

mymollydoll.com (Book #2)

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Purpose for Privacy 12/02/17

There are many purposes for privacy, other than intimacy. Such as the sharing and information concerning about us and others to whom we interact with. That type of information is considered, private, and for those purposes may not be used in a way to cause harm to self or others, UNLESS it is necessary to help others make sense of consequences and circumstances to make better the times in favor of all, peaceable. That is called right to privacy. People with individual interests who do not understand the concept of privacy, are people who are not of concern, people who do understand the concept of privacy, most, are generally those within the helping professions, who by professional means, have experience caring for others on a professional level, understand these matters clearly and to whom they concern. –I’m sorry therefore if for any reason, those in my life, were made public, as my current health is a matter of public concern, when my health is affected by others, they, others need to understand why, to help adjust the public to be more accepting of me and those around me, to whom I interact with, as not to causes for disruption. As I am apart of the solution, no one to whom I interact with is therefore part of the problem, that’s a given, to think anyone is so important next to me, as to receive blame, is by physics impossible. Do not be so narrow-minded to think that I would stoop so low, as to blame anyone for my current problems and hardships, are always of my own making. I have been a writer everyday for 5 years, my current status as a writer now is no thanks to anyone but me, I encourage myself. Never discouraged by others. Always confident professionally, never insecure, just quiet.

Maintaining Image 12/03/17

Maintaining image is all about repair to oneself, and repair to the things that you say, which you later must make clear. That is image according to me as a writer. When I said “knowledge at the top” I am now explaining image as it relates to knowledge at the top. Questioning others does not make knowledge, its by questioning yourself, that knowledge is made, how you: (1) interpret self and how you (2) present yourself to others, that is how image is made. –Image is therefore maintained by: (1) What you say (2) What you do (3) What you repeat (4) What defines you, who you are, as it relates to what people think of you, (5) What you say about others, (6) and how you are judged, under harsh scrutiny or not.

Those who are judged the harshest are those: (1) under the public eye (2) viewed by others (3) observed by others (4) read by others (5) trusted by others (6) read by others (7) affected by others (8) mentored by others (9) believed by others (10) heard by others (11) listened to by others (12) and influenced by others. That is what makes a positive difference, is by the influence you have on others, which is based upon the image you carry: (1) which is based upon who you know (2) who influenced you growing up, (3) your connections, and (4) your systems of trust.

An Image Crisis is Not a Life Crisis 12/07/17

There's a huge difference in how you see yourself and how others see you based upon how you present yourself to others online and in real life. When you do not represent yourself well, then you will be treated as such, not taken seriously. –An image crisis is not therefore a life crisis. Your image is how you see yourself and how others see you, that can be changed at the push of a button, that is not a permanent concern, and should never be a permanent concern. What should always be of concern is your health and your well-being. That always comes first, not your image. When you are well, and when you think positively, then all things fall into place. When you are concerned with what other people are saying and thinking, then that is cause for concern, and cause for mental illness, the mental illness that arrive in your mind about self and others. They may be true thoughts, they may not necessarily be true. They may be proven, they may be disproved. That is up to you moving forward, how others see you. Today I was [ruminating] over an ex, who walked out on me, profusely, irritated and dismantled –why? It is of no consequence what this person thinks of me now, and it is of no consequence what this person has ever thought of me. If they did not want to be with me then, then why would they be listening to me now, or reading my blogs now? For what good purpose would it be to include them. We are never to make amends with exes in AA, that is what I have been told, and that rule is the rule I am following. That is why this person is not mentioned in any of my blogs. Because this person hurt me. –To bring me up in conversation does this person a disservice, and only provokes an ability to cause negative consequences to my general health and well being. I wish this person well. I am under tremendous strain and pressures in life right now, he should be a little more understanding, that half of California is under fire right now, not take things personally, and be understanding of general commentary of the traumatized. –Why he is not mentioned, why he has never been mentioned, why he will never be mentioned, in any book or writings of mine for the future now and forever.

Achieving Normal with Mental Illness 12/07/17

Delusions do no good to people with mental illness, they only amplify what is wrong with them, always stay true to your good character, not give in to the wrongs of others, or bad ideas, misconduct, alcohol, or drugs. They only lead you astray. –Speaking from someone who goes to AA on and off for many years now (2006), what I have come to learn about myself, this may or may not apply to you, but certainly applies to me, and this is the best life advice I can offer to those suffering from mental illness related to drugs and alcohol, that is the population I cater to at the moment (as well as those on medications, with low self-esteem like me). Those were my problems those are not my current problems, mental illness is like “diabetes” I was told in the psych ward at UCLA, to be “managed daily.” Therefore, those who do not believe in me, do not matter to me at the moment, they are always of concern, their opinions will always matter, their opinions will always affect me, and I will always be on medication because of them (because of my thoughts about self, as related to what people think of me now, and because of defamation), because they think negatively of me (now because of defamation past) and because they interfere with my progress (now because they think I've been this way, no its only now I am different and not doing well, mentally ill, on and off retarded i.e. my growth has been stunted, i.e. held back in

life), because they do not consider my struggles as real (i.e. learning disabilities), as alarming as it may seem (those are the causes for discrimination against me, my learning disability, not important, my struggles are not important, you're just asking, so I'm explaining out loud now about me, this is \$hit you don't say out loud about yourself, you are supposed to just keep your chin up, and pretend like everything is okay, that's what I do, I act confident, I don't bother people with my problems, because that is not courteous to bother people with your problems, it causes disturbance to relationships unnecessarily to discuss personal problems out loud, why I keep my problems to myself these days), because of my past (dating, I am also discriminated a show was written about me: B216, which is highly embarrassing, I committed suicide 2009, that is not very nice of them, not true about me, why cause for embarrassment, when things that are not true are said about you, also called lies, exaggerations of good character, to disrupt positive progress, to interfere with one's abilities and one's ability to achieve in life, cause mental disturbance, rejection, and subsequently ruin relationships, I was to marry Aaron Brown, but he broke up with me during Finals 2011, dumped me, because he wanted to be with a "smart Attorney" and "did not think we were right for each other.") (Background Information: I have only been in long term relationships, and I am marrying Jay West, that is my current relationship status, I have never liked anyone who has not liked me, or who I have not thought liked me, and if so I am sorry, and is no reason for suicide now, for anyone for those reasons, its important that I move forward, not be embarrassed for myself). –*Paranoia is caused by mental disturbances, which are caused by outer disturbances, for study by professionals. –This is what caused me mental illness, I am doing much better now, thank you for asking. Why I do not say these things out loud.

It's Never Too Fitting
12/07/17

I never thought I'd be writing a one size fits all argument in my entire life, but if these were Louboutins on my feet and if I were a rapper my name would be Jay-Z and I'd be holding a blunt in my mouth, on roller skates, out on the corner, like the band Steel Pulse, with my head out the window in a flashy car, in a yearbook, "voted most shady." –It's never too fitting to argue Ys under circumstances that warrant duress, hardship, illness, and doubt, we always wonder where to and whys, that is a common phenomenon, and a common concept to human thinking to want to know why. Why do we suffer? For what purposes does human suffering occur. If we keep in our minds, all the times we have suffered we will never be able to live and enjoy all the moments that life has to offer. What is human suffering? It's all a matter of perspective. Taste? No perspective. That's the problem when in poor taste, becomes perspective and when perspective is affected by poor taste and when poor taste is deemed inhumane and when poor taste is treated inhumanely. These are subjects we do not talk about. For what reasons are subjects avoided, for the same reasons that subjects are not put into discussion on my blog, because causes and circumstances are repeated much like history what you write goes on and on in the head like an Erika Badu Song and repeats itself in the mind until it comes to fruition, that is a process I do not want to be apart of, human ills, or causes for concern, that is not my purpose for writing, discussion of social ills, is not my forte, and is not my purpose for writing. I do not run a social ills website, or a website that concerns social ills. I run a website dedicated to self-help, and for self-help purposes, how to stay strong.

Public Opinion and Image Online
12/08/17

Google Search: public opinions, self-image, negative opinions, how to share (12/08/17)

According to CNN: “what starts as a fun way to document and share experiences can turn into an obsession about approval that can wreak havoc on self-image.” Issues they brought up are, “comparing themselves ... [and] the effects of social media.” Popular now, are fasting trends such as “tbh” meaning to be honest on Instagram and on Youtube ““Am I pretty or ugly?.” – However the “good news” is that “although approval-seeking and self-doubt continue to plague girls both privately and publicly, there are signs of fatigue.” CNN states that there seems to be a need for “eager for peer validation” through the “use social tools that provide it” for those who seek “perfection.” However there is “potential to combat[ing] unrealistic appearance ideals and stereotypes.” They key issues that stood out to me are whether social media sharing causes one to feel: “well, social, and or [feel] reject[ed].”

Remember you are always in control of what you post online. And whatever makes you feel uncomfortable, well it can always be deleted or set to private. Audiences are helpful in that way, they are both: (1) entertained by our shares and (2) help us grow through our shares. –I have personally been a blogger online for many years now, everyday writing, since 2013, and with that experience, I know very well the ups and downs that one experiences while posting online.

Public perception is defined by Google as a “social phenomenon [that] can be seen as the difference between an absolute truth based on facts and a virtual truth shaped by popular opinion, media coverage and/or reputation.” –So how does who we represent online affect how we represent ourselves online. There are many systems for help and assistance with representing yourself online, such as the boxes you fill out about yourself, those options, the friends you choose, if you so choose to make that information public, and what you choose to like, the likes system tells a lot about yourself. These are all ways to properly represent yourself online, without worry about what you say about yourself. These are called foundational principles from which to represent yourself, the social media fundamental underpinnings, the required spaces you fill out help you center yourself. That’s what they’re there for. What you add to it, is at your own risk. –Why we have mainstream media on social media for which you can share and base your opinions on, and they do not have to be derived from you, as a writer, this is the most common way to blog, by sponsored topics geared by the news.

Reference:

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When Something Odd Happens
12/08/17

When something odd happens that's usually a signal that you need to slow down and focus on the decisions that you are making in your life, and decide whether: (1) they are going to get you to where you need to be in life and (2) whether those decisions you make for yourself have the potential to cause harm toward your future goals. Oddness occurs when we feel out of place, or out of our element. Usually when we are discussing concepts that we do not know much about, or address issues we have yet to think about and reach a point of clarity to. –Always be patient with yourself and others. Everyone goes through changes in life, ages.

Finding yourself, your audience, as a blogger, is no easy task. My primary audience are members of the Entertainment Industry as I have been blogging iMovies since 2013, making Movie title jokes and Book title jokes. That has been my comedic role online. I was once followed by Justice Thomas and named his favorite blogger 2013, as a Law Student. –Right now I'm working on a book, and plan to finish within the next couple of days and submit my first draft before the Holiday Season begins. I'm looking forward to going to New York December 16th with my Mom, it will have been a long journey since my last visit 2015 running by the water. We stay at the Conrad Hilton. –Its always nice to travel, for that I am grateful.

Trauma takes time to recover from, so does mental illness related to sex assault, drugs, and alcohol. We are all victims of abuse. In that nature. However, it is how we respond to those breakups and changes, that make us who we are. Who we give and receive love to and from will also place a burden on our hearts and our souls. And there is nothing we can do to change that about ourselves. Upon interaction with others who we grow to love, trust and adore, who end up disappointing us, and or dumping us, well best you can do is move forward, and always hope for the best for everyone. That is the best way to move forward. There's nothing odd about that.

Can We Change the Times
12/11/17

The biggest question to date is whether we have the power to change now. Can we change the times? That's the big debate. And how so? The IAEA suggests "the removal of any negative influences that may have existed in the past." They explain that during "periods of change ... requirements [are used to] strength[n] safeguards [and] system[s] [that it] would make on its inspectors." Describing this process as not "an easy challenge" as many are "unwilling or unable to accept a change in mandate." This has been described as "one of the biggest problems ... face [by] the IAEA." They go on to describe the necessity of "peaceful use of nuclear energy" and "empowering an impartial international inspectorate with the task of verifying" [that] "peaceful use" (215). Altogether this has been described as "a meaningful and important step in the direction of peace and international security." What can we do to punish those who are "non-complian[t] with [traditional] ... safeguards [and] obligations"? Currently the "IAEA has no legal mandate for the imposition of legal sanctions should it identify that a state is in non-compliance with its safeguards obligations."

Reference:

Google Search: changing the times, debate, positivity, terrorism

(1) Bellany, Ian. Terrorism and Weapons of Mass Destruction: Responding to the Challenge, https://books.google.com/books?id=tVTYfOAvFc8C&pg=PA215&lpg=PA215&dq=changing+the+times,+debate,+positivity,+terrorism&source=bl&ots=XXQAYlki45&sig=WYiqlQoXOttJclRL8a-ljXO9pwQ&hl=en&sa=X&ved=0ahUKEwiOtoVU8YLYAhVK_mMKHe4pCu0Q6AEIRTA#v=onepage&q=changing%20the%20times%2C%20debate%2C%20positivity%2C%20terrorism&f=false.

(A) <https://www.iaea.org/>

The Importance of Patience & Reaction Time

12/13/17

It's important to always be patient. (I just got home from the bank, and just got a new job.) How you react to events reflects: (1) you (2) your beliefs (3) and your care for self and others, whether (a) sensitive or (b) insensitive is the basis for (i) how you are judged (ii) how you are accepted (iii) regardless of where you've been, what you've written past, or what you've accomplished. Some judgments never change.

There will be expectation of you as a writer to present yourself in a way that reflects those who you've met in your life, and influences to your being. My influences are myself, my experiences: work and personal. That will never change. No experiences current have motivated me to be a writer, I began writing 2013, on my own. It takes many years to learn how to be a: (1) writer and a (2) writer and public speaker. I am not a motivational therapist or an inspirational speaker, I am just a writer. I am not trained to motivate or inspire others, I have my story, and I seldom share it unless it is asked upon me by my audience, who I sense by ESP is expecting a response from me that's geared toward my past to explain who I am now, that occurs often during the interviewing process, when someone new, a reader, is getting to know you, accept you, and verify who you are, why you are writing, your purpose, and what good they can determine it will serve them to listen and or read what you are writing. I'm not a persuasive writer, that is your expectation of me as a law student that I am writing to persuade. I wrote a World Peace Motion (August 2013) and the primary purpose of my website is to be a personal portfolio of all my writings, not to persuade. I am not mentally ill at the moment or suicidal, doing well for myself. Suicide is caused by (1) breakups and (2) misunderstandings = that is to me my life. I am currently not concerned with matters that have caused me suicide at the moment. I have moved forward. My causes for suicide are not causes for Cancer. Be very careful to who you blame for Cancer, it is not my job to cure Cancer or illnesses. That is not my civic duty to respond to the ill, I just got a hired for a job to respond to the ill. That must (1) mean I'm well (2) strong (3) fit for the position (4) sound of heart and mind. –Its easy as a reader who knows me to interpret things are relating to them, I assure you that sex does not change my thinking or my physical well-being. Those are the triggers for writing, usually when insulted I freeze, my mind goes blank, and I cannot write, this must mean I'm not affected by any exes, a writer. –Usually our insecurities prevent us from

thinking, when kicked in we cannot think. Because I am thinking now clearly and writing, means I am not affected by anyone from my past. Which is (1) not why I am writing, therefore. Please be mindful. –You therefore (2) have to be affected by someone to write about them. I am not writing about anyone in my book, I am writing about myself, not about my experiences with others, I am writing about life in general based upon observations online, how to feel, how to stay strong, these are my Sociological readings upon interactions online, not based upon interactions in real life alone, but also based upon my internet reactions, ie. Interactions with people online, whom I’ve grown to know and trust. –My audience is NOT (1) criminal and EVERY CONNECTION is screened by (a) MY BANK and (2) THE US MILITARY – I am in a very prominent position as a writer, NOT to be or sound alarming, but when in a trusted position, YOU cannot be associated to people who are not to be trusted, if it affects your well-being. –This is assuming that my well-being affects anyone other than myself. –These are current areas of concern: (1) my social standing status is NOT related to my (2) current health. My (2) current health is directly related if ever to (3) breakups = suicide attempts. This is why I waited (5) 2014-2017 to date again, that must mean I’m well enough to date, that I have the privilege to choose who to date, based upon my wellness, my general health and well-being, who is the best fit for me at this time. –The best fit for me at this time in case ANYONE is wondering is someone I plan to marry and someone who is willing to “live together” with me, as stated last date.

Sustainability of Companies
11/17/15

Basis from which decisions are made and who shapes the decision making process, if cannot be built from within and sustained is grounds for the Government (a more experienced decision making body) to take over that Company and assist with the decision making skills exercised by that Company while providing a Service to others and if required through that Service protecting the well being of those who use that Service.

A higher order of duty is required by those Companies run by and for themselves for others (as a Service Provider) to ensure the Safety & Well Being of their Class of Individuals (Participants) as well as those Exposed to that Service by themselves or any Third Party Carriers to those transactions who utilize that Service to provide a Service to others and while providing that service (required duty for the duration of the term to which that Service is provided and ceases upon discontinuation of that service limited for the time being to which that service is provided and made available for use -use by this applies to Primary, Secondary, & Tertiary Participants of that Service).

The purpose for this Discussion is to illustrate by and when it becomes the Duty of a Company to address incidences that affect the Company directly. And to offer evidence of those Professional Correspondences to Sources for assistance that have been set prior to incidences of harm that establish and/or illustrate the level of Professionalism and foresight required to run a Company online by and for itself, its members, it's participants, and any additional Sources in controversy exposed to the services of that Company to which that Company provides (if not limited or unlimited to the number of users of that service, recorded or unrecorded). -Being said, when any such incidence occurs to which that Company is directly affected it becomes required by them (by duty defined above & addressed) to supply any information or data collected by them that

notorizes all interactions to and from that Company and the Services provided by that Company, that is what is required. If they are not able to arrange for the recordation and tracing of the usage of such Services then they are (NEVER LIABLE) if they are able to maintain records then that is the standard basis upon which Liability can be drawn and the basis upon which Liability can be defended (and Defended ONLY by prior Professionally Corresponded Records of any and/all Communications, Interactions, to and from that Company and ALL exposures recorded to and from that Company, including Statistical Data & Analysis to either prove or disprove of any DIRECT relationship to that incident or incidences to establish Liability or disprove and DEFEND against any claims of Liability).
To be continued.

Re: The Governments exercise to take over Companies, grounds for take over, issues of Duty, determining requirements for establishment of Duties, & exercise of Executive Powers by that Company, and purposes for which Executive powers may be exercised, and who any and all the affected parties may be if those Executive powers are not exercised, and all additional options available to that Company * that may be exercised other than the Government exercising its Executive powers over that Company and taking over that Company -by the establishment of grounds for liability and defense, grounds for establishment of relationships, communications, and records of those communications from which decisions can be made, if no records exist then that is the ONLY occasion upon which a Company which is otherwise PRIVATE may be designated public and considered a Government instituted Company that MUST abide by the legislative authorities of that Country to which that Company is run inside of.

Title: Counter-Terrorism: Terrorism and Organized Crime

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Conceptual Debate Choice In: Terrorism and Organized Crime

Submitted: 12/03/17

If we prepare ourselves well in advance for the future we can enable ourselves to have greater control of future outcomes. The causes for illness and terrorism are not always known nor need be understood or picked apart. What's more important is for Countries to figure out what's working and continue to systematically put into place the appropriate safeguards, while taking preventative measures required to alleviate causes for acts of violence. Blogging is one way in which we can together share what is of value, what is of issue, to help build a better world for us to live in, by talking about what matters, and preventing further consequences of hardships faced by those who matter i.e. the innocent, the brave, the naïve, and the blind. This is why I blog. It's not required for anyone to prove the significance of their Campaigns, only to share the whys, and do their part to write everyday and explain why they participate online on social media. This requires writers online to have a strong sense of purpose, a purpose which reflects positive results. Positivity is always measured by the material provided by Campaigns, and the Hashtags to whom they contribute material to for study, that is how a Campaign is supported and made by them. By providing information that supports your Causes for Campaigning, one can gain

additional support, support is only guaranteed in the positive. What then becomes of the solution, only recognition of positives equal new causes for support, such as Each Mind Matters. –If participation on Hashtags, is how to achieve a following, then blogging is how to maintain that following, and that is how one achieves success online, on social media. Hashtags are for voices to be heard online, and for connections to be made, and for negotiations to begin. Causes that counter negative campaigns, face harsh scrutiny, when the causes to whom they support, fail to provide the sense of safety promised and pitched i.e. World Peace. –Now is not the time to worry what others think but just believe in themselves that if they stick to what they are good at, their causes in life i.e. their belief systems; then positive outcomes will occur. –For all of us, as we learn, grow, and appreciate one another in good faith. Having good faith, means: appreciating one another for what each other is worth not undermining the dreams of others, but keeping faith in the impossible, by realizing, that through the fulfillment of simple goals in life, we can achieve a great many things as a whole. All it takes is a belief in oneself to achieve something bigger than themselves and that thru daily reflection one can grow, blossom, and eventually be accepted as a Professional, as a Campaign Against Violence, or whatever causes they may have in relation to acts that help prevent violence, as a Professional member of society, taken seriously.

Being Understanding of Others
12-17-17

It's important to always be understanding of others, no matter who they are, where they come from, or what they're about. –It just so happens that the most well liked people are actually those with the least problems, are seen as the least problematic. I disagree. In fact, it's those who have problems, that actually understand them. –It's easy looking from the outside in to identify what problems you think are occurring in an individual's life without even knowing them, that's called passing judgment. Always give an individual an opportunity to be heard before jumping to any conclusions. –You should always hear someone out, before you make any rationale decisions about their character or choices as to their future outcomes, and destroy their lives. It's important to always be understanding of others, for those reasons. It's no one's responsibility to correct others, for who they are. That is not the responsibility of others to mold individuals to their liking, or to how they think they should be or how they are supposed to be, that is inhumane. All people should be accepted as they are, within reason. Not one person is important enough to destroy the life of another, not one person is important enough for everything to be about them, and not one person is important enough to have an effect on another's future or another's abilities, that's a pure fallacy of thought, a falsehood or conclusion, as to matters certain.

When you are accepting of others, that shows that you have an understanding of that person's being. Respect for that person's existence, and when you do not respect that person, that is when you respond counterproductive to their needs. It is out of respect we choose to include or not include people in our lives. –How we respond to others is a direct reflection of whether or not we care, and why. –In that case ... the more that matters to you, the more people will matter to you. The less that matters to you, the less people will matter to you, or fewer people will matter to you. It's important never to become obsessed with any one person, or group of individuals, but to respect all. Being respectful of all, doesn't necessarily mean being accepting of all, it just means that we do not interfere with their progress, because we are not threatened by their progress. That

is how one behaves towards others, reflects how one feels about others, based upon how those others make them feel, less than, better than, able, or not able to achieve in life. In order to achieve, one must always be respectful, in order to have respect one must have respect for themselves. First and foremost, once you manage that, its easy to accept all.

Why Objectification of Women Hurts Society
12/17/17

When you objectify someone you lower their self-esteem. Not only do you misuse the method of symbolism, but you are using a human being to convey an emotion, in another, that brings about differing emotions to others, onlookers. –This is problematic. –How women are raised is a big concern. How women represent themselves is a big concern. In my opinion is better for Women to be judged by their intellect than by their looks alone. While looks indicate care for oneself, and good hygiene, it is not the sole factor from which a Woman should be judged. –Not all Women were meant for procreation, some were meant for smarts, and for the production of smarts, for Careers, and should not be judged for not having Children. This Century is a peculiar one, in Women’s History, everyone should be respectful of the choices and the Career paths that Women choose to make. –Never have I objectified myself knowingly and intelligently. Especially not in public and especially not with 400k Fans. Usually when we are taken advantage of, not to play victim, is when we are quiet, and unassuming, and when we are not clear of the consequences of letting down our guards. One should never be judged for how they conduct themselves in their private spaces or in private spaces with others. Sex is something you share with one person, not something you share publicly with others, why its important never to kiss and tell, as this makes people uncomfortable with you, themselves, with others, as concerns toward their image become a matter.

So why does the objectification of Women hurt Society? Because it lowers the standards of whats acceptable of Women, and then other Women imitate that standard in public. Today, with Social Media, it has become more and more important to have fewer images of quality poor, and more images of quality high, in order to convey a more positive response overall from a more general audience as to the current identity of Women overall. This is something that only Women can understand, I am a Woman, therefore I understand how important image is, how important intellect is, and how important it is to represent ourselves well, one another well, and our Families well. This is something I have struggled with my whole life, and have always done my best, to represent myself and others well.

Being Put Together
12/18/17 (Originally Handwritten - Journal)

How people put things together –Some people put things together to hurt you, if you allow them to –and sometimes people put things together in a way that helps. –You cannot control the interpretations of others –whether for or against you. It does not make sense why anyone would read along and not support me. –But take benefit [from my hard work and effort, writing, and academic disciplined knowledge]. –That does not make sense to me –why anyone [would try to credit themselves force credit upon themselves by triggering me personally now, for what consequences forward does that serve] –would acquire information information from a person

they do not like. For what reason are people negative toward others? For what reasons do people bring up the past (not true) to serve and benefit themselves, their viewpoints. For what causes do they seek to trigger to benefit themselves?

There is always cause for worry once aggravated. Occurs when one side is not doing well and to better themselves bring[s] down another side. This is called competition for happiness. When one cannot be happy for others or another's happiness irritates them.

[Always see the big picture, do not blame causes and consequences on oneself, when one is not in the spotlight and another is, there is no one to blame but the spotlight and from where that spotlight occurs, and for what reasons, positive or negative, I would never enter the spotlight, when I am not doing well, I'm not retarded, I'm cautious, and I warn others, how to behave, not get into trouble and how to achieve peace within before trying to correct others, is wrong, aggravation is wrong in all forms, I'm not famous, everyone has their own lives, that's assuming there's an obsession with me, a non-existent public-obsession and trying to affect me to see if there's existence of one, that's called delusional behavior toward others, that's called manipulation, to purposefully affect others, to generate a reaction to feel better about oneself, that is wrong, that is called being selfish about ones self].

That doesn't make sense to me. Everyone deserves to live a normal life and do the best they can to achieve a normal life. There is never any excuse for anger or hostility toward others. [It] is never justified if not purposefully provoked. –Some problems exist within themselves. In it of themselves – in existence – meaning not existing because of others. –Problems, ideas, or thoughts. Are most likely generated from their own concerns. Assume from a good place to not contribute to[ward] those ills. –I was thinking about this today –There are conversations, then you leave a conversatio[n]. How to control yourself during unwanted conversations and what to do in the event of aggravation. –Usually it [is] best to walk away, leave the conversation and not engage others in conversation –avoid fights. –How you function afterwards –is in your control.

[Don't attack others to feel a certain way in order to function in a way that brings you peace centers you makes better you, that is wrong, to be co-dependent on others, or to trigger others, to re-set your mood to better or better than].

No one can control you, your thoughts behaviors of how you function in life. It is never your responsibility to correct those who have harmed you. People who are exposed to abuse, used to those types of relationships will repeat those patterns toward you –hurt you again. Always be understanding. Especially when it comes to family and friends. Listen not tell people how you feel, but try to make new conversation, not relate what's going wrong with individuals [who are] not concerned with personal issues [generally in states of crisis, -but concerned with themselves, their safety needs, that's why I said always be understanding of others]. Platforms are not for attention but for communication with others. How people identify themselves is their own responsibility [including their own feelings and emotions, toward themselves, and toward others] –not the responsibility of everyone ever to help one person, a person should fix themselves to match their settings and blend in. Not stand out to be fixed. That's trying –recipe for seeking unwanted attention so if talked about can place blame on others

[or create circumstances to justify win arguments or point blank prove a side or occurrence or sequence of events, or likelihood of causal connections or correlations, after the facts trigger and then see if any dice pattern throw out differently to match ones viewpoints toward or against an individual or group of individuals innocent is wrong –it is never the victims fault, always remember that].

-[or] try to make someone like you or have similar issues to be addressed or fixed.

[Be careful not to take on characters past in someones life to prove past or see if present occurs to denominate any individual as problematic characteristically or see if problems occurred in another character past, to judge a character now, that's manipulation, use of self, to indicate characteristics in other by default, ie manipulation, planned occurrence or planned response to triggers given].

Best to get professional advice, not wear out others with negativity [sought or felt upon interaction with others, based upon their present circumstances, who they are now, or who they were past, that's stuff you usually keep to yourself in your own head, not trigger others negatively to generate responses, that's considered immature ordinarily behavior, but for the times, common under crisis]. Once you change it will seem like everything changes around you.

Sincerely,

Leslie A. Fischman

Dear ALL Readers

MYMOLLYDOLL

“Golly” Speech by Barack Obama Remixed (CSPAN 2013)

Confidence and Balance

12/18/17

When having a conversation on any matter controversial its always important to maintain a balanced perspective and to accurately present all sides as best you can, this can only be done so, by a proper stating of the facts, that is occurrences. Not how things occur but what has occurred, and by stating such, inferences can be drawn, that is how new information is made, based upon information given.

When you feel bare or self-conscious, it is usually due to overexposure, either too much of something or not enough of something in your life. Everything in life requires balance. Balance to relationships, friendships, and professionals interactions. How you address those feelings, and how those feelings are interpreted, is one thing, what actually happens, is another, you be the judge. –You are your own person, it is for you to judge you, not for you to worry about the judgments passed by others, as to your behavior, as to your choices, those are your rights, who you choose to like, who you influence, and who influences you positively. That is called friendship, love, or even just acceptance of another.

Hearts imitating hearts. I discussed this briefly while I was in the Apple Shop. What does that mean? I think I just simply meant that it meant we adjust to our environments, much like chameleons, we blend in. Or adapt to our surroundings. That is called being human. And on Social Media its ever more present, how we adapt in real life, and how we adapt online, are two different things. How we sound when we write and how we appear in person when we speak are two different concepts of understanding others and one another. Always be respectful of others.

Some life advice I gave the other day ... was: “[to] focus on the good, be reminded of the past, build for the future. (Why?) give me time to think ... processing the times will write about this later on today when the fog passes or when my ideas come together in my mind which come from the heart.”

What is “compassion fatigue?” To me it means that “you might not care about me or my issues but you should always care about yourself and others, those around you no matter what. Fit in, keep in touch with friends, have a memorable life. Live often, How to fight apathy, depression, and negativity.”

I was studying Nancy Boyd Webb the other day, and she discussed the “nature of support systems” and “[becoming] reliant on others [for] assista[nce]” especially during “crisis [and times of trauma]/traumatic situations.” (14) She described how “exposure to violence” can bring up a range of emotions related to “safety and protection” needs. Such as: “feelings of anger, vulnerability, and fear.” Similarly, on Social Media, we “realize” that people who we thought could be trusted cannot be trusted, and when that occurs, we are similarly disappointed. When I got a DUI (2013), I was arrested. I am happy to be alive today, and lucky that no one was hurt. This interfered with my ability to help others, labeled a criminal, and still bothers me today. It is for these reasons, that I seldom write on Twitter, had to remove my newsfeed, and for that I apologize, where trust was lost. Because I was arrested I have difficulty “develop[ing] ... secure attachment[s] [in] relationship[s] [with others].” –As a result of my injuries to myself, both social and psychological, this has resulted in “stresses associated with medical treatment.”

Back to ... Some life advice I gave the other day ... was: “[to] focus on the good, be reminded of the past, build for the future. (Why?) give me time to think ... processing the times will write about this later on today when the fog passes or when my ideas come together in my mind which come from the heart.” –When your heart is in it, usually success will follow, when you are too focused on the needs of others, usually you will fail, either because your needs are not met, or you are going out of your way off course in life trying to help others, where you are not supposed to, or because you are somewhere where you are not supposed to be in life.

I cannot change my criminal record, I can be open about it, but there is nothing I can do to erase my arrest record, and it is not a good excuse for suicide at this point. –Image is important, but its not that important, for me to take my own life, because of what others think of me, or because they think less of me, I just need to move forward. And not harp on the negatives, or go backwards and revisit the past, this puts me at risk of harm, and this puts those who care about me under stress.

Reference: https://www.amazon.com/Children-Adolescents-Clinical-Practice-Families/dp/146253127X/ref=pd_lpo_sbs_14_t_0?encoding=UTF8&psc=1&refRID=GTGX12B2QZT5KCGGRNT0

“Like This Like That” Comparison Principles and Methodology for Apple
12-19-17

What you indicate matters as to what you think. What you think is then associated to what you associate to what you think. When you keep your associations limited you develop valued interactions, those valued interactions are valued back. That’s a proper way to interact not by comparison, or better than.

What you think is a matter of you likings, concerns, and what you find of value. They can be things you collect, purchase, admire, or qualities you seek to incorporate into your own life, and for that matter your minds. What you project onto others, is your image, your image encompasses all those things that you like, which are collection of ideas that you incorporate into your mind, what you learn is what you create.

Based upon what we create, we develop value, value of ourselves, and recognize value within ourselves, such as what we store in our computers, that we find of value, that is one way in which we establish individualism and value of self. Finding yourself is one thing, valuing yourself is another, and how you value your own life, is a reflection of the care and attention you pay to your collections, your work ethic. That is how one establishes value in themselves, by their ethics, not by exposure. –We can collect and manage and be exposed, and meet others, and have experiences, but we are always left with ourselves, and what you value, should always be you. If you do not value yourself, you cannot value things, people, or the collections of others, until you yourself, must become a master of your own and achieve, work.

What is always valued is for certain, are works. That is something that everyone likes. When work is made, and work is done, that is something to be valued. Those are people to be valued looked up to, and that is hoe value systems are based. By the strong, who achieve, so that the rest of us can achieve to, under their leadership. That is how ideas come to fruition, under leadership, who leads who, is not important. In times of crisis, we all listen to one another, it’s a much different game. Life is not to be toyed with but valued. Life is not to be dismembered, but put together. Life is to be lived, not ruined.

Everyone’s Entitled to Their Own Ideas
12-19-17

Everyone is entitled to have their own ideas. I’m not a machine. I’m human it has taken me five years to build my website. Over time have built my following and maintained a following. – Everyone grows at their own pace. Life is not a competition, and surely should not be a war. That is not the purposes for my writing, to conduct fights, or wars, that’s illegal, its called a dog fight, when you team people up against eachother, I would never do such a thing as I am a victim of bullying. –It is not for good purpose to discuss my personal issues, as this is not a personal issues blog, but a self-help blog, its not about me, its about helping myself, while helping others.

That means being apart of the solution, being in the solution, and not apart of the problem. What you judge to be the problem, is your own best interests, and your own judgments, to yourself your effect you have on others, should not be dictated on the effect that I have on others, that doesn't make sense. I am only me, I am not many people, and I am not a group of people, I am just myself. –It doesn't make sense to attack someone who has been a very giving person their whole live, who has always gotten along well with others, and who has never been in a fight my entire life, that does not make sense. This is my livelihood. I deserve to earn a living, find a job, and afford rent and roof over my head. That is my right. –I have disability and life is very difficult for me already, and fighting is not the solution. –I engage in many civic activities, and an honorable member of society. As I have always been, right now I need to be alone, to work and focus on myself. –Some people crusade in person and meet people face to face and change lives, and some people maintain themselves online and help others in that way, that's my chosen path, and that's how I've been for the past five years. A writer online. Only until I joined Moms Demand, when they called me in, that I joined a crusade. I had only intended to maintain blogs online, focusing on entertainment and not violence. –That was my solution, that is my philosophy its not avoiding subjects but not speaking directly to problems, but figuring out how to assist in other ways. Based on my education and background and experience as a blogger, not the experiences of others. I am best at service at my given roles assigned, a volunteer and a blogger.

Issue: Whether blogging is to make money for myself, and using causes promoting causes to make money for myself, I donate, so if I make any money I will donate. I have a history of suicide (2009) (I'm sorry) due to ethical concerns (I am very trustworthy, loyal, would die for my Country), I am very conservative, not criminal. –When people hurt me or hurt my abilities to function, I do not do well. –That's a pre-existing condition that no one is to blame for. Don't take things personally, I am kind. I don't bother people, I don't talk to anyone. Rarely if ever. People text me.

Jealous (definition): Threatened or intimidated by.

I am not an intimidating person at all, I get along well with everyone.

When You Fixate on One Point
12/21/17

When you fixate on one point generally it is to think about something from that point, point in time, or points in thought processes, to see what it produces. That makes sense to think positively, to them assemble whatever binds. –Often times in the marketing of ideas, we leave things out, that's not to no include people, but sometimes its to make sure not to bring about the wrong ideas or the wrong feelings, or anything else that could go wrong during the wrongful association process. Wrongful associations are when you connect good to bad and then think good is bad, that is a fallacy in rationale, to then blame the victim. All crimes are senseless. It is not by our associations that cause us hardship but by what we put together that does. –Therefore its important to always think positive in order to achieve positive thoughts one must be: i.e (as to #s 1-3 previously mentioned) (1) confident (2) better and (3) trusting. –Its (1) easy to feel confident when another is not doing as well as the other (2) better when one is not achieving in

life as well as others, and (3) trusting of oneself. Never judge a character by its parts, it's the sum of ones character that makes them who they are, not by individual thoughts had.

Don't Demonize Me
12-21-17

How to avoid the demonization of self, requires a lot of discipline and positive thought. – Demonization usually occurs by obsession a specific obsession of wanting to be something you're not, this causes a negative outlook and negative attitude, which results from unhappiness with oneself. To undo a negative outlook, one must have positive perspective, to have a positive perspective in life, one must be able to see things for themselves, not be told what to do, but be able to achieve on their own, without the necessity of others leadership, or following to achieve a purpose driven life, this requires, tact, how to approach topics, without insult. How to behave in public is much of a reflection of your cares in the World, and that shows over time, selflessness, and care over empathy (sponge likeness) and leadership can be seen through example, of living with positive purpose, through tone, exhibited. –We are all responsible for ourselves, as well as those around us, always be mindful.

Let No One Hold You Asunder
12-22-17

When you feel like you can't go on let no one hold you asunder. This is why Leonardo DiCaprio didn't do a Civil War time period Movie, because it hits too close to home. Always trust your superiors in life, they love, and care for us all, very much so. Trust them, they mentally stable and professional, all else, in one ear out the other. –This is a good place to go to practice that, focusing on yourselves, not others. Hear your voice, not the voice of others, that's so important for mental stability, to function. –I know this because I have struggled with maintaining stability, because I have experienced loss, whenever you experience loss, you feel a sense of loss in stability, that is why you have to keep moving forward like Barack Obama said to. It's so important to prevent repetition of bad and blame center, center upon truths, not hearsay or what ifs, or I'm not sure, means keep going in life, don't stop to question others, it's a waste of time and energy better spent on yourselves. You can only better a whole unit when you yourself are doing well, stable and whole, that is how you are best fit, and best suited for helping others, when able to help yourself. Otherwise best to keep going in life, task by task, and accomplishment by goal, is how you move forward, based on productive days, not endeavors, based on truths, not predicting and regurgitating falsehoods, by belief in self, not others, is how you function whole. When you believe in yourself able, everything around you will stabilize. When you question others, you question yourself, that creates instability. –Be certain to motivate positives in life, I'm not Tony Robbins you had Tony Robbins for 8 years, Barack Obama, and now it's time to focus on yourselves not missions. –Never place blame on the innocent, nor accept blame on your own shoulders, for the wrongs of others, misbehaviors, or swallow the errors seen, just move forward, focus on you and upon all else, things will fall positive in your path for you.

Nervousness, is caused by uncertainty, that is normal in troubled times, trust well.

Motivation in Life 12-22-17

It's your motivations in life that define you do not be defined by others. No singular hardships are ever the cause for success only failure, and failures do not make successes of themselves, only embarrassments of themselves. Be wary of who you choose to be in life, and be wary of what sides you choose to hold. Those are your beliefs as to causes, causes do not create sides of equality, and religions are not based upon principles of equality or of sides, but of peace. Peaceful minds, make the best decisions in life, ie those who preserve good in the World. Causes do not make belief systems, systems based upon hate, are dismembering to say the least, but principles of authenticity duty to warn bring about doubts that help, help peace to persist, are good decisions made, in fact the best decisions made, those who violate positions of trust, and do not follow religious tenants, are not causes but of concern. Be wary of the gravity of harm you place upon individuals for the rules and standards you put forth as to likings and as to welcomings, and as to acceptance and privileges given. Privileges given are to those in trusted positions, people in power who have money, are given insurances to boot, those who cannot afford insurance do not have car insurance. I am a very safe driver, I am someone to be trusted, a good samaritan, and I do not project weaknesses upon people by my own faults. –There are times to be thoughtful of others, and there are times to think of self, it just so happens that it took me a year to get well, and by the time I got well, everyone else was not well. I do not understand why that happened, but I always do my best. –I am always there for others, my entire life, someone to talk to confide in, trusted. –Now I am doing the opposite, talking in public, I do not need the confidences of others to function, I do not need following or fanship. Im just a writer., kind enough to share my stats, not for the purposes of promotion at this time, writing a book, and going back to school, with no plans to make money any time soon, for at least 1-2 years. It will take time for me to get a job and to function, I'm just writing a book now. Why now, I have been writing online for many years, now its time to permanently write something. Something of value, something that can be valued. –I'm a very thorough writer there are no slips, or lines to be read in between im not a poet, I am a very detailed and articulate person, time to be serious.

Always Be Thankful 12-22-17

Be thankful for every passing day you live. Life is not short but it does not need to be painful or lived in regret –if you make the right choices no one can hurt you. –Only yourself by your perceptions –your cares and by your outlook in life and by the judgments you pass on others. Look to your past for thanks and look toward your future for peace. All that your left with then is your present. –Your present circumstances always figure out/predict your future. What may seem trivial in retrospect is never easy to bear when presently undergone. Everything you've been through in life matters. –Welcome your thoughts with a critical and smart heart that cares for self. When you care for yourself help yourself achieve your present noticed achievements will always help others in a way that's not hurtful but helpful. Never manipulate emotions recognize them and always set them aside first. What you willingly respond and react to will determine your ability and your ability reflects your present outlook without having to explain yourself to others. What makes sense to you may not always make sense to all. –You have to find your own drives in life. –Whether or not always maintain stability a sense of normalcy to achieve inner

peace – we discussed this ... “once you change it will seem like everything changes around you.” “Always be the best version of yourself.” –When you change what matters to you will help you overcome what bothers you. –Change occurs daily never at once and always in parts. “Whole is the sum of its parts.” #famousquote. Never cease to exist –your mind matters but your life and livelihood accepted is more important.

Expectations

12-25-17

Notwithstanding current hardships, I write, this piece, keep moving forward. At a snails pace, and always with advance warning write, to anyone who is in opposition to me, that is how I have written since 2013. Be careful not to connect negatives to positives, this creates hardships and hardships interfere with expectation, and high expectations of oneself. Always be respectful of higher authorities, and always make sure to give credit where credit is due, Red Cross i.e Professionals. –Its never important to credit people for good deeds, or to seek credit for good deeds, that’s a misnomer, but to file oneself among, is appropriate.

What you are influenced by is what has been read, I influence myself for that matter, a writer. I just looked up my Curator Application to the US Supreme Court, and here we are today, with a new foundation #mmdfilmbase. Not the purposes for this website, not connected. Not for award. Not related, to my causes. That’s a negative connection sought to justify a connection made, and where ideas come from.

What We Are Drawn To

12-25-17

What we are drawn to and what we like are two different things, one is based upon delusion the other is based upon choice. Delusion, is defined by Google as: “an idiosyncratic belief or impression that is firmly maintained despite being contradicted by what is generally accepted as reality or rational argument, typically a symptom of mental disorder. [Example]: "the delusion of being watched"” –Delusion is affected by what we are drawn to, if we are not all put together, than its easy to become delusional. Drawn to the wrong things or the wrong ideas, and be easily misguided by others. –What we like is by choice, if what we like is by choice, then our choices matter. Choices matter, to help prevent delusion. Structured choices.

The original basis for this discussion via text message to one of my companions, is about preventing witchcraft. Witchcraft is defined as, “the practice of magic, especially black magic; the use of spells and the invocation of spirits. synonyms: sorcery, black magic, white magic, magic, witching, witchery, wizardry.” The demonization (see below: citation: <http://www.mymollydoll.com/blog/dont-demonize-me-by-leslie-a-fischman-mymollydoll>) of people, is no new fad, in fact this has occurred for centuries, and why? I discussed via text that when someone is bad in order to feel good, they have to do certain things, they are overprotective of that bad feeling, and often times mask that feeling with something else. To portray an image as sound, and not bad, they usually hang around good people, that is how bad people stay stable, by mimicry, and or by drinking and drug use. –My favorite bookstore in West Hollywood was Bodhi Tree Bookstore, when I was going through recovery (change of topic to

not address underlying assumptions, and or worsen discussion) were books by Osho and The Power of Now. –It was important during the recovery process to get out of the fog, often times in order to get out of fog, (when you hurt yourself) is to read and or to write, these are general stages to the recovery process, I have been to rehab before Summer 2011, so I understand this process, while coming off of Adderrall and taken off all medication for 2 months. I was not alcoholic, I had addiction to Adderrall a prescribed medication.

Reference:

“Delusion Definition” (Searched: 12/25/17)

https://www.google.com/search?source=hp&ei=YfdAWoOCDsGf0wKXn5W4Dw&q=delusion+definition&oq=delusion+definition&gs_l=psy-ab.3..0110.227.3618.0.6276.16.15.0.0.0.167.1341.7j5.12.0....0...1.1.64.psy-ab..4.12.1335...0i10k1j0i20i264k1.0.52HOXfQlGUo

"Witchcraft Definition" (Searched 12/25/17):

https://www.google.com/search?ei=a_dAWqy6AsGZ0wKR2bfoDw&q=witchcraft+definition&oq=witchcraft+definition&gs_l=psy-ab.3..012j0i7i30k114j0i7i30k112j0.228815.232416.0.233579.12.9.0.0.0.2360.3131.0j4j1j9-1.6.0....0...1.1.64.psy-ab..7.5.768...0i10k1j0i13k1.0.Uk0LjMceDG4

Right to Be Heard Right to Privacy

12-24-17

Why are these rights important. To me they are important for mental health reasons. When we feel we are heard, listened to there is a reassuring value to that, reassurances are given to those who can be trusted and those who cannot be trusted are not given added reassurances in life, and made to become paranoid to cause continued harm to themselves not help themselves or others, but for themselves. Why these rights are taken away from people who cannot be trusted.

According to Google, right to privacy means “The right to privacy refers to the concept that one's personal information is protected from public scrutiny. U.S. Justice Louis Brandeis called it "the right to be left alone." While not explicitly stated in the U.S. Constitution, some amendments provide some protections.Jun 12, 2013” [1]

What does public scrutiny mean? Scrutiny means “If a person or thing is under scrutiny, they are being studied or observed very carefully.” [2] Whereas public means “of or concerning the people as a whole.” [3] Merriam-Webster further defines scrutiny as: “1 : a searching study, inquiry, or inspection : examination , 2 : a searching look , 3 : close watch : surveillance” [4]

Public Scrutiny therefore to me, means the of or concerning o[f] an individual, or any number of individuals, to whom concern is sought to be replaced, by need, once a need for information is sought and brought to ones attention, attention to all is made, in order to further sustain or inform, or support that thought, series of thoughts, or chain of thoughts about an individual, to whom opinion of one is held certain based upon a knowing or a thought of knowing a person, for who they recognize as deserving of scrutiny. No scrutiny is ever deserved, in fact out right to

privacy, protects this very subject, of or concerning individuals or parties to transactions, from the meddling of the public, that is considered scrutiny of an individual to associate to a negative, that negative is the taking of private information and making it public, to cause harsh scrutiny. Harsh scrutiny is or are the judgments passed by those to whom opinion is had to and of and to whom opinions are sought to be had or proven likewise to further support opinion. –No opinions held by one should ever be sought or proven to be held by all by good members of society, that is the taking of a good characteristic, or identity, and seeking to prove the opposite. The disingenuousness of transactions and interactions, are considered opinions based, and opinion based rationales do not rise to the level of bad of or concerning further hardships, or justifying continued hardships of individuals considered to be private. The privacy of individuals i[s] a protected constitutional right not a fundamental value, not a human requirement, but a protected right, a guided potential for success, and when that’s in operation, when you yourself subject oneself to harm, that guided potential cannot be in full force and effect, that is a trusted position, position[s] of trust, or valued position to counterclaim that any other force is the cause or future cause for disingenuizing the current or future potential of success, when that right to privacy is not practiced, to claim broken by another, when purposes are not evident, when public face is present and accepted as part of ones identity, a public presence, information private therefore cannot be used once made public, to cause hardship or scrutiny of individual not under scrutiny. It is by only our own wrongs that cause paranoia, not the wrongs of others upon us, those can always be prevented by practicing this right, right to privacy, to avoid scrutiny.

Recording:

<https://drive.google.com/file/d/0B5yM4WFT4ErPNnJBQXkwb28zOU5CMmF4MnVUOURvSk4tSmYw/view?usp=sharing>

References:

[1] “Right to Privacy” <https://www.livescience.com/37398-right-to-privacy.html> (12/24/17)

[2] “Scrutiny” <https://www.collinsdictionary.com/us/dictionary/english/scrutiny>

[3] “Public” https://www.google.com/search?ei=AzVAWtDdGsWR0gK2-bnoDw&q=public+definition&oq=public+definition&gs_l=psy-ab.3..0l10.10247.11734.0.12259.11.11.0.0.0.109.957.9j2.11.0....0...1.1.64.psy-ab..0.11.954...35i39k1j0i67k1j0i20i264k1j0i10k1.0.oHeTFcOnOTI

[4] “Scrutiny” <https://www.merriam-webster.com/dictionary/scrutiny>

When People Are Grose

12-25-17

We cannot control what we look like to others. Do not mock or imitate me and interfere with my progress, if you are unhappy with yourself, than its best to move forward in life. I do not promote people who are grose, or who do not like me or make fun of me, or who are not on my team in life, I just ignore them.

Its important to always be in control. People will hack to make you look like someone who is insecure, or not stable, and therefore not to be trusted. I’m not a grose or unsafe person, and I

don't have to prove anything to anyone. –I am very secure with myself, and because I am secure with myself, people read my NEW [website](s).

Its people who are grose on purpose for attention or who make others look grose, who are insecure with themselves, because they think its funny to do something (by few) behind their back to see (as experiment) what the reactions of others will be. –Its never proper to hurt someone purposefully, I am supervised by Srg. Lattimore of the US Military and cc him on everything important. This isn't President Trump's job. Whats beyond you, is not as important as whats in front of you. –To spread rumors is sin, and for those reasons, I have left a location or locked a location, in which I have been harmed, or where others have been harmed, deemed unsafe. Usually when you leave a location its because either you have been made to feel unsafe or because others have been made to feel unsafe.

When someone does something behind your back to hurt you, it is obvious to onlookers and not of concern to me. When people hurt you purposefully that's on them, based upon their immaturity or inability to deal or cope with their own problems. The problems that people have either with themselves or toward me are not my issues, but their own. You cannot fight any war on personal basis, that's selfish decision making, when you only make decisions for yourself not others.

Public Safety
12-25-17

“When you turn on people you turn on yourself never speak badly of others. How to stay in the game be popular, well-liked, appreciated, valued. By being a positive person, you change you its not the responsibility of others to change you. Don't expect from others. –What you pick apart, apply to your knowledge to is your business. #righttoprivacy, it takes time to be a thinker, think for yourself, produce new thoughts to your own knowledge, by #schooling. Pop-Culture should not rule your mind.”

My Mom says “if money can replace it its not a problem.” –she told me to take down my Facebook the other day. But I went back and left it up, not to abandon my friends, or make them worry about me, why I left them. This is a problem I face whether to stay or whether to go. I just made friends with the Amish Girl from New York, Torah Bontrager, and she replied. One of her challenges is to write everyday for 12 minutes, she told us to handwrite. –I thanked her and she replied.

I think privacy is so important to maintain mental health and to preserve your personality. I had a panic attack when I found a tear drop in my journal, why -was someone reading my diary and crying. Probably my Ex-Boyfriend Aaron Brown. –He pretty much ate my brain, -we dated for three years, then he became a DA, and is now an Attorney, and showed up in one of my dreams recently.

You should always be you. Have you ever read the book Guns, Germs, and Steel, its about the History of Civilizations, and people eating people, its really sad. –I share my brain because I think Ive been to enough school to know whats positive whats negative and how to help myself,

while helping others cope with the times. –No loss is worth losing yourself over, never take anything too seriously, yourself most.

Your Influences in Life Matter 12-26-17

Your influences in life matter, as to who you are, and where you're going in life. Where you're headed is always a direct reflection of what you have in your tool belt, the tools you acquire throughout life, are supposed to help you (1) be (2) be aware and (3) be acquainted in life with your surroundings, have an appreciation for where you come from, and the influences that define you. Why your influences matter. –Don't be so hard on yourselves, nothing can change you, if you're hard headed enough not to let the voices of others drown out your own. You must always be in control of where you're headed in life, whether someone tries to be you, acquires your gifts, or competes with you in life, thinking they know better, and can achieve better, and have better direction in life, it's your intuition that guides you properly. Always be proper in front of others, we are only misguided by our own missteps in life, how we end up places we wish we never were, and end up behind in life, or having to turn around in life, and find new direction in life. You are always the matter with you not what's the matter with others, you come first, in all matters. In order to be self-sufficient and succeed in life, you have to matter to you, in order to not be easily misled by others, or put in harm's way, misguided. –How you differentiate between the present and your future, determines where you end up in life. It's not that difficult to follow directions and laws, they are meant to protect you from harm, you and others from harm. What you focus on therefore matters, always focus on the positives in life, to prevent hardship, and or personal struggles, we need no mentors only ourselves, and we need guidance, in order to persevere. –Do not blame people you once looked up to and who failed you for direction in life, you are always responsible for the choices you make and who you idolize, be yourself.

Why Does Hate Breed Animosity 12-27-17

Whenever you have a fear, that is not your own, that produces a worry for self or for others, to undo that fear, of popularity, that causes one to generate hatred toward another, also known as jealousy. Be very careful to whom and why you become jealous. Jealousy is a tool for self-betterment, also a tool if misused, to cause hardship to another, that's called trying to take the place of another, in place of oneself, to market oneself, with the identity of another, to make the other look stupid, and you better by comparison, that is the cause for jealousy and general reactions made by those who are jealous of another. Be very careful not to present self as someone who is jealous, but appreciate those around you. I'm no marketing expert, but any competition is good competition, it means bettering spaces, for everyone's livelihood and that's always a good thing. What you see and can make better, is usually called having a plan. When you see a plan it's easier to make a plan, than it is to build something from scratch. Any website is time-consuming to produce, with so many options at our disposal, it's hard not looking put together these days, and if you're not put together someone else will put something together. That's how competition online works, who puts what together first, hopefully for good, we put together things, how we work together, the blogging community.

Why Tech Was a Difficult Field 12-27-17

Tech used to be a difficult field because people were not sure what information to put together and how to. Overtime as we realized what was causing beffudlement, we became more clear, with a more clear vision for how we want out sites to operate, within a whole, not stand out, as different, but supportive of one another. This took time. In any new field, there is competition for resources, after these resources become scarce, we realize that we need to be supportive of one another, in order to attract a larger audience. I think everyone is getting better at building websites, now that we are all working together, not separate spaces, but connected to a few spaces, social networks. Social networks are for websites and web personalities, to function we must always cater to ourselves first and our audiences secondly, that's how to avoid repetition, and imitation results in unhealthy competition. When we build off one another, not on top of eachother, there results in a plentiful following to each site, when people move about, they follow those in connection to sites trusted, and where they can move from trusted site to trusted site with ease. When there is malfunction in the movement from site to site, then this results in questioning the sites functionality among. Why people create sites where once you get there you move from one page to the next within the site, to avoid confusion, and to keep people on their website. Some websites are landing zones, and some websites establish connections, and link you to other sites, that will not change. The sum of its parts, the person responsible for the identity, must be registered to be authenticated, be authentic, original, considered an original. – How do you make an original, when you do not copy or imitate others, how you stay unique, and maintain a following, when you base your identity off of others, online, you run the risk of devaluing yourself, if seeking to devalue the other, by being better than.

What Are the Holidays For 12-27-17

The Holidays are for spending time with Family. Whether that's checking in on them, or sending gifts, or making a New Years resolution. It's a time for change and reflection. Reflecting on this past year, what could we have done better, how could we have lived a better life for ourselves, and how can we earn a living to provide for ourselves and others. What we focus on in life, is what we achieve. We cannot be successful if we are only focused on the negatives. What becomes of us. Is what we focus on. Whats important to us, and our achievements throughout the year. Those are the goals we set for ourselves moving forward, as we better ourselves. Living with mental illness, is no easy task, it is something that must be managed daily, in order to achieve in life, maintain a job, and have a career. You must always be on your side first and foremost in life, you cannot become too dependent on others for approval, and sometimes on your own you have to figure out the difference between rights and wrongs in life. When you cause harm to yourself, not only do you let yourself down, but you let your audience down. Always have self-control. –It is not our responsibility to take care of others, only ourselves, and when given the responsibility to care for others, do not abuse those positions of trust, and always maintain a level of professionalism that is required of us. The better suited we are in life for helping ourselves, the better suited in life we will be to help others. That's the bottom line when it comes to helping others, you yourself must be strong.

The Timeline of Care
12-27-17

There is a timeline of how long someone will care, usually not unconditional, in the field of marketing. Generally people only care for a little bit while marketing, and then they leave and find something better. That is my experience with marketing, if you cannot offer better, then your following will leave in support of something that makes them feel better. That's generally how people choose spaces to grow, is based upon who they listen to. Who you listen to matters, it affects how you grow, and what you see, and what you feel, do not allow the sicknesses of others to affect your being, or how well you see in life. Always be appropriate, when you give in to sin, and behave in a way that does not reflect accurately your words or your viewpoints, you look hypocritical, that is living in a way that does not match the words that you say. This causes other people to question you, whether you are mentally stable or not, and whether you are deserving of your audience members. #TrustFacebook

“Leave Things Alone”
12-28-17

We are always told to just “leave things alone.” Why? Usually when things get to be too tough, or if there is fighting, we are told to leave things alone. To me leave things alone means “let the dust settle” or to walk away from what's bothering us, or a fight. These are called remedies, for dealing with what is difficult to us, to our minds, and to our well-being. If something is not in your best interests to continue, usually people walk away from what is bothering them to focus on something new. –I was just thinking about this, what we focus on matters. If we focus too much on the negatives, just like harping on the negatives, then we will become negative. If we focus on what's positive, then we will become positive. Never underestimate the power you hold, to undo what is negative in your life, so long as you continue to hold negative viewpoints toward self or others, you will never achieve happiness with yourself. –I've once stated that whenever we hurt others, we only hurt ourselves, that is human nature, to empathize with people, so anyone in your life, who you hurt, you end up hurting because they become apart of your life once focused on. –Anything negative from your past can be brought forward to harm you in the present, why its important to move forward in life. When you are happy, I've said before, then everything around you will become positive, and happiness can be achieved. When you are negative happiness cannot be achieved. –Why its important to leave things alone, especially ideas and things causing you unhappiness.

How to Get Your Cool Back
12-28-17

How to get your cool back, after loosing your self-esteem on Social Media, is a complicated task. Once you make yourself look stupid, you have to repair yourself. Repairing yourself, requires that you engage in less re-blogging, less sharing, and be a minimalist. Minimalism is good for people who have a lot of issues, and do not want to be read, or suffer from misguided thoughts about self or others. Theres a reason for this. When you expose too much of yourself online, you give more ammunition to be criticized about you, the less you share about yourself, the less critical others will be of you, and you decrease your chances of looking or appearing

hypocritical, meaning going against your word. Don't make promises to others you cannot keep online, why less is more, when expectations of you are low, you improve your chances of excelling, when expectations of you are high, you increase your risk of choking under the spotlight, why its important to be frugal with sharing information about yourself in public, online, and on Social Media.

Processing Trauma 12-28-17

It takes time to process trauma, usually its best to leave things alone, and give your friends time to breathe. There is a time and a place for everything. Given the circumstances, its best not to say anything that would denote blame to any parties, or appear in a way, that denotes blame to self. How overreaction is perceived is someone who is not in touch with reality, or appears insensitive. Always be sensitive to the needs of others, especially during times of trauma. –Share the good time, but be wary of sharing the moments, you regret and/or are embarrassed by. Be kind to your connections in life, and be kind to those we remember, always. The memory of yourself, is something that you work on everyday of your life, how you will be remembered, is by the positive differences you make in your life, to live a better life, for self and for others. – Your problems should never be the problems of others, only your own, as they apply your words to themselves, those reactions you are not responsible for, how you are perceived by others, that is always outside of your control. –How you present yourself, reflects your drives and your motivations in life. Everything you say and everything you do, is used against you to prove or disprove your theories and rationales in life, purpose for living. Everything is always grounded in past behavior and achievements. How you are if the same as how you've been, will be judged in the positive. If how you are is different now than how you've been, you will be judged in the negative. Be careful what you share about yourself, after you become well known, everything then gets applied to relate to you, to better understand you, everything should always come from you, not sources. That is for the purposes of protecting the identities of others, not using the identities of others to make better the look of oneself, you will always be you in defense of you.

Conversations 12-28-17

I think conversations are supposed to be slow motion. Not to overwhelm the other party to whom you're having a conversation with. In today's day in age with text messaging it's easy to get carried away in any conversation. Often times stating too much without a response in anticipation of a response or in defense of self. -It's important to never be too defensive over ones thoughts and emotions and to always think of others first. -This is how to achieve balance in any conversation. How your reader feels should always come first in any conversation. -Too much of anything is annoying especially to your readers I've found this out the hard way. -Social Media therefore should be a place of limited communications in order to preserve real life communications which can be instead by text or by telecommunications. -Everything you say has an impact on the person to whom you're speaking too, always be wary of their feelings and responses. Timing is everything, it's never too late to earn a reply, this is often achieved by how we carry ourselves online -in turn affects our real life communications. Don't make things

awkward for yourself over sharing amongst your friends, and always choose friends who know you best not likely to pass judgment upon you.

Overdependence

12-29-17

You should never become too dependent on any one thing or person for love. That is up to you how you play your cards in life and where you end up in life is up to you. Don't fret the small stuff in life. Always focus on the big picture. If you're not where you need to be in life and not happy then think about what will make you happy in life. Never get too caught up in the delusion of unhappiness. Don't lock yourself into unhappy or unwanted thoughts. Think about what it is that will make you happy. Is what you're doing right now going to help you achieve happiness in life? Why or why not? Don't let anyone bring you down in life. –We all get sick sometimes its all a matter of getting well and staying well.

Addiction and Trauma

12-29-17

According to Nancy Boyd Webb: “under stress [it is common for others to] ... rely on alcohol and drugs, and/or engage in other risky behaviors to help them cope, these methods [she states] may actually place them at increased risk of danger (Blaustein & Kinniburgh, 2010.” (6)

So how does this relate to Social Media use? According to Nancy Boyd Webb “a crisis intervention approach that aims to lessen the anxiety of the people involved in a crisis [is key] ... to bolster[ing] their coping strategies [with] ... the potential for the primary prevention of psychiatric disorders.” (8) Its important when others are in a “vulnerable state” to be patient, she explains it is commonplace for those in vulnerable states to react “aggressively after a relatively minor occurrence” if they are victims who “suffered repeated physical abuse” that is how they may respond she explains, “aggressively.” (9) Social Media can help in that it is a place that provides comfort to those in need, especially those in a state of trauma. She explains to always be aware of how “witnessing adults” in trauma affects your audience’s processing of events, why its important to always stay calm, be informative.

mmdfilmbase.weebly.com (Stencil/Trace Evidentiary Concerns, My Influences) was created for these very reasons, to alert those best situated to helping others of their power to control our audiences coping mechanisms. According to Nancy Boyd Webb: “the mastery in advance through reflection or fantasy [good-willed] provides a form of psychological preparedness that ideally will lead to enhanced coping in future stressful situations.” (9) Why I love Movies so much, because during my difficulties, I relied heavily on Movies to coordinate my feelings, to adjust to my reality, and in order to feel whole, related self to Film.

Sharing is one way in which to establish a system of readiness, among your cohorts, and audience. A system of readiness has been described by Nancy Boyd Webb as related to the concept of “misery loves company,” she then goes on to state [if so] “then we would expect the sharing or a crisis or traumatic experience to offer a degree of comfort and support that is absent when an individual undergoes such a stressful crisis alone.” (10) Which is why we have Social

Media. In my mind, Social Media is not just an escape from reality, but a way to helpfully process events, news, and understand concepts in the public sphere so that we don't feel alone in this.

Reference:

Nancy Boyd Webb, *Play Therapy with Children and Adolescents in Crisis*, 4th Edition (2015).

Journal Entry #5
12-29-17

You have to be careful –what you consume affects you. What is becoming of you –is when you represent yourselves and others well. Always be in control of your emotions. What you send out (energy) gets sent back to you –especially on Social Media –where we are easily affected by others and easily misread. Who you are and who you are associated to matters. You build these associations to you by the likes you choose. –How people see what matters to you –and what you're affected by. Always see the big picture. –Nothings a big deal if you don't make it out to be a big deal. Think in terms of consequences. –How does your audience feel. That's always a good indicator of how you should project yourself online to others –help make normal others. When you are normal everything around you will feel normal too.

When You Put Yourself Under a Microscope
12-29-17

When you put yourself under a microscope you will be judged for what you put under that microscope. Feelings about you and towards you will change, viewpoints. Some will like you and not all will, but you have to be accepting of all crowds around you. You cannot control your audience, or people who do not like you, they will watch anyways and read along anyways, and that you have no control over. People will always be judgmental, you have to maintain a positive attitude, there is no secret to positivity, there is no position or costume you can put on in order to be perfect, you just have to be yourself. That's key. When you like yourself others will like you, when you do not like yourself others will not like you, you cannot read your audience, you can only read who writes you back, that is the bottom line. You cannot read what is not written to you, you cannot read words that are not spoken to you, you can only be yourself. You should not predict or anticipate the reactions of others toward you, that will only make you sick, the only thing you can control are your thoughts and your perceptions, do not make yourself sick anticipating the reactions of others, walking into puddles and dead ends in life, to their chagrin, those are those who are not accepting of you, and for whatever reasons, based upon what they hear or say when they look at you, should not be your problem, but problems of their own with you, and you should not be adversely affected by the problems that other people have with you, that and those are their judgments of you, accepting or not, and should not lead to self-harming behaviors and or dislike for self, you can only be you. Its impossible to please everyone, you can only have so many fans, and have so many people turn on you in your mind, that you eventually hurt yourself, life is not mortal kombat, never finish yourself off, just because one person does not like you, there is likely to be someone else who will. Be forgiving of yourself, life is not perfect, and you cannot be well-liked by all, but you should always like yourself.

Everyone's On Something Else in Life
12-30-17

Everyone is supposed to be on something else in life. That's how we remain different and unique. So when someone asks, what are you on? On to the next, on to something, or on to someone or something better in life. Maybe it means something positive [maybe its focus on one's self], maybe it means something good is about to happen. You should not fear the successes of others, or even your own missteps in life, but always seek to make better yourself and other. You can throw the past forward and expect a different set of circumstances, or different set of event to occur any differently, than previously having occurred, and ANY mention therefore, leads to risk of future occurrence, this and the NSA I know very well, since 2013, why when it gets close, they throw confetti, its like Snapchat but of Law Students and Lawyers, we sue people and throw people in jail, they even didn't give me jobs and threw me online [by default I became a writer online]. Desperate times call for desperate measure, its important to always stay calm, and be accepting of one another. One thing Ive learned is to always prove them wrong, never prove anyone against you right, that does not make things better only worse, to step into puddles laid out for you to slip and fall into like traps to see if youre good or bad, or have sound judgment and rationale decision making skills when presented with facts that can be used to illustrate a multitude of things for or against you in life, that is how information is unfortunately applied, by what is provided about each, and then each individual is judged based upon a series of informational tidbits and facts, applied to a bigger picture to illustrate that picture, whether it be positive or negative, the outcome is everyones responsibility to control, if a negative outcome is assumed to have occurred past, do everything we can to prevent that future outcome from occurring, that's called taken preventative steps to ensure the safety and well-being of all, a quotes campaign, I thought best.

People will assume, no matter what information is provided that there are non-existing connections to event, to prove that some God exists, or that some power positive or negative exists that causes these occurrences to occur, that is trusting in something greater than yourself, a purpose of another, always trust yourself first, and trust professionals, their opinions, and guidance is what matters.

“Also be mindful there will be people in my World who are not going to like me and that might not have anything to do with the distant past or present upon me.” (Video #1, 12/30/17)

“I think the whole point is for me to keep going in my World and not have it collide with the past World, like as if I had this conversation theyd think that I was crazy so its important to just stay in the present.” (Video #2, 12/30/17).

“Its like people can F up your life, if you just so happen to be doing something at the same time that this person decides to go to jail, and they want to mish mash the past with the present to see if the past turns out differently, Im not for experiment Im sorry.” (Video #3, 12/30/17).

“If you know yourself, and you operate from within, then everything on the outside will always be you, that’s the secret, I figured that one out too, they go woo and leave an impression.” (Video #4, 12/30/17).

“So what happens when I’m negative I look bad, when I’m positive, I look positive, so that’s the simple solution, to talk like this at all times.” (Video #5, 12/30/17).

“I see that people want intimacy, I’m not an intimate person, I’m a writer, I’m not going to attach my heart to yours, I want people to think for themselves.” (Video #6, 12/30/17).

What’s in Good Taste What’s in Bad Taste

01-01-18

It’s 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 one’s 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.

Ideologies and Happenings

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.

Life Isn't About Image or Connections

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.

Moving Forward
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)

Being Raised Conservative
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.

What We See We Remember
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.

What We See We Remember
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What's Important to You
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.

Some Ideas
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.

Nothings Ever Permanent
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.

Commentary is for Professionals
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>

Minimalism Amplifies
01-10-18

Theres 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 its important to always stay calm, and to focus on whats 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 whats 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 whats 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.

What to Talk About 01-10-18

Its not always necessary to share your two cents or to say whats 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

You Cannot Predict the Future 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]

equilibrium.” (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 critical 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 maladaptive conditions, 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 environmental 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 theyre smart, its 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).

Life’s not all about Blogging
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 maladaptive 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.

Always Think for Yourself

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.

Living Life is Not Contagious
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 too will be equally loved, and 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 good character in life and never read too much into others. It's what you think that matters most. Never accept blame where you are right and others are wrong towards you. Never blame others when you are wrong, and by these lessons we build a better understanding of ourselves and others. You live and you learn, not by mistakes but by rights not wrongs.

What's Important to the Reader Doesn't Matter
01-14-18

What's important to the reader doesn't matter. Everyone has their own poignant recall and experiences they remember, their own lives and most memorable moments. You choose which moments in life define you. You should never be defined by others, or by experiences in life. What you remember is what you process and register as 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 you are graded in life, is by exemplifying good moral character a general understanding a proper care for self and others, a degree of sensitivity for those preserved is welcomed, why I get picked in life, not rejected. What occurs when associations are made by telephone, and by what people say not by what is written and used to cause judgment is called hearsay, that's a persuasive argument against someone, by opinions shared about someone's character based on pulling something that they say out of context to make them look bad as applied to something else. –It's important not to judge others at what point did things become bad for others in life, there are timelines and there are records, and from those points during those moments in time, when drugs and alcohol are involved, that is what is punished, and for those reasons others are punished, or punishment is sought for them. That is how crime works, by punishing people, good people, to undo the wrongs of themselves. Your discomforts with people, who help you, are not of concern, and 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 giving up in life and others. This is not a period in time, when all hope should be lost, but by continuously rebuilding from where people left off is how you build sound intelligence and learn principles for recovering from hardships, and understanding the hardships of others better. –We are not actors, we can only be human, and by that I meant it, I'm not an Actress.

Don't Blame It On the DJ
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 this point. You guys should always stay positive. And you cannot blame Housekeepers either, for listening to orders. So that's the main point. The main point is a point addressed to clarify a whole, not make certain, but make clear, not allude, but bring to a point of closure, response. That response should always be positive. When things are not right and not certain we feel that energy. And based upon that energy make decisions in life

for ourselves. Never become defensive to the wrongs of others, and never justify the wrongs of others. Where others are wrong, that will eventually come to light, through their character good or bad. You cannot change people you can only correct them. –The stopping points and ending points of discussions should always be in the positive not the negative. Those are not then jumping off points for discussions. Usually points made by someone in the middle of any controversy is called coming forward in life, and speaking. You have to give it time, allow victims to come forward on their own, that's how you undo 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 reaction to justify any existing or pre-existing conditions or reactions you deem relevant. Always think relevant as to what, guilt for what, and for whys, never justify the wrongs of others, that's a slippery slope, and only leads to disillusionment, illness. When people become ill, it is because they become disillusioned, either by drugs or alcohol made worse, present circumstances only become worse, when reading abilities are worsened, to make unable to read, usually those well read don't do drugs. Drugs cause retardation, or inability to read, read well, or respond promptly or well enough to be understood well, and because not understood, evidence of guilt is present, as misconduct toward oneself, the use of drugs is called self-harm.

Keeping a Positive Head on Your Shoulders 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 safety of all. When you are doing well others around you will do well now. Co-Dependent systems are not healthy for personal growth, as they stifle you, real friends don't compare themselves to one another or 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 and outside of families, understand the fights, and help not make worse current situations, or leave one another worse off, that only causes blame, and resentments, and resentments cause hatred or misunderstandings toward one another. From where does power come from, from the Parents, or Schools. From where does confidence come from, the Parents or the School. From where does sickness come from, self when self does not get help when sick, sick can make others sick. Never worry for the fears or resentments of others. Never provoke one another to end up worse off, that proves nothing right, and everything wrong. Always prove them wrong in life, and always do your best. Who you are is not about people downloading, but being yourself. When sick makes well sick, you know we have a problem, always think well. Some people in life, do not have it 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.

You Can't Change Words or People 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 most, not what others think or say to 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 thought of others, always mind your thoughts, is it of a concerning nature, is it important, what matters to you. With clarity of thought and purpose in life, you too can repair yourself. Repairing oneself, and 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 order for those around you to do well too. Campaigns are not for everyone, but for the well. When others get sick, that means the Campaign is not doing well, either there is a conflicting issue surmounting, or a misunderstanding that needs to be compelled. Abusive relationships are for the weak and jealous types, never engage in any response to those who are jealous of you 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. Confidence attracts others to you, and that is how you do well in life.

Bad Memories Are What Hurt
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 you love hurts you, that's called a breakup. You deal with it and move on, to someone who makes you feel good about yourself. The cycle of abuse occurs, when you keep going back to where it hurts, and 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 personality and own it. How people are is a reflection of themselves a composite of their experiences not a composite of those who have harmed them, do not be a composite sketch of hate. Its important to 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 beauty there is nature at peace and 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 youre well, and know when youre sick and 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, behind your back, that causes 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 paraia you in life, why defamation is 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 f-k ups in life, I am not one of them. 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 themselves, they are not the problem, 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 yourself, and when that occurs, love 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 Government approval. The Red Cross 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 well, and that no one loss of support should make or break you in life, and that in order to get support you need to go to systems of support.

Intent to Communicate
01-16-18

Intent to communicate is defined by Google as: "Non-intentional communicative intent is the communication of a message that is automatic and completed without thinking (spontaneous). Intentional communicative intent is the deliberate communication of a message to a person, whether it's via gestures, gaze, or vocalizations." [1] –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 what is communicated to and from any one person. Be careful not of what you think but of what you

interpret via those communications, formulate your thoughts and response in return. Its important to always have a balanced perspective whenever passing judgment upon others. What you think, see, feel and hear is always a matter of manifestation of self, and a reflection of your 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 also and the needs of those around you. What is public safety? Google defines public safety as: "Public Safety refers to the welfare and protection of the general public. It is usually expressed as a governmental responsibility. Most states have departments for public safety. The primary goal of the department is prevention and protection of the public from dangers affecting safety such as crimes or disasters." [2] Public safety is a learned phenomenon, something that can always be perfected when it comes to oral communications and written communications, how you communicate to others, is how you will be judged, as conservative or not, helpful or not, or considered a problem, exuding problematic behavior, or deemed influential in a bad way, that denotes harm causing agents attracting harm causing agents. Always be respectful of the spaces of others, written and orally in communication, any unwanted communications result in aggravation and loss of sleep, to those whom communications are unwanted. For all wanted communications speak to your local Government officials, like Michael Moore. That is how to make change happen, not by attacking within groups or other groups.

Reference:

[1]

https://www.google.com/search?source=hp&ei=1YJeWtrmCsGU0wKVtbigBA&q=intent+to+communicate+definition&oq=intent+to+communicate+definition&gs_l=psy-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

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Recognizing Failures

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 errors in life, and regroup. There is 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, what you in your heart think is 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 unhappinesses out on others, as they are not to blame, never to blame for ones own current

hardships. Know that until you are willing to move forward in life, and see best your interests and the best interests of others, then and only then will you be able to move past reasonings or people in your li[fe] who have caused you hardship or illness. Know you best suits in life, and always follow the 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. That is how to build strong foundations, a willingness to surrender to your own faults in life, and help make better self and others. That is how to rebuild. When you are not doing well, that 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 calm, and 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's when you are wrong, and when 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.

What is Racism?

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) taunt (3) belittle (4) hurt (5) threaten (6) injure esteem or (7) put down because one thinks that it predominates because ones beliefs are better than or more sound than the other. That is called racism. When one is discriminated that occurs because based on ones behaviors, use of likeness, they determine that one if like that one is and therefore not to like someone who is characterized or mischaracterized, denominates. To denominate in mass media, occurs when a likeness, is used and portrayed as a kind, so when identified in public is disliked, that is to denominate a particular group or class of individuals as lesser than, and that the predominant view –goal to be seen as greater than. Beliefs are not a race, 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 as to belief systems, because inwardly you cannot see outwardly beliefs or resentments or fears held toward any groups of people or individuals. –When one is put down, for me for instance, that occurs 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 because of loss of esteem, that caused loss of focus, and because of loss of focus that caused lack of achievement, and because of lack of achievement that caused resentments toward me as not good enough, and because that not hired, because I was not an Attorney and he only hires Attorneys, I was a Housekeeper and Intern ABA Certified Paralegal.

Bullying at home, was because of cocaine use in college 2006 for a semester.

Negative Opinions Don't Matter

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, only think about, and cause illness. –What matters is proper maintenance of positive opinion, its not what you do that matters but what you say, interjects a negative opinion or positive opinion toward self, and reflects your belief systems. How you were raised does not matter, its what you do with your life that matters most, importance to accolades, and holding virtues that help not just yourself, but everyone around you. Be well minded in order

to have well thoughts, about self and other. Causes for disruption are your own thoughts disturbing your own sense of peace, and whereabouts mentally. When you circle about, make it not collapse on negatives but by focusing on rebuilding off of positive tangents, is 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 to discern whereabouts or causes for controversy [where] exist[ent] then stumble and fall into the pile of negativity, always look out for one another, but not to the point where it bears too much burden upon one or others or many. Think before you speak, crime is crime, and people are people. People are not crimes, and crimes are not people, crimes are caused by criminals, criminally minded, and crimes are caused by those who commit crimes, crimes upon people, places, and people. Some words are considered crimes, such as words directed at people, specifically, and words directed at self that harm, or words directed toward others that harm. Those who get harm are never forgiven nor never forgotten, and will always be remembered, including those who harmed them, that's a sad truth, to be ignored. Whats most important is to focus on the living, respect the oldest as well as the deceased, and to always do whats best, its by [respect for your elders], we become special [I was thought to have become special by death], unique [no not unique], 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, that's your life as applied. Do not apply your current life to the deceased or compare self to the deceased that is considered sin. Worship things not people. People with many things, why they are worshipped, its by things, not by people. -Guilt gets passed over much like a lawsuit, gets passed on from generation to generation, hardships, that's the law. When you become too involved in the problems of others, you tend to take it personally, don't take anything in life too personally, including the wrongs of others, on others, and including yourself, do not internalize hate as directed toward self when on others. Do not mimic hate as a representation of self toward others, by sight seen. How people die, is a discussion for medical professionals, not for the commoners to discern or think about, always focus on the living, NEVER play Doctor, that is sin. When you hurt others, you only hurt yourselves, Ive said this before. When you share a lot you become paranoid, because those are your inner workings, keep all inner workings to yourselves, to not be duplicated among yourselves in life. When you get your hand dirty in life, its because you've entrapped yourselves in the problems of others, or the thinking about of problems of others, that are not your own, always focus on yourselves not others. Always help one another group by group, not in groups, but person-to-person, connections are made one on one. So its always important to be yourself, why its important to be yourself. The best gift you can give in life, is to be yourself 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 talk about victims, that's disempowering, 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 anyone. Whats to know whats to hear whats thought whats said whats felt inklings [are] not true until said don't go away. To help others, you must be whole. #Sober #Clean

Friendships Can Never Be Wrecked 01-17-18

Friendships can never be wrecked, only mended, by bettering yourself. When one friendship ends another will blossom, never lose faith, and always keep going in life. You cannot go backwards in life, you can only move forwards. "Life is no Nintendo Game" in the wise words of Eminem. –Going backwards only does you harm in life, 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, as that will prevent you from 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 jealous of well to make well. There will always be different types of people, with different mood settings, that will not change we are only human, and like the water within us, we change. Don't think too much of others, as their problems become your problems, if thought about. You will always be yourself, and no one can change that about you. What you see is what you 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 your work ethic put toward bettering yourself everyday, that is what will surround you, you have to work for it. Nothing comes easy in life, including having friends, and being around others, that is 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 on social media, that will never change, there will always be systems of support online for those in need, on social media and away from social media, to help us identify what's bothering us. Sometimes it's difficult to share out loud what is bothering us, and that's okay. It's never too late to change, and it's never too late to make better self, never trash yourself. 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 will be well around you. Never 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 better at catching the mistakes of 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 to see it to believe it, believe in 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 unreal how TV helps adjust us, to 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 shown. Never accept blame for the wrongs of others, I've said this before, always be true. It's by who you identify with you become, identify with whole people to be real, all knowing.

Always Focus on What Matters Most 01-18-18

Always focus on what matters most, during times of controversy, never assume that everyone knows your whole story but what you share out loud with them about you. 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 any given moment in time. –Mental illness is a daily struggle, something that must be managed everyday and cared for, it's like diabetes, you have to take your medication in order to stay well. Therefore when 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 disability, and further impede on your progress health wise, recovery time takes time, especially from drugs and alcohol.

Recovery is defined by Google as: “a return to a normal state of health, mind, or strength. [or] the action or process of regaining possession or control of something stolen or lost.” This is a loss of a stable mental health condition in place an unstable mental health condition, caused by the use of drugs or alcohol. This lack of stability causes one to question self as well as others, can induce paranoia. Why when in paranoid states and not doing well, its important to refrain from the use of alcohol and drugs. -The well see well, and the well looking at those with mental illness, apply mental illnesses to the well, to figure out what is causing mental illness. That will never change, people will always wonder for what reasons caused the use of drugs and or alcohol, usually its not conspiracy, but pressures upon pressures, that cause mental illness, and eventually turning on oneself, or others, paranoid. Its important when mentally ill to express 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 life to represent self and others well, to the best of your ability, to do well in life.

Reference:

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Everybody Has a Mind of Their Own
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 hold a negative viewpoint about individuals or groups of individuals in life, as that is holding prejudice toward any group of people or set of individuals within a group. Everybody has a mind of their own 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 World, and our position in it. When 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 behave differently. Always know that you are not your associations in life, and only you can be you in life.

You Can't Change the Past
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 that you are not. There will be people 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, sometimes you just have to keep 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 you're in the negative that things go 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 self or others, too willingly that it 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 life, and always keeping the best of 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 of us figure this out sooner than others in life. Nothing trashy ever gets returned, and nothing trashy ever gets respect or gains notoriety in this lifetime, but everything trashy gets remembered. Its usually the faults of others, they are known by, their weaknesses, not their strengths, even after they achieve success, this you learn the hard way. Respect is often times hard to achieve post trauma of seeing someone you admire get trashed, that's the sad part. Theres always room for forgiveness, forgive all.

Accept People for Who They Are
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 responsible for their own choices in 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 forward peaceably, without exhibiting behavioral health issues, associated to what pains us about our past lives. There is always time to move forward, no one is perfect. Never go back to where it hurts, that just re-instigates the cycle of violence, and enables people to harm you again and again, and again. Just move forward. Where there is non-acceptance there will 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 go backwards, or have trouble going backwards, or a friendship or professional association breaks. Not always resulting from a break of trust, but usually resulting from a break in character. When your best foot is not forward in life, you are more susceptible to relationships broken, increased odds against the maintenance of those relationships. When you best foot is forward, it then becomes easier to maintain those relationships both professionally and personally, how to keep going in life.

Knowingly in the Wrong
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 be positive. There are no 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 but yourself. Accept no blames for the illnesses of others, as they are a product of their own minds, not yours. You are always responsible for yourself first and foremost, you are never responsible 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 not to. Always consult with your Doctor or Pharmacist should you take medications, in which the combination of alcohol, impairs any of your abilities, why I don't drink, sober since 2003. Im knowingly retarded, Ive had a learning disability since I was little, learned multiplication tables by tracing my hands, numbers on the tips, and got zeros on my ERBs 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 achieve in life, its 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. In order to be well, enough 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 fall astray. There are no confessions to the wrongs made by others, only defenses. You cannot blame people for the

wrongs of others, that is clearly wrong, you cannot blame innocent bystanders, 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 others to death via blame. You should always take responsibility for yourself in life, you are NEVER responsible for others in life, just yourself. When you represent yourself well, you represent all others 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 learned in Law School, it is for and by my experiences I know best, and respond well, to circumstances, always see clearly. When you do right in the World, you will foster self, and others, when you do not do well in life, you cannot represent the best interests of others well, that's plain and simple.

The Confidences of Your Own

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 or interfere with you abilities 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 congruent to your best interests, don't overlap two negatives to build a positive inference for another's to interpret you in the negative via adaptation of something said not said, or thought left unsaid 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 separately to be told 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, not present or past. –Don't allow 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 of purpose which is to help all, 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 writings. When I am harmed, that is 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, overall health and well-being, that is wrong. And should be stopped. It is wrong to harm, stalk, molest, or otherwise harm others in a professional space, unknowingly. You should always be kind to others, and 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 left with nothing. I'm not a confidence expert that is something that everyone figures out for themselves in life.

Be in Control of Your Own Problems

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. It is not for others to know your problems in life or your problems with others, that only causes discord and rumor and distrust and paranoia. Paranoia results from upsets, when you are upset with yourself, a perfectionist, wanting all relationships to be sound and well, when one relationship or another falters, then you feel imbalanced and as a result, 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 drugs or alcohol. Never base 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 high on a tangent of life that is not in touch with the realities of situations present in another world, that is based upon your personal viewpoints or recollections. Sometimes our recollections may be based upon what we know and see, such as on social media, and sometimes our recollections may be based upon what we know, by experience, when our recollections cause us illness, that means we have a foundational problem, our interests are to [criticize] and when [those opinions held] cannot rest one may feel like they are not winning [until proven right], [and] not getting to the bottom of something, that means you are [hurting] the wrong person [you should never hurt anyone rightfully so, whether you think deserved 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 anything for that matter, is no ones business but that person living their life, should not bother anyone else's image or livelihood]. Its important not to prosecute people, and its important not to wrongfully accuse people of misconduct. That is the job of law enforcement. Not the job of civilians to involve themselves with. There are TV Shows for that, its not for public discourse to inflict pain upon others or dissect the minds of others, or to pick apart the genuiness of others hurt one another, you cannot hurt someone to do a good in life, that only makes one sick.

Balance and Esteem

01-31-18

Balance in life and esteem are important for positive functioning, without which, we often times feel lost. Sometimes its companionship that makes us feel complete sometimes, its relationships that make us feel whole. And sometimes its work that makes us feel complete. Whatever it is always makes sure you maintain a careful 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 for you in your life, or you are not doing something right, this causes nervousness, imperfection. There is only so much you can do to be perfect before you fall apart, always go to help 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, the sharing of emotions is considered taboo, no one wants to hear your problems, usually people only want to hear good news, theres a reason for that, maintaining positivity. Maintaining positivity is so important, problems, can cause disarray, and disarray can cause mental illness, mental illness is caused by fighting, and fights started cause nervousness, and right 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, one should never anticipate negativity, but always see the positive in life, anticipate well.

Always Stay Calm

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 interactions and situations. Often having the fear of being criticized, judged or closely watched, people with social anxiety tend to avoid social communication, especially outside of the world of anonymity 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, this I think is a big concern. People who are not heavily interacting in person, but interact online heavily, and have social anxiety, usually people who should be social online, should have knowledge or experience 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 these skills in real life, and not run the risk of losing these positive life skills, with too much online interaction and not enough in person interaction, this may worsen this condition. Writing is one thing, and trauma therapy is another, and blogging is one thing, but interaction, social interaction, seems to be vital a key component to normalcy.

Don't Be Easily Offended by Others

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.

It Takes Too Long to Know Yourself

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 change or 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.

What You Know in Life

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's Never Too Late
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.

When You Lose Faith in Self and Others
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 another, 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.

You Are What You Connect To
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.

Don't Laugh Until It Hurts
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 wrecks 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.

When You Don't Value Yourself

02-19-18

With enough love anything is possible. However, when you do not value yourself you run the risk of getting hurt, yourself, or have the increased potential for watching others get hurt when at a stand still not in action and off base with reality, therefore putting yourself or others at risk of harm. When you yourself are not strong, its important to surround yourself with those who are strong, and to request for the assistance and help of those who are strong to help you cope, as your aides. Never take under your care, others, when you yourself are not strong enough to bear the consequences of another's instability. One should be strong in order to care for others. You cannot allow, people to run the course of their mental illnesses without notice, or without punishment, or intervention, these matters must always be dealt with on a case-by-case basis, accordingly, and swiftly.

When hospitalized in July, I was disoriented to say the least, out of my element. I was taken to the emergency room, they thought I was suicidal I was not, I had just not come home one night, and had stayed up all night in my car parked on Ocean Ave. I usually parked there to think at night, that's where I have parked for years now. Where I went running everyday since 2014. My 20 min to 1 hour run.

You never know how things will turn out for you in life. If you do as you are told, and always do your best, then you should be fine. If you do not follow directions well, then things turn out adversely for you. That is but a consequence of not following directions in life. You have to always trust your superiors, as they are at best looking after you, your best interests, and the best interests of others at all times. We call these people leaders. Leaders are responsible for caring for more than one person, more than one person within an organization, and leads by what governs within that organization, by its rules, and regulations, and follows protocols within that group it leads. People who lead are given jobs, and those who are given jobs are respected in society. Those who are not given jobs not paid are not respected.

Expectations and Recovery

02-19-18

When you go through any changes in life, there are expectations that you will come out a better person, or have arrived at some new place in life, experienced some kind of life changing experience that opens your eyes to the World. You have to always be patient with yourself. You cannot rush through life, hoping and praying for everything to go as planned, that's nonsensical and not realistic. Usually you live moment to moment and live for the moment. That's the best way to live. Those who live rigid on plans, are usually unhappy people, when things don't turn out as planned. Ask yourself are you one of those people? Is it your mission in life to cause unhappiness or happiness in the lives of others, and to what extent does your own happiness or unhappiness affect others. Those are questions you should always ask yourself, when considering the consequences of change in your life, how will change affect those around you. Some changes we can afford, some changes we cannot afford, and some changes we have no control over, some changes we have a say in, and some changes we have no say in. That's just apart of life. You

have to roll with the punches so to speak. We cannot control everything in life, at best we can control ourselves, and the decisions we make at the present and changes we seek to effect in our lives for the better, that's at most the change we have control over. As far as other people are concerned, we are not able to control the changes other people make in their lives, nor are we capable of convincing people to change, people can only change when they are willing to change, on their own, that's apart of life.

Social Influences

02-20-18

Social influences in life are determined by (1) your upbringing and (2) your exposure. These things put together determine your likeness and how you identify within any given group –your adaptation skills. Some are better than others at this depending on their level of comfort with self, and knowledge of their needs and wants know how to navigate these waters we call social classes, setting boundaries, based on esteem, and letting down guards when amongst. There are some of us who are free floaters, that is if they have a job and have money and are nice, then willing to engage in conversation with anyone, that is someone who is considered a free spirit in life, i.e. fearless. Who one is fearless they do not hold themselves in high esteem or categorize them in some echelon as above others. This may not always be indicative of comfort with self, nor of trust with others, or resulting from miscommunications and trusts granted, or privileges taken for granted, but a matter of being nice, for simplicities sake, civil with others, nice to others. There is no give and take to every each and every and all relationship, some relationships are conditional, and some are all together unhealthy to begin with, it's a matter of respect, how we treat one another, and for what purposes we engage with one another. This is because we either one love one another, two have respect for one another, admiration for one another, evaluate and accept one another, or putting ourselves out there to be there for others, there are different kinds of people in life, some are more able than others not by given attributes but learned by skill to help others, we call these people members of the helping professions. They are not our friends, they are not our companions, they do us no favors in life, they are simply there for us when we need them, whether as sounding boards or helping us to navigate unclear waters and helping us to redirect our focus toward other sources, these are who we call members of the helping professions. Do not abuse the kindness of others, it never reflects highly upon you, in any case to put another down, that's always in poor taste, usually someone puts you down to get you to say something to put them down, making an issue that was just to do with them about you, taking it to a personal level with you, where they interfere with you focus and ability to cope, making it personal, and thus affecting your abilities, so that in the event of any errors should anything go wrong, blame be placed upon them, with advanced warning as the cause of that hardship they've already pre-insulted you. Should you go public and try to accuse them of misconduct toward you. Planted. (That is made up commentary to make themselves look better).

When Your Intuition Fails You

02-20-18

When your intuition fails you –means you've made a bad decision in life you cannot go backwards from –remove from your memory. Usually occurring after suffering some kind of harm. –My boyfriend of two weeks told me today to try to stay out of trouble and to avoid

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

Some People Their World is Better Small
02-21-18

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

Even If the Times Change Stay the Same
02-21-18

Even if the times change stay the same, nothing requires that you change in order to accommodate the needs of others, your needs come first when you are not doing well, and when you are doing well it is your choice to engage in services to help others, that is your choice, based on an assessment of your employer and you yourself by application argue fit for positions in life, and for employment. When we do not fit the bill, well then, we have problems, finding placement, if choosing the wrong career paths, or avenues for achievement, not fit for our skill set. When you change too much, you run the risk of not improving upon one's good character traits, by focusing too much on one's weaknesses. It's important to focus on one's strengths in spite of hardships, why? Because you need to maintain your good traits in order to improve upon your weaknesses, it is with your strengths that you are able to correct your weaknesses and improve upon self, with that positive foundation, a positive foundation is required for any growth to move forward positively for you, for anyone, or for others or those around you to see you

grow ie improve upon oneself, that's what gets noticed, is maintenance + improvements = good merits, on good merits achieved, well-versed well spoken = kind hearted generally. When you are not at your best and do not sound like yourself or sound like less than, people who think they are better than you will punish you assume that you are up to no good or need correcting, that's understandable while improving, you wont always get cheered on along the way, or encouraged, that's for those who are suffering or need cheering up, one changes for them, why to be positive, extra positive, its for lifting people when they are down, not for excitement.

When Things Don't Work Out
02-21-18

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

How Overthinking Can Ruin a Relationship
02-22-18

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

Why Jealousy is a Painful Attribute 02-22-18

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

Relationship Woos –How to Keep Busy When In Love 02-24-18

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

Journal #4 (Handwritten) 02-25-18

02-22-18

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

02-22-18

Lying is never the solution to any problem it only causes paranoia and self-doubt isolates you weakens your ability to be present set aside your needs for others, into your own emotions. Why

care for those who don't care never cared. Only when well are we at peace when tired we may become ill when slow is not good enough.

02-22-18

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

02-21-18

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

02-21-18

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

02-23-18

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

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

02-23-18

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

02-24-18

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

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

Facebook Deductions

02-25-18

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

War is selfish and does not equal world peace.

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

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

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

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

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

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

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

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

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

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

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

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

Facebook Posts (2)
02-25-18

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

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

Don't backwards punish yourself presently that doesn't help you move forward in life to take past beef and wear it forward live for the moment try to be new not repeat old patterns love yourself enough to let go of the past accept now and be accepting forgiving of others over the little things

in life. #nobigdeal #mymollydollblog you get punished don't set yourself up for hurt anguish yourself if another is wrong toward you that makes worse things. Let go #ignorethem.

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

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

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

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

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

#mymollydollblog

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

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

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

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

How can you take someone's personal issues personally if I don't even know you. #strangers Dear #PresidentTrump They blame their own thoughts toward me as bad I'm good enough. To

each his own. I'm not responsible for the thoughts of others toward me. #whocares not my issue but theirs w/me.

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

Our designated problems are the business of #PresidentTrump

Group huddle. So what's next. #TrumpSupporters

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

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

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

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

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

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

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

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

Facebook Posts (3)
02-26-18

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

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

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

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

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

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

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

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

Facebook Posts (4)
02-26-18

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

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

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

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

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

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

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

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

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

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

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

Share Your Mind
03-27-18

When you share your mind with others, that's 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, it's your responsibility to stay on a positive tangent and respond well to others, that's 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 don't react and why. There are reasons for non-interaction, that is generally to protect one's wellness. Or for the sake or argument 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.

Baseball Cards and Broken Dreams
04-10-18

When anything of value gets depreciated, that's 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. That's never for anyone else to decide. You have to be patient with others, they cannot always win in life, that's not what life is about, it's about what you connect to and what and who matters to you and is of interest. That's not how to stay well. Everything in small doses. Sometimes it can be overwhelming, that's why it's important to move forward. It's hard to go backwards sometimes, that just wastes time and effort, and is not the purpose 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, that's 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. That's 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 party's interest, but something written in the best interests of all. That's called providing a balanced viewpoint, that's not taking a position too far, a position is made, and earned, that's overtime, over years of commitment, and continued effort, made so. It's 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. That's 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, that's the secret to my success, as a journal writer since age 5, how I honed my craft, empowered myself.

Procrastination Blues
05-06-18

It's hard to stay focused, especially when it comes to meeting deadlines. It's easy to fall off track when you focus your attention on things that don't matter towards achieving your sense of peace and happiness in life. They're called distractions. It's 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. It's 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, that's 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.

Why I Really Need Microsoft

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 anyone's 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.

Being Needy

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, its for no one to judge, respect or not in the past given.

Who You Communicate With
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 its 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, theres 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 its 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 its 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.

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 everyones 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 ones problems, that's not how to operate by influence poor influence in defense to ones 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, your have 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.

Being Positive In Spite of Your Differences
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.

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.

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, wrecks 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>

Finding 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.

Confusion and Turmoil Following Suicide 06-24-18

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.

References:

suicidology.org whom I contacted on 03-15-18
Jeffrey Jackson, A Handbook for Survivors of Suicide (2018).

The Importance of Keeping Families Together
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 circumstances to bring about negative consequences moving forward for yourself, that's called learning from your mistakes in life, that matters. When we are too hard on others, especially ourselves, no good can come of that harm, it only transfers to the weak. Knowing this living at home, it's 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. It's not easy to find love, I bought 3 pins, you have to enrich your own life before you can enrich the lives of others, that's 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, that's 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.

Kidding You Too
07-03-18

The trees on the cliff
Off the mountain tops
Bidding adieu
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

How to Be Considerate
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 I'm 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. I'm tired of being thrown in the hospital and put to sleep, for 14 days, that's not how I want to live my life. I've 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 savvy 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.

Batwings and Relapses
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 I'm on a side, and whether or not I'm doing well, stay positive.

Differing Levels of Success 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 hastey 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.

Religious Principles of Forgiveness 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.

My Thoughts on Poetry 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.

What is the Good Life 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.

Don't Politicize My Position in Life 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.

Negative Reactions and Responses 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.

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.

Wallowing in Futility

07-26-18

When one chapter ends another begins, and so it follows that those who beckon receive what's 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.

New Science by 911 Operators

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.

Wasting Time
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 by 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.

Incoming Signals

10-12-18

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, thats called being manipulated to empower oneself, as toward someone, which afterward gets ignored or denied, as having done so, dont waste your energy engaging with people who do that to you, always be compassionate and understanding assuming that people care for themselves without intent o 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.

My 2hr 15 min Run Last Night ...

10-13-18

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.

Pickup Sticks and Rodeo Drive
09-25-18 (Posted 10-13-18)

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. That's 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, that's 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

Creating Options

10-18-18

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. It's 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. It's hard to live life, thinking about what you could've should've 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.

How I Was Affected as a Law Student

10-21-18

A lot of work goes into campaigning for anything you believe in, less is more, and it's important to always simplify. It's easy to get caught up in argument, don't overwhelm yourself trying to make a difference in the world, it's 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. It's important never to assume the reasons for people making commitments in life, as having anything to do with what's gone wrong, it's 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 what's 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, it's 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.

Why I Write ...
10-22-18

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, that's cause for unwanted reading of persons, not to be read or written about, that's 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 person's 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 led as to thoughts, not to undermine others, who by reading, read into the thoughts of yours, the reader's privilege, not the writer's, 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 from the writing, or from the thoughts shared, a further abstract that would be purposefully misleading 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.

Dumping Problems on People 10-22-18

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, thats an unwanted reading of someone, and thats 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 whats 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, thats 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, thats 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.

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, that's 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 person's output, behavior, or present itself as descriptive of their present condition, as affected presently, as resulting in the same set of consequences for them, that's 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.

Being Likeable and Ignoring Negativity 10-23-18

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 knowledgeable 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.

Know Yourself First Before Others

10-30-18

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 whats 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, its 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.

Don't Force Things to Happen in Life

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 youre 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, theres 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, its not necessarily anyones 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 made shorter, when benefit is taken, and anothers 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 its 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 disfavorable 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 of 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, thats 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.

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, afterall 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 its important not to inflict emotions into the character of others, as though you know them best.

#stopbullying Know When to Stop Sharing
11-08-18

If people dont think positively of you and if you think negatively of yourself, thats how you get treated in life. Thats how bullying starts, as deserved or thought deserved. Self-harm is in your control. All communications from the person being bullied is unwanted, thats something you have to live with once you become a reject, dont 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, thats is how someone becomes ill, in my case, myself, thats why you just have to move forward its not required that everyone believe in the same thing or for all people to believe in something, and keep someone form believing in themselves, once the fighting starts, thats a turn off, and if you dont 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, its 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 eachother, thats how you get left out in life.

Fitting In and Acceptance
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 inabilities to connect well with others, some people take awhile to warm up, that big feeling inside is feeling whole, that small feeling inside is feeling less than, and when you're finally able to blend in well thats acceptance.

What You Think Matters
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.

So Maybe Saks Took it Too Far ...
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.

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 representations 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.

How to Control Your Writing ...

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. Thats 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 its 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. Thats 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, thats 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, thats 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.

My Likes Are My Friends ...

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, its not a conversation with anyone, where its coming from, but to myself, if I were my own best friend. When you lose all your friends, its 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.

The Moment You Lose Faith ...

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.

Know When to Stop ...

11-12-18

Don't hate [on] people because you think they've gone too far [thats 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. -Dont 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, dont 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.

You Can Always Date and Drink ...

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, everyones 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 comradere 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.

When Things Get Awkward ...

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, thats 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. It's important to get along well with others, no matter what is awkward.

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, it's 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 it's 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.

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 occurance, 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!

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!)

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.