

mymollydoll.com (Book #3)<sup>1</sup>

By: Leslie A. Fischman

11-24-18 (Second Draft)

---

<sup>1</sup> Reference: <http://www.mymollydoll.com/leverageyourstory>

## Chapter 1:

05-31-18

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

06-01-18

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

06-03-18

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

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

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

06-04-18

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

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

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

06-07-18

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

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

## Chapter 2:

06-08-18

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

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

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

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

06-16-18

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

06-17-18

Whats causing mental illness -someone trying to be me going through my things to be led, lead my thoughts in the wrong direction is causing mental illness. When people are educated and trained to be good decision makers, cause illness. Allow people to separate themselves not take

things personally the decision making of others cause illness. Allow people to do well in life - you cannot force people to help people they don't want to help -make people look unprofessional -that's causing offense to well that's unwanted intimidation of not well. Don't communicate to not well blame.

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

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

06-21-18

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

Chapter 3:

Leslie Fischman  
#leverageyourstory  
Squares Instagram @mymollydoll\_  
As of 10-29-18

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

It's what you don't remember that hurts you. You can't just delete your way through life, to prevent yourself from going backwards. Why I don't drink. Some things in life you can handle and if you can't handle something in life don't drink to it, the only person you're hurting is yourself. You are best up to par when Sober, with a clear head communicate best. Knowing this

count your blessings in life, and don't think twice about what's bothering you and be sure to be yourself at all times. Everything changes as you get older you go from being the center of attention to just blending in, aging is a process which alcohol certainly does not help, memory is important.

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

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

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

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

Sometimes it takes awhile to understand your past, without picking apart others, "keep your side of the street clean" that is not taking the inventory of others only your own, can be a time consuming process ruminating over how things should be while comparing where you were to where you are now, it's all a matter of time. I was told "God helps those who help themselves." Realizing this, once you're better everything else seems to process better the past especially. Usually it just so happens that by the time you don't care you reflect on what used to matter and get under your skin and wonder why you cared so much to begin with, you start to heal once what matters now becomes more important than what mattered then. You can't move forward until you get a handle of yourself, you can't help others until you yourself are put together. How easily we get led astray in life, cued by others, follow your own cues in life, they're likely to keep you on point not be misguided by the thoughts of others, hearing your own voice, at that point ... when nothing bothers you, means you're on track ... the best life lead is by those who adapt easily to their surroundings, never give up, and never lose your sense of self over others.

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

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

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

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

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

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

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

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

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

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

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

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

10-22-18

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

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

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

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

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

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

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

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

Don't be problematic. #provethemwrong #beconsistent

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

No responses are excused by your own issues, that's blaming others for your disposition, everyone is responsible for themselves, after any instance of #selfharm requires (3 weeks+ to

repair harm to self) always seek advice before any important decision is made for you or others.

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

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

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

11-02-18

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

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

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

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

previous and ongoing in your life be used to justify or reinforce a negative viewpoint of you, testing your ability to be genuine and have meaningful interactions with others ... allow room for growth, always be patient, don't read into the words of others, and be your own best advisor in life, sometimes things don't work out, keep going, and never give up.

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

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

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

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

Eventually there's too much communication as to core issues and subjects, you have to learn how to let things go, and know how to stop, and when to stop confirming with outside parties as

to what's going on within a person, that causes pain. You cannot be close with everyone. It takes time to be yourself especially in any competitive environment. Steer away from psychoanalysis and allow room for growth, sometimes not until it's too late do people realize what they've done wrong.

#### Chapter 4:

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

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

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

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

Everything catches up to you when you're in the wrong it's easy to become defensive to cover your tracks in advance to make others feel like you to then look like the bearer of common sense -it's by intuition and upbringing when left to your own devices not by your history are decisions made but by others passing judgment usually wait upon identified patterns to illustrate whether or not a pattern exists to prove fault previously and currently, that's by assumption of fault

negative judgments as to your good character are made, don't allow your dispositions in life to be taken on by others trying to help you, that would be doing a disservice to everyone, once it becomes unclear allow people to be themselves you cannot control people or outlook it's impossible to predict the future by relying on the past, nothing improved can occur if relying on weak character traits to be exhibited to prove right an opinion ... compassion is preferred.

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

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

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

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

## Chapter 5:

Eventually everything gets to be too much and you find yourself running for 5 hours in the dark and in the rain and the next day and a few weeks later, finally give up and lay in the ocean, that's when you wake up and realize it's all in your head, and at that point you have no one to blame

but yourself, the rest of the thoughts may cause you to laugh at yourself about, how could you be so serious or how could you be so stupid, or how could you allow someone to affect you so badly that you yourself cave in -never give up. Some people have it all and able to rise to the occasion and some are less than able to arise to any occasion.

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

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

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

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

## Chapter 6:

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

It's true that people don't appreciate you until your gone. Don't squeeze people to see what they're made of good or bad that's an unnecessary use of force to empower by prediction the wrongdoer, who's intent whether for good or bad reasons if need proven is called being

experimental with you. Don't wait until it's too late when left to your own devices fight with the past, that's always a waste of energy, time, and cause for embarrassment, learn to leave things alone, not rehash the weaknesses of others or expose their vulnerabilities to make people look good or bad, people should represent themselves always and let the best interests of others be represented by good conduct not by exposure to bad traits, highlight the weaknesses of others to see how wrongs occur if they're in the right or not, let the past be the best and move forward. That's digging too deep at issues, when there is nothing left to share, enjoy moments of peace and clarity, not hurt people when they're open, that's not the time to try new things, be experimental with people as vulnerable or unassuming, that's how people get blindsided uncomfortable, positions taken in life, as the lesser of the two, not good enough.

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

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

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

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

## Chapter 7:

### Handwritten 30 Day Assignment (Days 1-15)

07-04-18

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

07-06-18

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

07-06-18

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

07-08-18

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

07-09-18

I don't think anyone ever intentionally tries to hurt your feelings, but sometimes our feelings get hurt, when overexposed we may feel a tendency to relish in fear of our opposing forces in life, afraid to say what is, that [is] a normal feeling, talking helps its quiet that causes emotional disturbance when combined with negative thoughts toward ourselves, in our heads, as coming from another, or anticipated so. -Just stay positive, rome was not built in one day and neither was life as simple as good choices and best decision making skills exhibited. You never know

whats in store for you, you cannot predict the future, you can only deal with and handle best whats directly in front of you. Always stay calm some of the best decisions we make are often times a product of not only having a clear conscious but also a matter of being a good person. - We are not always perfect. We may try our best, sometimes get thrown into messes and competitions in life, but always know your limits in life. You cannot be in two places at once. Whereever the grass is green, know your best and stick to that.

07-11-18

I don't think anyone ever plans to get defamed. It just happens. Where you are or are not in the wrong if an opinion in the negative gets drawn as to your [good] character, then its your responsibility to correct that negative judgement of you. Blaming others for negative or poor judgment of you -only leads you astray further from your goals of acceptance of who you are or are not, proven wrong. By proving wrong negative judgment of you, that does not necessarily bring out positive consequences for you or past negative judgment changed as to your well being, in or in not your favor or in your best interests. -You are responsible for how others see you, well or not is always in your control -reversing the consequences of negative judgment is a matter of having (1) positive insight (2) positive outlook which upon negative insight and outlooks get frowned upon as deserving or not. What energies you feed into -reflects upon your well being -catering to crowds or yourself, well or not is based upon your (1) success(es) (2) determinations (3) energies. No one can read your thoughts, that's only a delusion. From conversation to writing, your fathomed thoughts, translate to well or put together at length. That's how you know whether positive or negative conversations are affecting your intellect, responses, and behavior, about or within you.

07-12-18

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

07-12-18

People well do and say things you don't want to hear in life but you cannot let anyone hurt your sense of inner peace. When in trauma and when you cannot express yourself, pause. Don't

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

07-13-18

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

07-15-18

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

07-16-18

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

07-17-18

I don't think it's necessary to do things for the short blurbs about you you just have to move forward regardless of what other people think about you, a success or not. -What and who you are attached to does not matter in the long run it's what you're about that matters most. People are driven by different things in life, success, jobs, love -you have to find what it is in your heart that

makes you happy. No one can be you. You have to just be yourself, until you are happy no one can make you happy. That is something you have to realize for yourself. The value of hardwork - knowing the difference between right and wrong and when tired, being immune from anything that causes you turmoil or illness. Just be who you are. Until you like yourself its hard to make anything go right for you in life. You cant get worked up over the small things in life, just do your best to stay well and not let anyone affect you. Lifes not a competition for wellness and its certainly not a race to success. You cant be made jealous by the successes of others. You just have to be happy with who you are and are not.

07-18-18

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

Chapter 8:

11-06-18

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

interests are at heart, and that is something people in families can agree upon. You have to learn how to let things go, we are not all perfect, and most of us just try to do well in life, and avoid getting in the way of others, that's a natural condition, not to do well and prevent others from doing well in life, that's a waste of energy, being competitive with others, always be yourself, especially when not well my best advice would be to steer away from competition, then you just look possessive and controlling, if you cannot control yourself, don't expect likewise for people to gravitate toward you as well.

## Chapter 9:

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

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

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

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

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

I think that everyone took the bullying and stealing too far and that's okay for whatever purposes good luck is made stay original, sometimes we are made to look stupid be reminded of our well

moments and lowest of low moments and those able to move forward are those who are right and for those of in in correct or in need of correction get reminded every so often to be put back in our place, sometimes we deserve to repent and other times we don't ... if you let them win you only do yourself a disservice in life why they say to prove them wrong but when it's difficult to do right and others feel poorly then do so with balance not be the provider of guilt, every action has a reaction, including self-esteem.

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

#### Chapter 10:

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

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

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

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

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

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

Chapter 11:

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

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

Leverage Your Story

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

Book #3 on mymollydoll.com

Typed: 11-17-18

Day 15: 07-21-18

Not everything in life will work out in your favor. -Always be careful while in pursuit of your dreams not be offensive toward anyone -i.e. take your feelings out on others, or have your own unhappiness manifest as unhappy toward happy people. Whenever you see someone doing well in life -that is because they are focused on themselves not others. -Even if burdened by the

troubles of others -does not require you to fix them, always be yourself, never take anything personally as directed toward you, or make things about you, that are not about you, to better connect to others. You are your own worst enemy in that way. So long as you enable others to cause harm to you and your psyche, you will in turn empower others, not yourself. ~Not everyone knows you -and when an overall judgment is passed of you -make sure that its positive.

Day 16: 07-22-18

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

Day 17: 07-23-18

When you decide to get sober (2014) that is a commitment you make to yourself in order to get well and stay well. But you still have to do the work, no one can push you to be a certain way to achieve well in life, that is work you have to do on your own. -When you finally achieve well in life, that's a product of others or communications to you. Negative people tend to be selfish in that way all about themselves achieving well, much like those who are not well trying to achieve well not in competition with others. -You can't judge a book by its cover. Some of us are well and some of us are not well, and some deserve to achieve well and while doing their best to appear well be treated so. -Not everything is about their wellness in life, not necessarily inspired to achieve well based upon your ideas of wellness -interfere with your ability to do well in life. - What people try to assemble on their own without you present, is not your responsibility to help or assist others achieve well at your own expense in life, end up not doing as well as others, and your competitive edge broken by the ideas others have of you, if in the negative, wrongfully interfere with your direction and course in life, by wellness one is always judged, how well do you have to be for acceptance? Not better than. When you know yourself, no excuses are necessary to explain your behavior or the behavior of others toward you, judge or misjudge you as in need of help or declare you as too ill to console until a set of responses from you benefits their position in life as against you and their discrimination of you as justified. You cannot change people, everyone has their own confidences in life. And when you are not doing well if you share your vulnerabilities with others that may only give them confidence over you ~Think twice before you speak and remember to never blame others for your illnesses in life. -Don't

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

Day 18: 07-25-18

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

Day 19: 07-26-18

Its important to think for others not just yourself, some are predispositioned to respond selflessly well taken care of with no problems and some of us have problems in life. Its not required to share your problems -or make worse your outlook in life -people pleasing those who do not like you. I get no advice in life, stayed in school. Some of us are blessed with confidence and some of us need to work hard. -Focus on your own wellness. I have trouble staying well myself now, alone, away from others. It happens in life that people get mischaracterized when talked about, you can do your best to reverse negative judgments past of you, but for me -only makes my present condition worse to respond to people past who have hurt me either directly or indirectly.

Learn to leave people alone. Its best not to trigger me for reactions poor -to prove bullying of me is deserved when its not deserved. Everyone has their own solution in life, and their own set of problems, mine are private.

Day 20: 07-29-18

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

#leverageyourstory

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

Typed: 11-21-18

08-01-18 (Day 21)

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

08-04-18 (Day 22)

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

08-05-18 (Day 23)

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

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

08-05-18 (Day 23 – continued)

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

Chapter 12: #leverageyourstory (#7)

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

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

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

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

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

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

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

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

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

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

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

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

Chapter 13:

07-01-18

It's important not to pass judgment on others as reading through their lives add to the pain. Understand people but you don't have to empathize with everyone. That only leads to inner turmoil when looking from the outside pass judgment reading as to their insides or present state. That judgment can be felt by the writer who always does their best to communicate well their thoughts. Writing isn't easy, and it doesn't need to include fighting or cause discomfort. We are all educated as to our ideas of what life should be like however we all lead different lives.

Sometimes too much negative judgment hurts looking back it's better not to share then run the risk of negative judgment. It takes awhile to open up to people and share writers are not the most outgoing people everyone is different. Allow people to come forward and share their story when they're ready not force arrivals upon people who have not yet arrived still getting comfortable in their own skin. That's not the way to treat people on the inside of any big story, learn to be appreciative of what they do share and be mindful of their spaces in life. You cannot relate to what's broken or ill you just have to accept people the way they are not overexpose people to ideas about them or about others try to paint a different picture about them. It's not easy to achieve notoriety you have to be smart to be well received. Working on my smarts right now reading Fire and Fury, Read: Unbelievable, The Making of #donaldtrump, and You Are Here (June 2018). Goal: Read 4-5 Books this Month. #books #reading Stay positive!

Having a meaningful life means not worrying what other people think about you and doing what needs to get done.

We don't always know what to do. We can do our best and still not be good enough but that doesn't mean quit doing what you're doing to get better at where you are or get to better places in life. Just always do your best. "You don't know what you've got til it's gone." Lyrics to an #erykahbadu song. Just stay in the present moment with whatever you have in life and find time to value where you are now. The hey days may be long gone but that doesn't mean the good times have yet to come. Just enjoy life whether or not it's a good time always find time to give

thanks to others for where you are now, each day gets better when you appreciate and value you now.

Get motivated work on your motivations in life to complete projects get your rhythm back it's not being secretive it's having a system and sticking to that system of organization that matters most work on self talk not talking to others as you assemble your ideas that's how to manage your sense of privacy not everything needs to be in the moment shared with someone else most of all you should care about yourself only share the good with others don't enable others to test for whether you're good or not based on their assumptions of you not do well

Always think for yourself. Its important to think positive thoughts when things are not going well for you in life that's how you stay on a positive tangent out of harms way. Sometimes putting negatives together can cause illness, don't get worked up over negative happenings in life. These are just symptoms of the present, nothings uncertain about life it's how you live life that matters most.

You can't plan out life, not even your future by connections you just have to live life as best you can and when you meet others always do your best to #beprofessional. That requires an understanding of the risks and knowledge of the consequences of interaction. When you know right from wrong everything falls into place. We don't need to know everything to do well in life just #bestrong. No one is psychic enough to prevent things from occurring but we should all be well enough to be accepting of those who cross our paths in life. #michaelavenatti

Live life as perfectly as you can you'll thank yourself later for it. We all make mistakes in the process of making important decisions sometimes come off too strong in the process of explaining where we've been and where we're headed in life. Success doesn't come easy to those who are manipulative dependent on reactions from others in order to succeed. So keep your head down, stay focused, and don't let anyone take your power away. #bestrong

It's unusual to think that others are thinking of you and making decisions based upon how you live your life. That would be selfish to think that people are about you in life. Allow others to be independent of you. That's how trust is built not by co-dependency. Learn to forgive often and trust those who trust you. That's how to build trust. When it's needed relationships are severed. Let them come to you. That's how to build likeability. #Trust

Don't get worked up over the little things in life. We can only be made stronger by listening to others when we are weak and by learning to fall, learn from our mistakes, and be brighter moving forward about ourselves. Life is not simple but it doesn't need to be hard.

No loss is inevitable. In the stream of subconscious ideations it's what we think that matters most not what other people think. There's a range of guilty emotions you feel when you empathize with someone who's harmed you, don't give in to those feelings, know your best and stick to that. No one can make you do things you don't want to do in life to cause you embarrassment. You have to be yourself regardless what people think of you stick to what you know best about you and others.

Love comes from within. You cannot dictate the actions of others toward you you just have to accept people the way they are with or without you do well in life.

Where you are in life you matter. It's not all together self-evident when we are in the wrong just do your best to stay healthy and despite the opinions of others do well. Not all ideas take off, that's the argument, whether one is like the other and why. Just be strong. #12pullups2ndGrade

Know yourself well enough to know when to stop. You need to know your limits in life in order to do well for yourself and others. Be concerned about the health of others but not to the extent that you feel a loss of control. That loss of control feeling is based upon your personal outlook in life needs to stay positive.

Chapter 14:

Don't let anyone bring you down in life. Often times people with problems try to make their problems our problem. Just allow the dust to settle and things to fall into place. Fighting is not the solution to your problems.

Forgiveness is key whenever we feel at a loss for words, when something's not right, or when we feel another is in error passing judgment upon us or others -the only way to reverse that opinion is to rise above. Don't allow others to get the best of you in life, always express sound judgment upon self and others when trying to put you yourself or others back together again. Blame is a one way street, once you get started it keeps going. Figure out what you know best and stick to that.

Know your limits in life don't test the limits of others and always be kind to those who love you back, be patient.

Look from within when in doubt. You never know what's on the other side of failure unless you try. No one can put together you without you knowing what's been put together without you. You are always in charge of your life don't allow others to get the best of you cause you illness in perspective. You have to do well to achieve well in life not get hurt by the commentary made by others about you to your face. Don't get nervous on your way up to anything in life always keep a clear conscious about yourself not allow others to hurt your sense of self or self esteem.

We don't know everything and that's okay. Life is a learning process, requiring continuous improvement in order to do better in life. Don't let anyone get the best of you. Just stay calm and everything should fall into place for you in your life.

Always trust you instincts, they matter when at the top of any decision making processes, that require you to have learned from your mistakes so that you can make better decisions for yourself. Don't sell yourself short in life always stay positive.

Always be positive toward self and others you never know what anyone is going through in life. Be just as patient with others as you are yourself you cannot control the direction of people's

lives you can only at best be a guide to others or shoulder to lean on. Be kind to yourself and others as you develop your careers in life nothing happens overnight.

Don't let anyone get the best of you. When hurt or afraid of what people think it's easy to get worked up over image and nonsense. Always do your best to not only share how you're feeling when you're not feeling good but also remember to listen when you're not feeling well. One can only get better with time, and the more positive you are the better off you'll be over time.

There will always be mistakes in life it's a matter of getting through those errors in life without regret. It's hard to live a perfect life. You just have to do the best that you can at living life. You can't be the best at everything, but keep going in life. New opportunities present themselves for you when you keep trying not by going backwards living in regret.

Never take anything in life too personally. It's not all about you unless you make it so. Always do your best to rise above. Think before you speak and react to circumstances outside of your control. You can't make change happen unless you're willing to change first.

You can't go backwards to fix your past you just have to move forwards, forgive yourself for your mistakes in life and forgive others for theirs. Having a good head on your shoulders means not allowing people to get under your skin voices or not affect your best decision making always know right from wrong -don't get led astray by negativity or the thoughts of others toward you, or against you. You know best, life is short of long depending on how you spend your time, be wise, be smart, let go more often.

Don't let anyone get the best of you. You won't always hear what you want to hear. That doesn't mean they don't care if what they say upsets you it just means that you need to validate your own emotions not expect validation from others.

You can convince yourself of anything if you try. It's all a matter of staying positive not allowing people to hurt your sense of self or self-esteem.

Chapter 15:

08-09-18

You can only be yourself. You cannot worry about people trying to be you for political purposes or not. When in a relationship that causes loss of self-esteem to be lied to or put down just learn to let things go. If everything you say gets spoken then worry first about what you say not allow others to get inside your head worry you or others about you. They will always say things to discomfort you don't allow others to cause harm to your psyche and sense of well being. Don't allow the past to hear as stated now taunting you. Just stay positive and learn to let things go not get tired looking back. You can't change the past best you can do is move forward presently.

Stay focused on your goals in life don't go backwards trying to fix your past you only get hurt moving forward. Always do your best to be kind to others, not lead people astray in life, in your natural language do your best to communicate always not misuse your gifts in life.

Learn to let go of your misgivings in life and play by the rules for accolade. You cannot get fat in life self-harming you only do yourself and others a disservice when you succumb to the weaknesses of others in place of your own values in life know your best and stick to that.

When you know your best all else falls into place dont play up to the weaknesses of others as for your own good not to be foresaken. When you do not get the approval of others that simply means to try harder in life for acceptance you can't reverse the consequences of non-acceptance

Once you're done you're done. At that point you have to focus on you're health people like healthy people that's how to do and know best, not basing decisions making your best decision making skills off the actions of words of others as toward you, for you, or against you.

When you feel better about where you're going and where your headed in life all else tends to fall into place. Having a clear picture of who you are is key to getting what you want in life whether that's love, success, or both. Nothing comes easy in life.

By the time you wake up you have to start living life. No one can live life for you. You just have to keep moving forward.

It's by what you connect to that affects your sense of being. Whether it be by a wanted or unwanted connection you just have to be in acceptance of all. Life is beautiful, it only gets ugly if you allow the negatives to fester and wound you. Don't let up hope, always pray for better days ahead, how to make now worthwhile not side stepping or going backwards into harms way.

Across the stormy waters the billowing sails of deceit we know few who with sound might transcend to the doubtful few what becomes of matters few.

Life is not perfect. At times it will feel like nothing's coming together for us. Always have patience that there are good things ahead.

You can't go backwards in life once you make a mistake you have to live with those mistakes. You can't go on trying to fine tune yourself through reliving those mistakes in life you have to build better habits for yourself moving forward that help you live life positively not driven toward ends in life, by sides, or for clarity of purpose, you know you best. Life is much too short to worry what others think they are mostly concerned with themselves.

You can't go through life going backwards through your problems. Eventually you get tired. Life's much too short to worry what people think, in acceptance of you or not. Moving forward, think what is it that I can do better in life. How could I have lived life differently. Just be appreciative of who you are and where you're going in life. Be comfortable with yourself.

Discomfort is not an easy feeling to handle, affecting our decision making at times. Just pace yourself -rushing into anything is never a good idea when moving forward from an otherwise painful position in life. Sometimes you just have to make due with where you're at in life whether or not your happy with where you are in life, for better or worse.

You are your canvas in life, paint your life as you see best fit for you, always be in control of your emotions no one can control you only if you allow others to affect you will they have an effect on you. Know you best and stick to that. You cannot be well until you achieve well in life. Nothing gets better without you in life, once you start seeing better everything will pan out whether or not in your favor in alignment with your values and choices in life is how your life will be looked at by others, in spite of your mistakes, in spite of your pitfalls, well or not a quiet acceptance of you will take place, blend in.

We are all mentally challenged in our own way, sensitive to our own needs as well as the needs of others. When we feel like ourselves we do best, and when we don't feel well left to our own devices the strong either make it or are broken by the loneliness that that time brings in despair. Always do your best to exercise sound decision making skills and do your best, what is asked of you may not always bring you happiness but it is through the pleasing of others we find acceptance with or without people in our lives. Be at peace with yourself and the window of opportunity for change for the better this becomes limitless.

You should never trash yourself. The only person you hurt is yourself. Know when to stop. Whenever you receive love and acceptance from others is time to step back see what you can do better, and with a kind ear always listen.

Never let a thought pass you by without acknowledging that thought. In other words as a writer when you have a thought write it down. It's when thoughts are lost, we go blank, trying to back track but one thought less. Thoughts build upon each other. Knowing that, like a conversation with yourself, speak, then your thoughts will figure themselves out for you. You don't have to think of others to understand them just always be yourself, not allow others to affect your thoughts about you.

It's not helpful when you are not doing well to hear about others doing well in spite of your misfortunes in life. You just have to keep going in life. Whether others work off your material or not is not your responsibility to judge. Always focus on yourself, and from that place all other good will follow. When you are in your place in life, judgment will not follow, when you are out of place in life judgment follows. That's how life works by judgments passed. Is how you get judged moving forward as put together or not, or good enough for follow. Otherwise no credit is given to not well and proven otherwise an unlikely fit. Knowing this always do your best to fit in when working well with others, stand out when you can, but never more or less than you deserve, receive attentions from others.

Chapter 16:

08-09-18

You can't get far in life ruminating about the past you just have to keep moving forward. There will be times you will feel thrown off center but you just have to keep moving forward. Don't make everything about you that only leads to stress. Always do your best to be there for others but never at your own expense.

Never allow yourself to be easily disturbed by the troubles of others. Often times people just need help, usually relying upon those who are well in order to stay well. Life is short but it certainly doesn't need to be boring. How we wish we could just fit in not be easily bothered by others. Everyone has problems that's the bottom line you just have to be accepting of all.

Whenever things run afoul think what can you do to help make this world a better place. It's very troubling to watch the news sometimes you just have to be strong. Whenever there are a fighting of interests listen, and whenever someone is wrong tune out. That's how to maintain your sense of person throughout the pains as experienced by others not by tuning in and feeding into negative feelings and emotions especially within yourself as toward others or yourself. No setback is the end all be all you just have to be strong, know yourself, and tune out whoever you experience discomfort not enable others to cause harm to you.

Whenever things run afoul think what can you do to help make this world a better place. It's very troubling to watch the news sometimes you just have to be strong. Whenever there are a fighting of interests listen, and whenever someone is wrong tune out. That's how to maintain your sense of person throughout the pains as experienced by others not by tuning in and feeding into negative feelings and emotions especially within yourself as toward others or yourself. No setback is the end all be all you just have to be strong, know yourself, and tune out whenever you experience discomfort not enable others to cause harm to you.

It's not easy to change. Often times when led astray we need change, change in the right direction in life. By being task oriented one moves forward in life, and by making good choices one succeeds in life, not always at the direction of others or by advisement can we live life. Some of life is lived in solitude, therefore what you do in your alone time matters. Being productive not only makes you feel good, but leaves everything else that doesn't make you feel good secondary. It's by what we focus on we become, unless you like yourself, makes it difficult to achieve. When your house is in order things tend to fall into place.

When people don't like you you can't undo their feelings toward you you just have to be accepting of others and their emotions. Everyone is going through a tough time in life and living is not easy if lived in the negative, so always stay positive. The more simple you see life the easier it becomes to live life. When focused on the wrong things in life sometimes it's difficult to achieve well. We all wish we lived life differently and are more successful than we are, knowing that just do your best, compete with your best not the best of others.

When you value others including yourself your life gets that much brighter. You are who you surround yourself by, well or not, always do your best to fit in and likewise others will be accepting of you just the same. Seeing is believing in yourself not necessarily others, empower yourself first then others will be made to feel good around you. Going backwards is never helpful relationship wise, it just sets you back in life, keeps you from achieving a present your proud of. With every blessing, comes reality, and for every honor respect, and for acceptance achieve the same with those qualities in tact, by focusing on yourself your achievements not the achievements of others by comparison.

No one has you all figured out. Everyone has a life of their own. And no one knowing you knows everything about you that's next to impossible. You cannot change and at the same time stay the same, everyday is a new day and with each day better decisions can be made. When you are living life right you may not always be in the right, conflicts are inevitable whenever anyone is in competition with you or deems you problematic or disconcerting. You just have to stay positive, never make things about others unless you are trying to have problems with them, this usually causes discomfort in close quarters by common sense one should not talk about someone they both know to others about them. That just empowers the person talked about and empowers the listener not the speaker who is talking about others. Anyone trying to keep up with you who does not want you in their life is not your responsibility to care for their opinions speak to them, or to them through others. Learn to let go and move forward. The difficulties faced by writers is unimaginable in a highly judgmental world.

It's important not to make your problems the problems of others, this can turn you into a drag. Just learn to deal with the consequences of your mood swings and reactions and always take responsibility from there when it comes to recovery. No one is perfect. We all do our best to be loved and to help take care of self and others but we may still not be perfect. Learn to let go of your past and let present positives happen for you in life.

To put things in perspective, always speak from your point of view not the view of others and by your words and actions you and you only will be judged as deserving or not to benefit from your hard work and efforts, that's called life, sometimes just being you others either feel good, better, or poor by comparison, that's not competition or jealousy it's just a fact of life. To see the best version of yourself do not be condescending of the wrongs portrayed by others as directed toward you, that is not your responsibility to assemble purposes for hate toward you, always be yourself and let the best shine. To Whom the benefit of wellness runs is to the receiver of words can see best, simply best, and thru and thru your tone only are you seen in a positive light in spite of any setbacks in life you may face or chance encounter in life, as wrongfully interfered with your direction in life is always your choice, not the choice of others as through their words toward you. Your unique ID is what makes up your personal history not your associations but by your experiences in life offset your demeanor, predispositions in life, or disposition itself. Energy is energy and not everyone has the energy for empathy or compassion for your position in life as so situated often times a team is required in communion for adherence to loyalties that's unfortunate, so are broken relationships, with acceptance furthers forgiveness required past to present the current terms of rationale based for determining outlook and longevity of and predeterminate set of confines that set the bounds for relationships in life, some are better off separate not unify a set of norms, standards or conduct befitting to any one particular set of interests that is my belief of acceptance, embracing what is different and accepting those separate as just the same: human.

You can't make your life better by ruminating on the past. If you have goals in life stick to them. In order to be successful you have to be disciplined not enable others to affect you by their words or actions. Always do your best to be yourself while at the same time be accepting of others.

Monitoring your health is one step in the right direction. Always consult your trusted systems of support to handle issues misread by others for better decision making. Always be appropriately dressed and always be professional that's how to make people comfortable with themselves.

You simply can't get the best of anyone you deem not worthy of insight. You can't fine tune yourself by manipulating others, their emotions, demeanor, or outlook. That's not how to better someone you think is not smart. Always be accepting of others whether or not you believe in them think their honest, dishonest, whatever it may be, manipulating the emotions and words of others is not how to better strengthen someone in your life, treat them as though they are hiding something from you.

You can't go on through life as lived by others, you'll only run yourself wild with jealousy upset and anger, best you can do is value who you are and appreciate where you come from in life. That's not how to be apart of the lives of others, by trying to get through to others. Allow people their spaces in life not try to interfere with their sense of self worth and learn to value yourself. Until you learn your own ticks and pet peeves in life will you be better able to understand others.

We may do our best and still not be good enough. Have you ever had one of those days when nothing seems to go right? Know that you are always in control of your moods and interpretations and don't let anyone try to control you otherwise hurt your sense of self-esteem and well being.

Always do your best to preserve your freedoms in life not abuse your privileges and always do your best to better yourself. If you only have one life to live live it and do your best to live it well. You cannot go backwards in life you can only be yourself. Don't allow others to cause room for aggravation to see what makes you tick in life by insult respond to you purposefully as provocative or egotistical if offended by your commentary is called being passive aggressive toward you just love all people just the way they are not try to fix or respond to the egos or confidences of others.

You won't always be the best at everything but that doesn't mean don't try. Life's all about learning, the more lessons you learn the quicker you'll mature, grow, and with experience make better decisions for yourself moving forward.

Knowing that you matter is the first step to recovery. You can't determine your future when your present is not in order, or so I've realized. When you're able to make due with what you have not what you have not your life becomes that much easier to deal with. Love yourself enough to know when to stop and don't enable others to cause harm to you when you yourself are not doing well in life or as well as you'd like to be doing in life.

In spite of whatever obstacles get thrown your way never give up. You may get judged but that does not mean live up to the false expectations of you. Always do your best in spite of whatever failures you may encounter in life always do your best to better yourself everyday and self-repair. You are your own worst enemy. -I think they say this to describe the inner struggle with trying to be perfect and when we are less than perfect get upset with ourselves. Life is not perfect and no one wants to not fit in with the rest. We all have our particulars in life as to what is

considered acceptable or good enough. Never enable any pain to fester for so long as to wound your soul and your ability to see positive and with positive insight achieve positive results in life. You can't go backwards in life trying to fix your past but you can always move forward.

We can't always be perfect at everything we do, if life were that easy then it wouldn't be hard you just have to stay positive.

Chapter 17 (Wordpress):

08-04-18

Everyone Has Problems

08-02-18

Mental health issues are not a new phenomenon, everyone has problems. Does what people think really matter? If so ... why is it important to care. Everything you do either reflects positively or poorly of your good character. In order to do well in life one must like themselves while at the same time be able to put into perspective others and where they stand in relationship to others. We all wish we were successful or better than but that simply is not the case. For most of us feel inadequate in that regard, ie not good enough. When you have the attitude of not good enough it makes it difficult to stay put and be accepted by others, seeking instead to better yourself for the sake of a better acceptance of you. We all make mistakes in life and no life is ever great that's so lived perfectly, sometimes you have to take risks in life to achieve some successes in life. In order to be a success you must first recognize that you are well and then you can see yourself as successful until you figure that much out your more likely to be lost with the rest of then than found. -Never give up, its not over until it's over and your life is not over just because you've made one mistake or two in life decision making wise, just do your best to correct yourself odd or not do your best.

Staying Positive

08-02-18

In spite of whatever obstacles get thrown your way never give up. You may get judged but that does not mean live up to the false expectations of you. Always do your best in spite of whatever failures you may encounter in life always do your best to better yourself everyday and self-repair. You are your own worst enemy. -I think they say this to describe the inner struggle with trying to be perfect and when we are less than perfect get upset with ourselves. Life is not perfect and no one wants to not fit in with the rest. We all have our particulars in life as to what is considered acceptable or good enough. Never enable any pain to fester for so long as to wound your soul and your ability to see positive and with positive insight achieve positive results in life. You can't go backwards in life trying to fix your past but you can always move forward.

Overcoming Fear

08-03-18

Sometimes you just have to do as your told, to correct any problem outside the scope of your ability to handle on your own, we listen to others. Life is not easy especially when connected to any pains in life. We may try to find comfort in that pain surrounded by others who are similarly situated but things still may not get better on your own. You have to stay productive. It's easy to create an image for yourself as though nothing is wrong with you but things may still go wrong in your life. You only have control over yourself in life no one else, and when your life is under control everything likewise tends to fall into place. Until we are well will we be surrounded by others who are well. Success comes to those who work hard not necessarily those with the best image in life. You have to do for you what makes you happy in life and when you are happy others will be seemingly happy around you. If it's drinking that's the problem then stop drinking. If it's attachments that are the problem then stop getting attached. And if it's fighting that's the problem then don't fight. Everything passes with time and likewise delusions pass too, especially when we are not sure of ourselves and others not sure what we are doing wrong often times it helps to talk to others in order to get well. You can't fake it in life you either are true to your good character or not, you just have to keep moving forward not allow others to get under your skin and likewise they will not be easily bothered by your awkwardness and fears about life. Life's all about fitting in and acceptance never be too hard on yourself to the point that you self-harm, people are forgiving and if you continue to allow the pain to fester your past will haunt you. Why it's important to do things daily for yourself that makes you feel good about yourself and others. Knowing how to behave well and be accepted is always one step in a positive direction toward changing your life for the better.

### What People Think

08-04-18

It should not matter to you as a writer, worrying what people think of you, then you're in it for the wrong reasons. The whole purpose for writing is self expression and to benefit the reader. A lot of people blog and to that you should feel no different. As someone with bipolar I'm constantly having to remind myself of my own affirmations in life, that's how I regroup. If you constantly worry what other people think of you then you wind up running yourself rampant with self defeating thoughts and wind up setting yourself up for failure emotionally. Always do your best but not to the extent that you sacrifice your good wits about you. I used to think that I was capable of reading others but later found out that that is just delusion reading the thoughts of others. It's best to read your own thoughts not worry what other people think you'll be better off in that way. Thought disorders is not something I thought I would encounter in life as a writer getting As in law school. But it is a condition you just have to monitor your thoughts so that everything doesn't go into disarray. I call this keeping your marbles together. As a college student I struggled with addiction and drinking my senior year went from Deans List to near Academic Probation, these are small failures in life you can overcome if you just listen well and go through the motions. They say that once the light switch gets turned on it's always on and you just have to monitor yourself and stay well.

### My Decision to Work From Home

08-04-18

It's never easy making life changes but working from home is one of them. We make choices in life based upon our needs and what works best for us. This may not be understood well by most why people stay home work from home. We don't all have options in life to commute to work or be out and about some of us are best functioning from home. Everybody needs outlets for support and any people time is good time it's not always wise to be a recluse and stay home activities are always good for socialization. Social skills are much to do with being comfortable with yourself, well adjusted to self and accepting of others. Once you figure that much out your likely to make friends easily be easy to talk to and approachable. This takes time, knowing who you are, setting limits, and boundaries with others in your life as you see best fit. Not all are welcoming to those with diss ease and mental health issues it tends to be a very competitive branch of acceptance to those who are not well off or doing well in life that's just a fact of life those not in suits with jobs with a daily schedule in and out of the home are automatically assumed or deemed useless to society or overcome with addiction and disease. That's not always true. Some stay home to get well and when outside of the home do their best to get well too. When you don't know much about a person it's easy to judge someone based upon their outsidess judge them as doing well or not on the inside. This is where beauty comes into play, those who are beautiful are judged as doing well inside and out, hence the struggle to look well and do well in life to be judged on the outside as well doing well in life. The times are not easy but with the advent of at home jobs once thought to be gimmicky ads online have become reassuringly possible via blogging and writing from home, now paid for positions in society. What was once seen as a waste of time "blogging" is now a career choice 2018. Ive been a blogger online for years now without pay that's by choice and also a result of not doing the research well enough and applying for positions. ODesk at the time seemed insufficient to pay the bills by dollars and cents per word, how does that equal a paycheck? I've just signed up for BloggMutt, as a company with 3,000+ readers a month I could expand my business and pay for other writers to contribute to my website but think that making a paycheck is the first order of business next to expanding my brand and voice. Money will never cease to constrain our options in life, the sky's the limit online, but within reason. What it looks like seems to still bear the budge when it comes to best practices online and image. First things first get a job, trust is everything in business dealings online, and how you are perceived by others well that trust too is important making any moves forward in life. Until you are able to make money on your own will you be able to understand the value of the work by others. And until you value yourself will you be able to understand the value of getting paid for the work you produce, feel worthy during your time with others, and socialize with the ease of knowing that you are valued, of value, and an asset to society. All of those things encompass what it means to be considered a professional online, and as a writing professional writing for pay seems like the next big step toward self-respect and being of value online to my readers and being of value to myself, be proud of myself in doing so. Next goals: Finish writing my second book, continue to write online helpful posts as I go, live life knowing I matter to me, and finish law school earn the education merits of a job well done in life be proud of myself for a change and not care so much about what other people think, be myself for myself and be able to be accepting of the negative or positive opinions of others about myself or others without reacting or responding to them just the same be positive not easily changed or manipulated by others. That is my dream: be proud of myself, confident.

## Success Doesn't Happen Overnight

08-04-18

Success doesn't happen over night. It comes to those who work hard make good decisions for themselves and others. That's how to see best fit by your own wellness make decisions that suit your needs not at your own expense help others. This is learned over time not to be a burden to others and to stay fit well enough to work, get paid, and help others. You learn these skills through experience how best to behave and fit into society.

## Knowing Your Identity: Business Model

08-04-18

When you know your identity nothing else seems to matter not easily affected by others with a sense of direction in life commensurate with your education and work experience. That is your life and based upon your experiences in life make decisions. It's not all about who you know in life that can only take you so far there are plenty of people in the world who know and have grown up around famous people who do not get very far in life exploiting those interests or sides in life that's not how to grow as a professional and become well known. It's by your work ethic that you become you and likewise respect is derived from those vantage points based upon how well you are and are doing in life. Fame is a manifestation of wellness and by wellness I mean earning capacity not by sides or interests or by joining or fundraising for campaigns that's not how decisions are made benefiting from the hardships faced by others or by calling attention to the weaknesses or negative possibilities highlight what's going wrong that's not what gathers attention but by respectfully acknowledging what's going wrong seek to share a perspective that benefits self and the reader to know the writer not by knowing who the writer knows. For many years now I have kept my Facebook private and friend lists sought by other means Twitter to showcase my writing skills and talents. I'm now just learning a new forum to write in WordPress, everyone needs a job in life and eventually with enough skill shown can get a paid position one day not merely be an inter but by skills I have acquired get a job in a paying position, this takes time. -Current Business Model: Continue to work on myself and when ready to work get a job so that I can afford to build and pitch a website for funding for writers not just pay writers out of my own pocket for the expense to build a website then can consider the possibility of hosting writers on a website built by me. The whole purpose of building a website was to showcase my writing portfolio what becomes of my writing is based upon the choices I make for myself at the present and whether I am able to get a job will determine whether I'm able to create jobs or spaces for others to write in paid positions. Thinking out loud ... those are not present concerns of mine but by negative opinions of me thought it would be wise to share about my future interests, plans or dreams just in case that matters to anyone reading trying to identify me or my future or my present matters of concern plaguing me, it's by my own position in life I'm struggling and that's no one's business to know my current weaknesses in life or ailments everyone's entitled their right to privacy not be made vulnerable to the interests of others put down in life further than they can comprehend. It's not appropriate to pre-determine courses for people in life, it's in everyone's best interests to have a sense of agency on their own

to make choices for themselves in life not needing guidance from others in order to do well achieve in life or run the risk of being misguided made to look stupid by others in front of others casted out as something they are not.

### Its Not Necessary for People to Know Who You Are

08-04-18

It's not necessary for people to know who you are in life in order to be treated well or respected new into your life or knowing you be interfered with or thought to be judged by. When in need of help we often go to those empowered or doing well in life in order to get better or achieve in life that's the direction of empowerment from sick to well is how the sickly achieve a better condition by relying upon those who are well or are doing well in life to achieve the same wellness or likewise achieve well in life maybe not the same acceptance wise but certainly not less than acceptance wise. Never play with the images of others, that's an unnecessary hardship to either not condone, put down, be in group non-acceptance of, or draw negative inference of or about someone without them knowing it's about them or their life or in reference to their life or lives publicized as negative or suggestive of an implied assumption about someone's good character that's called unnecessary referencing to individuals and making fun of the identity of someone who upon meeting overcast a general doubt as to their good character is called manifesting a hate toward a person or set of individuals who upon watching recognize something occurring without them knowing what's occurring to see how they respond if made to look stupid in the negative or positive toward themselves or others that's called an unwanted experiment with someone's good character. -Depending upon the size of a persons ego they are either affected or not by the negative judgments of others or hurt physically, emotionally, or spiritually that pain can be seen by others not caused by the person experiencing pain in life or embarrassment or hardship. The main lesson here is that if you are experiencing an internal struggle, frustration, or aggravated by someone purposefully don't self-harm and seek assistance from a medical professional to help you recover from your ailments in life whatever they may be. No one deserves to get hurt by others and we would hope the same that no one becomes ill to the struggles faced by others in life that's called empathy. -PLEASE NOTE: I'm not doing well in life and by that example I am not responsible for the wellness of others or the reader can only by my own experiences share to the readers benefit not my own to stay ahead in life and not have to experience the same kinds of ailments I suffer from or disabilities or hardships I've had to overcome in life be put down.

### Phases in Life

09-24-18

We all go through phases in life some more painful than others, we cannot always be perfect. At best we play the cards we've been dealt and make due with what we do have in life. You can't pre-plan your life to turn out the way you want it to be always, sometimes you have to compromise your feelings and wants in life to accommodate the needs of others. That's called doing what's in the best interests of others, whether or not their needs conflict with your own. Good decision making skills occur on good terms it's when we are at odds we get tested for our

decision making skills left to our own devices to keep separate the weak or poor or leaders or followers for what purpose does that serve everyone deserves their own sense of agency in life. But when things are good ... enjoy the moment, you never know how long anything will last, know your best timing in life and go from there one good decision to the next and soon enough you'll end up places you want to be in life with people who equally admire you for your effort and hard work as you admire them for theirs.

## Doing the Right Thing

09-24-18

There's a method to any madness and it's usually to end up right side up with yourself in tact, it's never advantageous for us to accommodate those who express negative sentiments toward ourselves that usually leaves one feeling downtrodden or misstepped in life, the other lighting up to your misfortunes in life or misguidance. You can be doing everything right in life and something can still go wrong. It is for our errors we correct moving forward that gives us the wisdom to know the difference between right and wrong. Nothing wrong ever feels good and if one thinks so they are sorely misguided for a different type of life and incentives. When you do good in the world good follows and vice versa I believe if one listens well and trusts the right people than those errors past can be corrected and likewise prepared for the worst, with the know how of doing the right thing despite all odds, and not enabling nor allowing those in competition for spots in life to define them but rather be defined by ones strengths in life and that begins by knowing the difference between right and wrong. Rarely if ever is pleasure derived from the misfortunes of others but happiness is achieved at best when one is well not by being co-dependent upon the wellness of others or for added reassurances share blessings of defeat or misery, company is best served when positives can be shared not upon the disclosure of weaknesses it's by how we see ourselves we feel and likewise others will see us for what we're worth on a superficial and later meaningful level with further acceptance and reassurances trust is built and from the basis of those relationships formed can confidence be achieved in any setting uncued by others for insight led by our own intuitions.

Chapter 18:

08-09-18

(II) iPhone notes billiards 08/05/2018

iPhone notes post 1:

When life's too difficult don't make things harder than necessary in order to do well in life. That's not how to make better yourself. It's easy talking through your problems with others harder to talk through your problems on your own. What is performance anxiety? Is it the thought of living life or is it living life with no afterthought. I think we live life and then think about life as lived. What we do with our thought unwanted or not occurs when tired how we handle ourselves in public. Psychosis to me is not being able to handle public perception and when drinking thinking people are thinking things about you they are not. Decision making skills

at best need to be strong in order to have any conversations about or with others. I feel like if you say things out loud they happen again to you when someone knows your pattern and you complain you are less likely to feel good about complaining about your care that's why we have hipaa. What's going wrong are usually decisions or choices you make that are wrong is why you end up not feeling well not necessarily your fault in life when you don't feel well always rise above people are only human and until you recognize your own self worth will you feel better about yourself.

iPhone notes post 2:

I think when you understand your own self worth your less likely to engage in risky behaviors. It's not that you have low tolerance and patience for others but that you are not patient enough with self well or accepting of self enough to have the confidence to withstand public perception. Everyone gets performance anxiety and worries what other people think of them it's all about maintaining your comfort zone and at the same time be patient with yourself and others. Upon reintegration to society I was closed off get the giggles in private but closed off emotionally and upon opening up to others cried. I think that you go through a lot individually but you don't have to be alone dramatic about it everyone has problems with acceptance you just have to accept that you are human and that no one can change you you will always be you regardless of what happens to you in life be resilient to life stressors not embarrass yourself in public and open up in spaces start public speaking in an unusual way. That's not appropriate. How to behave appropriately in public without taking offense to anything that anyone says means not reacting or responding to others negativity as directed to you and just stay patient with yourself not respond to hate or negativity as aggravated that's only letting negative people win as recognized appear delusional in response to others as recognized instead always rise above hate and discrimination not allow people who may or may not recognize you from the Internet put you down in real life to see how you respond positively or not. You just have to stay positive if you are not sure what you are doing wrong in life it's always helpful to get a second opinion not allow people to mess with your head be experimental toward you to see what you have to say in response try to determine whether your combative or not a fighter, sensitive, or hear and see things as about you. That's called delusion when you hear something out loud and think it's directed toward you that's assuming things are about you when they are not. It's important not to listen defensively but with an open heart and an open mind that's the lesson not even 911 can solve, what happens when you respond poorly as aggravated who does that help and why who benefits from that reaction and why and why does it matter what you have to say in response to who's side does that benefit and what predetermines respect and insight as to teams in life are these positions handed down in life or are they preset or created based upon the times. I cried and chatted to myself outside I didn't know how to respond to negative commentary just assumed it was directed at me and called 911 to double check if that was a fight.

Iphone notes post #3:

When you don't have money there's a lot of room for error in life when left to our whims about us judged as naive or downplayed as not good enough out in our places in life. We can only be human, with or without our egos in life, figure out best how to be and behave well in response to others. We may not always get the respect we deserve based upon how we dress, react, or behave

when in public get treated poorly or the same. Whenever we run into troubles in life it's easy to blame others for our misfortunes respect wise. It's not easy to be human when we feel entitled to respect in life or when we feel a lack of respect is shown toward us that's one point in life when you recognize your own self worth and sense of humanity whether we stay in uncomfortable situations or not is not always our decision in life. When we leave situations that make us uncomfortable is when we become the bigger person. Know when to stop it's not always advantageous for us to be defiant or defensive at best we can be accepting of others and their own sense of humanity too, after all we are all only human we all react and respond differently poorly or in good taste either earn respect from others or get treated with a lack of respect or treated poorly, based upon how we appear and based upon how we respond to others in the positive or not or in direct response to their words chosen we are always in control of how we respond and adapt to our surroundings be the bigger person. From afar it's easy to see who is right and who is wrong and by our reactions to others we are judged in the positive or not. I don't think that being made to talk loud or over others to and from is the correct response to any discriminatory behavior toward or choice words. At best we can only be human.

Chapter 19:

08-09-18

(III) iPhone notes (4-6)

iPhone notes 4:

Applying for jobs now. I'm not sure what to make of my life. It's difficult but never impossible to fix your life after it's been broken you just have to keep moving forward. As a writer it's sometimes difficult to accept working without pay, its more like an investment of your time and energy. Always do what makes you feel good never harp on the negatives. Life may not be perfect but it certainly does not need to be difficult you just have to keep moving forward in life.

iPhone notes 5:

Handling loss is not easy you just have to keep moving forward in life. I've learnt that you can't control what people think best you can do is be in control of your own thoughts. -I've heard once before that difficult roads lead to beautiful destinations, there I am not yet and that's okay, I just have to accept where I am in life not where I am not. You cannot make change happen overnight you have to be accepting of your present in order to move forward and enjoy your future, until you are able to do that you'll keep revisiting what's not working for you. You can't always be right in life sometimes we are not always put together and that's the hardest part. Accepting where you are now. It's easy to get delusional putting together your past or when trying to understand your present for the most part people do not think of you in that way they're mostly trying to become successful themselves and have a life.

#### iPhone notes 6:

I've helped people through difficult times but never thought that I would be one of them in need of help one day. You can only do so much to help a person before they have to learn how to start taking good care of themselves. We can do our best to keep strong but sometimes our weaknesses may get the best of us. Always do your best to shine it's not required for you to be the best in order for you to do well in life sometimes simply being there is good enough to help anyone currently struggling. Everyone stops caring for those who are not doing well in life that's a given they usually wind up separated from them in life. That's not the same as taking care of others who are not doing well and not responsible for their present condition or life circumstances. You just have to stay positive. Not everyone is good at taking care of themselves and others. For those currently struggling that may not come across as second nature -to help. Always listen to your voice of reason and never blame those who are harmed not by their own fault but by the faults of others get hurt. It's they who need help especially those who do not recognize they've been harmed when they are not feeling well.

#### iPhone notes 7

I think when staying well not let your illness affect others poor judgment of you past or not just be understanding of others. I think life is too short to go backwards and correct what we've don't wrong best to move forward peacefully be sound.

Being in a much better place in life doesn't necessarily mean that you're where you want to be in life just that you've overcome one set of obstacles sometimes in place of new ones. You just have to accept where you are in life and move forward from there. Every life is a good life we all make mistakes you just have to keep moving forward in life not let bad news get the best of you that's no solution toward achieving inner peace or soundness of good judgment in life. In order to do well in life you have to exercise good judgment and have rational thinking skills to make good decisions.

Everyone has a certain glow about them that makes them special light up around those around them. You just have to be patient when you lose your glow in life just stay positive. Life's too short to worry about your influence in life, ability to adapt, or ability to change in life make the necessary changes in life required for you to glow. What matters at the end of the day? What brings you happiness at the end of the day?

Everyone wants to be considered poised, confident, and collected however we cannot always be perfect -much to do about life is coping with our anxieties and discomforts. Eventually you realize you must have a life in order to live a life. What you think you deserve in life is not always what you get in life, it's all a matter of getting started doing what you need to do in order to survive. We all have to make adjustments in life we are not all perfect.

Today I'm wondering where have the good days gone. If life is not good enough the way things are then how are we supposed to live life the way they are -it's exactly that having a defeative attitude is making me tired again. You just have to keep going in life everybody has a life you can't just stop at okay you have to consistently make progress everyday in order to be heard,

heard well, not judged poorly as not well, that's not how to do better in life when you're not doing well. I just forgot what I was saying my mind has left me again. I wish I was a stronger person. Being an overachiever is not easy to keep achieving with the same caliber of performance especially when things are not going right for you in life.

You just have to keep moving forward in life no one can live life for you and no one can make things happen for you in life unless you're willing to make things happen for you in life, that's how to best achieve in life not just think for yourself. When you show a concern for others in your surroundings considerate you'll feel better about yourself moving forward.

You can't undo the pain of regret after you've done something wrong or made a bad decision best you can do is correct your behavior not go on spontaneously trying to fix or better a situation you return to with the same unpleasant reminders past means that's not a good situation for you to be in given your own weaknesses in life. I think once you know yourself it makes it easier to recover from mistakes in life when you don't know yourself well it becomes harder to correct past mistakes and recover from your own mishaps in life.

If someone treats you poor in life and you go back to that situation you are only then hurting yourself -when you are doing well in life and let others into your life then you're well on your way to acceptance and happiness. When you're feeling lost think what is it that makes you feel grounded in life and what is it that makes you happy. Life's much about maintaining happiness as it is about maintaining wellness the two often times go hand in hand you just have to keep trying in life and never give up. I was just thinking today if he can do this that and iron man then I too should be capable of recovery if I stay sober that's the main point what rules you create for yourself and what rules you abide by affect your decision making skills and how you live your life well or not. That's not how to live a good life by not doing what your told and not following rules and terms set for yourself that only results in self-harm not betterment of self, if you want to better yourself than it's best to keep going on positive tangents in life not experiment with yourself or others unsure of yourself.

If you can't tell whether you're being bad or good you're only kidding yourself messing up a good life for a better life. When you start somewhere positive all thoughts that follow end up positive too how to stay good know your good. When you allow negative thinking to ruin your day not only do you let yourself down and others counting on your wellness around them but disappoint your prospects and future goals set back in life not present knowing your good self allowing your past to dictate your present and future why it's important to be good undo old patterns of negativity behavior or substance abuse wise over intake in life to feel well.

Chapter 115

## Quotes

Not everything in life works out ... you can try to plan ahead but sometimes no advance planning is necessary to set yourself back up to par, just by being good do positive interactions occur around you whether you are privy to that quality of care or skilled interpersonally able to bond with others on a social level. It's not superficial to leave things on a professional note, but it is wise not to cross borders get personal before you have fully adjusted professionally, that lull in

between is where errors are made as you are sized up compared and tested for endurance trust and good character which only time spent under observation can be adequately judged as demonstrating quality sufficient for a positive work environment thus you cannot manipulate effort, so long as you always do your best and never let anything affect your work productivity good decisions are made, including whether you have what it takes to perform under a variety of conditions and how quickly you adjust to those conditions and able to stay present and be pleasant to all treat all equally, why it's important not to share personal life struggles out loud and let your work ethic speak for itself not become defensive to the past and avoidant moving forward you create your own circumstances in life that prevent you from having experiences in life that can help you feel apart of whole, that's your choice to disassociate when you are not well not a product of your environment that would be blaming others for conditions occurring that sometimes no one is responsible for correcting it's called acceptance and requires patience to see beyond and resolve underlying insecurities that keep you from speaking well of yourself, life is much too short to discuss problems out loud, it's a draining and arduous process of letting go and starting over if you miss those opportunities in life then that is your own fault not anyone else's. There's always room for forgiveness, growth, and change ... everything in moderation.

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

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

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

Chapter 20:

Self inflicted

Inflicted by others

Previous harm recurring

Engaging in communications

Disengaging in communications

Taking things personally  
Reliving your past  
Reminders - as a means to self harm  
Reminders as a means to manipulate  
Causes for concern  
Who's at fault  
Reminders of fault  
Purposes for placement  
Desperation and responses  
Who is scared of who  
Who intimidated who  
Handling losses  
Fitness of good character  
Digging too deep at issues  
Once reactions occur then blame is displaced or subsides - bad feelings  
Bad feelings resulting from what causes purposeful or by accident  
How people communicate  
What people communicate to  
What is considered offensive  
Where do issues come from  
What triggers manic episodes  
Causes for mania - ie self harm  
What placements and what characteristics can be attributed to causes for concern and previous positions or placements  
Popularity and if that matters as to treatment as justified or a self inflicted hardship, hardship incurred.  
Assumptions as to fault, purposeful.  
Sides taken, as to getting along.

## Chapter 21:

### Life Advice - Short

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

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

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

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

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

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

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

Eventually everything's gets uncomfortable if you allow negativity to sit and don't see the positive. That's taking for granted what you do have in life and choosing to allow that negativity to affect you. Always be in control of your positive outlook in life, don't allow other people's

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

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

Chapter 22:

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

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

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

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

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

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

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

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

Don't be problematic. #provethemwrong #beconsistent

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

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

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

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

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

Chapter 23:

When you know your identity nothing else seems to matter not easily affected by others with a sense of direction in life commensurate with your education and work experience. That is your life and based upon your experiences in life make decisions. It's not all about who you know in life that can only take you so far there are plenty of people in the world who know and have grown up around famous people who do not get very far in life exploiting those interests or sides in life that's not how to grow as a professional and become well known. It's by your work ethic that you become you and likewise respect is derived from those vantage points based upon how well you are and are doing in life. Fame is a manifestation of wellness and by wellness I mean earning capacity not by sides or interests or by joining or fundraising for campaigns that's not how decisions are made benefiting from the hardships faced by others or by calling attention to the weaknesses or negative possibilities highlight what's going wrong that's not what gathers

attention but by respectfully acknowledging what's going wrong seek to share a perspective that benefits self and the reader to know the writer not by knowing who the writer knows. For many years now I have kept my Facebook private and friend lists sought by other means Twitter to showcase my writing skills and talents. I'm now just learning a new forum to write in Wordpress, everyone needs a job in life and eventually with enough skill shown can get a paid position one day not merely be an inter but by skills I have acquired get a job in a paying position, this takes time. -Current Business Model: Continue to work on myself and when ready to work get a job so that I can afford to build and pitch a website for funding for writers not just pay writers out of my own pocket for the expense to build a website then can consider the possibility of hosting writers on a website built by me. The whole purpose of building a website was to showcase my writing portfolio what becomes of my writing is based upon the choices I make for myself at the present and whether I am able to get a job will determine whether I'm able to create jobs or spaces for others to write in paid positions. Thinking out loud ... those are not present concerns of mine but by negative opinions of me thought it would be wise to share about my future interests, plans or dreams just in case that matters to anyone reading trying to identify me or my future or my present matters of concern plaguing me, it's by my own position in life I'm struggling and that's no one's business to know my current weaknesses in life or ailments everyone's entitled their right to privacy not be made vulnerable to the interests of others put down in life further than they can comprehend. It's not appropriate to pre-determine courses for people in life, it's in everyone's best interests to have a sense of agency on their own to make choices for themselves in life not needing guidance from others in order to do well achieve in life or run the risk of being misguided made to look stupid by others in front of others casted out as something they are not.

#### Chapter 24:

It's never easy making life changes but working from home is one of them. We make choices in life based upon our needs and what works best for us. This may not be understood well by most why people stay home work from home. We don't all have options in life to commute to work or be out and about some of us as best functioning from home. Everybody needs outlets for support and any people time is good time it's not always wise to be a recluse and stay home activities are always good for socialization. Social skills are much to do with being comfortable with yourself, well adjusted to self and accepting of others. Once you figure that much out your likely to make friends easily be easy to talk to and approachable. This takes time, knowing who you are, setting limits, and boundaries with others in your life as you see best fit. Not all are welcoming to those with diss ease and mental health issues it tends to be a very competitive branch of acceptance to those who are not well off or doing well in life that's just a fact of life those not in suits with jobs with a daily schedule in and out of the home are automatically assumed or deemed useless to society or overcome with addiction and disease. That's not always true. Some stay home to get well and when outside of the home do their best to get well too. When you don't know much about a person it's easy to judge someone based upon their outsides judge them as doing well or not on the inside. This is where beauty comes into play, those who are beautiful are judged as doing well inside and out, hence the struggle to look well and do well in life to be judged on the outside as well doing well in life. The times are not easy but with the advent of at home jobs once thought to be gimmicky ads online have become reassuringly possible via blogging and writing from home, now paid for positions in society. What was once seen as a waste of time

"blogging" is now a career choice 2018. I've been a blogger online for years now without pay that's by choice and also a result of not doing the research well enough and applying for positions. ODesk at the time seemed insufficient to pay the bills by dollars and cents per word, how does that equal a paycheck? I've just signed up for BloggMutt, as a company with 3,000+ readers a month I could expand my business and pay for other writers to contribute to my website but think that making a paycheck is the first order of business next to expanding my brand and voice. Money will never cease to constrain our options in life, the sky's the limit online, but within reason. What it looks like seems to still bear the budge when it comes to best practices online and image. First things first get a job, trust is everything in business dealings online, and how you are perceived by others well that trust too is important making any moves forward in life. Until you are able to make money on your own will you be able to understand the value of the work by others. And until you value yourself will you be able to understand the value of getting paid for the work you produce, feel worthy during your time with others, and socialize with the ease of knowing that you are valued, of value, and an asset to society. All of those things encompass what it means to be considered a professional online, and as a writing professional writing for pay seems like the next big step toward self-respect and being of value online to my readers and being of value to myself, be proud of myself in doing so. Next goals: Finish writing my second book, continue to write online helpful posts as I go, live life knowing I matter to me, and finish law school earn the education merits of a job well done in life be proud of myself for a change and not care so much about what other people think, be myself for myself and be able to be accepting of the negative or positive opinions of others about myself or others without reacting or responding to them just the same be positive not easily changed or manipulated by others. That is my dream: be proud of myself, confident.

#### Chapter 25:

It should not matter to you as a writer, worrying what people think of you, then you're in it for the wrong reasons. The whole purpose for writing is self expression and to benefit the reader. A lot of people blog and to that you should feel no different. As someone with bipolar I'm constantly having to remind myself of my own affirmations in life, that's how I regroup. If you constantly worry what other people think of you then you wind up running yourself rampant with self defective thoughts and wind up setting yourself up for failure emotionally. Always do your best but not to the extent that you sacrifice your good wits about you. I used to think that I was capable of reading others but later found out that that is just delusion reading the thoughts of others. It's best to read your own thoughts not worry what other people think you'll be better off in that way. Thought disorders is not something I thought I would encounter in life as a writer getting As in law school. But it is a condition you just have to monitor your thoughts so that everything doesn't go into disarray. I call this keeping your marbles together. As a college student I struggled with addiction and drinking my senior year went from Deans List to near Academic Probation, these are small failures in life you can overcome if you just listen well and go through the motions. They say that once the light switch gets turned on it's always on and you just have to monitor yourself and stay well.

Sometimes you just have to do as your told, to correct any problem outside the scope of your ability to handle on your own, we listen to others. Life is not easy especially when connected to any pains in life. We may try to find comfort in that pain surrounded by others who are similarly

situated but things still may not get better on your own. You have to stay productive. It's easy to create an image for yourself as though nothing is wrong with you but things may still go wrong in your life. You only have control over yourself in life no one else, and when your life is under control everything likewise tends to fall into place. Until we are well will we be surrounded by others who are well. Success comes to those who work hard not necessarily those with the best image in life. You have to do for you what makes you happy in life and when you are happy others will be seemingly happy around you. If it's drinking that's the problem then stop drinking. If it's attachments that are the problem then stop getting attached. And if it's fighting that's the problem then don't fight. Everything passes with time and likewise delusions pass too, especially when we are not sure of ourselves and others not sure what we are doing wrong often times it helps to talk to others in order to get well. You can't fake it in life you either are true to your good character or not, you just have to keep moving forward not allow others to get under your skin and likewise they will not be easily bothered by your awkwardness and fears about life. Life's all about fitting in and acceptance never be too hard on yourself to the point that you self-harm, people are forgiving and if you continue to allow the pain to fester your past will haunt you. Why it's important to do things daily for yourself that makes you feel good about yourself and others. Knowing how to behave well and be accepted is always one step in a positive direction toward changing your life for the better.

Mental health issues are not a new phenomenon, everyone has problems. Does what people think really matter? If so ... why is it important to care. Everything you do either reflects positively or poorly of your good character. In order to do well in life one must like themselves while at the same time be able to put into perspective others and where they stand in relationship to others. We all wish we were successful or better than but that simply is not the case. For most of us feel inadequate in that regard, ie not good enough. When you have the attitude of not good enough it makes it difficult to stay put and be accepted by others, seeking instead to better yourself for the sake of a better acceptance of you. We all make mistakes in life and no life is ever great that's so lived perfectly, sometimes you have to take risks in life to achieve some successes in life. In order to be a success you must first recognize that you are well and then you can see yourself as successful until you figure that much out your more likely to be lost with the rest of then than found. -Never give up, its not over until it's over and your life is not over just because you've made one mistake or two in life decision making wise, just do your best to correct yourself odd or not do your best.

Knowing that you matter is the first step to recovery. You can't determine your future when your present is not in order, or so I've realized. When you're able to make due with what you have not what you have not your life becomes that much easier to deal with. Love yourself enough to know when to stop and don't enable others to cause harm to you when you yourself are not doing well in life or as well as you'd like to be doing in life.

Chapter 26:

All too often we let loose thinking that by freeing ourselves of our obligations to behave appropriately that we will be accepted the same. Always be appropriate. As you get older it becomes more and more important for you to behave well. Not just for acceptance but to help maintain your own self-confidence. Setting boundaries is a must when it comes to drinking and

going out, it's when we let our walls down that we are most likely to get hurt. It's okay to talk to people but it's not okay to be talked to with expectation to get something from you. We all have lives to share and with those lives, while bettering ourselves everyday be able to best help others in their lives as we are, hopefully stronger as a result of our experiences past. No one can change you but yourself. You are always in control of your direction and focus in life. Don't let anyone change you. We all get left behind at certain points in our lives but that doesn't mean that people don't care for you or have purposefully abandoned you. You just have to always do your best to reconnect with others as you are now not for where you have been in life but as you accept yourself the more accepting of yourself you are the more accepting others will be as you are now.

Whenever we experience any loss in life it's always discomfoting to see the happinesses of others as projected to the world as if nothing bad has happened. You have to just let people be happy if in that case, your troubles and perceptions in the world are not always right minded and sometimes negativity gets the best of us, you just have to keep moving forward. If what you say you believe then believe that not what others think, do, or say should not affect you. Everyone has a different life philosophy and what work they produce in life is a product of themselves not a by product of the work of others. Appreciate and value yourself to the extent it takes to be proud of yourself, once you are proud of yourself all else tends to fall into place not feed into the disappointments of others or their negative opinions of you. People can only help you for so long as to benefit you and themselves not all interactions end up in lasting relationships but that doesn't mean that poor opinion of either side to an interaction is necessary to justify or explain separation of interests to parties to an interaction. In other words, just stay positive -less is more. Not all things work out in life and that's okay it's when you're feeling good or feeling well you are able to share that wellness with others that's a basic understanding of wellness. Your thoughts need to be well in order for you to be able to help others if your thoughts are made to be not well it makes it difficult for you to be there for others. -Don't waste time in life trying to build others esteems up in life to feel better about themselves that's a waste of time and energy always with a good heart help others never give your power away to anyone in need of power in order to feel well or better than. That's called an experiment with your wellness it's hard to stay well when focused on anyone but yourself your mind wanders as to the best interests of those to whom you keep in mind. Knowing that don't forget to keep yourself in mind when trying to do well in life.

Life isn't perfect, if it were all together perfect we would be better off alone than around people. Sometimes you just have to let things go, harping on the negatives is no way out of a bind in life. Forgiveness comes first to none when it comes to moving forward in life. Not by connecting to well to we see or achieve better in life but by recognizing our gifts in life not worsen the conditions of ourselves or others. When nothing feels good that's time to stop and reflect on what has past and what you can do better in life. Some of us are better off alone than in talking to people made to feel better about ourselves or others. It all comes back to you karma in life a product of the choices you make and decisions you put forward to achieve your goals in life irrespective of what others think about you have thoughts of your own. When someone belittles any facet of your life don't allow anyone to get the best of you. I think they say that so that no one can affect you or frustrate you or your purpose in life get irritated. That's not a good feeling experiencing any fight within yourself is not a humbling experience and so are not voices especially soothing or intimacy during times of trouble. When you feel ill always share with

someone what's causing you illness it can be cured. Always stay positive even if no one is positive toward you. The body repairs itself. If we were all made up of tiny humans then that would make sense how I lost 50 lbs and then gained it back. Focus is everything toward maintaining any well condition your mind has to be in the right place in order for things to go well for you in life. That is my belief. No one is perfect and I may not always be right and poor judgment passes but that doesn't mean give up and stop trying. You can only be you. Don't worry about what other people think that can only cause chaos and emotional disturbance at any top in life try to seek acceptance from others when not well. Acceptance is given to those who are well and so on and so forth. These are lessons we learn along the way, life's not all about satisfaction in life or pleasing others, it's mostly about staying well and keeping well others around us not disturb the sense of peace others have in their lives. Life goes on, don't let your troubles get the best of you, you will always be you no matter what so it's best to start accepting yourself the way you are not wait until it's too late to change for the better. Life's about living for the here and the now not the past and thinking for the future not for ones self. Getting carried away here, but I think I've made my point. Illness is inevitable whenever we are focused on wrongs not rights in life, and life can only be made right when you live life a good decision maker solid or not, patient with yourselves and others.

You can't pre-plan life, the way you want it to turn out, best you can do is not be predictable when it comes to mood swings and negative opinions of you, your wellness, and your ability to succeed, be picked at, finagled, and made upset, as experiment by others, with your vulnerabilities in life, we are all not matches in life and thats okay. Some of us as extremely sensitive to the opinions of other me myself included. When you get mishandled in life, take a deep breath, and don't allow someone to control you or make you look or appear stupid in front of others, that is someone knowing you, who knows you, or does not, seeks to improve you, by getting you to understand their position in life, not help your position in life, thats not competition, thats simply someone being manipulative with your condition as unstable, and instead of stabilizing your condition, aggravates your condition, by trying to get to your core, your insides, and seeks to change what is going on inside of you, to test for illness or not. That's taking someone who is extremely open with everyone, and in front of everyone making them sick. Such poor experiments in life, are a matter of someone not knowing you well enough in life, as recognized not respectful of your condition, and seeks to worsen or make clear you are something you are not. If you ever feel someone in a trusted position is bringing out your vulnerabilities in life, leave, as such manipulation can cause upset, or cause you to feel ill, not in competition with someone, but aggravated light up either good or bad, as in response, to test for aggression toward or toward self, by putting something unwanted inside of you, to test for a victim or offender, what lights you up and makes your face look ugly. It is not the same for everyone. That's called an unwanted manipulation of a well condition, to see if thats how people respond to you, by your light within or by your light outside of you, always be yourself, its not necessary to change people for the better or for worse, hurt their condition to see what they are made up of, acceptance or non-acceptance, beauty or illness, thats not how someones face changes its by looks.

## Chapter 27:

10-11-18

Certain people come into your life ... and sometimes they leave your lives. Always be patient with others. You never know for how long anything will last just be positive.

You can't have it all in life, there are consequences for every misstep or mishap in life you just have to learn how to go with the flow. Love often, communicate well, and handle life in stride, don't let anyone get the best of you.

You can't make people like you especially if you are at odds with yourself, meaning much to do, more work to be done, you might never arrive at well if you keep beating yourself up over the little things in life and voices. That's not the solution, self-harm nor is blaming others for your illness or disabilities in life you just have to be strong. In order to be capable you have to try, it's when you quit, you prevent yourself from reaching your goals in life. Always see the glass as half full not empty.

Sometimes life can be painful you just have to keep moving forward, see things in the positive. Never lose your sense of self, trying hard at anything in life. It's never wise to succumb to negatives voices toward or about you seeking to prove or rationalize your present self worth as justified or deserving. You don't owe anything to anyone only yourself when you get complacent and allow life to happen to you instead of making things happen for you in life. Sometimes this is a choice and a given other times it reflects or is a manifestation of our own insecurities playing themselves out, dig deeper, what is it that you want in life and what are you doing now to make things happen for you in life, knowing you matter matters to others, your well being, mostly reflects self-care not abandonment of care by others as to your well being. Don't get sick trying to change for others, always be yourself whether or not acceptance is granted, every word gets picked apart you yourself included, when you allow that to happen choice your words wisely as everything circles back to those points of interest, within and around you. #stopsuicide #bepositive

If it's your inner angst that keeps you uncomfortable and driven in life then so be it. No comfort zones required to excel in life just a right mind. You don't have any opportunities to waste in life self justifying for reassurances to self you sometimes just have to play along not stupid in life in order to fit in, not everything is about you in life, you may be accommodated in life but your interests may not, therefore always keep in mind the best interests of others in order to be well liked and get along well with others. No one knows you best but yourself and for the most part people only know what you tell them about you. Keep your life private, allow relationships to blossom, and no one will think twice or otherwise about your instincts and decision making skills unless you leave room for questioning, add insight and value to your life you'll be thankful for sharing than keeping to yourself what's bothering you.

The whole point of living life is to be proud of oneself, once discomfort hits it makes it difficult to communicate with others, only the negatives spilling out about oneself, give people time to grow and adjust to their surroundings sometimes less is more regarding ones private life and

current life struggles, there's a time and a place for disclosures of ones wants wishes and given their current placement abilities in life to achieve based upon good standing are decisions made as to ones future for themselves and for others. Nothing about anyone ever helped to build a lasting relationship usually upon talking about others are they made to look and feel different than less bonded as conversation about them ensues amongst others without them present, that's not the best avenue for benefit but the benefit of comfort running to those unaffected by a persons personal life struggles. You cannot keep what isn't yours this reflects previous situations is usually how people respond as they were past, in your youth you grow as you meet in your 30s you reflect based upon your growth determines where you end up, let know one be the judge of where you are now, read too much into the judgments of others about you, as problematic or not, you are the best judge of your own capabilities in life not others, always situate yourself presently and be where you are now not reflect on where you don't want to be in life, how to end up places in life you want to be not wind up to the merriment of others places where you don't want to be in life, learn from your mistakes and always hold yourself in high regard whether or not others respect you or value you, you know your own potential in life and it's upon positives we grow, with or without others in your life, it's never too late to get to know yourself and it's never too late to get to know others.

Every so often we come across someone who changes us for the better whether we like it or not. You aren't stuck with people in life, but sometimes if you allow them to, affect you in some way, a change occurring within you that sticks -to whom do we allow to change us? People you love? People who care? Or is it that once someone shows care we begin to care for ourselves. However it happens always be grateful for having people in your live some have none, and in whatever capacity others can be there for you be thankful -never ask for more than any one person can give, and always respect the boundaries of others, they'll be sure to care the more you care about yourself, good will follow.

When in Rome be patient with yourself and others, change doesn't happen overnight. The lower your expectations of self the greater you can achieve while trying, don't set yourself up for disappointment it only leads you astray. When you want something in life, and you are unable to achieve what it is you've set yourself up to achieve in life, other opportunities will present themselves to you so long as you do as you are told and don't allow minor mishaps or setbacks to get in the way of you achieving, that's called focus, seeing is believing. Life happens to those who work hard.

Sometimes there's a difference between what you think and what actually is. When you assume ... be careful not venture toward areas of life you know less about some of the worst decisions are made not when our guards are down but mostly due to inexperience, let loose when you can but not at your own expense be the butt of any jokes in life as open to others. Only you can foresee what weaknesses you bear to prevent the worst from coming to fruition that is bear your weaknesses to all, some things about ourselves are best kept in the past, that's called moving forward, not reliving the past or our worst moments in life, be defined by our present as certain not by what cannot be undone.

Know your place in life. Everything tends to come together the more settled you are with yourself not necessarily others. Life is about making adjustments, adjusting to others, but don't

assume others will adjust to you. You are always responsible for yourself you cannot blame others for your misfortunes in life or influences as to your decision making, that is on you. Don't set yourself up for embarrassment trying to hard to please others that only sets you up for heartache always be yourself, not an open book. Boundary setting is about knowing what to share what not to share about yourself and from that confidence can be achieved being self assured not insecure about oneself around others.

If you just focus on the positives good will happen the mind works in that way ... be patient with yourselves and others. Memory is a habit when practiced, you recall more ... if you don't remember that's okay, you need not self harm to affect your memory bank that's not the solution moving forward #selfharm. Reality imitates reality and likewise leadership follows, where ideas come from, the best from positives in life not negative influences.

Your ability to be present and read well others is much to do with having a sense of normalcy in life, overtime as your focus improves so does your outlook for yourself first and if not based upon how others react and respond to you a reading is had, when you are well it is easy to read others be in symbiosis with when you yourself are not stable or confident it makes it difficult to be present around others without feeling judged, don't allow anyone to take from you what you've earned in life that means: trust, honor, and respect that can only be received not given in life, achieved not by taking things or people for granted and when tired not become something you're not as aggravated always be patient with yourself and others everyone's expectations of you may be different you just have to know yourself well enough when to quit or keep going in life. Never turn on the ones you love it's easy to get upset with yourself when you are not happy with your place in life, in order to be well received you must appear as well to others otherwise it's negative energy felt or rejection by your own accord not theirs, that's not how acceptance is achieved or power earned by who gives the silent treatment and who speaks or remains silent, that's by disposition not by appearances reacted to and responded to negatively by what is assumed about you -if someone doesn't like you ignore them never feed into any negativity it only burns you out or overburdens you trying to please others, wasting time and energy adjusting to the dispositions or commentary placed by others for reaction as to your stability why they say prove them wrong not right.

What's immature is bonding ... when you know yourself well no bond is required to be comfortable around others - that's not how to behave toward people you love admire or respect ... don't be easily fooled by niceties always be yourself, when you set boundaries for yourself others will respect them too and so they're made, it's by mutual rights not wrongs people are driven by in life to do well not succumbing to weaknesses or giving up power in relationships, know when and where to assert yourself, if never, don't forget your social graces and common sense in life, some of the best decisions are made led by our intuitions when we work hard and without thinking end up in the right place in life, that reflects a well past, to experience a well present, and if you have to prove your self-worth than you're reacting and responding for selfish reasons not out of consideration for others.

You may only live once but you're only given a certain amount of innocence to be impressed upon or altered in life after awhile you don't change it doesn't matter who comes into your life but every so often we meet people that do.

A certain kind of stability is needed in order to have the blessing of choice in life, it just so happens that some things are decided for us in life. Know your part and always do your best to accommodate the needs of others. You won't always get your way in life. In order not to be written off as spoiled or a brat, work hard ... you'll thank yourself later for it and as a result you may be judged less by what you do have and more by your work ethic. Nothings a given in life.

Life is short be grateful for every passing day you have and never forget to make time to spend with loved ones. Don't take for granted your privileges in life are few and far between, eventually your luck runs out if you're not careful about the choices you make in life. Time management is everything ... be patient with others you yourself included, you never know how long anything will last, so always do your best!

10-13-18

To understand one does not require others to understand from your point of view that is your own opinion entitled to covered by #righttoprivacy ... to be treated as equal is a snazzy idea 💡 but eventually leadership is required not just opinions. In other words don't get tired trying to be understood by others and set yourself up for disappointment or rejection ... sometimes you don't get very many confirmations in life when on track, try not to self sabotage opportunities in life when well and reinforce negative judgment of you, that wastes your time and the time of others better spent focused elsewhere.

10-09-18

Putting your life in perspective means not living by terms of derogatory or denominating commentary these are but voices we hear at times whether in the wrong or doing well in life call these insecurities we feel no one inferior ever achieved thinking less of themselves you need not worry what others think to be capable of being a good person proven wrong or right, live life as by the terms of your past not by the terms of the past by others, know yourself well enough when to quit or keep going in life these are but minor mishaps in life social graces and the like some more put together than tried for, achieved. I'm

You can't get far in life people pleasing your way to the top you have to always set boundaries for yourself moving forward or else you get stepped on along your way. Life's not about quickness but more about fitness of character, good character. Some of the best decisions are made not when boundaries are crossed but when with respect decisions are made taking into account the feelings of others.

Love is never planned, it just happens, always go with the flow. Not everyone is perfect you yourself included, as accepting as you are of them they'll surely be accepting of you so long as you're honest from the get go. From which branches do leaves fall, from the seeds we plant. Allow people time to blossom in life, from that foundation most relationships last. You cannot stifle people or interfere with their ability to succeed in life that never if rarely goes over well.

You can't have it all in life, but you can certainly try to. Usually by greed we end up empty handed in life, trying too hard or by giving too much expecting something in return, disappoint ourselves trying. Don't let up on your goals in life but strive to achieve better than your best. What follows from good work usually reflects not incentives but what's needed within, we call that fulfillment, achieving a sense of purpose greater than ourselves by sticking to what we know best ourselves, our intuition, and our dreams.

No one ever said life would be easy. If life were easy then we'd all have it our way. Sometimes during life's gravest difficulties we find ourselves, either making it in life, or breaking ground toward some goal we never thought of ourselves capable of achieving. Through sheer hard work all things become possible.

No one ever said life would be easy. If life were easy then we'd all have it our way. Sometimes during life's gravest difficulties we find ourselves, either making it in life, or breaking ground toward some goal we never thought of ourselves capable of achieving. Through sheer hard work all things become possible.

What is a one track mind? If we continue to delay ourselves of progress what good can be achieved toward any accomplishment in life. What we deem necessary in order to have in life is much dependent upon just that, having good thoughts about ourselves and others. Nothing good can be achieved by distractions you just have to push through your day and keep a clean slate. When our minds wander, think for what purpose is this thought being had and toward what goal do these thoughts accomplish if none of the above then just a fleeting thought ... forgive yourself often and others too, don't be so easily misguided in life, to love and be loved is much about confidence in this arena.

Always keep things in perspective thinking caps and all. You sometimes only learn things after the fact, life is full of lessons and learning experiences. Be happy with what you do have in life nothing comes easy to those who wait, complain, and prod. When you understand compassion you understand yourself and others better too. We sometimes think we have it all, but if we voice the wrong opinions in life it's possible to lose it all, that is respect. It comes and it goes. Never assume anyone intends to cause harm to you mostly it's people who care that are too hard on you, always leave some room for wondering, it's a place to go that's quiet beyond other realms seldom visited, topics we avoid in life, mental health and privacy. If you keep going in the wrong direction in life you're bound to revisit other issues yet to be addressed, regarding your past as viewed based upon how you are now.

10-01-18

Never assume that one who looks put together is put together, it takes a lot of work, and proper maintenance to be healthy minded. What you think sometimes can lead you astray, we call these assumptions, assuming that others are communicating in a way in alignment with interests not of their own or making but in adherence to principles other than themselves. Nothing ever happened once in life it's usually by our habits demeanor is acquired. Allow people time to heal, good timing is always at best with a good heart keeping in mind the best interests of others not just their own. When you realize what has transpired do your best to align your interests with the

interests of the majority not just a few. If you are not included in that majority opinion held in good standing then do your best to fit in. You cannot take a person apart or pick them apart by their past disable their ability to live presently without assumption of wrong doing on their part or the part of others. Think well to do well in life, and don't be easily insulted by the misgivings of others for or towards you everyone is mostly concerned with their own well being ... we do our best, but sometimes our best is not good enough.

Not all days end well, that doesn't mean stop what you're doing it just means that you need to pace yourself not burn out trying. Much about life happens in this way, when our time and energies are invested in the wrong things in life usually trouble follows. Always do your best to pick up from where you left off, and stay in the positive, less gets done when negative, and always keep your good wits about you.

You don't know it all. Sometimes we think by experience we can foresee consequences or patterns but that's not always the case sometimes we wind up learning something new and by chance teaching others the same, what to do and what not to do in the event of any emergent circumstances. Leadership is about confidence, and without confidence some of our best decisions would not have been made ... with what else can good decisions be made? Faith? What is Faith? Believing in others, believing in yourself? Whatever it may be, always trust that you are loved and with that confidence carries self love and once you get that much put together you enable others to love you too.

You can't always be right. We often times get led astray sticking to fundamentals and concepts and forget where we're going. Everyone has their own path in life and reasons for making decisions in their lives we are not all the same. Its important to be in tune with others but never to the extent that we get so carried away we forget our own best interests or theirs. Always be honest first with yourself and secondly with those who love and care for you, you cannot assume that people know what you're thinking ... they don't. Everyone has a mind of their own, be respectful, and guaranteed respect will be appreciated over the time spent focused on yourself not others, that's how attention is best had not by succumbing to weaknesses or negativity.

Always see the good in others, and interpret everything in the positive, with a good sense of humor, you're able to take on more than you can handle, perform. Luck is much the same, you either make it in life, or you don't based upon your attitude and interpretation of others around you, you cannot read people, and never assume anyone intends harm with space sometimes we just need our alone time to rest and recuperate it's never personal. Handle people with care, sensitivities and all, what we fear most is acceptance and once granted only disappointment can reverse that progress made with others, trust. Learn to let go, forgive, and rise above discourse, the less you interpret as related to you the less you feel like things are about you, the more empowered others will feel whether you are apart of or not, included or not, doing well or not, or running back to old habits in life, not everything is about you, that's the lesson to be learned. Causes for discomfort are usually thoughts misdirected or thought about oneself, through acceptance less assumptions can be made, first impressions are everything, whether you have a team or not.

You snooze you lose. Sometimes we give up or give out cards in life once dealt to us to leave the other the better decision maker of the two, a fresh perspective not jaded by personal interests endeavors or opinions previously had set in stone. Some can change, some cannot, and that's okay, always leave your better halves in life empowered as you will feel good anyways with or without them in your life as well than worse off having met or known you feel less than, raise the roof raise it high and let standards of best work ethic determine who shines and who supports those who shine.

If it's not broken then don't fix it, that just leaves room for error rejection and misunderstanding. If it's too difficult to respond that simply means there's nothing there to respond to or say relevant to your statement. Always accept a non response as a busy tone, respectful of the privacy and spaces of others, the less you care and the less you try the more they'll notice changes in you, be at best in tune with yourself if you expect to blend well with others, not weigh people down emotionally with your troubles, how to be a light at the end of a tunnel, with simple acceptance of people as they are not worrying too much about their past but what they're doing now as it reflects on their future continued ability to do well in life, that's how to size someone up as worthy of your time, if they mean something to you then don't let time pass in avoidance of them, those moments early on stick and cannot be repaired once broken.

10-03-18

No I'm not famous or recognized that I know. I think that about me gets misunderstood as expecting attentions special from others or as deserved likewise. We all make mistakes in life trust the wrong people when well and expect to stay well upon passing or interaction but that's not always the case. I'm a let them win Type B personality I NEVER fight, I self-harm, and hear voices, write through it. If it's not positive around me there must be something I could be doing better in life, not wait until I'm doing something wrong to realize what is well and what is not a well place to be in life. Misfortunes are usually the result of giving in to negativity or poor misunderstanding of others. When you make a mistake it's your own fault to correct embarrassment takes many years to undo so does poor decision making. Be wise, don't push your limits with others, and use your inside voice -outside communications rarely work if ever in the positive always looks like you're trying too hard for the wrong reasons.

09-03-18

It's very painful misunderstanding when you say something to please the other side counter to your beliefs - misinterpreted it's not something I ever thought about but often asked "who do you think did it?" Very uncomfortable.

Why you just think about other things ... not get into stuff - not my business to get into - focus on positives help others with strength not by inspiration - overcome my setbacks now - not preach - share wisdom by experience do my best if judged negatively that's not my fault.

09-01-18

After acceptance not exhaust resources by tiring myself sharing in private I learned that sometimes as not doing well in life get treated or rejected as deserving of discrimination as confirmed belief as though deserved not from a good place or of relevant troubles not doing well in life. I dated in law school why I did not finish heart should have been invested only to studies then once as achieved well open myself up as a professional to others not date someone new it's during new relationships feelings get hurt or misread. Easily made better by negative validations to support or confirm deserving of negative consequences in life, as though one has it all if they appear to be well Wellness is achieved by discipline not by meds over many years of being good is confidence achieved not easily affected by others a good decision maker then wellness follows with confidence. Confidence is by wellness. 2009 drinking wrote a swallowed a bottle of pills and when I got into law school made it a point to do my best knowing fighting is not the correct response to turmoil outside of self or within. 2018 broke. I don't think I've ever been this broken in life fear of living life or of dying getting used to not being able to tell where my life is headed for better achieved or if social security disability know when well to pace myself get my sleep at night not ruin positive progress made to please those past who thought less of me then as deserved or by speech and behavior seemed done or gone in life not knowing the discipline put forth in private to achieve why not sociable Bc time invested on achievement in life not on worrying what others think or people pleasing only to make others happy is not how to earn acceptance and privileges in life by expectations or rejection or let wellness be interfered by losses in life personal not make ones personal problems at the advisement and privilege of others to manipulate before a bigger picture or clear picture can be seen as to what's at issue without assumption or review without consent of ones personal history interpreted as related to their condition now if well able to function read write be disciplined and get along well with others achieve - I told Aaron I could not date was not ready until months after the internship to hook up because I was not yet healed from a previous relationship fighting and subsequent hospitalization for assembling what was occurring or what occurred past misdirected under the influence of alcohol without a legal education to accept as not a big deal - it's not by exposure are problems solved usually in private I've kept a journal my whole life. I'm not abusive it's not doing well that makes me look desperate, look not able and before I achieve well not give up in a poor position in life as interpreted as known about me allow mistakes in life to be repeated or proved existing similar to 2009, that was before a legal education achieved so many well days earn trust back this I learned after college went to rehab credit cards taken away cash went missing and I've been on a tight budget ever since spend little, wore the same clothes for many years.

Chapter 28:

11-24-18

You meet a lot of people in life, but few who believe in you, people are mostly concerned with themselves, and rarely go out of their way to help you. Those few are to be commended for their efforts to help you repair your life, do not take them for granted. You will experience hardship when trying to build a new life for yourself, after failure, that's a given, we cannot all be perfect people. If we were all perfect, then all the attention would be on us, and what difference would that make moving forward, to highlight what has gone wrong, instead of making things go right

for us in life, that's not the solution, to blame misdirection or miscommunication on people who are focused on themselves and their lives. Not everything works for everyone, you just have to stay positive and never assume that anyone trying to help, means any harm in doing so, or so benefits from helping anyone, its usually a draining process of helping and receiving help, for professionals, left to their discretion. When they say prove them wrong, don't do the opposite and prove them right, that send you to a worse off position in life, and doesn't make anyone feel better, although people may not like you or be happy for you at your moments of strength does not mean that you need to take to heart the commentary of others. It's hard to blend in when you are fixated on the past. I've noticed that when well, everything feels well around me and when not well, its like everything past and everything present even if so obscure or overheard as though directed toward me, is taken to heart, don't respond to others who try to instigate drama where none is due, to suit their personal interests in perfecting their own image, as through your words spoken, speak to them or make them appear differently better than or in the right.