

Chapter 10

Understanding Questions and Responses: Positivity

When we hear something, certain prompts immediately come to our mind in response. These responses depend on the nature of what we heard and how we feel about it,

'That's not it.'

'An expected reply, replied.'

'Waiting for a reply to my question.'

'The given reply is what's expected'

'What's expected is what's expected.'

'The sound generated is what is heard.'

'What is heard is what was stated.'

'What is stated is what's understood.'

'What's understood is derived from what's assumed.'

'What's assumed is based on what's heard.'

'What's heard determines what's known.'

'What's known influences what's thought.'

'What's thought is based on what is known.'

Each of these thoughts arise from a different part of our brain. One is the part with our beliefs. Another relies on our intuition. A third is based on expectations. Then, there is our interpretation of a given situation, and our assumptions about it. All of these different processes come together and intersect with each other. How we feel about something is affected by the result of this.

What we then determine about what we heard is whether it feels good, bad, or off-putting, and then we correlate that with whether it sounds right or wrong. Whenever something negative is stated, or whenever there is an awaited expectation or reply;

- a) A reply is given knowing what is expected from us in response, which is simultaneously correlated with our own knowledge.
- b) Our reply, even when it is pure of any other influences, is ultimately affected by what we heard.

This is important to keep in mind as when you become cognizant of these functions inside of your own head, you are able to control yourself better. You know exactly why you are saying, what you are saying. Moreover, this hack also enables you to understand other people better because now, you know what their thought-process is like. Thus, you will be able to avoid being manipulated by others.

Positivity

No matter how tough a position you find yourself in, you can never lose your positivity. If your image has been tainted, you absolutely must repair it at some point in the future, or according to a settled timetable. How you deal with it is a different matter, but you must address it. Alternatively, you can also simply fix whatever is perceived to be wrong. Your image must be tarnished because of some aspect about you or something around you that is perceived as being a flaw.

A good lifestyle (which is basically how a person lives) assists you with your positive functioning and satisfaction in life. It provides you with your basic needs and helps you achieve your goals. Furthermore, a lifestyle can be adapted to suit every person according to their needs. This is perfect because everyone's definition of fulfillment is different from the next. Some demand more resources, whereas others need less depending on what their goals in life are and what their capabilities are. All of this is ultimately based upon the standards we set for ourselves, high or low, for each aspect of our life depending on their level of importance. Always set high expectations of yourself, and never compare yourself to others. Your only limit in life is your perspective.

There are two kinds of people: energy givers and energy receivers. Energy givers are those whose energy is easily affected by others, sensitive to their surroundings. Don't be easily affected by negativity, you may not always be right about your assumptions, after all those are just your readings of your surroundings, which may be considered delusion upon sharing. What was once a unique point in time, when you were focused on yourself, once you open up, this creates a much different feeling from within, don't feel weaker as a result of sharing yourself with another, there's a price to be paid for oversharing, not limited to sexual activity. This can create turmoil from within, and some become volatile emotionally, easy to turn on those who are too hard on them, or question those past who were too nice to them. You never know for what reasons others are in good moods, it could have nothing to do with you, or knowing more than you about life. Don't go into isolation, that's the worst thing you can do when going through a difficult time.

Its important to maintain your positivity energy. Not just because of how others will treat you, but because being presentable is half the battle when it comes to acceptance. Its common to want to remain separate from others, not because youre not feeling well, but because you may recognize others not feeling well around you. Sometimes to recharge, you need alone time. For some being alone *might* be a good thing, but not for those who do not recognize why they are alone in life, its usually past the point of discovering an error, that feelings of depression and unhappiness arise, don't blame yourself, just do your best to move forward, whether you recognize what went wrong, or why you became separated from your friends in life. Theres no positive energy to be found going backwards in life, not if you have regrets in life, or have had to overcome mental health issues, in those cases its best to move forward. After you have healed from your past, eventually you will be ready to share your life with others and with the world again on social media, but until then, its best to work on yourself, separate from others.

Some are born energy givers. Not all will understand you, and its easy to fel misunderstood, whenever you experience disabilities in life, or mental health issues, especially issues that stay with you for the duration of your life, that is your mistakes in life, and how your choices in life have affected your future potential and life expectancy. Positive momentum only gets you so far in life, you can work hard, but if in the wrong places, and for the wrong incentives in life, its easy to wind up empty handed as ill,

mentally ill, disabled, or after experiencing irrecoverable damage to your image and self-esteem, do your best to stay well, in spite of the odds against you. It may be difficult to bond with others when you are not feeling well, that's common symptom of depression to feel ill and because you feel ill separate yourself from others, become withdrawn from activities in life, that you use to find joy in, such as work or finishing a Masters. Its okay if your attention wanders, that's all apart of becoming a professional, continuing your education, and at the same time improving upon your work skills.

Trust, is not always built by bonding with others, sometimes too much bonding may stifle the self-growth in others, and ability to perservere, overcome difficulties in life, as connected, especially to those who are not doing well in life, and who they feel physically bring them down in life, as emotionally connected, not wanting to care about them, to not be affected by them. I am best one-on-one. There are reasons why I, as well as many others, struggle to establish bonds; such a concerns of confidentiality, others' agendas, and our own best interests. Besides, once you have a bond, you also have the task of maintaining that bond, and your confidences in one another person and theirs in you. When someone is spread too thin between too many people, or when someone interferes with another's abilities, it can cause a tear in a relationship to appear. This can occur behind one's back, however, it can also occur in private when a larger group discusses one individual's issues.

The personal issues of others or things discussed in confidence have to be kept secret as when they are discussed aloud, others can overhear what you are saying. Sometimes within conversations, you can feel misled, or not understand what another is saying, that's common, sometimes there are difficulties faced within communications, when some are positive and others are focused still trying to find themselves in life, don't be too hard on those who are nice to you, it may seem as a protective measure by you for them, but theyre likely to take it personally and turn on you, before they realize for what reasons, you have so many precautions in life. You cannot shield those you love from harm, by non-communication, always be honest and open about what you see, its easier to clarify what it is you see, than to not say anything, and get sick, because you see differently than others, or have a more positive outlook in life, see forward. Follow your intuition. You cannot take a discussion that is meant for one, and turn it into a discussion of dozens, addressed to all. That is taking private information and making it public, so as to draw

attention to other's private interests in a non-positive manner. This is basically exposing issues thought to better certain other people's interests, even though it is at the expense of someone who is seen as not deserving of the best interests. What I mean by "best interest" is confidence. "Confidence" is the confidence somebody has in another person, and has their own personal confidence. Anybody betrayed by having their private information publically shared loses their confidence in the person who shared that information, and also loses their own confidence in society. It is not your place to be spreading information about someone else without their consent.

You cannot manipulate a person in your clique, and you have remain honest and your *true* self, no matter what. You cannot enhance or change your personal demeanor based on who you are talking to and how they are responding. Just be yourself. By putting your interests first, you cannot help a person, even if you think it is in *their* interest. That is not how you help people; by being selfish, and thinking about only yourself, and not being protective of the best interests of those who have confided their secrets in you. You cannot disclose other people's life's secrets and think that by doing so, they will deserve whatever consequences befall them; even if you believe they deserve that. This is simply not how you should treat people.

Positive and negative thoughts can be a combined foundation for positives ones. Sometimes, we have to see through the lens of the negatives in life in order to get to the positives. Seeing through the negatives in life is not seeing through the lenses of others, but seeing through your own lens and from your personal standpoint. You cannot trade places with people in life, and consume yourself with the problems of others: that is not how you remain a healthy person with a healthy mind. Over-consumed with the interests of others, other than your own best interests, is no way to live. Never worry about what other people think, as it is to their benefit for you to think about their standpoint, not your own. They win when you stop seeing from your own lens, as they can then take advantage of you and trade places with you in life. That is not how you treat people, by making them feel small. However, that is the attitude you will encounter constantly and you will have to really try to not get affected by it.

You will be "*turning a positive into a negative*" when you see your best side, and are not easily affected by the hogwash of others. You will also have to find the delicate

balance between being disinterested and being indifferent. Above were some lessons in indifference. But bear in mind that this is not the same as apathy. Balance and care is required here, otherwise also known as respecting the best interests of others.

These are not defense and coping mechanism. They are simply recognitions of your own value and self-worth. These issues are brought up in the event that people with low self-esteem need attention in order to raise their self-esteem. Someone with low self-esteem is not thought as being empowered because they possess a trait that is in competition with other's objectives. In fact, being associated with such people is thought to be lessen, minimize, or simplify your own image. Hence, they avoid people with low self-esteem, thinking that they have no use for them. However, pointing out flaws in someone else to make yourself appear stronger, more professional, and better than others is no way to treat your friends, clients, family or group.

Finding Success

Your first success is never pre-planned. When you are looking to achieve a goal in life, it just happens. Life's bounty comes to those who make an effort beyond that which is considered normal and excel beyond expectation. Those are the ones who become successful. When you fear you are at your worst, chances are high your best is only a few steps away. The moment you give up hope is usually when you take your first step backwards. The future you see is only what you know and you do not *really* know what the future holds. Even then, if what you know is not clear, you can always see through the lens of another. They might see things more clearly. This is why no one's sole perspective should dominate over all others. If combined perspectives enable us to see the future more clearly, combined positivity will create a better future. If what we see becomes reality, if what we know is the truth, if what will comes true, can only be the case if what we see is positive. If positivity can be achieved best when combined, then combined perspectives are demonstrated as being the best. Even if they simply reduce the amount of negativity, they will automatically increase the ratio of positivity, which is progress in its own right.

People will try to get you to explain or rationalize behavior and acts as having some sort of purposeful benefit for you or others. They will say it is necessary for you to have closure. However, there is no closure. People think according to their own experiences and

assume that they are more knowledgeable about what others ought to do. Ask yourself, does this knowledge come from within or without. Who always knows better? You, the writer of your story, or those who are affected by reading it. Everything you write in private and public gets used to measure your ability to brief, and by what you know, others build from your deductions in life, or know how, that's how others learn from you. Don't allow others to interfere with your best judgment, care for others but not at your own expense. Either they benefit from your insight by knowing you, and later claim your insights have negatively affected their inputs or abilities in life, to discredit your wellness, or cause others to draw similar conclusions about you, to define you as mentally ill, or incapable of achieving on your own -a product of your own intelligences in life. If you do not stay professional, able, do so. Forgive assumptions past about you, if you did not report to others for assistance, and others hurt you under the table, when you were focused on yourself, that's for permissions and communicated acknowledgment of their presence in your private spaces, and then feeling justified for having gone through your private spaces, taken from you. Those who take, seek authorization, post causing harm to you, your esteems, and mental health, its only upon becoming drained, do they seek to prove illustrations of harm suffered and reasons for that harm suffered, irrespective of their stealing, which just exacerbates, or further complicates your already fragile health condition.

Coming up in life is not always easy. It takes a lot of hard work, dedication, commitment, integrity, positivity, focus, purpose, and perseverance. We also colloquially call that guts; knowing the difference between right and wrong, facing challenges head on, self-growth, and taking risks in life (while simultaneously guided, supported, and supervised by those who care for us). This holds true whether we are in the public or private sector. Performing well under pressure is often a prerequisite for success. Despite making new milestones or suffering setbacks, we must continue to aim for achievements in life in order to become successful. *Maintaining a good track record and being professional are essential to creating new opportunities for yourself in the future. When one door closes, another one opens. So long as we have faith in ourselves and our abilities, listen to one another, and we respect everyone, each of us has the opportunity to follow our dreams. The main point here is that overcoming learning disability has been one of the greatest achievements I have made in my life. Learn from your mistakes and building a better future

for yourself is a step-by-step process. Do not push yourself harder than you can manage, and take things one step at a time. Staying sober is also of the utmost importance here.

When people are working hard, and there is simultaneously some strong cohesion among them and positive consensus to guide them along, they begin moving fast. When we are moving fast in the wrong direction, others point it out and try to help them change course. But when we are moving in the right direction, others follow. I may not have it all. I may not have found success within the workforce with a paid position. Yet, I have found success day in and day out for years. Success is built from trust and it is earned, not given. While I am not the most famous person, I am rather popular online. With that, comes responsibility.

Responsibility requires you to be a leader: not just in action, but also in thought. You have to be able to help people overcome the demons plaguing their mind while simultaneously ensuring your own mental stability is not affected. Do not allow others to impede negatively on your personal growth. We are not actors, we are human. Therefore, we need to be in control of ourselves at all times. It is important not to blame others when things do not work out for you personally. Regardless of whether you are right or wrong, it only makes you look bad. That is the exact purpose for which people try to get under your skin because your success interferes with their happiness and ability to succeed. They want you to say something incriminating so they can take you down.

It is deeply unfortunate when others cannot be happy for another person, and they only try to interfere with the happiness and success of another person to their advantage. It is to their advantage to successfully break down something positive and turn it into a negative so that they appear and feel better with their lot in life. One of the most important things I have learned during sobriety is to appreciate how fortunate I am in life and not be easily affected by those who are not. This requires a certain degree of maturity and consistency in thought and demeanor. You also need to demonstrate decisive decision-making skills.

It is advantageous for us to step aside under certain circumstances, not fight, and just allow others to shine. Nonetheless, this is not always the case. It was to my detriment to step aside and let another shine at work in Century City. She was from France, and I had personally interviewed her and assisted with her hiring. She had told us that apparently,

she had chosen our firm over other better paid positions offered to her because she thought this would be a better 'learning opportunity.' During that time, I believed that if I valued my work, was appreciated, and became worth it, I would get a proper paid position eventually. However, that did not happen.

Writing a Blog

People who blog are very shy about sharing their blogs with others. It is not something they talk frequently about. Blogging is not taboo. But like being a journalist, in order to not make people uncomfortable, bloggers keep everything in its natural state and do not say anything about their blogs. Sometimes, it takes time for two people to be in similar places in their lives in order to do well together on an upswing. My blogging started when I was on a downswing, coming up. Others had already come up, watching me as I maintained momentum. However, where was I going? I was just writing my thoughts out loud in the blog. Sometimes, I feel like I need to catch up in life, as though my loyalty to others is in constant question, and I am being second-guessed as a traitor, a follower, or worthwhile. I know myself, and I know that I have always been a loyal companion and a source of positivity, never a source of negativity. I know I am someone who can be relied upon. I know I am a trusted companion and a friend in life.

Writing new material every day for a blog is no easy task. It is a learning process that requires you to let go, stop letting others prove you wrong, and prove yourself right. You need to stop letting others use you to prove themselves wrong or right about you. After years of letting others feel better than you, you have to stick up for your best interests and not get drained by the amount of effort it takes to put together a readable blog entry. You need to stop letting yourself made to look like a recluse or someone who is not a hard worker or undisciplined, and present yourself to the world through your writing. You need to stop having your work used against your best interests, and ignore unfairly critical feedback.

Then, there are those people who think they know you and can therefore help you based upon their past experiences. They might appear in your past differently than they do right now. Their intentions might be in the right place, or they might not. They might be shedding light upon non-existing issues, or they might be creating issues that do not exist.

Assess these people carefully to see what they are getting out of you doing what they are advising you to do. Learn to let go in life, which includes the pasts of others, begin reading, and stop being conscious about being understood or misunderstood. Do not constantly talk about your losses to make yourself appear stronger as that does no good moving forward. Taking the private information of others and putting it on blast to attract attention is not right, either. If the worst has already happened, then the best solution is not to hurt others in your efforts to achieve peace. You need to weigh the best interests of yourself, as well those around you. Do not steal a trusted position and misuse it to make another person look bad.

Every time I suffer a loss, whether it is of material things, or a matter of intelligence, affects ones productivity, take a step back. That is how I deal with my problems. I remove myself from the situation. I do not return to what is in the best interest of others, who are willing use my weak status to make me appear weak. They will make me look like a loose cannon, unfit, or unable to care for myself or others. I do not want to be made out as insensitive. That is not a mental illness; it is called alcoholism and a breakup. These people deliberately misinterpret the lives of others to make them look or appear unfit. Due to this, misunderstanding no one knows the best way to respond because as present acceptances of you become more difficult, your shared outlooks in life, may also differ, not everyone will be on your side in life, and choose to rise above, based upon who they feel has been harmed by you, let go. Deal with problems as they come, once you are punished in life, and those punishments are made public, or of public knowledge, there is nothing you can do to reverse those negative judgments of you, accept the disassociations created from you, that is for others to protect their best interests, irrespective of your good health. You are only new for so long, with your good wits about you, before you get treated as overconfident, undermined by the intelligences of others, by words or phrases put down in life, as not apart of, that is what lawsuits are for, to separate people in society, labeling them as good or bad, based upon their mental health, and whether or not they self-harm, or cause harm to themselves and others, there are no amount of future achievements that can reverse those negative judgments of you, do your best not to be affected by those assumptions about you in life, its not necessary to prove anyone wrong, if that only causes fighting, and increases discord toward you or about you, don't encourage hate, ignore those who are negative toward you, disassociate. Sometimes when trying to solve problems, you get blamed if

later problems arise as associated to you, that is the purpose for punishing people, so that they struggle, they do not overcome hardships, and live a hard life, it is their health that no one is concerned about, only motivated by the worsening of their conditions, made to feel better, once anyone is identified at fault, made better than, just being next to them in life. When you cannot benefit from your own wellness, that's something that needs to be discussed in private, what is causing a negative transference of emotion toward you, and why the sharing of your intelligences in life, are being misused to hurt you once you get labeled as bad, or mentally ill. It is best to share solutions, to create peace, not harp on the negatives -discuss issues, but not at your own expense, go backwards in life, rehashing every awkward moment, when you or someone you know was harmed, it is likely you will be the one that gets retaliated on upon sharing, and deemed the culprit of misconduct or negativity, anyone good who is negative toward another and achieves better in life, is deemed not at fault for the depression or unhappiness of others, so long as you remain mentally ill, you will never feel apart of in life, do your best to stay well, the more well you are, the less likely you will be to be blamed for the misfortunes of others.

A Description of the Internet

Living in the abstract describes life online. When you are distant from reality and in a dream mode, it is normal to want to get away instead of being patient with yourself. Why is the Internet so abstract? Because when you log on and log off, you decide where you spend your time in between. Nothing changes in this abstract form because it is easy to get carried away online. There, time goes by fast. This is probably why people enjoy being online. It helps them pass the time. Learn to let go of your fears in life as there is always a window of missed opportunity that exists when you are insecure. *Carpe Diem!* Seize the day. Stay calm and do not be so easily offended. Allow for time to let problems to resolve themselves and for clarity to arrive.

Do not miss opportunities in life by taking your time or preplanning how you want things to be; perfect or on track. Live for the moment. It is to my readers' benefit that I write, not to my own best interests as this is not an app or an online newsfeed. An original composition. The times call for us to respond and put money aside. It does not matter to me whether or not I make money writing. I only want to help those in need. As a writer, I am challenged to come up with new material every day since 2013. Assembling a book is

a matter of monetary need. *First, the goal is to make sure everyone has someone to talk to everyday; a #FriendServiceOnline for those in need.

Once that need is met and I find stability writing online, like I have now, I can continue to provide a service and produce on the side. Which means I can continue to write everyday online as promised by my app, wrote this book on the side summarizing the contents of my blog on Twitter, later turned into a website, published on lulu.com, my original manuscript, and was nice enough to publish a final draft copy on my website. Keeping a journal is nothing new to me. I have kept a diary since I was five years old, filling up journals front to back, writing my thoughts. This is an original composition broken up into pieces. It is more work for me as a writer to produce online than at home in private.

Remember, there is no such thing as a stupid question. Just avoid the negatives and stay positive. Positive thoughts and prayers breed positivity. In life, it is always best to learn how to be a team player and not be co-dependent, self-serving, diplomatic, excessively professional, or casual. You may feel like they expect you to be something you are not. Successful people work. The reason I am successful online is because I am sober and I frequently go out. Usually, when one has a lot of positive energy, they go out and socialize. If we stay home, then we begin drinking or doing drugs, until we end up back at square one.

I think because I am a strong person, it gets mistaken that I am trying to lead or take charge to be number one. However, what I truly want is to feel equal and blend in. Indeed, I have to try hard to achieve happiness in life, be well-liked, and blend in. Most people do not need to try this hard to breakeven in life. But it is worth it now. Everything else is up for interpretation. Your belief systems are your choice. I just choose to share mine, which are mostly general as they are.

Life's events take place at their own pace, which is not always your best timing. This is why it is important to be flexible, spontaneous, and take chances in life. Having faith means knowing the difference between right and wrong, and trusting that if you do what is right for you and others, good will come. One does not require others to have faith in them in order to be successful. Have faith in yourself. Requiring others to do the same

would be selfish on our part. It is not required for others to have faith in us in order to be successful.

All that is required of us is to have faith in ourselves to achieve some purpose greater than ourselves by giving back to society and not being a burden. When we overburden others with our troubles, we can be draining on them. We should not do this to anyone except with professionals whose job it is to listen to us and give us their expert feedback. When we unburden ourselves to others, we become vulnerable and insecure. To not be draining, always make certain that what you share about yourself strengthens your good character and does not weaken your sense of self. Share your abilities to strengthen your good character, and do not weaken others once you have processed your struggles on your own or with professional guidance. Friends make great sounding boards when we are not sure of ourselves or what is troubling us. They help point out what we cannot see yet. *This is why friends make great sounding boards. When we cannot see positively, it is important to look towards those who can on our behalf.

I think everything happens for a reason. It is important to always be proactive, like me. Everything you do either helps or injures your ability to move forward. If you keep worrying about the past, you will never meet future goals. If you stop worrying about right now so much, you will get closer to meeting your daily goals to get to where you see yourself in the future. You only have one life to live, so make the most of it. No life worth living is worth living in regret. Enjoy every moment; the good as well as the bad.

Positivity Reinforcement

Do not be deceived. Success cannot be achieved without first recognizing failure, either by oneself or others on how we prevail, survive, and succeed. Failure occurs when one attempting to achieve success fails to meet the standards required to excel and minimally meet expectations. Not all failures are viewed upon with the same degree of abhorrence. However, people who fail to introspect in order to improve themselves are viewed with a lot of disrespect. We need to see beyond failure. Why waste time loathing in failure, stirring up negative emotions and giving in to sin that carries no momentum for us towards positive progress. No positive values and good characteristics result from the wrongs of others. Only by our own wrongs do we limit our satisfaction in life.

We learn not to trust anyone under any circumstances. Where trust cannot be established, we strike and cry helpless. When we lean on anyone but ourselves, we become co-dependent. Independence is the key ingredient our forefathers have lent to us to achieve peace from within ourselves, which is only achieved by consensus.

Be not who you think you should be, but be all that you can be with the world at your disposal. Harm no one, and help only when you are able to help yourself. We mope around when lost. When our tools for success are broken, we should build new tools, and use them to build everything anew for us to thrive positively. Communication without consensus can bear no cohesion necessary for positive life skills if achieved blind in darkness. There, we rot and drown, lost.

Lost Essay (Peet's Coffee)

There is no such thing as being lost so long as you are doing your best to better yourself every day. Then, there is no reason for one to feel lost. The feeling of being lost occurs when you either lose direction and purpose in life as a result of choices made, or possibly because one is misdirected in life. Whatever the course, it is our own responsibility to get back on track. We establish the points of reference from which decisions are made by us and we are responsible for the judgments passed about us, based on what we put out there. If what you see becomes true, then similarly, what other project onto you may become true, too. But only if you allow yourself to be controlled by others. Self-fulfilling prophecies occur in one or two ways;

(1) How you see yourself

(2) How others see you.

You are always in control. So when you begin fretting too much about either of these two, you will be disappointed.

Trustworthiness

'Cannot be trusted' means to me that someone has something to hide, or one who does not fully disclose information, withholds the truth, lies, or uses subterfuge. The opposite of 'cannot be trusted' to me means honesty and openness; right or wrong, for

better or worse, without hesitation or fear of another's interpretation or misinterpretation. The opposite is confident in trusting another person, which is then reciprocated by the other person. It speaks when clear and when not clear, or when it is not able to speak clearly and in a disciplined manner. 'Cannot be trusted' to me means that gaps in one's statement cannot be filled by any words which would otherwise render the person's worth irreparable, and rendering something of value worthless by the words of another.

Even if someone answers a question wrong or does not answer it in the way one wants the question to be answered, it does not render someone untrustworthy. Maybe someone who is trying their best to speak without error and work harder as a granule of sand can try to be anything great in life. They are not but only what they are capable of, and what is learned from direct experience and exposure in the *real* world. I am penning this from the heart. Even though you need to control yourself, deep down, we all care about what others think about us. I care about what other people think matters to me; call that stupid but it does. I guess that is what makes me immature, the opposite of mature. This is perhaps my biggest defect. Yet, another way to look at it means that awareness is important to me. It spins the situation into a positive. Nonetheless, if I wish to become mature, I know I must control and discipline myself. I must stop caring about what others think *completely*.