on your Pinterest, and ranked highly on Alexa as a website. If its something you are paying attention to for improvement, that's where you will improve in life, if its not something you register into your comprehension and factor into your self-improvement, then it will not be known, as an accurate measure of your worth online as a writer. I am someone who is only able to focus on one thing at a time, maybe why I did not finish my JD, with a boyfriend, and maybe why I was able to lose 50lbs, but had not yet fully launched my website, as I pitched, and as I wanted it to be, a database, which it is now, of information I have assembled and created in direct reference to either what I have gone through, what Im going through, or while trying to figure out my future, where I belong, and who I want to be one day. If there is misunderstanding of you, it may be the case that someone wants to know what you have to offer them as a service, or what you have to say, that will be beneficial to their health, while viewing your personal history judge you based on your demonstration of living a life as told, or having achieved on good merits, and become successful now as a blogger. That's just life. Who are you? And what do you have to say to be considered of interest to me. And if you do not have anything to say that is of interest to me, not thought about, or brought into ones life. Everyone has lives of their own, and that's just something you later come to recognize as a blogger, that while others think youre smart, they expect everything for free, and if you are considering earning a wage as a writer, treat you as though you don't have anything different to offer, aside from your blogging, that is of value, to be paid for by them. That's assuming that my readership or following is expected to buy my book if I sell a book. And that is how a writer gets devalued, when what was assembled to be sold, is handed out for free, that doesn't seem to change anyones feelings toward you, to demonstrate that you have something of value, you've been working on, all they want to know is up front, what you know, to leave you alone in life. As a blogger there is an interchange between moments of peace, and moments of discord, and there will be moments of chaos, but there is no rush or any place in particular you need to be in life, position wise, in order to feel whole and complete, all that matters is giving it your best each day, whether that's bullet pointed or not clear to others rhetoric wise.

As you become more experienced as a blogger you will come to understand the *Cycle of Thoughts*, occurring between you and your readers, and recognize if discomfort presents itself, that's something you have said, that as processed by them, makes you uncomfortable, that's empathy, always imagine yourself in both positions in life, the writer and the reader, sometimes we forget. And while their position may improve, and as they become more confident having known you or come to understand you from their vantage point, that doesn't mean that you will similarly feel well, understood, or feel whole or complete, that's the give and take between a writer and ones readership. It is therefore your responsibility as a blogger to stay motivated, no matter how many are following you, no matter what changes you endure in numbers, be consistent, and that requires that one stays well, stays on a schedule and continues to exceed expectations of themselves, improve, that means not allowing negative expectations of you to take hold of your stability, and thinking processes, be convoluted changed, or dismembered as a thinker, and lose you place in life, or your train of thought. Many thoughts get lost in the process of thinking, that you cannot control, so keeping a notebook handy is an acceptable way of staying on course and in tangent to what makes you feel good, regardless of whos on board with you in life, voices, readers, watchers, judgmental people, refined, not refined, or put together, not in need of your help, reading for amusement purposes. There is writing to expectation, and there is writing from the heart. Always stay true to what makes you feel good, and say only what makes

sense to you, without gearing any topics, or explanations about others, the less you describe others, the less you open yourself up for criticism, as the reader runs its course in thinking, assuming things are about them.

Living with Less Regret ...

10/18/2020

Chances are if you are not happy with your life, the way it is, there will be some manifestation of regret you will encounter at some point, during the course of your self-development. Whether that occurs in the form of frustration, mental disturbance, or unhappiness, like all things that cause you discomfort, is just another feeling to overcome. As you reflect on your life, however recorded by you, there will be things about yourself, you dislike, or based upon your current viewpoint, think that you should have done a better job of articulating then, what you can see now. Usually when we are not well, and unsure of ourselves, become emotional about things, and upon expressing ourselves as emotional, others do not understand us, that is the cost of being vocal about how you feel, without being specific to what in regards you are communicating about, and that is how you get judged by others. What gets viewed closely, is how you were, compared to how you are now, and what is being studied by an onlooker, is what changes you have undergone in life, that have made you a better person now. Not all change means that one is resilient, that's the defect in logic, with concern for someone's health, whether improved or not, sober, or having gone to therapy, that doesn't mean that a person feels better, simply because they have addressed one issue, which was an issue at the time in question. Why was someone emotional? Why was someone drinking? And what were the causes for failure then? And how can something viewed now be seen as existing at the time of failure then? We all improve overtime, and even though improvements have been made, does not mean that one is invincible to life's challenges, and just because something can be comprehended, does not mean that what is understood now, needed to be understood then, in order to be smarter, or confident enough to work on a website, and develop a website. The better your time is spent, the better you'll feel, and that goes without question. Whenever you are doing your best, you are less likely to have regrets in life, and the more collected you feel about your time on earth, what you're doing with your life, and where you have been in life. Even if you cannot accept all parts of your journey, as having made you a stronger person today, that doesn't mean that you still cannot get hurt, or set up for the same failures in life again. You are how you feel about yourself, and so long as you allow others to dictate how you feel about yourself, then you will forever endure those internal struggles in life, when it comes to acceptances of you, whether that's discomfort, insult, aggravation, or annoyance, it's important that you stay centered, no matter what your exposures are in life, and no matter who is around you, talking to you, or not talking to you, be affected by anyone, or triggered to think about things, no matter what is relevant to them looking at you, but not relevant to your own experiences in life, judged. Note: "Guilt and regret weighs heavily on your mental health, which as a result can disrupt your physical productivity." [1] Therefore, if you're not moving forward in life, chances are you are relying too heavily on the experiences that changed you, rather than focusing on what has been working for you absent minded those experiences in life. Your day to day schedule need not be reinforced by negatives in life, that's not the solution, but adherence to internal motivating factors in life, will surely get you to the end of the road, intended. And this is where affirmations come into play, reminding ourselves of our self-worth, rather than pick ourselves apart, for what we are not, that's no way to a healthier happier you in life. You have to accept all parts of you, unconditionally, if you are to be comfortable around others, your work alone cannot represent you in life, and that's something you realize as you get older, that what has passed, has passed, and who you are now, is most relevant to how you get treated now. But understand that when you are proud of yourself, looking at yourself, things begin to change around you similarly, whether that's not being scared of others, not being intimidated by others, you also begin to see the possibilities again in life and that's what gets afforded to you in return, for having a better attitude in life, and sense of direction, and purpose. No one can make you a positive person, you either see the good in others, or you don't, and the more defensive you become, the more hostile those interactions are perceived to have been, it's all about how you see things. The key to having a good life, is to view things in the positive, the more you look back, and blame others, the more closely you get looked at for errors, and that's how judgements work, either you have done something wrong, and get examined closely for errors in life, or you rise above hate, and become something else in life, that under no close examinations, sheds any negative light upon you or others past, that's moving on in life. According to lifehack.org, "Holding onto regret is one form of self-sabotage, and moving forward means having healthier conversations with yourself to get to the root of "the thing." [2] This explains, how what you think, manifests in what is seen later by you or others. The more you enable others to think poorly of you, that is putting yourself down in life, or making fun of yourself, the less seriously others will come to know and accept you in life. People sometimes have a better grasp of concepts, the more they can minimize a person's attributes to being about negatives, until that is what manifests itself in another, same idea. Therefore it matters both what you think, and it also matters what other people think of you, in order for things to go right for you in life, accepting what is in your control, as well as accepting what is not in your control, what others think of you. No one can change your core, when someone tries to change you, by calling you names, or insulting you, that is simply their way of not accepting you as you are, and thinking you are something that you are not. It is not your responsibility to defend oneself against commentaries, "auditory delusions" and create arguments in public in reality on your blog, that is their fight with you, not your fight with them. And that's how negative people are, transposing

their feelings about you to you, to see how you respond as described in that way, whether you are empathizing with someone who is that, or whether you yourself are interpreting what you hear, as being about you, heard. And that's to say that you are like this in public, with an edge in life, or respond negatively to others thinking things are about you, combative, and that is why I was given voices in life, a disability. If I cannot cure voices, that doesn't mean that those who have voices, feel the same way I do, about the voices I hear, we all experience mental health issues differently, the more you can work, and live a normal life, the less you feel tortured, hearing things that don't resonate with you, or hearing things that cause you to self-harm, that was how I was affected by voices, it's a private struggle, not a public struggle, for deciphering. -I wish I could remember the times when I got voices and understood why, I just know that I got voices in 2006, the again 2017, and then again 2020. I have faith that I will recover, most do not, and it's a very debilitating condition to maneuver around in life, and eventually not worry or think about yourself as being affected by others, that is a delusion, to think that the thoughts of others can control you, or able to make you feel so bad about yourself, so embarrassed, so ashamed. Theyre just voices, remember that those voices are not you.

Reference:

[1] <https://www.lifehack.org/articles/communication/how-live-life-with-regrets.html>

[2] <https://www.lifehack.org/articles/communication/how-live-life-with-regrets.html>

Playing Victim ...

10/18/2020

If you don't understand the concept of being told something, and then feeling bad about yourself, that could just be because either you or someone you know has identified, or misidentified you as being something your not. There is a such thing as things ringing true, and then not feeling good about ourselves, having been identified as something we do not believe we are, but which has described a feeling or emotion we have experienced, and then labeled as such. Have you ever had trouble getting going in life, while someone tries to motivate you to do things in life, and then losing all motivation? That's being pushed. It's the kind of feeling, had you not been told something, there would be no feeling to fight, as identified. Sometimes looking at things from an outside perspective, doesn't necessarily reflect whats going on within a person. That's people trying to help you, when you don't need help, or people trying to tell you how it is, without you needing someone to identify what it is youre going through. Some things are better left unsaid. And then there is denial. When you are going through something, and not wanting to admit what is going wrong for you in life, and facing your fears, or the shame, or embarrassment, associated to your thoughts, how youre feeling. Being in denial, means that you don't want to admit you need help, but the same time need help, and the help you are given in life, is not the kind of help that you need in life, that's being in denial. Your condition solicits for attentions, and the attention given, is not the kind of attention you need or want, not wanting to be pushed, not wanting to be exposed, not wanting to be given advices, not wanting to be sized up, and not wanting to be told whats wrong with you, by another you are not completely convinced should be given the authority to identify you as being in the wrong, or indicate that there is something wrong about you. Don't be stubborn. Always see things in the positive, be thankful for those who try to help you, get back on track. Just as it may not be easy for you to ask for help, it may not be easy for them to care or to try to help. If your condition is annoying to them, then maybe those are not the right people to get help from. Someone who understands you will be patient with you, acknowledge when you are on track, not just be hyper and bossy when you're not on track, that's just family, they always seem to pop up and be everywhere in your life when things are not going right for you. -I was raised to never play victim. Then I read an article on [lifehack.org](https://www.lifehack.org), "14 Signs Someone is Always Playing the Victim," and go this is exactly why I was raised never to play victim, it seems like a whole host of other issues are inherited in the process, of playing victim to circumstances outside of your control, and can be really bothersome to others, trying to get through to you, stubborn. While it may not be your fault totally, that also doesn't mean that it's the fault of others, should things later not go right for you in life, that's in your control. In order to "avoid similar situations in the future," you must learn to accept what is and what it is not, and this marks your "opportunity for growth," knowing the difference between how things are in reality, versus how you have made things up in your head about circumstances, which is usually worse in your mind as remembered, than it looks. [1]

Reference:

[1] <https://www.lifehack.org/287448/14-signs-someone-always-playing-the-victim>

Being in Your Shell ...

10/17/2020

Many of us are shy, although we don't like to admit it. A lot about enjoying life, requires you to not be in your shell. As one woman describes it on theartofsimple.net, "So I decided it was time to stop living in a state of fear. Life was no fun (they call it *painfully* shy for a reason) and I was done with missing out on connecting with people." [1] While bolde.com recommends, "If it's something that challenges you, then set it as a goal so that when you achieve it, you feel more confident and you'll keep on trying!" [2] Be open within limits, blogging is the one place where one can share their mind, but its important not to cause yourself pain, through the process of sharing what you think, whats on your mind, and sharing how you look while doing that all. Be proud of yourself, according to introvertspring.com, "Shells are meant to protect" and "An introvert's shell is more like a shield that preserves our inherent awesomeness." [3] In the grand scheme of things you are supposed to follow your instincts, but never to the extent that you become antisocial, and stop socializing all together, a part of you must continue to try no matter what your senses tell you, and if your senses are telling you to stay in bed all day, then by all means fight that feeling and don't regress, and stay in your room all day moping about what could've been, and start living the life you want to live, and not watch life go by, watch the weeks, months, and years pass by with no ongoing changes within you, to stimulate change for the better. If its your thinking that's off fix it, if it's problems with family work on it, and if its being estranged from friends, then reach out and try to contact them, and get some conversations going. Its never too late to start building a better life for yourself, and you'll thank yourself later for trying, and see that it wasn't that hard to begin with. So instead of making a harder life for yourself than needs to be, put a little more effort in your self-improvement, put a little more effort into being social, and never stop setting goals for yourself. The more things you have to talk about, the better, and this is why staying active is so important to building better relationships overtime, some of the happiest people are doing things with their life that they're proud of, they have jobs, they have hobbies, they play sports, they work out, they go to classes, they take courses online, they continue their studies, there are so many ways to live life, don't stop now. And if its problems on your plate, that's are eating away at your insides, then talk about them, Im sure your audience will forgive you, and your friends will forget, no one expects you to be a perfect blogger, and no one expects your story to be perfect, just always do your best.

Reference:

[1] <https://theartofsimple.net/come-out-of-your-shell/>

[2] <https://www.bolde.com/a-shy-girls-guide-coming-out-of-your-shell/>

[3] <https://introvertspring.com/introverts-come-out-shell/>

Searching for Answers ...

10/27/2020

Most of what rings true for us, is our answer, the ability to set one subject down at a time and move forward with our thinking. Then there are things we cant set aside, also known as problems. No matter what gets projected toward you for understanding, or misunderstanding, about yourself or others, always remember that that problem lies within you to resolve. Not the job of others, to make sense to you, or make sense for you of what youre going through in life. I just went to therapy today, I can barely talk for an hour, pretty much. Ive been this way since I started therapy 2017, Im not a big talker, Im a quiet person. Some people are comfortable talking and some people are not, I usually shy away socially, either sitting by myself or away from people, Im just not someone to put myself out there, and approach others, Ive never been that way, not when it comes to making friends, and not when it comes to having companions in life.

As you get older, the balls always on your side of the court, to either make moves in life, or to stay static, and live the same day over and over again, until you decide to make changes to your life. That's in your 30s, you either grow, or regress, over what life you could've had, what life you never had, and figure out what you want the rest of your life to look like, without being too reliant on unnecessary feedbacks, to dictate to you, what youre about. For everything that brings you discomfort in life, keep to yourself, or talk to a Doctor about, that goes for your

condition, your diagnosis, your likes, your dislikes and your problems, that's generally not food for thought for others to decipher, and sometimes can cause comprehension problems to those who don't understand, why someone capable of having it all in life doesn't have it all on life. We are not all that confident in life, that's the main point, some more driven than most. It depends what you put your heart into, determines what goes well for you in life, and if you've been hurt before, that makes it difficult to have intimate moments with people, to share intimacies with others, and to be an intimate person all together. To me when I'm most put together, is by not exposing others to the other side of life, the types of decisions, that cause problems for you in life, or the types of decisions in life you later come to regret, we all go through pains in life, and it's more about accepting yourself as you are now, without shedding too much light on what has passed, as though that explains where you are now in life, or why you are feeling a certain way. There is no perfect equation for wellness, but one thing is for sure, the more well your thoughts are, the more you think about things in the positive, the less bothered you are by the moods of others, and the more focused you are on yourself, and the more goals you set for yourself, and the more you learn about life, and managing your own problems in life the better off you'll be, content.

Content is the feeling of being at peace with yourself and others, it's not having a problem with anyone, it's saying the right things in life, and it's not saying anything that would hurt your feelings to hear, or to hear from someone else, toward you or about you in life. It starts with you. The better able you are at reading yourself, the better able you will be to witness the positive changes you go through, recognize those moments when you are doing well, and taking a moment from time to time, to be proud of yourself, that's wellness, recognition of oneself as well, and seeing everyone else from a well frame of mind, that's positivity.

That being said, appreciate those who speak their mind, without whom we would not have music, movies, news organizations, newspapers, blogs, artwork, poems, singing, acting, directors, presidents, congress men and women, judges, justices, courts, lawyers, doctors, and nurses, all of whom protect the health and general well-being of all people, no matter where they come from, accept them until proven otherwise, that's your inherent freedom in life, to be viewed in the positive, unless proven otherwise, to be respected, until given a reason to not be respected. They are everyone who cares and then some. Those are starting points for thinking, they understand that sometimes it's hard to start thinking about life, until something is said to help you to think about life. One of my favorite classes in High School was American Literature, I think I got an A, that's when I discovered I enjoy reading and writing, and that's how the rest of my academic career path was chosen, on courses and classes that focused on reading and writing, all the way through Law School. I've never been good at multiple choice questions, probably because I think too hard about the answers, and create an answer in my mind, that maybe doesn't reflect what's given. We all think too hard sometimes, life doesn't always work that way, having the right answer in mind. That's why some subjects are cut and dry true or false, like science, some thinking is memory based, research based, governed by past decisions, in light of the future, such as law. Some things can't be done better, like artwork, and the best has already been made, and made famous. Then there is singing, forever evolving based upon how we are feeling sung to. Then there are movies, to help us to see things we can't readily see in our minds or visualize or put together on our own, provides us with feelings to have. This is an example, of stuff you should think about, what to appreciate about life, not overfocus too much on what's being said, or who's doing well and why, if people are doing well it's because they are living good lives, staying out of trouble, recording their every thought and every decision made, and every citation to everything exposed to, researched, or known, every source, and that's being a blogger. Keeping track of your thoughts, citing where-ever is needed, and monitoring your exposures in life. Why? Because I know that what I feel, think or see, may eventually be communicated to all, having seen something, and that's how a big picture is made, based upon a composite of all things we are exposed to, some things sticking to us, some things we forget, and that either helps us to overgeneralize, think more about, be drawn to, or not accept things we are told, as being accurate. It's important to always think for yourself no matter what is said about you.

When Things Don't Jive ...

10/26/2020

Different things get you going in life, and what makes you special never forget. It's not until you respond to hate, that you then get used to be mischaracterized to shine light on other characters to further reinforce their thoughts or thinking that they are smart, or able to redirect or misdirect your audience to thinking like them, and that's someone

trying to control what people think in a disfavorable way toward me. That's no one's business who I date, who I like, or who I choose to talk to or confide in and get help from. That's a misuse of my identity to reinforce bad identities or characters and make fun of me, in a hurtful way, to encourage non-existent bullying of me. This was when people did not know me, and when not impressed by me, I fixed myself, and worked on myself until I improved. And if your goals are to graduate, get a job, or date again, and by your education, and based on where you are accepted or your goals are, are what gets factored in to their memory banks for judging you, based on where you are headed in life, and hurt you, so that you don't make it in life, and that's not deserved. To be watched and to share as I have improved, and then injure my ability to be loved or well liked. It then becomes a comprehension problem then thinking that everything is about them, and further convincing themselves that what they are doing is deserved.

Causes for Bullying ...

10/26/2020

Bullying is a condition of the heart, its another who does not feel good about you, and expresses that distaste toward you, as though you are the cause for their discomforts, as though you have done something wrong, or are doing something wrong, and not living an idealized version of life, suitable for acceptances, whether that changes one another for the best, lets hope so, more often than not, that's what agreeing to disagree means, to keep one another's feelings to themselves, and not to discuss or vent toward one another, how one another feels, as though the other is responsible for curing that condition, if its your own condition, fix it, if its their unhappiness with you, accept it. You haven't lived life, until you feel good about yourself, and until that moment in time, don't expect anyone to support you during a difficult time, not unless they have to, and that's a good time to pick up speed, and to improve your condition, not make things worse for yourself than needs to be, that's how the bullying doesn't stop, that's when bullying serves their interests and their sense of humor, to make a poor example of you to others, and watch you fend for yourself in the world, of others made better, just by looking at you, realizing what they have in life, that you do not. Sometimes, we learn, and sometimes we don't learn, some of us grow, some of us blossom, and some of us stay put, never wander too far from your course in life, there's not much to be found elsewhere, if you haven't already found yourself. Always do what makes you feel good, whether or not that's for public discussion, I think personal routines, habits, exercise schedules, mishaps, likes, or enamourments, is not something you confess to out loud. Its if you can be looked at in a good way, that is how others will continue to see you in life, that's unless proven otherwise, don't expect me to rise to the occasion and model, and be sweet to everyone, I'd rather not, and prefer not to model right now for anyone for that matter. And that's one cause for self-harm, being convinced you are something you are not, or others trying to convince you that you have caused others harm, sexually, or interpersonally, make another feel good, and that lack of acceptance from you, can only be further justified, if you become, sick, suicidal, or mentally ill, giving up in life, and that's not the solution, to claim: "Im mentally ill" to the US Supreme Court, that's when its your responsibility to fix your condition, not give up in life, and if it's a problem that you cannot resolve, unlike incidences when you were able to help others, and others were not bothered by you, it becomes your duty to figure out what's causing you pain, who's causing you pain, and do everything you can to plead with this person to stop hurting you and ruining your life, that's to everyone, who deserves a chance at living life, free of harm, unjust punishments, ridicule, sabotage, unwanted interferences, and capitalization on another's good deeds, to experiment with what it feels like to be special and loved, that's because I am special, and I do not have difficulty being loved in life, I was a keeper and left to respond to the US Supreme Court 2013, and have made it my duty, for others not be put in harm's way, or to assume guilts for the actions of others, political systems for generating interests in perspectives, to view one or the other, as enemy to the interests of all, that was what was done by defacing President Barack Obama, why I did my best to get the people going posting flyers, its what you let happen happens, and its not until you care, do others feel like they've done their part and can move on in life, without fear of being hurt, and that's public safety, sacrificing your life to care for others, and becoming a public figure to help others, not assume blame in life. When there is nothing bad to think about a person, is usually what defines a good person from a bad person, and when there is something bad that comes to mind, looking at a person, that is because something bad about them has been shared, or is known about a person, or rumored to be true about a person, as though having consensual sex is a misconduct in life, as though I am not harmed in the telling or sharing of my private life, outside of relationships, that's how life is, and if another does not value me, because I gave my body to Men who liked me, then that means I will not be attractive to them, and that maybe explains why I am not trusted by Women, not considered a role model to Young Women, and not respected by Men who cherish healthy Women, who they feel are of more value, compared to me, that's attraction, and turn off by stories. There is a such

thing as knowing too much about a person. No one needs to know how you shower, no one needs to know if you self-harmed where and why, and no one needs to know why I hear voices, that's not my fault, I stay home, I don't go out, and I don't date. These are things you don't want to think about about a person, its like ripping someones heart out for show. When you have a bad feeling about someone, disconnect, that's plain and simple, and although you may not always be gifted with good feelings that let your mind know what is right and what is wrong, that's for you to be the judge, based on what makes you feel good, or better about yourself in life. That's not selfish, to not be close to anyone, that's protecting your heart, not all are capable of being warm and loving to just anyone, that's also how you get hurt, when someone thinks you are stronger than you are, based on your age, sexuality, demeanor, or look. We are all capable of being harmed, and jaded or not, I gained 50lbs and have been hospitalized 9x with bipolar disillusionment, and that was my struggle in life. To continue to believe in myself anyways, and running everyday was my solution, and working online on my public speaking abilities was a gift inherited, by acceptances without complaint. And building a website was my dream 2013, and its now 2020, 8 years later, and can share what I went through, and how I stopped that habit of giving up, based upon feelings, and accept my condition and disability in life, whether another can rationalize the causes for my condition, be well behaved, and not talk to myself, write, and not make a show of myself, be polite, calm, and even tempered in public, and its voices that feel better when you suffer or appear to embarrass yourself in public, is your tipping point, whether you allow voices to affect you in private or public, and that is why I stay home. In order to be loved, respected and appreciate, its best to talk about yourself, not to talk about others, and let people see things for themselves, whether you are made apart of those good feelings, good insights, whether you provide insights or not, be good. Suicide is not selfish, its condition incurred, from not taking good care of yourself and convincing others not to care about you too, that's pushing love away, that's not accepting people into your life, and keeping yourself isolated, its not okay to punish yourself, and its also not okay to punish those who care about you, and leave earth, like its not a fun place to be! Get a TV, eat some popcorn, make a collage, start a blog, we don't care what you do, just stay alive! Suicide is not a cop out, its not knowing what to do when you don't feel good, and dying is NOT the solution to any amount of difficulties in life, no matter how devastating it is to be connected to, to know stuff, to not know stuff, to be I tune with others, to not be in tune, to have a quiet life, to have a stressful life, to be fulfilled, or not fulfilled, to be important, or not be important, its never too late to stop caring about yourself, and be proud of yourself, its not your fault if you feel that way, and its always important to check in with someone if you do feel that way. Just because its something I experienced before Law School doesn't mean that it's a problem inherent to my story, or a manifestation of something Ive done wrong, or something I don't like about myself, Im plenty smart and talented, a gifted athlete, to find something to do in life that makes me happy. And even if Im not selected for marriage and have a baby, that doesn't give anyone the right to trash me, or make fun of my genes in life, or give them the right to destroy me, and my future life, or give up on my ability to have a child, hurt me, so that my child suffers harm politically. Just because two people cannot be happy with eachother, does not mean that one is not good enough for the other, or that better is being sought, [dont panic in public just report, and get help, if thats the best you can do to figure out whats wrong, and if you need help, they can decide for you, thats being in over your head with issues in life, beyond your scope of expertise], concerning my wellness, and the balance of opinion about me, once respect is lost, all future opportunity is too. That's why respect is earned not given on the basis of who you know, it's a feeling provided.

Personal Update ...

10/26/2020

Just applied and interviewed today with American University "Master of Arts in International Relations." to study "International Negotiations and Conflict." Its a 1-2 year commitment.

Here is a copy of my "Statement of Purpose" for applying, and furthering my education:

"My reason for applying to American University's "International Negotiations and Conflict," [Master of Arts in International Relations], is expand my understand of peace and conflict studies, to become a better writer and blogger online. Once way I have been able to contribute to these professional standards and goals of acceptable content, has been to start my own blog, recording my writings about what it takes to create peace, drafting a "Motion for World Peace" and posting a video of myself and my writings online, to start. That was my first speech written, with no public speaking experience, that was after watching CSPAN over a period of a few months, felt compelled to speak about what issues I found relevant to the cause. I have always wanted to get more involved, attending two

Law Schools and graduating from one with a Masters in Law (MSL) in Financial Compliance and Risk Management. I never gave up. Since starting my own blog, and drafting my first book, my website has received a lot of positive attention and feedback online, ranking 19,034 on Alexa in the US and 105,867 worldwide. I have also been selected on Feedspot, recognized as a Top 100 Personal Development and Self-Improvement Blogger, and a Top 50 Blog and Website in Los Angeles. Self-growth has been key to my personal development, along with maintaining sobriety, and staying out of trouble. Focusing on my strengths, not my weaknesses, including being diagnosed with a Learning Disability in College, and being diagnosed as Bipolar in Law School, I have never allowed myself to be limited to those terms in life, and have always identified myself as well, and have continued to set goals for myself in life, that demonstrate that I am capable, if given the opportunity in life, to succeed with the best of them. It was only later in my development, that I encountered difficulties, and when faced with difficulties have always done my best to report and get help, and that is how I have been able to continue to make progress, and be consistent professionally, applying for jobs wherever there were jobs, and have done my best to adapt to changes in the economy, no matter how few jobs were available to Law Students. I still focused on improving in writing skills, by taking a research and writing centered curriculum in legal studies, a Masters in the Science of Laws (equivalent to an LLM for JD Candidates). It wasn't until I became a Member of Brady, that my life changed for good, inheriting more responsibility to represent myself well, as well as the interests of another, in all my endeavors in life, personal, academic, and professional. That's when I first realized that who you are connected to matters, and to not also not feel limited by those arrangements in life, and make the best of my life, as situated, care about the right things in life, and not give up in the middle of controversy. Sometimes non-issues are created when we do care, and with acceptance, for the work done in caring, be free from the burden to care, and this is why when the right people come forward, it makes others feel better, that work is being done, without intruding upon their personal interest to focus on other things in life, not be limited to their individual cares outside of work or school. My academic and career objectives are therefore to create an ideal system of support online, to hold conversations about all issues, faced by people with mental health issues, incurred from caring, to still feel good about themselves and what they care for, not be made to feel bad, or powerless to circumstances outside of their control, and be more readily assisted with tools, that can be learned through a program such as your institution, be spoken to their benefit."

I'll find out in two weeks, wish me luck, until then, will do my best to rest and take it easy. Thank you for following, hope that everyone feels better, and continues to do well, in spite of what I go through. I think this is the best decision for me, so that I can focus my attentions on work that matters to me, and focus on the issues that matter to me, with regards to my health and the health of others, not be limited to tit for tat issues, private, that go public, and work in a positive environment, to dedicate my time and attentions to, away from personal issues, and focus on issues that matter more, wellness. I now understand that when I am not feeling well, that decreases my capacity for helping others, and that occurs when I am not proud of myself, in order to be proud of myself, I have to go back to school and earn another degree, and start my life over again, and hopefully recover from the pain and embarrassment this past year has caused me opening up in private online, and taking away from the general tone of my blog altogether. That's me being in pain in public, which is not my responsibility to discuss out loud. I have therapy tomorrow. This is my next long goal, so that I keep going in life. And not get set back in life, or suffer any more hardships in life, than need be, being known online, by the private records kept, be connected to people injuring my self-esteem and confidences in life and sending me voices, as though I'm supposed to read people I don't know, as though I'm expected to empower who is watching me, to feel empowered, or be controlled by anyone who is not also looking out for the best interests of everyone, only to suit themselves in life, experiment with my condition, and that's not okay, it's time for me to disconnect, and to focus on my schooling or not blog.

Just called Judge Brown and spoke to someone, regarding my case, and described what happened to me recently, to apologize, and was directed to my Department that heard my case, and spoke to someone there, who then told me to contact my Attorney or the Civil Courthouse, and called them and left a voicemail to notify them of what happened to me, and waiting for a call back, Have called the police already several times to inform them of what was occurring, and the FBI told me not to call.

I'm sorry that this happened to me, I'm sorry if what happened changed anyone's opinion of me, I'm sorry if I brought up the past, that's not related to what's happening to me presently, and know that it is not my business to enjoin new people to past people from my life, and misconnect new people to previous issues, concerning my health, when I was suicidal.

Basically:

- (1) Ive decided to stay home for another two years, thats six years in my room working on myself.
- (2) Staying home, so that I can get a job one day, and keep to myself.
- (3) Keeping to myself until voices go into remission, or else go to the hospital to disconnect.
- (4) Applied, and wait two weeks, to see if I can continue my education, be somewhere in life.
- (5) Try to go to at least one AA meeting a week, therapy once a week, and run/powerwalk everyday.
- (6) Not do any volunteer work, or make anymore commitments, or memberships until well.
- (7) Do my best not to describe the pain Im in, the causes for it, and come out of it on my own.
- (8) Not pen pal with any individual people, who are not connected to larger organizations.
- (9) Be a person of trust, not lose trust, due to stupid decisions, or lose privileges in life.
- (10) Continue to report any concerns to the police, or call the courts if I need help making decisions.

When It Comes to Pride ...

10/26/2020

When it comes to pride, you have second thoughts about engaging with others in a sexual way, if its not something that makes you feel whole and complete, then it will not be an activity you engage in to feel whole and complete. Its not until you feel whole and complete, that you are readily able to engage with others in a sexual way. Theres power in being attractive, which is a direct reflection of how someone feels about themselves, those are who get jobs, those are who get married, and those are who make others feel good, and better about themselves. Its all about self-care, not sex, not sexuality, but has to do with how you feel about yourself, that is what makes better results for you moving forward in life. Those moments of pride when youre feeling good about yourself, is when you are doing things that make you feel good, and because you feel good you make others feel good. You cannot be a source of empowerment to others, if you don't feel good, and that's where the line is drawn between as influencer, an inspiration, or being a motivating factor for others to better themselves in life. When you have made a mistake in judgment, and when you look stupid, that is because of your choice to open up to others, and that's the risk you take when it comes to reserving your right to privacy, which is important to maintaining your identity, and to feel like yourself in life. Sex is an exchange of emotions, and feelings between two people, who feel at peace with eachother, and make one another feel good inside and out, and is an encouraging factor for self-betterment, and feeling loved. We are not all privileged and well to be in relationships in life, or to have companions, or to keep a Man's undivided attentions, and like all relationships that falter, it all has to do with your physical and mental health, which is so important to maintain, to continue to have faith in yourself and to feel good about yourself, that's a quality about yourself you should pride yourself in maintaining. Then there are mixed emotions, occurring when someone who you love, is not able to make you feel good, or who doesn't make you feel good, that's when there are competing interests at play, where one benefits from having interacted with you, and where you do not benefit from having interacted with someone in private. We are all capable of being loving to whoever provides us with love, that doesn't however mean that we are expected to tolerate all their conditions for love and acceptance of us, that's taking things too far, that's being too demanding, that's not respecting the right to privacy of someone, who was a provider of love and encouragement to another, without be judgmental of them, and when judgment in the negative is passed to all about you, that can impact your self-esteem, your sense of pride, your physical health, and your mental well being, that injures ones ability to adapt, to think clearly, to not feel bothered, and to feel stable, in spite of the obstacles they may have faced, or currently face, when it comes to feeling good about themselves and living a good life. Its by our choices that we come to regret, having been so loving, or so trusting, or so at ease with someone, who took advantage of us being nice to them, and made fun of us in public, as though we were throwing ourselves at them in a sexual way, if what is wanted, is received, and then they hurt you, that's because to them, all they need is to see what youre like, and if they don't get what they want, then they perceive there to be something wrong with you, and that does not give them to right to notify all people, of what they think about you, given their experience and time spent with you. That's not for public scrutiny. If someone is not making you feel good, if your best thinking is off, and if you feel physically ill, that's not accusing them of having harmed you, that's an internal notification of something being wrong or off, I don't need to be loved or connected to anyone to feel safe or good in life, and that's the mistake in thinking that love shelters you from harm, it can actually do the opposite, making you concentrate on one person, instead of focusing on everyone, instead on your blog, and that is how a public speaker suffers mental deterioration, and heartache, that's an unnecessary circumstance to face in life, be put under

unwanted pressures in life, to see what one has to say, when they are struggling, I need no forgivenesses in life, I need no empathy, I am a good person, I mean well, and when its time to stop, and make progress in life, I do so. Lifes not all about love, but it is about feeling good, and not making others feel bad about themselves. And that's an unnecessary experiment upon my identity, which in turn produced a negative result, bipolar, auditory delusions, instability, and loss of positive momentum, Im a human being, stop. And this is how someone who did feel good to others, becomes a struggle to understand, why they do not feel good, why they can read, and why I am not physically strong and hear voices.

When Someone is Negative Toward You ...

10/26/2020

Step One:

What is the reference being made, what is to be inferred from a comment, and recognize how you have been offended, by a leading deduction made concerning your good character, in defense of themselves, criticize you, and mislabel you an offender, in support of themselves.

Step Two:

Do you know this person, how do you know this person, how do they know you, what information have you shared with them personally, and what information have your shared publicly, identify which facts are being made referenced to, to make what deductions about you? How have you been harmed? That's the first step in reporting to others, you've been harmed, and to reverse the cycle of harm, *do not cause harm to someone harming you.

Step Three:

Whether you like it or not, there will be those who take personal offense to your writing, if you say things in a way, that they cannot relate to, or feel offended by or in defense of others, decide to cause harm to your decision to blog, criticize what your about, and make you seem stupid to others, as though your feelings are stupid, your life is stupid, its not, be strong!

Step Four:

Always be diplomatic. That's the best way forward, during any amount of controversy in life, concerning you doing well, and another not being made apart of your wellness, that's a choice, to not include others in your wellness, and that should only be the case, if they are causing harm to your reputation, or mismanaging your heart and feelings, overexerting control over your well-being, life isn't marriage, you know people, or you don't know people, and no you are not responsible for the feelings of those who decide to not like you, or be appreciative of their time spent with you. Your world is not small, not unless you allow someone to make your world small, and that's how bad connections are made. Learn to let things go, the more tolerant you are, the more generally you speak, the less others will be able to kick you into a box in life, never accept yourself as deserving of harms. At some point you have to stick up for yourself, and say to yourself Im not going to allow this to happen to me. Im not going to allow this person to destroy me, and be important to yourself.

Step Five:

Be sensitive to the insights of all people, past, present, and future. Although you may not be able to undo harms in life, that also does not mean to speak to issues, not directly affecting you, put your heart in the right place in life, and surely things will go better for you, if you put your heart into the wrong things in life, that is how you wind up off course in life, behind. No one truly subjects themselves to being hurt knowingly, its usually something that you find yourself in that you cant get out of, and don't know what to do, to make a situation stop in which you are being harmed, and this is why not to respond to someone who is being aggressive toward you, that is how a fight continues, until they feel good, until they feel reassured, and after many fights, and doing my best to be loving toward someone, that wasn't good enough to please this person, and wasn't good enough for this person to be happy

for me, to respect my progress, or value me as a human being, and that's how trust is lost, its not personal. When you are not good enough to make another person happy, its been my experience, that this person will find more happiness in life, on their own, or with another. It is therefore not my responsibility to take care of anyone in life, I cant afford to take care of, and am not willing to subject myself to harsh scrutiny, in a permanent form, via photo and video. That's rushing the process for acceptances in life, that's not waiting for someone to be in the mood to share, that is going by anothers person timing in life, and if youre not into it youre not.

Step Six:

If over the course of a year, you have gone shopping, bought all new clothes, and makeup, and have been working on your self-image, then no, taking nude photos, will make you feel worthless, and everything spent on your personal improvements, a waste of time, energy, and money. That's a feeling that sends you down in life, hard work for nothing, for a worse result. And that's not appropriate to squander the assets of another, and their progress, just to make others feel good about themselves in life, and that's how someone who has improved, gets disrespected in the face of others, who don't value them, the same way they value themselves. And that's how someone who does not value you, convinces you and others, that you are worthless or not of value special, that's being degraded in life. Your life is not meaningless, we all have beautiful lives, we all have feelings, and sometimes things don't work out, that's not a flagrant rejection, that's expectation of acceptances, and being intolerant of the length of time it takes for someone to adjust to a new condition of terms, to accept who the maker of the account is, not being a political figure, or public figure, someone using the identity of another, to draw attentions to themselves in life on social media, who is not a fan of the person. That's being misled in life, to believe that someone is in support of another human being, that is not in support of them, then makes an account, falsely representing themselves as being a supporter. And because he did that to President Trump, he is also doing that to me, for over 7 months. And expecting more love, or a change from me, or acceptance from me, how can I accept someone who is making fun of me in public, why should I subject myself to that treatment?

Step Seven:

Understand the content of conversations with others, although in private, things are kept generally light, that also means to make a good impression online, and be the same loving person you are in private, as you are in public. That discomfort, is a manifestation of anothers unhappiness with you, that need not be spread to the conditions of others, to cause your fans or audience to turn on you in life, as though if that's whats done to you, means that that was appropriate to be done to you, given the pictures sent requested for, and that's how you look wrong, and they feel like they are doing the right thing in life, to ask for more provocative photos from you, then claim they are victim to your condition as suicidal, and that's just things not going right for you in life, because of one persons expressions of hate toward you. That's why not to share stories from your life in which you have been harmed, so that someone new doesn't come into your life, and hurt you in the same way, and cause you sickness, and illness. That's the feeling of everything going well, and then everything not going well. As a public future people have the free time, to read your story assess your whole life, and if brought into your life, do with you as they please or see fit, no one is to be the controller of your destiny in life, and if someone is not rooting for you in life, then don't make them the enemy, criticize.

Conclusion:

I was very nice to this person, I did everything that was asked of me, and that still did not stop this person from flipping out on me, as though I was not being loving enough, kind, even tempered, toward him. Once you insult a person, you cannot expect love from them. That's someone using your material, your photos, to generate a response toward you from others, that's not how respect is made, that's how controversy arises, and that's how embarrassment is caused to someone who has already been harmed and robbed. And no the more you make fun of me and punish me for being harmed, the more you increase my risk for suicide, its not deserved, and eventually you have to stop hurting someone, and allow them to move forward.

I am not in love with anyone at the moment, I am not in a loving relationship with anyone at the moment, and I am not in any serious relationships at the moment, nor having any serious conversations, what has changed is the energy around me, more aggression = conflict, as though Im asking for negative attentions in life, or speaking in a way that offends others. I am always well spoken and clear spoken, and I don't need any lifestyle changes, or more hardships

in life, I have lived a hard life, hospitalized 9x bipolar, with two suicide attempts, that means STOP! That means stop hurting me, that means stop making fun of me, and leave things alone! *Why Im losing 50lbs.*
Worries vs. Reality ...

10/25/2020

Sometimes what controls your thinking, ends up ruining your life, always be geared toward positive results in life, not gear your life around negatives or run the risk of creating hardships for others or difficult concepts to comprehend like "unhappiness," that's the difference between luck being on your side in life, and things working out for you, versus worrying what others think, and responding in a way, conducive to their thinking about you. Until ultimately what people think, controls your thinking, that is someone outside of you, who you cannot see, who is watching you, speaks through you, upon you not being able to see them, and by them keeping their thoughts to themselves, be spoken through you, is what makes them feel better, or more reassured in life, that's being led by the thoughts of others. And that is the wrong way to think about life, no one can control you unless you allow them to. Don't let anyone affect you. No one is to be made for use as experiment for deciphering the thoughts of others, Im not a psychic (i.e medium joke), I have faith, and I don't read others, I talk to others and others talk to me, and no we don't talk about problems in life, politics based, that is something later done to my identity, as though solution needs to be provided for my identity, or how I feel, to explain others and their uses of their conversations or treatment of me. **This is an example of something that cannot be proven. I speak no differently in private, than I do in public, Im the same person online, that I am in public, and even if in private I get upset, I explain why, Im not someone who gets upset, and complains or blames others, I understand my condition in life, and understand when things are not going well, and no blogging cannot fix my condition.* That is something occurring within me, that has nothing to do with another human being, just like people who feel good, when they are feeling well and doing well in life, not everything is about comradere, being understood, having friends, or dating, some people live independently of others, and that's how most of us solve our own problems in life, not talking about stuff we don't understand, or cannot readily comprehend, or discuss any fears out loud, that cannot be rationalized in life, by how you are treated in life, like its okay to blame people, for others being inspired in life, to live better, do better, or be more successful, that's in everyone best interests. And no a blog is NOT made in competition with the successes of others, who come from an OJ Story, and no Im not sharing my story, to make others be more compassionate towards me, and no I am not speaking and not angry at anyone, that is treating me as less than, simply because I am not rich and successful and social. Who cares. Then there are auditory delusions, that's things that are said, not spoken by you, that you hear, that doesn't sound like you, and is not the way you think, but things said to you, to make you think or try to understand where they are coming from, you cannot rationalize hate, that's by someones exposures in life, identifying you as not being sound of heart and mind, not your fault. We all lose our heads from time to time, you know you best, and the best way to control your thinking, is not to worry what others are thinking, that's others reading you to have an effect on you, and that's a misuse of a human body, for whatever research is being done on me, to figure what about life, as someone who is well spoken, as though Im to be made to speak on behalf of whom? Beyond who I am connected to in life, who is not harmed by me, who I make sense to, and do not communicate to others, things that would make me sick, or not feel well around others, that's why its important to speak from a condition of strength, not weakness, and not to speak to whats bothering you, and shed light upon aspects of life not everyone needs to be exposed to in life, that's not thinking dirty that's not hearing dirty words, and that's not speaking to others in a dirty way, to cause them to have dirty thoughts about life or others. That's not the solution to mental health issues, and no sex and no sensuality, and no femininity feels good to someone who does not like you, is not attracted to you, and who doesn't find you pretty, and that's what being a tomboy is about, not using your femininity to attract people, that's being yourself, and being a strong person, not caring what others think, not bothered by people, not having any enemies in life, not competing with others for attentions, thats being well liked, by Men and Woman, someone who others are not threatened by, and feel smart around, feel good about themselves, and not bothered by the condition of others, harmless. **Whats not what people want to hear, is someone upset, especially if anyone does not have compassion for them or who thinks poorly of them, like they are changing their life to accommodate others, or had it not been for those who punished them, they would not be where they are today,* and that's taking credit for the good decisions made by someone in spite of whoever thought they were so entitled to put me down in life, and remove me from all equations in life, as though I ever needed to be factored in or made a negative example of. If that's the case, then I don't need to talk to anyone, I don't need to help anyone, I don't need to have any friends, and I don't need to make any money. No one cares only for themselves anyways.

And that's hearing from me, talking about myself, and expect me to feel good talking about my mental health condition out loud, this is why I keep to myself don't connect with anyone, except on a professional basis, and no that's not having fun in life talking to others, that's earning back your privileges in life, to communicate with others in peace, and just like everyone else who doesn't feel well in life, its hard to talk to people, and to feel well.

When You Can't Fix Your Life ...

10/25/2020

That's a gift in life, when you are able to take care of yourself and others, that's when you are living a good life, and gifted with the ability to make others feel well, or reassured. That's an upper hand in life, earned, that's something you have overcome, or been cautious of, success is earned, and it doesn't occur when our defenses are down or by cutting loose in life. When you are able to cut loose and be social, that's also a gift in life you are rewarded with, when you are living a good life, stepping outside of your zone of comfort, to give love or reassurances to another. That's a risk you take with your life and heart, providing comfort to another, or sharing love. Those are private examples, of being loved, and giving love, that's not for blog content, and that's not for public controversy, that's not what makes a good writer, and that's not how trust is made, when your life, becomes a source of entertainment to others, causes you to feel stupid, makes you look stupid, and makes others feel stupid, undervalued, or under appreciated. If you are to ever draw attentions to yourself, it should always be in the positive, is how a good story about life is told, with reservations, with careful thought, with an editor, with permissions, from the LAX Courthouse, Judge called, by visiting the US Supreme Court, and talking to an Attorney who is hired to council you if you are not doing well in life, tell you what you need to do. There is breaking laws, and there are social norms for acceptance, there is breaking laws, and suffering hardships, like doing drugs, and there are breaking laws, and getting trouble in life, such as drinking and driving, and those create misdemeanors, that means because of what you look like, because of where you are, because of where you should be, or not be, is why you get punished, if you are some place unfamiliar, to cut loose in life, or be social, and that's how you get treated like as stranger or up to no good, treated as though you are investigating the health and businesses of others, and think anything is about you, that is how you get treated as an outsider. You can be a quiet inspiration to others, depending on how well you are able to live life, or you can be a source of pain to others, who may not understand you, or think you think things are about you, when its really to do with them, having a problem with you, not liking you, not wanting to be social with you, and rejecting you for no reason, that's thinking you are doing well to attract attentions for others, and that's when your wellness offends others, who don't like you. Some people get looked at and immediately disliked, such as myself, that's if Im alone. Why its not proper to be alone anywhere where there is alcohol if you are a Woman and alone, how you get overcharged, or the DJ gets offended, if you have your headphones on, and what causes one to talk to themselves, is a discomfort, that is when you are somewhere you are not wanted, and overtime it becomes more clear to you that you don't fit in, if you don't feel good somewhere, leave, don't wait until you are told to leave, to realize you are not welcome, or the odd man out. That quiet confidence in others, is in observance of you, whether you light up social around people pretending that everythings okay, what you are like when you are yourself, and for determining how dumb you are, based on how hard you try in life, and whether you can tell if anyone is messing with your head, and feels good about it, without you knowing it. Life doesn't become evil, until you allow for it, and when you wake up, and think things over, if you ever feel offended don't be, that's a manifestation of others feelings and behaviors in life, that causes them to accept you or not accept you, with their defenses up, that's what its like to be treated as an unwelcomed advance, with no advances made in life, that's how Men treat Women they don't respect, or who they think are out to get laid, and that's why you get treated as stupid, out in the world alone. Which is why Im going back to me Ex Aaron, who is an Attorney, not worried about what others think, has been exposed to crime, and a good life, and is still normal, well.

When All Bets Are Off ...

10/25/2020

You can't make a good life, out of a hard life, that's when you need to slow down, focus on yourself, what youre doing, and then assume, that everything youre doing in life, is up for others to relate to what they know in life, whether or not they can relate to you, think the same, or know the same information in life. And that's what hurts, for some based on what youre focusing on in life, come to terms with the past easier than most, its when you think

of the past as related to your own life, that causes yourself instability, that's not living a good life, and losing a good life in life, because of who you were then, who you were not, and whether the conditions you were in, where to be empathized with, treated as though you are coming on to others too strong for advices in life or reassurances, and that's how you get punished in life, asking for help. -We don't all live by the same jokes in life, nor should anyone die, due to the lack of shared humor amongst us. The issues are either clear to you, or not, and if you don't have a deeper understanding of the past, or now, then don't bring up facts about life, that cause harm to the foundations for thought in others about life. That's viewing things in the negative, that's allowing theories of destruction to overtake, your understandings of life, living life, and what brought success to others, caring for us, building for us, protecting us, and living for us. -When you feel as though you are a person, based on their likes in life, that's when you start assessing your life, for negatives, to figure out what's wrong with you and why. Don't cause others to think poorly of you, you are not responsible for the feelings of others, especially those who have harmed you in life, turned on you, not believed in you, or who thought less of you. -There will always be those trying to make another example of someone who had it all then lost it all a house and a car. Never trust anyone who needs something from you in order to love you, that's a relationship built upon power, power to feel smarter than, power to know, and with power to disempower you, knowing your strengths, your weaknesses, then convince you or others that you're a waste of time, space, and energy, and that's what causes one to lose a good life, and that's how a good life turns into a bad life, it's all based on your perception of life. -They will always eventually lighten up or try to be nice to you, or come back into your life. That's when they start to see the positive, with you no longer in their lives. That's by doing what they thought was the right thing to do, to play victim, to ask for photos, to then expose you to the world in an offensive way, to cause others to feel like victims to your exposures private. That's after 4 years of staying in my room writing, and sleeping, being at peace, alone in life. -There are no warm welcomes to life, not especially if others think you are the weakest link, and that's how death is caused, when you cause harm to someone who means well, just for a reaction from others, or to generate a reaction with them, and cause me suicide, that's trying to control a situation that is under control, and shining light upon other happenings in life using my life as an example, treat me as the bad influence, a bad cause, worthless, like no one cares about me. -That's reaching out for help and being rejected in life, that's not what you go to Law School for, to correct the past, to shine light on later insights, to repair a reputation, or to make a better life for yourself, you're either in a profession with direct honesty, attack the issues when it comes to your life, and not attack or assume the issue that others have with you. -You don't look bad, until you feel bad, and if you feel bad, and poorly represent yourself, and lose sympathies in life, that's others happiness being well without you, and not feeling sorry for you in life, and not wanting to help you in life, reject you, your concerns, or your efforts to help make the world a better place, by living a good life. -When others experiment with your life, that causes bad luck to you, everyone who loves you, and to everyone who did care about you, results in a loss of faith, some are too old to fight, too old to care, too old to try harder, and too old to correct, too old to fix the past, and too old to explain what living is for in harmony, and what loving is for, to be yourself and shine for another in life. That's when someone doesn't have anything to lose, and you have everything to lose. Your freedoms, your trusts, your fans, your progress, your livelihood, your abilities, and your resilience to stresses in life, to maintain value, under attack by others, as to your credibility. -Accept that those who don't know you, may not understand your struggles or pressures in life, to make a good life out of a bad life, or to make a beautiful life, in spite of what harms you have suffered in life, no matter how vague. Being hospitalized is not one of them, that's not from a private understanding of the issues held or thought about, that's not feeling well without people in your life, and that's a normal chemical imbalance to experience in life, everyone well when you're not feeling well, and not knowing why, that is why some people become sober, to do well in life, to live a better life, and to not be a burden to others, maintain abilities in life. -And that's when all bets are off, and I join IMDb, that's for the sake of accountability, not making things about someone who later comes to be a controversial figure, such as me, not met with total acceptance, vs to be considered underground, without likes, and without others believing in the caliber of my work, nor recognize how special my stats are, or how well earned. That's someone testing your human condition in life, not caring if you don't feel well, not caring if you don't look well, not caring if your hairs falling out, and you have to die your hair dark brown, and today being the first day, my hair is not falling out in my brush, kind of stress in life. -And that's why I challenged myself, got registered on Alexa and Certified, became a Member of Brady, joined OFA Fellows, made Pages on Facebook, ran everyday out and about in the Community, reported to LAPD all conditions unstable or to determine whether I needed to be hospitalized based upon my thoughts or my condition share all the time, since 2013. That instability is permanent, and the cause for it are losses, whether that's a broken friendship, a broken relationship, not hearing from someone, being ignored, being let go, and that all has to do with your health, are you having fun in life and why, should they care about you why or why not, are you being social, if not why, do you have skills for the job, or do you not have all the skills. And that's why my Company did well ranked 19,211, because I registered my Company and hashtags with The State of California, paperwork

completed by LegalZoom. That's to protect myself from harm, put my life in jeopardy, should I fail to represent myself or others well, to stick to my company objective to be a "publishing corporation" and to do my best to publish my work with pride to the best of my ability, and in a style that matches the quality of my writing, to only describe myself as my education does, that's not pretending to be someone you are not, that's actively taking steps, to check in with others, whether or not you are punished in life, or found to be to blame, for the struggles others encounter when it comes to acceptances in life. That's not creating problems for others, that's staying home, with no boyfriend and no social life, and no money except for cigarettes and food daily, that's not wasting money, that's not pretending I'm more professional than I am, and that's taking responsibility for myself, and respond as best I can, not to create waves, and that's is how you determine responsibility, and that's what connections are for, building trust, not for making fun of people or taking advantage of them in private, to see what they are like when their guard is done, and that's an example of an unwanted connection seeing through your lens of understanding, and while feeling good about yourself, and with viewing everyone else's progress, hurt you as unstable. That's me coming forward and not tolerating being blamed for others misunderstandings about the use of my character to distort the perceptions of others, and that is why I'm uptight now, why I'm not friendly now, why I'm not loving now, why I don't take photos, and why I don't video. Why because when I was nice, everyone made fun of me, and this is my stand against bullying. -And that's how others get strength in life, to then compete with you, to put you down, to destroy you, to hurt you and your family, I don't sit and watch life happen, I actually go out into the world and make sure everything is okay, that's not making \$hit up, and that's not making \$hit happen, and that's not what life is for, stirring your own emotions, stirring the emotions of others, and making me look like I'm a fraud, or don't set a good example or be situated to barely be able to live life myself, you are who are you criticize in life. -And in the face of aggravation, thankfully I am doing well in spite of becoming suicidal living life anyways, whether I sounded clear, whether I sounded positive, and whether or not I got in trouble explained everything, in order to fix what was going wrong, why people separate. Hurting someone's ability to speak, is not seeing the value in their education or respecting what they have been through, not wanting to hear their story, to preserve whose conditions in life, people died, because I did not launch, my website was not made in time, and then we got COVID. That's the order of life, you are either well and apart of life when things are going well, and if you have an idea that threatens the momentum of others in life, then you get ignored and punished, and that's how one become suicidal, in a make believe fight, gone public: voices.

About Death and Dying: Speak up or forever hold your peace. Be helpful or don't speak at all.

What is Fear? ...

10/25/2020

"I am participating in the Writing Contest: Scare Your Readers (Seriously)." [1]

Scrolling through accounts whether that's on a dating app, or socially on messenger, can be a nerve wracking experience, finding someone as interested in talking to you, as you openly share your life to another, for acceptances, just for a reply, and that's how things go started, this was 2017. My routine at the time was learning how to blog, my cousin suggested Shareasale, and so I joined just to add banners to my website. Coincidentally later in life, a banner was removed from my website, then hired a Sober Coach in Florida, who my Mom did not approve of, for people in sobriety. What is beautiful? Don't let your life pass you by without trying things at least once, would be my suggesting, not the biggest risk taker, but someone who when convinced \$hit has hit the fan, does everything possible to make things better. I appreciate my life, I work hard. In an apartment in Marina Del Rey, with seals barking at night "wow you have a lot of wildlife around you" my Best Friend told me, after picking up her and her older Sister from the Airport, after visiting their Father in jail, I was 3rd in my Class at the time, our first course was in Wrongful Death, Introduction to Legal Studies, my Professor exclaimed "Poor Farah" when Michael Jackson was all over the news pronounced dead, I used to go to Neverland as an adolescent, and have one polaroid saved from the Arcade photo booth, we were in Middle School at the time, I remember that top, I got one in yellow and one in blue, both V necks, from Ron Herman, she took the "wife beater" tank top, with a hologram picture girly in black, on the front, I saw in a picture with her Aunt. "Do you guys want to stay in the Kids rooms" and we said no, and they put us in the Guest Cottage across the driveway from the main house, a chef cooked for us each day, whatever we wanted to eat, he made. One year I was gifted a box of CDs and a yellow jeep boombox. He lived on a Ranch, complete with a carnival, free candy, a movie theater, a zoo, a waterpark of towers you complete with

waterguns, and a train that started at the train station just North of the house, up a hill, we drove mini Cadillac Golf Carts up to, with sound systems, all his music, and took the Train to the Zoo, or to the Carnival, it was all attached, with one road connecting it all. -There will be things in life you never talk about, until something bad happens, and when something bad happens, either think about, or disassociate yourself from moments in life, when you had a good experience, where others had a bad experience. That makes a memorable experience, complicated. The types of failures in care, that haunt others, just thinking about, as though we are supposed to accept our own discomforts in life, and be treated well or not well, based upon who our connections are in life. When memories, no longer become good stories to tell, then it's a matter of when you find out. There's an App, I think is named after a smoke shop on the corner of your Moms Street, Tinder. And that's when you begin to think, maybes in life. That's after you get voices hitting your head into a wall until it bled, something obvious to everyone, except you, the street name and business. The more you think about, or question others, the worse things get. When sympathy of you is lost, is when you become an unwanted connection in life, and the stories made of you afterward, are to present you to the world, as a joke, when a Man plays victim to a Woman's love, after I wrote my thesis distributed online on my website. That's a Man trying to represent a Women's issue, then kicking you out of an equation in life, using your identity to shed light upon other issues. Explain what a good life is and what a good life looks like and what a good life feels like, and then treats you as though you don't have a good life, that's not being included in life, or credited, that's being put down in life, and should you broach the topic of anything in life, then you get treated as though you know everything. How public do you need to be and to what caliber? -How well do you need to know a person, in order, to be nice to them, some feel entitled to more in life, as though you have something that your not sharing? It was after being hurt, I published my Book, figured it was best to prove my value, I don't keep any secrets in life, I'm an open book. I don't deserve to be treated as prisoner to anyone's questions about life, so threatened. That book was only sent to The US Supreme Court and my Best Friend, before Kate Spade died, then Justice Ginsberg died. That's prying expecting answers from someone, prepared or not to present or to speak about death and dying, and those losses are irrecoverable. It then doesn't matter how big I am in life. What can restore faith in companies who cared about everyone, and that hurts the pride of what makes a person special, not by the secrets they keep (voices) known, or the book they have spent thousands of dollars on writing and editing over the years, beginning after the first fire, that was my response, in a life threatening situation, to try harder, and make the most of life, and launched a website. What's their version of peace may not be your peace. And that's what a fight looks like, over whose victim to who, and who got wrongfully taken advantage of for the purposes of making another feel better about himself. That's wrong to do, that's wrong to hurt someone in private to hurt them in public, what purpose does that serve? That only caused me harm, physical pain, and embarrassment. I've never meant to hurt anyone I was in a loving relationship. If that was what was asked of me, that was for his pleasure not mine. Made to do. And that ruined my life story. I've never had a bad experience with a Man in life who publicly shamed me, or presented me to the public as someone I am not. I'm shy, it's usually the Man who hits on me, not vice versa. I can do better, I will do better, and I will not tolerate, anyone putting me down in life, to make a comparison of me to someone famous. And that's how someone becomes a source of pain to you in life, someone who you knew, who no longer loves you, and only seeks to harm you. It's been a living nightmare, an unwanted aggravation in life. Enough is enough. That's not funny to cause me suicide, to pleasure yourself in whatever humors in life you find funny, that's not okay! -I got lice in Kindergarten and then we got quilts for our head to nap on the rectangle carpets stacked on the bookshelf, we took naps in Kindergarten, how we were accommodated. I remember my Mom picking lice out of my hair, with a comb, at 555 Barrington, in her apartment, my Parents separated when I was 5, that was what the sandbox was for, built on the other end of our house, and that's how we met Nicole Brown Simpson, playing outside, she asked my Brother if he "had a Sister," and that's when I met Sydney under a Magnolia Tree, with a wooden swing, and yellow wire, she was 3 and I was 4. What's scary is being looked into in life, that you never get comfortable with, the van driving by your driveway at night, the guys pulling over to talk to you in the street asking you "where OJ's house is," that's when you don't talk to strangers, generally more excited about you than you are about them, that's people looking into your life, without you looking into the lives of others, and then we made a Lemonade stand, my idea, made the lemonade, and my Best Friend and Sister were featured on the cover of People Magazine, that was being positive to a crowd. That's having a good heart about things, and being sheltered from the times, that's being a professional best friend, keeping their best interests at heart, unfortunately no one is there for me during tough times, no one is around if I do drugs, no one can console me if I drink, and no one can stop me if I become suicidal, unless I call 911, and talk things over with a police officer, and not keep things to myself, that's living life. The moral of the story is be compassionate, whether or not you understand others, and whether or not you think they're dysfunctional life, is the cause of others hardships or abilities to grow, that's living a separate life, and getting a crowd going, being myself. But that also cannot stop others from telling you how it is, or treating you like a poor investment, or a problem, if I want to stop gun violence, I very well will do everything possible I can, to help generate an interest in

caring about a subject when no one else cares, and make it my business to care, the very issue, he was put in jail for, committing. Don't search my home, looking for a gun, and then search my Instagram, with a hole in my wall made with my head, after seeing my Ex in Yorba Linda the night before, having received a call "from someone who cares" and use my line stated to a friend in college to tell his boyfriend when I hid his gun in a suitcase. Because he was shouting at her calling her a "cokehead whore" and was scared and showed me his gun and she didn't know what to do with it, that's being a good friend. Everyone will come to know your life, and remember anything that pleases them, then treat you as though you cause harm to others, and play hero. That's the risk they take, in turning on me in life, and not include me even if things start going right for me in life, that's something they don't care about. Like I deserve to be harmed not diplomatic. Becoming a Member of Brady was not controversial to me, but maybe to others, like Im someone who backs out, if not successful as though Im trying to hide my connections to causes I support. If you dont support me, thats not supporting me, that does not affect anyone who I support by law as member to or by job, and that's what a banner installed at AFM Film Festival is like, by my Ex-Boss, for her Film, featured with Balloons a poster she made me, with a car, I watched my first day of work. And a banner was removed from my Website. And that's how people T things up in life, to make you speak, first (1) make you look guilty or suspect (2) create a change you must respond to (3) make you feel guilty whether or not you are and (4) watch you put the pieces together, as though you are intended to be a joke as someone (5) who puts themselves out in life and then (6) be treated like a problem then (7) difficult to understand or accept, treat as combative or a loss to others, that's not being a "winner" in life. Her life story = a Pulitzer Prize.

Total Words: 1991

Reference:

[1] <http://positivewriter.com/2020-writing-contest-scare-your-readers-seriously/>

Edit: 10-26-20

Joining a New Profession ...

10/24/2020

If you don't know whos here, and you don't know what the scene is like, and if you don't understand whos doing well and why, then do your best to figure out how to integrate oneself within a sub-section of a profession, called Technology. You may not be a startup, you may not have pitchable concepts, and you may have no money, but that doesn't mean that you have been discriminated, on the basis, for your direction in life, judged as someone knowing, or who has yet to figure out the bases for deductions in life, and assume that was because you have done something wrong, or guilty, made fun of as deserved, as having not been smart, or having not done well when everyone else was happy and doing well with jobs. That's the price for participation in life, who you open up to, where, and at what point in your life, you decide to open up and about what, matters. Don't worry too much about where peoples ideas came from, and make sure that you yourself have the fundamentals down, in terms of being yourself, being nice to everyone, being careful about touchy subjects, and do your best to stay well. What feels good to others, is to not be connected to you, not worried about you, not intimidated by you, not responsible for you, without reason to not trust you in life, why its important to be accountable, to continue your education, and not be treated as someone who looks good but has no idea what theyre doing in life, only engage in something you have practice in speaking publicly. That's not the game, that's everyone comparing a human being to beloved characters in movies, to say one was inspired, or behaves like, or is like, because one is that way, or thinks one is special in that way, the more you try to assert yourself as unique, the more you get treated as though you do not value and appreciate where you came from, or realize how hard your parents work to provide for you and support you, that's an investment, and so should one invest in their own well being. There is no automatic acceptances of you in life, and even if youre good at something, that doesn't mean youre automatically going to feel good, and that's where the audience matters, you only go as far up, as your audience feels, and they cannot thrive or appear well if they feel underappreciated, or not valued, that is trusting professionals, with symbolization and creation of concepts, that have been tested to keep others feeling good and excited about life, not all connect on a basis created by someone viewed as a failure, with mental health issues, or an addict, we cant all be treated as smart, so long as you do not partake in the whos smart whos not part of life, just always base your thinking on what makes others feel well, better about themselves, not

just focus on what stands out to you, bothers you, or may makes sense to others but not you. That's banter, is not being up top anywhere, and those signals are to everyone not just me, there is no inner agency in life of communications between people, that propels one person or the other to feel ahead of others in life, that's not how success works, its based on your ability to be reliable, and to have proven yourself worthy of an opinion in life, and whether you do a good job at protecting others from harm, or whether you say things that expose fundamentals of other peoples thinking, that may or may not make everyone feel good said out loud, that's not trusting the private communications of others, and judging someone based upon their social skills. Learn to leave people alone, I don't have anything in life that anyone doesn't have in life, we all have the internet, we all have an opportunity to share, and we all have an opportunity to read. Just because one is successful, doesn't mean that they have everything in life figured out, and doesn't mean that one thinks about life too much, usually what is needed to be said is said to clarify issues, to make things better, so others don't become defensive, so no one feels bad.

You Can't Get Far If You ...

10/24/2020

You can't get far is you have positive experiences with others, then later question those interactions, with sudden worry for what others think, just be yourself. No one thinks that hard about others, especially while living life, which is best lived with acceptances for one or the other, theres no need to be hostile toward people, and its important not to blame people for anyones unhappiness in life.

You can't get far being too critical of others, that only makes you seem like you think your above another, or as though someone needs to be corrected, you will always be based on your demonstration of being kind to others, in order to be met with kindness in return. Certain things you keep to yourself in life, those mini happy moments, are when you are light hearted, that neverending pain, is not headed in the right direction, needs to lighten up, not isolate.

You can't get far worrying what other people think. Who cares if you're the smallest person in the room, the least positive, with the most problems, that's your life live it, so be it, etc move on. You cannot outsmart the system of peace, which requires that you be respectful of others, their privacy, and not share those moments out loud, subject those you know to vulnerabilities in life. And if you've been punished, that's that something about you that's disappointing to others, how you respond under stress, or after relapsing, self-harm (2017). And that's another form of rejection you'll face in life, people being nice to you, then feeling wronged by you. That's them taking the time to speak to you, then be turned off, and don't hear from them. That's sharing too much, or being too upfront, if something doesn't feel right, then maybe that's why you are being judged, based on the decisions you make in life, or thinking of working for whom and why, that's another form of loss of respect that occurs, your career direction.

You cant get far in life mentioning others, sure at the time you may be okay with sharing a story that impacted your decision making and how you feel about yourself, its not a good story unless and until you get to a positive place in life, otherwise, no one understands if your not happy and doing well prospering, as though you hold resentments, or still think about the past. That is how others treat you like a class action joke, like you're a cause of hardship to the lives of others, I think people are doing great, and many are positive and successful. I just think its an unwanted connection if you are not doing well in life, not successful, and that also doesn't mean it's a wanted connection if you later do well in life, you have to be proud of yourself. You cannot expect anyone to be proud of you, that's expecting others to care, or speak positively of you, once they know you are bipolar or have self-harmed, then that's the condition caused. To show that you're a weak person, or to show that you have temper, or to show that you have trouble with men or women or identifying yourself in life as beautiful, that's how you get picked apart in life. Whether you are basing your wellness on the wellness of others, or whether you are doing well when others may not be doing well. Ive been working on myself, and no matter what phase in my thinking and thought development I was in, eventually I started writing.

The More You Talk About the Past ...

10/24/2020

The more you talk about the past the angrier people get, that's people not in your life, judging you in the negative by who is in your life, or by what you have to offer work wise, of value. Understanding another's past will not provide you with solution to your problems in life, that's how one's defenses become unnecessarily hurt, that's a misunderstanding, talking \$hit about someone, ie. Me. There will always be people not happy with you, and that's always a disappointment that no matter how well you're doing in life, you're not good enough to enter the next phase of life, ie. The work force.

You can have everything in life, and still become sick mental health wise, you're only human, and some are not fit for experiments to find out more about someone, or to connect to control, that's mismanagement of my body and mind as connected to another, who then becomes angry with me, if I get tired, we are not machines, for energizing a man up, I can be positive, but we all get hurt, and tired, don't take it personally. I do a lot of manual labor, trying each day and thinking using my mind, to create work of value for interpretation, therefore it's not necessary to hurt my progress, or worsen my condition, as though I have it all in life, or lead a better life than others, I get hurt too, I get in trouble too, I get rejected too, I can't get a job too, I have trouble making friends, I don't have a companion, we all want love and acceptance, don't abuse people's vulnerabilities in life, to change them into something else, someone who doesn't feel good to others.

It's not plentiful health, if you hurt someone's self-esteem, and make fun of their condition, that can result in losses of faith, loss of positive momentum, and failure to live up to what's expected of me professionalism, that's being in control of my emotions, and still performing anyways. And that's why they think it's okay to hurt me, because I write everyday, that's my commitment to myself to work that hard everyday, and just like anything else well made, things can fall apart and you can lose everything in life, beyond money, etc. I have lived a great life, a few relapses, but the majority of my time, I've spent writing, and managing my writings, and working on myself, whether that's losing weight, keep track of my thoughts, my progress, and my face, noticing changes or improvements, with exercise. -If it looks easy, they think that's a privilege not that's by education earned, and ability to talk about life in a way that makes sense to others.

Anything painful from the past if talked about, only makes me feel worse, that doesn't make things better, that's how things become painful, when someone is trying to figure you out, high energy, confident, and you lose energy, lose confidence, that's going from feeling well around others, to not feeling well around others, and it's directly associated to your interactions in life, and how others make you feel talking to you.

All fighting causes a slow down, causes one to reflect on their thoughts, and to continue to have faith, no matter how painful life gets, we can improve, but that doesn't mean will be accepted, not unless you feel good about yourself, and rise to the occasion, of applying for jobs, interviewing well, and carry a potential in life, to do well, and to succeed at what you put your mind to, that's when there is nothing wrong with you, once you have problems, or don't feel good about yourself that's how you get rejected in life. Just be patient. Don't fight, don't self-harm, and don't get mad at others, that only makes pain worse, the more you let go and center yourself, the less you feel disempowered in life, why it's important not to talk about the past, unless you have something positive to say about your understanding of life, if what you have to say is not viewed in the positive, that can cause you sickness, worrying what other people think.

No one has it easy in life, we all have to work hard, and just because one person doesn't feel good about themselves, does not mean they are not a good person, there are so many things to do with your life, than put yourself down, or lend insights that cause others to think less of you. Life's not a popularity contest, you can set yourself up in life, and expect to live a perfect life by physics, or equations, that's too many rules, that's being too hard on yourself, and if that's not your reality, then don't think that way.

There's no reason to not be a positive person, happy with yourself, being alive, and to continue trying in life. For example, I read books, I go running everyday, and I blog each day, that's my routine, and that includes reporting my condition to the police, when I'm not feeling well, or giving up in life.

It's usually a good story, that makes people feel good, that's a cure, when a cure is made, it's to provide others with reassurances in life, and that is a solution that makes everyone feel better, to watch people succeed in life, positive. It's those who are successful, who challenged themselves to work day in and day out, and create a life for themselves and others, that's being a caretaker. That doesn't mean that everything will make sense, that's not how to cure

discomforts in life, a requirement to think the same, feel the same, and talk about problems. That's only for therapeutic settings, in which everyone is told not to be judgmental accepting of one another, as well as keep confidential, ones experiences in life, in therapy or AA setting, that means their shares, their identities, their problems, that's not how to judge people, by whats wrong with them, and think that how they feel is based upon something known, figure out. That's a sore misuse of analysis, about a person, to provide what solution? To hate? #stophate #stopsuicide. -If you cant accept someone the way they are, that's something to do with you, it is never required, for anyone to accept shame, and blames in life, or get hurt, so another does not feel guilty, or look like theyre in the wrong. That's sending me to the hospital, everytime theres a loss, as though everyone feels better without me, or feels better knowing Im in the hospital.

The stopping point to thinking negatively about oneself as it relates to how others feel about you, or how you think they feel about you, is when you feel sick, trying to understand others, always view things in the positive, the less you talk about the negative ramifications of your poor performance professionally, the less responsibility others will take in life, when it comes to your health, which then gets reinforced by negatives, to make your condition worsen, not feel well, until you feel broken, until you give up in life, and thats no way to live life, everyone competing with one another over who has it better in life, who cares, success is not about that and lifes not a competition, everyone lives separate lives, its not important to connect, when life gets difficult, that causes me pain,

Thats the difference between living a better life, or becoming worse off. Thats not a win win situation, thats others thinking you have it good in life, and not feeling sorry for you, there comes a point in your life, where you have to keep going and moving forward, when you cant stop to think about the past, and when talking about everytime youve felt hurt in life, doesnt make things better now. And if others think youre up, the quicker you get put down in life, to see what you can withstand, to determine how strong you are, to see what you can endure, test your ability to live life, and thats an unnecessary use of force to punish someone in public.

The Ability to Step Away is Key ...

10/24/2020

Whatever you do, don't draw attentions, or expect attentions, when you are not feeling well, how my Pinterest went from 66k to 25k, its how you feel, that affects others. Everyone has their own lives to live, and while you may have been through some challenging stuff in life, its not something others need to process or comprehend, be aware of their feelings too, no one wants to feel sad, disappointed, powerless, or get hurt and not feel good, that's how I got sick and lost momentum too, that's being made fun of online, until I don't feel well, and don't maintain stability, that affects everyone, how they feel, how they progress, what they think, and its that disappointment, that becomes painful, not your fault. This is why addicts are such a let down, not only do they hurt themselves and abuse substances, and become a failure in life, then they feel heavy to everyone else, as connected, a sad subject. If youre a woman be a woman, selfies are an okay realization of ones own beauty, sometimes you need a visual representation of yourself, in order to make things better for others. That's them hearing from you, but not getting to see you, for some its by what you look like that lets them know whether to accept you into their lives or not, that's recovery, make sure to look well, that's the goal in life, not to get sick and age fast, pace yourself in life, there is no reason to live a fast life for no reason, get help. That being said. Either be a team player in life, and remember whos important to you, or waste time people pleasing, or being misled by others feelings in life, its not okay to send provocative photos, that's if your feeling good, follow your instincts, if your instincts do not permit for sharing what you look like, that much should be respected of you, one can only handle so much abuse and threats, as though its my love that's required for another to feel good, what about me? Don't forget to think about the person, just because one is successful online, does not mean that everything is going to work out for me in life, and that's a sad fact about life, you have to continue doing well, so opportunities arise for you, or doors close on you, if you are not doing well in life, that is how you get ignored, and miss chances in life, that is someone not having faith in you, not seeing your potential, and only accepting you if your top notch, and well. This is why not to divulge your past or share too much information when applying for jobs, just state the positives. Working toward an expungement of my record, why I am being ignored, or rejected from jobs, and because I don't have enough recent work experience to qualify for a paid position at a law firm, work with an Attorney. Going to Law School, does not mean that your reliable, its your health that matters. And if you cant stay well without a job, then that is why your chances decrease applying for jobs. Just stay positive. You can overcome any conditions you set your mind to. Im an example of someone who has

worked hard, but doesn't maintain wellness, but performs well under pressure, that's just me, maybe not prepared for everything in life, or able to read others and say no in life, that's just me, accepting of all people, fearless. Keep a schedule in life. Its when you fall off schedule, stop goal setting, then you have to start your recovery all over again. **Stepping away is key to caring for someone with addiction,** at your own discretion try to be supportive, it is a painful subject, what causes mental health issues, or substance use and abuse, it's a path in life, traveled by the few physically able to tolerate and manage themselves under substances, and some of us get tired, feel pain, unhappy with ourselves, feel worse.

Personal Update ...

10/24/2020

Have not been feeling well, recently, not my usual self enthusiastic about life, tackling my day in good spirits, but recently have fallen under a spell, thinking wise, when you don't feel well, because youre thinking about whats wrong with you too much, and that's playing doctor on yourself, to analyze your thinking, or subject others to analyze your thinking. If Im not feeling well, means that my thinking is off, and not my usual positive self, upbeat in life, happy. I know that I have to continue trying in order to make my life better, and blogging has been one way to have a life of my own, besides sleeping and reading books, an doing internships. Work is work, it doesn't matter where you are in life, paid, unpaid, funded, alone, among others, the same risks apply to your own work settings, to pace yourself, continue learning, meet requirements, research requirements, and broaden your skill set. My Mom approved of a life coaching program, which Im going to apply to, after I finish a certificate in Public Health Thinking Systems. That actually really made me feel better, to hear from someone else whats going on, and being taught what to look for, or sound like, effectively communicate in a positive way.

Love is a Quality About You ...

10/23/2020

You either have what it takes to be loved, individually by someone, or all, or you don't. And if you don't, that just means that you are still working on yourself, not opening up to anyone at the moment. Everyone seems to be infatuated with seeing the other side of people, what they are like in love, what they are like when upset, or what they are like when bipolar, always curious to see how things happen, without accepting things as is. In order to enjoy life, its not necessary to experiment with the emotions of others, to generate different reactions from them, not unless that's based off of how you feel, not respond to someone, or solicit for attentions, and then ignore someone, we cant all be that forgiving of each other, and most of us move on once tired, by any amount of attentions, or too much attention, no one wants to be controlled in life, that inner stability that's you, either gets along well with others, or does not.

The less comfortable you are with yourself, the more difficult it will be for another to accept you, not see you as genuine, not see you as of value, only see you for your faults in life, or previous appearances in life, if unimpressive to most, or pathetic. Its not a waste of time, experimenting with your smarts, or sharing how you feel, and if things change, always question for what reasons are you not yourself, what is causing you unhappiness, and whether you are doing things for attentions or likes, and ask yourself why, why do you need likes, why do you need acceptances, in order to become successful, wheres the progress in that.

Social acceptance goes a long way in life, its not something taught to you, you either make friends easily in life, maintain friendships, or you find difficulties being social, when not happy with yourself, or proud of yourself, it can feel like a risk putting yourself out there in life, but you have to continue trying hard in life, even if it makes you feel uncomfortable to be anywhere public for social purposes, to be out and about.

When it comes to love, don't take those leaps of faith, especially if you are a girl, solicit for attentions from any man you admire for that fact, its most likely to be viewed as unwanted attentions, or infatuations, mental illness, not pride. We are not all blessed with connections and a social life, and if you are feeling desperate or don't know who to love, don't just love whoever loves you, those may be your biggest regrets in life, not interactions you are later proud of. And the more you put yourself out there in life, and less good others are made to feel by you, that is how

you get hurt, by how they feel about you. That's someone not being sure of you, such as pen pals, if you have to try hard for acceptances or love, or just to make conversation in life there will be no later point in time, of them being proud of you, not if they weren't sure of you to begin with, that's not how love is made, love is made when someone accepts you totally at the get go, with a genuine smile, and excitement to be around you, without a dull thought in mind, or hesitancy, willing to love you, and accepts you the way they are, openly giving their heart to you, that's a good man in life. And sometimes you have to earn acceptances from Men, the ones you have to win over in life, can find better, trust me.

We all have dark sides, which are merely moments in life, that one night stand, that trip to club dressed up, that march the 8th time for no reason, your heart will take you places in life, and sometimes the places your heart takes you in life, does not send reassuring signals back to whomever is connected to you, that's taking risks in life, and while it may be fun to Tweet, learn how to use the many thousands of word processing systems, for work that is of value to you, its what we develop in private, which upon sharing, becomes of value to others, to read, and spend the time invested in trying to understand your writing, or figure out what you are trying to say. Then there are the brainiacs that just scan highlight and circle, and find problems, expecting more depth or explanation for a thought, and this is how you raise your own standards in life, by comfort, by your comfort, and by the comfort of others speak. You get less out there overtime, and more methodical as you go, and veer off course from time to time, when it comes to being commercially acceptable, in the proper formats, easy on the eyes.

So don't lose faith, forgive yourself for your drinking years, forgive yourself if you ever tried drugs #dontdodrugs, and be proud of yourself when you are able to fix your feelings on your own without the need to substances such as drugs or alcohol, to take you away from what you are doing in life, functioning, and cause yourself dysfunction in life, that's not the way to smart.

Smart is a general acceptance of all matters without fear, it's the ability to consistently and continuously observe life as it unfolds, for you and others, without losing your own sense of control in life, over what you are doing, how you are feeling, and stay motivated in life, to continue making progress, why? Because someone smart knows that they are relied upon, whether that is told to them directly or not, its when you fail, that you become a problem to others, an uncomfortable subject, and it will not be until you become a success in life, that you will recognize the successes of others, and feel apart of life, as though you are living in a way, that mirrors what is expected of you, not misled by your fears or worries, or others responses and reactions toward you, when someone is quiet around you, that's them figuring out life, and when someone shines, that is them being proud of themselves, not needing you in life. And that's being liked, they need you, then like a soldier their off, putting themselves together in life. We sometimes have that affect on people, they see your hand, and create a hand in life for themselves, thinking beyond their problems, not feeling sorry for themselves, feel more capable in life. That's a positive comparison that occurs, when someone sees more than you.

Social Media: How to Avoid Self-Harm ...

10/23/2020

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

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

- There is a way of speaking about controversy, that doesn't offend the senses, and that occurs when you stay abreast of what the issues are, do the research, and from an educated standpoint, present information in a way that enlightens others, without challenging their own condition, or feelings about the past, or present circumstances, be offended by what you have to say, that's building tolerance on both ends.

- Its important not to say thing in the negative, that is with blames, being obnoxious, too confident, insensitive, without detail, in the defensive, without alluding to whats working when discussing our own viewpoint, without telling people how to think allowing people to think for themselves, its when someone does not agree with you, or does not understand you, or feels threatened by your opinions on matters, whos interests are not served by your expressions in life, that entice the reverse feeling onto yourself, met with backlash, or intense feelings as expressed by others toward you, that's learning how to avoid a fight online, and that's not what Social Media is for.
- There is a such thing called peace, and it starts with being at peace with yourself. Be mindful that although you may feel your story is special, and although you may feel like you've been through a lot, there will be others too who have lived through worse, or who have lived better lives, who may or may not relate to you, or find you interesting, knowing that, its in your best interests to avoid excitement, or draw too much attention to yourself, not to overpromote yourself, or your interests in life, or who you support, it then becomes a matter of maintaining internal integrity, with regards to presentation of your thoughts, what research you have completed, and share what is bringing you peace in life, and how you have been able to achieve that, without causing mental disturbances to those resistant to change.
- Those resistant to change, may not care to understand you, nor appreciate what you have to say in life, don't try harder for them, try harder for yourself, and be resistant to those who are resistant of change, the less you change to accommodate the interests of those whos best interests are to disfavor you in support of another, the worse you will feel, the more you will inherit feelings of guilt, shame, and embarrassment, for having shared your life with another, who is only using you or manipulating you, to make themselves appear as victim to your sexuality, your beauty, your demeanor, your presence, and that's not how to build trust, online.
- When the times are tough, be professional, that's not the time to experiment online with your sexuality, or to be too confiding or close to companions online, who may be going through their own issues, under the same times, and probably not in the mood for schmoozing, unless what you have to say is important and helps.
- There is also a such thing as unsolicited advices, or help in life, that's also found to be offensive, why its never appropriate to demand change in others as you see fit, that's a really arbitrary way of examining the behavior or conduct of others, and expecting that change within them, will foster better results, in regards to whats not mentioned or known about you, supported.
- *How to benefit others?* To be beneficial to all, assume that everyone knows your issues, your disabilities, your strengths, and your weaknesses, without needing to declare your characteristics, traits, and gifts out loud, allow people to see things for themselves, and make their own determinations, upon comparing your work to others, figure out for themselves what intelligence is, without being too demanding for attentions, accolade, expect that others have a sense of pride too.

Reference:

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

Love and Compassion ...

10/22/2020

Giving your heart to someone is a risk you take in life, opening up to someone, and being positive toward them, not all will appreciate you for what you're worth in life. Love is about stability, and if you can't stay clean and sober, and become unstable, then that side of you will be shown, even if it's a new side. People can only reach out to you so many times, before they give up on you. And if you're not sure about them, then that's a problem with reading your heart and making decisions in life, as to who is the best fit for you, and then try for love again. It's hard to make personal changes for yourself in life, out loud, that's one thing that needs privacy in order to bloom, relationships, once public, then becomes a matter of what others think, which can interfere with how someone feels about you in public, whether they are comfortable with you, or made to feel uncomfortable liking you, give it time. If you divulge your thoughts or worries in private, then that will cause you to become paranoid in real life, as though others can read your mind, or are even looking through your life to determine whether or not to accept you. Always do step work with a Sponsor, on paper, not in your phone or computer, unless you don't feel like writing. If you like someone, don't convince them that there is something wrong with you, not after they have already accepted you, that can be disappointing both ways, and be the cause of your discomfort talking to someone that you like or admire. Whenever you're forced to do a self-assessment, give yourself time, to process, and be at peace with yourself and your past, that's processing then moving forward in life letting go. There's a difference between, feeling good about yourself, and not feeling good about yourself, and it shows, whether you like it or not, others can tell if you're not feeling good, and can tell if you have low self-worth, not confident, or poor self-esteem issues concerning the way you look, these are usually feelings you go through in your younger years then perfect, not in your 30s. That's too late to work on your image, you either get by in life, comfortable around all people, or you become paranoid, and feel inferior to others, or scared. Don't forget to be brave, usually what scares you most, isn't that difficult to accomplish, such as keeping in touch with friends, applying for jobs, going to meetings, going to therapy, the more you rebel (drink or go out) the less gets done moving forward. That's putting yourself down in life, not the solution. There is a such thing as being too hard on yourself, and that's the problem with being called an addict, whenever you are content, others are not content with you, whenever you are happy, others are unhappy with you, and whenever you are not bothered, someone bothers you, that's not being in sync with who you need to make proud. Never give up in life, no one will come and rescue you from your problems, not unless you ask for help. The more difficult you become, the less likely opportunities will arise, to work with people, to work for people, to be included, to be given jobs, to volunteer, to be a member, don't make your life more difficult than it needs to be, even if you're not running on all cylinders in life a soldier about your day, who cares, we all live at our own paces in life. Don't subject yourself to harm in life, be experimental with your health, that is what makes it difficult to be in loving relationships. You will want a lot of things in life, the point is to work your way toward being someone of interest, thought of in the positive. Unless you say something, will others think something, that's one rule to keep in mind, if you think of a negative interpretation, not speak to it, say it out loud.

Off-Thinking, Recognize It ...

10/22/2020

If you're not thinking clear, if you're under the influence of feelings or voices, and if you are stressed or under pressure, and not able to perform, don't take risks in life. Don't take risks with your image, don't take risks with the image of others, and don't share unless it will add clarity, otherwise purposes to qualify oneself, or to share an example of good decision made to care, later looks like, you have not made a positive difference, or responsible for things not going right. I don't think anyone is that powerful in life to control people, and to control the feelings of people, and cause a disheartening of the independent spirit of others. Sometimes the more you focus on an issue, the

more it becomes an issue, and just like people follow you, so do your thoughts, so only talk about things, that if brought up again, will not bother you or anyone else to think about in life, that's being careful with your words, no matter what you're going through in life. Never take out your discomforts in life on others, that means not shouting at others, not blaming others, and taking responsibility for when you were struggling. If accolade is a goal in life or applied for ("The Webby Awards") that means that I'm at my very best, and have reached a peak in my writing, and performing to my absolute potential in life. However, at the same time one cannot expect accolade, for having returned to a more normal condition, working, you must have done something in life commendable, that outweighs, any poor decision making past, and why should you be credited for your work completed, recognized. Work-product should always be something you're proud of and feel good about, and hope that what is of value to you, will also be recognized as being of value to another. Regardless what your issues are, as a blogger, one is always responsible, for how the reader feels, whether that's someone who judges you, someone who doesn't like you, or someone who is just getting to know you, the less you anticipate for things going wrong, the more things go right for you in life, and that is one way in which success can be found, not by fighting. You are allowed to practice before speaking in public, whether that's in private, journaling, talking to others, video-ing yourself, taking a few good selfies, just enough to recognize your own improved condition, and then that's how you determine whether you have the potential to be liked by others. I have always been a blogger, and it took many years of confidence building speaking in public without suffering mental health issues or self-harm, before settling down on my own website, which has surprisingly worked out for me in life, but is very high maintenance, meaning I have to feel good, I have to be at peace, I have to push myself, and I need to look well, lose weight, and manage my energy, so that I do not sound too strong, appear erratic, or get challenged in life, as though I'm stronger or smarter than I appear. I am not someone to measure my success, by who can relate to me, I think that's a painful expectation for anyone, to portray themselves for imitation, I think that's without crediting people for what makes them a good person, absent minded me, or what I have to say. And that's what blogging is all about, watching progress not expecting it, and keeping your distance, thinking for yourself too. Some subjects cause fear to others, that means they do not trust you, do not trust your sense of direction in life, and trust themselves more, that's the benefit of not growing up in a news story, and after maturing and having worked, be your own story in life. Everyone is entitled to living their life without unnecessary attentions, pain or suffering, some are more sensitive than others, and the more sensitive you are to people, the better off you'll feel, not be scared of someone, simply because you thought less of them, and not proud of them now, having done a better job at living life. And that's one example of discomfort, trying to figure someone out, and not accepting someone until you know everything about them, trust them. I keep an Instagram, to show my face, and my progress, and what I'm working on, what I've thought, so everyone knows where my head is at, and what I look like, as well as stay home, not social, until I reach a moment of stability and pride, and have something to talk about, recovered. I think it's customary, and a common courtesy to share as you go, what you have learned, and to share your progress with others, that's without worry for others getting a headstart in life, to your decision making and choices, that's having fear of competitions in life. Why I focus on myself.

Address Reactions and Chaos (Voices) Through Writing ...

10/22/2020

There will be moments in life, when you are alone and things are peaceful, and there will be moments when you will feel hurt, or aggravated for no reason, based upon what you feel, feeling like others expect more from you, or expect you to speak, to cure a chaos. All insults hurt, and while you can't control what people are thinking, you can always do a better job of not being insulting, and not sharing in a way, to which another may feel insulted, and then feel pain yourself, having said something that empowers someone to dislike you. That's empathy. You must first manage yourself, and keep busy in life, it's not necessary to figure out others in life, unless you can do a better job, representing yourself, or your ideas about life, without affecting others. That's stepping into the middle of a fight, or knowing your place, not to get involved. It's really difficult to come forward in life, and to share your story in a whole and complete way, that takes time, and although there will be moments when it feels urgent to get something done, handle all things with care, including your own voice in life. Sometimes responding, without a backbone, or success, can make things worse for you, presenting yourself to the world. *What is loving?* I think when you are young, and you have your whole life ahead of you, you meet people, and you are able to open up eventually, and be loving toward them. Those moments are rare in life, you have to be in a certain place in life, in order to give and receive love, not all were gifted in that way, to be loved, or adored by a companion, and supported. Sometimes support is lost, if you become unstable. And this is how some of the greatest relationships come to an end. That's

when things are painful to revisit, when consoling cannot repair how you feel, when they are no longer the answer to your ability to feel good in life. That's upon not being good enough, leaving, and then returning in a worse condition on more meds, and that's the risk you take, being single, and not settling down, when the time is right. *How does writing help resolve disability?* It allows you to work through your problems in life, until you hit a clearing, that is a moment of peace, with disability, there are always pressures you face, and that has to do with your self-confidence, feeling good about yourself, proud. Don't limit yourself in life, just because things are not going well for you at any moment in time, always have faith that things will get better, and set goals, so that you create a better life for yourself, and that's how a life is bettered, no life is a bad life, unless you make it so, that's your choice. And always be cautious of who you choose to love and communicate with, although people will not understand why you speak to more mature adults, its simply because they are easier to talk to and more prepared to think about what need to be done to make things better.

This Year Has Been Tough ...

10/31/2020

When last year felt like we were all lost trying to figure out how to be happy again, I don't think this year really did the trick for getting us going in the right direction again. When life gets slow the tough get going and so it follows. When the times are tough, being quiet can be difficult, and when given time to think about life, sometimes we get carried away, protests and all. Follow your instincts, and if your instincts tell you that more work needs to be done in order for everyone to heal from the events that have taken place over the last year or so, then do your part, to contribute in a positive way, which doesn't always mean that you have to be a forward thinking individual, its okay to take it day by day, until you begin to see clear, and gain a better perspective on life, and that's also known as recovery. A journey Ive been through once or twice in my life, having suffered from addiction at the end of college, and while dating in Law School, eventually you settle down, and find your purpose in life again, those who love you don't usually leave you lost for too long, before you get to a point of no return. So take it easy on yourselves, within moderation is always the best advice given to those who in their emotional states, can say just about anything, leaving the other person quiet, the quiet people are good people, theyre the ones who make you feel normal, no matter what state your in. That actually takes hard work and effort to break the silence, and the monotony, of the news, to step outside of circumstances presence and speak to an audience, make a song, make an album, grow a blog, where there is faith there is opportunity, its when there is a loss of faith, that's what turns heads and hearts away from things theyre not so sure of. Always be sure of yourself, that's the beauty of life, that if you are clear headed, and have something helpful to say, you are able to get jobs, and speak with ease, that's with a clear conscious, and with some pride under your belt, good years spent well. I think during moments of crisis its normal for people to be experimental, that's usually for the purposes of making things better, no matter how late you are to any punch lines in life, if so relevant to meeting me later in life in my 30s online. What makes people popular is how the come out of difficult situations in life, after much needed rest and thought, and come out better people in the long run, no matter how much trauma and heartache they face, always be proud, Im sure all of us, have been faced with feelings, or energies in life, that we weren't really quite sure of, or which made us paranoid, or ever wondered about in life, that's normal, its not always people that are causing that, that could just be a matter of where your heart is in life, with you or wandering someplace else, you have no idea where your heart belongs. And that's how focus is lost, when you are worrying about one thing, and not into something else, you need to be focusing your attentions on, so think, what is important to you, and these types of conversations occur, during natural disasters, happy to be alive, fortunate to be taken care of, happy of what you have accomplished thus far, lucky to have met such special people in life, and its okay if you are not readily able to plan out your future, its not required to always have a plan in life, not all successful people are future planners, such as myself, I am someone who lives for the moment, Im not someone who thinks about life expectancy, the past, or worries what others think, but if you set your mind to those types of thinking then that's what happens to your head, wrapped up in what you think is happening, without having a finite understanding of why things are happening in life. Don't ever waste time wondering about those who are well, just do your best in whatever state your in, not to be a negative influence in terms of your fears in life. And that's what separates the strong from the weak, those who care, without abandon, those who share without repression, those who report unfiltered, those who demonstrate care professionally. Then there is messenger, a place to talk to people from different areas of life, you are not privileged to work with or know in real life, and that's when famous meets fans, that's when you either share commentary in support of the work they do, or run the risk of

creating trouble for yourself, they are those who do not have time to waste worrying about specific people in life, or time to be affected by specific people in life who are associated to people with fame, whos more important? If its something your passionate about pursue it, why I took an Internship in Film instead of a paid position at an Escrow Company Fall 2018, I should've worked as a paralegal, but followed my heart anyways, and pushed myself to learn what its like to work in Entertainment, all exposure is good exposure, that doesn't necessarily mean that it's the right job for you. Always do your best to prove yourself, you can break any condition of giving up in life, in bed all day for 6 months or more, on night meds by 8pm for a year, and get out of bed daily and go to work. That's a choice, to stay disabled, you can fix that, and no matter how difficult, to interview and be accepted, its an easier process than you think it'd be, you wont know unless you try. Learn to go with the flow, its COVID, not Wallstreet, and no one is in any rush to get anywhere in life, that's not how life works, you either arrive, or youre still working on yourself to get to a better place in life, content with who you are, managing your conditions whatever they may be, taking meds if needed, etc. The less you talk about others, the better you'll feel the more you infer what others are thinking, the more you will be criticized, and this is what makes writing so challenging, being professional on good days and bad days, and not allow all the other things about life bothering you, to be spilled out online, and bother anyone else, especially if those were conditions already overcome, no one needs to know or understand why or how anyone has gotten sick in life, that's really no ones business, but your own, its called HIPAA. That means its your health, your privacy, and has nothing to do with anyone else in life, not their right to know that type of information about you. The less you lend insight for people to try to get involved in your life, as though your life affects their life, the more so entitled they feel to disturbing your progress, as though you owe it to anyone to include the thoughts of others into your own writing. I always write in a balanced way, whether thats to my detriment or not, its not an argument, and its not a fight to write online, and its not telling people how it is, its just writing, one thought to the next, and I think that is how trust is built, what are the composite understandings in life, that make up your general outlook in life, and what have been your misunderstandings past, and why thought of, and whatever provoked you to be a writer, was it because you see any system as flawed, or was it to help reinforce or make a system better, to make a system better, not criticize.

What is a Business Secret? ...

10/31/2020

Positive thinking is necessary to the survival of feelings that empower us, not disempower systems of respect and trust. Which is how any disclosures about systems of trust, or thoughts shared about the inner workings of systems of trust, eventually erode the trust given to others, with respect for their opinions on matters, later alluded to. You are not included for interpretation within the entertainment industry until you participate via sharing your interpretations online, with a shared sense of humor for the creative processes that make up the movies and songs we love. The reasons for which crimes occur, should not in return, ruin the progress of those so dedicated to the cause of making people feel good, rest assured, that things will be okay, in spite of negative happenings. For whatever its worth, I thought integrating myself into a system of trust, would help prepare others, by aiding them via my insights and experiences shared, make better decisions moving forward with regards to how these painful experiences can be overcome, and will be overcome. You cant let any one person, bring an entire industry to its knees, nor can you allow any mishaps in life, to ruin an entire system of thinking based upon respect, not ridicule, pride, not hate. It takes approximately 8 years of writing and sharing online and offline, to eventually present your story (if you are related to a high profile case, that's to ensure that there is no precipitation of a continuance form of negative energy about the issues past, raised again in present times, that would be a unworthy inference to be made presently, you cannot explain the past, you can only best tell your own story in life, not the story of others, is key). It was then I became a top character on IMDb for reference, sharing a different perspective than the perspectives already shared, its by my own insights, sheltered from a case, not watched by me, not having watched the news to it, maintained an even keel in life, not intimidated by others, not scared of others, and not thinking of myself as any more special than anyone else in life. Stayed normal. When you get likes, which was a goal to begin with, that means you are starting to become an easy story to hear, and with satisfaction, others feel that you are presently able to be known, and known in a good way, that's after having observed you for many years, finally witnessing your condition as improved, with a more solid head on your shoulders to speak. That was an unrealized potential, and a type of confirmation, that lets me know that what I am saying is okay, and that what I am doing is okay, without bringing in anyone elses interests in life, present or past, and without causing harm to the credentials of others, who have been already paid, already made successful, and should not be required to change for anyone under any circumstances,

that's not what sharing my story is for, to be of influence, its just a story about my life, and my daily opinions and thoughts moving forward in life, without assumption or insult, and that's how you become well liked, people at peace with you, not bothered by you. Then there will always be a few who think you are piggy backing on the successes of others. I got into Law School on my own two Law Schools, and I got jobs on my own, before KUWTK ever took off, that was me doing me, not me doing me in honor of who has passed, that's with respect to those who have passed not get sick or interfere with the progress of others, that's support, not competition, and being made fun of, to shine light on a past experience of someone else's road to fame, is not meaningful its hurtful. When meaning is added, in observance of the life lived by someone, that means a later interpretation is done so with respect to those successes in life, I would not know the causes for anyones downfalls in life, as not connected, not my responsibility. I have myself to take care of in life, I was never a leader in the entertainment industry, and never a forthcoming entertainer to be, that just happened by writing on Twitter and Blogging, later came to be. That's having a good attitude in life, that's not being bothered by others, the times, and with respect to those who have passed, not shine light upon those happenings, vaguely or subtly, that's when you get looked at in reference to things before you have even campaigned for those causes, such as becoming a member of Brady, and started beach running 2014, when I lost 50 lbs. "Take my word for it" runs skip deep these days apparently. The quicker you identify yourself, the quicker you get put down in life, by those who don't identify with you, or think that your identity is not deserved well earned, online, well liked. When there exists an inherent need to restore faith, minimize risks, and when unwanted disclosures are forced out of people (affecting appearances, confidences, smile, attitude, focus, such as occurring within an industry, that indicates harm is occurring to be deciphered). Its never an appropriate to use Justice as a clutch in life, for reinforcing negative opinions of people in life, who have not done any harm, be compared to those who do cause harm, on a grander scale, and that is what is causing illness by association, thinking someone is bad luck, not good luck, and that how failure to organizations occur, when people who could empower, are used instead as a clutch for negative interpretations misused, to help aide in their identification of positive and negative viewpoints on their own, its not a fun process of being used, so someone else can figure out how their mind works, or feel energized in the process of figuring out life for themselves, that's called an over-dependence, and what goes up must come down, eventually that train of thought stops, and that occurs when what you are doing or what you are thinking no longer makes you feel good thinking about or thinking in that way, that means that your thinking is off, and there must be a better way of grasping the subjects in a way, with more focus on what is going well. That's how someone positive gets used to support a negative interpretation, just to protect a company name, or a series of choices, and hurts someone as though their bipolar is due to knowledge of being made fun of, I could care less actually, its by the harm that did occur, that someone reacts, without knowing why, and that's a direct result, of using an identity and misrepresenting the causes for action, or purpose for study and job choices, attack that point of interest, what makes a person unique. You know if you cant stop telling jokes, maybe that means that you love the industry and maybe that means that there is a neverending source of optimism ingrained in such an industry, such as entertainment, it was meant to keep going, and should not be made to feel bad about it, similar to my disposition, I feel like people cant stop making fun of me, and that they get so many ideas, just by knowing me, energy, just be careful not to hurt the well being of others, in your quest for better knowledge and understanding. When the truth gets villainized, that occurs when the truth is not told but when a negative interpretation takes hold, that prevents others from seeing the positive, be care just to block your own thoughts from seeing someone in the positive, not block the thoughts of all, by focusing on one persons negative antidotes about life, that hurts the identifying factors for success and that which cannot withstand impression made, later gets made to look like the misunderstanding lies within the one who feels misunderstood, not vice versa, a caused effect. The basis for interpretation in the negative will produce a negative result to whom that energy is directed toward or about when all things are viewed in the positive that's not to allow negative interpretations to take hold of what ideologies protect ones faith versus what types of ideas about life, people, and personalities hurts the faith of any group of people misidentified.

Learning a Big Lesson ...

10/30/2020

Preserve your liberties in life and protect your rights. That's the difference between living a quiet life, and being compelled to speak. Always pause, before you speak, and if youre not sure, only speak to things you understand based upon experience. Becoming a public figure is not easy, and even today with 14,740 Page Views and Ranked 18,599 on Alexa in the US, doesn't mean your in the clear, and can say whatever you want. Learning to be yourself within reason is key, not push the boundaries for acceptances in life, that's when the harder you try the harder you

fall. Only speak about things you are comfortable talking about.

Its been my experience that everything is okay, so long as Im okay, and the only thing that can make me not feel okay, is if I become uncomfortable about something Ive said, and later cannot take back, which is why it has taken me so long to become a writer, in a commercial way. Ive blogged for many years, and have had difficulty building a following, you don't earn a following by names these days, and it doesn't matter if you know anyone famous, its are you of value and why, and does what you have to say make sense, or is what youre saying to draw unwanted attentions toward yourself and others in life. Then it becomes a matter of are you prepared. Being prepared doesn't mean you have to know what people think, but with respect to the past, are you careful about your commentary or analysis, and with careful thought address issues, without shining light on specific people or specific examples, or experiences to illustrate or better articulate yourself. Usually what you say in support of something you are saying is not necessary, not at this level of acceptances in life. As you grow your blog, its better to not talk about people you know, and not say names, and just speak in a general way, not put yourself down in life, or run the risk of making anyone else feel bad for being apart of your story.

You will at times face unrealized pressures as a public speaker, and that's when confidence is key. So no matter where your life takes you, and no matter what happens, you understand the value of maintaining positive rapport with others, and that's not made by socializing with people for reassurances in life, sometimes its by mentions that we get dragged into equations in life, and become known to people on a personal level and its better to not get that close to anyone you don't know, famous or not, there is so much power in observation, that means not being a party to your discussions about life, its with reference that subjects others to feeling insulted. And that's how your writing gets put into question, whether you are headed in a direction away from the past, or whether you are using the past to explain your thinking now, bring up lose ends, or try to tie up lose ends past, does that do anyone a service in life, or does that only do you a disservice in life to discuss the past. If there is nothing you are ashamed of, and if you have done nothing wrong, then its okay to wonder, but its not always proper to wonder out loud, especially if some people have moved on in life, and don't wish to make those losses of issue now, be affected. Whats important to you matters, within reason, but is what your thinking important to your life as it is now, to discuss out loud, don't waste too much issue on non-issues in life.

You would think that being on the inside of life, that things would be easier, its not. And that's the false belief of someone who has lived a life not knowing you, as though you have something they don't have in life, or have something to share they feel entitled to knowing. And that's how someone who has shared everything gets heckled for more information than they are comfortable sharing about. That's why not allow anyone to cause you to question yourself or lose faith in your abilities in life. *And why to communicate only with those willing to communicate with.*

The more important you become, the more people will feel entitled to claim victim to you, why its important not to get too close to people in private, why your private time with people is to be limited, for a limited engagement period only, and its not necessary to respond to anyone who is threatening you. The only way you can give your power away in life, is to allow someone who doesn't know you, to cause you to make bad decisions for yourself moving forward, how your future potential is affected by recordings and writings private, that becomes their ammunition against you in life, that's the price of opening up meeting people in private for conversation. And that heaviness, is if you get hurt sharing in private, explains your difficulty connecting with others, without developing an aversion to being close to anyone, and that's how one ends up alone, that's when you have a bad experience somewhere, and then don't feel comfortable in those places in life. Be nice within reasons, but don't give up all your rights and freedoms in life, just because one person is not happy with you, when someone feels harmed, that usually ends a relationship, if its not your loss, it means that its my loss, to continue talking to someone in private, and means that it is my life that is being made to look stupid, and that means that Im not having fun, and not willing to risk my rights being taken away, looking indecent in public.

What I Went Through During COVID ...

10/30/2020

(I) After attending a Laker Game, and seeing Ari Emanuel in person, that was my first introduction to his name, and to his face. I had heard of his name through a popular television show "Entourage" I've seen only a couple episodes of. He was wearing a vest, and sweatpants, in navy blue, seating next to a friend, who then mouthed something to me, from across the court, someone who looked like they were from the show Jersey Shore, a man, had a purse at his feet, maybe a real Birkin. During halftime, I stayed, and he walked over to greet Jeanie Buss, who sits in front of us, behind the courtside seats. Behind the family who owns LA Gear, they were Windward Students, and had floor seats for several years, I attended almost every Laker Game 2008, and saved all my Free Taco Tickets, in my Business Cards album. That was before her Mother passed away, and before we lost Kobe Bryant in a helicopter crash. I met Ari Emanuel November 2019, on Messenger, and sent him updates, had just started distributing my blog on blopros July 2019, and started getting likes that showed up in my Facebook button, and when I was getting 200 Likes per post, the Likes stopped showing up, I had been blocked from posting links on Facebook, due to a "Community Standards" violation, I was not made aware of. This is why you have to be careful what you say, no matter what amount of pressures you are under, no matter who has passed, to always respond with etiquette, by what you know, not go by what you have been told, following their passing, that's insight shared from another, that later does not reflect the care and attention paid following those losses, to support my Siblings, while in Law School 2010, I took Criminal Law and got two As on both essays, and was #3 in my Class to Start. It was all of my Brothers friends who called me to talk, and then to call my Brother to break the news to him, he had been suffering for some time, and once recommended that he go back to school and to take his meds, I did not believe in at the time, I had a WLAC Course Guide in my car, because I wanted to finish my Paralegal Certificate too, to start working, bumped into him twice before he passed, once outside the Beverly Center on his way to Sushi Roku, and once at Qs he was eating alone in a booth. I used to pick him up in Boulder when he needed a ride, and gave my bong to him, when I moved into the dorms, because I could not keep it there, and quit smoking weed 2003. In a spur of the moment response, to the fact that his Mother did not invite any of his friends to his Funeral, made a Page on Facebook, my first Page, and they all responded, and shared stories and photos, and participated on Facebook, I got his birth date or a year wrong, and my Brother corrected me, it was then I started to have paranoia, managing a page online, and instead printed all the photos and posts, and made an album for his Mother instead, to keep as a reminder of him, in case she didn't think his friends cared they did. So when Major visited me for coffee 2017, and told me that he had been doing drugs before he passed away, I was in disbelief, because I knew he suffered from "Schizophrenia" and my Sister's friend suffered from "Depression, took Wellbutrin" who I was told had difficulties in her relationship with her Father. I last saw her picking her and my sister up from a Club in Hollywood the designated driver, and we ate at Ketchup afterward at The Roosevelt Hotel, and when she bumped into me at CVS, paid me back for dinner, I didn't ask for money, she was always very sweet and energetic the two of them hyper together, putting in her hair extension clip ins, in the bathroom, and had photos in my computer of them I think at one point. I saw her older sister who attended school with my BFF, at my BFF "guy's" house, she is friends with his Wife, the last dinner I attended at his house before they got married, and was not flown to his wedding because I was up all night running, and was not keeping a fixed schedule working, but had lost 50lbs. I saw them last in DC, after having visited, I was supposed to work in DC Summer 2011, got a job at DC Law Students in court, and with a job already accepted, I then received a call from Bazelon, who I did not disclose acceptance to, they were my first choice, "mental health law" since I had been hospitalized once before beginning Law School February 2009. In responding to one of the questions, I mentioned why I was interested in the Clerkship, because two family friends had passed away, and explained that to me it was a problem, and that something should be done, in order to prevent these types of losses, without knowing why, or understanding how possible. This was Fall 2010, I interviewed for jobs Summer 2011, Two Semesters in advance, I had just started dating a New Boyfriend October 2010, after we met Summer 2010, working for Children's Law Center, I worked as a Law Clerk to Two Attorneys, and was very busy working at both office locations, and in court every morning taking notes. We did not meet until lunch one day, sat with a few co-workers, they were talking about something and by the end of the conversation, mentioned that I was half-asian, and he goes "why didn't you say anything" exclaimed that to me, I was the only one not smiling, I didn't understand the joke. Eventually he asked to smoke with me, eventually gave him a ride one day to the Courthouse, he did not have a car, he took the train everyday with another Law Student from Yeshiva, who mid conversation, said "Oh I share my notes with everyone," and I didn't that that was a good idea, but since she went to a better Law School than me, eventually shared whatever notes I had left in my computer, we met in the beginning of the Clerkship she was making "two hot pockets" in the microwave. And was told she encouraged Aaron to date me, go for it, I was hesitant to start, he was very shy, and eventually we went on our first date to the only bar restaurant in the area, and there was salsa dancing one night, and we danced, and he laughed. He was very shy, and awkward, he's tall, was a wrestler in High School, when I took him to a Wine Bar, everyone was bumping into him, he had to lift his arms so they could get by, was not comfortable there, so we left, that was October, that's when we first hooked up. When I

went backpacking in August in Portugal, I was invited by my Best Friend, who took me, who travels a lot, I didn't pass up the opportunity, and we were going to meet somewhere else, but then he chose Portugal last minute, and reserved a hotel room to meet at a Marriot, we never ended up staying at Hostels, I just found hotels and paid. He read a book the entire time about the US Supreme Court, we didn't really talk, he was always on his phone. We are comfortable with each other, he always laughs at all my jokes, who has always been very positive toward me, and am sad, that I could not stay well, to continue my friendships with everyone, be apart of, and took a different course in life, working in internships and writing online. If you don't know how to help ask, and if you can help do so, but if you get in trouble, that's your own fault in life, how a good deed, quickly got misunderstood to be for bad reasons attended a US Supreme Court hearing 2013 January, that was not not anything, and starting somewhere, and have not stopped writing since. So when I say Ive come a long way, I feel like I have, and while I have tried to stay in positive spirits and not try to take on many responsibilities in life, when I was well and able took jobs, and during the interim kept busy working from home, managing my own life, records, and files. If I couldn't work in a Law Office, then that's why I bought plastic filing cabinets, and used my high speed printer, and made folders for myself, and at least practiced skills, so in the event I was ever given a job, at least practiced managing my own life first, before stepping into another's life and office. There is reporting and there is having fun, and you cannot mis the two, when it comes to talking in private, and if you ever stop and think and things seem serious in your mind, respect the lives of others, and not share those deductions or fears out loud, life is meant to be lived with normal conversations shared, talking about approved content, not stuff you think or fear, those worries become turn offs, and no one ever clarifies to you, what's going wrong in your life until you figure out things for yourself. And that's instability, when you ever get lost and question others, is how friendships fade, and if you go public, is how you get ignored, and if you are being fun or entertaining others sharing your mind, then you look stupid. And by the time you arrive back to normal, everyone already knows what they know, while you suffered for 8 years just trying to get a solid head on your shoulders again confident, not following anyone's lead in life, not being bothered by any comments, and without worry for anyone trying to cue you into things, and cause you to believe that others think differently of you. That's laying low, figuring things out for yourself in life, without contributing to any chaos. I think that losses cause you to reflect, and that's a normal reaction, and sometimes we ask for help and want to know why, and that's something no one can explain to you, and always based on what your doing with your life, get viewed as the person known: and that's what's being decided without my advisement, and why I'm hearing voices, as though I was not positive enough or successful enough, as though my identity was hard to accept, as though I presented myself to the world in an offensive way sharing all the photos I had and took along the way, and whether anyone cared to understand my issues, or thought I was just looking for attentions in life. Well if no one talks to me, and if everyone is always busy, and if I have to be the one to maintain all my relationships in life, then eventually I get tired, and just maintain contact on a yearly basis with Friends who have known me my whole life. So that's the burden that was suffered, how to blend in with the successful without interfering in their progress as a unit, and not to be someone they blame, as having contributed to any false understandings of the value of a human life, the preciousness of time, and the importance of being honest, and continuing to move forward in life, its that understanding of life known, that is what is not explained to you in life, how everything is connected, at best you are always responsible for your own connections in life, to make them proud, to work hard, and be a positive influence to others. So its doesn't matter if all my photo albums are gone, all my yearbooks are gone, it doesn't matter if I don't have everything important to me, and things went missing, I never thought twice about it, or looked that hard for things in life, but its when things go missing, that you should say to yourself, do I deserve this, and when it starts to matter, that's when your life is in danger, or being misunderstood as a cause for bad luck, and that's how you eventually get mistreated to be someone more difficult or complicated than you are, simply because you are on meds, you are not well adjusted to in life, not feeling as smart, not easy to move around, in bed all day, and all you had time for was running and writing from your bed, or working dressed to the nines. Those were my only two modes. Be sure to speak of yourself in the positive, if you don't present everything in the positive, that's when people assume you have always been this way, no its not until later in life you get smart, and that occurs through education, not by luck, by choices and focus, and by doing the right thing, without the necessity for politicking or being social, I later found out, that only makes you appear to be more powerful than you are, as though you have always been this mature or bright your entire life, when it comes to the philosophy of public health, happenings, dating, love, relationships, friendships, academics, we all blossom at our own paces in life, and if you don't work hard, then things don't happen for you in life, and you don't get jobs, not strong enough, not smart enough, not bright enough, not energetic enough, too many snafus in your past, and that's what eat at you little mistakes in life, you beat yourself over in for in life. By the time you regain control over your own thoughts, don't be sad about the years lost, not applying for jobs, you can only do what you set you mind and heart to in life, and if working doesn't feel right, and if you have already worked, and know what types of jobs you want in life, then its okay to stay home, and work from home, and

make a job for yourself, and create a life for yourself, without interfering with the lives and progress of others, not be an embarrassment, not cause trouble, not being defensive, not being accusatory, and keep thinking, when one door closes another one opens. That's how I live life, I never look back, not until AA, if you don't recognize your problems, you won't think about your life, in a negative way, that's when your functioning, and the minute you get made to feel ashamed of yourself, that's when you stop functioning all together and getting good grades. That was the difference between having a career and working in DC, to being sent to Rehab because she would not prescribe me 3 adderrall, and was taken off all meds, then finishing my Paralegal Certificate and working in Marketing, then getting two jobs Summer 2012 one in Criminal Law Defense, and one at VWAP DA's Office in Compton, that was August 2012 I got screamed at by those who have known me my whole life who didn't understand what was wrong with me, maybe too focused and intense, and withdrawn quiet. Life isn't a secret, never be ashamed about your worries in life, and its always okay to ask questions along the way, not keep everything to yourself. The main lesson is, the stronger you appear, and the more successful you become, the more others think that they are entitled to attack you, the more is wanted from you, the more is demanded from you, and the more you get made to feel like the work you have done thus far is not good enough, and that's how someone of value, gets devalued in public, stands out, thinks no one is watching, then hurts me while everyone is watching, just to get a reaction from a crowd of people, and witness changes to my stats, I went up anyways, that's the difference between giving up and losing in life to hate, or not contributing to questioning of you, as though you've not been reliable for 8 years helping everyone to the best of your ability, not trip out, and give up in life, and not put anyone in harms way, that's being overprotective, not telling my family about what I think, and figuring out life for myself, on my own, without help from anyone, figure out my own self-worth.

(II) I contacted this person on messenger a "Donald Trump Account" I have spoken previously to an account circa 2017 after leaving an AA meeting, someone to talk to, who responded, then went to another account, that's two accounts I spoke to and received replies from, then I started work Fall 2018, and my phone was taken away during work, and missed text messages, and eventually the relationship ended, he left. Then February 2020, I remembered I had a pen pal, and tried to look for him, but could not find him, and texted a few accounts, and this one account responded under a different name "Real Donald Trump Tweets" I usually send photos for them to choose whether to talk to me or not, because if they are not attracted to me, or don't like me, then probably would not talk to me and reply. We maintained positive rapport, until March, when I texted a "Joaquin Phoenix" account to fan mail him, following his success, just in case he ever wondered about a poster taken down by me, whether that was relevant to their decision to make a movie featuring just the Joker, after I made "Batman 5" jokes online, I'm sure that may have sounded insensitive to blame a Movie for being the cause for the loss of their Star Actor before Aurora, since I went to school in Colorado, I made a choice to submit a preliminary research proposal to CU Boulder's HRC, which based on my request, they could not approve, I have gotten approval from them in the past as an Undergrad, so they were the first organization I contacted, if I were to study crime at all, or its effects on society, and changes that we have undergone overtime, not typed, handwritten, not professionally submitted in a rush, this was living at 158 Anita. So to me it a meaningful interaction, then heard his story, and found out who his Brother was, and what he went through, after we talked. I used to be taken to The Viper Room to drink with my then Ex Boyfriend, a couple times, and then moved to West Hollywood, to be closer to his work location, to be more convenient to see me, while a Paralegal working for the LA City Attorney's Office. Because I paused to talk to others, he got upset, then eventually turned on me, asking for nude photos then posting them online, after I got robbed \$7000 from a Leonardo Dicaprio Account, and Identity Theft from another Joaquin Phoenix Account who then texted me by phone asking for personal information, to make accounts for me, and move money through my accounts, to send to others, using my identity, and then making me do things for him, I did not make any money through that interaction, but I lost money in another interaction, where money was taken from me, belonging to me and my Charles Schwab account, as down payment to meet Leonardo Dicaprio.

(III) I'm sorry, I am doing my best, and I always do my best even when necessary to prove myself wrong in life, and not allow others to treat me like I've not done good work, to help others, reporting to others, calling the courts, and not waiting until something bad happens to get help, that's being prepared in life or anything, and then there are some losses you cannot prepare yourself for, and that's working hard and not making any money, that's blogging. I'm sorry if my life is too intense to have business associations, have friends, or date, I understand I have an intense life.

Personal Update ...

10/30/2020

Courses Im Taking on Coursera (coursera.org):

[1] “Systems Thinking In Public Health” (Certificate)

“This course provides an introduction to systems thinking and systems models in public health. Problems in public health and health policy tend to be complex with many actors, institutions and risk factors involved. If an outcome depends on many interacting and adaptive parts and actors the outcome cannot be analyzed or predicted with traditional statistical methods. Systems thinking is a core skill in public health and helps health policymakers build programs and policies that are aware of and prepared for unintended consequences. An important part of systems thinking is the practice to integrate multiple perspectives and synthesize them into a framework or model that can describe and predict the various ways in which a system might react to policy change. Systems thinking and systems models devise strategies to account for real world complexities.”

[2] “Positive Mental Health and Psychiatry” (Certificate)

“Define mental health in a positive sense, i.e. WHO definition of mental health and how this may be influenced by mental illness and social factors. Discuss the different components of mental health, i.e. social, emotional and psychological wellbeing, resilience. Define the role of stress in everyday life and understand how to manage stress as it occurs naturally. Outline the important contributions of positive psychology and the recovery movement.”

[3] Plan to Register and Enroll in a “Life Coach” Certificate Program.

[4] Books Im Reading/Have Read this Month:

- Unf#ck Your Brain by Faith G. Harper
- Brothers Emanuel by Ezekiel J. Emanuel
- Human Kind by Brad Aronson
- Best Self by Mike Bayer

[5] To-Do: Continue Editing my First Book (Goal Finish Date: January 2021) Edit: Ch.13-25

Please Note: All the work being completed above, and continuing my education is both to benefit my blog writing, and ability to help others, be more professional, and continue to improve in how I help others, and at the same time continue to recover from whatever I go through personally, not make personal issues, the subject of my blog, be even toned. And finish a book one day, and become a published Author, when I am ready to put a price tag on my work, try.

When Your Image Needs a Lift ...

10/30/2020

If everything you do in life, is moving toward certain goals in life and feelings, then “self-image” should be one of those things you factor in along the way, eventually it happens, matters. Its what makes or breaks you eventually, when it comes to self-esteem, which if your not paying attention to, too busy living for the moment, and having fun, more years will go by wondering whats going wrong, than time spent in the moment, enjoying being yourself, that’s the difference between being happy, or being made aware that there is something wrong with you. According to positivepsychology.com, “self-image ... is a number of self-impressions that have built up over time... These self-images can be very positive, giving a person confidence in their thoughts and actions, or negative, making a person doubtful of their capabilities and ideas.” [1] We don’t all live perfect lives, and no one expects you to be perfect. You can only get by in life so long, rolling with the punches, or accepting blames, or criticisms in life, before you *saddle up* [2] and say you know what I am not going to accept being labeled this way, Im not a bad person, I mean well, I have been doing my best, my disability is not my fault, I am smart, my life is not over, I have time, this is not the end, until you ultimately admit that I can do a better job at being me. Your “perception” is what makes you unique, its what people see looking at you, its how people feel knowing you, its what people think looking at you,

and it's the deciding factor about you, that gets you into schools, gets you into jobs, or be picked for romance or ultimately marriage. And although you may continue to change overtime, you always have the power to see things in the positive, and to maintain a positive outlook. Know that, "self-image is based on our perceptions of reality, that it is built over a lifetime and continues to change as we do." [3] -Theres a false impression, for example, of being a *blogger*, that's someone knowing you by how your write, that's hearing how you sound at your best, and if this is not how you speak, then an inflated version of yourself is perceived to represent how you are in public, or when talking to others, which is the direct opposite, I never make eye-contact, I mumble and don't speak in a high voice, soft spoken, I don't share a lot, I don't talk a lot, I don't talk about my problems, I mostly talk about myself, I never talk about others. Then there is you in words, which is a mix of how you feel, where you've been, what you've experienced, and where youre headed. Mostly people read for themselves, to agree or disagree, to accept or not accept, to believe or not believe, to trust or not to trust, to be impressed or not impressed at all, and that has everything to do, with what you find of value, not something I can control. No matter what anyone thinks, the best way to help others, is by being comfortable with yourself, and not worry about them, not be too observant, and more focused on yourself, without worry, that's having "A healthy self-image keeps you from beating yourself up over the slightest mistake." [4] Whether anyone recognizes me as smart, special, unique, capable, of value, beautiful, kind, generous, or giving. Sometimes it feels like for everything you are, becomes the basis for which you crumble, or feel attacked in life, like its not okay for you to be you. That's the worst, being forced to tune into others discomferts or unhappiness, as though you are responsible for changing yourself, or accommodating them, unless you care do so, and unless they matter to you, improve, and that's what I did on my own, to be a better friend, and hopefully a better girlfriend one day. Not bottle up. Understand why I am the way I am, and figure out how to better live life, so that I am looked at in the positive, not on a negative note, scrutinized for being myself. Sometimes you wind up not feeling good about yourself. If your subservient like me in relationships, you do everything you can in relationships to make another person feel loved and wanted, and its when you are not wanted, you back off, some people just like to be chased in life, and doted upon, that's with attentions on them. Note: If you are "more giving in relationships and people will naturally gravitate towards you," [5] and sometimes that's exactly how you wind up feeling drained, always maintain a healthy balance, without being too "needy" [6] of them, be confident without being assertive, and that usually helps the relationship continue on, Ive been in two long term relationships one for 4 years and one for 3 years to marry, then I started therapy in my 30s. Too late to open up privately, and not soon enough to prevent me from sharing online on the fly. Its important to be a friend, they're not your doctor, and its important to be a girlfriend, they're not your psychologist, that's one way of feeling hurt by someone who doesn't know you, playing doctor on you, over-diagnosing you, and ultimately judging you as defected based on what medications you take, and that's a really degrading position to be in in life. Solve your own problems in life, meaning: get help from a professional, especially if youre in dire need of advice/love/friendship etc, desperation is usually a turn off, too heavy a feeling for anyone to read into, theyd usually rather keep their distance in those instances, best to have faith in yourself, not expect someone to come into your life and restore it for you, that's actually what boyfriend heroes are for, Im totally kidding. (*Book: Alchemist*). The decision that ultimately make or break you in life, career wise, timing wise, are sometimes how weeks, months, or even years can be wasted in life, putting yourself back together and getting strong again, if youre not careful about who you go to for help. So don't be uncomfortable being yourself in public, continue to do you, whether or not you are covered in labels, that's not what I envisioned for myself, but you wind up in the darndest places in life, and that you just have to live with and make due with what has happened in your life, no matter how threatened or scared you feel, intimidated by others. If it's a problem within, that is not your responsibility to cure, love is not a cure all during moments of disagreement, that's usually winds up making things worse. So do what you need to do to be you again, have faith that things will turn around for you, never give up in the middle of a fight, best to walk away, rather than mention, and not give up on yourself just to communicate that youre hurt, there are better ways to cope I promise you, and hurting yourself is not the solution, only makes you look worse, only deepens whatever pain you are in, only leads to unhappiness, makes life more difficult and challenging to prove yourself in life, and only serves to build a side against you in life, which is not the solution, the antecedent to coming forward, as though you were meant to be a silent partner in life, without notice, that you forgive, not take credit for any inspirations in life, everyone is entitled to view life as they see it, not see it as in accordance to reality, and what makes sense solely based on what they know, life doesn't work that way, sometimes the Movie comes out, before the people come to be, and that's the beautiful progression of influence overtime, not to be dumbed down by a later personality.

Reference:

[1] Courtney E. Ackerman, MsC., What is Self-Image and How Do We Improve it? Definitions + Quotes,

(PositivePsychology), <https://positivepsychology.com/self-image/>. (Retrieved: 10-30-20).

[2] Courtney E. Ackerman, MsC., What is Self-Image and How Do We Improve it? Definitions + Quotes, (PositivePsychology), <https://positivepsychology.com/self-image/>. (Retrieved: 10-30-20).

[3] Movie: No Country for Old Men, (Scene: Falls into a cave and gets a spider bite).

[4] Self-Image: A Powerful Force in your Life, (theworldcounts.com), <https://www.theworldcounts.com/happiness/how-to-improve-self-image>. (Retrieved: 10-20-20).

[5] Self-Image: A Powerful Force in your Life, (theworldcounts.com), <https://www.theworldcounts.com/happiness/how-to-improve-self-image>. (Retrieved: 10-20-20).

[6] Self-Image: A Powerful Force in your Life, (theworldcounts.com), <https://www.theworldcounts.com/happiness/how-to-improve-self-image>. (Retrieved: 10-20-20).

"Happy, Joyous, and Free" ...

10/29/2020

“Happy, Joyous, and Free” is a term I learned in early sobriety. Its made in reference to your “emotional sobriety,” “mean[ing] that if they work a good program, they will achieve physical sobriety (abstinence) and become happy in the process.” [1] When it comes to feelings, your “general ability to feel one's feelings,” is about “being in the present moment.” [2] Where in the past we would have used substances, or alcohol, to make us feel better, a coping mechanism for either enhancing feelings, or release ones inhibitions in life, or in the worst case, trying to block out feelings all together. While in the immediate that may have been your solution, if later you come to realize that you start to enjoy life less and less, and cannot maintain any good feelings, means you’ve taken things too far, and that’s when change becomes difficult, stopping an activity in life you thought would bring you happiness, but in the long run, actually inhibited you from achieving your best in life, and did not allow you to be your happy positive self. Sometimes its through love we feel good, sometimes we drink to feel good, and sometimes we may felt tempted to try substances to make us feel good, like all expensive habits, the wear and tear on your finances, due to excessive spending whether that be on alcohol, drugs, pills, or shopping can lead to a quick spiral downwards in life. Sometimes its not until you’ve lost everything, that you are forced to start over again in life, and this is what moderation is all about. So often we go out into the world, in search of a feeling to be had, when really that feeling lies within us, if you can achieve something on your own, then you will become less reliant on your surroundings or people, to enable you to achieve success in the department of feeling good, feeling rest assured, or being content with yourself, life wasn’t meant to be lived solely on a feedback system of support, most people are busy with their own lives. Be mindful.

Psychologytoday.com reminds us: “Sometimes emotional sobriety is about tolerating what you are feeling. It is about staying sober no matter what you are feeling. It means that you don't have to blame yourself or your program because life can be challenging. It means that you don't necessarily need to *do something* to make the feeling go away.” [3]

Theres a term called “FOMO (fear of missing out).” [4] That may be one feeling, or urge in life, you may have when it comes to feeling good or feeling loved, be apart of something, not be on your own, and that’s one of the biggest obstacles standing in the way between most people and their sobriety or cessation of an activity that no longer brings them happiness. Why change your life, and stop trying in life, whether that be dating, drinking, going out, being social online. Why? Because your health matters more, and the more you put your health first, the better off you’ll be and the easier all of those things will become. A break is a break, that’s to repair yourself, and sometimes those breaks in life become indefinite the longer you wait to fix yourself, the more difficult it becomes to have those

things in life you wanted, which could not be achieved through drinking or drug use. You may think that's helping, when really that turns everyone away from you who loved and trusted you, in place of people who are around in your life, on the basis of your using of substances alone, relapses and alcohol, that includes messaging services. What happens when all your friends are online? That means don't forget about your friends offline, who are busy living their lives, I'm sure they would love to hear from you too. You may have had fun with those friends, and you may miss those friends, but in order to be a friend, you must first be yourself again. Minus the mind altering aspects of using substances and alcohol, *where you are not you will not be in life*. If things are not going well for you in life, then that is the necessary change that needs to be made, to reevaluate your dreams and your goals in life, which if they aren't happening, maybe means that the rest of life is causing that upset. When we simplify our lives, we are doing three things: (1) decreasing the stress inherent to failure, (2) reducing the risk of those feelings of shame and blame, and (3) creating a boundary between ourselves: (a) what we will allow to happen in our lives, and (b) what we refuse to allow happen to our lives, and that makes up your self-worth, how willing you are to settle down with your present and make things better, and not go off course in life, get lost, or be so far gone, that it's hard to repair yourself. You don't need to destroy anything that's not going right for you, that's not the way to move forward, so much of life is about forgiveness, and if we forgive those parts of ourselves we are having difficulty thinking about, the more change will embrace you, without needing to think too hard about the past, or whatever losses you have suffered, and be on your way back to peace. You owe it to yourself to get better, including to the ones who cared for you.

Reference:

[1] Ingrid Clayton Ph.D., Emotional Sobriety, (Psychology Today), <https://www.psychologytoday.com/us/blog/emotional-sobriety/201107/what-is-emotional-sobriety>. (Retrieved: 10-29-20)

[2] Ingrid Clayton Ph.D., Emotional Sobriety, (Psychology Today), <https://www.psychologytoday.com/us/blog/emotional-sobriety/201107/what-is-emotional-sobriety>. (Retrieved: 10-29-20)

[3] Ingrid Clayton Ph.D., Emotional Sobriety, (Psychology Today), <https://www.psychologytoday.com/us/blog/emotional-sobriety/201107/what-is-emotional-sobriety>. (Retrieved: 10-29-20)

[4] Sam Pav, Happy, Joyous & Free, <https://www.doingitsober.com/blog/happy-joyous-free/>. (Retrieved: 10-29-20). **There Are Benefits to Being Yourself ...**

10/28/2020

At some point you have to step away from all your problems and all your analysis, and say to yourself, you know what, maybe I can't do anything about what has been said right now, but can do a better job, of being a better writer, without raising the seriousness to it, winding down is not always a plus, especially if others enjoy, keeping things simple, not on a person to person basis, divulged, of course not, not describe or attract an entire gender to some made up gender neutral issue, that I encountered in life, I'm sure is not proper to discuss, my audience being primarily members to my age group, probably too intense for High School, and definitely not stuff you bring up around kids, the holder of faith, the only people in the world who see the beauty in others without passing judgment, that means they have not been harmed by you, but should your condition change, without notifying them something is wrong, they innately become quiet. It's you that put that dark cloud over them, and it's your job as an adult, to remove that dark cloud, no matter how many unwanted attentions they get, that airspace over their head, is not to get connected to anyone watching, and what controls how they feel should always be based on who loves them protected from harm, not thrown under a microscope in life for study no matter how beautiful and insightful they are, don't ruin childhoods, how we turned out okay. We do our best apart, and we may have struggled romantically, but that doesn't mean that the odds are against us, and this is what Parents are for, if we do our part, that creates less problems for them moving forward to make decisions for us, and that's what being an adult is about, not needing

your Parents, not involving your Parents, and being of service to them work, follow your dreams but within reason, and if things are not working out for you on a spiritual level its okay to take a step back, and pick up new skills, that need not be divulged in public. Sharing my Masters Dissertation in public, was sharing my progress, that wasn't code for something else, or to allude to an issue not stated, I think we all have personal issues, that are not of public importance, not if they don't affect people from my life, and especially not with regards to studying people, I don't check any of my friends profiles, have not the entire time Ive been on Facebook, for some reason. I love them, and I would never put them under any unwanted spotlights in life. Its never too late, to own your condition, with empathy for theirs, subjected to pressures in life, that popularity cannot solve, and Im sorry if they were ever looked into for insights beyond me. When your options become limited, by whatever has happened to you.

Personal Update ...

10/28/2020

Although writing helps Im sure, I dont think I said things in a helpful way for myself, saying "everyone except me" in my SCOTUS poster, and "#hateleslie" I think people literally thought that was the solution, remember I am human, and people are capable of misidentifying me as going or gone, or a goner. Im sorry for whatever its worth. Keep my distance from others, and be more in control of my mental health, not in private share and not in public share, usually I am good about making sense and being helpful, but I guess this year had a few rough months, getting back to normal. Im sure there will always be people trying to configure hardship for you, (dont assume the worst, less is more) assuming your some loose canon in life, flagrant with words, loose lipped, with no strategy in mind, thats keeping things calm, as you can see when Twitter stopped, and vlogging and photos, that changed everyones tone, not just mine, but the energy of a crowd that was in dire need of hope, Im an AAS Suicidology Conference Reviewer of Abstracts again this year, I would never shout stuff out, I was not capable of completing the work myself, sick slow or tired, if my hearts in it, the work will get done, no matter what meds Im on, thats how right I feel about doing the right thing, and not allowing my identity to get hurt, anymore than it already has been, worked in the street, worked online, losing jobs, I get it Im not tough, and theres something about me, they do not want to deal with, like when my mouth is moving and my face turns upside down, or if I sound jolly, I keep thats tuff to myself and fix it, I dont panic. So being the news a #stopsuicide Joaquin style message on paper was made, maybe something none of my viewers wanted to be challenged by, another hashtag, Im sorry, I put my Dads Durkheim "Suicide" Book on my nightstand in College I think home, I never read it, but I guess everyone saw it. Thats one example of everyone knowing something, that they remember about you, so if you do something crazy like put red hot chili pepper light leading up to a Christmas Tree with a white blanket over it, after writing a letter apologizing for war overseas, and my Dads condition after getting a hemangioma and almost died 2008, had a massive tumor removed form his liver. I stay calm, and never fail to communicate, wore a Beatles T-Shirt Help, my Ex took, and he left me the other T-Shirt "Come Together" and gave my sister a print and had one for myself, from Bloomingdales, I bought the T-Shirts in the mens section, maybe helpful to them, I hope so. The Gym T-Shirts thing was the first "grassroots" move I ever made, Damion Wayne worked out on ellipticals.

When Im Left Wondering ...

10/28/2020

There is a slight chance without being told anything, that you could save a life, simply by informing someone who could be in harms way, and that's how I met Barack Obama (2008) sent him one message. Never blame others for your misunderstandings in life. Speak your mind, but with relevance, that's how to inform someone, not by stating a fear. When your timing in off, occurs when you allow yourself to fall behind in life, and that is why others may think you are not quick enough, and too slow to be of service to anyone, better off without your inputs in life. What is your worth then, as a has been, by chance, something privately discussed, not for the public to judge me by whys in life. You either do or do not have an instinct for awareness, and its only when one feels connected to anyone, that things stand out, sometimes relevant, and sometimes we don't know why, best to put your faith and condition in the hands of someone in charge of everyone, not allow those ideas to be thought of too much, that is bipolar, going backwards and investigating what as to whom and why, because of whom, and by whos advices, that was my bipolar episode. Which was narrowed down to someone overdosing on meds, after a bottle of adderrall was flushed

down the toilet, that was because the direction I was going in was not understood, don't let anyone cue you into anything in life, online, or in real life, its bound to take its toll on your senses, if its something they are trying to figure out in life, its not your job to figure out what they want to know and why, that's how you inadvertently subject your own family, to appearing stronger than they are, this is way beyond an acceptable amount of pressure in life, to treat those who have done their best, but are not responsible for what happens to me in life, they can protect me, but they cannot ensure that everything goes right for me in life. -You cant get away with anything in life, not random thoughts, not random fears, not justified hardships, and certainly not with a negative mindset, I don't think I would be alive today if I was living in fear, worried about what everyone else was on in life, that's them, you do you. When you work for the government it's a privilege, and trust is granted so long as you deserve to be a member, but if you complain, is how things change, badges and IDs and Drivers Licenses requested for. If you ever feel unstable, it just means that the job is not a good fit, that doesn't mean that there is something wrong with you or them, if anyone is being hard on you, its because you are not performing to standard, or being too sensitive to the requests of others, that's normal office talk, its an important job, go by their direction, and learn to trust your superiors in life, not take anything too personally. Im sorry if by memory, my story presented itself to appear differently, whether by emails, or writings, at any point in time, quick decisions made, and that's how you become lost, when you no longer represent what you were, when you lose composure under stresses, its by your behavior that you either subject yourself to attack in life, or become apart of anyone equation for wellness, that's getting involved, there are always risks, in taking a stand, sometimes in order to stop a behavior from occurring, and becoming further disempowered by others, you need to connect and get help, but if you are on your own, and still get hurt, then that's on you, nothing to do with them, and so the cookie crumbles, survived it all, and still got hurt, before the nest stage in life. Take the pain with a grain of salt, if youre not street smart, youre not street smart, if you get aggravated easily, that just means you cant handle rejecting people who are nice to you, and that's not your fault, if you feel uncomfortable setting a boundary, I think I made myself sound much tougher than I was, when I get scared Im actually terrified and half gone, that's when something happens to you, that doesn't seem bad, but the damage has already been done, if talked about, that's hanging out with people you meet in West Hollywood. No one will believe how much work it took just to stay normal, and make progress year to year, an unrealized pressure to be avoided in life, why I hid my friends on Facebook 2008. I think along the way, I forgot, and it was not until two family friends passed away, that I thought more about it. If anyone feels under attack, that should be something investigated, and if you feel like your being watched that's not a "Fergie joke," that's a legit fear, with computers and profiles these days, you can never be too careful, I know no one believes in spiritual stuff but you are who you connect to in life, and it doesn't matter how faithful, or serious you take life, you can get hurt online to the same extent you can get hurt in real life, that's when a quick decision is made about you, that's when things get personal, thats when someone takes a shot at you, and sees what youre made of, and although an aggressive experiment, scared me nonetheless, tired. Thats the pain of opening up to people, they think youre invincible, asking for it, and its not until you give up, that everyone turns on you, just apologize and move on, don't fight at all.

When Things Start Clicking ...

10/28/2020

When things start clicking when it comes to entertainment and music, value those moments, recognizing when we were at our best, and the moments we fell off key, that's the gift being evaluated and maintained by people in power who manage the gift and its continuance overtime, that's through preservation, when one who is gifted with a mic, has the power to lift an entire crowd of people, and makes them feel good, apart of. If it seems exciting, and if youre into it, that could mean its something we are working on, or figuring out for ourselves, maybe not something known, why there is so much room for growth and not a solid cohesive comprehension of how, if its something that needs work, trust that those who value all people, will continue to evaluate, and re-evaluate, whats working, and whats causing "cognitive dissonance." Which is, "the state of having inconsistent thoughts, beliefs, or attitudes, especially as relating to behavioral decisions and attitude change." [1] If you have time to think about life, always see things in the positive, and accept that things may not have always been this way, and accept that not everyone was connected in the past. You arrive to life, you arrive to connections in life, and you arrive to understanding in life, and if its stuff you never noticed about life, then that's a gift too, to not be bothered by things that may bother some, or seem relevant to their understandings in life, makes sense to them. I don't think bipolar will ever make sense, and that's the frustrating part, of getting to know someone who was well, and seeing them fall apart, or experience difficulties in life, we cant all powerhouse through our days, that's also a gift in life. So if it means anything to anyone, Im

sorry, that I'm not perfect, I could be doing better, I could be more reassuring, and I could be more positive about myself, and not sound like I'm giving up, or lend insights to hate, or where hate is coming from and why. People are free to think what they want to think, and if they so choose to treat you as a character by choice, connecting whatever they want to your identity, the more you try to understand why, the less credible you become, it may be hurtful to not be believed, it may be hurtful for them to spell your middle name backwards, and make jokes, about your quotes, and they may think how your life is set up, is intended to communicate in a tasteless, and tactless way, that's looking at your life through the lens, of someone looking for associations or communications to those who are considered infamous, or known for failures in life, which is never a joke, nor is discussion of world leaders past or present, and compare someone who is struggling in life, to a country that struggles with its own people, that's comparing situations different, as similar, based upon an incident in which one turned on a family member, and later signed a peace treaty with The President, while he was overseas in Asia, that was a monumental moment in life, and that must mean that it was safe to communicate, and that times were conducive to speaking to each other. Later failures, are neither parties responsibility to cure confusion when it comes to why there are fires, why there is COVID, that simply means to be appreciative of when acceptances of people were granted, recognize on what basis people were accepted, and don't blame world politics on social politics, or entertainment politics, on the basis of who is here or who has past, sometimes it is those who suffer who cared most, always so your best to appreciate a system of trust built in a way, to support the wellness of others, a job well done. If a system of trust falls apart, that means whoever that system has been entrusted to, is not producing the same results, and probably means that whoever was of value then, has lost faith as to now, like the Cocoon writer, who burned all his scripts, didn't mean anything then, but could mean something now. Remember those moments when people gave up, and do your best not to give up too in life. Its not a failed system, of care, its by who is willing to care, who is able to care, and who is hired to care, show up, and be present that is what matters most, be thankful for everyone who has stepped up to the plate. Its never too late, to stop coding, and its never too late, to stop making derogatory jokes toward people and treat them like characters or villains, eventually the daily wear and tear of playful taunting, and uncertainty, can cause someone who supports an industry to lose their spirit in life. Sometimes a solution to alleviate pains, requires that those pains be addressed, and sometimes based upon who is addressing those pains, can cause pain to the person, who is trying to help, and that's how someone who is trying to help, gets made to look bad, or appear as the influence that dismantles what is going well, of course not. See people as people, be thankful for who has been well, and stayed well, and don't look at me, and misidentify me, as someone who ever saw any system as failed, I always have faith in who cares. It's a matter of respect, that trust is given to people, to share their insights. And that requires that one be respectful of those who have come before them, and with reservations share, that's being careful, sharing what you know, with hope that by what is shared, a better understanding will occur, with more appreciation and less criticism for anything that didn't completely fit together to solve anyones understandings of what went wrong, or why, and not blame entertainment. I think as someone enthusiastic about film and music, a fan my whole life, with breaks, its never a system of production I ever questioned, or ignored, and have always relied on them for wellness, when I had the time, if I had the time, and no matter what the times looked like, never thought for two seconds that my identity mattered, if connected or related, which is what I later came to understand in life, that by how things look, upon appearing in public, needs to be clarified, as not having been known in childhood, not all along, never known or thought about, fathomed. So when later information was shared, that was to seek confirmations as to whether I was ever thought about in the process or production, just to make sure, what I appeared to be a knowing party to, having been apart of any movement, please do not mix codes, or create codes, to build better understandings of those who have caused others harmed, that hurts me and everyone. That's making a joke, out of systems of trust, that prevent this type of pain, unnecessary misunderstanding, by immediate insults taken as to: nighties, and clothing bins, and photos. That's a dramatic assumption, that one who wears clothes or represents them in a certain way is connected or understands why a system is being attacked and for what reasons, please do not hurt me, expecting answers from me to prevent attack, when I get sick, I get attacked. Therefore that's an unnecessary use of force, just to get a confirmation, or perspective, for assurances. If I wasn't a Law Student, I would have had time to think about life in that way, had I not taken a Film course in college, I would not have met Michael Moore, and seen his two films, with a cocaine addiction, and not seat in the classroom for me. If youre ahead in the game, stay there. And don't feel sorry for anyone, who was misunderstood, to not be with it, or in support of all.

Reference:

[1] <https://languages.oup.com/google-dictionary-en/>

The One Catch ...

10/28/2020

The one catch to being a public figure, is that you have to stay well, otherwise you run the risk of bringing the whole team down, including those who admired you from a far. That's when you have to step away from life, reassess what's important to you, and figure out what is best for you moving forward. If you have to think about it, that means you're not strong enough for it, if you have done your best, then this is as strong as you will be, and if more is expected, explains why more is not provided, not a fight in sight, no energy for it. For someone who doesn't say much, not too vocal about oneself, and not over-confident around others, it can be a huge load to carry, going to the hospital everytime I'm not well or being sent there if not well. It then becomes a matter of figuring out how I need to be in order to not go to the hospital. Which means stay home, work if I can, or stay home, and not go out, and not drink, and not date, that's best I can do in terms of variables or causes for me being hospitalized. I think if someone feels harmed by me, it's a pressure I'm used to in life, and something they don't have the time to figure out or the energy to get me out of my problems in life, and that's worth being alone for, until I get better. The only fears you hold, are the fears of what has happened or could happen, and those are not good thoughts to have in life, it seems to be the kind of thinking or memory of life, that leads others astray, or causes a loss of hope, if you can't accept things as they are now, then you haven't lived long enough to understand the consequences of sharing in public, a huge step, a lot of faith, not something you do, to put others at risk of harm, and not connections made, prior to passings, but if someone passes, I do my best to figure out what losses of faith occurred, and why, and what was believed then, that caused a condition then, and try to understand why those who have lives, and friends, lost faith in themselves. People are not responsible for your losses in faith, and it's when I am not strong, that I cannot represent or protect others from harm, in a weaker position in life, it's difficult to provide reassurances to others, considered someone who puts people at risk of harm, and that's a blind faith, too much trust, and not enough experience to know or understand what life is like outside of your neighborhood, or elsewhere, aware of what the social temperatures are there, wellness ratios, or struggles. I shared because I was tired of being hospitalized, [blogging makes me no more invincible to mental health issues, I still have to take good care of myself, I actually don't kick my shoes up on my desk ever as a blogger (ie something a supervising Attorney did once, that was when everyone was confident, not worried, I'm assuming they are still well, no matter what I go through on my own in life), it's always intense, no matter how easy it looks, sometimes at ease, and sometimes under pressure, but hopefully more often than not well and not give up in public (it would be assuming that what was thought of me, was thought to have occurred because of what award I applied for which is probably why the same scenario is thought to have happened, under the same context and variables present), lost in life. And that's not the type of life I want to lead, a private life, but with no trust, until proven otherwise reprimanded. That's the life you get left with if you don't listen, and don't abide by house rules, and that's why if you get hurt, it is viewed as being your own fault, and if you get scared it is viewed as something you have done wrong. What later becomes a waste of energy to others, is to know you, meet you, hear your story, then read about instances when you were not spectacular, and that's disappointing. If you knew everyone was watching how would you be in life, and if you could go back in time, and earn back respect in life, what would have done differently. Harms > Blog > Accusations = Conflict, over which came first, and what was the cause for other actions or inaction on your part. I think after having shared all the facts and memories from myself, without respect for timelines, things are better understood to everyone, to equate harms to others, and then search for causes in my timeline, to say my condition causes others to flip out, with needing to prove that I flip out, I don't, I'm on meds, because I think too fast and give up then share in a way, that does not accurately reflect my capacity to recover. When I'm being hard on myself, that's means I am not feeling up to par, or healthy enough for social interaction, it's that loss of confidence that makes it difficult for others to be around you, consider you gone, or having wasted your assets in life, gifts in life, or not going to make it in life, have a job persevere. That could be true, but I'm 35 now, so it's now or never, start working, and that's maybe why I became a blogger. That's without harming anyone, that's not understanding what there is to be grateful for, that's worrying about a past that was dealt with, and looking like someone trying to play hero in the stories of lives of others, unrelated to you. So don't follow your heart, your heart will lead you places, you will be nice to too many people, and you may hurt too many feelings, not being available long enough, not to the extent wanted, not connected forever, I'm online that's good enough, it requires a lot of energy to focus on one person and make one person happy. And I'm not available for experiment, to generate results in favor of a viewpoint of someone new to my life, who doesn't know me, only what he has been told, and decides to cut me out of the picture.

Common Themes Occurring to Someone Left Out:

1. Holds resentment, looks at the past with blame or animosity.
2. Tries to cure their present with highlighting the past.
3. Using the past, to make yourself appear normal, as you were then.
4. Unclear understanding of the causes for you bipolar disorder.
5. Whether your interests are headed in the right direction or subject others to harm.
6. After viewing all of ones personal records, tampered or not, passes judgement.
7. Sees self-harm as a manifestation of dislike for oneself, or hurting oneself well.
8. Whether one self-harms, because of voices, rejection, non-acceptance, or silence.
9. Not being in a reassuring condition, fit to lead others, inspire others, or amuse anyone.
10. Loses faith easily, and then doesn't feel apart of, only thinking about what hurts.
11. When one is finally trusted made apart of after 8 years, gets harmed.
12. That's to see how one responds upon losing everything again in life.
13. To see whether one becomes violent, or hostile, moody, test for outbursts.
14. Then see whether one who is not well, outbursts in public to others, goes AWOL.
15. There is a condition of patients on 5150, who get put on stronger holds.
16. That's when they act out of turn, or shout at guests, spit on them, the speakers.
17. And then there is Autism, having an Autistic neighbor.
18. Then all your conditions are reviewed, to see whether you meet, know, and imitate conditions of others to communicate, or whether you are you on your own.
19. I am me on my own, without any inappropriate influences be mentioned.
20. Some do not come back from mental health issues, and that's something that is not known about patients, they can recover, but it requires heavy monitoring and meds.
21. Its therefore only appropriate to share about your condition, if recovered.
22. And if that makes other people feel strong, and better than, so be it, good job.

When Someone Has a Bad Feeling About You ...

10/28/2020

Your ability to fit in matters. And if you have a history of having your number changed, or being sent to rehab, that means the condition you were in was not tolerable, and that its not okay for you to drink or to party, not all are capable of being strong, and having fun. What is on the line? Is your mental health. Therefore, based on what is known about you, how you speak, and appear in public, is what is used to verify or confirm whether you have potential, or whether you go the extra mile, to fix yourself in life, or in response to your past. A protest in a protest, and idea for caring, is to deflect attentions away, and to continue to inspire others, that doesn't mean that all the issues have been covered, or the wrong issues misrepresented. You learn later in life, you can feel good about something, and once things do not go right for you in life, are judged to be someone who has blind faith, and takes things too far, neither resolving what has been done, nor provides helpful insights, as to what needs to be done, in avoidance of what pains in life. During my bipolar episode 2008, it was a blog and what was written online, that scared me, and actually believed that threat, an Attorney in the valley. So to better understand why, I went to Law School, what was wanted to be known, what I know, and how to reply to anyone who thinks that I know things that help me, and not helping others by providing information to help them figure out whatever it is they are trying to figure out in life. I found a pile of books at the Courthouse, and then took a picture, and bought one online, the same book, and found an important passage when it comes to "campaigning for a cause" or "posting flyers down sunset and hollywood boulevard" what that looked like, a long shot. And if what you believ in looks like a long shot, not the right way, not the right focus, never gonna happen, its by that bad feeling about you, that people make decisions in life, including what you say online. Therefore if you do not have faith in a cause, and do not think it important to support the wellness of others, then don't do anything that appears to not "understand the difference between "wishing for constructive interaction [that] end[s] up in destructive conflict -in daily life and on a larger global scale as well." (page 128). [1] Which is why people labeled drug addicts, or alcoholics are not trusted, and not easy to have faith in, its because of their decisions in life, lose faith in them, and the setbacks faced by others, whether or not you knew ever relied upon you to stay well, and say the right things, well that faith gets lost too. By the time you

figure out what life's about, what makes people feel well, you'll recognize your lost sense of faith in yourself, and its not until you lose a quality you have had your whole life, that it becomes evident that the condition you're in was feared by others, because they have a better understanding of addictions, and causes for lost senses of faith, heartache and let downs, and connections. Identify the "assumptions" with regard to "what components are necessary ... to be constructive and reasonably conflict free." (page 128) [2] And if it means staying sober, then accept those parts of you, and if it was a straw found in a pouch, from when a friend from Boulder visited, then it was that straw that saved that made you look like it was a regular activity you partook in, and if you went on a date and blew a line, its that moment that ruined your momentum, that's taking chances in life, that's living a fast life. And if it's a moment in time shared, its because it was a moment that changed me, that I'm not sure bettered me, or hurt the faith of others in trusting me, or hurt my ability to be respected. That's how a few moments in life, can ruin your life, and the rest of your life, gets judged as being like that the entire duration of your entire life, not limited to just those moments of cutting loose. Therefore you have to do more than just state when you made mistakes in life, you also have to prove that you've not damaged yourself nor others, by those experiences in life, and be a better person, no matter how painful life gets, continue working everyday, rain or shine. And that's how positive momentum is built, not based on feelings, not based on worries, not based on love, but by acceptances, and the less you fear, the better you are, the more you complain the more it hurts, the more you talk about the past, the fewer friends you have, that's hurt, something broken that cannot be fixed, that's a loss, time you cannot recover getting back to normal, its your life live it. And if you decide to care for others, and demonstrate that you care for others, make sure to do the following: Components "necessary for positive interaction are caring and effort. ... though important are only part of the picture. ... The indispensable element so often overlooked is skill. In order to relate harmoniously to others while working for world peace, those in the movement need to know the skills of peacemaking and how to use them. They need to be competent." (page 128) [3] Finish your education. And always in advance let others know, where you are coming from, that you cannot change, what your about, and what life you have lived. Therefore, stating your purpose serves "to differentiate [your] purpose from method [with assurances not to interfere with the good faith of others, or choices]: [and] purpose refers to the goal or outcome, method refers to the steps for getting there (people are more willing to discuss methods when they see that they share common purpose. To limit conflict by limiting the conversation to the stated purposes and issues of the discussion." (page 131). [4] Meaning you cannot change the past, only through acceptance, and forgiveness, can the past be forgotten. And once you've shared your story, be mindful that: "Two things become clear: (1) When you try to punctuate a conflict you discover it is impossible to find an agreed-upon beginning: and (2) How each party punctuates the conflict makes a tremendous difference in their attitude toward the solution. If you feel the other party started it, then you probably think they are the ones who should have to back down." (page 126) [5] Allow people to think whatever they want to think, and thank those who did care, those who no longer care, those who feel hurt or left out of your life, and do your best to return back to a normal life, just as everyone else has made for themselves.

Reference:

[1] Neil Wollman, [Working for Peace](https://www.amazon.com/Working-Peace-Handbook-Practical-Psychology/dp/1886230722), <https://www.amazon.com/Working-Peace-Handbook-Practical-Psychology/dp/1886230722>.

[2] Neil Wollman, [Working for Peace](https://www.amazon.com/Working-Peace-Handbook-Practical-Psychology/dp/1886230722), <https://www.amazon.com/Working-Peace-Handbook-Practical-Psychology/dp/1886230722>.

[3] Neil Wollman, [Working for Peace](https://www.amazon.com/Working-Peace-Handbook-Practical-Psychology/dp/1886230722), <https://www.amazon.com/Working-Peace-Handbook-Practical-Psychology/dp/1886230722>.

[4] Neil Wollman, [Working for Peace](https://www.amazon.com/Working-Peace-Handbook-Practical-Psychology/dp/1886230722), <https://www.amazon.com/Working-Peace-Handbook-Practical-Psychology/dp/1886230722>.

[5] Neil Wollman, [Working for Peace](https://www.amazon.com/Working-Peace-Handbook-Practical-Psychology/dp/1886230722), <https://www.amazon.com/Working-Peace-Handbook-Practical-Psychology/dp/1886230722>.

The Brighter Your Future ...

10/28/2020

The brighter your future, the more important your time becomes, that's being in the here and now, and although sometimes we may lose focus, that just means that our potential is not limitless, but within reason, and requires one to be in total acceptance of others, happy for others, without reservations, some dots were not meant to be connected, even if back to you. Well, or not. A solid hand in life, always deserves a solid explanation. And if its not on the top of your head, think harder, about what lifes about, and work until you understand the value of hard work, and the importance of acceptance in life, and that when you leave, that door remains shut. Accept what time has been lost, accept forgiveness, and kindness, without expectation, and not if they will be harmed if put under the same pressures as you in life. If you cant save your relationship, and have too many issues, not talked about, then that is why one ends up alone, until they talk. You will never leave a good life, for a better life, that's the hand you lose in life, to who you gave love to, who moves on in life, no one waits or begs, that's on you to be wanted in life. That's leaving one life, for a hard life, the path you choose in life, should add up to something in life, worth living for, otherwise its best not to say anything. Even if you are convinced you are seeing things clearly, there may be a fact or two about life youre forgetting to talk. In order for your story to make sense to everyone, who may have accepted you differently, unimpressed. Always see in the positive in rejection in life, its not until you are acceptable by most, that it makes sense why you were rejected in the first place. A big head, a know it all, a "dream," a poor investment, a bad idea, without good faith, and that's why "guilt" is proven, to then argue that if this was in bad faith, then this was in bad faith, then this person has bad faith, and is not coming from a good place in life, with resentments, and that is someone who is not trusted business wise, anyone with an edge to prove themselves, appears to be someone trying to prove others wrong, or prove themselves to what standards in life, and its that unnecessary waste of energy, that is waited to be expended to see what you look like and sound like when you have done something wrong, and how long it takes for you to get back to normal, or not at all. You either give up in life and let whats not said to your face win, or you accept your reality, as not composed of the same feelings you get, upon doing well in life, or at peace. On a scale of 1-10, how hard have you worked? This is my best? How defensive was I, not at all. How many complaints did I file about others, none at all. How many times did I fail? And why? And is love or companionship necessary to feeling good, no its not necessary, it's a feeling had and shared out of the goodness of my heart. That's what happens when you present yourself as alcoholic, that's the quickest way to being rejected in life, your mental health is king, and if you lose that to alcohol and bad decision making, why youre having a hard time being you, without people seeing you as something else in life. Listen, live, and learn. When people get turned off, its because they think you have done something wrong, or are doing something wrong, have done something wrong, or because of your choices in life, fell on your own merits, with nothing to do with what others thought of you, being well is a goal for everyone, so is doing well in life, and although we don't always get choose who to love, or who loves us, that doesn't mean that we should be judged by them either, or judged less for those losses. If a better life can be lived apart, then that's a choice to allow others to grow, absent minded your problems and questions in life. Easier said than done. Don't ask for forgiveness don't apologize, just improve without being a burden to others, and if its worth it to you, to try for a career in life then do so, that's having blind faith. Without specific purpose, doing something that you love, being social, and writing, allowing others to get to know you, with or without public speaking skills. **See next post book review.*

Count on Who? ...

10/28/2020

We would leave your New Years party too, a go to the NY Meditation Coach (Record Label's) house too, by the time we got there, everyone was dancing on tables, with my first public boyfriend. Growing up he played the movie: Cube, we were the only two people with mini disc players, my BFF bought me one for \$500. A device that never took off, I was a tape cassette radio recorder, and would make my mixtapes off the radio, start, stop, rewind, cue, record, someone even asked me to make them one too. There are so many role models in life, why waste time in worry, why not to stick your head into matters unless they directly involve you, and if not, assume nothing is about you, that's sickness. When you look back, and see negatives, or review your past for anything negative that's ever occurred or anytime your feelings have been hurt, that's what AA is for, to figure out why you were drinking, or why you did drugs, and what happened in your life, that caused you to cut loose and stop performing, what void was filled by doing so. Usually nothing positive, and everything negatives comes out of you, that's just standard

procedure, Im sure its to weed out people, who don't feel good, and also have difficulty speaking. I was lucky enough to be a younger sister growing up, no one ever tried to fight me, I had no boyfriends, so never threatened by women, never competitive with, always had friends, whether in a group or one on one, but once you mention the past, you become responsible for representing yourself well, and avoid the risk of misrepresenting those who you mutually admired in life, and never had a problem with. We used to hang out in a little room, covered with glow in the dark stars, under his staircase, I grew up one of the guys, even after my Brother screamed at me for going on AOL on his computer, deleted my account screen name, so didn't get to chat with anyone, or their fancy screen names they made up. That's when the times were innocent, without the pressure of being watched, the positive referencing only goes well for as long as those vaguely referenced are well, and Im doing my best, not to bring others down in life, and to appreciate where I came from, those were the best years of my life, High School, when I had tons of friends, that was before smoking weed, and going away to college, and quit smoking weed, and played club soccer instead, and didn't drink for three years, and excelled in school instead. There are so many positive examples of people from my life who are doing well now, and Im sure they have been careful about their exposures in life, not allow themselves to be directly affected, or mismanaged by anyone. Whats a compliment? A compliment can be something you see, or you know, that not everyone knows, and that's to let you know that you a special, without proof. There is being appreciative and grateful for having known people with connections or successful parents and industry professionals, had it not been for your upbringing, you would not be so sure of yourself, or so overprotective, and let more things slide, and that's a matter of satisfaction and personal happiness, not their issue with you, unless you mention others, youre not connected to, by contact, phone, or by friendship, just known in passing, and that's how someone who is not in the in crowd, runs the risk, of being treated like an outsider to any in crowd, with no friends. -When things aren't working out for you in life, think? Am I being proper, do I sound more confident than I am, am I bringing unwanted attentions to people I know? How would others feel, knowing I was blogging online? Im sure they would not want to be mentioned, even at this point in time, if Im not helping everyone does that mean Im hurting anyone? If Im not well, does that mean that someone else will not feel well because of me? Exactly how do connections work online, if the givers in pain, or bipolar, what occurs on the receiving end to a reader? If a good feeling is not had, then people leave, or my Alexa does not go up, and I am immediately notified, to keep it positive, if I ever give up, or talk about the moments when I was most ill, then I go through it again, except, not with the same dramatic results or actions such as self-harm, the more accepting you are of your condition, the better able you are at coming to terms with the fact that you will always be this way, and not to push yourself to your limits in life, not to worry what others think, and continue to make simple and smart choices in life, and not affect the lives of those who are doing well, and also don't want to be blamed or made apart of any controversies. If you leave friends for drugs, they always come back, if you leave friends for the internet, you may be hard to talk to, and if you leave a boyfriend you were going to marry after three years of dating, don't complain if your 35 and single, and no one is sure about you, no one knows what to do with you, and no one knows your true worth and value, why? Because if you don't have a job, and have a life of your own, then it looks like you are expecting to date and be provided with a new life and make friends through them, and that's a big imposition to someone, to love you, and introduce you to everyone they know. Big steps, don't take personally, eventually once you are proud of yourself, and after having revisited all your most embarrassing moments, you will overcome whatever it is you are going through, with a kind heart, with positive purpose, and with maybe a little less humor.

[Removed Poem]

Personal Update ...

10/28/2020

Not feeling well, couldn't sleep last night, finished reading: "Working for Peace" by Neil Wollman, started around page 59 and read all the way to the end. Sleep is important. Especially with Bipolar, you really cant be doing anything wrong, otherwise you don't feel well. -Keep it positive = Wellness.

Forgiveness, Overthinking, and Offense Taken ...

10/28/2020

Some go by the Bible, and some go by Stories, Characters, or known Celebrity downfalls. If by what you reference, you are later identified as having thought about or trying to communicate about. -When in a rush, to publish my first manuscript, figured out how, I was given a few stock images to choose from, instead of being blue like Facebook, chose the next simple cover, the graph. I got an A in Advanced Legal Writing, with the same professor, I got a C in Civil Procedure with. Each day, what was discussed in class, was stuff I wrote about in my paper, which was already submitted, and I kept getting As anyways, only later, recalled but never though she was purposefully trying to irk me, I was quiet that semester, and didn't share my grades out loud, and didn't work in groups, I worked alone that semester, every night on Westlaw, while taking two other course, finals I wanted to skip, but was made to take one. This was Spring 2011, that semester I got dumped during finals, and was hospitalized and then sent to rehab for two months, with a job in DC working for DC Law Students in Court, and a Witken Award. I was only prescribed two adderralls at the time, and 5 didn't make a difference 2017, prescribed by my then Psychiatrist. It shouldn't matter what others are up to, so long as you are not up to the same questions or line of understandings in life, then that's how you stay normal, away from issues, not directly affecting you, not until you think about it, speak to it, and that's how you get looked at, see what else you see, or have seen, and at what point did you become led by others, mislead by others, and when alone, by your exposures do you cause yourself harm. Ponder the fact that maybe some systems of wellness, are not based upon you doing well, but with a frame of mind, of being better than you, looking better than you, and being nothing like you, and its not until you bring up issues, or appear sensitive, to things people like to do, that you don't do yourself, is when you get looked at to see whether you are part of, or saying things hurtful to those who can describe themselves in that way, ie modeling. Its not for everyone. Ponder the fact that people who become successful may take a look around, and then go for it in life, that's if they think they have what it takes to succeed a rock solid idea, they know will take off, and on what bases they think that it will attract whether or not it has done a disservice to the image, esteem, or wellness of someone thoughts about with respect to it, an app. Ponder the fact, that if you are someone no one cares about, its not until you think about it, that it happens, and that's not how to treat me or etc., and its not until stated, it hurts and maybe to all. Sometimes people take it too far, meaning exclude you on the basis of who you are, or based upon what has been done to the rest of your identity in life. No one is strong enough for hits to be put out on them in life, or for others to rally together in knowing someone or something about look down upon another, as not being apart of, that's when everything done with love, looks like with hate. -Sorry for the misunderstanding. cc: UWLA, she was a NY DA.

Don't Lose Your Audience ...

10/28/2020

With respect for the times, YES its required that you maintain internal harmony, that's key. And no we don't care what you name your kids, the scooters, were made because I told a story about OJ letting us ride electric bikes as adolescents in our neighborhood in the 90s. So a covered party by "Leslie's Laws," and I think that's why they are stealing Christmas Trees.

“Leslie’s Law: If in the process of committing a good deed, something wrong occurs, not on ones end, but on the end of others, hence the “green lines” on Ocean Ave. and on Montana where I used to live on Harvard alone 2016, that means, so long as what is being said, and what is being done, does not relate to what has been done, you cannot revoke the rights of anyone new to share, with good faith, that they are not sharing to make points in reference to any other parties with a stake in the turn around of factors employing insights to others, without them being aware of how and why, should evidence be retained of knowledge of use of a theme, related to a “poster” purchased in Boulder of a girl snapping, means a later finding, overrode an apps. That’s a persons right to express themselves in fashion or nighties, without others assuming that fashion in nighties was done so in reference to a shooting in Aurora, not to view someone as an unwanted admission, when one was not a knowing party, by taking down a poster on Wilshire. The photo of the poster taken down by me of Barack Obama, was on a Box on Wilshire. Then I drove in circles for a few years at night, and two BMWs died, and one on Westwood. If actions are relevant to a prior harm done, not created by someone, one is not responsible for the initial harm to reputation done, defacement of a President, or for harms occurring in others States to connect to other systems of reacting, created in representation of the loss of a loved one due to the LAPD’s decision making procedures, just like I was punished for not hooking up with the Ex-Boyfriend of a Woman who was killed by a copy car in a silent running drill, a Sponsor to an underclassman who I carpooled, in High School. I reserve the right to remain separate from other expressions, and name changes, or created work products, that reflect differing views whether or not I am identified as not being

a member to a current solution, or whether I'm included as apart of. That's not connecting the luck and functioning of others, to myself, check me to check them. That is trying to create a connection, by affecting my health, to see if anyone else is affected. That's not guilt, that's manipulation of someones condition, to change the tone, to match what is wanted from them, without them knowing or understanding why, or how they could be harmed by the expressions of others, if done in relation to me, done for themselves, or connected to me. If my success is dependent upon my wellness, then please allow my website to speak for itself. If I was not well, I would not be ranked where I am today, and wasting time, energy, and resources, or intelligence, on fighting mini personal issues, detracts attentions away from more important things to talk about, that's to make me an unhelpful contributor, not be viewed as someone at peace. If someone at peace becomes disturbed by the actions of another, that should not be tolerated, treat me as though I've been inactive, I've been active for many years now at peace. My happiness is affected just as others unhappiness affects those close to them, I understand that. Why would I cause unhappiness or instability to anyone, if suffered by me, hurts the same. If someone retaliates on me, in honor of someone, they connect everything to me by, and then treat me as the unwanted influence to others, that's them thinking I control, or have privileges in life. I don't have a job, I don't have money, this is my job, and book was for money. Don't retaliate." **Always End Things on a Positive Note ...**

10/27/2020

That's just how people are always alluding to things, to feel better about themselves, to them that's being smart with you, and to offend you is what makes them feel good, to see what you sound like with your defenses up being so resolute about things. What irks you, what bothers you, what you find offensive and why, what you read into and why, whether what you know or see is readily applicable to yourself, your identity, or your personal history for that matter relevant to their understanding of characters past, whether your character or identity was known past, or acted for and on behalf of those who committed crimes against others, and that's how you are judged in life, whether you had knowledge or knowingly presented self, knowing that others knew you, on what basis were you known to others, and whether you presented yourself and became known, to counter any negative inferences made as to your identity, when where and why and for what end result. Is the bases for your success now, relevant to a changed opinion of you, having presented yourself to the world, and were you ever formerly offended by any presentations pasts, thinking any song or movie was about you, were you underground then, at what time did you become underground, and on what bases have others found success, in spite of knowing you, in spite of comparing you, in spite of hearing your story, what is your personal worth in life, and how has your personal worth improved, by being known to all. How does that make you feel, reassured, relevant, and why? What are your standards of living, and how was that made possible, was what you compared your life to, intended to insult who cares about you no, and was it a problem that you were affected by as a Law Student getting your JD, yes, and by whos Father were you affected by my Best Friends father, who relayed a message to me through his daughter while he was in jail 2008, which overwhelmed me and compelled me to do research, after *Google* searching my name, and found a deposition, which I read and was not fond of at the time, and noticed that later paranoia experienced by the Attorney in a hotel room across the street from a Courthouse, as described, who is now a Corporate Defense Attorney. To me registering as a Corporation made sense, not to be imitated, not to be copied, not to be an identity further distributed in an underground way, to me that was not a proper form of influence, not readily identifiable to all, and to me that system, presented a professional issue of me, not to be included, in the artistic representations of reality, as the times were understood by me. I think that's an unnecessary pressure to put oneself under, as though one sense of being is supposed to inspire change in others, or represents accurately what any positive changes need occur as related to the time. When I posted flyers down Sunset and Hollywood Boulevard, the police smiled at me, and no that was not in response to Aurora, and no that was not in response to High School, or with the intent to mimic a scene from the Movie: Mean Girls, and that was not with the intent to draw attentions to a former case: Columbine, and the reasons for which that crime occurred. And that was not in distaste for a Party attended in Las Vegas (August 2008) in which the ex-girlfriend of Marilyn Manson performed in a martini glass, at the Planet Hollywood hotel in Las Vegas, where we stayed, with my Ex, whos great grandfather Dr. Debakey passed away while we were dating, my Ex crying to me in a casino, as I handed him a wad of cash to gamble with, crying because his great grandfather donated all of his money, and he inherited none. I spent \$1000 on my outfit for the Party in Las Vegas, shoes from Sakes, dress from Neimans. The flyers were made in confidence, not with guilt, with energy, I tapped each one myself, the entire day, posting, parking and posting, parking and posting, until the evening. That was when I was well. There are emotional responses, that are done so in the positive with faith, and there are emotional responses

done so, with a loss of faith, that was not one of them, that was with faith. Self-harm is an emotional response with a loss of faith, as aggravated, or bothered, when things hurt, or don't make sense, when what you think people are thinking is in the negative, because of whom and why, and a condition you choose not to think through, and react poorly too, taking handfuls of meds, or hitting your head, which does you a disservice, and does not help others to make better sense of the times, or the past, or come to better understand your relationships with the past. I have no relationship with the past, and its not through story-telling that relationships occur, to the past, and with risk, or a new relationship being made, to a future incident, as related to me, is what was done to me, to hear my history, for another to develop their own theorem of the past, to say that I was never apart of well, that people who were not well knew me, or did things in life, as to me, or my well being, as though my mental health condition threatens the odds, or chances for violence to occur, or with comrades as to my personal history, and that's an unwanted connection drawn to you, to see for how long you understood life, and for how long after looking back did you assemble your life, to understand anything as having occurred in the negative. Its not until you share, that your life gest assimilated to the past, for others to come to know the past differently, and that's how an identity is used, to understand life differently, as through their lens in life, or upon being viewed, come to see happenings in life, whether or not related to them, how they lived their life, what they were like then or now, to determine whether anyone fights for or on behalf of them, and that's why one is being judged in the negative to see whether if apart, how they make others feel smart or not, and to see what they are like not apart of, whether that translates to negative happenings in the lives of others, to determine whether my life is a cause for action, toward others, or whether my life, is a cause for reaction in disfavor of my identity, or done as a result of my identity being known, like a school shooting, or Monica Lewinsky, or Jim Carreys movie career path (Bauer's Dad was his agent), or Clueless, or Mean Girls (book): collaged my Latin textbook with my friend in Middle School with magazine pictures, or the Movie: Green Book, in which "OJ relayed a message to me "he was eating a bucket of fried chicken," before I attempted suicide, after making binders, calling all my friends and leaving voicemails, put my red hot chili pepper lights on the ground of my balcony up to my mini Christmas tree after watching CNN on ceremonial killings, and cut my wrists, and swallowed a bottle of kolonopin and woke up in the hospital at UCLA, in the first wing. No I am not famous, I have never been famous or well known in my entire life, and I just started social climbing on Twitter (2013) one and off until 2020, fully launching my website now for 2 solid years writing everyday or everytime I had something nice to write about. You will never understand what the times were like then before Law School, but the times were quiet. And it doesn't matter how self-assured others are in life, you will not feel good, until you feel the same way confident.

You can only live life through once through, and even if you never make it back, from any bipolar delusions, never lose faith in yourself. So long as you are at peace, you owe nothing to anyone in life, in order for them to have their peace with you, some just don't know how to respond to someone who is giving it their all and doing their best, expects more. Its not proper to think about things until you become aggravated, and snap, become unsettled, and its also not okay to share things in a way, that makes others feel shorthanded in life, like they weren't in the know, or shouldn't've been privied to what creates success for others in the workforce, what is comprehended and believed by them to be occurring, that is making them on time in life. We cant all be on the same page in life, you are either willing to take risks in life, and carve a new career path for yourself, and create opportunities for yourself, or allow yourself to be limited, by what people think or say to you, as though confirmations from others, are needed to cause a disbelief in yourself, and change the current opinions of you held, which is indifference. There is reliability, there is over-dependence, there is trust, and there is value, there is temperament, and there are causes, there is understanding, and there is misunderstanding and entitlement. The only one entitled to your wellness, and fullness of thought is you. No one on this planet is being shortchanged in life, or kept from the inner workings of the successes of others, this is why I have: (1) personal updates (2) progress photos (3) continue my education (4) apply for jobs (5) maintain friendships (6) close to ex-boyfriends (7) was interested in politics when and why (8) share my medical history timeline online (9) am easy to know, I give plenty of information about myself in advance always, for others to have the power of choice to know me or not know me.

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

comradere, that's others on a serious note, without you. And suicide has everything to do with what you are doing in life, why you are doing what you are doing in life, what is causing you to do what you are doing in life, and why you are or are not happy with your life.

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

If you don't feel good about yourself, you'll have problems feeling good about yourself. And if your goals in life are not achievable, then set goals for yourself you can manage achieving. My medical history was something about me, not known or shared publicly until 2013, when I sent my medical records to the US Supreme Court, and then started blogging. I don't think that was even a story shared with friends, other than having been hospitalized. You have to be coherent, without bipolar in order to go to Law School and finish Law School, and it's unfortunate, the times I was not able to stay well after finishing Law School, and why I stopped performing in Law School. In order to read case books front to back, and make outlines, and take exams, it's a very time consuming process to learn the language of the law, to memorize the definitions you have written for yourself, and to work from memory on exam day, that was something I later experienced trouble with, not my fault. It's not necessary to know the personal details of someone's life story, rise and fall, or previous suicide attempt, to better understand how and why they are where they are now, those are handicaps to my story, those are not empowering moments of survival to be shared to everyone the causes for my suicide attempt are not known, and it is not my fault, when I get voices, or why I get voices (2017).

Obviously, I was having difficulty comprehending my life in relationship to the lives of others, and probably took personally, the behaviors of others, as having to do with me, and more to do with them. That later disbelief of you, is not them not seeing your potential, it's you not able to undo their lack of faith in you, you are capable of achieving anything you put your mind to, whether or not you are apart of the happiness of others, whether or not you can relate to others, whether or not others do or do not make sense to you, always be yourself, and understand that if you are dramatic, or if you complain, that's when people attack your credibility in life, and that's how you get harmed sharing your story, it not being good enough to make sense to another, means they aren't hearing what they want to hear, means they are not getting the results they wanted, meaning they are not hearing anything that makes them feel understood, and doesn't help them to make sense of things, without generating a negative reaction from you. It's not that someone doesn't care about others when someone doesn't get into details about their life in private or public, it's because it causes re-traumatization of issues, and causes others to attack me as though they are entitled to know something about me, a medical condition, I do not completely understand the causes for myself.

Reference:

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

Privilege and Risk ...

10/27/2020

We live in a society that bases admiration, upon what someone has that another does not, and so does it follow that conformity occurs, to whatever standards are set by whom and why. That's when you start to think about others on a molecular level, what is it about them, that makes it easy for them to be themselves, forcing some to question themselves in life, which is not helpful. You don't need to be a rocket scientist in order to have all the components of likeability. In fact sometimes it's by what you are not in life, that you wind up finding more comfort in being yourself, rather than forcing yourself to compete in competitions for acceptances in life. It's wrong to size other people up, based upon how intelligent they are, based on what they look like, sound like, or appear in front of us, we all have potential, and some of us don't rise to the occasion, until it becomes evident to us, that what we look like matters in terms of acceptances.

Here are some examples of my experiences in life, what made me eventually special online:

What is Appropriate (Normal):

1. Working toward achieving goals in life.
2. Exercising regularly, in order to feel good.
3. Having compassion from others, whether they are similar or dissimilar to ourselves.
4. Resolving our problems on our own, having some self-agency in life.
5. Feeling able, and doing things in life that make you feel able.
6. Not feeling good about yourself when you're not at your best.
7. Not feeling as pretty as, as successful as, and wanting to live a better life.
8. Not realizing opportunities, until they arise for you in life.
9. Not being able to visualize your future self, while you are working on yourself.
10. Arriving to places in life, you never saw yourself arriving to in life.
11. Having experience in life, and then living a different life, being challenged.
12. Buckling down, to work, and focusing on your schedule to live up to standards.
13. Not being able to stop thinking about something that's bothering you.
14. Worrying about your future, then suddenly living life with ease again.
15. Complaining, and getting upset, then realize there are more important things in life to think about, outgrowing your problems, not reliving the same problems again.
16. Cutting back on things in life, in order to do other things in life better.
17. Not being able to focus on too many things at once, and feeling torn.
18. Thinking about things in a simple way, in case things get more complicated, can revisit where you were, and what helped you get started, and get back to your roots.

What is Inappropriate (Not Normal):

1. To pick up drinking in your late 20s, when you experience your first failure in life.
2. Leave boyfriends, because you think they can live a better life without you, not fit in.
3. Being too uptight and not loosening up from time to time, forgetting to be yourself.
4. Ignoring people, not making eye-contact, and being uncomfortable around people.
5. When there is something noticeably wrong with you, that no one can help you with.
6. Liking people, but being too shy to like people, then not doing well, and needing people.
7. Not realizing what you have, until your progress has been delayed, or ruined for you.
8. Not realizing your self-worth, until everything is perfect, and going well for you in life.
9. Making poor decisions, when it comes to talking to people, just to be loved, spoken to.
10. Making yourself look bad, without realizing how that makes others look too.
11. Not being put together, and by the time you become put together, you're 35.
12. Losing 50 lbs again, because last time you lost 50 lbs, nude photos were asked of you, so that in 2020, when nude photos are asked of you at 192 lbs, you feel paranoid.
13. Thinking that people are going through your computer, and accounts having fun.
14. Thinking that other people are having fun without you, so going out to have fun.
15. Being out and about, and then feeling uncomfortable, sad, or feeling out of place.
16. Not feeling able to date, so when people court you, you don't date, to be alone.
17. When being alone, does not fix your life, and only makes things worse.
18. Talking to yourself through your problems, instead of talking to an actual person.

What does it mean when we just want to be ourselves again? It means you got hurt, why you are in your shell and don't feel like talking to anyone, and don't make eye-contact. You can't hide your soul from people, that only leads to feeling aggravated in life, upon opening up. That's the point, if more is wanted from you that's a good sign, it means that someone is interested in getting to know you, or wants to be close to you, means that you make others

feel good to be around you, and that's why they want to know you on an intimate level, to see what you look like, that's Men, they see you they like you, they want to feel you, know you, that means your attractive to them, and then there are Men who see you, like you, adore you, on a friendship level, but prefer to date Women who are more equipped in life for sexual relations, not someone who is sensitive, or not ready for intimacy, that's when they turn on you, if you become immature, lose focus, start to not do well, and become a teeny person on the inside, that means you have childhood trauma, means you need more love than what is given, and that's okay too, some like to be small in love, and some like to be mature in love.

What does it mean when we are hiding our true selves from the ones we love? That means you do not feel comfortable being yourself, or the way you are in life, is not acceptable to others, to hear from you, or to see you being yourself in life, the opposite of love, scolding. *What is inhibition?* "Inhibition is a core feature of self-regulation, which refers to the process by which people initiate, adjust, interrupt, stop, or otherwise change thoughts, feelings, or actions in order to effect realization of personal goals or plans or to maintain current standards (Baumeister et al. 1994a, Baumeister & Heatherton 1996, Carver & Scheier 1998). [1] Your behaviors, thoughts, [and] emotions make up how you come to identify yourself, it includes, how you learn, your physiology, and determines what cultural predispos[tions] control your thinking. [2] All of which can be controlled via "self-regulation." *Why is self-regulation important?* Because it is what "allows people to change or overcome" [3] problems associated with being well liked, or proper. *And how is this important to being well-liked?* "Having a "self" serves the basic social skills necessary for maintaining effective relations," [4] and that includes how you interact with your audience online, and affects who they feel about you, whether you can help, or rub poorly off upon others, its all about the traits we pick up, whats working, and whats not working for us.

What makes up our "self"? There are "cognitive and neurological bases of the material aspects of self," an area of research, that researches have made "Considerable progress," in identifying the "neuro-cognitive bases of self-knowledge" which if "objectified" can lead to "amenable ... scientific analysis." [5] *So how to blogs help?* Blogging is the breaking down of ones thoughts, through an analysis of what is understood presently by someone. There is an inherent care in writing online, to care what others think, its not the best place, to speak loosely, just to sound different, and run the risk of not making sense to others, or sounding too judgmental, and abrasive about subjects in life, the more it sits well, the better your blog will be. We don't all have the personality to be so openly opinionated in life, as you become a better blogger, you become less experimental, and more politically correct when it comes to the use of your terminology, as you have come to identify yourself in life, been defensive too, and do a better job at not being controlled by the thoughts of others about you, sensitive to, and without anticipation for something you've said misunderstood by others, which is what editing and clarification is for. Somethings you will remember, but as blogger, rarely does one have the time to read through what they've written more than once, and if it can more readily be remembered by the reader, then that's how they think, how they make sense of your work, and that's your value determined by them, that's not something you should worry about, the thought processes of others. Remember your "identity," is "The sense of self, providing sameness and continuity in personality over time; the condition of being oneself and not another." [6] And your "privilege" also known as your power is "Unearned access to resources only readily available to some people as a result of their advantaged social group membership." [7]

Why is it important to know this difference? Because that's one inherent bases for determining your worth to a reader, and your likeability. If they cant see you, if they don't know you, if there is information about you do dissuade others from paying attention to you, its what being treated as a human being is all about, and not to be treated as someone who is confused (gay) bicurious (not sure if gay) to further elaborate on your ability to feel good (as for gay reasons, or for straight reasons) known. That's treating someone as a visual receptor of feelings, I do not feel good looking at people, and that's not the basis for my sexuality to look at others in order to feel good, or be looked at in order to feel good, that's the basis for Mens love, who are more visual than Women, Women base love on how they feel, how another makes them feel, feeling safe, not by being exposed online. And that is the basis for which Im being attacked. Whether I masturbate or not. I think some self-identify as asexual, and some stop putting out, and that's why Im being attacked, because I stopped having sex 2014, and stopped putting out, that means Im not easy, smart. If that's the only basis for you to understand or love a human being by what they look like, whether they are fuckable or not, that's a sorry way for determining a persons worth online, Im sorry. Self-love is not about masturbation, its not having dirty thoughts when youre around people, and that's thinking normally, please don't accuse me of having dirty thoughts or being dirty minded, Im not a sex addict, I love people, and am either able to love people, or choose to be alone, now. Im not obligated to be in a sexual relationship with anyone, in order to be accepted in life trusted. And I don't think its proper, to know or understand the sex habits of someone to build trust.

And that's how I was offended online. Treated like a gross sex object online, not in the mood to be loving, pictures demanded, an ugly presentation of self. That's after having worked so hard online, to be presentable, that a dirty representation of me was used to describe me as someone who is aggressively sexual or into themselves in a sexual way, if you're not getting me off, that means I don't need help getting off, including Men & Women for that matter, that means I can get off on my own, and called the Courthouse myself.

Reference:

[1] Heatherton T. F. (2011). Neuroscience of self and self-regulation. *Annual review of psychology*, 62, 363–390. <https://doi.org/10.1146/annurev.psych.121208.131616>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3056504/>.

[2] Heatherton T. F. (2011). Neuroscience of self and self-regulation. *Annual review of psychology*, 62, 363–390. <https://doi.org/10.1146/annurev.psych.121208.131616>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3056504/>.

[3] Heatherton T. F. (2011). Neuroscience of self and self-regulation. *Annual review of psychology*, 62, 363–390. <https://doi.org/10.1146/annurev.psych.121208.131616>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3056504/>.

[4] Heatherton T. F. (2011). Neuroscience of self and self-regulation. *Annual review of psychology*, 62, 363–390. <https://doi.org/10.1146/annurev.psych.121208.131616>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3056504/>.

[5] Klein S. B. (2014). Sameness and the self: philosophical and psychological considerations. *Frontiers in psychology*, 5, 29. <https://doi.org/10.3389/fpsyg.2014.00029>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3905202/>.

[6] Antoinette Myers & Yuka Ogino, Power, Privilege, & Oppression, <http://www.scrippscollege.edu/xbk/wp-content/uploads/sites/35/files/Power-Privilege-and-Oppression.pdf>.

[7] Antoinette Myers & Yuka Ogino, Power, Privilege, & Oppression, <http://www.scrippscollege.edu/xbk/wp-content/uploads/sites/35/files/Power-Privilege-and-Oppression.pdf>.

November 2020

Personal Update ...

11/4/2020

Need to take a break from blogging, going through a lot right now, and don't want to make things worse, before they get better, need to slow down, and think about what I want to do in life, how I am going to make my life better, and not through discussion of my issues out loud, expect to live a better life, and while I am able to speak, not lose privileges in speaking, and focus on writing and learning more about how to help others. I've maxed out in terms of my solutions, if my solutions no longer work to help myself, that means I have problems beyond my ability to fix or correct on my own.

Thank you for your readership, I appreciate everyone caring. I'm sorry I do not think that my condition is strong enough to be a source of support online, and need time to recover from bipolar, adjust.

Sincerely,

Leslie Fischman

Law Schools Not Hard Until ...

11/4/2020

Law Schools not hard until you start applying the law to your own life, pointers you could have used in the past, and had you known, “no intent to communicate” you might have not worn your Mr. Winter sweatshirt from Kitson almost every week on rotation to Law School, or your favorite Orange or Grey Sweater with a Metal Heart (you bought both at Front Runners), and one thin Gray sweatshirt. Whatever you do, don’t panic about how things looked, or worry too much about the causes for your bipolar episode (first) 2009, whatever has passed, accept that that is your condition, what meds are for, to prevent the type of thinking that causes you to get upset, panic, or feel frustrated, lifes not over when you cant figure out what to do, or how to make things better, that’s when you need to focus on what it is you are doing with your life, and make a better life for yourself, and stay out of trouble, not take risks, and remember to respect your own privacy in life, no matter how forced or compelled you feel to share everything, you don’t have to, it will likely come back to haunt you and make you feel worse about yourself for having shared every little detail of your life as remembered, that cannot cure a later condition, and sometimes things gets worse the more personal information you share about yourself. The point at which things no longer become fun, is when you are criticized, sure having a sense of humor is key to your survival, but leaving important people out of the equation in life, doesn’t protect them it winds up hurting their feelings in the long run, its reassurances from you, that is required, a listening, such as knowing when its time to stop blogging. That occurs when something that was going well for you, that no one had a problem with, becomes a problem, and when there is a loss of faith in you, that affects the good faith of others, who aren’t reliant on you, but you also do not want to direct negative attentions to you or your family, who were never gamey, mostly professional our whole lives, and this is a kind of energy, that they would never know what it feels like, and Im sure they have lived good lives, to protect me from being exposed to these types of unnecessary stresses in life, when people recognize you as something you are not, or recognize you as something, that hurts the feelings of those who love and respect me, and believed in me, and never worried about me, always proud of me. If it was wrong 2016 for those photos to be taken of me, and if it was wrong to take photos like that in Westwood, then at no later point is it right to be shared online, by me or anyone, and that’s how things get shared, whether you like it or not, and whether or not it hurts you or others, that’s your wishes not respected, and the wishes of your family not respected, and that type of force and exposure is not necessary, when its me that gave up 2009, and because of my mental health, was not a source of stability to them, and because I had too many questions in life studied too hard and got nowhere in life, and because I did not know the case, did not interpret things well, and got sick, and embarrassed, and that’s information, that later became relevant after having gone to law school what was important to disclose what would make things better, and if its not information known, and not information previously created, then it was the way I told my story that caused me pain, or caused people close to me disbelief in me, because I was the disappointment, because I was not sure of myself, because I was not confident, because I did not make sense to others, and that’s how you wind up sick in life, focusing more on yourself than others, how you end up sick and alone in life, and had it not been for my Parents, I would not be alive today, and taken care of, and had it not been for them I would not have gone to Law School, and had it not been for them I would not have recovered from Bipolar, and had it not been for them I would not have been well enough to share my story in a way, that benefited those who were not believed, and its by default, that people are set free, not because of my circumstances, and just because I was hospitalized for 60 days, when OJ was freed, does not mean that I was not apart of that decision to free him, or did not argue the facts of the case well enough, to get people to leave things alone. Its if people think you have guilt or are guilty, they attack you as though you are made up of something stronger than you are, and if you allow all of those intimidations in life to get to your heart, eventually they break your heart, eventually you lose faith, and eventually you lose hope.

When It Takes Convincing ...

11/4/2020

When it takes convincing, it then becomes a matter of your own faith put to the test, that's when on your own, you have to be in a condition, that matters to someone with interest in you, to believe in you. I was reminded in a way that "its not all about me" meaning that people have problems of their own they need to get through in life, and that's when I remembered. When things are going well around you, that means stay, if things are not working out for you, that means go. Some basic life decisions you need to make for yourself in life, sometimes we don't get cued into better lives in life, and the exact opposite occurs, feeling cued out. When you wind up in a space to yourself, and having difficulty connecting with others, that could mean, either there is something wrong with you, or in observance of another's condition, that you are the weller of the two, this happens when you need to cheer someone up, a trait gifted to women, to give back, and to give back in a loving way, to someone who demonstrates a need for love, or with acceptance of you, gives you an opening to be loving back to them. Upon return, you are either hurt, meaning in need of love, or giving, with realization that there is love, and then given a choice, to resume that loving companionship, and prove your worth to someone, or bring up the past with apologies or excuses, no amount of time can make up for lost time in life. Why its so important to stay well, and if youre sure of it, its okay to take chances in life, sometimes we are steered in the wrong directions in life, by who we choose to love, and if youre good, you will always manage to find yourself again, even if your position in life, is not as perfect as it could be, when it comes to speaking to all. No matter what happens to you privately, keep your private life private, and even if your private life is discussed in public, its never too late to remind yourself, that its by what you share that gets repeated, just like how you are, your loving personality, and positive spirit, gets inherited by someone trying to help you, be yourself, whether or not you leave in a worse condition. You will always find better. Never forget your friend in a blue suit, in the midst of chaos, speaking where Jay Carney used to speak, yeah him, you're responsible for him, and if you can help, then maybe its time to buckle down in life, not make things worse, for yourself or for others, and that's when change becomes a spilt decision maker, either when your plate is full, making one choice, and things get worse, or making another choice for things to get better, you can't please them all. What then becomes most important is how you are doing in life, as all after effects of your decisions in life, will be reviewed compared to how everyone else is doing, remember again its not all about you. No one can be you in life, and although people may come to know you and feel good anyways, with or without your help, that doesn't mean that you need to be on your own, isolate, or stop trying all together, sometimes that means, taking fewer chances in life, with your health, focusing on everyone, and not make any one person the center of your world and cares in life, forget about all your other connections, and trusts earned overtime, and not get sick, and disappoint everyone who has finally come to know you in life. That's being known, with the responsibility, of doing well, and if you become a dark cloud of disappointment, over anyones head in life, then all the feelings later read from them, will either serve as a reminder of the last time they were hurt, or if they have never been let down in life, remind you of a time when you were hurt, and that's how it goes from one body to the next, disappointment, looming disillusionment, reading into feelings, then blaming one others feelings on the other, as though its each persons responsibility to rise or fall based upon the feelings of others, and so it happens, some step up to the plate and make things better, or some step up to the plate and make things worse, its usually after having done something wrong on your end, that results in a cause for your own disillusionment, which others upon hearing, remain unaffected, not unless you mention others, a trigger someone who is well to hurt someone who is sick or not feeling well, and that usually makes nothing better, from a speakers standpoint. You can always protect others from harm, and sometimes the best way to help others is not to remain silent, specifically when it comes to how you have been harmed, not that you can advise others of how to not be harmed if you have been harmed, without running the risk of scaring others, or speaking from a condition, that you have not readily become able to removed yourself from feeling all together. It's a no win situation, whenever illness is caused, that's the pressure of making decisions taking its toll on your physically and mentally, and its then you cannot separate yourself, nor observe what to do, not if you are too busy concentrating on your feelings, instead of focusing on what to do, to make yourself feel better, or to leave a situation of discomfort. There is always a way to get help, and although you may try to change people, some people don't change, no matter how beautiful your life was or is, that will not make a person stop hurting you, to keep them from not taking their illness out on you, that's based upon everyone elses condition, whether or not they were affected by my choices or changed mental health, its is never the job of someone who is not that person President Trump, to punish me like he is him.

Some people dont know when to stop, please dont wait until something bad happens to me, in order to get your way, or the reaction wanted in order to feel like you have done the right thing, publicly punish me or shame me in public, as though I dont have a life to live, and not helping others online.

Hearing from Others ...

11/3/2020

There is an inherent wellness factor that occurs upon hearing from others, maybe it just has to do with hearing from someone else other than ourselves, which seems to do the trick. That's an innate human quality characteristic of most, to step outside of ourselves to help others, and maybe the same goes for reading, that trait occurring. Its not easy to think for yourself. I never said that that part of understanding life was easy, and may not come easy to most. Not when it comes to thinking about others, and especially not for most when it comes to predicting, adjusting, and managing what is foreseeable in the future, we don't all have that capacity to protect ourselves in the event of something happening, whether that be our thoughts or the thoughts of others, for that matter. Then there is the energy occurring within, as you are reading and thinking for yourself, that's the power of thoughts coming to mind, which is the goal of every writer, not to block those capabilities in life. Is it even possible to stop thinking all together? And what gets us going again in life? Is it our thoughts that help us? And if our thoughts are hurting us? Why? This inner battle between your thoughts and thoughts of others, has been described by [inc.com](http://www.inc.com) as: "a competitive sport ... [in which] the person who speaks least benefits most and the person who speaks most benefits least." [1] This may be one difficulty faced by the blogger, everyone improving except him or her, it's a thankless profession, I make no money in writing, with the goodness of my heart I write online, not for monetary benefit or defense of opinion. I think everyone is entitled to their own opinions in life, and as the writer, one subjects themselves to being attacked for the opinions they hold, as though there are no other sound starting points from which to think. When what is written is not accepted as is, and when one thinks beyond what is written, that demonstrates a positive quality to any written work, writing that encourages you to think, not discourage you from thinking all together, nor intimidates you when it comes to a finer understanding of thinking, beyond your reasonable means, education and training. We are not all taught the same, we don't all come from the same or similar backgrounds, and we don't all have the same exposures in life. Im sure there are qualities about writers, that make them more appealing than others, and Im pretty sure it has to do with making sense, both to the writer and hopefully to the reader, who either appreciates having understood what has been written, and with respect for the writer, not intrude upon their own thought processes. The downside to being a blogger, is that its an incredibly draining process of sharing without feedback, or critique, without encouragement that's at the start, then eventually you get to a place in your career online writing, when you get comments, that's with firm acceptance of the work that you are doing, and feedback provided when anyone feels like something can be said with regard to a specific piece of writing, has something to say. Ive been working at a very grueling pace for over a year now, writing once a day, that requires thinking of a concept to write about, and in a day assemble something to be published to some 170,000 people daily in traffic, or whatever those Alexa Stats mean anyways, it says 14,000 on Weebly. When you speak in public, that's putting your brain online, it's not an easy process of exposing your vulnerabilities online, and sharing your mind, most don't really engage in sharing their schoolwork online, notes, thinking, journal entries, progress, or recovery stages online, as I have. Its actually not recommended that you share private information in public, and that's probably how I wound up getting hurt eventually, I never really anticipated for there to be an eventual stage of non-acceptance of me, just like any job, its something you cant stop thinking about your work online, what you want to do with your work online, where you are headed in terms of your work online, what you want to do with the rest of your life, what your plans where, what things look like now, what you used to think of yourself, what you think of yourself now, how you used to look, versus how you look now, whether you have aged, whether you were trendy then, and no longer trendy now, whether you have potential to be a business, whether you are not able to run a business yourself one day, whether your work creates opportunities future for others, whether you are capable of providing jobs for others, or whether you have been so damaged, that you have to rethink all your goals in life, and reconsider whether writing is your best bet in life. And so Ive decided to backtrack, and get back to my roots, in research writing, something I wanted to do as a Law Student, and even contacted my old IRB on campus to a school I graduated from. Thankfully there is a private IRB Review Board, that I submitted work to for review, and awaiting approval by them, and in the meantime taking CITI Program Courses again, I took a few in college as an Undergrad, that's standard for any research writing, to go through a system of review and care, and notification of what you are doing, what you want to study, and then created a completed work, as submitted to FEMA Ideascale, and complete the writing process.

Reference:

[1] <https://www.inc.com/minda-zetlin/7-reasons-why-its-smart-to-listen-more-than-you-talk.html>

A Moment of Peace ...

11/2/2020

A moment of peace occurs on occasion, either everyone is tired, or no one has anything to say. Its doesn't matter what your feeling at that point in time, unless what you have to say describes accurately the peace of any given day, then if you are not well, will not be viewed as a person who is in peace, or be viewed as anyone who has helped, preserve those moments of peace. One should generally be well when everyone else is doing well in life that's a given. If you are not feeling well, that may have nothing to do with anything else going on around you, and everything to do with your ability to be at peace too, no matter who is sharing that moment of peace with you, and this is where tolerance for pain becomes an issue, whether you feel as though you were made to not feel good, to not likewise recognize and appreciate those moments of peace, and not bring up something you've been struggling with privately. That is when things are going well for you, do you allow someone to injure your ability to be at peace and get sick worried sick about, or do you do your best to move forward in life. This is what makes living difficult, when you are not apart of. When you are not apart of and on your own, you have few barometers for keeping you well, others may protect you from harm, but ultimately it is your choice, to give up, stop blogging, and choose a new career, the only issue, is wellness. If I am not made to feel well while blogging, then how will work be any different. If it's a condition that has to do with what people think having heard my story, then it is in my best interests to make sure that I am not understood. And this is how a relationship that couldve worked out doesn't work out, if I am made sick, then I cannot be with anyone, and this is how you end up sick and alone in life, and that's not where I want to be in life, and I do not think that I deserve to not feel well. That's a painful fact of life I have come to accept, that when I was not well, I could not date, and because I could not date, did other things with my life, and by the time I improved and achieved a happy state of mind, and was no longer in bed all day in pain, I had overcome hurdles in life, that were not necessary to speak about, that's living life in spite of that's not trying to make sense of a physical condition of illness, make public, not to worry anyone, that's keeping to yourself. Im not sure what the causes were for it, but have been on meds since 2013, as prescribed. Don't waste too much time wondering about life. Youre surely cause yourself more pain in the process of figuring out whats going wrong before ever achieving a condition of wellness to appreciate everything that is going right for everyone. That's life, sometimes you feel good, and sometimes you don't, that doesn't mean that your condition is permanent. Fighting is never the solution, to achieving peace within, that's how one gets sick, trying to argue in public, as though there are sides to life, sides to people, sides to equations, or sides to feelings, that represent the well from the sick, which people are included or excluded on the basis of feeling.

Personal Update ...

11/2/2020

Personal Recovery Plan:

1. Run Everyday/Powerwalk.
2. Take Meds as Prescribed Day/Night.
3. Not get into issues/disagreements online.
4. Provide more solutions for recovery/not setbacks endured.
5. Be professional, get approvals, and continue doing research.
6. Read everyday books for added insight, perspective.
7. Share only as to myself, not as to others, to avoid insult and assumption.
8. Continue to move forward, without rehashing the past, accept it as is.
9. Continue to date my Ex and work toward marriage, and continue to improve, stay well.
10. Try to go to at least one AA meeting a week, and present myself in public.

When the Going Gets Tough the Tough Gets Going ...

11/2/2020

There's an old saying "when the going gets tough the tough get going." Sometimes things only make sense until you experience things for yourself. Living is tough. And while you may have encountered difficult moments in life, that doesn't mean that the rest of your life needs to be dedicated to figuring out why in life. Why you went through a difficult time. Take a moment to pause, and to appreciate where you are in life, and be thankful to be alive. Some of us don't make it through those hurdles in life, some die with addictions, some die with alcoholism, and some die suicidal, always be thankful to not have been one of them, that's what it all comes down to. Don't gamble with your freedoms in life, and don't gamble with your blessings in life, take everything with a grain of salt. You are your own worst enemy, and your inner critic tends to be hardest on you, when no one else is criticizing you, think positively of yourself. No matter what you're going through have faith you will overcome it. Things can be going right for us in life, and we may still have a bad day, or find it difficult to overcome specific feelings or emotions, that doesn't mean that you are defective, remember that you are human. No matter what amount of pressures you get put under in life, continue to do your best, in spite of any unwanted pressures in life, and that's how you come out in the long run, no matter how many people irk you along the way, never question yourself, or allow yourself to be made to feel guilty about any moments in life, no matter how questionable your condition may ever be, it's not your fault, especially if you have a disability, and if someone cannot accept you the way you are, then you don't need those types of people in your life, and I promise you you will find better, more loving, more supportive people in life, who protect you from harm, not subject you to harm and unwanted stress in life. You don't have to do anything you don't want to do in life, and sometimes it's when we feel torn or confused, we get stuck doing things in life, that do not serve us well in the long run, and wind up getting hurt, people pleasing, or pleasing those we put before our own best interests in life, and sometimes that's exactly how you get hurt, made to worry. You must at all times be able to adjust, and when your ability to adjust gets weakened too busy adjusting to another's needs in life, that's when you lose touch with reality, and doing what is best for you. It's never fun being thrown into survival mode for no reason, there's no reason to be put into emergency mode, pushed when you need to stay calm, or be thrown into competition in life, that you're not strong enough to be a contender in. Sometimes we make good decisions for ourselves, when our options become limited, and feel scared, and more often than not we make poor decisions for ourselves, when our defenses are up, when we are in a state of fear, and we feel we are at odds with others, no one makes good decisions for themselves when they are scared, it always seems to get worse and worse no matter which direction we go in life, and that's no way to live life scared, accommodating one another's fears in life, accommodating one another's interests in life, that's bound to leave no one pleased. Therefore it's best not to be complacent in life, and just let things happen, in order to live a good life, you have to make things happen for yourself in life, no one is going to hold your hand through the process of finding yourself, it's by your choices in life, you come to be, and with those choices, find later acceptances in life, that's knowing the difference between right and wrong, and that doesn't happen by meditating on people, thinking about people, worrying about people, being paranoid about your past or your future, that's a recipe for disaster, a negative spiral downward in life, leaving you more and more powerless, without progress, don't do that to yourself. Some people won't change, and that's just how people are, always feeling entitled to do as they please, that's not your responsibility to cure, and it's certainly not your responsibility to give love to anyone who no longer loves you, and only seeks to harm you, means letting go.

I Was 4 Days Away From ...

11/1/2020

Although I have now recovered from a condition (bipolar: voices), in which I felt harmed and was suffering, it has now become more clear to me that more work needs to be done on my part, in order to continue to manage my standards of care, for my readers, and minimize exposing them to sources of hardship I have suffered, not wrongfully empower anyone to cause harm to me or others, in order to cast me in a disfavorable light. Nothing to protest about. Something perhaps to just accept, that where there is fear, fear will be induced, and when any fear has been induced by someone in a caretaking position, such as a blogger, I have to do my part, to step away, and figure out what needs to be done on my behalf in order not to be fearful of what others have to say about me, after having observed me over the course of 8 years improve. That being said, along with registering for two four week courses on Coursera, I have also enrolled in 10 courses on CITI Program, a Collaborative Institutional Training Initiative, training that is required of all who conduct research on their own, such as the proposed studies submitted to Ideascale as a FEMA Student:

1. Social Media and Mental Health: <https://fema.ideascale.com/a/dtd/Social-Media-and-Mental-Health/551783-14692>
2. Aftercare Books/Blogs: <https://fema.ideascale.com/a/dtd/Aftercare-Books-Blogs-by-mymollydoll-com/547910-14692>
3. #dontdodrugs: <https://fema.ideascale.com/a/dtd/dontdodrugs/551784-14692>

I was approximately 4 days away from being a top blogger in personal development and self-improvement in the US. Mark Manson was currently ranked in the 13,000s yesterday, and today is ranked #6 in the US. After many years of hard work, I seem to be up in the ranks on Alexa with the best of them, which only means that I have to be more careful, the less risk imposed to me the better, the work product, the tougher the issue or more difficulty I face speaking to issues off hand, directly affecting me, the more important that what I have to say, becomes when it comes to others letting go, loosen up, when it comes to attacking my credibility to suit their needs in life. That's the difference between speaking without inner turmoil, versus speaking with turmoil. In avoidance of speaking to what can cause one fear, or made to convince someone that what they are doing is wrong, or to think in terms of guilt when it comes to homicide or gun violence, that's what if this is done, what will she think and what will others think, it always hurts the person that is thought about not the thinker, made to think of me in terms of everything going on in the world as related.

Courses I am Taking on CITI Program:

1. Disaster Planning for the Research Enterprise (DPRE)
2. Public Health Research
3. Conflict Management
4. FERPA: A Quick Review of the Law for Researchers and IRBs
5. IRB Basic - Biomedical and Social-Behavioral-Educational Combined
6. Preparing for Single IRB (sIRB) under the Common Rule
7. Artificial Intelligence (AI) and Human Subject Protections
8. Social Media and Research Recruiting
9. COVID-19: Supporting Ethical Care and Responding to Workforce Concerns in a Public Health Emergency.
10. Health Privacy (HIPAA)

Personal Update ...

11/1/2020

10-31-20

Ive made a decision to return to my Ex, after much needed time to myself to figure out life for myself, and experience life as a single woman, I think I function better with a companion in life. Someone who loves me, respects me, supports me, and knows me, and can tolerate my mental health issues, and understanding that I am on meds. Who encourages me to work, and to set my standards higher in life, and try going back to a career in law as a paralegal if possible. It would be nice to work somewhere. We finally spoke last night after many years apart, we would check on eachother occasionally over the years, and lived life separately for 8 years. I honestly don't think anyone would have sat with me through all the years trying to figure out what to say, and how to say things, in order to help make things better, I don't think anyone really worries as much as I ever have about life, most people don't action plan, I guess thats the free spirit in me. So, that being said, although Ive had many crushes true, that doesn't mean that Im action planning in those directions in life, I cant even visualize how meeting anyone famous would ever be possible for me in life. I guess they go through the same things in life that I maybe went through alone for 8

years, people knowing you, but you only knowing a few people in life. Its an odd experience to adjust to nonetheless, and even more difficult saying the right things in cover letters and interviews to get a good job in life, it takes practice, work and career is all about momentum, you either keep working going from one job to the next until you find a full time job, learn all the skills you need, or you take lesser jobs in life, but don't stop working all together, unless you go back to school and try to finish Law School, that's okay. Whatever you feel is the right thing to do, in order for you to feel complete and able, that's on you, your satisfaction in life, pride, and confidence, some of us don't function well half empty in life, that is not on all cylinders, up and adam everyday, doing things keeping busy, meds can be a very painful transition from being able to keep busy, to not doing much at all, getting tired easily. That's a consequence of self-harming. Im just happy I am where Im at now in life, maybe things are not always going perfectly for me, but who has a perfect life anyways. In it for the hugs! #lovelife #lessons #companionship

I Was 4 Days Away From ...

11/1/2020

Although I have now recovered from a condition (bipolar: voices), in which I felt harmed and was suffering, it has now become more clear to me that more work needs to be done on my part, in order to continue to manage my standards of care, for my readers, and minimize exposing them to sources of hardship I have suffered, not wrongfully empower anyone to cause harm to me or others, in order to cast me in a disfavorable light. Nothing to protest about. Something perhaps to just accept, that where there is fear, fear will be induced, and when any fear has been induced by someone in a caretaking position, such as a blogger, I have to do my part, to step away, and figure out what needs to be done on my behalf in order not to be fearful of what others have to say about me, after having observed me over the course of 8 years improve. That being said, along with registering for two four week courses on Coursera, I have also enrolled in 10 courses on CITI Program, a Collaborative Institutional Training Initiative, training that is required of all who conduct research on their own, such as the proposed studies submitted to Ideascale as a FEMA Student:

1. **Social Media and Mental Health:** <https://fema.ideascale.com/a/dtd/Social-Media-and-Mental-Health/551783-14692>
2. **Aftercare Books/Blogs:** <https://fema.ideascale.com/a/dtd/Aftercare-Books-Blogs-by-mymollydoll-com/547910-14692>
3. **#dontdodrugs:** <https://fema.ideascale.com/a/dtd/dontdodrugs/551784-14692>

I was approximately 4 days away from being a top blogger in personal development and self-improvement in the US. *Mark Manson* was currently ranked in the 13,000s yesterday, and today is ranked #6 in the US. After many years of hard work, I seem to be up in the ranks on Alexa with the best of them, which only means that I have to be more careful, the less risk imposed to me the better, the work product, the tougher the issue or more difficulty I face speaking to issues off hand, directly affecting me, the more important that what I have to say, becomes when it comes to others letting go, loosen up, when it comes to attacking my credibility to suit their needs in life. That's the difference between speaking without inner turmoil, versus speaking with turmoil. In avoidance of speaking to what can cause one fear, or made to convince someone that what they are doing is wrong, or to think in terms of guilt when it comes to homicide or gun violence, that's what if this is done, what will she think and what will others think, it always hurts the person that is thought about not the thinker, made to think of me in terms of everything going on in the world as related.

Courses I am Taking on CITI Program:

1. Disaster Planning for the Research Enterprise (DPRE)
2. Public Health Research
3. Conflict Management
4. FERPA: A Quick Review of the Law for Researchers and IRBs

5. IRB Basic - Biomedical and Social-Behavioral-Educational Combined
6. Preparing for Single IRB (sIRB) under the Common Rule
7. Artificial Intelligence (AI) and Human Subject Protections
8. Social Media and Research Recruiting
9. COVID-19: Supporting Ethical Care and Responding to Workforce Concerns in a Public Health Emergency.
10. Health Privacy (HIPAA)

When the Going Gets Tough the Tough Gets Going ...

11/2/2020

There's an old saying "when the going gets tough the tough get going." Sometimes things only make sense until you experience things for yourself. Living is tough. And while you may have encounter difficult moments in life, that doesn't mean that rest of your life needs to be dedicated to figuring out whys in life. Why you went through a difficult time. Take a moment to pause, and to appreciate where you are in life, and be thankful to be alive. Some of us don't make it through those hurdles in life, some die with addictions, some die with alcoholism, and some die suicidal, always be thankful to not have been one of them, that's what it all comes down to. Don't gamble with your freedoms in life, and don't gamble with your blessings in life, take everything with a grain of salt. You are your own worst enemy, and your inner critic tends to be hardest on you, when no one else is criticizing you, think positively of yourself. No matter what you're going through have faith you will overcome it. Things can be going right for us in life, and we may still have a bad day, or find it difficult to overcome specific feelings or emotions, that doesn't mean that you are defective, remember that you are human. No matter what amount of pressures you get put under in life, continue to do your best, in spite of any unwanted pressures in life, and that's how you come out you in the long run, no matter how many people irk you along the way, never question yourself, or allow yourself to made to feel guilty about any moments in life, no matter how questionable your condition may ever be, it's not your fault, especially if you have disability, and if someone cannot accept you the way you are, then you don't need those types of people in your life, and I promise you you will find better, more loving, more supportive people in life, who protect you from harm, not subject you to harm and unwanted stress in life. You don't have to do anything you don't want to do in life, and sometimes it's when we feel torn or confused, we get stuck doing things in life, that do not serve us well in the long run, and wind up getting hurt, people pleasing, or pleasing those we put before our own best interests in life, and sometimes that's exactly how you get hurt, made to worry. You must at all times be able to adjust, and when your ability to adjust gets weakened too busy adjusting to another's needs in life, that's when you lose touch with reality, and doing what is best for you. It's never fun being thrown into survival mode for no reason, there's no reason to be put into emergency mode, pushed when you need to stay calm, or be thrown into competition in life, that you're not strong enough to be a contender in. Sometimes we make good decisions for ourselves, when our options become limited, and feel scared, and more often than not we make poor decisions for ourselves, when our defenses are up, when we are in a state of fear, and we feel we are at odds with others, no one makes good decisions for themselves when they are scared, it always seems to get worse and worse no matter which direction we go in life, and that's no way to live life scared, accommodating one another's fears in life, accommodating one another's interests in life, that's bound to leave no one pleased. Therefore it's best not to be complacent in life, and just let things happen, in order to live a good life, you have to make things happen for yourself in life, no one is going to hold your hand through the process of finding yourself, it's by your choices in life, you come to be, and with those choices, find later acceptances in life, that's knowing the difference between right and wrong, and that doesn't happen by meditating on people, thinking about people, worrying about people, being paranoid about your past or your future, that's a recipe for disaster, a negative spiral downward in life, leaving you more and more powerless, without progress, don't do that to yourself. Some people won't change, and that's just how people are, always feeling entitled to do as they please, that's not your responsibility to cure, and it's certainly not your responsibility to give love to anyone who no longer loves you, and only seeks to harm you, means letting go.

Personal Update ...

11/2/2020

Personal Recovery Plan:

1. Run Everyday/Powerwalk.
2. Take Meds as Prescribed Day/Night.
3. Not get into issues/disagreements online.
4. Provide more solutions for recovery/not setbacks endured.
5. Be professional, get approvals, and continue doing research.
6. Read everyday books for added insight, perspective.
7. Share only as to myself, not as to others, to avoid insult and assumption.
8. Continue to move forward, without rehashing the past, accept it as is.
9. Continue to date my Ex and work toward marriage, and continue to improve, stay well.
10. Try to go to at least one AA meeting a week, and present myself in public.

A Moment of Peace ...

11/2/2020

A moment of peace occurs on occasion, either everyone is tired, or no one has anything to say. Its doesn't matter what your feeling at that point in time, unless what you have to say describes accurately the peace of any given day, then if you are not well, will not be viewed as a person who is in peace, or be viewed as anyone who has helped, preserve those moments of peace. One should generally be well when everyone else is doing well in life that's a given. If you are not feeling well, that may have nothing to do with anything else going on around you, and everything to do with your ability to be at peace too, no matter who is sharing that moment of peace with you, and this is where tolerance for pain becomes an issue, whether you feel as though you were made to not feel good, to not likewise recognize and appreciate those moments of peace, and not bring up something you've been struggling with privately. That is when things are going well for you, do you allow someone to injure your ability to be at peace and get sick worried sick about, or do you do your best to move forward in life. This is what makes living difficult, when you are not apart of. When you are not apart of and on your own, you have few barometers for keeping you well, others may protect you from harm, but ultimately it is your choice, to give up, stop blogging, and choose a new career, the only issue, is wellness. If I am not made to feel well while blogging, then how will work be any different. If it's a condition that has to do with what people think having heard my story, then it is in my best interests to make sure that I am not understood. And this is how a relationship that couldve worked out doesn't work out, if I am made sick, then I cannot be with anyone, and this is how you end up sick and alone in life, and that's not where I want to be in life, and I do not think that I deserve to not feel well. That's a painful fact of life I have come to accept, that when I was not well, I could not date, and because I could not date, did other things with my life, and by the time I improved and achieved a happy state of mind, and was no longer in bed all day in pain, I had overcome hurdles in life, that were not necessary to speak about, that's living life in spite of that's not trying to make sense of a physical condition of illness, make public, not to worry anyone, that's keeping to yourself. Im not sure what the causes were for it, but have been on meds since 2013, as prescribed. Don't waste too much time wondering about life. Youre surely cause yourself more pain in the process of figuring out whats going wrong before ever achieving a condition of wellness to appreciate everything that is going right for everyone. That's life, sometimes you feel good, and sometimes you don't, that doesn't mean that your condition is permanent. Fighting is never the solution, to achieving peace within, that's how one gets sick, trying to argue in public, as though there are sides to life, sides to people, sides to equations, or sides to feelings, that represent the well from the sick, which people are included or excluded on the basis of feeling.

Hearing from Others ...

11/3/2020

There is an inherent wellness factor that occurs upon hearing from others, maybe it just has to do with hearing from someone else other than ourselves, which seems to do the trick. That's an innate human quality characteristic of

most, to step outside of ourselves to help others, and maybe the same goes for reading, that trait occurring. Its not easy to think for yourself. I never said that that part of understanding life was easy, and may not come easy to most. Not when it comes to thinking about others, and especially not for most when it comes to predicting, adjusting, and managing what is foreseeable in the future, we don't all have that capacity to protect ourselves in the event of something happening, whether that be our thoughts or the thoughts of others, for that matter. Then there is the energy occurring within, as you are reading and thinking for yourself, that's the power of thoughts coming to mind, which is the goal of every writer, not to block those capabilities in life. Is it even possible to stop thinking all together? And what gets us going again in life? Is it our thoughts that help us? And if our thoughts are hurting us? Why? This inner battle between your thoughts and thoughts of others, has been described by [inc.com](https://www.inc.com/minda-zetlin/7-reasons-why-its-smart-to-listen-more-than-you-talk.html) as: "a competitive sport ... [in which] the person who speaks least benefits most and the person who speaks most benefits least." [1] This may be one difficulty faced by the blogger, everyone improving except him or her, it's a thankless profession, I make no money in writing, with the goodness of my heart I write online, not for monetary benefit or defense of opinion. I think everyone is entitled to their own opinions in life, and as the writer, one subjects themselves to being attacked for the opinions they hold, as though there are no other sound starting points from which to think. When what is written is not accepted as is, and when one thinks beyond what is written, that demonstrates a positive quality to any written work, writing that encourages you to think, not discourage you from thinking all together, nor intimidates you when it comes to a finer understanding of thinking, beyond your reasonable means, education and training. We are not all taught the same, we don't all come from the same or similar backgrounds, and we don't all have the same exposures in life. Im sure there are qualities about writers, that make them more appealing than others, and Im pretty sure it has to do with making sense, both to the writer and hopefully to the reader, who either appreciates having understood what has been written, and with respect for the writer, not intrude upon their own thought processes. The downside to being a blogger, is that its an incredibly draining process of sharing without feedback, or critique, without encouragement that's at the start, then eventually you get to a place in your career online writing, when you get comments, that's with firm acceptance of the work that you are doing, and feedback provided when anyone feels like something can be said with regard to a specific piece of writing, has something to say. Ive been working at a very grueling pace for over a year now, writing once a day, that requires thinking of a concept to write about, and in a day assemble something to be published to some 170,000 people daily in traffic, or whatever those Alexa Stats mean anyways, it says 14,000 on Weebly. When you speak in public, that's putting your brain online, it's not an easy process of exposing your vulnerabilities online, and sharing your mind, most don't really engage in sharing their schoolwork online, notes, thinking, journal entries, progress, or recovery stages online, as I have. Its actually not recommended that you share private information in public, and that's probably how I wound up getting hurt eventually, I never really anticipated for there to be an eventual stage of non-acceptance of me, just like any job, its something you cant stop thinking about your work online, what you want to do with your work online, where you are headed in terms of your work online, what you want to do with the rest of your life, what your plans where, what things look like now, what you used to think of yourself, what you think of yourself now, how you used to look, versus how you look now, whether you have aged, whether you were trendy then, and no longer trendy now, whether you have potential to be a business, whether you are not able to run a business yourself one day, whether your work creates opportunities future for others, whether you are capable of providing jobs for others, or whether you have been so damaged, that you have to rethink all your goals in life, and reconsider whether writing is your best bet in life. And so Ive decided to backtrack, and get back to my roots, in research writing, something I wanted to do as a Law Student, and even contacted my old IRB on campus to a school I graduated from. Thankfully there is a private IRB Review Board, that I submitted work to for review, and awaiting approval by them, and in the meantime taking CITI Program Courses again, I took a few in college as an Undergrad, that's standard for any research writing, to go through a system of review and care, and notification of what you are doing, what you want to study, and then created a completed work, as submitted to FEMA Ideascare, and complete the writing process.

Reference:

[1] <https://www.inc.com/minda-zetlin/7-reasons-why-its-smart-to-listen-more-than-you-talk.html>

When It Takes Convincing ...

11/4/2020

When it takes convincing, it then becomes a matter of your own faith put to the test, that's when on your own, you have to be in a condition, that matters to someone with interest in you, to believe in you. I was reminded in a way that "its not all about me" meaning that people have problems of their own they need to get through in life, and that's when I remembered. When things are going well around you, that means stay, if things are not working out for you, that means go. Some basic life decisions you need to make for yourself in life, sometimes we don't get cued into better lives in life, and the exact opposite occurs, feeling cued out. When you wind up in a space to yourself, and having difficulty connecting with others, that could mean, either there is something wrong with you, or in observance of anothers condition, that you are the weller of the two, this happens when you need to cheer someone up, a trait gifted to women, to give back, and to give back in a loving way, to someone who demonstrates a need for love, or with acceptance of you, gives you an opening to be loving back to them. Upon return, you are either hurt, meaning in need of love, or giving, with realization that there is love, and then given a choice, to resume that loving companionship, and prove your worth to someone, or bring up the past with apologies or excuses, no amount of time can make up for lost time in life. Why its so important to stay well, and if youre sure of it, its okay to take chances in life, sometimes we are steered in the wrong directions in life, by who we choose to love, and if youre good, you will always manage to find yourself again, even if your position in life, is not as perfect as it could be, when it comes to speaking to all. No matter what happens to you privately, keep your private life private, and even if your private life is discussed in public, its never too late to remind yourself, that its by what you share that gets repeated, just like how you are, your loving personality, and positive spirit, gets inherited by someone trying to help you, be yourself, whether or not you leave in a worse condition. You will always find better. Never forget your friend in a blue suit, in the midst of chaos, speaking where Jay Carney used to speak, yeah him, you're responsible for him, and if you can help, then maybe its time to buckle down in life, not make things worse, for yourself or for others, and that's when change becomes a spilt decision maker, either when your plate is full, making one choice, and things get worse, or making another choice for things to get better, you can't please them all. What then becomes most important is how you are doing in life, as all after effects of your decisions in life, will be reviewed compared to how everyone else is doing, remember again its not all about you. No one can be you in life, and although people may come to know you and feel good anyways, with or without your help, that doesn't mean that you need to be on your own, isolate, or stop trying all together, sometimes that means, taking fewer chances in life, with your health, focusing on everyone, and not make any one person the center of your world and cares in life, forget about all your other connections, and trusts earned overtime, and not get sick, and disappoint everyone who has finally come to know you in life. That's being known, with the responsibility, of doing well, and if you become a dark cloud of disappointment, over anyones head in life, then all the feelings later read from them, will either serve as a reminder of the last time they were hurt, or if they have never been let down in life, remind you of a time when you were hurt, and that's how it goes from one body to the next, disappointment, looming disillusionment, reading into feelings, then blaming one on others feelings on the other, as though its each persons responsibility to rise or fall based upon the feelings of others, and so it happens, some step up to the plate and make things better, or some step up to the plate and make things worse, its usually after having done something wrong on your end, that results in a cause for your own disillusionment, which others upon hearing, remain unaffected, not unless you mention others, a trigger someone who is well to hurt someone who is sick or not feeling well, and that usually makes nothing better, from a speakers standpoint. You can always protect others from harm, and sometimes the best way to help others is not to remain silent, specifically when it comes to how you have been harmed, not that you can advise others of how to not be harmed if you have been harmed, without running the risk of scaring others, or speaking from a condition, that you have not readily become able to removed yourself from feeling all together. It's a no win situation, whenever illness is caused, that's the pressure of making decisions taking its toll on your physically and mentally, and its then you cannot separate yourself, nor observe what to do, not if you are too busy concentrating on your feelings, instead of focusing on what to do, to make yourself feel better, or to leave a situation of discomfort. There is always a way to get help, and although you may try to change people, some people don't change, no matter how beautiful your life was or is, that will not make a person stop hurting you, to keep them from not taking their illness out on you, that's based upon everyone elses condition, whether or not they were affected by my choices or changed mental health, its is never the job of someone who is not that person President Trump, to punish me like he is him.

Some people dont know when to stop, please dont wait until something bad happens to me, in order to get your way, or the reaction wanted in order to feel like you have done the right thing, publicly punish me or shame me in public, as though I dont have a life to live, and not helping others online.

Personal Update ...

11/4/2020

Need to take a break from blogging, going through a lot right now, and dont want to make things worse, before they get better, need to slow down, and think about what I want to do in life, how I am going to make my life better, and not through discussion of my issues out loud, expect to live a better life, and while I am able to speak, not lose privileges in speaking, and focus on writing and learning more about how to help others. Ive maxed out in in terms of my solutions, if my solutions no longer work to help myself, that means I have problems beyond my ability to fix or correct on my own.

Thank you for your readership, I appreciate everyone caring. Im sorry I do not think that my condition is strong enough to be a source of support online, and need time to recover from bipolar, adjust.

Sincerely,

Leslie Fischman

There's No Otherside

11/7/2020

Sometimes the harder they try to get a person to crack or fall of center, the worse result, meaning something expected bipolar, something heard about voices, and something past, suicidal ideation, which to prove reinforces, conditions present 2017, to then bring up a whole host of issues, unrelated to now, which was an improved condition then made worse. It takes awhile to digest. As sensitive as others may be to mentions, I would not mention it, if not saying so, would produce a worse result, then its better to be honest, and state my reservations, maybe not be so vocal about non-existent concerns. I think the stopping of the blog, in addition to dating again, seemed to send a mixed message, as though a better life awaits me, this is my best life writing, and starting over work wise, is not easy, everything takes time, including buttoning up, setting one thing down and picking up another. Its become clear to me that the more well studied what I have to write is, the more who is reading becomes a vocalized echo to the hearing of others, which need not be influenced by things stated here in a derogatory way. That's an unexpected consequence of leading discussions online, powerful, not in a subtle way, but powerful in terms, of the wellness factor, something I go into, and others seemed to be into, but like most things only lasts for as long as I stay well, the maker of the product, or books. Its really challenging to come to terms with the fact that you can be good at something, however based on what someone else sees through your writing, thinks differently of you, sees you as guilty, or for far worse offenses, such as lying or making things up. I would never. I am always honest speaking from the heart, maybe sometimes I blurt things out from time to time, but have never lost faith in myself or for a new beginning for everyone, else to blurt out their emotions, sad or dramatic or what not, whatever came to mind speak it, that's your body your temple, not my doing. The times change, so if you are unhappy with the representative sample of content now, then maybe you should have a little more faith, their words are but a reflection of what they see, think, or know, not always having to do with being in the know, or by overhearing what a cast of characters is up to in life, and where they are headed, learn to let things go. If every story serves as reminder of my past, then that is how I will be viewed, everything pertaining to a specific example past, or hesitancy or fear. Even if never anticipated or felt previously in my life, just as a turning about the issues occurred, seemed to be something worst revisiting, when it comes to the politics of understanding those who made it, without being too hard on one another, eventually people take a turn for the best, and some of us get left behind, whether because we couldn't stay strong enough, or got sick telling our own story in life, it happens. So long as you are honest and have done no harm, then its best to live a good life while you can, not turn into a bad memory or experience online, if you are suffering from mental health issues, which has become a moral and ethical issue for my how much to disclose, regarding the negative twists and turns taken while observing, and wondering if Im someone who just switches teams on the fly, that's not how that occurs, its by wellness people switch teams, and by confidence, and you cant rationalize the changes a country is going through by sexual preferences of any characters, as though the basis for their trusts are based upon sex, maybe its based upon blames, not advances. So let the well lead, that's when its okay to settle down, and listen, no one is going to tell you that what you are thinking is wrong, and no one is going to tell

you that what other people are doing is wrong, everyone has a voice, a rhyme, and a reason to their choices in life. Its all a matter of what you are willing to put up with, Im very generous with my time, maybe too generous with my time, and if you get stuck with a non-believer, then that's what will happen to them once they stop believing in you, see if you change or stop believing in yourself. Hopefully we don't wait until its too late, and hopefully what people think doesn't become an incessant thought in our heads, manipulated or be viewed as some head case example, of someone disabled being convinced not to trust others, or to see some shining brim of hope to achieve fame, I don't think that was ever in the cards for me, I come from a very private but solid team in life. There are other people to represent and lead others away from the trauma induced paranoia, listen evil cant win unless you allow it to win, and if you think sex is evil, then maybe that's a side of you that youd like to avoid in life, as it brings up all the trauma, induced the last time you were loving to people you just met. Theres a system for acceptances in life, that is based on what you look like, that's occurs online and in real life, I guess I was just trying to play along, with all the hoopla for acceptances, and shine in my own way on Instagram and through writing. It wasn't intended to be a number one blog online, I think that happened, in a non customary way, because if I was trying to help everyone, then taking a lead position, would not serve my best interests, to then disempower someone who empowered me, to keep trying and not give up and work. How I got my first job and left home, stuck at home, not knowing what to do with my life, takes time. I see what it looks like, and I see that 2020, didn't add any faith in the factor, that I do work hard, graduated, and was trying to get a job, but now things are way too intense, uncomfortably intense, for that matter, to even discuss my past when suffering, or to talk about now, if everything hits me the wrong way, and I begin to feel sick, that's allowing the negatives to take hold. So don't do that to yourselves. Everyones was just playing the Jewish card to not believe in Leslie and see if she believes in herself, and at some point in time, I got lost, and lost momentum. That happens, as you get older, if theyre around youre well, if not means work on yourself, that's being a woman in your 30s 101, ready for the call, but never trying that hard for it, just letting them know your available, while trying to stay out of trouble. Just be strong please.

Current Word Count for All Blog Posts + Removed Posts: **1,056,326 Words Published**
Online by mymollydoll.com by Leslie A. Fischman with References, working on my Bibliography and Index still.

When Illness Happens ...

11/7/2020

Its hard for anyone to understand how someone who was doing well could suddenly not be doing well. We don't all have a fair share at life, and given ample opportunities, it seems the more you complain, the more it seems as though you were a problem, then which doesn't allow for acceptances of you now. You are either well and not a problem in life, or you become not well and then become a problem. Life isn't a science experiment, not with your health nor the health of others. The benefit of having heard about someones experience, is so that you don't go through the same in life, and recognize sooner along the way, when to stop doing something that is actually causing you harm, what good can become of that? I may have suffered from addictions past, but never stupidity, and its probably because one of my paper, used the R word, so as a condescending slap to my face was humiliated in public as though deserved, so that upon showing me in that way, everyone would remember or think of things from my blog, to say that that was a justified treatment of me. Im not sure what the temperature is like, about me, but I have not been my usual self, if Im not doing anything, actually don't feel well to be honest. Things are only okay for so long as you are able to contribute positively. If things are troublesome for you, I don't think anyone wants to hear from someone, who has been publicly shamed as though one has made mistakes on those particular merits when it comes to speaking to people of importance, and that was a grose overstatement of the terms or conditions, which only later happened as the sharing continued, from what was companionship, or updates, to then conforming to a look, whether that be something I have looked liked, or now, suddenly saying things as though Im giving up, and statements like that are not helpful at a time like this, if that condition can be changed by you, why its no use talking about how you are feeling, if its you that needs to change, then it looks like your saying things, and then conforming to things you have said, and then that means that what you say will not match how you feel, either not well talking to, then okay alone, then professional online, but hard to talk to or hear from, painful, means that there is something wrong with my condition, if I got manipulated to do and say things to make me look like Im controllable, or laughable, and I take my life seriously, and take blogging seriously somewhat with cited to humor, not in my writing

trying to be sly or sound smart amongst. At this point to say Im not doing well is just gonna fuel up arguments trying to prove that Im offensive or an offender, and that's really not a good direction to be placed in in life, that no one will forgive you for, if you appear one way in public or online, or behave differently in private, I think being girly is someone I am in private not someone I am anywhere else in the universe, and that much maybe was not understood about me, there is a risk you taken upon opening up to someone, that it someone learning your temperament, or understanding your pattens, or studying you, and ultimately if you become sick they all lose faith, its just something they wanted to know, what is hidden deep within, and then when they don't get what they want, its like everything else is said, that makes them not like you, I guess that was to prove I think in a dark way about life, or have dark secrets. Im pretty openly ashamed about self-harming, and it was not something I ever saw myself going through again, especially not with such short amount of time left to spend with family, did not anticipate that the arena was still that aggressive looking for a fight, it seems I am always the one people choose to fight in life, or the character that makes everyone feel better about themselves, or someone who everyone cannot empathize with, as I have said, easier to understand whoever becomes disinterested in me, and the more you think that way about yourself, to more it happens, and the more they become convinced that that is how your entire life has been, worse hurts more than anything I have ever experienced before in life, and its not a condition that my family is young enough to tolerate, and that's taking things too far, to turn on me and they make my family subject to whatever I am being attacked for, as though I was not a good companion online, or as though this person, had a right to treat me like he was someone who I had already once contacted, and watched on TV, make it a real connection of affect to treat me as though I insult the presence of those who are famous, as though Im so far beneath others, that to be mentioned in conjunction with my name, hurts their image, its this condition that is caused, when everyone eventually comes to accept you, then has to accept you not doing well, being hurt by the terms or conditions of acceptances from someone else, who they may or may not know, but who seems innocent compared to how you look.

Fame is earned its condition you arrive to not by association, by the way. It actually hurts more the more people who know you, its a very heavy downward turn onto your psyche, all the negatives hitting, then the responsibility of attachments, then detachment, because its painful being a disappointment to those who recognized you and cared about you, having been known themselves, and then there is the wavering around of uncertainty, and illness, that follows having reacted or responded (for me: self-harm), thats me being me, thats not me feeling insulted, thats me not feeling safe or uncomfortable, because I am not strong enough to handle negative attention, I already get voices at home, so its more about me feeling safe, not beaten up, and its important that I stay normal, not be a source of disappointment or fear to others, who have a divested interests in maintaining their faith in whatever restores their faith. Why not to hurt people who are well or who are in positions of trust, it throws the whole equilibrium of trust off. Sometimes people dont know what real until they get results, and usually the results being sought by trying to get a reaction from someone are not positive. I think thats a popular experiment on me, to hurt me, without proof, then to see me talk about how Im feeling, with no one caring, as though I have done something to myself, as though I am someone who exaggerates, or is not allowed to dream or be happy for others and be at a peace too. For some people their sense of peace, is removing people from equations in life. Although I see myself overcoming this condition, I am sad about the trust that was built, that no longer is a source of wellness to those who trusted me, but presents a type of difficulty, in that a bad feeling occurs, when everyone thought that everything would be okay. I guess it is then my responsibility to do my best not to contribute to a bad feeling, not make any one person the source of inspiration, continue to allow people to express themselves within reason, and continue to set a good example of how to see the positive no matter what happens, with faith that our resources will not be exhausted in life, due to who is connected and gets hurt, if you cant save lives, then dont even pretend to act like you know how, thats a ridiculous feat or promise in life, the best way to help preserve the wellness and faith of others, is to have faith in yourself, to see the good in others, to not worry about competitions or money, and let life happen to you, there is always time to think, nothings impossible until its done. Stay well!

Since 2013 Courteous to All ...

11/7/2020

Its when things take a turn for the worst, you say to yourself, should I try to help, or is it not my place, then assess your condition, am I able, what can I do to help get things going in the right direction, and what later guilts were placed on me, to not recognize an enlightening experience as something different. What your motivations are in life,

will always be questioned, whether motivated for good or bad reasons, and based upon what you share in your phone, or online, or by email, you get judged and assessed by the Government, who you entrusted your cars or information with, that seriousness, is that something you were not sure about was shared, and then a later interpretation by the public was made, to see what was shared as having been the condition for getting help, I don't think there were any dire conditions on a fundamental level professionally with anyone, and I think to say that anyone felt overburdened at a later point to do something to help everyone, was seen as being cajoled into serving a purpose that was not their own to provide assistance with. I think the problem in whether someone is lead by someone who is not liked by society, whether that is the source of secrecy from which a person finds strength, its not through secrets that strength is revealed, but it is only through positive purpose that growth and change can occur, not by the mistakes or misgivings of others, can society ever bear the responsibility of correcting the choices, freedoms, liberties, or evaluations made public for inspection, that's the risk of living life like an open book, unscripted, with your past in dialogue recorded, and your present to be lived irrespective of what occurred for you in the past. If I know that I was not well, and if I know that sharing my condition of not being well was troublesome, then at no later point does it become appropriate to share my feelings, fears, or sudden mood change or face changes in private to anyone, to shed light on the past as though I was that way then. I have never been that determined in life, to think that anything or anyone stood in the way between me and achieving a goal, as evidenced by graduating overtime, building a website overtime, and keeping to myself, as painful and boring as that sounds, I kept busy, and maybe when others where not doing well struggling during COVID I was made to feel the same, maybe that was coming from someone, who did not see me as having overcome my own struggles in life separate from others. I have always done my best to get help when help was needed, I don't think that now should be treated any differently. I know now to be careful of what I say, when I am not feeling well, as though someone is burdened to explain something that I am baffled by COVID, how and why it occurred, and why that was made possible, when everyone was doing well, and when the economy was booming, and people were starting families. I think caring, is not being a problem, therefore now my condition is troubling, because even if everyone accepts me, its painful to know that no matter how hard I try, no matter how far Ive come, no matter what difference Ive made, no matter whos life has bettered having known me, that I am still capable of getting sick, losing my smarts, or not being strong enough to persuade anyone not to hurt me, no matter how convinced they are its deserved, and that's the price you pay, for presenting what you know, and then what you know being misused to paint you as something you are not, and I think whatever look was being sought, occurred, and as a result I am not doing well. Most things that hurt aren't put into words, I do not think its my fault, for letting people into my life, I think that people will take things to extremes if they think they can get away with hurting you without anyone knowing or caring, to see what hits you on your way out, as though you were blindsighted, in life, and hurt worse, than you could feel, so by the time it hits you, you are already saying all the wrong things, sound like your giving up, or even worse saying things to allow for people to put you out, like that's what you deserve in life. And that's what being punished does do your reputation, it justifies all the times it looked that way, and then eventually it happens that way in real life, which was to be avoided by not making a big deal about the past.

Why I need time to rest, I love blogging, and I enjoyed blogging, and it has always been a positive experience for me, I think not feeling well has more to do with allowing thoughts to occur, to cause me to not feel stable, and when that is occurring means, that what was done to me, was intended to put me out in life, to cause me difficulty, and force me to rehabilitate from bipolar on my own again, which is a lot of voices, not enough progress, and your scared every minute back to wellness, as though you cant do anything right, as though your progress doesnt matter, and that hurts a lot to know. I think if in the past my condition caused things to not go right for me in life, when it comes to love and companionship, I think recovering makes no difference, that the same can occur, depending upon who you are, or what influence you have had, be made to be someone no one feels sorry for, as though you put The President under a spell to care for you or your family, then blame you for being half Asian, or the reason for "too many Asian deals," then blame your standard of character and conduct privately professionally and in public to be sub par, a reason for anyones loss of light. I think the circumstances are exceptional, and I dont think anyone has everything figured out I think everyone is doing their best and the last thing we need, are stupid mistakes, or comments with regards to the present seriousness of everyones health to be spoken about, to remind someone of what they are doing, to think about others things to be happy about, instead of attacking someones credibility as not having been someone worth initiating peace over as though those deals were for me or my family, as though a formal peace accord is not to be honored, or to be treated with disrespect from someone who thinks just because Im half Asian, that I am responsible for the failed health of a Country, like Ive ever made race a factor to be used a barometer for respect in this Country. I think if I am not strong, and if I seem like an addict, underperforming, then thats what happens when you get bipolar, and think too much about life, headed in the wrong direction, as many do

facing mental health issues, they keep going and get sick, its not the sick's fault that they are sick, its whoever is reinforcing causes for sickness that should question their own undertakings in life, to put someone on the spot, to determine, whether by one's actions, that caused a misunderstanding or responsibility, and to whoever it was known, not to have contributed in ways to escalate hate toward any specific person, as not be worth living life, or living a private life, or sharing online in a positive way, in whatever capacity they were so able, to be light hearted, writing. I dont think its necessary to intensify what the content of my writing is to be about, but whenever people get scared, or dont reply, and have nothing to say once I get sick, thats not me telling them they took it too far, thats me not having fun, and thats me scaling back in terms of how hard I have to try to appear well, you can only do so much acting in life, sometimes by the observations of others, they wish to capitalize on feelings of pain, until you become a source of pain to yourself or others, and thats wrong to do. Accept that life in it of itself is painful, without questioning when people were well who did business, who made money, who invented things, where people were happy. Its wrong to hurt someone who is doing well on their own, like my improvements threaten the wellness of others, as though anyone is in competition with me, everyone has their own lives to live, thats really asking too much of me, to place me into dog fights in life, over jobs, money, or men, I can be alone, then.

Personal Update ...

11/7/2020

Like all communications, once it becomes your own problem a matter of staying well yourself, it really makes it hard to connect, share, cheer anyone up, date, marry, have a baby, live a new life, and I think that was why I got destroyed online, as though my Twitter was not made in positive spirits with foresight to not get into issues past, as relevant to me or my life, that would assuming that I should have known I was famous or a source of inspiration to people beyond those I knew, I therefore dont think that later presenting well really makes a difference to take back the lives lost, under a different set of ideals, information, communication systems, technology is not meant for sharing feelings, pain, bipolar, or to communicate when not well or struggling, that just means that one needs time to recover, to then speak, from their own shoes, not in response to what is done to them, justify it. Thats really painful to hurt me as though Im not understanding of everyone else deserving to be made to feel good and do well, and just like I wouldnt want things to be blamed on me, nor should anyone in power who works everyday, and is not connected on personal levels with too too many people, thats how someone with few connections suffers when alone, those connections cannot be made similar to the times when things were normal and you could be yourself, people around you and available, once you give up on your first life, its kind of proving yourself thereafter, a talent show, behaviorally.

Personally I think things will get back to normal. I think conversations like this are very painful on my end, however reassuring to others it may be, that their worries for me were real, and even if in jest, whatever it is Im going through has nothing to do, with whats going on for anyone else in life. It was by my personal mistake, to talk, then convinced to continue talking, then the real President called me, while someone was convincing me that he was him, and talking to me pretending like he was him, even during one of his speeches how I knew it wasnt him, but enough uhhums later, dont play along for too long, eventually kind replies entertaining advances may take a turn for the worst, when someone exerts their political prowess over your identity to see what you have to say from your own shoes in life, to see who you sound like, to see what sides your on, likes etc. Being open is one of those things you share everything, and if things dont work out for you, that means to not share too much about yourself, because its not by knowing you better that makes others feel good, if they know that you are now not doing well, and for what reasons you are not feeling well, and if you dont say anything then you look like youre to blame. I understand the MLK jokes are very serious, and I have not stood up on a perch about life and human focus or direction ever, not my job, I only speak to what I know well, and just so happens others found what I had to say interesting no strategy about it, no competitions about it. I was always going to be a writer, just not with everyones blessings. And unfortunately I blogged, and people lost respect for me, and as a result I was not taken seriously. I think when you are missing things in life, like friends, a boyfriend, a job, you can wind up becoming fascinated with things that may make you feel good but that dont earn you a paycheck, my mistake. Doing a job you love, means youre good at it, and lesson: even if you work from home you can get sick and burnt out just the same if you dont manage your records well, stay professional in correspondence, pick the right jobs, the less sharp you look, the harder others are on you, for how things look, based on what they think youre drawn to, see how you feel being made fun of, if your

interests or job prospects make you appear small, no a "Pageant Director" was thought a position I was good enough to apply for, but not in my condition now, and not after the years spent in recovery. Sometimes you have to talk to someone, to make a decision, then they can decide for you, and thats having few options, then sticking to what is going well for you, your writing career online, no doubts about it. And like all jobs, if I talk in a way, that is sad, or weird, then yes people may complain, then why are we reading, if you picked pen pals, over pursuing your Ex again, thats bc I waited for him.

Letter to President Trump Sent 10:13am ...

11/7/2020

Re: My Website and Messenger

I think when good decisions were made that was with little need for advisement, or reporting to police, and overtime I got stronger, realizing what was within me, or what was going on around me, relevant, and eventually I was able to run the entire length of San Vicente. Not that there werent blarring reminders at every intersection, of how things could be, and to value where I am, and to not think too much about what couldve been done, and thats what then became of me, it was me scolding myself, in light of others who were thought lost to schizophrenia unmedicated, or a failed relationship with her Father she was very positive on Wellbutrin, but as the story unfolds, your choices in life, are what you later become defensive to in life, and I have always made it a point to never be threatened by others, or be afraid of sharing even my deepest and darkest secrets or questions in life, always taking responsibility for my own health, and deem any changes all a manifestation of how well I have been able to care for myself. It was a short journey to wellness, that didnt last, as luck will have it, made a spontaneous effort to reach back out to whatever pen pal past existed, and wound up with someone completely different. My story has never been said, and its when starting a job, things did not work out for me, at work, and also outside of work for others, and so I made it my focus to focus on my health, that if I get better and work and try again in life. I think if I am well, then yes I capable of making people feel good, but if Im not well, then I get avalanched by the craziest things I never saw coming, that seem to fall right into my lap, as though I ever had full awareness of everyone elses pitfalls when it came to accepting me, and found it easier to accept me on a smaller scale, without any hope in the possibilities for me, that must mean I left a poor impression past, is what it looks like, later redeeming myself.

Other Statements Written By Me for his Review: www.mymollydoll.com/website-index.html

What 12 Steps Are For ...

11/7/2020

Trust the recovery process, and don't rebel to fit in, that's not how to accept yourself as already having problems associated with drinking or trying drugs. I think its per relapse you get treated, and that's how you are to micro manage all issues coming up for you, if in recovery as sober, why talking is a plus, so that later in life, those small issues do not become a problem for you later in life talked about, which at 35, is far too old to discuss anything past. That's when you have to be forgiving understanding, and this is the time gap that occurs between the moment you admit you have a problem, to realization of how that problem has affected all your relationships, whether that's paranoia, trust issues, loss of faith, too social, not consistent, available, for every relationship or friendship that doesn't work out know your part, is what your told, and accept that it was because of something you have said or done that caused that distance not only between you and people in life, but between you and years to your life, that's waking up, from focusing on the wrong things in life, and that's why for an addict, no later showing of wellness or recovery really matters to anyone you have let down in the past who could not rely on you or who found it difficult to connect with you, or even think about you, that's the consequence of being put on meds, for having relapsed and become unstable, that is why you lose privileges in life, if someone does not trust that you are using your time wisely, your time is chosen for you, spent, under controlled substances and shots for psychosis, so that you don't take a turn for the worst, slow down in life, that's if your thinking is not taking you anywhere smart in life, and if

people are leaving your life, means its better to be put on meds, and let them move on, and recoup, without being to hyper worrying, no one can fix you or answer your questions in life, and reporting everything you know see think or feel doesn't help unless it can protect otherwise its just your observations as paranoid, best to talk to the police about, not worry yourself in public. What causes that paranoia? If you have ever been an addict, that's how you feel when you are not doing well and others are, that feeling is you not being well, and means they are better off without you, so don't worry too much about the time elapsed between recovering and spending quality time again with family and friends, sometimes it never happens and that's okay, but don't go to extremes psychoanalyzing stuff you managed to save, that's you thinking about life as it appears in pictures, it was a good life, and if its something about yourself you can fix, then maybe that was that signal to others that you were not well, it takes a long time before you come to understand that you can control what you look like, and what wellness looks like, otherwise it's a scary thing to understand by anyone, you should love yourself, no matter who loves you, not ever have to worry about what you look like, that you learn by going out dating, how one gets lost, and when lost, you become hard to get through to, means to stay home, and means you need meds not social time out, there you will get no answers about life, and end up the only person not well in a room full of lively people, that's good time you spent away in school, and if you felt like you were missing out, your old life will not reappear for you in another form, the same problems will occur for you no matter what combination of people come into your life, that's instability and bipolar, cool one minute, then sick the next, why not to drink, know that about yourself, and don't ever allow yourself to fall off center, and then need other people to let you know that there is something wrong with you, that's a harsh reality to face in life, that while trying to figure yourself out, things can get worse, being out in life, instead of figuring out how to live a professional life, which is what you were there for image, had you known it then, Im sorry. Think for yourself, and simplify your life from there, if your okay with you, then you will make it easier for others to understand you, but if you keep quiet busy, that just makes people think that you are not okay, or notifies them that there is something wrong with you, and at that point the police are not your friends, they can taxi you home, but that looks shady outside your favorite bar, and they will pull you over and test you in a whole foods parking lot and let you sit in the front seat, that's your first time in trouble, why if youre not feeling well stay home, don't hit your head, don't argue, its okay for people to get mad at you text you non stop, and if youre not doing anything bad, then start behaving like someone to be trusted, not running to century city and back, its you doing things in life unlike your usual pattern that bothers others, that's a tough lesson to learn, if you ever feel insulted, something said that's not true, don't let those comments eat away at you in life, until it becomes true and then feel bad about yourself for moving forward in life, you cannot face your fears in life, being fearless, that's just recipe for your bike getting stolen everything that could click off easy dismantle to put in a car, stupid. Im sorry that I ever got police involved in my story for help, that's something to do with me not being stable, and its probably to do with mental health bipolar, not guilt, but if youre not careful you can wind up talking about things that don't help you only make you more scared, which is worse than a relapse, to suffer bipolar, why not to absue your gifts in life of speaking and writing, because its really hard to stop thinking, especially if your sober, and its not something you can just stop like drinking or drugs and go back to normal, its then your image, something you cant control in life, how others feel about you, and how you look to others, so be careful. Called my Attorney today, I wish I called him more than just those moments I was totally gone, its okay to call people even if they get mad at you, that means they should know if you are not doing okay, its okay to not be able to handle insults, just don't let things get out of control.

The Calm Voice ...

11/9/2020

I'm only 35, and already have the calm voice. The voice that lets you know that it's time to calm down, that naturally tired, just left a moment of mania, overwhelmed, and reassessing your life. There are many phases to becoming a mature adult, and one of them being when to slow down. Don't completely stop what you're doing, but always be thankful for where you are, things could be worse, and depending on what your goals in life are, the risk of loss looming overhead, can be a daunting task of protecting yourself against, that headed in the wrong direction sense of surmounting pressure, to take a step back, and get going again, in a calmer stance. No one enjoys feeling sick, nothing gets done, and the more you think about it the worse you feel. No that's not life, that's just your processing of events, whatever you do, the less you play doctor on yourself, the better you'll feel, we tend to overcomplicate things in our heads, and make things out to be worse than they actually are. Which is why its important to talk to others, whenever you are going through a difficult time, we cant always do things on our own,

and that's okay. Just know that you're not alone, and whether it's a headache, a stomachache, nausea, depression, or just plain feeling the blues, have faith, that things will get better. That's when it becomes a matter of focus, whether you allow a feeling to get worse, or whether you choose to focus on something that takes you away from a feeling of illness, its more than positive thinking, its simply not thinking about anything that doesn't make you feel good, worries you, or causes you unnecessary stress, I promise you you have more allies than enemies in life, its all a matter of wellness. Continue to take proactive steps early on in your recovery, from whatever ails you, the past, the present, a relationship, a memory, a feeling, a worry, a fear, what shall be overcome will be whatever you spend the time and the effort overcoming, so continue to take steps forward no matter how painful it may be, we wont always get that immediate feel good reassurance that lets us know that we are back on track, sometimes too many reminders past, can leave us feeling sick to our stomachs. What will be will be. That being said, finally broke 100,000s on Alexa worldwide. I guess that means that what I was doing with my life was going well for me, sometimes it sucks when you cant recognize that yourself, just like being told what to do in life, and then struggling to get something done that needs to get done, you keep putting off, it happens. Whatever your purpose may be in life, never lose sight of the importance of staying well, no matter how bad you feel, its not your fault if you get sick, it could just be something you've overlooked, or put off dealing with in life, like therapy or more AA meetings, there is always time to make amends, just don't beat yourself up in public over anything, that's what meetings are for, to constantly remind ourselves of what has gone wrong, while continuing to live life knowing what has gone wrong, and not allow it to happen again to us or others in life.

Two Ways of Looking at the Public ...

11/10/2020

One your either sacred of the public, or two with faith, you believe in good things to come. Don't we all try to be on everyones good side, eventually you may face obstacles along the way, but that doesn't mean that you have to stop what youre doing, just because one person threatens your sense of stability and wellness in life, I think that's the point, to call attentions to themselves, using you as an object to shine light upon how they see the world. Although your perspectives in life, image, and reputation, may eventually take a turn for the worst (depending on how much negativity you can handle), such as the equivalent of being defamed in front of 17 Million people online, is what happened to me, the total number of people who know me online, by website, that was upon distribution. Who probably don't have the time to think too hard about anyone private life for that matter. But yes it hurts just as it would hurt anyone for things to not go right, or to be made fun of, I think that much you can eventually get over in life, if it stops, and if it continues, it may very well be because others have convinced themselves that you deserve to be tortured in life, by their commentaries about you, not seeing you as equally giving and contributing positively in life. Everyones always looking for a villain, to justify their anger, resentments, discord, or misunderstandings in life, and just how some rely on positives to think and see well, the opposite occurring for anyone who does not believe in you, value you, or see you as special. Why an audience gets divided, an opinion split, a perspective corrupted, a viewpoint exaggerated, its to any extent they can get away with making things look, to make themselves feel better about themselves, as found, and out of the ashes of negativity, that's how someone who is positive, is made to look negative, so that someone negative can be viewed as positive.

All it Takes ...

11/10/2020

Being a little cookie cutter never hurt. We don't all turn into princesses overnight. But like all people, faced with doubt, pressure, and fear of what others think, eventually have to present ourselves to the world, in a like it or leave it fashion, just like dating, they either see your potential from the get go, or their attentions wander away. And that's the beauty of love, sometimes it hurts, especially when we don't recognize it when it happens, don't appreciate it when its present, and don't feel confident about ourselves enough in knowing that someone loves you. We can miss all the signals and confirmations, focused on the wrong things in life sometimes, and that's what makes life painful,

not knowing when you have it good. I think I'm like most women, that when surrounded by friends or a boyfriend, we instantly turn into our loveable selves, excited about life, with things to talk about, comfortable just being ourselves. You definitely miss those moments, during times when your aloof, life passing you by quickly, doing what you think you need to do in life in order to get where you want to be in life, whether that's through studying or working, you don't really have time to stop and smell the roses, you may barely have time to even watch TV or keep up with the news, on a tight schedule. Whatever makes you happy, don't stop doing what you're doing, no matter how challenging life gets, stay on top of it, and that has been the key to my success online. Earn your stripes with pride, not by making promises, or stating opinions alone, where's the strength and reliability in that, it's whether overtime you have proved yourself worthy of the attentions of others, that others follow so willingly, without regret, or undo hardship in the comprehension department. Just like love or friendship, those things should come easy to you in life when the time is right to branch out and spread your wings. Then there is blogging, marked by day to day progress, that's the good feeling that comes out of your work online, something everyone else gets to witness, that you don't have the time yourself to go back, and study every step of the way, living for the moment. Don't be afraid to share your progress, remind yourself that the only way you can be sabotaged in life, is by what you allow to take hold, of your mind, or your body be affected, and that includes who you interact with, what you're thinking about, what worries you, plagues you, baffles you, confuses you, upsets you, irritates you, or makes you uncomfortable, let the best shine. Everyone is human, it's through wellness, by example, in a demonstrated format, that a better viewpoint can be made, not one contingent upon imitation, which has in the past been a failed system of influencing others for the better, trying to be like, sometimes the more you try, the worse you wind up feeling about yourself, inadequate in comparison, life's not a competition for praise, that's not how you stand out in life, by being like others, or trying to fit in in that way, everyone will always be about their own subjects in life, there is no textbook of general understanding when it comes to popularity and preferred interests in life, that's all in your head.

For 8 Years I Struggled ...

11/10/2020

For 8 years I struggled with my mental health, trying to stay calm, enjoy life, and at whatever capacity I was able, make due with whatever was left of me, that's without having anyone in my life. Those are moments in life, you never picture yourself coming back from, you just become a different person, without even realizing it, and not understanding how to be yourself again. That's just taking meds as prescribed, working at a different speed in life. That's no one's fault really, probably just from drinking and getting in trouble. Usually when something bad happens to you and you get in trouble, people don't really try to understand, they just kind of accept that you have not been doing well, are lost, or struggling, I don't think anyone worries that much, and eventually the worry stops, that's if you begin to do better, work, and are able to talk to people. I think those moments in life, have passed, as painful as it is to admit, that my condition now, is not as well as I should be doing, after having done my best, you can't expect everyone to accept you, or understand what you've been through in life, and with a bipolar diagnosis think that everything is made up in your mind about life, none of it real, and that's really no one's job to tell others how it is in life, what's real, not real, we all have our own fears and limits in life, and it's never appropriate to make light of the struggles of others, no matter how deserved you think it is that they struggle. Back in the day you could be a nice person, without worry, today, if you come across as too nice, or loving, then that's how you get treated as stupid, and either look like a problem, as a result of your own making, or by the making of others, come to see you differently, whether by something you have said, or based upon who you are now, try to tell you how it is, you were thought of as this way, it was accepted that you were this or that, and this is why no one is made to feel good or better, upon you doing better in life, because no one believes you when you are well, think it's deserved, and that's how you go from someone who is not talking about their life, to be made to talk about life, as though everyone should expect or be faced with the same inner turmoils or question their surroundings or anyone for that matter. You are what you put out into the world, live with it, and whether you never intended to harm anyone, know that in your struggle it's no one's fault specifically, and although you may be struggling, it's not important to point fingers out loud, which goes from a bad condition to a worse condition, why make any more of you than there already are, meaning if you have had a difficult time being yourself, why would you want to talk about anyone else, and so you get left out in life. Everyone made apart of on a level by talking about, with no one to specifically help you in the event that you're faced with questions or uncertainty and that's the painful part of being lost in life or giving up, or struggling, or not being yourself, losing weight, gaining weight, having photos of you taken, be misinterpreted as

having sent photos, or things now looking worse than they ever were as connected, I just know that when I'm not feeling well I keep to myself, and now it's become worrisome to me, that if I am being watched by someone who is bad in private, and made to feel scared without being able to do anything about it, then those who are good, or who were good to me, will not want attentions from me either, and pick up on any of that energy directed toward me. That's being public, and then being made fun of, deserved, and without remorse, struggling in life, I think it's to notify me, that I am not strong enough, or not good enough, or not invincible, like I don't already know that myself having lived life, mishandled by strangers. I get nervous too, I feel bad too, I get paranoid too, why I don't hang out with anyone don't go out. So...what is too late? I think if I start not feeling well, then it becomes a we told you so situation, if I start getting sick upon doing well, then it becomes a you are no different situation, and if it's a mention past thrown in your face, it's a we won't let you get away with speaking like that, and because you said that we scared you so you would know what it feels like to be scared, as though I ever intended to scare anyone, like I was not made sick myself given carcinoma cancer. I learned the hard way, that you don't get cancer by a woman giving it to a man, you get it by a man giving it to a woman, and if there is one incident where you weren't sure, then that is why you get let go, and everyone else gets off the hook, for being responsible for your condition, out. So it's nothing to get worried about, you just get tested and move forward in life, and if that was someone's intent to just let me struggle get labeled, punished, or hospitalized, then that was maybe someone's way of letting me know that I don't matter, and that's why I matter to me, that's why I blog, and that's why I move forward, and what's scary about seeing me well, is thinking that I am going to blame those who are well, scare them like I was made scared alone. Of course not, everyone deserves a chance to move forward, and filing court papers is not the proper way of addressing fears, it only makes you look like the crazy one, the best way to keep moving forward is to report, there's nothing street smart about reporting, it's just not allowing yourself to be blamed, as needing to take responsibility for your own mental health issues, whether or not you were declared as a sell out of cheater, or for however you were made fun of in life side not taken, allow everything to fall into place, without taking anything too personally in life, everything's done for a reason I believe in that, but scared is no way to live life, if better decisions can just be made. There will always be bullying that's usually to put people down in life they see themselves as above, to see them turn into something they are not, see whether they are controlled by voices, which was advice given to me once "so long as the voices are not controlling you," and to always let them know if I am hearing voices, that's the best I can do.

Being Understanding vs. Bringing the House Down ...

11/10/2020

There's a difference between being understanding, and knowing when to stop, particularly when things get painful, yes it's important to understand the experiences of others, but not to the extent that we convince ourselves of pain, that were not present, or for different reasons present, when it comes to understandings in life. No all will be on the same pages in life, and that's okay, and that's an example of a painful fact of life, that we are not always made to feel apart of, or if we were once cool, easy to know, a later putting together of everything, can cause conflicting emotions, either not happy with how things are, or made to feel pain, as though more work needs to be done, or work completed not good enough to sustain the happiness of others. Another example of things being painful is when things look a certain way they are not (no matter who is being made fun of and why or for what reasons) some things are more apparent to others for obvious reasons than it may seem to others, who think deserved a fair shot, at commenting on controversy, before anyone has even seen the light of day. Don't read into things too much, that's how you end up taking offense to stuff which if you didn't even mention, would even be looked at, when looking at you, to see if about you, and why. Another pain is things looking sadder than they are, even if everyone knows something I do not. How can someone who is related to someone accepted by "the game" decide to open up on Twitter, for whatever reasons, that was later frowned upon, and looked at skeptically, as though I was reporting non-existent unhappinesses, with a boyfriend, or paranoias, as though I was not made apart of, sometimes in being apart of (pile of pens just like me), you try to keep your cool, and not make a big deal of things, you notice a lot when you are focusing on yourself, none of which bothers you, not until you lose stability (in the form of not performing to high standards), and it's that moment when you lose your footing, or focus, that you get tested in life to see what your made out of, baffled, befuddled, incoherent, quiet, frustrated, or scary, and do you question others go looking for answers in life, expecting answers to be provided to you in life, it's your mood after all, not the business of others to discern, but always know that the higher up you are deemed to be in life, the more is expected of you energy

discipline and maturity wise, less is more, either keep things light, or say nothing at all, would be the point of controversy when it comes to sharing my identity online, it doesn't matter what your expressions are then, if made to look codey in reference to things entertainment connection wise, then that's how that part of history eventually gets led to believe as having existed at the time, if it appears that way to have been then, because of anticipation for now, being found out, or everyone knowing something that you don't know.

I get how things looks, when you speak, are you trying to figure life out, or have you already lived life and in reflection, how does that happen, does that mean that someone is coming to terms with something, or trying to be in acceptance of something found out, I don't think so. Everyone kind of goes by their own system of acceptances in life, if you change, then they change, if you become weird, then they become cocky toward you, and so it happens, everyone one upping eachother, until the bigger person rises above, or until what was said no longer becomes of issue, or relevant to right now, or feelings toward or about the issues that now seems relevant, whos more like who, whats more like what, whos easier to look at, what is illness about, what are mental health issues about, well its not about women, and that also doesn't mean that it must be about men, then maybe it has something to do, with my own happiness, meaning not doing well in school, not fixing my image, which was reminded to us our reputation starts in law school, you don't really think about what you look like, until it really matters or brought to your attention, that's also another sad fact about life. Maybe there is excitement in people observing you and thinking they have you all figured out, and that may very well be something loveable about you, just don't freak out, if its for a bunch of other reasons, you get sick later on in life, the stuff that people thought things were about, will surely not matter by then, and you will have no one to blame but yourself, expecting things to be cool, when you were not cool, or expecting people to still be here, to witness all the changes and misinterpretations, and that's what controversy feels like, you do your best, and your best is still not good enough.

So at this time, I think its important to mourn those losses prior to COVID, and had we taken early warning signs more seriously, then we would have allowed all the jokes and jabs to get the best of anyone, that's really no way of living life, by trying to figure out who is above who. Which brings me to another point, if someones panic, is your version of a threat, then also consider what should happen in the event that there is not one specific to blame, then what can explain that type of panic and fear, why I am on bipolar meds, that's when life gets so big, and you become so small in terms of what issues are pressing, and what issues have already been dealt with, that to bring up anothers suffering, makes no one better understand your own suffering, just looks like excuse for not having lived a better life, or a life one is proud of. I think I have always done my best, but without fail there will always be someone that will make you not to feel proud of yourself, lose your sense of confidence, and freak out, that's called getting laid, you don't realize what you look like socially, until how you date or who you dated matters.

Listerine is Not a Relapse ...

11/10/2020

Things could be worse, but nothing is more painful for a sitting President, to see everyone turn on eachother, over ideas, credits, and game, that may be painful for any one of them. The goal is always to have fun, not that our time is limited, allow people to live for the moment. That's responding to things as it comes to you, and when things don't work out, the obvious one to be blamed would be whoever or whatever cued anyone into having a little more faith than necessary to keep us afloat, financially, and spiritually, that's one thing he never allowed us to do, give up. You can have everything handed to you in life, connections, know people, have experiences in life working with people, knowing about people, but sometimes what makes you feel good, confident about your sense of direction in life, can be the very quality about you, that gets challenged in life, as being too high above the times, or not in touch with what has transpired or going on in the world, sometimes the most aware people are the most light hearted, not telling people how it is, not correcting people, not making a big deal out of little things, and never directing anyones focus to feelings that are hard to rid oneself off: pain, heartache, disappointment, respect, loss, insult, embarrassment, and over reaction, its not that one is being dramatic, its that that hurts, and sometimes it's the type of commentary that hurts, that then becomes unnecessary commentary for reaction, thought deserved, there is always a point in time, when people are given an opportunity to be forgiven, in recovery, and just like all lapses in judgement, so it happens, the same pain, shame and embarrassment occurring upon a relapse, that's making decisions based on how you feel, becoming over-consumed with feeling good or making someone else feel good, and what happens when

you don't feel good? Whos fault is that then? The goal is always to stay well, to give back in life, without expectation for reward, love, acceptance, or accolade, that's not being defensive minded, that's going with the flow. When you've been through a lot, its easy to either be on point, on top of everything, rest, work hard, rest, and that becomes your sense of peace, being in control of your life, that's a sacrifice you make, in sobriety, missing out on life, because when you enjoyed life, things went to extremes, and you didn't reach your potentials in life. In my mind, do my best, but if my best is not good enough, that means take a step back, especially if the President is calling you. Its not that everyone met eachother too late, that's not the painful aspect of life, its everyones limits in life, not trust eachother, seems to be the painful part, and its not worth risking your life speaking, and being too late to say something, or having said something in jest, been misinterpreted as having a poor sense of humor, cocky. That's everything peaceful going right for you in life, and engagement, that's everything well, and suddenly everything turning into a nightmare for you, that's back into bipolar, physical and mental illness, not stable, and no one to help you but yourself, and the harder people try to get through to you, and the sicker you get the madder they get, whether or not you are purposefully a disappointment in life. Life is short, so don't take too many naps, and we understand your body is your temple, don't forget love and try hard. And work as hard professionally as you do physically, if you can do one thing well you can do all things well, it's all a matter of time, until you find balance and happiness, and self-satisfaction, but so long as the ones you love get hurt in the process of being attached to you knowing you, the worse you'll feel in life, the more convinced others will be that you were sick all along. Its so painful when everyone is hard on you. That no one deserves, just do your best on whatever meds youre on, be even tempered, don't be too dramatic. It's a painful lesson in connecting with others, the energy is pleasant, its only you struggling, and it only takes one person to get sick, to cause everyone to become distant communication wise, and that's not the purpose of communicating, to exhaust resources in life, get tired opening up, its not for saying the wrong things, its not for emergencies, and its not for helping past the point of harms suffered, to try to make up for lost time, that's being in the wrong place at the wrong time, with divided attentions. I face a lot of pressure to stay well, like most people I don't have time to complain, talk about my childhood, talk about my moments of failure, as fascinating as my downfalls in life may be to others, that's not a source of empowerment to me now, to have outgrown all those paranoid phases in life, never once questioning the energy of those around me, or their happiness. The reason why I would write online, was because I felt better writing online, right now since I have not been feeling well, I hesitate to write, because Im not sure if writing when not well, will cause others to not feel well, and that's a feeling I don't feel like describing then feeling it myself. Something to watch out for ... be respectful of peoples limits in life, sometimes it could very well be a matter of life or death, and pushing someone into illness, is not the solution to see how anyone would respond if I get sick, physically or mentally, as though I have chances in life to recover, Im a human being, not everyone is strong enough to handle a down in life. For whatever its worth Im pushing myself now, but Im not sure if its too serious for the time being, Im sorry. Tomorrow is a new day, no intent to guilt trip, or make anyone feel bad if I ever get sick, but I need to do a better job of making sure, that those who accepted me as I was, don't get sick. Be smarter about how I choose to spend my time on earth, I don't really think sex is that important.

Internal Harmony ...

11/11/2020

Speaking your mind doesn't come easy to most, you would think that if it were possible for all of us to speak freely, that we wouldn't wind up feeling hurt from time to time, but like with all speaking, a careful balance must be maintained, between what you think and what others think hearing from you. Ive always been attached to things, mementos, jewelry, letters, notes, always keeping a meticulous inventory of all my things saved, ziplocked, in containers, in plastic bins, I even used to make photo albums and keep track of pictures before they were all lost. In my younger years I used to keep a diary, it seemed to be the trendy thing to do, I used to go to Kumon next door to the hello kitty store, and when I was five bought my first diary, it was pink, with a plastic lock and key. I journaled through elementary school, and then in college, and a few times in law school but eventually stopped, it then ended up on paper pads, and when I started lose track of my writings, I once made a plastic sheet covered album of all my poems, it was the same prebound plastic coverings book that I used for my moms recipes I wrote down in college, I cooked by phone, and put those papers in a folder, I don't think I was ever able to find again. So like all things you are attached to, or feel personally connected to, something you don't think about until it happens, when things go missing, if we always knew were everything was, wouldn't life be perfect, but its not that way, sometimes we get

overwhelmed and forgetful, and sometimes that skill of knowing where everything is, gets weakened overtime, sidetracked, with other things to think about, but that's no reason to fall off balance in life. There are scarier things in life to be faced with other than losing things, money, or breakups, what do you technically own really, if its not people that are apart of you, what is? And that's when you start to think about your own self-worth, what can I do to make things better, what can I do to feel better about what I have left of me, without worrying too much about what has been lost or destroyed in a haste of disbelief. Isn't that how most feel, when things become unstable, what do I have, what is wrong, and what can I do to feel whole again, no matter what has passed, don't allow yourself to feel gone in life, not over things, and especially not over people, and although it may be tough to feel that sense of instability, I promise you are not the only one who falls off center from time to time, or feels like a piece of themselves is missing in life, just stay steady. As it turns out, what is of value to you, can sometimes be the very thing that you feel hurt by, and that may very well be how people choose to affect you in life, mentally, what happens upon losing notes, what happens once she becomes ill, what happens if she gets scared, what does she look like if she becomes exposed, and that's how people get hurt in life, when valuable moments in life, at peace, get disturbed, by someone all knowing, or thinking they know better than the one speaking. Some have that much about life figured out, how they see things, what they understand, we don't all have time, to think about life, not while in school or busy working, that's something that you maybe think about later in life, if you have the time, to understand whats motivating competitions in life, which is mostly about protecting a system of thinking, which isn't always in existence is the problem. I think when ideas bounce around in your head about things, that's thinking creatively, sometimes it keeps one going, and sometimes it can cause fear, well if it looks like this then people will think this, and sometimes people just stop caring all together, would rather reinforce an assumption, than leave room for someone to blossom or show their true colors. I think if your nowhere near acceptable and have not said anything to impress a mind that is certain that you are at fault, or that its your identity, or by your actions, demonstrate that you're not a team player, or being used to direct attentions to, that's not always meant or intended to be interpreted in the negative about someone, who everyone may come to know or understand in life. There's no such thing as someone being responsible for things that other people do, and some mass acceptance of understanding faults to be true that are not true, and if that's were the fun lies in thinking about life, then that presents a problem, a very painful one at that, to treat regular people as guilty, or to perceive their wellness, as getting away with being happy people, or watching them with expectation for them to have had awareness at any point in time, like it was ever a situation that nothing could be done about, so that's what people thought, that's not the ideology that control, thinking people get away with things, or thinking that a system of understanding already exists, about people, based upon who has been sued or died of Cancer. That's when one has every right to say, you know what, maybe that was okay for everyone to white elephant those issues in the past, but not this generation, am I willing to allow the same to occur to us, its not deserved to be hurt by things not said, and even worse its not okay to hurt someone who is speaking with prevention in mind, as though one is coming from a bad place, or without understanding or awareness, for the harms that have been suffered, be treated a just another bad luck issue, that's not okay too. So learn to trust people when they come forward, upon being hospitalized 9x, at least try to talk to the courts and the police, to figure out why this is happening, whats making it okay for people to continue to put people at odds, and how putting people at odds, because you think they are being bad and getting away with it, is not okay to punish people like you are the Government, or all knowing, if you are not a party which has been affected personally, by the misinterpretation of pop culture, or popular media, which is always doing its best not to let evil win, not to let people get hurt by bad thinking, and not to let people get sick, believing in the wrong things in life, ie making it more important to understand wrongs in life, than the time spent being at peace, and being of value to others, not be on their way out.

Mano Y Mano ...

11/11/2020

If you're ever fearful about standing up for yourself, this is why, the quiet following a loss of motivation, or the feeling of being dumbfounded when things are not what you think they are, or the system of privilege which allows for others to feel good regardless what others are going through and no matter what is said not be affected. Call it refinement, that serious look, sometimes mistaken for guilt, whatever's looming overhead, don't allow the pressures to say something positive, keep you from saying anything at all. Its that moment of defense, when you either say things that make sense to others, or say things that sound like you know more than you do know, or saying things in the offensive, which is sounding you you think people should know, or be aware of the same pitfalls you've

encountered upon looking back in life. We don't all live similarly, and some lifestyles are less respected than others, wellness comes with a territory. Fighting illness is tricky, and sometimes I think that others make it more about themselves, with less compassions for those who go through it, thinking it deserved based upon their living conditions, who they hang out with, who has bedded them, how successful they are, how well they speak, some days I feel like illness takes hold, just when Im beginning to feel better. You know those little reminders along the way, to keep going, to not hold back, suddenly becomes the same feeling that makes you question whether youre headed anywhere well to begin with, the difference between a dream and a nightmare, everything seeming to be okay, with nothing daunting ahead, then losing that whole feeling all together, for whatever the causes are, never give up, no matter how tired you become, no matter what happens to your thinking, continue to maintain a positive attitude, its what you ultimately respond to in life, that then becomes a matter of whether you are able to ever feel alone again, unbothered by any energies in life, that's life, youre either scared to live it, or you're a soldier about it, not letting anything affect you. I think that's too extreme to demand of any one person, to ever have to act like things are okay, who is able these days to act like everythings okay if something is wrong, and that's mental health issues, no matter how youre feeling, stable or not, you really have to do your best, not to allow the energies of others to stifle you, or cause you to second guess yourself, or think poorly of yourself, that's a ideal worth living up to, liking yourself. When people want more from you, that just means that they have more energy than you, our instincts wont always be strong enough, to give us the burst of faith we need to keep going during any amount of difficulty in life, that's when digging deeper doesn't really seem to do the trick, the difficulty in explaining how you feel, versus how things look, versus how you look, versus how other people feel in the face of you in life, either convinced there is something wrong with you, and without wanting to take responsibility for your unsteadiness in life, force you to face your fears in life, and represent yourself, that's how you know whether to work for someone, or to be an entrepreneur, that's if you are okay with you, but while trying to help make other people feel okay, you get drained means eventually you run out of feelings to keep adjusting to everyone elses insecurities or discomforts in life, that's deciding whether to push yourself for someone specific or to work hard for a greater benefit to arise eventually, that frees anyone from the assumed blame of misassociation between you or others, that's a popularity contest you cant win in life, not feeling good, and not being able to make others feel good by you, or by what youre doing in life, whatever amount of success, accolade, or paycheck you are able to earn in life. So don't make up excuses, and don't be the problem, and don't lend insights to cause those you love to think that you have ever been a bad person, or had bad experinces in life, that are causing you to struggle now, it all kind of hits at once, and the more you think about things not going right for you, the more life happens to you, instead of the opposite feeling, living life, as you are not scared. When the expectations of you are high, don't be selfish and trust God, sometimes its while quitting while youre ahead in life, you get challenged, thinking there is more to it, and before you know it maxed out, that's someone not understanding your limits in life, or what keepings you going in life, if they think its them, then you get treated as in need, if it was you, then a test of your feelings being hurt, lets them know whether you are someone who can work through pain, without anyone knowing how much pain you are in, or whether when you have a bad feeling or experience pain blame others or think its coming from a source outside of your immediate control, that's faith, not worrying and allowing worrying to cause things to happens for you, but without worry, without fear, so that you can enjoy living life, not hold back to feelings expressed by others toward you or about you, that's no way to live life, being treated as though its your mind, body that's causing illness to others in sight of you, that's a definite struggle of opinion. You know as a writer, by my experience its by what you expend in life that either motivates others to keep going, or attack you, as though youre holding back, and not doing a better job of speaking in a way that feels good, that's the beauty of writing, that although we may not feel good, our writing still sounds well, call is my voice, Im sure everyone was expecting differently, something evil, something mean, or something shady, as though I inherited some inner drive or "me against the world" attitude in life, with selfish purposes in life, concerning my own interests in self-defense, appearance, notoriety, or on an imaginary uplift of emotion made all to myself. There is being independent, but it means being strong for others, it doesn't mean being strong, and not thinking about others, which is the misconception of someone who is strong or independent of others, like they are not living well and as though them living well doesn't benefit others, I don't think that getting sick, or suffering should be done to allow others to see that their health is not interdependent upon my own set of circumstances in life, they too can lose faith in whatever was keeping them going as to making decisions based upon how youre feeling. When no one can free you of your worry or pain, that's the selflessness of blogging, the opposite occurs from hearing from you, that's when you can flounder, but you are not allowed to let others flounder without hearing from you, that's when hearing from people makes us feel better, a simple gesture, to make things better not worse, and if you don't hear from people, that's maybe becausr they do not empathize with you, or have misjudged the situation to mean that youre problems are not in need of reassurances in life, that's desperation, is people thinking that you had a bad intent, or choice words were intended to mean "mafia" when I titled my photo "most likely to go

feesching” which meant smoke weed, and the opposite occurred, a caption over my head to say “voted most shady” which was hit to my esteem with a negative interpretation taken of something I said in humor which was not taken lightly, and which made everyone else look good except for me, that’s turning in your yearbook page early, my mistake. When you feel judged as you go in life, that’s what it feels like being watched in life, that’s what it feels like to not be trusted, that’s to see what your split decision making is like, that’s to see your capacity for pain, and that’s to determine whether you ever change or become something you are not, or present yourself differently in private than in public, something worse or evil, in mind, in words, by look, and that’s how you get treated as someone whos soul leave them, to explain your difficulty of finding any souls that match your own sense of being in life, that’s sickness, not yourself, it takes awhile to get back to being you. The lull between deciding whether you are aware of a need to be defensive before being treated as vouching for the wrong ideals in life with assumed wrong values with assumed wrong sides that’s when your ideas basic thinking gest put into question, not the behaviors or actions of others, who seem innocent by comparison to your misunderstandings about life or questions concerning reality good or bad. So don’t panic, speak well, don’t exaggerate, speak from the heart, be honest, don’t get upset. The worst is actually when you appear to have the wrong values in life (“nude”) that that behavior then opens up to assumption that more likely than not you think like the wrong teams in life.

That’s the lesson by stating every memory from your life, how easy it is for someone to size you up and pick on you, like everyone is innocent and make you feel like you have ever done anyone wrong in life, that quiet sadness others go through, thinking it has something to do with you, and that’s how you get treated, as though you are the person who takes happiness away from others, if you are continuing to try hard in life without those people in your life, that’s dating, whoever is more put together, mature, seems to have the better head on their shoulders, and the one who is lost, is assumed to have done themselves wrong in life, or not be a prime pick for the taking. That’s trying to be marriage material, its hard work, and if youre not careful, you can easily be put into a bad life, before you have even been given the opportunity to live a good life. It’s the stuff that scares you, that becomes the basis for attack upon your character, and the jokes that take hold by comparison, that juices up the anticipations of others hurting you, feeding into a source of humor, that no one feels affected by that’s putting society together, by keeping them separate from people in life, famous people, who have done wrong, and try to make you one of them. You cant compare someone with no social life, who has not been paid, who works hard, who just graduated from law school, as being well enough to put up with taunting as to my 4th step, that’s not deserved, to treat me as some type of gangster person, it was me that was well, that enables those who live a different type of life to feel well around me, that’s not engaging in the problem, drug use, or drinking, that’s being a normal friend, that doesn’t mean one is like.

Personal Update ...

11/13/2020

Good News: Talking to Aaron, and one reply, "maybe a backyard wedding." Its never too late to go back and live the life you should have lived, if its not too late, not get caught up end up some place else in life, so do your best to forgive the ramifications of being schooled by others in life, its always by the quality of your character, work ethic, and look, that makes others feel better, who knows what anyone else is thinking these days, and that too strong feeling others got from you at one point in time, was that you were being too much, so now is probably not a condition ever expected to come to be, wellness, or success, I think when things are tough we push ourselves to not make things worse, and thats the point of not hitting home to the heart of an individuals issues, make it a tough pill to swallow for everyone else, on and off meds, trying. Theres no risk in caring, but there is a ton of risk, if you get sick, then you cant be relied upon.

There's No Secret to Success ...

11/13/2020

Theres a false impression I feel in the knowing of people with expectation of feeling good and seeing just like them made to feel better, if that were an equation to wellness, like calling anyone out, or being talked about, the whole

experience of being in charge of anything important to you, can be a stressful learning experience, we aren't all put together at once, not everyone gets helped in that department, not unless you ask for help, or given money to sustain your wellness, what money is for, money when well, no money when not well, that's basic to trust, you cannot be given money when you are not well, because no amount of money can fix you except yourself, so its best to stay home and fix yourself, not run the risk of buying things expecting to feel better, what happens if you get sick, then none of that really matters then anyways. I have always been a simple person, same clothes through college and law school that much didn't change until 2019, when I decided to try harder, live to a better standard, my old way of living was either business professional or in the same clothes I never really shopped everything too expensive.

So when you do achieve success, that isn't because of a sad factor, a special factor, a famous factor, a lot of people know famous people, and its not special information, then it must be the human being that feels good to others, easy to know, or understand, that doesn't mean I speak in a different language, maybe just not made to feel good by the inner workings of what keeps a dialogue going for others with regards to what makes them feel special, protect those interests to keep others out from understanding or hurt by it. That's something I just noticed as of 2020, you may listen but you will not listen with focus, not unless you are prompted to read within, and that's when writing doesn't really do the trick, in fact is capable of doing the exact opposite for you, instead of making everyone feel well, make a few feel bad, lighten up, that's not the point, that's not a teddy bear others turn into, that's weakness, made to feel in the wrong, or reasons for having been a certain way, having anything to do specifically with a person or fame.

When you get left out to dry in life and no one helps you hold center, that means that you there forward, are not to allow the same loss of power to occur for you or others, that discomfort, is a good impression turned bad, so everything you stood for or stuck up for in the past, then gets made to turn into an example of you being someone who deemed someone good to be the problem, and that's self harm looking like its about others, by voices, or by choices or sides, protected, and that's fame, youre either with it or not with it. Youre either presentable and put together, or others shy away, hoping to return and see some improvement, that's being in a workable condition, and then there are things you say in that space of calm having done a good job, and that's when opening up changes to a calm tone of insights about what was feared, and too late to have been said in a way, when a bunch of negative deductions were made without you upon observing what you were made out of, at what point you wanted others to stop being hard on you, and that's when to forgive let go and move on, allow their later stage of strength, to serve as information notifying you of their struggle to accept you and whatever has gone on around them, be strong. The less you moan and complain when things are good, the stronger you'll be in moments of doubt, or in fear of being blamed, and hope that the best comes out of others, not the reverse, illness, free. Free of thinking based upon current thinking alone, with respect for the past, not allow the present to hold anyone asunder, that I think was the method to the madness of the 4th of July, Laker song at the beginning of every game, it was serious, and it was quiet, because that's how they felt, its dim, when its time for you to light up, and that's why the police were there, and the only people that stood out were them and Lebron.

When Life's Not Fair ...

11/13/2020

Whatever is done you will always be the one who has to put yourself back together again. No matter what harms you have suffered, its also your job to protect others from harm in avoidance of issues you have personally faced as a result of your own conduct whether or not talked about or known, allow others to have fun telling your story for you, what do you expect, everything matters in life, and just like people want to identify themselves as well, so is their right to protect themselves and their image, which is the risk you take in being social, how you look, sound, or made to feel, or appear to others, a "wheeler and dealer" in life a "whore" a "wannabe" you know you either have social skills or you don't and that's okay its actually more painful to be quiet, timid, and shy, and never have the courage to shine, its also not fun when emotions get brought out of you, like you need opening up more than you already have, and that's a manifestation of someone else wanting to be the one to change you for the better, as though your best was not good enough needs to be to a better standard, or so it seems if you are unclear of what the issues are when it comes to love and comfort, the more mature you later come to be the better you will understand that exchange in demeanor, between who becomes the sweet one versus who becomes the tough one, and sometimes you are changed because others may think that is what will bring out the best in others, if you are

identified to have been both the source of inspiration at any point in time, or then be blamed as a source of pain, not with it, happy for others aware of what's going on, so what can be said about reporting. There are rare moments in life when you are able to be on top of things on time, and then the minute you have lost control of knowing when to get help and when you forgo opportunities to get help, is when you are tested, in spirit, what speaks to you, what you say, whether you even question after harm has been caused others or the past, by then it doesn't matter, when you're not on time in life, left behind, and that's a lesson you only learn later when it's too late, for you, not necessarily others, too late to spend time with, too much time wasted not focused on right now, too tired to think or perform, and when more of you is expected to perform, sometimes that can stifle you, and inhibit your ability to perform with a clear head on your shoulders, that's pressure and expectation. Know that what you photo kept, sent, or posted, will always be wondered about what ever compelled you to speak so freely, or be so fearless, and by the time you get sick, you will have understood the importance of image, discipline, perseverance, and staying conservative whether that was your version of not being extroverted, presumed to be shy, without animation a follower so be it, if you can't light yourself up, be proud of others who are able to light up, that's being too late. Crying is the phase when you needed everything to go right, and feel like your losing your battle with being loved not making it in life because of who you are or what you've been through wanting to be treated the same, and when that doesn't happen for you it breaks you, why people can't just be normal with you and normal with others, what is all the fuss about or reservations.

Getting Psyched Out ...

11/13/2020

Sometimes it's best not to think too hard about anything in life, that's how you eventually get tested or treated like a sponge for reactions, that they can witness to their face to decide for themselves whether you're an "empath" or out of touch with reality, as though you only read from within, not with consideration for the wellness of all, that you can never credit yourself for, the reasons why people may or may not be well, everyone's on to something in life, and while you may be the world's best PI that doesn't mean you're invincible in life, what another puts together, another can easily pick up and point all fingers at you, like you were intended to be a joke introvert in life gay, by name or body type, not something that would eventually outgrow dispositions in life and become something beautiful, who are you at the end of the day, who you know, what's around you, from within, it seems everyone's trying to channel their inner beauty these days at whatever cost it is to you, to not be situated or recognized among them, not a beautiful soul collected among the best, is what is trying to be made to make things look like, like I have not admired modeling my whole life, collaged my wall in high school and college with magazine photos, as gay as that looked, to me that's respect for others that's their version of a wannabe idolizing others but not representing those facets of life that enable spiritually enable for beauty to take hold, and that becomes a painful basis for comparisons in life, who shines when where and why, and will someone who is capable of lighting up a room, be the same after punishment, that's the sad fact of life, a gift never shown lost upon happening, what punishment does, allows the reverse to occur upon guilt, sensitive to everything, until you become a sponge absorbing illness from others, and feeling like you were made to be ugly, which then gets blamed on your words or feelings as having nothing to do with anyone but yourself. And that's the exciting part of seeing whos awake or still aloof, the smarter they get the quicker you fall the minute you go to anyone for advice in life, the sooner you crumble the more put together others are, the reverse of walking into a room and people starting to take life seriously, a type of mixed reaction that's not awe inspiring. -I'm sorry I was not smarter than compared to where I am now, not as intimidated, more understanding, more focused on myself, than take anything personally, why describing the past looks like concentrated on wondered about, if spoken to at a later point in time, how others are made to feel special except for you.

Issue: When the causes for one instance of mental illness, are tested over and over again with different variables until another is proven right or made to feel good about their understanding of you, if what was far fetched then, to be concerned about, means that your head was in the wrong place in life, meaning that the less you think about lend insight to, the less provoked others will feel to attack you on those bases, as though you have knowledge of whys in life, or to what effect those things happen in life, name changes, to allude to what misrepresentations of you and by what means was that reasonable for others to express their concerns concerning whether to read further into what you were seeing and why, who was to blame for that, if not then looked up, why now is there expectation to look up, to know more about and be compelled to talk about things not studied by me but studied by others, so they are

made to feel better about their understanding of me, and that's a no win situation, when no one is made to feel better, that's when you have to think for yourself which isn't always easy to do, a simple way of looking at life is putting things together to see whether you are insulted and what you look like upon being insulted, how you are made to feel, to cause others to feel sorry for whoever was not tolerable or drawn to you then and especially not now, even if improved, why I'm single. So whatever is done with love an Instagram, a Thesis, Law School Notes, Photo Albums, gets destroyed, so that the keeper of that information, as kept, becomes a recorded vouch to say that you ever had illness or ill feelings toward anyone, sometimes what sticks out to you in life, was not done by me, and that's what tampering does and theft, to connect a record to someone who has my things, so that they can get a reading of me study me, for insights to see better.

Never Credit Yourself ...

11/13/2020

Never credit yourself history comes with a territory, to be understood, looked at, but not to be repeated, and sometimes the best who move forward are able to comprehend both, not fall victim to any one understanding or misunderstanding for that matter. It always seems to be the case that when you're not doing well, that you are told what it is you are doing wrong, or corrected in a collective way, to inform you by surprise or by agreement upon others, that it is you that are gone, and because you are gone, means not headed in the right directions in life, for bad reasons the cause of your illness or appearing as sick, or mentally ill to others, sounding and looking. Those who are put together will always stand out, for whatever reasons never stare, you're likely to not be made to feel good or look good about it later, that moment of thinking occurs within you, should not occur upon looking at others. And that presents a source of misunderstanding, whether by looks one concentrates, or whether by gift or communications present is attempting to speak to a larger issue, one is very confident in themselves about upon looking at you, when you are found to be in the wrong, that's your job to become stable again, if after dating or connecting with anyone on an intimate level, that's no one's fault, it just happens to me as a woman, nothing to do with them, but something to do with me, apart of me must be missing, and that part of me that was longing for love and affection or a genuine interest in me, that's the type of love generally craved you have to work very hard for, for others to be comfortable with you and confident, and for you to feel the same way about yourself in their presence. That's an issue of whether artistic works are to be used to compare people in general, whether the same effects are accurate measures of defining the quality of work ethic demonstrated to denote value to any given person or artistic value, and that feeling that is felt overall, how many feelings like that does it take to understand a piece of work as representing wellness not in the reverse create illness through the looking at a person or piece of work, to say that if illness is felt looking at one, then the looking at their work similarly creates an illness to explain the illness of others, and that's something you later come to understand in life, look and the importance of looks, and the importance of if upon reacting, that the insights shared by another will be offended if you are not in alignment to those interests to speak about someone in that way, defined as a villain. So enough with the hair dye, boobie trap, traitor, spiritual leader, pop star, wannabe jokes, its once the confidence of others becomes a recipe for insult, that things have gone to far on a personal level. By how you are, whether that represents what is known, whether that's to code by conduct, in relevance to things known by others, or whether the thoughts in disagreement of you, were for the purposes of hearing what you have to say, and based upon a few quick decisions on their part, assumed you to be the guilty one or the cause for disarray or violence. I think you do your best to get help, and its by your own condition, you generally feel the need to get help, whether or not you are being teamed up against in life, that's being treated as gone as though you should know what you have done is wrong, or by expression appeared to be speaking to subjects you either do or do not know anything about, or trying to appear peaceful, in a useless or futile way, as though in place of whatever feelings you are feeling, deemed to be in correction of others or yourself, and that's when your voice becomes a weak representation of facts, seemed to be a selfish error on your part to question others, and explains why a later condition of mental health issues is caused, that speaks directly to whatever made you feel special once or helpful or smart, destroyed to make you appear to be the one saying things which by typo or made clear in a negative way, to cause others to be quick to judge you in the negative upon a closer inspection. And that's not being professional typing, and as a result of not being official enough, that's how you get treated, no one can help you, you seem too big, or energy too questionable, to be given any chances in life, and should anything go wrong, blamed as though you call attentions to the wrong things in life, as excuse for the strength exuded by others.

Current Stats for mymollydoll.com (11-13-20):

[View this post on Instagram](#)

[View this post on Instagram](#)

[A post shared by mymollydoll \(@mymollydoll1985\)](#)

[A post shared by mymollydoll \(@mymollydoll1985\)](#)

A Finer Understanding ...

11/13/2020

When your world opens back up, after incessant worry or feelings as though things are not right, make sure to count your blessings twice, and not make life shorter than it needs to be, by later making things out to be different than they are or were, that's when no code of understanding can help you, and the more you reference the past or use examples for inference whether to communicate a positive or negative comprehension with acceptance and appreciation, all of it, at a later state will be viewed in the opposite, a later acceptance or insight having been seen only after punishment, as though punishment served for the purpose of illustrating your own misunderstandings in life, which usually only lead to worse comprehensions of all things existing, and that's a tough pill to swallow, to not be understood and at the same time made to feel as though one is not well out of their own misunderstandings, words, or actions in life, ever offensive, defensive, or purposefully not sure of themselves. Always think to yourself, after speaking, what is being reinforced, what is being bothered, what is being strengthened, what is shedding new light upon, what concepts, where is offense taken, who has been affected, who was on board, who is on board (no one), and who has yet to be on board to any interpretations concerning the rhyme and reason of any innerworkings or a good idea made. Always leave room to the imagination, that's as a general rule, it seems that the higher you climb the harder you fall, its just how people who are perceived to have it all, get treated, as well because they have been spoiled or sheltered, giving them a taste of their own medicine in life, that's how you get treated as the antecedent to anyone elses misery in life of things bring bound to not go right, wheres the purpose in keeping secret any of that, that's how misinformation starts becoming too powerful, strong enough to create misinformation within, that's when your thinking gets affected by what is thought which is usually something you are told not to worry about. Sometimes those losses in faith have more to do with another exerting their dominance over your demeanor, than it has anything to do with you, and that's what not to allow, the energy of someone who is not you telling you how to be, whats appropriate and whats not, or even worse deciding for you, to not be respected at all, once their faith in you has been lost, that's how people decide to punish you, when they feel affected by your condition, take personal, as though everyone has not done enough. There is a stopping point, when things are beginning to go well, that's not the time, to test the spirit of someone, who has improved, the only loss to feeling defeated in life is you. As a writer you are affected by two things, your own thoughts and the impressions held of you, which cause you to be led, misled, or end up places which in the immediate you may not recognize yourself when well, or even notice the exact point at which you begin to feel better, that much gets misunderstood, just like all people, you find your way out of feelings, its not a given, and that presumed togetherness, is not someone thinking they are above others or the law, that's someone minding their own business, and what happens when everyone collide, how to feel then? That's when there needs to be a break in comparisons, until made true to be of a consequence of the instability of one, not to shine light on bigger concepts in life not to do with me. Its those stories shared private that get made to be uninspirational, and instead get viewed as the cause for decisions made, which later can be blamed as having been too vocal in a negative way, where is the love in that, to always assume the negative, as though for a combined purpose of teaming up on someone, where is the positivity in trying to use good things made to further establish a negative take, and that is the argument trying to be made, that if one is not well, one assumes that things are about them, to say that because she thought that, these things were done. And that's really hurtful, painful, and somewhat unforgiveable, but something I live with daily. Everyone there forward presumes the negative until something negative happens and then rationalizes with those harming others, as having something to do with me, so where in the past it had nothing to do with me, Im not at the interception, of being used to explain bad people, and that's not what living life is for, speaking, and then being read into, as not providing sound insights or advice based upon my experiences not being used, and being a provider of wellness to others, that genuine stability around you, is someone not making your life difficult, its then you.

#IMDb

At Different Points ...

11/12/2020

At different points in life, things will dawn on you, that you cant change or fix, like how long it takes for you to settle down, whatever that rush is, its not excitement, and whatever that pace in life you were going at, upon less than popular choices or decisions, can cause things to take a turn for the worst with your identity known but not yet in a favorable light to all. Let people step up to the plate, and be whoever they want to be, but not at your expense try to get in the middle of anything you felt immediately affected by as a fan, that's when you get misplaced and put on the wrong teams in life, affected as a traitor, not viewed as a mediator of issues, you cant really reason with anyone who is so sure of themselves in life, that's the kind of stuff you just leave alone. And if you are ever found in the wrong, then that's what the fight is about, keeping you away from people, making you the source of scolding, or poor temperament, and its not you that can fix, how others are made to feel about you, a let down, and whenever that was declared and for what purposes that was declared, that just means that others may have been watching you, and not pleased with your latest developments, that's being known, if you talk about how things were in the past, your bound to wind up feeling sick, as a latecomer to any situations in life, people felt compelled to speak about, represent, or run ideas counter to whatever was working for a few people, to have been in acceptance of one another, that can lead to a feeling of things not going right for you, and watching as things go right for others, who knows whos protecting who in life, and who knows by what standards others are made to feel safe or protected from the issues in life, why its important that when scared never to assume what things are about, you will always be later reminded of when you said, so that you cannot live life in a improved state of mind, that's when what you say, gets used to justify how you are feeling, and that's how you wind up making yourself feel worse than necessary, connecting to the wrong ideas or emotions, not necessarily people. You cant go by name, when it comes to who is aware or understand the issues, everyone takes everything personally these days, and no one really protects you from harm, you are mostly left to your own actions and choices that ultimately make you feel well, eventually you have to stop caring about what things look like, or for how long things were ever thought in the negative about you. Those are mistakes or choices you'll never live down in life.

Come On Lighten Up ...

11/12/2020

When everything hurts, that's a good time to lighten up, no matter what makes you smile from within, youre bound to feel the warmth eventually, about being here now. Whatever that pressure is, that's about being you, learn to accept all parts of you, even the bad times, you wouldn't be who you are had you not lived life, we all make mistakes. If that was what *Star Wars* was about, split decision making, Im sure Im the most questionable in those respects, they used to sell signs at *Kitson*, to hold, to help manage road rage, that was funny, remember the days, and when it happens to you, everyone stronger than you, what was that anyways, forget, forgive, and move on, theres no telling what can happen when people decide to be strong for themselves and others, that would be the whole point of staying positive, not that its contagious or anything, letting go what hurts, forgetting any causes for pain, and finally remembering when to feel good no matter how it happens, timely or not, obnoxious as it may look, who cares, its when you start to care about all those bad feelings that you wind up late to everything everything painful, too far back to remember, and too painful to describe at this point in time. You are what you connect to, I learned this messaging, going going gone, I guess that's why they make gambling illegal in most states, most without permission to be rolling high, or making decisions, based upon feelings, that eventually may leave you feeling without, nothing, and whos to blame then, your feelings, that's not a safe way of living life, using up all your chances building off a good feeling, its always a good time to stop, take a look around, and by a majority opinion, check yourself, are you doing okay, how are others doing, are you better or worse, and if not up to par, its always okay to stay home, no matter how painful it may be, to not feel good, you cant feel good again, by pushing yourself when youre not feeling good, theres really no basic rhyme or reason to that, to risk what is left of you, out of fear for how things may look, that's the point when looking strong doesn't really get anyone to stop thinking what theyre thinking, and when everything you do keeps them thinking about you, except you retaining your ability

to see clearly in whatever direction you're going in in life. My *Lens Crafters* exam, the one with the faint squiggles that pop up, told to push a button to identify, I couldn't see any for the first 20 minutes then tried harder, it kept going dark, meaning I couldn't see clear, I have to go back, that must just be stress, for things not to pop out to me, or for me not to be as observant as maybe I once was, with a clear picture of myself, without being scared of others, it's all about you at the end of the day, what you see, what you believe, and what becomes of you in the wake of anything scary, whether it hit you or not, that's life, you have to forget about a lot of things, to see clear again, whether that's overtime things passing or being less hurtful or bothersome, whether because of focus or outlook, if we could always think our way out of feelings and fears wouldn't life be a much happier place to be.

A Sad Fact About Life ...

11/12/2020

No matter what has happened you still have you, whether or not it hurts to be you, irrespective of what has transpired or been thought of while thinking of you, do your best to move forward, whether not respects of you have been lost, to standards, or by the feelings of others, which occur whether or not you are up to bat, moving along in life, sedentary, lost, or struggling, that much you cannot control in life, how other people choose to live their lives. When you feel hurt, remind yourself of all the positives, whether or not it helps you in the immediate, and if you are made to feel badly about yourself, don't forget to move on, and do your best to improve, what you consider insult or threat, will likely be the same type of scenarios you will live through later in life, so you better learn to accept your disposition in life whatever that may be, a source of inspiration to yourself or others, you may not always be the determining factor of those consequences in life, of feeling apart of or made to be excluded, that tailwind you experience in life, has nothing to do with others and everything to do with you, that sense of faith and feeling good, can and will occur again for you, but not if you become affected by every little detail that comes with being a human being, sensitive to the needs of others, as well as your own needs, to feel safe, feel good, and feel like everything is going to be okay, that much is not promised to you in life, a down you may or may not experience in life, that eventually you outgrow or find yourself in worse circumstances in life, if you haven't learned your lessons in life, of who to love, who to trust, and how you are made to feel about yourself, let no one get the best of you. We can't all just turn around when things are not going well for us in life, sometimes we have no choice but to move forward, and always be cautious, of those moments when you are feeling well, and reminded of something past to make you not feel so good about yourself, it's the smaller they see you, the smaller you become, and that's just people, some forgiving some not, and some thinking they know you better than you know yourself, either having known you over the years online, held opinions about your recovery, or whether not even have given you a passing thought just met you recently online, that amount of time is not worth discussing, how long it takes to recover, the sooner you reply to question, the sooner you get sick again, by your own descriptions. That's just people, no one really wants to get involved when someone is not feeling well, and no one really wants to be responsible if someone does not feel good about themselves, no one really understands why people are made to not feel good about themselves, and based upon what you look like, some feel sorry for you and some don't. It's a difficult challenge in life to care, and not care that others don't care, it's just recently I have begun to realize, that no matter how well I do, or am, I will never be well enough for people to be completely at ease with me, and that's a sad fact about life, no amount of effort later, can really undo that pain if you allow it to take hold, reference it, or speak to it, it's what you speak to that eventually becomes what you walk through in life, a bunch of feelings or emotions, which were thought to be temporary, or due to some standard of upkeep they thought having to do with looks or insecurity, sometimes upkeep is about just plain staying well and feeling good, and some may not feel good by the fact that you eventually felt good about yourself again, it's the type of punishment that occurs socially, when who you were then was not good enough then, so who you are now is considered no better or improved, and that's how a long life, turns into a short life of whys, with justification to boot, of anything you have said when not well, losing faith in yourself, or having ever felt victimized, disregarded as being the cause of your own circumstances in life by the content of your blogs or twitter, as not having been in positive spirits or not professional enough to be trusted to whatever extremes were expected of you, to stay well. That's the one thing, you cannot expect people to care when you are not doing well, and that is something I just realized upon not feeling well, before your ever on board or in acceptance of others, you are made to not make sense or not look well, so that you were never apart of everything going well in life, and that no contributions on your behalf were ever noticed to the extent of you deserving your current place in life, that's the inside battle, whether to get sick, whether to have more compassion for yourself, or allow the putting together of negatives on you. It isn't math, stating negatives and

putting together negatives, to see an decrease in work flow of someone who was well, to say that is how they speak so that is what was thought, and because of what is being thought of them is why they are not feeling good, to the argue their perspective that they cannot see the good in you, the positive nature to your work ethic, until nothing you do or say even feels good to you, the stuff that you used to pride yourself in, no longer does the trick. And when all those pet peeves of how you like things to be in life, orderly in order to feel put together no longer matter, especially with the commentary you assume to have ever been about you. There are no teams in life when it comes to wellness, and some things keep other people going, and if it was knowing of you, and not respecting you, and then blurting out commentaries to which others could understand that you were not made apart of and later tune into, means that it was spoken from them, and whether or not it was about you, as unwanted, there is nothing you can do about it now, having been judged as being a certain way you are not now, or ever then. I once described what was special about my blog and website was that it was made with care, and because it as made with care, made by me, that is what drew others to it, but now Im not even sure if how Im feeling or how I look even matters when it comes to determining my self-worth. Theres a lot of bad feelings when it comes to hostility feared, and that's what happens when you get marked as someone who expresses anger, upon being wronged, or told something not true, or whether true or not, bothers you, that's to keep some people down in life, so others may rise. I don't think I was ever a jealous person, and I don't think I ever saw myself as better than others, but now it kind of becomes relevant, what exactly is the threat of being well, and why things need to amount to a threat, in order or a better condition to take hold of someone not sure about me, that is what happens when something bad happens, and changes in you get looked for, to see what is in response in the positive, what is hidden deemed to be in the negative, and how that differs from a later state of wellness, put through the same ropes in life, Im not sure whos image is protected then, if its something that people cant just let go of, its because they are trying to prove you wrong, or not in the solution, not to anything you support, to say that nothing you do feels good, period, not to others, so that nothing you do for yourself even creates a well feeling for yourself, that's being misunderstood in life, to be worse than you are, its not until you become worse, that something is said, that rings true for someone, who never thought you were smart. What doesn't feel good, is an assessment of someone life overall, trying to pin point what a person is about, even after having heard from them, to minimize the potential for them ever having been made to feel badly about themselves, that is when who is well, stands out more, than anything you can say, which probably doesn't make sense of hurts anyone who was never about you in life or bothered by you, that's how you begin to bother someone, who doesn't even know you, or thinks that you are trying to introduce archaic concepts of life, death, war, and illness.

Personal Update ...

11/12/2020

Total Word Count:

1. All Blog Posts: 982,987
2. Removed Posts: 94,241
3. Removed from Website Posts: 33,103
4. PDF Attachments: 1,712,040
5. Mission Statements: 58,915

VI.Total Word Count All Posts: 2,881,286

God Given Talent ...

11/12/2020

Success is not a God given talent, and yes it does take some strength to make it through good and bad days, that you don't always anticipate along the way to following your heart in life. Its seems as though people are feeling good and going on feelings that much is assumed about someone who tries to make the right decisions in life, no matter

what is going on elsewhere for others, not be seen as some invisible networking for understanding life, based upon composite sketches of those who have done others wrong in life, its not for the same reasons, that those who hurt others think they are doing the right thing, as someone who is doing good, or being well for the sake of doing the right thing, the origins of those lights do not come from the same places in life, making neither the supplier of that light, its just trying to look similar as excuse for whatever may be the reasons prompting others to harm people including myself, as misidentified as being a source of something other than wellness to others, that fear of where someone is headed in life, that leave others taken aback are the same reasons prompting those who are well to think that their feelings are based upon the condition of another they think are taking things too far, what is that feeling of loss, its not a side that is losing, its your sense of stability in feeling right about yourself that gets thrown off center, which one blames others for, especially those who keep going in life, as though all are responsible for explaining everything as they go, with agreements or understandings for permission to be well or to continue to do well. Life wasn't meant to be in agreement as to everything thought and said in life, that's asking too much of any one person, yes its important to say things that don't run counter to the wellness of others, but no its not the responsibility of anyone to describe what has caused them sickness past, in order to identify what is causing them sickness now, to say if the condition of bipolar existed then then its for the same reasons that one experiences bipolar now, understand that what does not get dealt with gets worse, and that includes the perceptions of others about you, which the more time that passes, the more difficult it becomes to correct the feelings of others about you, that you cannot change. That sense of overwhelm, yes, is doing your best, and still not feeling good, and yes that is also a quality about someone that makes them successful in life, able to work through good and bad feelings, without considering the potential for things to get worse on their end or for others, that undying sense of faith that things will work out, not based upon a composite of thoughts led by others, but based upon the security of thoughts led from within about life, that much sometimes is the only thing you can trust overtime, your understandings of life, based upon your own experiences, no matter who has it harder in life, not make a bad life out of a good life. What is instinct? To me its not allowing illness to take over, it has nothing to do with whos winning or not, or whos allowing who to win or hold a bigger hand in life, that much about me I think is overpsyhoanalyzed to think that what things look like is to make humor or analogy to a situation occurring for someone else, make possible for myself in life, as though I too would not suffer the same repercussions in life, if thought about in the wrong way or having done anyone wrong in life. For some that's the basis for their humor, comparisons, to say that one is just like and if this occurs one will behave just like as though ones success is equitable to the illness faced by anyone else who has found enormous fame, and then have been found to have caused harm to others, that not okay to make like, to hear from another from a different standpoint to see what they sound like with a different hand in life, that's someone experimenting with your image, fame, or how you are known, because its fun for them, to get reactions from others, and even to get a reaction from you, to see how you responded when faced with adversity, negative opinion, or personal insult. Never have I made my writing solely about those who have passed as being indicative of where I am coming from or the sole basis to justify the changes I have gone through that's a misunderstanding of what was known to me, which happened to me, to make me look like someone who chases death in order to understand it, there is mourning, and then there is discovering the beauty of life, which does not include drinking, drug use, modeling, or beauty.

Enlightened Expectations ...

11/12/2020

Albeit the times, you cant really compare things as they are now, as a barometer for understanding people as they are now, lit, dim, energetic, enthused, down, or depressed, you sometimes just have to accept people the way they are, that's when comparisons past, are being used to judge someone as they are now, as though their condition now is somewhat telling of them in a way that maybe was easier to see in the past, differences. That big difference, is when people are made to feel well, and as it so happens, sometimes that can occur, by simply one person being hurt or punished, for not being well, judged as someone known who is not making people feel good about themselves, and that's a very painful concept to understand, how other people are made to feel about a person they don't even know, as though we are responsible for the feelings of people we don't even know, who may know us, that we should not be punished for, the overall effect of being known, however sided, or indifferent, the only controversy being, whether deserved, wellness. Upon introduction to the world, after leaving a school setting, beware that your light may just shine a bit brighter than most, that's your potential and while others may be set in their ways about life, don't get bogged down by the energies of others, that you are not responsible for, what comes to their mind

upon looking at you. Its those types of feelings that brings into question the power of impressions upon one another, whether we are responsible for the traits or thoughts picked up by others upon a knowing of us, whether we are responsible by words, figure, or face, for the condition of others, or their faith about the times, what they rule in or rule out as possibilities for a continued sense of togetherness or feeling apart of, that basic stuff that makes people feel good about being themselves, not all are included a party to that condition for wellness, that's a feeling some keep to themselves with exclusion of people, things, or ideas, that do not serve them, counter to their beliefs of how they perceive things to be, and its those types of competing ideologies that cause the loss of momentum. Whos then responsible for that, when no thoughts thought again feel good, when nothing said, upon thinking about feels good, when anything thought or said, causes compassion for the side not to be made to feel good about us, cause us to not feel well, wheres the sake in that, keeping the ones in disagreement with our own condition well, who do not provide wellness back of opinion, wheres the entitlement in that for someone to feel well and not like you, and also make you responsible for doing or saying things, to reinforce their condition of being right about you. The past is lost, no matter what happened or prompted someone to conclude in the negative about you, its all about allow those who feel bigger better than you to continue feeling that way and by how they feel punish those who they do not get good feelings about, or think is that provider or creator of that bad feeling to them, which is only made to feel better, having disempowered someone who had light, who they did not think deserved to have light or feel good about themselves, that's the problem. That fresh energy of walking into a room, and standing out, if considered to be for bad reasons, is the very reason why some angels fall while others rise, the very condition of wonder in the negative about a person, that makes those who ever felt less deserving vindicated brighter, when another light dims, that's a sad fact about life, everyone wondering what makes others feel so gosh darn good about being themselves, and others feeling as though they do not stand out on the same merits, competitive with that potential in life for light, or comradere, wellness, attention, or thoughts. No thoughts congruent to reinforce a well minded outlook, sometimes the sharing of interpretations does not reinforce wellness, but causes a bad impression to be made, that's making people think like in order to better understand treatment of them, there is not such thing as a test for the past, you have to live life as you are, whether or not that condition is permanently changed by one bad impression. There will always be difficulty post embarrassment, or failure, that's a given a feeling no one can relate to, no one understands or feels sorry for, that's not being well and anyone made to feel well, by your change in demeanor, just means that they never thought highly of you never respected you, so that later feeling your feeling, was just them looking at you, meanwhile well around everyone else, the same does not occur for someone who is made to not feel well, its not well alone, not well around, and not well with in companionship, love, or for work for that matter, that's the difference between how we are made to feel by others in our control, versus being blamed for the conditions of others, being forced to change or take a lesser stance in life to the benefit of the wellness to others in disagreement, with your preserved sense of lightness in opinion or behavior.

Now's a Good Time to Be Careful ...

11/11/2020

At the heart of it all lies a person, a feeling you cant remove yourself from, the innate sense and sensibility of being human, and with that comes responsibility, choices, and by how you describe your life judged, as the complainer, or to be written off as something else in life and send you on your way off in life, to the point of no return, the brink of mental illness, or remove you from all equations of wellness in life, left to your own devices, what are you left with then heart. That place you usually listen to which tells you what to do, if youre not feeling well or scared, what happens when you cant think, or lose your train of thought, don't panic, we don't all get going at once, why its important to pace yourself, as easily as one can be made well, have faith that we wont be so easily fooled, or led into sickness, by any equations for that matter. Everyone has different stopping points in life, and for some, the joke doesn't stop until everything makes sense in the reference, we may all have our reservations, but nothing feels sweeter to a hater, than to victoriously prove someone well in the wrong, that's something the past cant help you will, once wrong easily made to be in the wrong again, and that's what happens when you share you story, or upon viewing your story in private, without any explanation from you, that means decisions are being made based upon how everyone else is feeling, now what? I don't want to scare anyone, but its not easy speaking, and although things look organized, its very challenging and difficult to go from being everyone favorite joke, or a source of inspiration, maybe impressionable, easy to love, or easy to hate, and then back through all the different versions of a human being you could possibly be compared to, then when you get sick, to make matters worse, say its because

you were not well then, that it doesn't matter if you are well now, and that's the painful part of returning back to smart, or having a nervous breakdown, what falls apart in your life, your health is not the loss of others, and especially not to someone who thought that losses were suffered because of you or something you have said, then ever the more pressing to not make you a source of inspiration, if at all never, then and especially not now. That sadness and quiet are things not having gone right, and that pain, is looking to be the one who negatively influenced another to think things were okay when things were not going well for me, I have never lied about my condition, maybe I look strong, but I'm just as fragile as anyone else, who is always too busy trying to accommodate everyone else's feelings at my own expense, allow others to feel right, not wrong about their treatment of me, I always accept that people have every right to be hard on someone, who they think could be doing a better job at living life, and that's the painful part, not mixing well, and now not having a good hand in life, by gene, body type, face, and condition (bipolar), and when the voices stop, good, that's because it was not okay for either me or NSA to become alarmed, as though prying into me was okay, for everyone else to be lead on board to a better life, except for me, made not apart of that inner comrades, lost as they come. So no it's not too late, it just means everyone's on different planes, energy levels, and it's really not necessary to share how hard it was to build this website, since anyone can be convinced that it's not deserved or that I was on to the wrong things in life for the wrong reasons.

Personal Update ...

11/11/2020

mymollydoll.com

Site Estimated Value: \$903,250
Alexa Rank Worldwide: 95,504
Alexa Rank US: 15,484
IMDB Highest Rank: 119,367
Total Word Count: 1,077,416 (+)
Official Launch Date: July 2020 (Distributed for Likes)
Years Experience Live Writing: 8yrs (on and off)
Pen Name (on Website) Established: Dec 2013

Updated "Website Index" (11-11-20) >>> <https://www.mymollydoll.com/website-index.html>

Reference:

<https://mymollydoll.com/siteindices.com/>

Life's Not a Game ...

11/17/2020

Life is not a game managed by one person, if anyone it would be The President who we hire every four years to make moves for us, to keep us afloat, our health their primary responsibility, to provide opportunities for wellness, improve any odds against, would be my understanding. Blogging is different, you can motivate, hashtag, share ideas, and some of those ideas heard by others, maybe some not, but for whatever reasons people decide to care, that is by choice, not by being told what to do, ever notice that when someone tells you to do something it doesn't get done, but on a good day, you can get everything done you wanted to get done, that's life, not always predictable when it comes to motivations, advice given before it's needed, and then afterward, realizing why told not to do certain things in life, to keep yourself and others away from "the game" that's common understanding, I don't think was ever intended to pose a threat to any one person's feeling or beliefs, that's not what expression of wellness in song, dance, or film is about, communicating illness, it's about well people representing well ideas, that get communicated through them by studying scripts, notes, music, the past, finding their own way through the times, and maybe a few times in the past, some of us may know less about by our own studies in life, that's life, trusting

the experts, Im sure whatever this feeling one is teetering over in life, has something to do with expectation, and wanting to categorize a person in terms of their importance upon being known, not knowing what standards to consider them intelligent, if anything is said in the negative, I think that's what being known is about, sharing the spotlight, and not interfering with the spotlights of others, and those not a party to the spotlight be affected by any misunderstandings concerning how they are made to feel, when someone they know is in the spotlight, not be brought up as having something to do with it, by something they have said in the past, or by a previous experience in life, assuaged others that that would not be proper use of a person or character, for fame, that would be me, intended for something else in life, not to be front and center looked at for answers, that's the stuff leaders are made out of, like Tony Robbins, a life coach that motivates others to think about what they can do not what they cant. When does a sinking feeling occur: (1) Having done your best your best not good enough (2) When you are tired and others have more energy than you giving you a hard time (3) When you say something after it has already been dealt with privately in public which gets used to heckle you or attack the merits for you speaking in the first place top whom and why. It has been my experience that for everything serious, keep offline, and discuss in private, to actual law enforcement to brainstorm whats going well for me, whats not, not make my mental health issues a public matter, whatever those fears were about to begin with, and who was later made to feel sacred about what when and why, its not fair to be treated as someone who doesn't report, I always report after an incident that affects the majority, share my input or opinion which usually has nothing to do with anyone else, which is why everyone is okay expect for me on subjects later mentioned, you cannot convince someone that you do the right thing if they don't trust you, and because of where you have been in life, is why people give up on your so easily, mistake your condition for guilt, or needing someone to take control over your belongings, decide for you. Lets agree to not make things about me, then it gets interpreted too far back in time to matter at this point, what things are about, all I know is if I think about it, it shows up in my writing, whether or not directly pointed out, specific examples, but eventually I state facts, I guess that would be the readers job, to see where things are coming from, not something I do online, therapy. Therapy is talking about your problems like AA, versus blogging is providing solution for better thinking, so that no guilts are inherited as being responsible for not having tried to do ones best to care, how can you tell people to stop caring, only though disappointing them. Therefore once you make it on your own, be proud of who you were then, who you are now. And don't make anyone else feel bad for not coaching you along the way, youre someplace new.

Public Speaking and High Profile Cases ...

11/17/2020

Theres nothing heartwarming about seeing a child of fame, fall victim to worry over what others think and become less motivated in life, dabbling in drugs or alcohol, that's not very becoming of anyone, for that matter. It's a struggle no one has compassion for, if you are someone who had everything, and then lost everything to drugs, alcohol, or poor decision making. When you first get sick, or want to help, and as you move forward in life, you help wherever you can, that's not in place of doing other standard forms of work, out of boredom that one becomes a writer, or practices singing or talking to themselves in public, maybe its just to see what its like, whether anyone responds in the negative, or even notices, what is writing online anyways, speaking without face to face reaction, its bound to lead back to you as a person, and that's the risk inherent in being known, or being famous, more people know you than you know them, however heartwarming that seems at the time for others to come to know you in real life, don't forgo those opportunities to just be yourself and blendin, you'll miss out on a lot in life, if you consistently think that everything about you is being judged from the way you look, to what you write, to your condition, meds, who you date, or what your sexuality is presently, and by sexuality I mean people wanting to know who you talk to or think about, and what causes you to feel love toward someone, and if its an infatuation that has occurred for you prior to dating, no. If they haven't seen you in real life I think maybe that makes me more susceptible to negativity from others online reading, and that's not something I ever anticipated not being liked, and I don't think applying for an award can change that, to which they would reply "for what?" Maybe for taking the initiative to contacting local law enforcement, the Academy, and NTSB, so that we don't continue to fall victim to some undying code of ethics, to get to the heart of issues, and in trying to do, make things about conspiracy theories, and mood disorders, and say that one is occurring because of the other, to me, that not reflecting in peace, that's reflecting to see who has it better or worse in life, and whoever is doing well and comfortable speaking, punish by words, or insults, to make someone seem sick, guilty, or to watch them change into something theyre not. It seems if youre on meds, that's what happens to you, thinking its to prevent a condition, not already caused, as though you are hostile toward others or aggressive, that doesn't really stop people from people aggressive toward you, without

knowing you, going through your things. *What does the CIA do anyways?* Im sure its not micro-managing me or talent, or entertainment, and when I say I support a cause I mean it, its not to shed light on lesser known assumptions about things being about in reference to one another, or separate incidences occurring because of eachother, that would be assuming that whatever I remember has something to do with me, not then, not yet now, and that's where its wrong to assume that anything is about any one person. Im sure that everyone has had their fair share of humor about, as though Im the joke of the town, having gone to Law School, its not a bipolar dream, you get tested apply, get in, perform, at that point you can actually think, then later in life, you are forced to think under pressure, that is without time to remember recollect learn digest, you have to think in the moment, that's Law.

When Bringing Up the Past ...

11/17/2020

I equally feel unenthused by discussions sharing about my own past, and with mention of the past as it relates to me, I can see the method to that madness then, who is put together, and who is not left out of an equation in life, I think it doesn't become a big deal until you bring it up. One of those things. So if you open the door to issues past, make sure not to revisit those same pitfalls, low self-esteem, mental health issues, self-harm, or ever having felt suicidal, if you have recovered from those conditions, I don't think now is for discussion in specifics as related. That's problem with sharing your life, or having your life be reviewed by another, what is said and digestible, and what is thought of or said about you not digestible, and that same feeling causes me to throw up foam on runs, this was before COVID, anyways. I think we all struggle from time to time, adjusting to life, taking on responsibilities, overcoming illness, its really not your fault, and if others in good fun expressed themselves, then that is what they thought and maybe because they were more centered than you, thought that that a positive way to share about how everyone was connected at one point in time, even if you later felt excluded. You'll face a lot of pressures in life, to perform, that's under stress, war, bad news, good news, stay steady and be yourself in spite of it all, you cant get tied down to any one issue or subject past or present, the more you let things get to you, the more it becomes a part of your thinking, the opposite of not letting something bother you, or get under your skin. That's why people separate themselves from people with issues, until they get better, and if not, it then becomes painful to talk to them. So that's a learning lesson in staying well, not be a source of discomfort, be well, and have compassion for yourself, and not be too hard on yourself about your past, and keep living life. The separation between my audience and me now, is that that shared space of exploring topics and being made to feel good, is not the same if Im not feeling well, Im no meditation expert, Im either focused and appear well, my face is sharp, or else I get tired for no reason, and feel sick. Im not sure what that is, if its not my thinking, and not by my presentation of self, what is causing my head to hurt when no one is being hard on me, and once the voices have stopped.

When the Odds Are Against You ...

11/17/2020

Can sometimes mean the difference between standing out in a room full of your peers, versus being the only one noticeably not well, that chipper state everyone else in, not apart of, or by reaction to your presence, suddenly unemotional, I think the times have changed. Whether its something known about you, that makes others distant toward you, eventually, that dissipates, that is if you get your act together, like being on Deans List in College, and getting into Two Law Schools, and working for the Government as a Law Student, that's trust, a far cry from being "voted most shady" in your last yearbook, finding out on your last day of school, that was heartbreaking, I was speechless, I got into college in December, so I moved my free period next to lunch and would go home mid-day, and sleep or take a nap, before soccer practice, I was one of the Team Captains, and of the Volleyball Team a setter or backrow, I served an entire game once, all floaters. Right now its about health, and image. The two most important things when it comes to feeling good, feeling good about yourself, feeling good about others, and being yourself, regardless of what anyone else thinks. That's wellness. And when image becomes the center of your concern, it should be by being mindful of your condition well or not, that should dictate the choices you make in the future when it comes to managing how you look and what people think of you, even if it was a joke then, its not that one cannot take a joke, its that is causes physical and mental changes within, to think if intended in a negative way, if you don't look well, then that can be a cause of embarrassment to others who knew you when you were well, when you were fun to be around, when you looked the part, not in a later condition torn.

In Doing You ...

11/17/2020

In doing you, don't be afraid to deal with problems as you go, in fact that's my best advice for anyone with a lot on their plate and not knowing where to start, had I never tried, I probably would still be lost in thoughts, not speaking, still in bed sleeping all day, not moving, and still being rejected from paid jobs and working internships, but I changed my life for the better blogging. We can have a lot to say sometimes that doesn't mean that its right to speak our mind, not if its about things people don't want to hear about, or upon thinking about bothers them. That's respecting one anothers traumas in life, being respectful. There will be moments of detachment from trauma, when youre back in the moment working again and not thinking too much about life, history, mental health, sleep, all those tough subjects that you never really think about until it becomes a problem, remember to be human. How did I manage to get myself out of conspiracy threats, intimidation, and blame, I talked, sometimes the less you say on the subject the worse off things get for you, that's being professional, having an innate responsibility to respond, which is probably why so affected, a Children's Law Law Clerk to two Attorneys. That was helping to manage 400 cases, 200 case per Attorney, I was 1 of 40 selected from over 700 applicants who applied all over the Country from all the top tier Law Schools, that was the type of Law Student I was, and also had a job at DC Law Students in Court one summer before having to go to Rehab for addiction, Im sure was just a mismanagement of meds, while working part-time and going to Law School part-time, that was how I was work and school for awhile. So I think later drinking, was a big mistake, maybe that was just my need to have friends and be social, not necessarily date, that part of life I missed out on, the texting, and the plans, going out.

Life Can Feel Incredibly Short ...

11/17/2020

Depending on how you look at things, if something can be seen in the positive or the negative, can literally make or break your day these days, don't fret youre not the only one. Seems as though if we can convince ourselves of one way of thinking, that the other way of thinking about things begins to spiral out of control, that is the negatives, and that's no way to think about life, forgetting to see the positives. In fact, its usually someone who insults you purposefully, who sees the positives in them doing so, before you are able to see what positive can become of such an insult. That's testing your spirit, whether you allow for interpretation to be about you then or now, and whether or not you are insulted whether you respond in the negative, to make you seem like someone who has always been tuning in in this way, I think the reality of opinions and where things are coming from hits you at a later point in time, the difficulty of responding, or trying to understand what it was that went wrong for you. So don't be too hard on yourself, usually people who are hard on you are hard on you because they care. The world isn't a nice place, although we would like to think that everyone is well, a nice happy place, that doesn't mean that someone well will be nice to you, and not especially once they get to know you. Different things come to mind, and hit the conscious of someone who is looking at you, usually with a bigger head than you, seeking to make things right for you as you focus on them, and that's not always the correct route to wellness, accommodating the needs of others, or catering to their own insecurities. You just have to be strong. And when you are made to look stupid, that ruins all your relationships, shout outs included, its like you cant be apart of anyone, and that's the feeling of not being with it.

Cruising Through Good Feelings ...

11/17/2020

There used to be a such thing as euphoria, that moment of focus, when all things feel good, maybe even a song, that hits the right chord with you, moments made that make living feel like it was heaven sent. Unfortunately, not all good things happen in perfect timing, nor with the exact feeling that notifies us, that we are on path, and that once everything is at peace, or seemingly peaceful, that good feelings will carry on again as they did, that much you can't foresee, whenever a bad feeling kicks in. For some this happened many years ago, a loss of faith in things coming to be, that power to dream, and to keep dreaming, how is it possible for the heart to fail to notify us, when things are at odds between us and the rest of the world, or so it seems, that sudden realization that things are off, in tune with no

one, it could just be that you are continuing on, and from whatever playing field they had become adjusted to in life, were wondering the same about you, whether that feeling had happened to you yet, maybe explains all the heckling and bothering, questioning, and turning of the tides, to invalidate whatever karma has come to be, for those who were well, and suddenly lost focused at some point along your journey to having a life of your own, yes you eventually learn, as you progress, that you are responsible for chiming in and providing reassurances to those in the stands, your family and their loved ones, that's keeping the faith, not restoring it. When it hasn't come to the point of a full assessment of wrongs and rights that means for the most part everyone is at peace, sometimes its only until things fall apart, that we begin to question, whatever it was bringing us stability, that is not yet able to propel us forward, like technology, powerful, but not powerful enough to connect us all in a way, that brings 100% wellness, that I don't think even God had planned, the coming together of all issues, plus a feel good vibe, sometimes as a result of shedding light upon issues, leads to a standstill of emotional indifference, not wanting things to be about the very issues that have brought one to speak, or to work, if not something faced by all and only a select few, overtime, have faith. Sometimes you have to be able to help a few, in order to get to a bigger platform in life, to help more get through whatever it is they are going through, until they are made to feel sound at heart and in mind, people and things that matter to them, not just to others, that I think can throw anyone off, that period between blissful confidence, a solidarity to issues, when you are displaced with feelings of being alone, with nothing to show for it, that type of change requires discipline, to embark on a journey in life to the benefit of others, with faith, that what good has transpired, will eventually lead you back on your feet, to a life worth living no matter how much time has passed, trying to figure out what matters, and why. So as someone who has been through various forms of recovery: (1) alcoholism (2) addiction (3) drug use and (3) mental health issues, I can say, that eventually you will find your place again, it just takes time, there will be many changes in place you will encounter, along the way of finding yourself again, comparisons, root struggles, looks, demeanor, personality, intelligence, livelihood, love, companionship, and friendship, and along your way back to a normal life, you may be tested, mistaking you for someone well all along, or someone who has not struggled quite the same as others, that general depression about anyone who was it and suddenly sick just being themselves, that you cant take back, how influential you were then, and what you are blamed for now, as not having been a solid enough person, to have been recognized from afar as solid. Those sudden losses of faith, occur when you have done your best and your best was not good enough, to earn back your stripes in life, that is who you were before trouble hit, and that can be a very sad and depressing phase of recovery to be in, to realize what time has passed, and have nothing to show for it, especially if you were experimental online, on social media, with no fancy credentials to show for it. I was going to post a sign: DO NOT DISTURB THE PEACE, its unusually silent in my neighborhood, that quiet excitement, turned sadness, Ive seen this happen before, similarly to when photos were spread of me online, I think my whole house even turned a different color, that's the pain of regret, or things not working out, when people you love lose color, that's in the face of disrespect how you get treated, when once strong, now everyone else stronger than you, and putting you down on top of everything, as though you had nothing to do with the source of strength found in others, upon knowing you, whether or not someone else more famous took their turn at leadership in spite of your ups and downs in life. So when love is the answer that's not to undo a haunting later caused, by the wrong circumstances to portray you any differently than what has been faced by others in light of your experiences in life. From where that righteous energy is found, is sometimes having to do, with people being on board with different ideas in life, and turning on you, as though you are just another famous person to torch. So that inner pain, that was subliminal, now standing out in our favorite songs and movies, had nothing to do with me but everything to do with them, trying to figure themselves out and how others were feeling, and whether or not we could relate they made the movies and songs anyways, with or without everyone on board or with permissions, that's being a personality, you get seen, used, and dull out.

Recovery Phases of Pain (For Example: Loss of Sleep, or an All Nighter)

1. Not smart, difficulty working, making productive use of your time.
2. Energetic keep going, but then get tired, and don't feel like doing anything.
3. Wanting to do things, but not getting anything done.
4. Everything negative hitting you, and then not being able to speak in the positive.
5. When you speak, you are not clear, and what you are saying not clear positive to others.
6. When what it looks like, gets compared to your condition, you can neither prove or disprove.
7. When who you admire gets sick, and as a result you feel sick responsible.
8. When you push yourself to get to a normal point in life to bond, and get sick again.
9. When who you love opens up, and when opening up elsewhere, doesn't bring love back.

- (10) When you open up and get hurt, and then not the same person to give love to others.
- (11) When you feel sad like youre not going to make it, and start setting boundaries with others.
- (12) When your sadness brings sadness to others, they can see and hear without you saying a thing.
- (13) When your stability gets rocked, by equations, and ways of thinking, unrelated to your life.
- (14) When you can't enjoy the moment, and others are expecting your return to wellness again.

When It Hasn't Happened Yet ...

11/16/2020

That's what the "oh thank God's" are for, when ... it hasn't happened yet. All those freak outs coming before, and the sudden realization, that's everything is still in your control, that sigh of relief, that things could've been worse, and its by your own mistake, mismanaged, placement of ideas, and then back on track, that's common in Tech, the sudden "dammits" could've made money had I done this, and the "theres no looking back" I have to keep going anyways, that's picking a pen name, felt good at the time, and maybe now, still trying to stick to that feeling, of how things were then, so put together, as a matter of fact, before all the odds and ends were thrown into the mix for misinterpretation, that's Tech, could've should've would've, clearing the air, when one can, otherwise, leaving people to their own devices, and making upgrades, whenever an upgrade is due, for added insight, never to tell anyone how to think, it's the bedrock for your minds, why would it come filled with ideas anyways, that's not what phones are for, premade, its more about what you make with what you are given in life, that is what makes you feel full, like a social media account finally dedicating some time to, an Instagram that looks super ornate after many years, of fun experiences saved, or all those likes saved, to go back and remember when ... I think we maxed out our thresholds, by needing things to be too exact, theres a lot of power in letting go, and the only drawback to feeling out of the loop, is late to a punch, that no one enjoys feeling when they find out, what huh how who ohhh oh okay nevermind huh noooo and silence. That's also known as a realization, figuring things out, and ending up in a negative place, the stuff that decisions are made out of, much like a Tropicana commercial, that boast about the stuff that Florida oranges are made out of, the best stuff on earth they tell us, that's how to handle it, not used to it, must be new, too heavy, must be old, that's basic. Whats so time consuming about progress is that its painful, yes my website is fun to look at it takes a day to copy paste into a word document, so it must be something else, a feeling provided, Im creating. That newness of thinking, that was my strategy, write new everyday, just like a newspaper, my first follower on Twitter was @latimestot, hence the @randbocotimes minus the tot. I was trying to be more feminine when I changed my name to @mymollydoll, Im sure it had nothing to do with the Bartender's name which was "Sam," we both met eachother's boyfriends, I lived in the neighborhood, without a car, or a car by breathalizer for awhile, that's was bi\$tch in a cape to get through in life, the beeping and the blowing, and the breaking, and the driving, and the blowing, as you are driving, then my GPS never worked again, he must have re-wired everything for the breathalizer machine, or so it seemed. Everyone gets excited about doing something theyre good at, youre probably last to figure that much out, the defect you have to live with in your car that you cant fix, like when Sirius radio went out on your way to work. You have to pay for things in life, Im sorry I paid LegalZoom to incorporate my website and blog, they actually don't do anything court related, that's what Richard Sudar is for, Ive known him since he was transferred to handle my rolling community service hours court appearances, I never completed, and had to do time in jail instead, to complete the hours required, the leaves stopped falling in front of LAPD, and they had no more leaves to be raked, for community service. I report to them every guy I hook up with so they know if Im gone, what happened, and they let me know that what happened is not illegal, but Im honest, so not all of this is not code, for me being the aggressor, or the one out and about looking to get F-d in life, on the prowl looking for men, its if you are well, speak your mind, or confident, they inquire. So lets just let everyone know, that while running on the beach, when I supposed to be working at AFM, finally making it to a Hollywood event, was super excited paid \$900 to attend, but my ticket was written in the engineer's name instead because she didn't think I was ready, to schmooze, why invited at the end. I saw two people on the beach I thought I knew, the Intern laying on the beach by the rocks, and the Bartender, by the lifeguard tower, with her butt facing me, I thought it was them and left chuckling, this was before Florida, and calling the Sober Evolution Coach I found on Facebook to help me, because my Boss at the time thought I had addiction, which I stopped performing strong at work, half gone, focus wise. So the butt picture on my Instagram was in light reference to what happened on the beach, it was a true story actually, and then I didn't attend AFM, I think I saw half of AFM street side on my drive back.

Creating a System of Thought ...

11/16/2020

Creating a system of thinking requires balance, of both positive and negative attributes to what is said, upon interpretation, that is without assuming what others are thinking or bringing up references to the thinking of others, as to what was found to be in balance upon focus on negatives, and what light that brought then in trying to understand who or for what purposes another was to blame, or became sick, and how that benefited those ways of thinking, to shed light upon blames, and for negative happenings being in alignment with the thinking of someone who was well who is now not well, such as myself. It just occurred to me recently, working on something and then it looking better as worked on, such as my website index, the dates removed now being put back, I had an issue with numbering. It will take me about two weeks to complete the project, updating my index with all the dates. Energy has always been one of my issues, since seeing my last psychiatrist, something that meds cannot help with, let alone any guilts placed over your head to shame you with until you find out yourself what things are about, that's the unnecessary abrasiveness of confrontation, assuming the worst, and not allowing things to get better, before they get worse for you or others, that's keeping a blind eye to insults, no matter how relevant. That's the purpose for making fun of people, something everyone sees that they do not, not something shared with the person of particular issue, the wellness among those talking about. That's purposeful, its letting you know, there is something not right about you, and in a big way, testing you, to see whether you think things are about you, and became sick because you thought things were about you then, by sharing a photo of a sail boat as your profile photo on Twitter circa 2011 before your last day of Law School 2013. I think later only became relevant, having dated Bauer briefly before dating my Ex for four years, 2007, who I was in communication with before dating him "hanging out." That much was misunderstood about me, why the distance from friends, it was not a gay issue then, but maybe now, and it was more about focusing on school, and not understanding what I was missing out on, a good life, apart of, which I sacrificed for a career in Law which never happened for me, never quite fully there in terms of how to be, with consideration for what was thought of me and to what extent. I am not someone that would allow a negative interpretation of me to take hold, in fact it would be an issue I would challenge given my education and time spent home, not out and about, not frequenting the bars, and not dating, so to appear as someone who would give up all that I had, to get laid, makes no sense to me at all, but for the same reasons you may be a keeper, is the same reasons why someone would want to do you, because it makes them feel better, that doesn't necessarily mean that you will feel better, look better, or still be wanted, not if someone else has laid their hands on you, done your body. So what is used up? To me its losing all your power, and not knowing what to do with your life, that no matter where you go from here, will never feel quite the same good about yourself, that's low self-esteem, usually snatched from your aura and personality, before you have even come to appreciate those qualities about yourself, giving, loving, in charge, a leader, a nurturer, a lover, and a friend, companion. So to say that someone who is no longer those things, is trying to be that figure in the lives of others makes no sense to me at all, someone now with femininity issues, hygiene issues in question, health issues, body image issues in your 30s are normal, face dysmorphia, is not from excessive sex, then it must be because of something else, **I don't think anyone else is willing to admit to, a bad connection, upon being around people, who wants to be found in the wrong toward others, or watch them be treated in the wrong by others, how disempowering to figure out for yourself by your own health, and by who sticks around or who leaves you, that you are no longer that keeper in life, on top of things, that's ability to be organized, eventually leaves you without upkeep, and that's why its important to stay professional, everyone will take their turn, at smashing you on the inside, to see what comes out.** Im not a pinata, and Im not full of negatives, and I don't retort, taunt, or imitate, and put down, that's the difference between someone who is offended, and tries to confront or correct others, versus someone who cares what others think, but doesn't make a big deal of it and keeps going on their way, that's must mean that whatever I hold positive within is stronger, than whatever negatives are being forced upon me to identify with, or rationalize how those terms or understandings came to be, about whom, and why? In learning to let go, and again arrive to positives, perfecting your system of thinking, requires a lot of strength and wisdom, to not give into negative interpretations, and allow those negatives to take hold. That's owning your identity, no matter who attacks you, and about what, if you are not those things, then to me, saying those things about me, does not have the power to control, what happens to me in life, that's being fearless, not allowing my fears, or the thinking of others to control me or where I end up for that matter, and even if its worse off, blame no one, and take charge of my own life and wellness, that's having faith, that to me is letting things go, and that to me is not casting blames.

The Excitement in the Observed ...

11/16/2020

There is an energy to getting things done, and maybe even so for others watching someone work, and get their work done, Im not sure what the standards for fraud are these days, but its all about work ethic, what you sign on to life, or what you appear to have been signed off of in life, hurt on those same merits, as having either misrepresented others, including family or organizations, when deciding to speak for yourself online, and about what, give things time always, expect that people are new, that is a given, when it comes to writing online. No one likes the feeling of having to catch up to anything in life, or get the sense of any changes occurring because of any one person who has found success, leading discussions about, for those types of understandings I think we are all on time, whether or not one was on board, or just found out that things could be thought of in relationship to one person, as though that was a Broadway analogy, for all roads leading to one, I think got misused to lead to what was thought to be a traitor, such as myself, which is usually the case of pointing people out, for examination, what is it about this person, that makes them think they are above others, and what is it about this person, that if they are above others how so, I don't think that question can be answered properly when the later has been proven, that is not well enough to be admired, not pretty enough to be imitated, or not smart enough to learn from, or not ingenious enough to be imitated, or replicated in other forms. So what is it about a person, that would leave someone to feel so threatened by, that by alluding to their identity thought that everything else could be figured out, one *Twitter* account, and a bunch of Apps, if that was a communication to reference me as going to hell, then that explains why Ive only dated twice on *Tinder*, the first an ice cream date. So if that was the inside joke, a weak "Dream Speech" on Twitter, that resulted in Gun Violence, then what else did everyone put together, that was a matter of had I known if *Barack Obama* ran having read my personal statement upon applying to Law School, if that was his impetus for running, then blame me, as though I should've known I was influential to people in power, then blame me as though I influenced people not in power to feel powerful and commit an act like that by my energy, Im not an angry person, neither then, nor now, am trying to elicit a need for some dominant ideology to take hold to fix anything that is going wrong in anyones thinking department, which may explain why the *Movie: Legally Blonde* was cited to "snap" as it relates to *Snapchat Inc.*

Follow-Up: Im sorry that these were not discussable issues with me face-to-face that others took it upon themselves to micro-manage what things look like, I do not think with the intended expense to me psychiatry wise, worsen my condition, but these are things to be wary of if you are famous or attached to someone famous, referred to, by what you are known for, or known to have messed up in life about when and why, you were apart of, or in defense of self, made to not feel apart of or made fun of in life, the first time it happens like a TV Show name, hurts but you dont say anything, and when you keep getting sick, and they still cannot get through to you, means speak before things get out of hand, and the wrong people become empowered to make fun of you in life, as though in support of other women or men, who they think are more deserving of positive attentions. If it means anything I was invited to the Inauguration 2013, but I couldnt get in, walked around outside, so that was staying in DC by invitation, and then not being able to hear him speak.

For Review Reference (10-19-20):

<https://www.mymollydoll.net/blog/a-good-attitude-v-a-bad-attitude>

Online Lighting ...

11/16/2020

It's a new phenomenon, don't get too excited, its about online health, occurring in numbers, dimming in numbers, become of value by numbers, or just plain backend solutions to higher quality work product online, demonstrated by the people putting value into their work ethic online. That much has changed, the wellness factor upon looking at things. Just as one is required to see the positive, and be thankful for everything they do have in life, so it becomes a matter of what is said, what is read, being of value to the reader, not just because of who it is said by, that's not always the best determinant for understanding value, by who you like alone, or feel impartial too, for that matter.

Sometimes everything can make sense and sound well, but doesn't really carry on a meaning that later makes sense, that's well in the moment, without the strength of leaving a lasting impression of wellness that stays with us, while being introduced to the rest of the world, either recognizing ourselves as new to any scene, or by the same token feeling jaded, or so it seems, by our exposures, I cant say that life has always been this obvious, effects wise, maybe something later realized which more have become pickier about, how they feel. Not all will make you feel well, that's a matter of etiquette, that overall feeling you get talking to someone, like a telephone conversation gone wrong, that inner New Yorker, becoming short tempered or impatient, and suddenly bossy, that's the type of energy to be avoided, when it's the other person, you expect to be sharper, than you are yourself, is when to remain calm, and that's how the entire conversation sharpens up, with both sides being heard, no matter who becomes the fainter one, listening or speaking wise, yes there is a tone, and that's the tone of someone who adjusts, not of someone who bosses, someone impartial, not someone who judges, and that rescission of care, is someone already knowing you, and refusing to change or adjust to meet your needs, while under their care, provide assistance with, that's a condition you cant change, someone not made to feel well by you, or someone who cannot help you, who takes your money, and only afterwards, are told because of this this or that, something you've said, that they cannot provide care for you, that's trying to find a psychiatrist in LA, either too expensive, or by your needs, not available to prescribe, but that never stopped them from being clear about informing you of why, just that they were not willing to treat you, by what meds you need, by what dosages needed, or by your blog, not thinking that your condition is real, a condition creating because of blogging, Im sure that one would never purposefully subject themselves or others to harm, and its just as painful to share, that wonder about preferences, than it is to hear, whether those preferences are to be wondered about so collectively decided about someone. Remember the days when we admired, listened, and felt good by others, whatever happened to that, that must be something to do with defiance, thinking one knows better, and that's something existing cannot help you with, that's a new form of thinking about life, that isn't necessarily in the textbooks, work ethic, what work stands out, who stands out, and why, and whats of value.

Personal Update ...

11/16/2020

I think the solution, to making sure the gears to my thinking are linked up to some standard of care already established by an educational institution, would benefit my readers, if I continue my education, so that my education is reflected in my work product, as it has been past, not rely on free reading books, to teach me ways of thinking, as my choices for study, may not be trusted as insights for more clarity of the issues, so Im sorry about whether any of my book choices, where frowned upon, not liked, questioned, as whether what Im reading becomes the basis for discussion, or to highlight a risk about, or why chosen, I pick books that have been recently published and based upon those choices, I pick books. So I took a few days off studying *courseera*, I started reading again today, and will continue my CITI coursework, so that if I do become a published author one day, it will be researched based writing, researched meaning based upon existing studies completed, along with my understandings written.

Being Cute ...

11/16/2020

Being cute is about liking yourself, that innocence from within, not a substandard condition of intelligence or know how, its seeing it like it is, and still feeling good about yourself, sometimes mistaken for confidence, the wellness you encounter in the company of others, an inside ability to feel animated, without even trying. When you are loved that is how you feel about yourself, and when around others, without worry for what you look like, able to just be yourself. Sometimes we mind the looks, and sometimes we don't, depending on whether you enjoy standing out in the grand scheme of things, don't expect everyone to meet you half way, some recognize being cute, as someone being full of themselves, as sense of candor, frowned upon by anyone who thinks its to intimidate others, when really its about being in ones own zone in life. That frazzled, collapsible comfort, of being around someone and getting their attentions, the types of things that puddy is made out of, love and attention. So when you do decide to fem up, don't be surprised, if you shrink before you shine, it comes with a territory, being known, and still being able to maintain your beauty, that sudden change others experience seeing like you or feeling like you, is being introduced to another world in life, and that's the type of stuff you cant record, influence for the better, the more you keep track of, the more painful it becomes for those who do know you, feeling made to be apart of something other

than themselves. I don't think campaigning against violence, ever made me a bigger person, I think that was a normal direction to take, given my work history, and I don't think that talking about mental health issues, was ever intended to misdirect the wrong attentions toward those with disabilities to feel less than or part of the problem, they're not, that's one misunderstanding, that's painful to talk about. The problem lies in those with energy, where it comes from, what motivates it, and what makes others feel smarter, and in constant need to correct others, that makes them feel like the bigger person to any equation in life, above people, especially the disabled, such as myself on meds. We can push ourselves, with what feels like to extremes by someone with disability, and that can still not do the trick to shift or change the emotions of something coming toward them in life, at a blurring speed, of known how, nothing needing to be counterbalanced or balanced need exist in that amount of strength toward any one person or group of individuals in life, to make things go right or better for one or the other, then it becomes a matter of what someone is trying so hard about, whether its to overcome a worse disposition and why caused, or whether its to be better than they were, and when they are better do they appear better than others, and why, is the mistake in thinking that someone who is trying to improve is doing so to make others look worse or guilty, and that's how wellness gets stopped in its tracks, when it becomes about competitions. So whats that feeling in between left, once a fight stops as to who is leading who in terms of respect and outlook, is that its too late, no, is it that one is wrong, no, is it that one cannot change things the way they are, maybe, is it that one does not have a solution for wellness, maybe, or is it that one is simply speaking only to make sense to themselves, the list goes on, for peoples reasoning when it comes to acceptance of others, you can pretty much convince yourself of anything these days, to rationalize your feelings about people in life, and that's how disbelief happens, its keeps people from not believing in things that when brought into their heart, causes them distress in figuring out their own way in life, if based upon a methodology of thinking used by another, sometimes one way of thinking does not work for everyone, just accept that much about life. That sometimes advice resonates, and sometimes people will tell you things that make absolutely no sense at all to you, maybe not until later as remembering thought about then, but still makes no sense compared to where you are now, how that would've made sense to you then.

What is Smart? ...

11/16/2020

To me intelligence is all about your ability to process, think about, focus, remember, and apply what you have learned, with enthusiasm for the subject, create a better broader understanding of life that makes sense to you. We all become smart in our own way, one of the basic systems of feeling good about yourself, your working memory. What happens when that much gets disturbed. It then becomes a conscious recollection of either present feelings you are having difficulty processing, which sometimes gets misinterpreted as having something heavy resting on your conscious like a secret, or doing something your not supposed to be doing, or inhibited by something else that's keeping you from reaching your maximum potential. One of the drawbacks of sharing online, is everything stated being used to base a better understanding of what you say later, just as a timeline would be assembled, to understand who you are and how you came to be. Not all will respect your journey in life, and that's okay, we each have our own journeys in life. If doing the same thing over and over again isn't bringing you happiness, then what can be done, to your daily routine, to give you more satisfaction in life, and this is where change comes into play, whats slowing you down in life, and what will bring you more satisfaction in life, happiness. We can't always get to our end goal, of peace, so long as we remain disturbed by the past, or things that have been said, we either become unhappy about and want to know more about, or think that what has been said does not do a justice to what is wanted to be known, about any particular belief system, ideology, method, or understanding. That's when you have to let go as a reader, expecting more, sometimes you wind up with feelings, or feeling less happy. That's just a fact of life, the more you need something, the worse you feel, expecting that feeling to be fulfilled or supplied by someone or something outside of yourself, how dependency is caused. When you are dependent upon others, for good or bad reasons, that's when you need to check yourself at the door, is what Im looking for reinforcing positive thinking, or is what Im focusing on looking for negatives to justify ones feelings or emotions if geared in the negative about someone or something. Have you ever noticed, that those most talked about appear innocent, the previous moments of shame, non sensical compared to where they are now, know that at one point in their lives, they felt so justified as to communicate and express themselves to the masses, as though to reinforce a feeling not in agreement to most, nor important to be heard, as they thought was necessary at that time to be heard in that way. Whats screaming inside of you, is a need to be understood, always question how necessary that need to be understood is, no matter what gets pried into about your life, on or off meds, stable or unstable, some people just

don't know when to stop until proven right about you, or having heard something to justify their negative take on you or your family, that's just how people are, sizing up people based upon what's in the news, without understanding the repercussions, suicide attempts, and instability. Growing up, I was always stable and on point, I never had any emotional issues, unless triggered by another, made to feel scared, aggravated, or mentally ill self-harming, I think the first incident of hitting my head occurred as a child in my bathroom, chased around the house, that's normal. When someone wants something from you, a reaction, it's to please their thinking, so don't respond in a way, to please your own thinking about things, cause an adverse reaction in another, why being provocative is not the solution, to whatever ill feelings toward me, occurred make better. I think defending oneself, as a human being, or a woman, doesn't really do the trick, it seems as soon as you have achieved a well condition, becomes the moment you get attacked for the basis of added humor, treated like a successful millionaire who snaps, I don't have any money. So that's the misunderstanding about me, as being someone with money, trying to tell others how to think, no I think it's me trying to be of value, explaining how I think which = money on site indices .com, my website's valuation going up in money, meaning what I have to say, doesn't exist online, why it is of value, and while it may not all be experience based, it's a well spoken blog, about what I have been through and how I have managed to stay afloat. When people get mad at you, that means you can't make things better for them, or are not making things better for them, or could be doing something else with your life, to make things better for someone, or something, or some idea bigger than yourself that actually makes money in real life.

When Its Okay for Them but Not You ...

11/16/2020

We live in a society that determines wellness in part by what's appropriate, depending upon your upbringing, who you're friends with, and what your career path is, certain expectations of you, to be in the know. What happens when you're not in the know? Then who is to blame then? I think politics is something you pick up on overtime, just like movie or music humor, certain people have a knack for understanding better than others, let's not all claim disability all at once. It's okay to see the world as you see fit, I don't think it's appropriate to be too demanding of anyone to get all the jokes at once, whatever they were then, and for whatever doesn't apply now, just accept, that too much of anything is a recipe for disaster, sometimes it's best to let things speak for themselves, like Stonehenge, beautiful, a small wonder, how it came to be. That pressure, therefore is the excitement of things turning out right, as they were intended to lead us toward better thinking about things, not to bombard one another, taking orders for how things should be, that's no way to live life, impressed upon, one too many times, without leaving your own impression, that's your unique identity, which need not always be changed, just to maneuver around the times, and make it through in one piece, that I think is asking too much. So what is appropriate? I think in looking at someone, who you think you're better than, more well adjusted, it's easy to say, their disability is for not having understood what things are about, and upon wondering, got sick by their own devices, not thinking about things in the right way. There are different levels of understanding, just like wavelengths, when you're on board or not on board, with the thinking of others, and to not be on board is not rebellion, sometimes it's a matter of things working out or not working out, so let's do our best to make things work out, no matter what the cost is ego wise, we can't all be the smartest, sometimes there is more power in learning than there is to accept anything as it is, without justification, excuse, or explanation, if you assume therefore that people are still learning, you leave room for growth, meaning less expectation, and with less expectation for acceptance as though how things were should be the same now, with a different set of circumstances looming, which will require more learning, and a lot of change. What is change? Change to be, is quiet acceptance of how things are and wanting to make things better, without disturbing the momentum of others throughout the process of discovering themselves and their own learning curves in life. So what is the feeling that will carry us through one time period to the next, wellness, the goal of arrival should always be to wellness no matter where on the spectrum you start or begin your thoughts, have faith that you may be behind in terms of deductions or rational thoughts about, and accept that some may be ahead of you in life in terms of their understandings, based upon their area of expertise, that's the beauty of life, you have to keep learning, in order for things to become easier to process, and as we all know, when you are learning, it can be challenging, but with hope that eventually you will get to the point of understanding, and be able to apply what you know, to what you see, and how you come to understand right now, that's learning, there is wellness at the end, the intended goal.

It's Not a Problem ...

11/15/2020

Its not a problem until someone complains. That's basic to doing anything in life, it doesn't really matter whether or not things are going well for you. Sometimes forcing us to take a step back and take a step back for good, whether that's walking away from a relationship, a business opportunity, a career, things don't always go right, and that's just something about life we all eventually come to accept about ourselves and others, when to let go, and walk away from something that no longer serves us, that's the deciding factor in whether you allow yourself to get hurt in life doing what youre doing in life. This is what change is for. What is best for you. So whatever has come to past, that's your past, irrespective of whats going on now for you in life, that's just accepting that people are set in their ways, whether or not you're a silent partner, or someone cut out of deals in life, referenced to without knowing you, that's just how some people are, participating by speaking to something everyone else agrees too, but that doesn't always bring them success in the long run. We don't all go about everything in the right way, especially if we want something, or need help with something, the more you need help, the more distant people are toward you, same goes for relationships, so never be desperate, and if you are being desperate, think for what purpose will this serve me in the long term to engage in this type of conversation or behavior with another, whether that's online or in real life, we should all know what it means to be conservative by now, Im sure most choose to stay that way, enjoying reading and knowing people online, but at the same time, not having to do that themselves, there is a certain peace in knowing that you don't have to put yourself out there to be loved or to be well liked, not unless your career depends on it, then that's maybe why to share your life with others.

Another Quiet Day ...

11/15/2020

Just as I want things to go right for the reader, so should I do my best to make sure things go right on my end. A recent challenge while blogging, not something I ever thought about, while goal setting, and improving, eventually you start to think about how your thinking affects the thinking of others, hopefully for the better. You can be strong and things can still not go right for you, always be a careful decision maker. I used to be someone who lives for the moment, a very spontaneous person. That's just a quality about me, that makes it fun for others to be around me, not that witty, Im not always someone quick when it comes to dialogue, but I am someone that people like to carry conversations with, which I usually respond, never offended by any one persons approach to conversation, Im very accepting of others, and that means I never really read into too much about what other people have to say. That to me is acceptance, without worry, without paranoia, and being at ease when youre around others, what more should we expect from others, especially at this time, perhaps maybe more compassion, and less negative judgment.

Thinking Things Over ...

11/14/2020

Thinking things over is a good thing, means youre thinking about life, and in a good way, pacing yourself. Its okay to slow down from time to time, although many enjoy those fast pace moments in life, eventually you tire over too much excitement, less is more. Its when you cant sleep and your mind is running on an on worried sick over negatives, that can really put a damper on your existence, thats never fun, allow the storm to pass, youre not the only one with problems on your plate, the less you think about it the better you'll feel. If only idea mode could get us out of messes in life, that fun thinking that keeps you going with anticipation, a natural drive and zest for life and figuring things out for yourself, sometimes we hit a wall, when things stop feeling good, and we cant keep going on thinking in that way, thats maxing out your potential, let alone the potential for others to be made to feel good about the same things in life. Just like thinking and speaking, your words matter, and just like any good feeling of focus can be disturbed by interruption, so can the progression while in an recovered state to get worse not better, so always be in control and know your limits in life, answers to your problems are not always a given, handed to you in life, or based upon common sense, we all figure this out on our own, what to do when we are not feeling good about ourselves, our lives, and where we see ourselves in the future, in order to make things happen for you again in life, sometimes you have to keep going, not stop, and find time to sit with your emotions, learn from your mistakes, and have faith in better days to come, when the excitement runs out, thats just things not feeling good anymore that doesnt mean that your thinking is necessarily defective, maybe that just means that there is a better way of seeing things, or thinking about things in a more positive way.

Don't Forget to Speak Highly of Yourself ...

11/13/2020

Im sure Ive exaggerated from time to time,. Im 35, so Im trying to get my life going in the right direction, work, not retire burnt out from sharing online and writing books, which isn't yet a recognized career with a paycheck, the main credential for respect, what are you doing with your life, why, for what purpose does that serve, who benefits, and what caused you to respond in this way so publicly with compassion for those who maybe needed to reminded not to lose faith. I was sober in college on Deans List not social, my only friends with neighbors and few people from the dorm I kept in touch with, I lived in Aden Hall in the Engineering Quad, across the street from the Stadium. I only drank at age 20 Spring 2006 through December 2006, and tried Cocaine once, with one relapse 2014 and 2017, and drank 2013. That was the only amount of partying I ever did, I used to have friends over at my house, but never drank or smoked weed, sometimes with a friend from elementary school, who friended me the same New Years I threw up on myself in a limo of friends, driving by the same school of my last dance recital. I don't think drinking was ever my thing, but learned to embrace smoking weed, it was a social thing with the guys, how I had friends in high school not by having boyfriends, and not something the girls were into, we never drank or smoked weed together, maybe once. So please don't be mad at me, as though I ever called negative attentions to myself, maybe not the most confident, and seeming to have lost my public social skills, but never anyone anyone ever hated or disliked. That occurs later in life, when you meet all walks of life, some accepting of you, some not. Just be sure not to drink or do drugs with any strangers, and don't hook up from the bars nothing I did basically, that's a good life, turned a fast life, put on anti-psychotics not able to deal with life, everything too difficult, until eventually you lose your bounce in your run, that's what its like when youre well, and everyone else is dim, its never too late, don't describe it, just get through it! You can do anything you set your mind to, present, gone, focused, half there, have a heart.

Ands heres the stuff that makes me nervous, that unnecessary passion, it sounds more intense than it is, I never use caps lock anymore, its not an approved emotion nor is sharpie, with love always and not to cause trouble, its hard to stop hate once it starts, not that I ever suffered any differently than anyone successful made to be scared \$hitless, in a spotlight of their peers.

Please read with caution, I would never write anything that if absorbed would hurt to smile, laugh, sing, cry, or just be plain old you, is how I pushed myself too hard, so backtracking. Im sorry, if anyone was not happy about a mention, or thought less of me, I always do my best as having been through life, not to make people vulnerable to a life viewed by others in the negative thats a responsibility for a turn of events no one wants to be responsible for, upset.

Have a goodnight, last night there was an under crescent black moon, I didnt get a picture. Just enjoy the moment, how blessed are we when earth heals us in sync with everyone proud.

Removed Posts: www.mymollydoll.com/removed-posts-new

[Afterword \(11-15-20\)](#): I matched with 3 guys from the bars in 2013, I dated, and matched with one person in AA 2017. I decided to stop dating 2014. I have just decided to start dating again my Ex from 2010-2012, we were going to get married then, before I got sick from Bipolar and needed to be alone to get my life organized, finished Law School, and focus on my career, because I could not get a paid job in Law, or elsewhere that I wanted to work, I became a blogger/writer instead.

What Calling You a Drug Addict is For ...

11/13/2020

When you get called a drug addict, that's others reminding you of how disappointed they were, when you got sick, using drugs or alcohol as a coping mechanism for any breakups or separation of bonds in life. That much still to this day will all be in your head, an issue others will be quiet to, if not into discussing at length, any reasons for not being

forgiving of any changes you have been through in life, that's seeing someone tough, as not beautiful, or someone defiant, as out of their mind, not chill not at peace, that always comes from unhappiness with self, and its by how you behave, look, and speak, that you later become defined, that's how others come to feel about you, either believing in you or choosing not to. You only get one chance at doing well, being around people, and feeling like yourself, once you flip out, get hurt, or feel like you are suffering, while others are doing well without you, that's when you know, you have lost your mind, for any amount of reasons, more having to do with their issue with you, feeling more mature or above you, that's seeing you, seeing the issues upon further investigation of you, and that's what breaks up happiness, or love, when you become lost, and don't understand why, its something you are doing, that does not make sense to another, an issue others feel bigger or better than you about, that's when you feel isolated, no one proud of you, but more proud of the other, that's someone who later comes to shine, and you being the disheveled one not feeling good about yourself, we don't all know code, or see where things come from, and some things are more obvious to others looking at you, than easy for you to see yourself, that wellness, watched but not bothered, then there is asking for it, when someone has a problem with you, feels threatened by you, and retaliates on you, while you are trying to figure the rest of your life out, and that's painful, to get hurt, to get upset, and for everyone to fight back toward you and keep you from feeling good, that's being known in a negative way, something you never fully know much about, not until you don't feel well, becomes a series of I told you sos about others feelings, as though that uncertainty felt about you, or disinterest was because there was ever something wrong about you, what adderrall does to your energy, focused but left with no one, unbonded, that's the cost of getting As. When you come to grips with not being the same person you were, be sure never to blame others, we all find sources of strength through our own successes in life, and for each one remembered the more you become dismantled, as ever having been a prime pick, or marriage material, that's being treated like a whore, someone not fit for job, marriage, or children, something you had the potential for in life, maybe not now, depending on how able you are to feel good, and whether you can weather the thoughts of others or commentaries regarding your progress, as being about a bunch of others things or other people, not yourself and your own experiences in life, so that's being read into once, for doubt, then for humor, then for smarts, then for guilt, then for reasoning, then for understanding, and after all disappointment, none of it will make sense to anyone hurt by you just a bunch of words, and photos, and where are you now? So that's how you get blamed for being the premise of any jokes, and that's how whatever your skills were causes others to think from that lens of exposure in life, benefited, that's someone being helped, who maybe didn't need your help, and as a result of being helped by you, ended up having a better life. Those split decisions, are when you feel something and in that quiet space communicate to someone, who either responds or doesn't based upon how weird you are, or based upon how weird things are around them, and that one like you skipped, turns into a funeral, and that one funeral led and booked, turns into question, and that one statement about how you were, read into for pattern, and that's how everything gets looked at as a sick joke to explain self then now or ever, and that's why people come to not like you, the more they are made to think about things, without solution, when illness is felt, the difference between many ideas, and no ideas, and that's the function of a speaker or the news, to keep others afloat, not necessarily always invincible either to making others feel good, made to feel bad or disconnected just the same not perfect.

#dontdodrugs

When Nothing Feels Good ...

11/22/2020

Never think for a minute that's its all about you, for some reason everyone either thinks theyre special, and above you, or nice to you, that's just how the world is all about themselves, some are more giving than most, but if you want to live this life loved, then you better start loving yourself, because you never know what energy you'll get hit with in life, to make everything about them, and that's when you let others win at your own expense, the same people who did not make you feel good, feeling better, as though you were ever one of them someone who doesn't feel good about themselves. I cant say that life is all gravy, not even as a top blogger, those made unhappy by your successes will always be the same people to keep you down in life, never having believed in you to begin with, only

believing in themselves, fair weather to trends including your own health, if you're not going up you're not going up with them, and that's just how some people are, reserved, as though by trait, love, or demeanor, you impress upon their lives a set of conditions not agreeable to their tastes, attention on them not you. If someone doesn't feel good to them, not only do they not speak well of someone, but they even convince themselves that they are better, and at the expense of your good nature and efforts to be kind, generous, or loving toward, outwardly reject you in life as though you've not arrived to a condition that's able to lift them from whatever their unfulfilled needs are in life, to light up, be powerful, well liked, and for everything to go right for them in life, they're not even business men, but behave and act like everything is a business, that's just people and reputation, if they don't know what the consensus opinion is about you, they're quick to pick up on any and all negative inferences and assume to be thought or with reference to you, the antecedent to the glory of coming out of a recession, and people making money and finding happiness, marriage and children, not seeing you as apart of that equation, would rather sum of your life, to mean other things, the person whose identity once known, created problems of acceptance from others, that's not seeing your potential or the beauty in you or your life, what else do you think made you feel so above others when you were with me, it must mean that I love you and made you feel special, that overgrown feeling of confidence, once one is found the other feels lost, that's me. You can't nurture the positive development in people who don't need your love, who are so independent that your love becomes unnecessary or embarrassing for them to be in need of, that's thinking that others do not think highly of you, that's seeing themselves as above you or better than you, more refined, with more class, tact, or with a better viewpoint than someone already with a viewpoint of their own, that's finding yourself, sometimes in finding yourself, and loving others, others become better decision makers and once they have found themselves or begin to see better for themselves not credit you, or even worse discredit you for their lack of success should you no longer be in their lives, not made to feel the same by others, expecting that much from you still whether in your life or not in your life, expect no less than the best treatment of them, no matter who they are with, no matter where they go, and impress upon a different set of conditions for you to cause you to think about life, from their perspective before they met you, that's them feeling on the inside of life, and the putting you down so that you don't feel apart of, that awkward disposition, or later turning of the tide, the quiet around around when you are the only one lit, who then is responsible for creating an ease and comfort in a room full of people, of course the people in it, who are made to feel better or apart of, that's not you coming up that's people feeling good absent minded you. If I wanted that I would have never dated in the first place, which is why I want to have a career, blogging, earn a living providing for myself as a writer, which to everyone else in conversation seems absurd or not realistic, well it's happening whether you like it or not, and it's working for me, whether you agree or not, and it is what I am doing with my life, whether that makes you happy or not, that's living my life for me, and for my family, not to be mentally disturbed by the incessant demands of conversations and dialogue that no longer suit my interests or make me feel good, to not add myself to any equations in life, to shine more light on others than is provided to me in terms of wellness, only able to provide a well feeling based upon what I'm able to provide for myself, that's being myself not just anyone's paralegal or anyone's attorney in life, that's representing myself and being credited for my work by name, that's being successful, company in my name, created by me, and writing in my name produced by me for my readers, and distributed for likes, not for fighting with people from my past who did not believe in me or who distanced themselves from me during any moment of doubt in my life, never sticking up for me or ever supporting me in conversation minus worry. If there is anyone who is hurting me, it's those who think I should be doing something else with my life, there is nothing else I can do with my life, not if I'm not smart enough with enough credentials to be employed by a law firm, and certainly don't have the reputation or the image strong enough to attract money or clientele to a law firm that I work for, that would be asking too much of me, as a blogger, to also advertise those I have worked for and represent them too.

Self-Reminder (Read-Through):

"that's time to focus on yourself, when people are fighting, that's time to be accepting of others, and when people are not happy with you, that's not a good time to be confrontational or try to correct them or punish them for moments of confusion and lack of clarity, be judged as connected to others who are not well or who have ill thoughts toward others, that's not how to help people, by categorizing them among those who are not intelligent and of harm to others, based upon abilities in life or beauty. Once someone is able to find their way in life, with or without support from others,"

Reference Page: <https://www.mymollydoll.com/re-wiide-2011.html>

That's Just Something ...

11/21/2020

We may all be human, but we are capable of being different, and maintain a unique sense of purpose in life, its not all about making money, you have to create your own success in life to be of value to others and that how a shared happiness occurs, hopefully before your identity, image, or reputation take a detour in life, that's the cost of not effectively representing yourself online, by manner (twitter, thought to be a Charlie Sheen joke over client order of priorities), or self-harm (hole in the wall as thought to communicate with reference to a hole as in a "hole in one" as in "legally blonde" to say that any movies were ever thought to be about me before I grew up, or about my path in life ever, that's a shame, mental health issues misunderstood, that's common to confuse bipolar with autism, as though one cannot speak or since one has not spoken one has difficulty communicating, I think my psychiatrist of many years on Bedford, both agreed not to be put on adderrall because I was too hyper telling jokes, also something my therapist advised against, as Ive later matured online, it seems that obnoxious quality of humor, much like a bad photo, sticks with you how upon being viewed privately you get remembered for how you were when you were not well, not recognizing a struggle as like any other struggle anyone has gone through in life image wise, I think its youre either happy or youre not, really nothing to do with breakups, youre either smart and able and get in or you have not presented yourself or your personal history in a way that demonstrates that you have moved forward, if you sound like youre thinking about the past, that must have been a red flag as not knowing much about and that's not something anyone wants to relive, what you would have understood had you ever thought about what your friends parents did for a living, (Im sorry for saying PCH its never okay to make fun of yourself, my ex-psychiatrist was a gender identities specialist, I started dressing like a guy shopped in Front Runners boys section in 3rd grade, a change I made on my own, not with reference to other PCH cases and gender identities, sorry to mention). I think that was something I later put together in life, all the connections that were there never pursued, for some reason didn't try hard enough to date or be social, maybe something to do with depression (from smoking weed) I was later told by a new psychiatrist by zoom who in March took me off all day meds for a week or so, because I was hitting my head, this started while talking to Ari Emanuel hearing voices, Im sure another case of ideas or world colliding and based upon my book cover or who I know thought an obsession to think about wrongs, without enough focus on whats going right, that's not how to be supportive being controlling in avoidance of wrongs committed by others, that's empowering the wrong teams in life, and when you do that, or sound like that, you don't feel good to anyone, why you get put down in life, so that youre not funny, so that youre not respected, so that you seem odd, or insecure, and the more intimidated you get the gayer you look, the more feeble minded you become, the younger you sound, the less depth you provide, its like a never ending cycle of shame, growing up maturing then being made to look immature not evolved. So it's a learning experience, love is important, pen pals are wonderful, but when it comes to sex, that's something you keep private, not something that needs to be shared out loud or in public to communicate any freedoms in life felt, still earning to achieve in life, that invincible confidence of "no one can hurt me" a type of strength my mom has described to me, but never understood like "prove them wrong" I have always accepted how others are around me, better than me generally, so I don't think earning a million dollars in one year blogging had I set up my ads and been professionally built would ever impress anyone, who probably just thought I was a relapse, cocaine addict, who allowed older men to turn her into a woman, whatever that matters Im not sure, they wanted to, theyre older, I think they know more about, prime time, than I do, she has yet to see the code, do this to the code, I think at the time, that was their way of making their world fell free again, not under pop culture pressures, Im sure work life is boring, have always enjoyed my self-paced lifestyle, work around the clock, when Im focused, rest and take it easy on days I cant function, now its like I have to work everyday otherwise I don't feel good, and the music stuff is hush hush what feels good, love everyone!

[Voice Sample \(Composed by Shania Twain\) Sung by mymollydoll.com ... Thank you for your patience to open up again, practice singing.](#)

11/21/2020

[View this post on Instagram](#)

[A post shared by mymollydoll \(@mymollydoll1985\)](#)

Pearl IRB Submission, Mentor Request for Publication of Research to a Professional Board of Review, or for Examination Organized ...

11/21/2020

Website: mymollydoll.com

Registered: Publishing Corporation

Years Experience Privately Distributed: 1-2 years

Number of Months with a Following Over 2,000 followers: 1-2 years

Number of Months in the Top 100 Blogger Listed: 6 months - 1 year

Number of months with consistent number of likes 1000-2000: 6 months - 1 year

Years with the Same Pen Name: Since 2013 (number of identities used to make pen name, none, I think that was the point, to be the best version of yourself, without comparing yourself, or being like anyone, yourself).

I hereby request for permission to work with Heidi Unger, to help me with publishing my findings in a structured way, which can be submitted for review by a professional board of examiners to pin point which insights have benefited or not benefited others, what is nuanced, to find the value of my work as new. Once read, not considered smart, if it makes sense, or considered too difficult, if not put into words otherwise, is the difference I believe between pain, a reminder past, in remembrance of a pain as directed toward indicated by a change in demeanor or posture, which then becomes the responsibility of the individual to correct either by not thinking about, not feeling bad about, not speaking to the purpose of others in misdirecting attentions toward or away from subjects that either do or do not have anything to do with you, and what limits to experimentation with a womans body is permissible for readings or to be understood by another said. How many statements to reach a clearing point, what causes a pain (non-professional, report like, painful to you, then becomes painful to another, either feeling your pain as described, or inheriting a pain of things not being about as declared, disagreement to your interests, causing one to feel worse or alone, and upon detachment, the causes for losses of faith, and how long does it take to feel good again, after interpreting everything in the negative, 1 day if felt immediately discontinued discussion and resuming previous tone, or one evening awake until thinking stops which means a moment of peace has been forgone for a feeling thought to be leading toward some place better than where one is at the moment, allowing time to process, not skipping reflections on work completed, and build upon ones own thoughts not the thoughts of others, how you lose your position in place of anothers feelings which are not made to feel good about you inherited, while they feel better having that feeling been displaced from them, as not a consequence of their feelings, but of what you say, once the negative is stated to confirm their deisbeliefs, or reservations to your emergencies in life, not felt by them.

To-Do: Map out the moment of illness, and what can be done in avoidance of inheriting pains. Not taking things personally as suggested by one editor who messaged me, get back to your old self, untainted. The causes for anyone to feel behind, that is not in alignment, which is not the solution, upon illness, cohesion not expected, simply talking until the mind becomes clear again, no matter how fast that occurs, no matter how painful the slow down, its if you are strong and not helping, refusal to investigate cancer = jail time. What is not yet a problem to you, if you acknowledge the sufferings of others, never feel threatened by negative happenings, just as no one ever demanded answers from you, until you got well again, shared.

Initial Research Proposed Based on My Experiences Known:

[1] <https://www.mymollydoll.com/research-goals.html>

[2] <https://www.mymollydoll.com/research-self-harm>

Mean, Change of Heart, Too Late ...

11/21/2020

Based upon your demeanor, the past will have been long gone by the time you begin not feeling well, and its usually a series of events occurring by demeanor and exchange, that you are made to feel, left with a feeling, something to think about, or something that winds up hurting in the long run as remembered, that's the pain of miscommunication or being misunderstood. Everyone taking a whack at you, before you have even seen the light of day, youre actually

never awake enough present once on meds, to carry any demeanor close to someone bearing a fullness noteworthy of respect when alone. If its been factored about you to cast blames upon you, then you will always be made the scapegoat to the problems of others, not seeing anything wrong occurring within them when presented with your story, and seeing everything wrong with you upon hearing your fears or pains stated out loud, these aren't memorized recollections, its just as any thought is made, felt, and then communicated, nothing to do with people and everything to do with you what you are willing to lend insights to in life, if not viewed as having potential, or capable of coming to a closure, or point of remembrance worth hearing, said by another that's knowing you have something to say, as though its something bottled within, its actually a pain that is caused, when someone speaks and the only person that can hear them is you, that's a point of connection, that not many chime into, that's knowing you and saying things that maybe only one would be bothered by or fearful of, the re-telling of a story of trauma, as viewed through the lens of someone not from NY, or not from Brentwood, which just so happens to be what was done to my story, carefully made throughout the years, not a focus, a dream, or a need, nothing to say, its not until you lose everything in life, privileges, money, success, trust, jobs, boyfriends, and friends, that you ask yourself is it even worth trying, that's not resting on any laurels of having gotten away with anything not specifically stated or shared in solid detail in a memorizable format, that's you giving up to feelings, and the thoughts of others, all those jabs eventually add up, a taste of your own medicine thought deserved, as though you ever were throwing the heat online, for anything other than good clean fun sharing. I just graduated, and its doesn't seem to stop the elements that leave you scared for life, those moments at ease, when you get carried away by the energy of others, if you cant take care of one person at a time, then don't even begin to help in a big way, you have to have the basics down in order to share in as way that allows for things to come full circle, not rev anyone up in the inside, hitting too close to home painful, in terms of whos story is more telling than the other, we all have lives, some have wives, some date, some breakup, some on meds, some affected, some enthralled, compelled, and even so worried to the extent that they go out of their way to make sure things turn out okay for others, that's not bringing anyone into the middle of any equations in life, including your own pain or suffering, so "keep it moving" move forward, or let the dust settle and be buried under the opinions of others about your life not having lived your life, or known you as you were living your life, to know what you were like then.

Treated as You Speak ...

11/21/2020

One on one it's a whole different ballgame of playfulness, you either read into or don't and when it stops flying overhead is when your mind can tell something is wrong, and that's when it matters if its coming from a bad place and being directed toward you to see if your head hurts, changes, or if you say anything differently, having felt any different. The only way for a bad spirit to be inherited is during moments of disbelief, that's number one, number two, calling attentions to inherited, three mentioning then being made scared by others testing your limits for reactions, getting to play the bad guy, to see whether you can tell if its coming from a good place or a bad place, anything that hurts is coming from a bad place, maybe that's just that person not on your side in life, or having seen others, feeling apart of a concept that doesn't include you as looking different, and that can affect confidence when it comes to communicating with you in a normal way, depending on what you have said, well spoken or not, replied to in a similar fashion of not making sense, even though one can very well make sense as an Attorney, not all of us are capable of flicking on or off feelings like a switch, and that switch gets pulled on you, usually to generate a response, whether its for love, which is usually not the case, but to see if you stop in your tracks lose steam, maybe thought deserved to see someone so driven not thinking earned through academics, but blaming it on adderrall for being too serious, or making things easier for them post a condition sought, of being overwhelmed with thought cycling, that's what you've said remembered by you, then revisited by you at a later point in time, upon speaking maybe remembered, or it could be someone remembering something someone has said, and detached from you at that point in time, automatically cycling the thoughts or commentary of someone or some article that resonates for them in the negative about you, that's someone not allowing their ability to stay well be affected by changes in anyone, once you lose that, its tough to remember, like reading clearly an entire weeks worth of reading then writing two posts of reports about the past, head hurting, face returning back to normal old looking, then writing slow now. Just accept the fact that when someone expresses a boundary towards you thats not just them turning on you, thats them also letting you know that they dont believe in you, dont need you in their life, dont have compassion for what youve been through, think that you dont care or did not worry enough for others, or allowed yourself to be "so far gone" to make it okay for others to have distanced themselves over the years which upon mention does not make it

any easier to speak to anyone or be replied to at this point in time, Im sure theres a feeling of peace that is required in order for someone to have a conversation with another, and its not through dating, sure of that now.

Response to Sydney Simpson's Ex's Word Choices ...

11/21/2020

<https://www.iloveoldschoolmusic.com/o-j-s-daughter-32-now-ex-tells-thinks-really-killed-mom/>

Comments Reviewed by Leslie A. Fischman

(Best Friend Since Age 4 to 2015 upon them Dating):

[1] “Sydney is a real good girl and she has a good head on her shoulders,”Stuart Alexander Lee, who dated Sydney from roughly 2007 to 2012 tells *Radar* exclusively. “She’s not lazy. She works very hard.”

[2] Lee and Sydney broke up because of the increasing demands of his music career, but he says, “There’s no hard feelings on either side. I want to see her happy, and if this can motivate her to speak out, I hope it really does. My whole thing is, I was always tired of her and her brothers and sisters crying over spilled milk. You can’t let the world beat you up, especially when you didn’t ask to be here.”

I met him briefly 2015 while they were in town visiting, I was working in Century City at the time, and had been dating someone a Music Executive, who I bought nighties for, because I made a comment about it at Makai, I think he inferred it to be about “Dark Knight” and Health Ledger passing, or a Joker Poster removed from Wilshire by me, and since I wrote on Twitter not yet made apart of any community understandings of the logic behind motivations entertainment wise, I think that is why I was taken to the Mann Chinese Theater and taken on a Tour of Paramount Studios, the only one taking photos, none of which turned out nice. So that was his version of covering the issues, as well as defending his then Girlfriend, for a comment I may have disclosed in private in a handwritten book, that once upset she called me “lazy” while working for Jeffrey W. Steinberger, I remember because I called her from work crying left a voicemail, told her that my feelings were hurt and maybe at the time did not understand where that was coming from. The “spilled milk” is with reference to a movie I saw on Comcast Cable TMC in Boulder Colorado 2006, a scene from the movie: One for the Book, later retitled to some movie name with a Turtle, like the character nickname in the show Entourage. It was President Ronald Reagan, who poured a glass of milk in the kitchen, if I remember correctly, and thought that would be an interesting way of remembering movies by memorable scenes that give meaning later to how a later meaning derived can be viewed through a meaning communicate if the timing of the movie and MLK were at the same time, or an I added to the film, to spell the word Milk.

Follow-Up: Upon being accused of things Im not doing I drank, dated, got pulled over on purpose, took a sobriety test in front of 5 cop cars spotlights in a Whole Foods parking lot, then it was recommended to go to Harvard Stone, pulled over for a light in my car, took a selfie crying, the guy I was texting not available to see me, had missed one invite watching CSPAN glued to my seat in my kitchen focused. = misdemeanor (2013) to be expunged my entire record (2021) when the courts open back up, its too late to not be known by anyone, since everyone runs their own independent investigations on you prior to interaction or while interacting to see what you know or if you can tell what they know or where its coming from, and why all last minute reactions speak to a more common understanding, such as article language anything standing out as an intelligent use of words to highlight many stories, when put together under a heading to communicate an unknown reference to a name of a statement made by me, in a listing of what happened, following my later study and review after having attended law school, and by interviews conducted (2008), that I had not attended Mezzaluna, was invited, and too tired to attend after my Dance Recital, on time to school the next day found out in the school yard and cried in the closet in 3rd Grade by the backpacks. So that was not a combination of events I thought about my entire life, only as remembered and weighing everything, so its not just me that felt remorse in my late 20s, but also did something about it, pushed my limits physically and mentally, a good indicator of whether your on board or known and not respected others offended just looking at you knowing you and thinking why for stupid reasons uninspired by you. I did not attend Mezzaluna, (the other story was told "get your fata\$\$ in the car" into a Ferrari by a woman who was like a mother to us, my mom's best friend, she even started dressing like one another, fun moms, I would tell my mom "why can't

you dress like a regular mom," and explains why also not friends with her ex who punched my dad once confronting him living at her home on saltaire, his dog was stolen a female pitbull went missing).

= I slept on concrete for 14 hours in jail, that was the wait time, to be given meds in the hospital, interviewed twice and then sent home, that was the most painful experience of my life, on a freezing cold bus in a Nike sweater shivering.

edd.gov Benefits (Explanations) Provided 11-21-20 ...

11/21/2020

Upon applying for jobs and graduating for law school I was defamed, following being robbed of my edd.gov benefits to invest in marriage to a celebrity advocate to the environment also listed on imdb where I have been able to generate an additional following and support known because my Twitter analytics notified me that members of the entertainment industry followed me at one point. And because I was robbed without double checking the identity of the replying pen pal companion, things went to extremes in private and money taken from me, which upon sharing made me look stupid, then another who I wandered away from in March to talk to Joaquin Phoenix, gave me a hard time beginning August in public, Facebook Page made March shown or not shown, depending upon whether content in private was provided that demonstrated the same love and care and attention and energy as I was when I originally sent videos of myself talking, as though thats a requirement for pen paling, quality, since when, and since when is talking to others cheating, if not for purposes of sex or love, to justify defaming someone online as being flighty or picky based on the quality of the bond wander, was not intended to personally offend anyone I talk to on a private basis, who generally get upset if things are not going well either for me or for others attack me, as though information can be created by harming me, as though drive comes from fighting, or a bettered state comes from defenses, its the place that sees what theyre doing as right that puts you down until you become so strong that none of them affect you or scare you anymore no matter what they do or say about you thats not needing anyone, thats a womans heart being meddled with, to be portrayed as something else, when all my writing and photo-ing is done with care to be perfect, because of everyone photographic memory then blame me for sharing poor images, they dont want to see my face, then dont read my work, why my name and face were but on my website, right to exclude, not be solely responsible to repair an attitude toward me, so they can be calm, and then leave me aggravated explaining how they were, all od a sudden calm not making homicidal jokes toward me "to do some OJ type \$hit to me" which resulted in psychosis, self-harm, unprofessional speech online, and mental illness too August to November to recover from read and retain remember and write again, long. -Bipolar disorder, hospitalized 9x, due to lack of sleep, medication management, nigh med adjustments beginning 2013, voices beginning 2017 post blogging on Instagram, and voices beginning again 2020, following defamation, with incidences of self-harm (September 2017) cut my wrist after Hugh Hefner died and I missed a like, after messaging a Larry Flynt account, then Fall 2018 before applying for jobs why I worked, then August 2019 hitting my head, hearing voices upon sleeping started sleeping with the TV on after going to the hospital for 14 days, after talking to the police after a recovery death to a Kennedy, I took myself to the hospital the police did not take me to the hospital but when I shared those stories though hospitalized because Kennedy died to put two stories together as publicity stunt or for admission of connection relationship, no not known in an influencing acceptance yet still at home recovering, I only talked to myself 2017 before the fires, then wrote books instead of talking to myself, then had a relapse with voices beginning August 2020 following nude photos shown, which was how I fractured my hand March 2019 after posing being rejected and being taunted by a bicyclist in the rain nowhere near the bike lane on the path walking with my head down, fractured my hand hitting my head which hit the shower handle by accident, which was why photos were asked, and then with voices plus taunting (if that was known to occur in that order) resulted in me hitting my head without knowing that that was the intention of the person provoking all that behavior from me, to cause the same results for me suicidal behavior which is punching my head, that doesnt feel good not to my body or to my head, it causes my head to look grose and lose my neck and my beauty and my body turns to jello become unattractive, thats to make me look dirty or manly to say that I have bad energy or attract bad energy or was known by bad energy so looked like bad energy. To cause me suicide because I made a comment to Charles Manson, a documentary I watched by computer or tv before I carved my desk, and slammed my head into the wall, which means not to contact people in jail or reference them then they try to make a suicide example of you compare you to someone guilty of homicide and cause you to flip out without caring if you attack anyone because thats whats wanted to have the power to fight you and put you in jail, with everyone watching you, play hero, attacking me, like thats the right thing

to do, to destroy me or kill me, as though everyone is better without me, then why would I become known if I wanted to die, then that wouldnt make sense, why I am well liked, explains why hard on me privately bc they thought that energy they got was did something bad, no its that Im smart and capable of doing good things in life, Im sorry one was defended, voted no one one parole, and he died of suicide, why being brought up to say that I caused deaths in defense of someone guilty of death to someone who only killed a few people, is the grose analogy being made of comparisons about me, with regards to all theories on homicide, fame, death, drug addiction, evil, and wellness absent minded fear of the outside world, perform anyways, just as happy with or without ongoing threats means I care about my audience, who maybe doesnt want to have to go through all the downs I get put through, to see whether I die in public if an award is thought of, to make me look like Im trying to get an award like how an award was won following what circumstances. It was JULY LAUNCHED 2019 TO NOVEMBER 2019 200-300 LIKES ONLINE THEN BY DECEMBER TO MARCH 1000 LIKES PER POST THEN AVERAGEING 1000 PER POST WRITING EVERYDAY WITH PICTURE IMRPOVEMENT, with no improvements to my writing, IMRPOVEMENTS TO WRITING NOVEMBER 2020, WITH 1000-2000 likes per post, and no companion or daily pen pal, and my Dad is dying of Cancer now, wasted 7 months responding to someone wasting my time as though I have time to waste or as though that wasnt a rare moment when my entire family was happy talking resulting in problems to all our energy and relationships. -This job requires pageant, as in Jean Benet Ramsey from Boulder where I went to school to make me look like someone who is mischaracterizing my won brother, because I self-harm upon argument. Missed Brady meeting, such as the one missed Saturday Fall 2018, working in Film, making it a priority to learn, since everyone else was not confident about me helping, picked, did not attend. Self-harm, addiction (Fall 2018) on as prescribed taken off bipolar medications, had hit my head with a cut before work started and during work until that behavior stopped in private. I was on Twitter, the bullied, for inappropriate commentary during a moment of silence, on prescribed Vyvanse post defamation as though that was me being positive as though what was ahead would be easy to figure out, that means what was done to me was intended to hurt me and what they want to argue is that me being hurt hurt others to say by photo make me look like a sex offender give me STDs and ask for nude photos to say they got done unwanted by me, and they died. Facebook Page made to hurt me, that took months to get used to, the after getting used to the worst, it got worse, more photos asked, I asked for help in February 2020 everyone said block I tried that, and the relationship continued, while I was building my website, then he claims to own photos, like I dont own my own face body and content, show everyone a bad image of me, then I lost my face and my body under a huge negative reaction. The intention of the person provoking all that behavior from me, to cause the same results for me suicidal behavior which is punching my head. Sober Coach: advertised on FB unrelated to Florida shooting I was not blamed for but there was a fire afterward while working in film, who used the word "daily intention" could not afford a life coach by phone. Self-harm, addiction (Fall 2018) on as prescribed taken off bipolar medications, had hit my head with a cut before work started and during work until that behavior stopped in private. -My ex Boss won a Pulitzer, so someone tried to hurt me after studying me being a fan, to claim that what he did to me was smart if I couldnt see it coming, or stop it from happening to me. I asked for help in February 2020 everyone said block I tried that, and the relationship continued, while I was building my website, then he claims to own photos, like I dont own my own face body and content, show everyone a bad image of me, then I lost my face and my body under a huge negative reaction.

Cover Letters (con'd) Made 11-21-20 ...

11/21/2020

[Self-Help]:] would like to apply for the Intern position for Self Help at the Superior Court of California, County of Ventura. I am a recent Masters in Law graduate with a MSL in Risk Management and Compliance. In my free time I enjoy writing, so much so that I decided to finally build my website, prepared for expectations, and providing a service during a time of need, which gradually became popular overtime, with consistency and a lot of effort and careful measurement of my stats, to understand whats going well and why, as well as be responsible enough to stay well, and be a good example in life, not in need.

I am not immune to issues relevant to insights held by others, I think more sensitive than others, and compassion is an inside job, when you are nice to someone in need, thats not a "sponge" absorption of feeling or "adrenaline rush" as was recommended maybe at one point, words changed to my thesis, to describe what was later put into detail

when discussing the pain acquired from having been of service and helping others to not doing well and not being able to help others left with a pain of no one helping you after making a stupid mistake (that's comparing the experience of someone sober and able on deans list to someone with friends not professional and not able to work on a hotline, that's a different kind of pain, and "vicarious trauma" is not to insult the experience as heard, maybe my own experiences with mental health issues or not knowing where things are coming from, is why if you have a job title, not to share about it in public, that is when more is expected of you, and you can get hurt if you date and work on a hotline, looks irresponsible, and explains why too immature to date, other women picked in your place, that's outgrowing you, if you have not figured out pride and image and womanhood on your own confidence which is not achieved through sex, empowerment, it's through disciplined work and feeling good about yourself and the work that you are doing made proud of yourself, that's not experiences that's handling life as you see it, no different to anyone else, so if no one feels sorry for you it's because you allowed yourself to get sick, and could not help yourself, and also was not helpful to others who confided in you, expected you to respond with more advice or insights as though prepared to have conversations like that about life, can be overwhelming to know about, just be professional, when people open up, it's not something secret that explains a character trait, could be an issue affecting choices in life and trust, so just maintain wellness for more positive interactions to occur, not overwhelm the senses, be offended by anyone not in love you who doesn't feel sorry for you and thinks you have it better than most left alone. The more I can relate the greater level of sensitivity is paid to the issue, as affected. Sometimes it's not until after you are harmed that you are able to get help, and like most things challenging, unlike school, it's hard to make that break from reality, to do what you feel is right, even if it means being made to feel scared or embarrassed, as though normalizing that behavior makes anyone feel better other than you, which would be allowing for things to happen, not preventing things from happening, which is the goal of separations, to put no one in disillusionment, and leave everyone strong.

I have learned a lot during my time online, and it has not been without repercussion, it seems the bigger the story the more responsibility you have to not allow misrepresentations of you or others, get the best of you or your family, that's not having a say in what others think, when it comes to public opinion which is something that starts upon being brought up seen, and like most things secret hurtful to not be apart of or made known as having occurred in light of your own experiences in life, not included. Some things are difficult to address, and based upon how things look, is how you get treated, whether you reinforce those poor opinions of you, or whether you stay mindful of your own conduct and course of action, ensuring that you are in no way, mismanaged attention wise by anyone, needed to be brought center by anyone relevant, as claiming to be the key influence to another's intelligence or drive in life.

I hope that having explained the rationale behind keeping a blog and website, the exception of acceptance for my writing can be made, without punishing me for knowing someone famous, as though that automatically builds your stats online, to what it is now, ranked today #16,814 in the US on Alexa. Depending upon how old you are, how big you are, and how pretty you are, and based upon your education, and based upon the wealth around you, determines what's expected of you, and that I only learned past the point of non-acceptance, to what standards to try as hard as, someone who is famous.

Misdemeanor, Lawsuit, Defamation, Bullying ...

11/21/2020

During my time in law school, I matured, no longer worried that in the event things should not make sense, or during any moment in which I was not able to communicate well, bettered by having a legal education, able to maintain a balanced perspective no matter what challenges I encountered along the way acceptance wise, team wise, publicity wise, or name wise, like myself no matter what, at no expense to anyone from my life be bothered by any changes to my condition upon facing any hurdles in life either created by me, or later viewed as a manifestation of my own fears in life, assumed to be guilts by association, based on who is here or not here now, or suffering, not see me as one of them. Addiction is a term used to describe someone without an upper threshold, someone who doesn't feel good or is made to feel good by use of substances or people to feel good, which is the harm in communicating with others, viewed as someone who benefits (a pariah) not someone who empowers, a leader past or presently viewed to be well enough to be looked at, wondered about, or thought about for insights positives, not just to portray an overall lesson to lives outside of your own, compromised. The more in need you become, the less able you are to help others, and that was the biggest lesson I learned post lawsuit and punishment, that once another has reached

their upper limit for acceptances of you, means to accept your losses in life, and not question another's silence, nor be offended later by not maintaining your own silence, speaking to every issue as it relates to you, the worse you look, the less power you have to change your life let alone another's life for the better, and that's what happens upon disagreement, one's interests protected but not yours when it comes to privacy, discrimination, defamation, employment, and acceptance. How one gets left out, not remembered, ignored, not valued, and runs a higher risk of offending in tone when well, rather than provide the types of assurances to others demanded from you, to determine what they view as guilt, reporting, over-reporting, or trying to understand that sudden change within oneself, when around others, that never used to occur, feeling smaller than, less than, intimidated. You can't defend yourself, if you are found to be in the wrong, and there is power in the people in those respects to then treat someone as automatically wrong whether it's them running, or going to the grocery store, buying meds, shopping, or reading books, everything assumed to be in communication of a wrong, a wrong communication to whom, then becomes the question of whether it's okay to be yourself post lawsuit, or whether to continue to accommodate questioning of you as though you have the responsibility to explain where everyone else is coming from in thinking that it's okay to make fun of you post punishment, and treat you the same, guilty with fame achieved separately on your own, online, not yet published or written about professionally. You become a pathetic example of a human being, not a source of strength, if found guilty, as though your hurt sense of faith disturbs the faith and orientation of others with regards to their cares and viewpoints of the world and whatever they think is necessary to respond or punish anyone who is responding, perceiving their response to be a form of guilt through a fine understanding of causes, as though one's health then was poor, to then as exposed have exposed others to a not well state of mind, with two jobs, overcoming depression, not my intent to bring anyone down in life, and no idea of mine was ever made with an intent to cover up any facts about myself not kept a record of, and it's for those reasons one gets attacked in life as to blame. For any and all misunderstandings thought deserved, which looked obvious, and later as stated from me, gives added confirmations to the production of an idea, without proof of a match between an incidence of gun violence to my own identity or something I have said, back in 2012. It's at the point at which your life becomes threatened, how you sound and respond to others, that then gets used to judge you ultimately as looking out for others, or subjecting others to harm. So that means it's okay for them to hurt me thought deserved, but it's not okay for me to complain about it, as that is not deserved, given who I am and what I look like, not to be favored always the other who is favored in comparison to me, the other will always 100% look better than me, when everything done looks like it was done because of me, or a bad idea coming from me done. People will make you do things and if you later have to think about it separated, leave those separations in life, means that was good enough, it's when you want to know why, that a harm occurs to you, when someone no longer views you as innocent or nice, and treats you aggressively as though you have done them wrong as though they are you online, well liked by all. So that's the problem with people misidentifying me, and that's how I get treated in close interactions one on one, nice, genuine, loving, then if I get tired or back out, mean and trying in the gravest fashions of inflicted emotions, guilts, or hardships, the stuff that makes your head hurt, something you can't change, not being someone who is believed, or trusted, that's being made guilty, in public, in court records, for all to see and reject you by, something they see and reason to not respond to you, that's a system of ignoring people in society not deserving of being responded to in life, as though I was ever demanding of anyone, independent my whole life. -During the time that has passed between jobs, I have been working on myself, becoming a long distance runner, running a half-marathon, drafting a copy of my first book for publication professionally, built a website and blog that I am proud of, and graduated from law school. No matter what is interpreted from my life, by look or story, whenever a harm is caused to another, there is not justification for that harm having had occurred, what makes all crimes nonsense, hence the pressure on writers and website designers when it comes to being sensitive to the issues, and knowing what the issues are, and which identities are being used to make relevant the times. No matter what thoughts enter my mind, never have I ever been insulted by anyone who I have come into contact with in real life, it's only after you have made decisions when well, that you are made to look bad by your choices, the other side communicated about from your standpoint, as though you relate to crime, not people, or are stupid enough to think that good ideas, are about bad insights shown. So that's to determine what is naturally becoming of you, and what is an unnatural series of disclosures from what bases are things said, in reference to who, and relevant to what standpoints, your own, or an insight projected onto you, to illustrate another's. I hope that explains my views on punishment, recovery, image, and employment. I know that there is no excuse to reference another crime, and that was not the intent of choosing a book cover on lulu.com, in graph paper, as though in defense of another crime, as though as a known student, there is any relationship between myself, my ideas, my thoughts, or my sense of well being, as having anything to do with anyone outside of me, generated within me, a product of another person, let alone another crime, that would be the thinking of someone in the wrong, not something I am known for, something tested for, whether the natural sequence of my writing is to say the right thing, balanced, or whether its intent is just to sound good but wrong with an inherent failed quality within, coming

from someone who is bad, or is harmful to their own health as though about, such as the viewpoints counter to your own, which generally get defended against, if not supported by defenses challenged, and thats basic to speaking, ever word gives insight, to whomever seeks or is looking for some instability to what you have to say, then attacks your character to bring about a different result within you, to see whether in alignment to wrongs.

**When the courts open back up, eligible for expungement.*

#stopsuicide #stopselfharm #selfharm #recovery #addiction #flirting #fame #blame #bipolar #brady and #COVID Cover Letters Made 11-21-20 ...

11/21/2020

[1] UN Women: I am interested in the following Internship positions: Legislative/Educational Advocacy, and Media/Communications. I recently graduated from Thomas Jefferson School of Law, finishing a Masters in Law in Risk Management and Compliance. In my free time Im a top 100 personal development and self-improvement blogger, working on my first self-help book, ranked 16,569 on alexa, a top website in the US. I have always cared about being an advocate to those in need, first training as a college student on a local crisis hotline in Boulder, and later attending Law School and working as a Law Clerk for the DA in their Victim Witness Assistance Program. While continuing my education online, taking certificate courses, and while earning my credentials to do research writing, I would also like to work, and continue to gain real world work experience working in a field I have always been passionate about, womens issues and maintaining the peace. I even became a member of Brady, while taking break from Law School, to become an active member in the fight against gun violence, by creating my own website for discussion of all issues, occurring, in the aftermath of violence, and how that has affected the way in which we communicate and come to understand each other, our cares, and what work can be done, in order to prevent anyone from falling through the cracks mental health wise, when it comes to having more compassion for themselves and others.

[2] Court Mediator: I would like to apply to the position of volunteer court mediator, as an ABA certified paralegal with a masters in law in risk management and compliance from Thomas Jefferson School of Law. In my free time I built a website blogging, working on my first self-help book, and now ranked 16,569 in the US. I have always been in support of the recovery of others, just as I have been sensitive to their needs to grow past trauma, I have also done my part to overcome whatever setbacks I have encountered while recovering from trauma and mental health issues associated with self-harm (such as over expressing myself online and not maintaining a professional tone while addressing all matters relevant to my own identity separate from associations mentioned or not mentioned). To me the best way to be heard is to write, share, and learned the hard way that's its not always important to post for the public, not unless its something that could benefit others while interpreting in what way my experiences are at all relevant for the purpose of mentioning the experiences of those I knew closely as a family. That much about you will always be misunderstood, your intent, your tone, and your timing, we don't always know everything at the beginning and sometimes its not until later with experiences that we come to better understand our own experiences as well as the experiences of others. We do not all achieve success at once, and sometimes its in getting to know more about one another, that this become less of an issue later on in life, when matters get revisited or brought up upon meeting you online and hearing your story, and how it compares to the experiences faced by others who have also been directly affected by the same case and circumstances. There will always be information about yourself you can choose not to disclose, and if at a later point you encounter difficulties, it no longer becomes appropriate for you to be a representative of the issues. This I have experienced first hand, someone who grew up in the middle, and as my career progressed online, this marked a change in the sensitivity to the issues upon addressing me or how I have come to identify myself as separate from the lives of others more recently known and associated. When there is uncertainty with regards to the issues or whos side youre on, this can affect treatment of you, and its only been through writing, book writing, that I have been able to both share my story and with respect for the experiences of others, not make my issues of issue to anyone else who is a member to a case or organization for that matter, who I have supported throughout my legal career, for as long as I have known these families, or the organizations I have worked for. For these reasons I think I would make a great court mediator and dedicated volunteer.

[3] Endeavor: It has come to my attention that Endeavor is seeking a Content Assistant to the Co-President at your offices in Beverly Hills, and I am excited to apply for the position. This may not be the first time I have applied, but I assure you no disappointment professionally, and assure you that I have come to terms with my own image, rehabilitating my good character professionally, while overcoming difficulties in life. During my time away from Law School, finishing a Masters in Law in Risk Management and Compliance, I found time to work in Film Distribution, promoted to Executive Assistant at Adler & Associates Entertainment Inc, and had the privilege of working with Ms. Adler and her staff, while I was on probation for a misdemeanor following a lawsuit, which involved communications post pitching at idea at an open invite found online to a Tech Studio Q&A, and Mixer in Downtown LA, an area of town I'm not that familiar with, but attended anyways, dressed to the nines, in hopes of meeting people to talk about what I was doing, building a website, how I was helping, participating on social media, and which memberships permitted me to care, and how I was deciding to demonstrate that care through writing. I finished my first draft or my first book before beginning the internship and have not published anything yet, other than the work I have published myself on my website online, building traffic, not a paycheck. Today, I am ranked 16,569 in the US on Alexa and 95,385 worldwide compared to other websites of all industries and representations, a positive representation of myself and my later associations online. You can't go back and change time, or make a better first impression, and when you let one person down, it seems as though the entire team gets let down in you doing so, this I have experienced myself, the expectations demanded of you and the need for one to meet the expectations of others professionally. I have always done my best to report, often times the middle man in crisis, the one who people speak to first, or who initiates discussions about whenever there is a need to share equally how one another feels, not to be alone in the process of recovering from trauma, losses, or misunderstandings. It is to my knowledge that so long as you believe in yourself, no amount of hardship you endure should ever become the problem or anyone else, including your bosses, who wish for you to do well no matter what the odds are against you in life, overcome those professional hurdles, to be trusted, and lastly respected for your work ethic, and the care you demonstrate through your disclosures to not revisit harms. I am very proud of the website I have built, it contains over 2 million words, currently being submitted for copyright, to protect my best interests and the best interests of all topics discussed by me, including those mentioned. I'm aware that no matter what is set in stone, it is always my life to live no matter what things look like, no matter what positions are taken, and try to remember that it's by what you look like, that you are ultimately judged based upon whether your story has been beneficial to know and whether knowing who you are, has if at all benefited the understanding of others, when coping with their own issues in life, irrespective of whatever you have gone through personally, or publicly. Although it has taken me time to recover from my own past, I will continue to make my best efforts to continue applying, while in observance of my own progress, seek acceptances more than any need to be fulfilled socially online, continue to try and be apart of society in a professional way, in which all parties are mutually respected through the exchange of knowing one another, not just by association or job title be cured of any defects concerning my public image which has been impacted by what has been shared about me in my own words, and what has been remembered about me in my own words, online. I now know, that what occurs professionally happens for you in life without the necessity of people needing to know you personally in private or in public to decide whether or not to accept you, know you better by those means, such as messenger, which is an unnecessary form of communication unless to build trust. I have attached my resume for your review, if you have any questions or concerns please contact my Attorney Richard Sudar (310) 277-4112. Thank you for taking the time to review my application, if you have any questions or concerns, please let him know, and do my best to keep my distance here forward from all entertainment professionals and political figures on messenger, unless to support them, absent minded my own needs to be loved, known, admired, or trusted by anyone I do not know in real life. Keep my goals realistic, remember my place, respect those who have worked hard to be here and known, and not spoil the good fortune of being found online, a popular read online, ranked 119,367 on IMDb upon joining for a professional measurement of notoriety for name, concept, depth, and identity, a pen name ("character") I created on the basis of all things loved, not based on all things lost in mind. I'm sorry if ever my thinking, placement of ideas, or communications were ever misinterpreted to be in the negative, as though without personal experience or story relevant to a later manifestation of terms coming to be about my life or serving to represent where I'm coming from, not in attack of other people's places in life, company names, films, songs, anything else produced by any other person, without knowing me was never assumed at any point in my career as an academician a source of insult, never.

Being High Caliber ...

11/20/2020

Let's face it, I mean if we could all be high caliber we would be, but its just not that way anymore, that perfect LinkedIn Profile, job after job, work experience that sets you up for every other future opportunity made available to you, sometimes we don't always continue to move upward in life, and when you reach your limits professionally, that's when you think what can I do to up my credentials, and be more like the person I want to be in life and feel fulfilled career wise. Whether that's going back to school, continuing your professional education upping your skillset for credits and certificates, there are many ways to improve professionally its all a matter of research, some things aren't told to you in life and that includes what you can be doing better in life. So hold still, don't freak out, everything will be okay, there will be jobs in the future, it's all a matter of balance, its mostly to do with who you are that acceptance comes. Never stop setting goals for yourself career wise, Ive always done that for myself, its not just something that people with bipolar do to continue moving forward in life, but if you are having trouble getting going or getting started, then by all means yes, it is something you should do to get back out into the world, and begin again. The standards today can be overwhelming, thank god for the price drops in clothing, especially since rent rates in Los Angeles are scary high, I don't think if I ever consider anything in terms of money if I would be able to survive, that's just too much pressure. Im just trying to make a paycheck. So that's what blogging was for, getting going again, and if possible get paid doing something I love, while with goals in mind to go back to work, as a paralegal, not to be red carpet famous, or achieve a following through modeling or videos, I think that much about you gets experimented with, I guess that matters too.

Things Will Get Better ...

11/19/2020

So thats describing mental illness, its not fun stuff, stuff you should usually talk to your doctor about not stuff you talk about out loud, if that makes better sense to anyone now, Im not sure if making more sense now even matters. You can talk about it or you can not, thats taking everything into consideration, and everyones feelings into consideration, then making a decision for yourself about whether its worth it to share, and if you decide to share think long and hard about what would be appropriate to share from your life, not be so in the moment about it, not blurt things out without in depth explanation and background information, that much you figure out later in life. For the time being what may feel good may not be good for you in the long run, and thats the lesson with social media, it may seem like a productive use of your time, but if you dont consistently communicate in a professional way, it may get mistaken for addiction, instead of being in your zone of improvement, making progress thinking wise, not talking about the same things over and over again, revisiting issues as talked about, as though you have not touched upon subjects well enough through your own experiences to know what it is that has gone wrong in your life, let alone by your choices others feeling as though you have done them wrong in life, and thats what happens when you talk about your sex life, as a woman, you get made to look grose, they label you the offender, and everyone plays victim to your blog, as though you being worse off is ever a good enough excuse to think, I think you kind of get well or remain sick, and then thats a choice of deciding to get well again and not play victim to choices or circumstances in life, thats growing up, whether or not anyone respects your story in life, or feels empowered by you having known you, thats a choice later to discuss anything in the negative with the risk of cutting off connections to your past, or the people in it, and yourself not feel good about it talking about it, thats making things a problem that are not a problem when everyone thinks you have psychological or developmental issues, something wrong with the way you look and sound or your social skills lacking, treated, dont let anyone get the best of you, they may be no better than you are at handling mental health issues, so be compassionate even if no compassion is shown for you, the fights not over until its over, is when it comes to you staying alive and well be your own life force in life, thats being strong, not being made to be about internal struggles ingested from people passing through your life, as though every person you know is apart of you, thats normal to have empathy and compassion for people you know even the ones who grow mad at you, were mad at you, or later decided not to like you, not pleased with you, so who cares if people dont like you, everyone has their own lives, and thats why mental health issues are tough because if your life was never bad then your condition later doesnt make sense as having to do with anyone, and thats sometimes how people would rather have things be, you not knowing anyone famous, to have a story of your own, absent minded those directly affected by the past as mentioned, which is the problem with stating your associations in life, being made to not feel good about myself, or forced to address the conditions of others before blogging, what

could have been done to protect associations from harm, not subject them to harm, by any lifestyle or mental illness suffered later in life, needed to be overcome to explain how it happened in that way but did not as a stay at home student, sober and chaste. So no its not me pretending to be good thats the problem I am good, its when Im bad drinking, or relapse, or date (have sex), or on messenger or by phone (nude photos asked) that people think youre on the wrong side of the tracks on your way out or appear as someone with nothing to lose as though your threshold for pain is high its not Ive suffered gravely and have overcome sickness on my own through running and writing built a new life for myself and now getting married as planned preservation by me, to not devalue myself or be made to lose trust or respect from those who valued me who did not wish to see me photo online and subject myself to attack or disdain from anyone on my way up in life to getting a job, never forget where you come from is the main point, no matter how desperate you are or at a loss for words never react in a way that subjects yourself to harm now or later on, that will you never forgive yourself how you were made to feel stupid and then made yourself look stupid online, that takes years to undo, 6 years to recover from online defamation posing nude, something I have overcome once and will overcome again, not matter what it costs, no matter whether I have to write 2 million words more, no matter whether I have to write 5 more practice books before publishing one book, and no matter how many good ideas are made from any of my thoughts and ideas in life, was the point, not to be read and a bad idea about who I am or who my family is be thrust upon me in life, disrespect, mental illness, physical illness, embarrassment, or a loss of hope to me or any of my fans, who with no offense to me, dont want to see that, dont care to see that, dont respect that, dont understand that, and are not sexually attracted to me because thats not what my blog is about attraction to a physical body for sex, its about wellness, not needing people to feel good, feeling good on ones own, and not becoming too reliant on others for direction in life, to get back into appreciation mode when the wellness flows around you and everything feels special and then lastly you feel special again thankful to be here no matter what odds are against you, worth it.

Don't Be a Let Down ...

11/19/2020

No matter how painful it is to admit you have not lived a perfect life, have struggled (whether that's addiction, alcoholism, or through dating) come to not like yourself, and not be proud of who you are, that's no reason to stop living life completely as a consequence of not feeling good or not being made to feel good about yourself, no matter who accepts you or does not, its always your business to improve. Life gets difficult. Sure we all have problems, some believable, some unrealized, and sometimes without empathy and compassion are few rejected on the basis of who they know or how they share their story not deemed to be one of them, deserving of a second look, a positive opinion, or given the benefit of the doubt. That is a tricky part about life, if you feel like you should do something, step in and say something, or whether you are going out of your way to care, and have compassion for others, and try to problem solve yourself or how to help make things better for others, that's putting others before yourself, a risk you take when addressing a situation or set of circumstances in life you feel in your heart should not continue, whether or not it has anything to do with you, is a later repercussion of caring, be assessed in terms of why you care, where you were in life, what you knew, and have or have not thought about, your impetus to care, and your decision making abilities as they were before anyone passed away, before any pandemics, and before any breakups, as you were, presently able to help others why or why not, and what later prevented you from doing so, and what happened in your life, that caused someone to reject you, not hire you, or not text back. Listen we all have our own lives, people have pretty good lives, earn a wage, date, go out, social, have friends, careers and some of us do not, whether that's a difficulty in life no one has compassion for thought deserved, always keep things in perspective when it comes to comparisons, duties to report, inform, or notify something you recognize about yourself, to whoever may care, that's doing your due diligence, to aide positions of trust, not to create a position of trust through your connections in life, as though that's a privilege that should be automatically respected or believed in, that's the misunderstanding as a victim of homicide, that one who was raised to get along with others, never speak badly of others, never to compare, and work hard that life ever became easier as known, in fact it actually made life more difficult and painful, with the expectation to be someone who felt good even when I didn't feel good, or appear as someone who feels good because of who one is, I think now given Im half-Asian, and COVID originating in China, the fact I left a Tech mixer with someone Chinese who invited me to dinner attending alone who was an anesthesiologist, means anything secret as though by ones story one is connected to events occurring as told, I think you write and in a cohesive way share your story, and sometimes its not until after things happen, that you are made to disclose in a more permanent way, what it is about you, that has caused you to think that something else is being

related to your story as told, as though the happening for events adverse to the condition of others resulting from a knowing of your identity and the use of your identity to share their own story in life. To say something about me, used by someone else, means that if they were not liked carrying something about themselves that had to do with me by identity or name, means that my identity as used, makes one not special as thought, but brings upon bad luck as misidentified as bearing a characteristic or trait of someone labeled "criminal." The delay in respect upon speaking will always be why now, for what reasons are you sharing and what hope will that bring to others as they reflect upon the past, whether that's yours or theirs. I think in timelines I may have not described my life in a way that was accurate, making myself look bad, as though for reasons of pleasure went out into the world expecting that much in life, if you're feeling good others will be made to feel good by you, but never as talked about, that always makes you look worse, as though you've ever benefited in a way positive from sharing about who bedded you and was not the one. So let's agree to disagree that I was not the one for them either, and that it was a waste of my time liking someone who liked me, and that through discussion of liking others or crushes, it was me that should have known that because of who I knew, or doctors seen, that that would eventually be the quality about me by association that people do not want to be associated with in a public way, including who I am now. That's the sad part about blogging, that difficulty of shared happiness with people from your past, I'm sure more than half are proud of me and themselves, mostly because life is not about me or any one person, and there should have been no reason for me to struggle in life had I not gone out, drunk, and dated anyone from the bars as though that was okay to subject myself to casual dating, or the risks inherent to not being in a public relationship with someone monogamously, but only on a temporary basis seen per. By the time something bad happens to you, that's just another looking stronger than you, and that's sad, if you don't have a job, it's not that anyone is trying to look better than you, it's you that made yourself look dirty by your own choices in life and that upon looking dirty or losing your beauty in life not respected. It may take forever for you to get your life back on track, to realize your potential, to remember who you are, to begin saying things in the positive again, to forget when you were hurt and why, to not think about if you were hospitalized fathom the reasons why, or get caught up in what others are doing business wise, and think that it ever had anything to do with you in the first place, or post pitching a campaign, as though for personal benefit to look like a bringer of trust, or re-establish systems of favoring identities, as though my identity was ever not favored, sometimes good things happen, when occurring on their own merits, based upon the wellness of thoughts of those in participation in their respective industries, where jobs are, and then there is figuring out what went wrong, and trying to reinforce an existing system of thought or production that does not make those existing within those systems of trust, feel badly about any directions taken with regard to content, that's a big job left to professionals who are in service to make others feel good not feel bad for them, or for the past, or for anyone now, who has yet to appreciate how far everyone has come, and without reminders about how long it has been since everyone was well not working hard. If everyone knows you and you don't know them, allow people to make things about whatever they want things to be about, upon introductions, I don't think that forgiveness ever occurs for public figures, if not smart then, and not respected then, then at no later point will respect occur for someone who is a writer. Just continued exclusion, so if you can't work, don't write, and if writing blogging is your job, then keep going, it's a matter of what your life forces in life are with or without knowing if someone was ever suicidal, that's not something you can later be forgiven for, viewed as "selfish" if before anyone even knew you to begin with wouldn't have mattered anyways if I died February 2009, maybe only to my friends, my boyfriend, and my family, all of whom were at peace, minus me, threatened by a blogger who demanded my family to speak, which at the time scared me then read a few articles, a relayed message, an attorney's website reviewed, made a few calls, interviewed my parents, and that's what happened to me. Give it time for someone's entire story to be said before you pin point what causes a suicide, to me I have no idea 2009, was on my way to Law School (rejection letters), applying (UWLA and Glendale School of Law last minute Spring 2009 after being Hospitalized), studying for the LSAT a third time (Spring 2009), drinking alone at the bar, if I didn't feel well then then talking about it now, is not making me feel any better, that the problem with talking about what happened. It's you verbally talk about a moment when you were physically ill, by alcohol, or dating, and then you feel physically ill again, which doesn't explain whole story or not having been supplied, cannot reverse not feeling good about yourself, or getting sick again, that's the problem with discussing what happened out loud. Then people want to bring up from your life who dated, approved or not approved, whether you had guilt would knowingly hook up with anyone who did not like you, or who would feel made fun of for hooking up with you, and whether if you were not liked at any point in your life, were later responsible for anyone not feeling good by you, to not even like someone, if you were not liked, subject them to not being liked also, of course not, never to the extremes as they are now held to what I have said when, compared to how I sound now, say that I got what I deserved in life, as though I've ever subjected anyone to harm in writing, or rationalized bipolar to be normal biochemically in the brain, leave untreated why I take meds, and I don't date, and limit my exposures to what I read, what movies I watch, try to live a good life, not sex based, I stopped dating 2014, and that was my

choice to preserve myself for marriage, that's not because men are dirty or because I was made to look dirty, that's simply because its not approved to date, and if not approved to date, not to. That's with respect for your family, not being too free socially, not venture out into the world, trust anyone new with your life or with your body, that's not because they expect more from me, that's so I don't get hurt in life, trusting the wrong people, and I later learned that the same can happen to you in real life, made to feel sick, which is not like 2009, not like 2017, a far worse pain to address being made fun or blamed as though I have not suffered or been done without attraction, hurt me out of respect for someone else who is famous, and not be kind to me as though I have not ever faced difficulties as known too just not so newsworthy to be mentioned, probably not even if I died end up in the paper, as ever having existed as important to anyone, that's fame, just a blurb about you, so figure out what matters to you! Never give up, no one has it easy in life, remind yourself less of what hurts, be prouder of who you are, forgive more often, don't look bad to not make others look bad, have some self respect, and hold your head high, the less you try, the shorter you stand, the weirder you look, the more guilty they think you are, and when the skies the limit in terms of guilt, they can really make you out to be anything they want you to be in life, just to not make you have any potential to live a good life, that's the good life, kind but unforgiving versus a bad life, mean without remorse, think by wealth good health was handed to you not earned like everyone else making good decisions for themselves, and whats the frustration the magic of feeling good, being made to feel good, what good reasons for feeling good are, and whos trusted to do so.

So lets not bring the house down, getting sick rarely makes a powerful story capable of lifting others, that's the cost of actually having experienced pain yourself, so shout about it why don't you! Jk You can get through anything you set your mind to, and just like you can convince yourself that things are worse than they are, or everything seems mean, or unfair, at the same token you are what you say, so vent less, get upset less, complain less, be more helpful than not, hook up less, stay home more, don't drink, don't try drugs, don't talk about who you've dated, apply to fewer jobs, don't talk about the past, let things go, don't blame others, don't be a let down, overcome embarrassment, praise more, respect often, count your blessings, keep your side of street clean, apologize for who was offended by your writing, and do your best to move on, without your life having been permanently damaged, and live without fear or threat of adversity to anyone after having been sick and not well speaking (well: in favor of self or with respect for the well conditions of those around you, never feel threatened by, focus on your own merits) -though it all, expect no forgiveness, being where you come from, not speak badly about your life, not unless you are suffering in a way, that should matter to anyone, or does affect anyone, and if you cant save a life do so, and know that your pains are the same pains of others if felt, the set back to bonding or networking, feeling as you do, so never lie about your condition always be honest, and allow people to move on, not build a platform for care for issues already dealt with, and not in defense of any conditions past, that scared you for the rest of you life, if talked about in the negative to designate you to be someone worse than you were whenever that was thought about you in life, just move forward, how to grow up, mature, let bygones be bygones, be yourself. The down feeling occurs (1) by insult (2) sickness in the head, (3) bodily weakness (4) face discoloration (5) energy within, and (6) no thinking in the mind (meaning not hearing anything). Thats how insults affect me physically heard from the body, not in my head, which I respond to in writing.

The General Stoop ...

11/19/2020

When youre feeling good, it can feel like an overflowing bottle of wellness, wanting to share the joy of being you with others and make others feel good too, that is when wellness is plentiful. Its common nature for someone who is well to give back in ways, they feel is necessary to help others out of feelings of doubt, or to help shift the focus of others from fears or illness. We are afterall what we focus on, whether or not that's an agreeable issue, feeling causes more than ownership of choice focus in life, there is always time for those systems of thinking to be amended, upon recognizing a new path for understanding without overreliance on the past or history, to indicate the ways in which to think about the times, or review who is in leadership positions be compared to being under the influence of any facades in life thinking created by them to protect others from anything hidden within not wanting to be known to all. I think a general façade of wellness is created whenever the inhabitant to that identity is well, that is upon looking at them in conjunction with whats going on in the world, see them as being a positive indicator of having some leadership role in the changes to the conditions of the people overall in tune, its when someone is not in tune with others, that leave others feeling left out, unheard, and that can be painful to address the struggles of others,

when some are well and some are not, and have no idea why they are not feeling well. There must always therefore be a careful balance between the ways in which people are made to feel well and apart of known within or recognized as having a quality of communication that speaks to their concerns in life, enables them to make sense of life in a way that they begin to feel again the beauty of recognizing the wellness in others, and no longer threatened by the changing conditions of those who fail to see the beauty in the wellness occurring within, while wellness is a recognizable trait in others currently held by them, that doesn't mean that everyone is in sync, it simply marks the coming out of a condition of sadness, that's feeling powerless, and when things get better, means there is a hint of possibility for wellness in the future a better condition to be reached absent the current conditions of the times, miscommunicated within to be about, or contingent upon people alone. When a source of wellness outside of people exists there is power in that, when the environment around you feels good, that's wellness, having appreciation for the conditions around you, not threatened by those changes, and when you are in control of your own condition, nothing around you if so cleverly changed or tweaked to be about something you identify with, will not have the capability of misdirecting your thinking to be about things you'd rather not know about a person. That's the underlying trend, occurring in someone's progress, whether the choices they are making are leading them to think better thoughts, and while having better thoughts about life, that feeling or sense, making sense, can be viewed upon a reading current of someone's thoughts. That's the kind of stuff that gives hope for the future who I'm sure will just make a timeline, and then pick and choose what to like, without thinking too hard about how things are made and when. *Im not an afterthought to the success of others, I signed my corporation papers July 26, 2016, and launched my website posting everyday beginning July 2019, thats a four year wait period between having an idea, pitching an idea, then making that idea come to fruition on my own, through my own writing, with light reference to the writing of others. later studied by me.* So have some respect for people who choose to speak, it's not all about cover ups, set ups, guilts, drinking, relapses, or image, have some compassion for people as people, just as everyone is entitled to an opinion of their own, doesn't also mean that someone who speaks is entitled to the same empowerment in numbers when it comes to facing what people think knowing them. That's not the same, not if you ever get in trouble, which I need an expungement for when the Courts open up, that's an example of something known privately and cause for people not responding to you, and not feeling obligated to respond for acceptances or notification of why you did not get the job, get into the program applied for, or a nomination for an award applied for, that's not only having to do with them, it also has to do with you, how upon review by others, you look or seem, as though behaving or reacting in a way in response to others who are not in your life, whether how you speak about your experiences causes others to take sides, and not even consider you for recognition for what you were able to achieve in spite of COVID. So that's letting the dust settle, a few months of review by a professional organization *Webby Awards*, and notification of when applied for, post defamation online, and then notification from *E News*, that it was an award won by *Kim Kardashian* at the beginning of her career, after already having applied and not having known that much about her. Which doesn't explain why someone would ask for photos and trash me online, as though my family ever looked that way. That's an example of loyalties to clients who have been award winners, and then had I known that not have applied for an award at that organization, if they have a preference for women who are more settled in the careers professionally known in media distributed professionally about them such as in the form of modeling, music on *iTunes*, TV, and in magazine articles about them. So that distaste, is not just that someone does not qualify for an award, but also communicates through non-acceptance, that one is not good enough for an award, based upon how they led their private life and what was exposed about them, not considered this year as having done anything impressive, despite the conditions they endured, as outted, photographed for comparison as trying to be like, to bring up into discussion commentary to cause offense to who is mentioned, as though they should know of me, and if they do, be threatened by my commentaries, as having to do with them, by promotion, referenced back to, as though by title of how known and by whom, means that I am a latecomer to a trend of insights about life, and that my insights about life, not influential to others, and then not credit me as an influencer to anything. That is leaving someone out of an equation in life, with expected hostility or commentary, so that's a matter of respect assumed lost. I wrote an email to, to inform them of what happened to me personally before I applied for the award, I think in talking about what your goals in life are, people read about, learn about others, then do things to you to make you look like another poor example or choices made in life, or another example of a bad role model. I think the shaming of a woman, to make other women feel better or more normal is a waste of a human life, such as my own life, simply to own a short condition of drinking, and the rest of my life be ruined as though by title pose a risk to the lives of others not a conscious living person, under the influence of a drink or drug, that leave me out of touch with reality, I am conscious, I am not an alcoholic or drug addict, I have limits, I don't like excitement, and I am conservative. I am not someone who wears tight clothes, I have one top, and I have always been myself, I never stalk or look at other people's profiles I don't read up on others or study people, and I do not expect anyone to spend any amount of time getting to know me, then while under

inspection if I get sick, then be blamed as though I was the cause for that downward pressure on me, thought about or spoken about by anyone who while reviewing my work, decided to not include me in the image of what is going right, and leave me out of the image of people selected as improved.

And then the Calm ...

11/18/2020

By the time it resonates history will have already taken its course, and wherever you wind up, be proud of who you are, and be grateful for the life you have lived, and be hopeful for the future to come. That's not giving up in life, its so painful to comeback from a down period in life, you never really ever forgive yourself, and the more you try to focus on right now, the less sure of yourself you become, its like you forget everything that was going well for you, and suddenly feel like youre starting over again, don't lose steam, its just a bad day, sad difficult challenging emotionally draining, its not your fault whenever you feel that way, like life happened to you, and things suddenly don't work out, Ive been through enough breakups, devastating job losses, and hospitalizations missing in action to know that you eventually arrive back to being you even if it's a matter of time, like a week of rest, we cant always powerhouse through the day from one day to the next, some days are for processing and that's okay, but never get too carried away in your thinking, especially if what you are thinking is not making you feel good within, that must mean there is a better way of seeing things, don't dig a hole for yourself in life simply because youre not feeling well, that's totally not worth shlepping all those emotions over from one time period to the next.

Please Note: Just updated my Autobiography page, with a note to the reader regarding the timing of this book. By now its too late, not having done a good enough job preventing illness, so that just means is not my solution to being at peace with voices or whatever is motivating others to treat me as less than to see if I think Im famous deserve a better life than now. Things are quiet now, I dont think its necessary to talk about what has happened to me, and how that has affected others to have mismanaged my time, while trying to finish my dissertation, I understand that if it can be proven not liked in public, in a public way demonstrated departure from even paying attention to me, if not worth hearing from, is what I feel others feel explains why bad things were happening as though something to do with any representations of feelings which are all normal, its always okay to react when you are not happy, or do not approve of the direction of someone you care about, thats peoples way of being overprotective, thats not that you are not important, it could just mean not good enough to speak to an audience that you have acquired through writing, not think deserved as though youre a tagalong to success.

<https://www.mymollydoll.com/autobiography.html>

Recent Facebook Post on a #dontdodrug

Page: <https://www.facebook.com/quotesinrecovery/posts/687266918594576>

"Have been away blogging, and remembered to keep in contact on a sober level with who followed me specifically for that, if you found my writings elsewhere I apologize for not being recovery specific regarding the lessons learned as it relates to keeping my side of the street clean focusing on my own issues and not the issues of others, something basic I sometimes forget along the way, not to take the inventory of others only my own, I think thats the most comfortable approach to sharing about your experiences without expectation for anyone to change or understand you, not refer to the feelings of others so much, Im sure there is always a lot of disappointment upon relapse, I have been sober now since January 2019, so over a year now, and proud of myself, and out of the hospital, no recent stays, but that doesnt mean that I am free completely, you never are completely, your past is your past, and so long as you allow parts of your past to eat away at you, and the less you learn from it, accepting the positive lesson learned, then you seem to miss the point over and over again, with regards to what was going wrong for you then, and what is going wrong for you now, not to blame others for your misunderstandings in life and to take responsibility for your feelings and expressions of thoughts no matter how smart it may sound be aware that everyone is going through their own hurdles in life, youre not alone, and to be careful not to hurt the feelings of others, who may be there for you, but not always available to explain to you what it is you are doing wrong, unless you ask for help, not keep things to yourself, what therapy is for, not self-harm and misuse or abuse substances to counter any effects of any amount of pressures you face in life, eventually you have to accept yourself as you are, and have faith that as others come to know you they'll want to know less about what went wrong, and be more

enthusiastic to hear more about whats going right for you, mental health wise. So continue to be brave, take everything with a grain of salt, continue to think constructively, accept feedbacks, and dont be too sensitive when others offer kind insights too, its not all about you. " (Reference: <https://pin.it/6RqyxUE>)

The Trouble with Being Cool ...

11/18/2020

If you're not cool and don't look the part, its hard for others to be cool with you, let alone trust you, not if youre paranoid, lost, or without positive momentum, to carry yourself through how ever many days, weeks, or months it takes to get back to normal, be without voices, and without self-harm, that much you cant anticipate, and its no different if not writing online, if its something you love to do, writing, then it may be something difficult to stop, anything you eventually become good at, whether or not those attentions are 100% positive you cant expect to have a fully undivided audience of attentions in life, specific to your issues or needs, some people are just to hear from, I don't think all big outings are so politically motivated to bring about consequences in the negative for any one member of society, maybe some easier to pick on than most, such as myself, that's if things are taken literally locked out. So be at ease, be pleasant, and be nice, but don't expect anyone to help you along the way, that's life, people will not cheer you up, or try to talk to you, or ask you too many questions in life, people mostly busy with their own lives, not really concerned about what happened to you, or why you or others suffered, I guess for others its easy to say oh it was because of posters, and she campaigned for Brady, and she likes movies but has only seen a few, and her sister-in-law is Skylar Grey, so she thinks theres a music connection to Eminem she was not made aware of, only until after she got sick, left out. So that happens, by the time you get fully on board, and learn the tempo of everything going on around you, by then hopefully its not too late to pay attention, and not have let too many sick days pass you by. That's getting well, and then there is arguing what it is you've been through why you don't deserve to be harmed anymore or made fun of, not just by your condition alone which cannot withstand any hostility, or intimidation, but it seems the more you share about yourself the more others feel entitled to tell you how it is, as though you are making things to be about yourself, Ive never asked anyone to feel sorry for me, and I think once you lose one fight, you lose them all, that's just how life works, popularity wise. Pushed until left in the dust, either designated part of the problem, to blame, or help contribute to the overall wellness of others, after having observed Fox News for many years, a trusted tempo news group. So its not that I take anything personally, I just think that when you are disinterested in life, people become disinterested in you, and the harder you try, the more stand offish others are, and if you are strong, then that also gets looked at as coming off as too strong offensive not proud, a real company. I think creating a job for myself at home, was a natural step having worked one-on-one with a entertainment start-up Cizo.com, and learned that maybe Tech was the right speed for me, mental health wise, not too stressful, able, a lot to learn, something I was excited to learn about, grow professionally in a field that is new, with not too many protocols or standards personality wise, a place I figured that wouldn't require me to Tweet or Photo, perhaps a cheaper course in life to take, with an education, to me its having fun, not the provocative parts, and its guilts intended for me to feel, is what is thought to be deserved, sometimes in ending one chapter to begin another, you get caught disclosing things from a previous chapter, already punished, and get punished again thinking youre doing the same, using drugs, that seems to be the exact thing on the look out, to justify any prosecutions of me in public by others, who simply don't like me for whatever reasons, see themselves as above me, maybe to see how I respond, I really don't care if the Pharmacy makes me wait an hour, not ready, that's them not me. So please don't treat me as talked about, as though I would ever victimize anyone subject them to the same hardships Ive endured, generally people are more confident than me, that much about me is misunderstood, expecting me to be in a better condition than most, I can only be myself, calm. So those tests I think is over experimentation with your face, not that fascinating anymore to see, and I think by whatever exposures elsewhere, scary to think about, not all things are related, don't be mean.

[mymollydoll.com "Entertainment Pages" Pitched:](https://www.mymollydoll.com/entertainment-law-paper.html)

[1] <https://www.mymollydoll.com/entertainment-law-paper.html>

[2] <https://www.mymollydoll.com/imovies--history.html>

[3] <https://www.mymollydoll.com/mmdfilmbase.html>

[4] <https://www.mymollydoll.com/re-annefrank-book.html>

*How I qualified for high ranking on IMDBPro, the manner in which I told my story, overtime known, and eventually became a trusted point for insight, interpretation, and provide assistance for better understanding of all people with more compassion for conditions, with less fear to be ones self, for more room for growth, and to never give up on the power of humor for life.

Personal Update ...

11/18/2020

Need to take a break from blogging, have decided to focus on my studies, improve the research aspects of my writing, and make sure to integrate what I have learned to my method of writing, to make sure that I stay balanced, and can make reference to anything I have learned that I have found helpful. Going through a lot, have been more driven in the past, I think right now, trying to be serious, and move forward in life, lifes not all fun and games, and once you get hurt, nothing really matters then anyways. So it's a learning lesson, to get into your questions about life, or to not face those fears in life, and to allow ridicule to happen, that's simply others responding in a way, not congruent to that behavior. So if collectively it is thought that one should not be in any communications private, I have cut back on updates, only through email when necessary, and for all mental health needs call the police, to determine what Im doing well, and what Im having voices about, so they know, how Im doing wellness wise, and always inform them, Im a writer online, this is how Im feeling, to make sure not to affect anyone, that's how on top of my health I am, and an active member of the community around, not so private or standoffish, it has taken me many years to adjust to being around people and not scared.

Can continue to post on an as needed basis, I dont think anything is urgent right now to be discussed, not after the damage has been done, do my best to be thankful with the hand I have left in life, and not make a harder life for myself, looking like something Im not, was once proud of, and not the same now, not after getting in trouble, thats instability, gets everyones radars blazing, aggravated by you, aggressive, its not something to talk about, when people are upset, and how they are around you, thats the neighborhood vibe, not my family, so if Im ever going through something its me processing the past, with a better head on my shoulders confident again, and wondering what took me so long, to sharpen up and which jokes were so favored to set me up in every direction in life, to see who I send books to, as though thats a proper means of stopping a situation from getting out of hand, studied closely in the negative, unfortunately I may not have the answers for those quick judges of character, oh shes off, wrong. Oh shes not on board, shes offended, therefore, she has a problem with others, not cool now. So that was my mistake in not having expressed publicly how I feel about a situation, and that expression was not an admission to comparing a situation as needing to be secretive as though spelling out Jewish letters in hand signals in photos, I realized not to do that, chose to emulate heroes, not tragedy alone.

When Borderline Judgments Cast Over You ...

11/18/2020

Wherever your strength comes from and drive, never allow what youre doing in life, to ever have an impact on anyone elses lives, happiness, or sense of peace, that's not being a big deal, its when you are that others become offended, questioning your reasons, whether or not for good purpose, based upon your previous work experience cant imagine you helping others if at a later point in time you are not able to take care of yourself, or others for that matter, is what a negative judgement is for, toward someone with a diagnosis that requires them to be on meds. To me bipolar disorder is disorganization, loss of brilliance, a tired feeling, sleepy, lethargic, more frozen days than days spend going, and every run feels like 2 minutes, but takes awhile to get going, a successful weight loss plan, built by habit over the years, how I was able to lose 22 lbs during COVID when most people gained weight, I gained 50lbs, after punishment, that was me giving up in life, not on track and way off course, as thinner 130s or 120s, the smallest I have ever been in my entire life. So yes I was proud, not that proud, and half the photos taken, are mess ups until a good photo is taken that's with no modeling experience and no bikini experience, not someone who is ever undressed around others for that matter, a prude, shy. When things are not going well, and everyone expects

you to talk about things, that's not respecting the privacy of my family, who is not obligated to share my mental health updates, courts stuff etc, if it already disappointed everyone, then why be made to bring my whole family down again with disappointment, if that was the cause for disowning me 2016 nude photos requested for, and 2015 insulted by BBDO on Twitter with a "stick it in a dollhouse ad." As you evolve you realize that people will share their takes, and only if you read into things as having been about you, that upon being insulted they become proven right, as though bipolar is some excuse for some torment buried deep, unhappiness, or anger toward others, as though self-harm means I do not love myself, in fact it appears to mean the opposite to everyone else looking at me, thinking Im full of myself, or well by makeup or clothes, no that's a total wellness, everyone saw, which cannot be replicated now, aging is a process, Im 35, and I wont be young forever, 40 is coming up, and I don't think I want to be in the same place now, as I will be in my 40s, still talking about psychological or psychiatric issues, as though I never had that much about me figured out, until the addiction assumption can be proven, to free anyone from blame for judging me as stupid. I don't think that behaving in a way, counter to who you are in real life, comes naturally, you will be in moments in life, when you do not think you can be harmed, and that's having abilities in life, or the freedom to make choices, and without fear or knowledge of what is already being talked about what the temperature is like, about things, if it was ever agreed upon to hold me in disdain, or to not respect me, for those reasons I don't think its deserved to bring up the fact that I have dated older men, then make me out to be someone who chases men, until it happens, wanting a man, who is not in need of me, who then is empowered, by my worsening condition, who then does that empower, to stick up for whom and why, what about, just to say an argument that one has been holding back, of people taking things too far, or calling me suicidal, to claim that voices is not a real condition having to do with fame, respect, feelings, and intelligence. And nothing to do with drinking or drug use, that's when no one is on your side: mental illness, gone. At this point I think its important for everyone to accept the hurdles backwards, in trying to understand where everything was coming from, theres no such thing as knowing things or knowing too much and then getting sick, as though you are a manifestation of the secrets you keep about yourself or others, no one ever demanded to know that much about you, anyways.

Delayed Posting Skipped:

The Minute When Others Feel Cooler Than You ...
11-17-20

The minute you feel like youre the only one suffering never forget that youre not alone, whether reading makes you feel lonely, its not intended to make anyone feel sorry for me, with or without a book club to discuss points in my writing, in talking about me, later develop your understanding of how you think things went down, then justify those times of commentaries, by making a beautiful life look like something else, something provocative, to blame me or my pictures for mistreatment of me, as though I demonstrated a type of personality worthy of being held responsible for things going wrong in the lives of others, I was a stay out student, I never participated online, nor on Facebook, not until after terrorism, after cancer, after I got carcinoma cancer, and after lawsuit, which means it's a good time to stop, so does it occur upon being defamed, means the side misreading you in anticipation for weakness to your story, is someone who is considering as excuse what stories or types of thinking are being played along with, and what makes it so easy to blame someone who is speaking as though one is not doing enough or is the identity that was in conflict or provoked motives in others, by heritage or religion. Which is not why anything, anything made in defense of self or others, or to figure out from where those fears are being communicated from if not from me, solicits for awareness and attentions to a different life, not a life I have lived, and to scare me further subjects others to a version of events that maybe didn't occur in that timeline, or orderly fashion of reporting, or running, or when an attack took place, that's not for the public to punish someones later expressions of strength following misunderstanding, to be an ill-willed or pathetic admission of responsibility, following a trip to DC.

Additional References:

<http://www.mymollydoll.com/blog/credits-deserved-and-wellness>

www.mymollydoll.com/blog/energy-to-the-table

My Website's Recent "Valuation" ...

11/17/2020

Mymollydoll.com Valuation

US\$1,119,846

[Update Now](#)

Last updated: Nov 18, 2020

Mymollydoll.com has Alexa global rank of 93,635 and ranks the 15,167th in United States. Its global rank has gone up by 104,059 positions since 3 months ago. Mymollydoll.com has an estimated worth of US\$ 1,119,846, based on its estimated Ads revenue. Mymollydoll.com receives approximately 34,089 unique visitors each day. Its web server is located in San Francisco, California, United States, with IP address 199.34.228.131. According to SiteAdvisor, mymollydoll.com is safe to visit.

Hello Everyone:

Just reached a new goal realized upon staying well online, \$1 Million + in value, means maybe a career in the future for me to blog for a paycheck, which is very exciting for me, to have made my own job.

This website is dedicated to my family and friends, companions over the years, and for everyone who believed in me when no one else bothered to take a second look, "the skies the limit" if you take a more humorous approach to life, minus all the seriousness that you encounter along the way, its doable! So live life, be strong, convince yourself your a robot and lose 50 lbs, show up everyday, and stay sober if thats what it means to those who cared, and never wanted to see you struggle to begin with.

With love always, whether Im winning or losing, its important to never give up, and to continue trying, setting your standards high, not by creating limits for others to think for themselves away from trouble.

Sincerely,

Leslie Fischman

Pick Up From Where You Left Off ...

11/28/2020

We all have bad days and sometimes those become the moments that either make or break you. Its easy when youre not feeling well, to explain yourself, whats more important is how you are making others feel, not to explain your thinking or the causes for your own mental health issues. If you want to make the pain of others your own pain in life, well then that's your choice. We all go through some form of addiction in our lives, whether that be a positive addiction or a negative one, and that also includes your thinking, there comes a stopping point, when you stop making up excuses for your own disabilities in life, and eventually get going again, no matter what meds your on, no matter what your diagnosis is, live life. This can be hard especially since you've been convinced your "bipolar" or an "addict" or an "alcoholic," terms that leave you feeling less than confident in life, know that your not alone, and to take it one day at a time. If you have control issues, it can be a tough uphill battle managing your emotions while handling criticisms of you, why are you not working, why don't you have friends, how come youre not dating, it may seem at times that some may feel "incapable of remaining in control when mania and depression reach a certain intensity." [1] And that's simply not true, you are always in control of your emotions and feelings, and just like anyone can convince you you are something you are not, taking their anger and frustration out on you, don't allow anyone to get the best of you, no matter how sided the opinions become toward you, about how you lead your life, whether you are in a respectable condition, or have reached a point in your life to which others should be proud of you, you may not always be the judge of that, so stay calm, be steady, and continue to do your best, no matter how difficult the times become. For example, for many years I struggled to work, and it was not until I started blogging that I found myself again, the person I was when I was in law school, a hard worker, not someone who was ever emotional, or needy, someone who was independent of others, and finding your independent self becomes the biggest source to your own empowerment, as well as with hope to strengthen your ability to please others, get jobs, and work again, sometimes success on your own, doesn't prove to be an accurate indicator of where youre headed in life, at least not to whoever is not pleased with the results of you blogging, and in the past not having been able to get a job, explained. For me blogging was a means to clear the air between my disability, the past, and what happened to me then, and not make now another excuse for not doing what Im supposed to be doing, now I do a better job of getting help when help is needed, and not leave everything to myself to figure out on my own, with more guidance think and try to problem solve, without allowing things to get out of hand when it comes to reporting, having relationships, and moving forward with my life. So yes blogging is how I got smart again, I mean I was kind of smart because I got into law school but then I didn't finish my JD which means that I kind of couldn't stay focused and complete my goal in life to be an Attorney, so I continued my studies anyways in a legal research and writing focused masters degree in law, an MSL instead of a JD which is needed to take the bar and graduate, so that's still an option for me should I choose to transfer units from my other JD to a new school online and graduate with a JD, this may take time, only because I cannot afford to finish my JD its very expensive, and I need to start working and start a career for myself, which is why I have started applying for jobs again, and have an interview next week Im really excited about at [*UN Women*](#), I actually wrote cover letters this time specific to each job applied for, and it worked. I also applied to [*American University's School of International Service*](#), I am waiting to hear back

from, I also cannot afford, unless I get a Scholarship, we'll see.

Reference:

[1] [The Elephant in the Bipolar Room](https://www.bdori.org/the-elephant-in-the-bipolar-room/?gclid=EAIaIQobChMIycrdjJSm7QIVwhmtBh1IEQkBEAAYAiAAEgIx9fD_BwE), (July 18, 2020),
https://www.bdori.org/the-elephant-in-the-bipolar-room/?gclid=EAIaIQobChMIycrdjJSm7QIVwhmtBh1IEQkBEAAYAiAAEgIx9fD_BwE
That's Just Life Never Strong Enough ...

11/27/2020

That's just life never strong enough to take it from all ends, and that's when you get F-d over and over again until you look and feel like a man, like that's going to make me any stronger, or my story more compelling to hear from someone in a down position is what becomes of you, turning into some obnoxious example of what it means to come from a good life, everyone's lives better as compared to you, and its once everyone seems innocent compared to you, is when you are not empathized with, that's everyone giving up on you, don't allow hostility to ensue, and be the one to blame for one another's sufferings, as though you were the person looked upon, as not being with it, and because you were not with it, everyone knowing you, doing better off without you ever becoming a happy well adjusted person in life, that's not being with it, not with it, and also not considered a member to the people, who are probably tired at this point, expecting a better reaction from me, upon questioning, that you can't go back from, having done someone wrong in life, and that's when everything you do, looks or appears to be something that brings others down in life too, as though you don't help preserve the innocence of others, as though knowing you corrupts anyone to think like you as though you think in the wrong about others, that's what it feels like to be me, as soon as I get well, everyone hard on me, and then once everyone is hard on me suicidal and slamming my head into walls and doors, that's not being an offender to anyone's story in life, that's having offended myself, to protect whose name in life, injure my ability to be myself, if its too late its too late, and with distance, creates pain, to whoever in good times would've benefited from being able to speak to you when you were well, in the years that you were on point, now its yours never awake enough to see everything coming at you, that's how you get treated in life, like some accident waiting to happen, or someone who by their own direction in life, misleads self or others, not smart enough to inform any decision making of their own, including your own, so that's losing in life, to family, friends, exes, and now even strangers, what to do with your life then, when you're made out to be a loser, a wannabe, someone trying to be like, a competitor, or someone not smart enough to help others, or to even hold a job, and work among women, an interview next week with "UN Women." Just as I had described as soon as I am being gifted an opportunity to move forward forced to stoop to lower levels in life, and be left with nothing, that's not sabotage, that's others not thinking highly of me, and not wanting me to take a job in which others think highly of me too, then where do I belong, if it is not believed to be a good website, then why should I keep writing, if everyone is making me feel like I'm doing anyone wrong, or doing the wrong thing by writing online? Once you get nos in life, and are forced to change course in life, then what do you do? Work, I'm certainly not going to do nothing, and I would have worked for family, but not if I get sued, and if I get attacked and treated like I do others wrong or pick the wrong teams in life communication wise, for that I'm sorry, it takes time to be a strong person, and apparently I'm not strong enough or wise enough to not meddle or try to get things to stop before they get out of hand hate wise, and that's just me, if I'm not scared I say something and probably to my own detriment, I don't believe that I should be the butt of any jokes nor my family, who deserves to live a good life absent minded me, and pain to me, has caused them pain, and making me take embarrassing photos caused others to lose respect for me, think I'm some hot head bimbo, who is trying to make money online by the way I look, as though its an imagined lifestyle clothes and makeup, as though because I didn't try hard enough then, then making up for it now, makes no difference as to another's deductions about life, health, wellness, beauty, and intelligence all of which they found out for themselves having witnessed all the changes I went through focused on themselves knowing me, becoming better versions of themselves, maybe even looking like me because I loved them. That's having people in mind, who you have in mind, know, then you learn to be yourself, no matter who is watching, that much attention I could never anticipate, so hurting me, so that I don't look like anyone, and then hurt me to say I look like someone else I'm watching is not understanding the human, mind, body, and heart, which is comprised of what is thought about and who is thinking of you appear, which is why fame is difficult if you don't know who you are can easily lose face, faith, and purpose, disoriented, which is what makes it so challenging to see clear under all the pressures of being known and all the faces watching you, all the

minds taking into account how you feel and how you look, be a composite that represents those faiths and beliefs, not become something you're not, and be a pain in the a\$\$ to know. When evil is around, that's a generalized fear of your surroundings, which causes most people to stay home, also known as unwanted associations, not wanting to be watched by something or someone who does not favor you, and that's what is being made an example of me, someone who loves me, turns on my family, and then expects to continue on communications to make me look like a traitor or someone who is befriended by someone with a pre-judgment of my family, who does not love me, nor can be trusted with my mind, body, and heart, be used for some alternate purpose to cause me or my family harm, which is taking things too far, which is why I'm going to court on Monday, and why I filed an Appeal with the CA Supreme Court, because I had a great idea for a website, I built it on my own, its doing well absent minded COVID, deaths, suicides, and drug overdoses, not bringing anyone down even as discussed which means there is some truth to what I am going through, and just as people don't want to be brought down by others in life, similarly I don't think that I should be caused sickness to better tell their story of how they went from having it all, to losing it all, and die before anything came to be, apps, etc. I understand that if I self harm that is a scary fact of life, that if you F up in life you lose all support, and by what is viewed by others to have happened, you get put down in life as though you brought that upon yourself being sexual to an account you thought was the President's no that was me being me, then someone wanting to see me naked too, so showed more naked photos, and what's so shocking about that, seeing me as a woman. I sometimes think everyone just wants someone to fight why they put me down in life, and I don't think that makes anyone else feel better about themselves or what they have in life, life is short, but it doesn't need to be made shorter, than is necessary to take the time to pause, and take a step back, and not hurt someone who is not hurting you, just to see what they look like in public fighting for their life, and for the lives of those they were made to seem traitor to, not later explained of forgiven, which is the reaction sought to cause suicide now to test whether I was telling the truth about 2009, which was thinking without supervision, and no advisement, under threats not real only online, and then think about the rest of the world and everyone's sufferings, apologize that a war was fought overseas in order to protect one's own Country from going to war on each other, and allow everyone to resume living civilly without blaming one another for doing things that maybe felt good then, and maybe don't feel good now, but are only seeming to be wrong then, because its not the same stuff that makes us feel good now, there are only so many people to focus on in life, to make up a new identity, that if you hurt those with famous identities, you in turn taint the identity of those who have come to find themselves through proper management of the popular identities that have helped each of us individually learn to love ourselves and feel apart of. And yes I can hear that, when one is not well and hearing anything to justify a hate, being ridiculed to see how one feels if someone who admired them no longer respects them whether that causes me suicide to not love myself, yes that does cause me suicide and pain, to not love myself too. So learn when to stop, allow people to continue to work, and don't meddle with the past, use the past to hurt people as they are now, make responsible for those losses, or losses in faith then to them. Means establish your own sense of faith, whether that means being away from everyone or not it was worth the risk in writing my best, than die suffering alone at home doing nothing with my life hearing voices and punching my head talking to myself. Which is what they wanted, someone who was friends to look well, or someone who was friends with pretty girls to look pretty, and not be considered one of them, I'd rather be dead, I'm not having friends for the rest of my life, I'm not dating for the rest of my life, will work and stay home, since hate has agreed to watch me suffer in public and to not live a good life, I don't need money from anyone, I'm keeping my website, and I'm going to live this life whether you like it or not, or think I deserve to live life. That's living my life, not being selfish and dying, just because I don't feel like talking to anyone, at least I have a website.

Always Be Well Spoken ...

11/27/2020

There's the beaten and there is the damned, I'm choosing to be neither, this is the time where no apologies are due, and when forgiveness is sought, from the one betrayed, or the one at odds, to which neither side becomes benefited by, from a talking through the terms of unwanted acceptances of one another to begin with, this presents a very painful difficulty in life. When one cannot move forward, and at the expense of the other, is made to look worse, for the other to look better, so that everyone turns on you, that's to not be trusted in life, not the giver of insights, and not by trusted means able to speak, and that's a painful fact of life, that once someone is done with you, its because its too painful to talk to you, just like its too painful for me to talk to anyone who is not inspired by me or thinks less of me, that's an unrealized fact of life, being past the point of forgiveness, when you are suffering, and at your own expense, become the receiver of pains in life, not by your own doing, but situated to take heat from others, as though

you were rightfully denounced to be some lesbian to the interests of mankind, a doer of love, not a receiver of love, or a taker of love, not a bringer of love, and that's how someone who is not loved is made to feel, that they don't deserve opportunities, they have not tried for in life, and become the keeper of the consequences of losing love, become the enemy to the hearts of others, who learn to forget, not to forgive, who are trained to harm, and terrorize for information, not to wait and allow people to come forward when they feel the time is right to share what it is they went through, without having to go through the same demeaning tasks, for respect in life, made to feel like someone, who they think is jealous of, jobs, nationalities, whoever came up in life with a stronger faith and bond than anything I was ever afforded through intimacies or education, simply not good enough, and that's when it becomes painful to do anything your heart is set to, what's the cause for your own improvement, thought the misery of others, or what's the cause for your writing, not the bringer of peace, or what's the cause for your mental illness, letting who win, and who is not to be forgotten those who gave you life, who will not tolerate what was done to you, the choices you made, and what you were made to look like by them, that loss of respect so deserved, and that's what it feels like to not be loved and to not be trusted left with nothing in life to live for, and nothing in life to be proud of, that's suffering, whether anyone recognizes your pains or disability as suffering, to not be as sharp as, as intelligent as, or as strong as anyone else, who never had to stoop to the graces of hate, in order to ever be respected as having suffered any wrongs in life, brought before the court for review, which was what just happened to me, whoever it is, and forever it was worth, that was real happiness shared, and that was real heart given, and that was real love demonstrated, and if the times become intolerable to me, it's not me making up whatever I struggled through which was not made public online, times I've slammed my head into walls hearing voices, times I've been in arguments punching my head, times I've heard voices trying to go to sleep punching my head, times I've taken handfuls of meds just to sleep feeling like giving up in life, or times I could not write and forced to talk to myself, to get myself going again, and talk some sense into me, no matter how I felt, no matter how many fires there were, not fall victim to the words or senses of others about me. That's life, no one cares if your strong, no one wants you to be strong for them, and no one wants you to write online, if you seem like someone who is not on board with the happinesses of others until they find themselves at odds with you, leaving you with no one to console you or support you, who can be loved then, if not me? So what makes me different from others who have died, not being able to say how they feel and wanting everyone to be happy with where we are now, is that I'm 35 so I still have a life to live, and it's way too late to undo the struggles others went through in life providing a good life for me, for any of them to be blamed, causes me sickness, and that's when you are found to be in the wrong, when by your choices you are made to be something you are not online, and then also feel frustrated that no matter how much work you have accomplished in trying to make things right, are not given an opportunity to work again, and defy the laws of bipolar, sickness, and suicide, preferred to stay home and do nothing or blog, is what seems to be the preferred state of being. Like anyone is dependent upon me, for a change of heart, or thought daily, that's allowing people in, and then allowing them to feel harmed should I give up in life, which is how when you affect a caretaker, those cared for are made to feel, hurt, injured, embarrassed, or at odds with you now, how those on the outside of your home life are made to feel empowered, getting not only everyone to turn on you disfavorably and not see you as a human being but also cause those in your life to give you a hard time, as though they are supposed to suffer the same odds that you were put through in life, and no it's not deserved, and no my condition is not a joke, and yes I was raised to be spiritual and no that does not make me a medium, and yes I was ordered to go to therapy, and no I don't need to talk, and yes I was bullied at home but that was because my face and demeanor changed to look like something I was not, not talkative, quiet, immature, scared, or unrealized of my blessings in life and where I was proud, in law school. I was not raised to be above anyone, I don't treat anyone as below me, I'm not a sexual person, I don't date (only in my 20s), I don't go out (only Spring 2013), I don't drink (only 2006 and 2013), I don't give blow jobs (only 2013), I don't need a JD (I can represent myself without a JD, why would anyone want me to represent them, when all they do is put me down in life at this point, therefore I cannot get married because my image is questionable, an embarrassment now not a source of pride, with sexuality in question attraction to man or woman who is perceived to be nicer to, upon connecting treated or rejected as though a sense of peaceful juncture, is a communication of awkwardness or masculinity as recognized, to be a source of disempowerment to other women, not empowerment, an unwanted interaction). So forgive me for not being more social, I think being on social media, was being social, without the drinking, sex, and drug use, that much I can skip in life, it's not for me, especially if I was a public figure, that doesn't mean at a later point in time, I can live a private life or a secret life, that's the pain of being known, everything about you known, from childhood to now shared, and when someone puts you down as not having reported to the courts, that's because your purpose in life is deemed to be a consequence of something you have done wrong in life cared, not a consequence of the wrongs committed by others decided to care, and that's the pitfall of caring when no one else is publicly ready to care and by what means seek to establish a different conversation that doesn't cause pain, and more losses or suffering, such as blame or inherit any risks involved to become

associated by following, to any words shared as making people apart of lesser groups in society, which is not my fan base, who are mostly nice people with nice things to say, I think those who have envisioned a different course for me in life, want to see if I suffer and die by the same means (business: Britney Murphy), (DJ music: DJ AM), (misuse abuse or relapse: Whitney Houston), (world peace: Buss), (everyone the same: Eminem), (Clueless: Aliyah), (deposition: mymollydoll.com), (courthouse: Santa Monica), (job: the government), (presidency: Hillary Clinton), (house: Justice Roberts), (accountant: David Letterman), (Ex and Ring To: My Brother), (Friend: Matt Bauer), (Transferred Schools: Crossroads), (Comment After Fart at UWLA: The UTA Bomber), (Cleared Airspace: LAX Airport). So please be careful as though everyone has not done their best to be made stronger if ever while making fun of anyone they either sought to empower, be role model to, or inspire likewise to just go for it, and be an "IT Girl," I don't think its always in the cards for everyone to be remembered fondly, and sometimes those who get noticed, are sometimes for bad reasons before any good reasons arise from knowing someone, and that's how you get remembered, hopefully for something good you have accomplished in life, not someone who was strong in spite of losses, then be punished as the founder of any faiths that let anyone down while I was in law school, not going to make it then, or not going to make it now, I don't think I was ever the dream not then and certainly not now, therefore no one needs to be put on blast, for whatever kept them going in life and feeling apart of (yes, I heard Chelsea Handler share leaving a fire), and yes (Red Cross followed me), and yes I paid tribute after the first fire (in the Valley), and no I didn't give up, I was still awake functioning not under any pressures in life was already writing in my computer and assembling a book, which was later put together an self published by me, a memorized f-ck up in life not waiting for Jay while hearing voices, and going on Tinder instead, while he was in Texas, which is why recently an Ex did me, after hooking up with a roommate, and then told me about it afterward, to see how I would feel having been done wrong in life, whether that made her an offender to my story, like I was made out to be an offender to Jay, which is not deserved when two people are not together, and when it takes time to be together, and one another not approved for some reason, that's no one seeing the value in your relationships with men, and Im not a woman who is strong enough to live alone, I have always wanted to get married be loved and have a boyfriend, and not in the condition I am in now, can take care of others, I can do my best, but if I go into pain and suffering, then that's not going to make their lives any easier, and then Im home stuck in my room in pain, and not able to work, that's because its viewed as insult being able to work for someone but not your own family, and its not that I don't love my family, but my problems are far to big, for them to be personally affected by, although they do have fun watching me work, because Im so intense and get a lot done, that was the show for everyone else, not the \$hit show I was made out to be in Hollywood, or at Bungalow, or Qs, not myself, and had I known in advance what I looked like and how that made others feel, then I would not have been out in public for others to see my face and body, and energy and wonder the same about me, why I was mentally ill, what caused me to be mentally ill, and how I thought that I could help in spite of being alone, still be able to do the right thing and report when help was needed 2013 to SCOTUS.

Topics Covered Tonight: Outlined ...

11/27/2020

- Unwanted attention
- Steering clear of fights
- Being careful with your words
- Being opinionated not hateful
- Doing as you say
- Give back what you get
- Knowing you others don't
- Pitfalls of not being known
- How you introduce self should always be in the positive
- If your not like those mentioned with be negative toward you
- As you are others are made to feel
- What you get entitlements of others to get a piece of what you earn
- When others make your success about them not support you
- Why goal intended to better others not to make money how the money comes by feeling you provide

When Energy is Lost ...

11/27/2020

There is quiet time, and there is quiet time drained, drained by something you hear, that does not suit you, nor reflects what you are doing presently which is working, its like sabotage, whenever you experience a force or a threat upon your sense of being seeking to rid you of any wellness, or be the benefactor of your own progress, be so welcomed as a member, or similar party to devastation fires, Fire on Tigertail, Fire in the Valley, and Fire in Malibu at work. If you think you are the only one suffering you are sorely mistaken don't hurt me, as though I have not done everything in my power to get things going in the right direction again, and contributed to forces working against the general health and well being of society, who is dependent upon stability not fighting, and whenever fighting is occurring, figure out what are the causes for that energy being directed toward you, and who was it that you were recently with, who caused you to be weird, or for something to be made wrong with you, not compelling, not innocent looking, seeking to villainize you, making you watch the Movie: Batman 3, like that's anything I should be scared about, what was made, and how things were made, and to be about what in life, be so influenced for the worst. What is bullying? It's a manifestation of anothers need to scare you in life, as though you have something to hide, or guilty of something that cannot be proven, well if there was anything I have said in two million words that was not damming, then maybe I would have been viewed in the million from IMDb, unfortunately we live in an immature society, based on take that's or take this, in life, just to see how strong you are, measuring up to greatness, or by default great all on your own, with general comparisons made to those who have to valiantly demonstrated superiority to others, femininity wise, through modeling, and by living a career oriented life to have families of their own one day, that's not by my directed so succeeded by by their Mother's direction they have succeeded, and if they are not on board anymore with being on TV, maybe that just means that there is too much competition, and too much pressure, therefore not enough interest in continuing to share their happiness with the world, in a way, that both benefit, that's when the odds are been directed not just toward me, but to everyone who has shared tehir story, becoming vulnerable to a loss of respect occurring when someone who thinks its easy, not unique to stand out from amongst the rest, as I have, that's on your own merits, not even Nicole Richie is that famous, she has been featured in magazines, but not with a lengthy career to date to make her a person of noteworthy power to the masses, shes lived her life well, absent minded all the unnecessary blames and hardships that get so encompassed around anyone who gets thrown up top, to see how others fair, for better or worse, about the same things in life, that's I think is true, we all care about living life, then what is it that causes someone to not live life? Is it us? The fans? I think its more to do with maintaining your skillset that leaves you feeling above, not pushed below the surface in terms of issues, deemed mature relevant and reliable manifestations of the issues, and instead be brought down by your own philiosophies in life, not having yet lived the term of an entire movement so dedicated to making other people feel good, such as through music and film, there is nothing faulty about a demonstrated effort to articulate the issues, whether or not is a blockbuster hit in your mind, it was made and it made money, therefore fit the present terms or need at the time for assignment of ideas and beliefs held by others, all unnecessary puppeteering jokes aside. If an identity is composed of love, then its by whos love that makes up the beauty within a person, and which types of hurt hurt the beauty within, to so justifiably manifest an ugly distate from others upon looking at a human being, that's exactly, how controlling others are of your health these days, and so resolute about it, with whatever confirmations they can find on social media to denominate you as a useless effort toward peace, or a tireless crusader with guilts, you know had I not told my story, then anothers persons story would not have been valued as relevant with kinder insights to the later messaging of its currents in relationship to the needs demonstrated by the times, to hear from something other than hate, or a simple minded crusader of person interests, to figure out beauty, sexuality, likes, and popularity, I think Im much more than that, whether or not anyone believes in me, to have written in a memorizable format that makes so much sense, so much sense, that not even Im needed to think the rest of the way. That's how selfish people are, given a solution, then blame a solution, as not being sensitive enough on its own merits, or claim that one was ever discriminated to begin with, based on what they look and sound like, a later happenings post hate, a disagreement to oneself, upon looking in the mirror, lack of recognition for self, yes that's hate, and that also doesn't equal a ring, you are doing no one a service putting me down or out in life, simply because you don't like OJ Simpson, hurt me the same, because you do not think I deserve a job, love, respect, or positive rapport with family, cause things to go wrong for me mental health wise, just to take a jab, if you needed to punch me in the face about anything, I'll gladly slam my head into a door several times, until you can't feel me at all, since my presence was not honored as going out of my way, to include someone in my life, then that just means

to get a job, finish another masters, and move to Washington DC, and provide for myself, without a social life, without romance, and live a bigger purpose in life, to help others, that's not geared toward people trying to be heard through me, as though I don't treat people like they matter, if they can survive without me in their lives, then why put me down with me in your life, to see how others respond, where's the growth in that. I don't need anyone to hurt me and do society a service not thinking Im gonna make it, do something wrong and then hurt me to make me look like I do other people wrong, then Im never having sex again for the rest of my life, find better! If no one ever stopped you from being happy and earning a living, what makes you think its okay to hurt me and stop me from getting a job, which is where I am now, leaving one chapter in life, blogging full time and managing a website, and starting a new chapter in life, working, and hopefully stay well enough to reintegrate back into the workforce, now that I get interviews, means that I fixed whatever was wrong with me, appearance and by sound and face, and reputation, and that I have defied the laws of defamation, which seek to cause an inheritance of pain to whomever it is caused, which is why I am going to court on Monday, because Justice Ginsberg died, Justice Roberts fell ill, President Trump got COVID, and my Father got sick. While everyone elses solution, is taking from me, I have built a better life for myself, and will prove it in court, and officially be the opposition to those cares which seek to validate themselves by causing me mental disturbance, until Im slamming my head into doors, to make themselves feel prouder like they have done a good deed getting rid of me from where? Life. Its everyone first inclination to blame whoever is speaking, as though I have ever been hurt and when hurt taken out any of that upset out on others, I keep my side of the street clean, I own up to my own defects (bipolar), and I know I have not been able to get a job (why? Because Im not trusted because I do not have proof that I can work hard if just given a chance, none were afforded to me, which is why Im online). That's not demonstrated knowledge of the code of ethics when it comes to decisions entertainment wise, those are their secret and I have my own, each working independently of eachother, so how dare you criticize me, as though I ever subjected them to harm by any of my later deductions, or even subject audiences, not having understood any patters for wellness in life so created by them for us to enjoy and be privied to exposure to their gifts in life, in music, face, and entertainment, wellness and paid for wellness, by the institutions that protect their interests in maintaining identity for employment, not get hurt by other systems of malfeasance, to injure ones opportunity in life to do well, because sabotaged was a justified action toward me as though to make me responsible for bombings, as though I did not report with enough time to spare, to figure out where impetus for hurting anyone was coming from, what finish line is disturbed is my own timing in life, so someone else can play normal, and then cause me to say things to make what they felt normal as having been coming from me my own fears in life, or be responsible for the displaced emotions of others onto my head and body, make me look guilty, and then team up with everyone from my life, to put me down in life, like my life affects theirs, having made a successful blog. That's just how people are, if theyre not on board, declared mentally ill, and if not officially working for the government a traitor, and if if mentally disturbed accused as not being able to take a joke, to blame me as having had an understanding for things to be about, and not having been happy or complimented to have had anything be about me to begin with, I was never an unhappy person, and maybe someone saw to it, that I be made to be an unhappy person, not achieve to see what becomes of me then? A Website. Why Justice Ginsberg flicked off too in a photo, that was to imitate the bomber who was pictured inside jail flicking off the camera. Don't treat me like I'm not aware of what everything is about, everyone blaming people for taking things too far, if anyone took anything too far, it was whoever turned on me, and waited for me to become lost, or lose intelligence, my own voice, so something worse would be made out of me, and destroy all my progress. Which is why I'm going to court on Monday. Why because I don't deserve to be prosecuted and thrown in jail because someone explains to the court that I am something I am not, a drug addict, or a sex addict, or someone of less than: gay. If I could be nothing, that's exactly what I'd be, I fractured my hand hitting my head in the bathroom (outside the shower) it hit the shower handle by accident. If thats what it takes for anyone to see themselves as stronger than me and simply back off, not create a equation by use of my body and mind, to generate content to suit themselves, via taunting in public or private to be made a public announcement of bullying one-on-one, Id rather jump onto PCH (which is the retort sought thinking I slammed my head into the wall and made a hole in the wall to communicate something not in writing or an indifference to movies or characters, Ive always supported everyone, what the f-ck are you talking about?) I can write, I don't need to die, just to say something I cant say, and if you have a problem with me, then take it to court, and prove it in front of a judge, that you think Im "retarded" and if Im retarded that means you trying convince me that my luck online is imagined or does not good or benefits no one, then don't read my website, and stay away from me, and don't call me once a year to see me, on Monday I will never see this person again for the rest of my life, stalker or not, make no mention of this person, who wouldn't care if I died, how low he thinks of me, trying to put me in jail, and cause me mental illness by taunting so he feels justified), and f-cking die? What for if I have lived this long, I certainly can live a few years longer and get a job. I never ever assumed I would be misused by anyone to tell another persons story, hurt me to make someone else feel good, and that's being a woman, you

either are treated like one or your not, their competition, not feminine enough for, or treated like a type A person steam roller in life, like any wind in my sails puts anyone elses wind out. Stop hurting a good life, to make another example of a bad life lived post success, Ive had none, I haven made a dime in my entire career, not a cent, how dare you say, that its me that provokes anyone to harm others, how dare you! Provocative naked or not, its not my mind and body that causes anyone disgust, its your mind and body that feels disgusting compared to where Im at in life, then live a better life! And that's letting them win! < [HERE]. (Example: telling them something they want to hear: hate). Ive come too far, and have learned so much, and have had so many good days, just to ruin a good life, by someone who thinks it was my life that changed a Country or made them sick, then blame China, and don't blame me for being half Asian, and dump my body in the street, just because you think youre the only person mad that everyone got COVID, if you don't see me on your team, then don't put me on another team of blame in life, if youre so f-cking smart, what the f-ck are you doing with your life to help others, why cause me death, suicide, mental illness, and create fighting toward me, and then claim victim, like Im someone who ever f-cking cared what you though anyways about me, then Im moving, and everyone can take care of themselves, whatever f-cking gay movement was thought about me running at night, or some "taking back the night" like I was crying rape and blaming anyone who loved me as being responsible for me becoming suicidal, its simply no one accepting me as well, and if I cant make it and get a job, Im not going to die in the hospital or jail, I can die at home. That's how badly everyone is trying to hurt me in life, because they think I made money, I wrote for free, ask the internet the basis for that value being placed on my website, and don't hurt me to make me not of value, so that I don't feel good to anyone, so that I don't make sense, so that everyone turns on me, as though its me that is the reason that Im not taken seriously in life, well if they don't like me then don't like me, what the f-ck do I care, I can write anyways, how the f-ck does that affect anyone anyways. I owe it to myself to stay well, how dare you hurt me, when I am providing a voice online, something to read, and cause me to hurt to see if people battling COVID get hurt too, just to put some numbers or deaths on my record, like I would ever convince anyone that a good life is not worth living for. How dare you! #stopsuicide

When You're Feeling Tortured ...

11/27/2020

I don't think they get the point, your either in this Country or your not, and if youre not a fan of someone, don't let your defensive minded campaigns, rule all your social interactions, I don't need a spokesperson, I don't need an attorney, and I certainly don't need any enemies in life, that would be wasting a good life, and at the expense of all my hard work, challenges, and efforts, not make it to a stable place in life, in which to represent myself and others better, that's what is meant by giving your power away, people thinking that they have the power to sue you, like your under in life, listen I don't need you to put me under, to tell me what kind of lesbian I am (I am gay because the men I dated did not stay and because I was not good enough for them, now something they hate, so dont call me a fraud like I never loved anyone, I gave my heart to my boyfriends, its not my fault if you cant find better), to cause me to hurt inside and out, and cause me suicide, as though I never put my friends on pedestals to begin with, never a leader, or a follower, benefiting from anyone elses stature, or hard earned effort to be themselves, so don't go on treating me like I am no one with no friends, you can take away form family, boyfriends, jobs, and the money I don't have, and Im still a number one website, why? Because I am loved whether you like it or not, and want to blame your condition on me, as though my bipolar is contagious, bipolar is thinking OJ Simpson's story and the 9/11 Story are connected by Puff Daddy, whos pool I swam in on Star Island, that's Bipolar. And for those reasons, committed suicide, listen there will be many unwanted connection made in life hearing from you, or knowing your story, that's doesn't mean that anyone apart of your story should be loved any less, maybe its just the road to fame they don't think you can handle why respect of you is lost when looking at me, you have to be really strong from the journey to be watched by all known inside and out, that's looking at you and being pleased with how you look, and that was by my education, so do me a favor and don't use me a face bar for your mental health, and read my work to perfect your own face, means stay away from me, don't turn on me, and then hurt me, like Im not a provider of valid insights that have caused others to feel well, or told anyone anything to cause them to fear society, socialization, or political figures. Had I known that Hillary Clinton wanted to win, then maybe I would not have been focused on Rand Paul and his Candy bar joke, (Movie: Heavyweights), how dare anyone sabotage me in life, and prevent me from getting a job or having a normal life over a political loss as though if one shows their face would not defend them or explain for anyone who is not longer here, whats so irreversible about hate, the wrong people up and the wrong people down, with no leadership in between means that those who are down, have been intended to be where

they are at so that no one can help them but God, including their parents who have given up on them, and exes, that's a sadness within others, I cannot explain, and that's an anger within others toward me I cant explain other, that they cannot be inside of me, and that irritates them to not be able to get through to me, and be read by me, and hear something I have to say to make them feel better or give them their power back, after humiliating me, or sending hate texts to me, like I should be scared of them or anything they have to say about me, you all lie anyways, and claim victim to me anyways, like my story is too hard or too difficult to see the positives in, as though I have not suffered too been suicidal slamming my head into doors, trying to figure out the causes for voices, there is nothing that can stop anyone from stalking you, and wanting to be heard through you by watching you, and that's why my numbers are so important to me, and why ICANN controls my audience and only they know who is watching me, because others think that it is me, that is changing people, to be running around town, and feel not as strong as everyone else, its because you put me down in life, is why you don't feel strong, and hurt yourselves, having identified with me, which is what everyone else is trying to figure out who to identify with in order to bring them strength and solace during times of need, not lay things up in life, like dominos, toward me, so that others can identify anothers struggle in life (like I didnt call the police on Sunset three men ran at me and I sprinted to report them and three men were arrested that night for attempted kidnapping etc), that Im not a party to. Consider it a privilege to know me, and a blessing to not have been able to get a job given the economy. And be grateful that I do have a website, instead of committing suicidal, stuck in a bunch of thoughts and voices, that will not make sense until I start putting some heart back into my life, which is my website.

The Police Just Stopped By I Called ...

11/27/2020

When everythings your fault, and you can't explain what it is you owe to your parents for having sheltered you from these types of attentions in life, you cannot go back and make up for lost time, but you should also not be left on the losing end of the stick, when it comes to who has benefited from knowing whom, be so affected, including a benefit lost, which was provided to you, to ensure your safety and well being, and then be hurt, so that you are not able to provide a similar feeling of safety to everyone else in your life, including your family, and those you love. Its been pretty intense energy wise, which is why I have backed off from writing online, mico-managing my own emotions, just to stay afloat, its not been easy, in worse years I was in bed all day comatose, and not performing, not even under any pressures in life yet, there was none. It seems once you begin performing in life, that's when the pressure hits, and if you have not been able to manage voices and figure out the causes for voices, then you run the risk of becoming schizophrenic just like the rest, on board or not, angry, or apart of, or indifferent, and I don't think that that's the solution for wellness, a togetherness that demands being heard from in order to be trusted, people should be able to make moves in life absent minded you and what you are doing in life, but also don't let other people down, when they are expecting more from you, that's how easily fanship is lost, upon a failure to direct during a time of need, or even worse, allow them to convince themselves right about you, by the comments they project over your head and through your head, to cause you to believe that what they are saying is true about you. Listen if we havent talked long enough online, to know I am me you are you, then there is nothing you can do to change my mind about myself to become a better version of you having known me, then destroy me and all my progress made thus far toward getting a job and building trust online, that's not allowing anyone to get the best of you, by not threats or uses of force, injure your ability to speak well of yourself and others, and when so threatened explain from where you are coming from in response to what energies thrown at you in life, that's just some people, by the book including your books, then giving you a taste of your own medicine in life as though you did not write what you have written or coming from a different person inside of you that's not you, that's someone thinking that success can be transmuted between people, a singular person, transferred within, to produce a result within and to the mind cause a clearing of issues, that's inheritance, your blood, who you trust, and who you know, makes you who you are, not a person, not an idea, not a book, not a set of beliefs, there is no one way to live life with respect for the lives of others, and its when you become threatened by the lives of others, that's yours becomes lost, second in importance to the lives of anyone, who in disagreement of you, seeks to project a series of words descriptors to describe you and your website, that's not valuing you, valuing your life, reputation, or identity, that's someone benefiting from knowing you, and being allowed into you life, watching, in the peace of their own privacy, doesn't get involved to help you should you be experiencing psychosis, or shortness of life fears, those are they not in your life, who often times will make you feel like you could've lived a better life, you are always living the best life you can live, and no one is to judge anyone for the way they live their life, or so choose to love who and why, including those who have

come to trust them in return, that is what creates peace of mind, not someone knowing your story better than you do, its you coming to understand others, and to their benefit, understanding yourself better, to be loved and appreciated. I was slamming my head into the door, because its hard to explain to my parents that I was not the one who betrayed them or ever misrepresented them, and always kept my problems to myself, including whatever abuses I ever suffered, as a result of others threatening me like I had a big head, on in law school for the wrong reasons. No one on board successful, just like no one on board struggling and keeping it that way. Im going on court Monday to sue the person who asked for nude photos, and in return made me look like a sexual person, or someone who was looking for companionship in a sexual way in private, just because of one lawsuit, to make me look like that's what I get sued for, having intimate relationships with people online or in real life that are masturbation based, and the other had sex with me, and then turned on me and threatened to sue my family for every penny, and didn't seem to care that my family is struggling coping with me and my mental health issues over the years which has been depressing to not be able to be myself and be successful and get a job, too many issues, in public, and too many issues privately now, hearing voices from people trying to connect to me, to be heard from me, as though that's how a person is represented by things that people tell you, sticking to your frame of mind or general sense of purpose derived from your heart, information that makes sense to all, that's my intellectual property, that's my heart, that's my brain, and Im getting a copyright and its not to benefit anyone, who is running arguments counter to the existence of me, in order to prove their fears correct in not trusting me or my manner of study or intelligence derived from focusing on what issues mattered most to me, my family, my friends, and my companions, who I trusted for long enough to separate from everyone, and realize that I need to be independent of everyone, and get a job, and provide for myself, which was the plan to begin with, make money on my own, and not rely on anyone for help or assistance with earning a living and providing for myself, while helping others. It seems all I do is give my power away, whenever I get attacked, and that's what they want, entitlement, thinking I have something they don't in life, peace, I think peace is something you create for yourself, a general happiness for self and others, that cannot be circumvented by hate, a tolerable level of advocacy and distance from energy or words that don't make sense, how I protect myself from harm, steering clear of anyone who doesn't have those things down in life, and begin hostile toward me for having things down in life, and performing under pressure, and able to speak for myself, without causing harm to anyone reputations who doesn't wish to be apart of my life, that's on them, not me, and so long as I get attacked to build a side toward me, that's to benefit who is hurting me, to then get everyone to turn on me, like a movie fantasized about: Salt.

The Beauty in the Positive ...

11/26/2020

6 months to a year ago I was nothing, just an idea that never came to fruition, a jazzy pen name, with more negative innuendos than any positive insights that could be born from such an expression of thought, thought to be about someone else, or something else, not of my own making, and then you come to be. That's being nothing and then becoming something, theres nothing intimidating about that, just someone no one thought you were, smart, smart enough to rise above hate, and strong enough to be insightful without bringing the house down and making it just about yourself or your own setbacks and sufferings in life. In the beginning I would post on Twitter, which looked more like a "snapping" "Charlie Sheen" joke than anything relevant, or a "quotes" campaign or style of writing thought to memorialize "Johnny Cochran" who died of an aneurysm, after defending OJ Simpson, therefore me in law school as Sydney Simpson's best friend was just a joke to anyone watching, looking at me like I was trying to be something I was not, or even worse, not include me, and hospitalize me for 30 days upon his release seeing myself on TV in the hospital, that's being left out of any equation for peace in life, making gun violence about me, so that any effort to combat gun violence, would be viewed as in defense of my own identity, as though I ever spearheaded any movement against men to begin with, or teach women to value themselves by not putting out, and give love to one another instead, I don't want to be gay with any women, nor do I expect any women to be nice to me, and think that Im being gay with them, Id rather be alone with no friends, and no boyfriend, and no children for that matter, its too late, Ive been hospitalized 9x bipolar, and I don't think that is in my hand in life, to be married have children and to have a new life, its work or nothing and Im not sad about it, no dreams shattered as of yet, just a new beginning. So when you get to the top of any game, whether that be in tech, blogging, writing, or photography, just be yourself, maybe its that your bringing something new to the table, and exciting person to watch and to know in life, just as your boyfriends semi admired you or not, or so chose to admire other women in their lives, in spite of whatever it was you were going through they never thought relevant to how you looked, who you

were with, and why you lost your beauty, while in love, I mean who does that happen to anyways, not something I ever thought would happen to me, thinking about someone else in life. So be yourself, I have had my own share of struggles, much to do with appearances and intelligence more than to do with anything social, either fitting in, or not fitting in at all, what is cool anyways? Someone who makes sense or someone who does not make sense, someone who everyone likes, or someone who people question, someone who makes others feel good, or someone who makes others feel badly, someone who thinks positively, or someone who causes others to see things in the negative, for whatever its worth, if Im too late, tell my family Im sorry. So where does beauty come from, its not a shield, or is it, is it an attitude? Maybe. Is it thinking well of others, most certainly, for everything beautiful is a reflection, within, and outwardly to those around you, like a halo, an image of the world, that encompasses as feeling to be had, about you and about others, which upon connecting to or with, makes others feel similarly beautiful in its presence, a quiet acknowledgement of wellness, which to anyone who is not made happy about how they look and feel threatened by, to bring about a different set of characteristics or traits in you, to your face, and to your spoken language and words, reflecting the disgust they have for you, the insensitivity they exhibited toward you, and with reverence for themselves, an unlikely duo in time, or match, a better than or worse case scenario, meeting of the minds, to bring one down to bring another up, and exchange of luck, what dating in law school was like. Someone who is better than you, will always see themselves as better than you, and that's why you are not taken seriously in life, or respected, thought to be about something else in life, proving yourself right or others wrong, and it is on those basis that others seek to attack your image, your face, your body, your feelings, and your demeanor, to denounce you from any positions of importance when it comes to trust and likelihood of success determinants, not including knowing you as being someone who brings positive thoughts to the minds of others whether or not that excludes you from considerations to begin with, as having always been a good person, from always having meant well, from never having intended to cause any harm to anyone elses understandings of the world, and to never waste the time of others so caring for you, its is for those reasons I have decided to be alone, why? Because if my work is not of value to anyone, and if I am not of value to anyone, then I should at least be of value to myself, and so long as they keep stealing from me work when Im at the top, explains why I created more work of value, or irreplaceable value, online, my writing, and in words became of value to others. That's living life for yourself, and for others, seeking to benefit not harm the sense of others, and not intrude upon the very things that make them feel good or feel whole or be loved, that's by who is around them made to feel safe, that's a sensible exchange of difference, to see someone who is well, who is not in need, not take away the trusts of someone who dependency on them, created the very energy toward me propelling me to one failure after the next, treated as an afterthought of beliefs, from the sufferings of others, as though all our sufferings are connected, woman, man, child, professional, doctor, attorney, or judge, to what lengths must anyone go to prove themselves right by proving any one person wrong in life, is surely just wasting their energy in trying to describe a harm that has occurred, and only lending insights to allow that harm to occur again, bullying. Its by what you say others come to believe is a consensus opinion of you held, whether by one, or a few, and then to all, sought to occur, so that one could be compared to someone like OJ Simpson, who everyone loved then lost respect for, hated, well I am not him, and I was never famous, and I have always worked hard, and life has not been easy for me to say the least, nor should a game be made, of identities, to hurt mine, and say that I don't measure up to anything intelligent, or worth a read, that would be putting me down, in favor of others more deserving of attentions in life, which is why my femininity gets attacked as being gay or masculine, to kick me out of a gender admired, women, in favor of a more tolerable pose in life, which would be to fight among those looking for a fight to see how I measure up in comparison, someone who threatens others when upset, or someone who is not seen that way even when upset so threatening anyones sense of self, the only thing scary about not being on my team in life, is not thinking like me, and not having my words make one feel better about themselves, that's when someone does not work for you, and doesn't improve your condition by what they have to say, that is when another person who knows me feels better to you talking about me. That is the strength in knowing someone, no one talks to, getting to be the person who gets to talk to everyone like they know me, when I don't even know them at all now, different. When you love someone, you never see that coming, the side of them ready to fight you, like they had it in them the whole time, preparing for the very moment, you decide to leave, or to focus on yourself, as though anything you would have to say thereafter, would run counter to anything they had to ever say about you or about life in general lead others to think like them. Whos the bigger person now? Man or woman? Who is the insensitive person now? Man or woman. Who do we empathize with now and read? Man or woman. Whos insights shed the most light upon how others are feeling? Man or woman? From where do thoughts come from? Man or Woman. Is that Man reading woman, or woman reading man, and whos heart is in the middle of that deduction? Man or woman? Think before you speak, and that goes for thoughts internal as well as thoughts external, which all are affected by, always think positively about those in your surroundings no matter how mad they become at you, sometimes seeing you later on Instagram doesn't make a difference, even if they hear you sing, still have nothing

positive to say about you. So learn to roll with the punches, returning my glasses tomorrow, had already exchanged them for a black pair, by Prada.

All They Do is Scare You ...

11/26/2020

When someone from your life threatens you, that's to put your light out, in preservation of their own light, that's not wanting to see you shine, or be well liked, preferred you not coming to be, or realizing your own potential in life, speaking down to you, so that you don't see the light of day, or come full circle and rise above. That's out of their own insecurities, making things about you, then trying to convince you that anything is about you, when really its about themselves and how they see the world, and what they find humorous, thinking everything is a joke about you, well if it is, where are they now? And where are you in relationship to those beliefs held? Any better? Consider it forgotten, and whatever gets rehashed, is them not being done with you, going back for more, as though their esteems in life depend on it, they wouldn't know a foul connection or criminal connection if their life dependent on it, that's them on you, not you on them, is the misunderstanding, everyone thinking their perfect, and at your expense sympathize with them or where they are at in life, not a present party to their own misery in life, and that's when you need to step away, someone you used to be able to share joy and love with, whos interests no longer serve you, that's them wanting control over your well being, and putting you down in the process of putting themselves down, making up an effect, until it occurs, in the opposite toward you, everyone looking down upon you or your family, and that's not tolerable, that's not deserved, and I don't care how rich or successful you are, no one deserves to put me down, as the butt to their jokes, in order to suit themselves as above you in life, so deserved. Therefore Im spending the next 365 days writing and publishing everyday, until my Wesbiste is moved to Wordpress, and begin earning an income for content, and donating all the proceeds to whichever organization I so choose, maybe even to the US Supreme Court, if they take donations, since it is their opinions that control and govern the rest of the opinions held by each Country member, fairly and squarely, not on a personal basis over who has dated who, loved who, and who is the better catch, put the other down, as though hooking up with me lessens anyones chances for the picking, you know what it actually improves your chances of being picked is the thing, everyone who has dated me able to move on without me and have a career. Therefore, I will continue to write everyday job or not, and earn another million dollars by the end of next year, create a website worth 2 million dollars, that's for me, that's for everyones peace of mind, not be disturbed by social politics, or death and dying, blame anyone earning a wage, for the repercussions installed by hate, and the misunderstandings corroborated by sides, and mistake me as the enemy to any valley, city, or Country, be poisoned and put down in life, that's not deserved that's not a joke, that's not an offense I take lightly, and that's why Im going to court, because you guys have it all wrong, everyone making money, and then treat me like a threat to society or to social understandings of hate, fires, gun violence, and floodings, its not my fault, anyone in charge was not believed to be in dire circumstances trusted, if you don't believe in who is successful and earning a living, with appreciation for the work that has been done, then don't ask God why youre not feeling well, and put me down as though I deserve to die too by COVID, stop spreading guilt, and blame where none are due, you never know who everyone is attached to, or knows, who has made anyone a living part of their lives, matter to them, alive. If you guys had a proper handle on things, then maybe I would not haver blogged again or built a website, but since things were not going well, I decided to write books, one after each fire, until things became peaceful again, that's you guys not seeing the bigger picture, and attacking me as though Im responsible for helping you become a member to your own Country, don't cause losses in faith in me, by bad mouthing me, and take it upon yourself to play hero, emasculating me, and defacing my face, because you think it's a funny play on posters, a shootings, that's not correct to go through my things, and think that anything in my memory, is a secret its not, I tell the courts everything, so everything done to me, is in support of whom, someone who just wants to see someone powerful, or able to earn an income suffer for what, your sufferings not liking me, Im not even in your life, to be wrongfully accused, of anything troubling you have been through without me knowing you, that's on you not me, Im staying home for the next four years or running, and getting a job, and continuing to post everyday, until the hate rumors stop, and until no one has power to defame me, not send a text, not be loving toward anyone in private, no one deserves it, but the courts and whichever political institutions I have supported over the years on CSPAN. That's doing my city a service, and not be dismantled by anyone, who treats me as though I have ever created problems for anyone, how so? I keep to myself, don't suddenly attack me, like I have anything to do with your own happiness in life, that's not my fault, leave me alone, leave my family alone, and do not come back into my life, to prosecute me for whatever fears you have in life about shootings, fires, and floods,

like I haven't done everything in my power, to restore the faith in the people, so that no one passes guilt around, and so that no one makes anyone else feel bad, for being themselves, and liking what they choose to like, even if it doesn't include me. So don't go full power threaten me like Im scared, scared of what? And if scaring me is a joke about my sexuality, then don't fuck me, and prosecute me, like I ever caused anyone to drink or lose their mind about things, convince yourself of being a hero, and treat me as a villain, for whichever women in your life, you hold so high, even higher above me. This website was made for me, by me, for everyone, so everyone can see the big picture, move on. **-Dropping 50lbs again (-27lbs), court appointment is on Monday.**
There are so Many ...

11/26/2020

There are so many unhappy people in the world, don't be one of them. The holidays are here, and there is so much to be thankful for in life. And although things may not be perfect, that doesn't mean that youre the only one trying to put their lives back together, following devastation, some more sensitive than others, its mind over matter. When someone gets personal with you, take a step back, acknowledge where they are coming from, recognize your part in everything, and don't engage with anyone not on your team in life, whatever it is they are feeling theyre not feeling you, which means don't respond. That's life, some come to know you and support you through all your future endeavors, and some don't wish for you to live a single day without them in your life, that's just how they are, you are either in my life, or should be suffering without me in your life, that's another thinking that your wellness was ever dependent upon their love or support for the time being, that's taking from you what they think they brought to you in your life, as though anyones love is that powerful to change anyone for the better, not especially if theyre not on your team in life now, that's for personal reasons, hurting you in public, just to see what you have to say about them, no one needs to be mentioned no matter how aggravated my circumstances become in life, I always see things in the positive, and if someone is not made to feel well by me, well they brought that upon themselves not my doing. As a blogger you learn to accept all people in your life, and even acknowledge that there will be some people in your audience not on your team in life, reading for themselves not in support of you, Im not sure why, but its probably to do with building lawsuits or trying to get money from me, none of which I have, I don't have any money, and I can barely afford the Attorney who helps me during times of need, or advice. This is the moment where you either allow everything to break you, or you come out a stronger person in the long run, that's where I am at right now, I can either let them win slamming my head into doors, punching my head, suicidal, or I can rise above, and let go, and not allow myself to be affected by anyone not in support of me, or my writing online, as though it has anything to do with them, everyone wanting credit where none is deserved. Its only because my website is worth money now, that anyone wants to be around me, suddenly, because Im popular online, that's doesn't mean that they are going to support me, or treat me any differently, and that also doesn't mean that I should feel the need to sue anyone, or pose a threat to anyone competition wise, over the order of importance of issues and priority when it comes to who is serviced and cared for, and who is forgotten, and made out to be something they are not, a lower class citizen to the successes of others, as identified. That's someone who never saw you as important knowing you, did not acknowledge how special you were and how hard you worked just to get into law school, and when the odds are against you was not there for you, did not try hard enough to get through to you or help you in life, that's someone who is a fair weather friend, not wanting to deal with your problems or changes set of conditions, and then suddenly when you become stronger attacks you, like you owe them anything in life, then don't like me, don't try to have sex with me, and don't support me, be on your own team in life, even if it means going against me, I have an Attorney for that, Im not scared. Im not scared of anyone trying to attack me, threatening me, I don't owe anyone anything in life, no one was there for me when I was suicidal and disabled in bed all day, and I don't expect anyone to be there for me now, that's me driven, successful, full of love, and admiration for others too not just myself, that to me is being apart of, no matter what anyone thinks of me.

It Used to Be Fun ...

11/24/2020

It used to be fun of making fun of people, the non-stop cycle of jokes and realizations upon comparing a person to other more notable characters and figures in society, as being about the same things in life, going for the same success, or trying to achieve success through the same means, you can never do anything good twice, that's the

beauty of creativity, best the first time, insightful the second, and by the third attempt to articulate where your coming from when making a point, hopefully eventually you come to a close, a positive closure in making sense of the time, or events in time that brought you less light, and left you feeling lost. When is it not fun? When the person you were making fun of, stumbles, falls, is hospitalized 9x and still doesn't have a career, that's reverse psychology gone too far, saying things to you making fun of your "world peace motion" and heckling you with taunts, as those insults will ever bring you clarity or enlarge your growing sense of purpose in life, to communicate better taking everything into account, and leaving no one's interests behind, in terms of acceptance for beliefs, "principles before personalities" as AA likes to call it, a "strict adherence" which would be to basic common sense when it comes to understanding someone, and some common courtesy with respect to their ability to tell their own story in life, that much gets lost in making fun of someone before they ever become anybody worth a read, it's a tough pill to swallow, everyone having known you without you knowing them, that's not the cool part of being known, what for, hopefully nothing negative, but I'm sure that happens to, a general purpose for losses of respect to occur, not see anyone who thinks they're important make important that I think is the purpose for insult whether one reacts or defends themselves at having done a good job supporting others through gun violence, fires, illness (COVID), depression, and losses of faith (breakups), why I started book writing at home, that's being scared, and starting to live your life again, and help others, whether anyone wants to hear from you or not make a positive difference. I think I've been through it all, and I'm sure that every one of you have too, which makes us more similar than different at this point, let's just not share our reservations out loud, everyone's entitled to keep going on whatever tangents in life bring them greater understanding of the big picture, whether that includes me or anything I have done to support the causes that have inspired me to stay sober, graduate, and live a better life for myself, and not one living in a hospital mentally ill on meds, sleeping all day. That's turning your life around for the better, and when you become a better person, then you can make a difference, but until then work on yourself in order to be someone worth knowing. Next time if you come from an important story, write a solid book (that I tried to do, but not good enough), and when it comes time to share your story (let it be read for free, that's not making money off of another person's struggle in life to speak for themselves be a good friend). I can't say that half the things we went through were normal separately but I'm sure we are both now independently successful whether we talk or not, and hopefully not too embarrassing to know, that much you can't control, someone who meets you, knows you, sees who you're connected to, and then makes fun of you, as thinking you are bigger than you are, or closer than you are, to someone who is known, as though a friendship never existed, only their negative opinion of you, well if you haven't lived my life, then you wouldn't know what it's like to grow up, work your hardest getting good grades, take the LSAT three times, get into law school and then be made fun of while you are there, like that was easy to do, or a joke, that's when someone who you love doesn't even respect the fact you are there or the reasons why you are there doesn't believe in you at all, and that's when it's time to separate yourself from someone who loses faith in you, and restore your faith in yourself, if you can't provide the number of reassurances required to love someone, stay on track, and be successful have a career, then choose one or the other, no matter how painful it is to be alone, and having failed at two things in life, law school and marriage. There will be new experiences and new people who may come into your life, but until you respect yourself, enough to stop self-harming, drinking etc, the more you allow those no longer in your life to get the best of you treat you as though you deserve nothing worth living for as though you didn't do them a favor leaving them to begin with, so that they could live a better life without you, that's a tough pill to swallow, to invest years of your life loving someone, and going out of your way to be available to see them sacrifice time spent on focusing on you and your studies, and for things to not work out for you, that will be a mistake I will never forgive myself for, dating in law school, and also graduating from law school and being defamed online like I'm nothing, treated like some dumb whore half naked with no sense of morale or value, the opposite of having created a blog and website worth over a million dollars, that's hard work, the rest is another representation of you gone wrong, that's what makes them happy, to see no one love you, to see no one respect you, to see you have nothing, suffer, die mentally ill suicidal, why because they don't respect you, they don't value you, they only care about themselves, and couldn't care less if you were raped, or in constant contact with police, or treated like you're too much just to know or see, not fitting in with anyone else's visual memory of who you were before you became a writer online, not someone who ever stood out as into themselves at peace, quiet. Everything is a f-king joke to someone who doesn't respect you and thinks you think you're smarter than they are, to them making you look stupid in a slapstick comedy way, makes them feel better, to see you get shot down in public like you deserve it leading any movements in life for humanity's sake or your own, mental health wise, that much is not deserved MLK put down. I may not be your dream girl, and I may not even be someone you fantasize about being with, but I will be me, whether you like it or not, and I will get a job whether you think that's deserved or not, and I will earn a living and get a paycheck whether you think I deserve a dime or not, I certainly don't deserve to live the rest of my life suffering mentally ill or suicidal over one person's interpretation of who I am, what I'm about, or based upon what everyone else is thinking when they

see me, think undeserved to be apart of any larger purpose bigger than myself. Even if I don't marry or have a child, I will still not date for the rest of my life, especially not anyone who doesn't love me, or thinks that I am someone I am not, that's a threat to my life and livelihood and reputational harm I am not willing to suffer any more years of my life thinking about, what happened to my face, what happened to my body, why I got sick, or how I lost my smarts, that's something I don't want to think about, or how many meds put on sedentary for years sleeping in bed, and working sometimes, while finishing my masters, that much no one knows about me, no one thinks is important, and no one ever saw coming, me with a law degree, no one ever saw the sense in that or purpose in finishing a masters, what for? To get a job!

Changing Places While Dating: Confidence ...

11/24/2020

When youre in love, or come to love and adore someone, there are no problems in life, and for some people that is their sense of peace and bliss, to have a companion in life, something you either do or do not have time for, its never a necessity, monogamy, but some prefer it that way. 100% control over you and how you spend your time, with dedication to them, not necessarily inspire love for what you have found confidence your whole life, through your studies, and extracurriculars, that's dedication. When you have to prove yourself to another dedicated to a cause whether that's marriage or an organization you support, there comes a time, when those choices in life become a matter of whether important to you, or important for the purposes of how you look to others and why, that's marriage and supporting non-profits, something otherwise admirable for most, but if you are someone whos image is not viewed in high esteems is thought for that to be known to you thought less of, and in order to counter those losses in esteem dedicated yourself to greater causes than yourself, marriage, and you time invested in loving them, what will bring you happiness in life, letting life happen, or doing something to help others, with no expectation of reward, that's selflessness, standing out in a good way, not because of who you know, thought to have a big head thinking you were famous too ever, noticed in a special way with respect for your privacies and whatever you have been through in life mental health wise, seems that things will always be made about that, your past, and make where you are at now mental health wise, about how you have presented your past, affected by your own words and reactions to your words, and not worthy or a representative insight about. When someone puts you down in life and makes fun of you, that's them thinking that your heart is in all the wrong places in life, for all the wrong reasons in law school and when that much is not respected or admired about you, there for show, it seems they become the bringer of any unrealized heat, about you, there not deserving to be there, or not smart enough to finish, there to look smart, not to actually do the work necessary in order to be someone who can help others, you know if you believe in yourself and someone else doubts you then don't listen to them and allow you to question yourself or where youre headed in in lfie, if you didn't need them in the first place, you should still be able to survive and do fine in life without them being in your life, and that's dating, should be at no expense we come to meet and know others, be put down in life that's the wrong way to go about things, thinking things about your own thinking without thinking in the best interests of the person who is thinking not thinking about what your thinking and that's how control is made when someone is unaware of what the other is up to, a lack of sync, reading you, and feeling like you, and knowing you better than you have even told them about yourself to begin with, a secret they keep to themselves, you'll notice when the awe is gone, its not love, it's the satisfaction of feeling like a man, and the sense of love for self that comes from you needing them, that's how someone you don't need makes you needy or weak, and as a result you lose your confidence in life, and before you know it cant perform, cant do well, cant get a job, and all your luck and drive gone, to a feeling they have about you which was never in support of you but geared more in support of themselves not visualizing knowing you for the long term not visualizing a future with you, that's being made to love and dumped when you become weak minded or insecure or unstable, that's their stability found and yours lost.

I Was Just Thinking ...

11/24/2020

Energy is so important, heavy subject these days, stuff we didn't really used to think about until it hits, don't be alarmed its okay, youre doing just fine, and youre right where you need to be. Just like you can play around with your own thoughts about things, so can others, and what you allow for in life, are what you ultimately feel, about self and others, so try to always keep things in the positive, no matter what energy is provoked from you, a

manifestation of their own reasoning, or just to make you feel bad, so they feel right about you, don't let them win! You can do this, everyone has bad days, and its mostly by being supportive that others don't flip the switch on you, who wants to deal with that energy anyways right now, not settled, going through a lot, or triggered, that's a recipe for a fight, and right about now is that time where if you say the wrong things quickly turns into a fight toward you, about you, made up in their minds about you, that's someone internalizing knowing you, then blaming you as though you were the exposure in life that changed them for better or worse, you know you either become worldly on your own, or you have experiences in life that cause you to think about life, and sometimes in knowing others we come to see things better not worse, never admitting to themselves that had they not known you would have never thought so highly of themselves and less of you, that's someone insecure, finding themselves, immediately recognizes in themselves what needs fixing and suddenly independent of you with energy, that's the beauty of life, brining out the best in others, and sometimes the worst is in turn brought out in us, not meeting the same person as ourselves in life, equally supportive, kind, caring and unconditional with regards to when we talk about life, making sense to them in a way that they decide to support you in all your endeavors, that's a part of someone you support and admire, who does not also admire and support what you are doing in life, other things seem to impress someone, not living in the same world as you, but seems different, that's not just their peace where theyre at, it also means recognize and find your peace based on where you are at, and never stop dreaming and doing what your doing in life and whats making you happy, step down in terms of what your goals are, to assimilate, to a standard of what someone else thinks will bring you happiness, which actually doesn't, working 9-5pm, there are other ways to live life, working from home is one of them, something I have prided myself in as a student for many years, its my system, its working for me, and I stay busy happy. There is always time to branch out socially or professionally and when youre ready and hit those moments of growth in life when you start to meet people again you'll be oh so very proud of yourself, that you didn't just listen and follow everyone elses reservations about where you have managed to find yourself online, without help from anyone, without a network of connections, that means able to be yourself, and be loved, by no matter whos in the room, unchanged by others. That's an amazing feat to look like yourself in front of thousands of people, really cool.

Just Cleaned, Cut my Hair, and Passed a Quiz!

11/23/2020

There comes a time when using the phrase "only time will tell" stops applying all those helpful advices that's if what you are faced with equals more than any of the advice that can be given to a good person who thinks and sees clearly, that just means your out of loop in scope, and that's okay, when things become about you, or by making things about you, not make sense, as though the goal was sickness to begin with, as though anyone needs motivation or a life coach to think or dislike anyone or anything, that's the mistake in thinking, that life advice is a poor humorous approach to life, as though by punishment one works online, I think you find your place when no other places work for you, that's just being yourself, strong enough to micro-manage the disciplined demeanor of working everyday or get sick performing and suffer personal losses focused on other things in life, whats more important to you, work or love, or school, for me its always been school, that's because I used to do well in school, it was something that challenged me, that if I invested 100 % of my time and attention to shined, got As, and that was magnificent to experience, when you pick right and do the work, and it all makes sense to you, that's not reading the professor, that's being prepared, so that in the event you are tested, you have studied everything you thought important and able to use what you know on your exam, that's how to stand out on an exam, a skill that cannot be memorized, an argument that cannot be pre-calculated, a series of understandings that wont show up the same, and cannot be applied by force to make sense of something else, that's defeating the purpose of learning, cross applying what you know to only apply in one circumstance, and nothing comes to mind in application of what is needed to addressed as being relevant standing out from amongst the other facts being reviewed, that's taking advice from someone you liked or trusted, and that's how you also get made to look stupid, not in the know, read the situation, read the person, you cant always go by what you feel will make them happy that's exactly how you learn too late what is smart and what is stupid to do in life, give love to people who don't need love.

"Systems Thinking in Public Health" (Certificate Course) ...

11/23/2020

The Time is Now: Not to Be Ruled by Your Thoughts ...

11/22/2020

When focus kicks in and discipline for purposes of improvement not a moment anyone can decide for you wellness or motivation it's a place you arrive to and feel instantly well by association placement or exposure it's the moment that makes or breaks you from being a decided part of society or deemed someone who's interests run counter to the well being of others mistreated as thought deserved. And for every upset is a purposefully fueled negative judgment (by insult: something that either sticks or doesn't, for positive purpose, make sense to you later, only upon recognition for insights remembered, its not a reaction for positive things to occur for you, it creates negative happenings for you, not unless you don't subject yourself to insult by exposure to your life, be insulted by the viewer not recognizing you as special or worth it, quite yet). There will always be an imagined indifference toward you maybe even a fear of ridicule until it happens and confirms your beliefs of worse to come, it is then your responsibility to make sure that that does not continue, and not lend insights to allow for it to continue to be, that others are made hostile because of who you are or what you look like, offends their sense of direction in life knowing you, let alone their appearances, be affected by you. Yes, you are responsible for losses in faith, first off your own, and then for subsequent losses of faith in you by others, who one don't know whats bothering you unless you talk about, and two may feel there is too much to talk about so leave you alone, or three worried that if you start talking that you wont stop and talk about all the wrong things in life, Im sure life gets better, and it has a lot to do with what you have to say, that abrasiveness, occurring before you have shined, that anger, having to do with you not having done a good enough job being you to make others feel good around you, and the challenge is not needing anyone and not being a problem to anyone, and that's when happiness occurs, a job well done, a place for normal conversations about life, without the pressure or intensity of who has done who wrong and suffered, that's being made scared in life, that's retaliation, and that's recidivism (expectation for offense, and then offense taken whenever something is said or occurs to the note of what was initially thought to be the series of events or rational for causes, who is speaking, what is being filmed, who is well, who is sick, its only a nightmare until you fix your life, otherwise you will forever be tested as someone who knows the law or acts as though they are above the law, which is code for thinks they are the \$hit because they are the \$hit because they have no enemies in life and feel good about themselves because they are well, and stay out of trouble because they don't cause trouble for others, whatever happened to those days). It seems you are judged in therefore for the love you give, who you admired, and what you do with your life, specifically what causes you feelings of love for another, generally its when someone likes you, you decide to like them and focus on them and get to know someone, figure out what they are all about, this is before everyone knows eachother and no one is impressed with anyone, same thing happens when everyone has dated, they all move on, some date, the best or the best from ones own social circles, generally we call them friends, then you meet the rest of the world, so it's a choice, whether to carry the same admiration or acceptance of others as you did your friends you were assigned to be friends with, by application accepted, that's an identity issue you come to grips with, when someone not assigned to you in life, then becomes apart of your life, and makes money off of you, selling your soul to the world, to be viewed in the masses in a disfavorable light, that's photography, beautiful one second, then grose the next minute, that's not being able to hold a pose, based upon who has viewed or is watching, a change in opinion of you based on what your body looks like, maybe not the proudest moment being obsess 192 lbs, but definitely not confidence which basically means grose, unfit for viewing, if upon photographed, my body and face in real life changes, means not a good idea, not willing to, and not willing to endure the changes and figure out a new way of overcoming those changes, which was what running and weightloss weren't for (2014-2017) my face and body have never changed, always just a smaller version of myself, same shape, different size, that's me. So don't base your happiness on the wellness of others alone, you are you they are them, but yes you must stay well if you are well because you never know who is depending upon your fixed imagery online, to keep them moving forward, without letting everything hit the conscious without directions feel harmed as misidentified, it only requires an adjustment on your part, don't let things sit, how you get hurt being vague or ambiguous as to what you are saying, made to look like youre having difficulty because you have something to hide, which is the purpose for being dumbed down, not able, meaning not capable of saying anything that will help, means not fit to lead any discussions about a topic, one has just entered by computer or phone, not by website or twitter, that's when you get attacked because it is thought you care or worry about subjects that don't affect

everyone, so that if you are made scared, think that you will discuss things that scared you to scare others, no that's not the solution, to talk about what was done, or how things got better, and especially not at a time like this, its called letting people do their job in life. Its when you are down, the well lead the well, that's not a headstart, and your not the backburner holding anyone down in life to be freed from interpretation or relation back, I think that was a gamble that everyone felt was worth the stumbling around trying to figure out what was keeping everyone else going sometimes its something they all know that you don't, seem to be oblivious too, and that's you out of the mix, not blending in, standing out in a good way or bad way, just don't be doing anything wrong, is the team that just needs you to do something wrong, to put you in the hospital or jail to confirm you are a bad influence or poor decision maker, or cause for incidents, that you don't pay attention in life if you seem gone or not smart, and that's how everyone is exactly where they need to be in life, whether or not you are harmed and paying attention, is how you become the offender to anothers story, the fool not the hero. In all other case to worry less for yourself, is being selfless, to become more conservative is not to be better than its to not get sick or put in the hospital or jail misidentified as having no light spotted, which is what someone who is not connected with a job looks to others, the one not lit, unhappy, that's the system of etiquette when it comes to findings be on their side (CHP) and if you are not strong enough to drive and not stand out, then that means stay home, if you become too slow to drive, how you get pulled over, without warning is usually when it happens, like its time, a chore for everyone to care for, a disappointment, and that's living life, some on your team, sometimes everyones not, and that's addiction.

Please Note: Things as they are will never feel good or be the right timing always an expense to you when things are good for you and not for others, and exchange, its for the purpose of bettering one another be made aware of not during a time of need be thought about, and be tested in life for improvements as though its your specialty to sharpen up mathmatically or by physics know how and why what is happening to you is, thats forgiveness, you either let it in the good spirit of others, or you reject others from your spirit or identity sometimes having more to do with your insides adjusting, not necessarily having to do with what anyone looks like familiar or not, acceptable, kind, or mean and why. Whenever you go by the timing of anothers needs, thats not trust, thats love being tested, whether you are in the moment with them, recognize that peace made, or whether you achieve that regularly by yourself or so plentiful that you are required to provide constant remedy to another or reassurances, based upon your condition provide, well or not, thats staying well and being held responsible, if a condition happens, you cannot correct means your not improved, or not improved for those reasons, or not aware of where improvement is needed, air, personality, or demeanor, if its known by watching one, its assumed to be the case for all, changing by who is watching them look, empowering to whoever knew you, and lived a great life anyways, and sad for whoever just met you and appreciates you sharing trying to help, Im not an overnight success I have been trying to get followers since 2013, you have to be worth it, for look or study, is the look theyre going for, which is why I prided myself in perfect photos it was because I was focused, it was not trying to be like, that was me, the same gear my whole life, then stuck in old navy, then shopped November 2019. How a good life becomes a bad life, based upon how you are treated feel loved attended to or eventually made to feel at ease safe thats a system best created for oneself a feeling someone cannot always provide to you upon being with thats a form of rejection occurring not by words or actions means that the answer lies within you not someone else to manage your condition or figure out your problems at that point its mostly imagined before it ever becomes real and if so do your best to speak to your own fears without making anyone see like you before youve even found a solution to your own fears beyond reporting means being comfortable in your own skin thats how you get picked or rejected based upon who has given you that advice. So once you become a success minus the actual money means instant thinking for others and maybe a downswing for you, thats being you, not new to life, so dont be forgetful like you got there in an easy way not the hard way, no it took me 8 years, punishments along the way, staying sober, staying home, making choices of who to contact, recovering from mental health issues bipolar, start being easy to know not someone to make fun of make it about me, and practicing writing everyday to become a writer, a rain or shine writer, thats getting up and coming up with a system for writing, that works for you, and a style you are proud of, not a style that opens anyone up to negative judgments about me or others, and those negative happenings were not because I was the joke or the fear of arriving to wellness, or not being good enough, the person everyone knows talks, and things that everything said is about them, is someone looking for someone to blame, as being a cause for change an influence, listen if they dont like me, Im not in them! The goal is to better one another, and leave everyone bettered having known you, thats a good experience with you, knowing you, then there are bad experiences you have in life, usually not with people you know, its others in charge of you, and then you being made scared, and those who know you judging you by your choice associations, thats something no one can help you with, who comes into your life, whos not in your life, and where you are now, just be happy to be alive, you dont have to explain all negative happenings from your own viewpoint, not if everyone knows you Lakers, Graduation Schedule, Facebook Account, Bank Account, Gmail

Account, you can keep everything and still be found to be in error, that's how much reporting and thinking goes on before a launch, a completed version of you, well.

Unwanted Shared Comradere ...

11/22/2020

To what is known about you provoked through you to make you look or sound like someone who processes what you're told by any voices to be about similarly, -I think you either make sense or you don't, not in a condescending way to anyone in life heard. It's never too late to try to live a new life or dream a new dream, princess or not. We are not always born with high self-esteem it's something you learn to improve overtime. When you're down or not doing well that can mean many things. It's mostly you, whether you can withstand conditions or not based upon how you feel or go by how others feel about you affected. If they can be on one side in life, it's definitely not going to be your side, especially if they're cool or popular or well liked, it's definitely not you who is influencing anyone for the better, solid or not, deans list or cocaine, sober or 21, law school or rehab, almost married, or annulled, likes or no likes, how many parallels can you handle in life or polar opposite positions in life must you assume, before you never make it back to who you were, if those were general communications made to all that you're not going to make it in life, then that must have meant to some a given as though one not well, was because one sold anyone out in life, let alone their own family, as though everything in life is about any shared communications, none weird, my family is normal, where I got it from, maybe flirtatious, but I'm sure that I have had my share of flirting in my lifetime, just used to think it was unnecessary, but see that now as friendliness, not sexuality, when I was a child, I didn't understand, what being womanly was, I was a girl, so that was not a trait that I ever grew into for that matter, womanly, I have no idea why, so I'm losing 50 lbs again, and becoming the woman I was supposed to be my whole life, had I been a dancer, or a golf person, or was approved for gymnastics as a child, backwalkovers on the balance beam and able to tumble on the bars, and do 12 pull ups by 2nd grade, to me that was fun, to my mom, that was not a good idea to train as a child, with the risk of it stunting my growth, I don't think soccer legs, made a better body out of me anyways, how the F could I date, my body mishmashed, and face not beautiful, that's something you learn as you get older how to lose weight and tone up and it starts with feeling good about yourself, you can't be smoking weed, taking naps, and eating rice and chicken everyday, learn portion control, you'll thank yourself later in life, and have more stars on your board. So what is health, it's the ability to stay well in spite of the elements, that's wellness, both mentally able to withstand the elements without feeling intimidated by anyone around you, and strong enough to stay solid and steady mentally no matter who is around, clear headed, as are most people in public. That inability to be around people is more to do with one not being well, meaning doesn't feel good around people and that's something to do with sleep, when you're not sleeping well, that unsteadiness, or lack of sleep is what ultimately leads you to a mental breakdown confidence wise no smarter wiser or better looking that's being viewed in guilt not doing what you're supposed to be doing which was why I stayed home for four years in my room to improve and listen to my Father not go running at night. So either stop the process and rest, or don't listen to advisement, when it comes to what you look like to others, "risk of harm to self or others" which is why "self-harm and suicide" is triggered by "bad stories about you, shock, mismanagement, time consuming waits, falling apart over voices, when your face doesn't represent your output whos that it's still you even if what's thought about you changes, always be in control, seek medical advisement, don't worry what other people think, and nothing about you upon becoming suicidal then it becomes about everyone else's pain except your own, so don't commit suicide no matter how painful life gets because if you can sleep and take meds, you can get your positive energy back and enthusiasm for life and get back into a routine goal setting, it's all a matter of time, weeks months or years never lose faith based upon feelings, be strong now for whoever needed you strong then, losses fully acknowledged, representation from a side a bit too late, but not too late for everyone else to come to terms with what's more important to them, experiencing life absent pain and unwanted distractions in life that leave you feeling aloof or unable to perform and work absent minded those facts about life, it's your life, live through your own eyes, not the eyes of others to make decisions for yourself" ... keep a rhythm to your day, or stop your choice. That loss of identity, is like a reverse transformation, you lose your face and your body, that's upon others looking at you and thinking of you in the negative upon seeing pictures of you or you body, and then blame you for a bad feeling, you know just because one is not attracted to someone, doesn't mean that they are gross, and therefore not attractive to all, there is a common quality to attraction and that's called health, healthy mind, healthy body, healthy face, healthy outlook, that's no one to worry about. I think we all party sometimes, that doesn't mean one is off the deep end, I don't think that's a fair assessment of someone being off the deep end if they tweet or write on Instagram, I just think that writing as a form of expression others has caused

others to express concern for others (not me: thinking I have everything all wrong, as though if everyone were all right that I would be all wrong, if I was not made to feel on board the same highs in life: love) is mistaken as risk imposed to others, and if that's the argument against me then without knowing anyone, then that would be the argument sought to be proven about me now, that I have reached at one point 17 million viewers, so lets allow God to be the judge, of changes positive to negative in all of us, based upon my writing, my ability to keep others calm during all the changes we may endure at home, confined or board, not lose pleasure in the small things: like TV.

Everyone Thinks Everything is Easy ...

11/22/2020

Always be aware of alongside what interests you stand, upon mention of issue, or person in mind, that's leaving one concept and talking about another concept, the concept before exposed to, thought to have triggered conversations about in relation to, a human being is not an information processor, in which all things disposed of within a person, contributes to the thought produced or pictured, that would be the misunderstanding of someone who is a reading based learner, to think that what is visually relevant in the mind of the reader is something created by the writer, sometimes what you think you are seeing through the writing, is something you hear, what sounds good to you, or something that improves a series of understanding in alignment to what is heard, the tone either coming from you or elsewhere, that's not being perturbed by the thoughts of others, its being perturbed by your own thoughts, while trying to make sense of another persons story, thought based upon impressions made by others a product of something better than or the same as, and that's cause for concern, as though freeing from responsibility everyone watching or reading as though we are all supposed to see alike, given our exposures and understandings see the same, that would be impossible to perfect a feeling within, which is the general cause for concern hearing from someone with bipolar, assuming ones mind is not clear, then ones vision is not clear, then whats said is not clear, therefore mentally cannot process what is read or understood by others, that difference occurs, when there is a change, in emotion or focus, like reading studying, then switching to blogging expressing, then forgetting what you were reading, and then trying to take a quiz without the information fresh in your mind, requires a second reading, and usually by the third reading things begins to make more sense, that's the beauty of learning, seems difficult, nothing processes, and when it starts processing thats your mind about to rework the elements within your own thinking come through your writing, without have to say or even remember exactly what was read be applied to your own work, that's having understood what you read, doesn't mean that you can actually teach about what you just read, and explain how it applies to your own writing. That's a misunderstanding of application when it comes to public speaking, wanting to know what has been processed, such as studying my music choices, or having music choices of their own, and then treating me as though a popular song makes sense, the fighting and going back, by Eminem. That's not romantic if so, I don't think theres ever that much fighting in a loving relationship unless a harm is caused to you that no one feels sorry for and blames you for occurring, that's an example of things not going right, and being blamed for things not going right at home, because of what happened to me online, and that's my guilt now, thought to be the one who caused the illness to begin with 2008 upon getting sick, having a family that supported me, and then occurring again, when made to feel suicidal, as though I don't also have a family that supports me, that to take away support from me or my family, in favor of whom "the public" who generally doesn't care who is being made fun of if thought deserved well its not deserved, not for any one persons actions, breakups, looks, or demeanor, and don't accuse me of not being good enough to blog or to share my mind, Im plenty smart enough and having recovered almost 2 years sober (Since 2011 continuous with a few relapses), well enough to be consistent enough in my daily replies and writings, to not make the past indicative of my own future or present, nor be scolded or not relied upon as relevant to insights overall, regardless of the health of the people, communicated and expressed by others. To me being in shock, maybe one cause for feeling scared on the inside as found out about, and Im not sure why that feeling causes me suicide, or to feel like everyone's bi%ch in life, like theyre bigger and Im smaller, or theyre loud and Im quiet, Im in that phase again where I keep going and cant sit down and talk, something you need to be well enough for, and have something to talk about in the positive that excites you about living life, a purpose in life: blog, and continue living professional that much I figured out for myself in life, minus all the random thoughts or innuendos thought to be coming out of me or through my writing, based on what I don't have in life, love, or based upon who I know, no one, or based upon any of my friends, who have all moved on, I mean what is wanted for you is to be able to make money, and in making money make others proud, and in doing so, live life accepted by the world = goal.

I Just Lost 5 Pounds ...

11/22/2020

I just lost 5 lbs, and that's not "pounds" as though to reference "the dogg pound" also known as "Snoop Dogg" who I scolded for his music video expressing fake gun violence to President Trump face masked dummy, while I was in the Hospital at UCLA, this may have been August 2017 or August 2019, I was in the hospital both months, the first time for not sleeping at night, and the second following the death of a Kennedy, who passed away of addiction, concerned I called the Police and had a talk with them then hospitalized myself, I had a #dontdodrugs page at the time, in support of Melania Trump's heels after the last mass shooting, who campaigned against Opioids, and Opioid Addiction, I found out by a Facebook Page I follow who showed a picture of Miss Kennedy on their quotes page, which struck a chord with me, to respond, see what can be done to prevent these losses, and faced with the stress of responding to whatever changed opinions and teams were derived from me writing online, decided to hospitalize myself when not well, that's me not feeling well, not made to feel well, by exposures, not just auditory delusions when that happens (voices: which can be heard from inside my body, that hurts my ability to think or feel good, is what voices feels like, not something occurring in your head, brain). Ask the Police, I think I was wearing Red Juicy Couture leggings, no not in gang red, Im not in a gang, I have only seen a red door once in West Hollywood, in the process of buying cocaine from someone I met outside a club, whos Uber looked like a Mercedes Benz, with doylies in the seats in the back, that was weird. He kind of looked like Jimmy Kimmel, Im sure Jimmy Kimmel has heard the story, I was also given a refund because my Mom got mad at me for spending money he went to my ATM three times, and paid for more than what I got, so he gave me a \$200 refund. Its been my experience, that when in addiction or relapsing, you don't have any friends, your only friends are your drug dealers, or people who know people who sell drugs, and when in addiction relapsing, you don't notice everyone, but everyone notices you, and in disappointment, not just suspect of you, but based on what you look like, not respect you, as not coherent sounding in posture or by dress, high energy but stupid looking, it seems you have to be on a schedule in life to be respected, otherwise all that energy known sent to you in life. That's being known without you knowing it, its not like High School, knowing people by name, its in society, standing out before you have even decided to stand out yourself, known, which is an odd experience to look back, reflect, and think about myself, Im sure that things may never happen the same way again for me in life, so I better not F-CK UP now, when it comes to presenting self in front of the people, they will always remember when you were in bed all day, and not doing anything with your life, finishing law school and barely working two jobs one paid, one internship, and "that baggy" you threw away in your trash can, was later made to be a joke upon returning from the hospital the first time, someone "relapsed on cocaine" shared, as though I would apply that to mean me, I was a speaker at the meeting, of course I was sober, I would never lie to make friends, I can make friends everywhere I go, Im not desperate for anyone in life, Im desperate for a job, why I stay home and work hard so that I can work, that's the type of condition I want to be in stable, not someone out to meet people, and lost, that I think is only fun if you are not someone who looks well, goes out, then looks sick looking, means that you are not physically strong enough to withstand the conditions of drinking on meds, and being alone, not connected to anyone, that sense of discomfort, is because you are alone, and that sadness is being alone, and everyone else in groups and pairs, that's a sad fact of life, but they still talk to me anyways. "the baggy" was one empty baggy, from one gram, bought while living at Harvard, from my friend who came over who was English, a Musician, and now works for Uber, who took me to a house in Westwood. These guys Mike, Adam, and Ron were all independently social, from different walks of life, met through school CU Boulder my neighbor to my left one year, one friend of Ron, the other met at Qs, played pool.

The Secret No One Wants to Keep ...

11/22/2020

That general excitement lighting up someone is not you, its for anticipation for what you are going to say, knowing in advance that nothing will strike a chord with them, having lived a different life that you not feel the same way about things or yourself, given who they are and that's a difference you cant change, not a side-effect or an exclusion of interests all together, there sometimes is no power in sameness, and the same sense of disempowerment

felt by someone who lives independent of others, is the same feeling occurring in someone who does not feel loved or heard, that's you not hearing yourself, which can sometimes be upsetting, to read and read and hear nothing that feels exactly the same way as you, you know you can always write too, its not about making people feel good all the time, especially not if you are the one they are harming, or trying to make public things about you to make other people feel better about themselves, as though we don't all shower \$hit and change ourselves on a daily basis, what makes you human? Ask yourself what makes you human, and what makes you so far above the rational means for acceptance of those different that you, so pristine. I think as humans we are all required to be around people we don't know, not all of whom we grow comfortable around or begin associating with, but some things you cant control, what is thought about you, or your neighborhood for that matter, a place I probably wont be living for long and not for the rest of my life, since I cant afford to live here and wont be able to afford to live here on a bloggers salary. So why do I blog, simple, something to do each day that brings me self-satisfaction and pride, a place where I can go and just be myself, a way for me to communicate without feeling nervous around others or afraid that what I say as remembered will be interpreted and translated through them to mean something different, as though everyone needs each other so badly, that a separation will cause me death, suicide, or self-harm, if Ive not told my story before, that was me before law school, overcoming feelings, with nothing having been done to me, not esoterically, not publicly, not romantically, or socially, everything good, and that's the issue with how I am now, whether I was ever this way then, I was never this way then, I kept a diary, never free wrote, was in school, never free read, and watched a few reality television shows, none of whom so deeply invested in to study social media profiles or get to know individually memorize their story or know where they come from or where they are now. I think that's the automatic step taken, who are her friends, who does she know, is she talking about anyone she knows, who has influenced her in life, is she her own person, or has she always been impressionable, I think when you get in trouble that's GOD telling you to F-CKING CHANGE. Means you cant be you anymore, there is something wrong with you, and you need to better yourself and change.