

**Book #2 Draft – MYMOLLYDOLL**  
**Volume II**  
**By: Leslie A. Fischman**  
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Chapter 3: Growing Up (Minus People) About Me (v3) By Leslie Fischman 12/15/17

Chapter 3: Growing Up by Leslie A. Fischman By Leslie A. Fischman

I made the biggest decision of my life, when I chose to reach out, get help, and continue to pursue a legal education. [There are moments in life] when time freezes—when we feel like we are stuck and can't move forward— and today similarly feels like a nightmare that we can't awake from. We get stuck in the moment, waiting for it to pass. We wonder that if we did something differently, then things wouldn't have turned out the way they did and that if only we had the power, we could change the past.

However, we realize our own powerlessness when events happen to us that we have no control over. Throughout the past sixteen years, I have worked very hard to set myself apart. I learned to forgive those who have harmed those closest to us, realizing that there was nothing I could do but be compassionate and supportive. In order to deal with the trauma associated with that event, I redirected my focus, and decided to go to law school. As I continue to rally through adversity, I have found ways to identify the significance of that experience, our friendship over the years, and the events that followed, in a positive way. Making a positive difference required me to diversify the activities I became involved with and to remove myself from the cycle of trauma, and be proactive. I decided to volunteer for a local crisis hotline and after two years I researched, wrote, 2 and defended my Honor's Thesis entitled "Dealing with Vicarious Trauma and Managing Emotions While Providing Advocacy to Survivors of Sexual Assault." Volunteering enabled me to develop a deeper understanding of effect that trauma can have on one's feelings of safety, emotional stability, and ability to adapt. The process of recovery and healing has had a significant impact on the person I am today and has given me unique insight into the field of trauma.

It is not until we experience pain ourselves that can we begin to understand the pain associated with a significantly traumatizing event in one's history. I know now that what I do in the present is vitally important to where I see myself in the future, so that I can continue making a difference and provide legal advocacy to those in need. June 1, 2013 (Unsent Letter) After five months of trying to make amends where needed, and clarify any misconceptions regarding my motivations for attending law school, I've finally come to a pause. During a period in which I was unable to make good decisions for myself I reached out to those who I thought would be the best examples of maintaining composure in times of extreme controversy. Often times the people who react first, are the one's most knowledgeable. To my surprise I opened this invitation only after I returned home, almost a month after, separated from my souvenirs, it was laid flat with the newspaper and red bow it came with, assumed it was a general greetings letter sent from the Hotel in

which I stayed a week prior, to walk around the city before it got too crowded. I flew to DC because I inherently knew that if there was anyone who could understand what it means to face adversity, it would be you and your family. The kind of pressure I feel I am under at times, can be overwhelming. I have always managed to persevere under circumstances which prior to this semester were outside of my control, and stated at being so in prior personal statements, which were flipped around by parties knowing that I felt this way, and positioned me in harms way, knowing that I have difficulty focusing, running the risk (willingly) to keep me out of structured environment, making me more susceptible to harming myself, so as to alleviate liability or free themselves of blame, and use my statement against me, to argue that she knowingly put herself in harms way and we in no way contributed to her positioning herself in harms way to which she became of harm to herself.

I have always been honest to a T and never in anyway tried to outsmart or undermine my Professors or the Administration in their abilities to do their job, in fact I often visited the administrators office to handle forms and turn in papers in person because I felt comfortable around them and trusted them and never once questioned them or that they were in anyway trying to put me in harms way or ever feel like they turned against me. However, when I started dating my ex boyfriend, the climate around me began to change, and not understanding why, I became very depressed and did not know why my grades dropped, I never found law school difficult, and was at the top of my class when I started and felt that this was a school that I could excel in and stand out, never once did I feel that I was being downgraded or that I was being discriminated upon.

In June 2009 I began law school and my first grade was a B. Given this experience I have become determined to continue making a difference, with or without the support of my peers, as when I relied on others to sustain, I fell apart, but when I rely on myself and the tools I have acquired through school to help myself and help quell the confusion of the issues and assumptions made about how and why I committed suicide, the better able I am to move forward from that experience and become stronger as a result and more resilient to life's stressors and general rejections.

“It is for these reasons that I believed a Masters in Law in Risk Management and Compliance would be the most appropriate area of law, indirectly applicable to the issues, that run closest to heart and at home,” [which I stated in my application 2013]. When in school I am a diligent student, hardworking, and able to keep up with the course load and material provided to be learned each week. As a Juris Doctorate Student there is only so much you can learn within the narrow confines of a general legal education, which is why I am choosing to apply for a Masters Program in Law that specializes in the kind of detail and expertise needed to succeed in any one area of law, and differentiate myself from the other applicants when applying for jobs in a Law Office Setting.

### **The Crisis Hotline**

There is only so much one can do as a hotline counselor and victim advocate. Which caused me to question who helps those who take on the primary responsibility of helping others. Many assume that if someone is able to help another, they can take care of

themselves. However many of the Counselors I spoke to were convinced that helping others had a positive impact on their ability to help themselves. [However], one who is ill-prepared is unable to make an accurate assessment of their capacity to fulfill a role better suited by those with the educational background and degree of expertise needed to assist individuals in crisis.

As a hotline counselor you are continually exposing yourself to the experience and the effects of trauma. Who's helping the helper deal with dozens of traumatizing experiences that individuals face as victims. The magnitude of this problem and the consequences it has had on an individual's personal and emotional development has yet to be addressed.

In light of my own experiences, I can only suggest that one reason why I faced a significantly more trauma was due to two factors: one my personal history, how I coped with my problem, and how my problem was further exacerbated by the vicarious trauma I experienced as a hotline counselor. For these reasons I [tried to] maintain the anonymity of this organization, by not listing its name on my resume.

### **The Importance of Education to my Personal Growth**

I wanted to do more than be there as someone to talk to. I always felt as though I could do more, and this where my interest in law began. I know how to talk to people in crisis and the skills I have attained through working with victims has made me more sensitive to their needs and more prepared to respond to those in crisis situations. I find it immensely satisfying to help guide those in need, through their most trying and traumatic life experiences, giving them the support and access to resources they need in order to begin to cope. Working on the hotline, I have seen the difference that one person can make. As a lawyer especially, one has the rare ability and privilege to make a difference in a person's life, changing the way victims of sexual assault see the law and encouraging

them to come forward. As a lawyer I will acquire the tools necessary to make a difference and influence the lives of others for the better.

It takes one person to believe someone who is otherwise ignored and dismissed by rest of society to make a difference, by increasing awareness and understanding to those who can help those at a disadvantage move on to more productive lives. [T]he end of my senior year, marked the most significant growth in my academic career and personal life.

It was at that point in my academic career when I recognized the importance of helping myself before assisting others. I learned that in order to help influence change in the lives of others, I would have to develop the capacity to overcome personal setbacks preventing me from reaching my potential and capacity to help others. Writing and defending an honors thesis, gave me the structure I needed to move forward and better understand my own experiences as well as the experiences of those I interacted with over the hotline for three years.

Not only did I address the problems and dilemmas students such as myself faced, while dealing and coping with trauma and vicarious symptoms of it, I found solutions to coping

necessary to move forward. I learning how to help myself adapt to the personal changes I was undergoing, I became increasingly aware and motivated to help those similarly disadvantaged by the debilitating effects that experiencing trauma can have on ones personal, emotional, professional, and intellectual capacity needed to succeed academically.

Awareness is key to understanding. But I also want to do something to help make change happen in the lives of those I have interacted with. I feel that I can be a great asset to the current legal system, but I have a unique understanding of the experience of trauma, both first and second hand, that can only be learned through the experiences I have endured in my life time. I want to do more than merely be aware of the problems that exist in society, but I want to learn about what I can do for myself through education and work experience to put myself in a better position suited to helping those whose lives I want to change for the better.

Going to law school [has] enable[d] me to extend my role within the helping professions, so that I [could] provide legal advocacy to those in need, especially to those experiencing the pains and trauma of being victims of crime. [As] a Sociology major, I [became] more and more interested in exploring my writing capabilities, and challeng[ed] myself academically, making the most of my education both as a[n] [under]graduate of CU and as a student in the ABA Approved Paralegal Certificate Program at West Los Angeles College. [Where I] [became] inspired to learn more about law and exploring the ways in which I can best prepare myself for the discipline and demands that a legal education requires.

As a Sociology major and honors Student I was more than just aware of the problems individuals and groups in society faced, but I became equally fascinated by what I could do to get involved and do something to make change happen and influence the lives of

others for the better. A successful education requires more than memorization and ability to apply theories and general concepts to specific circumstances. In order for me to fully understand the fundamental underpinnings of social problems, was to immerse myself in the problem itself. Placing oneself in an environment other than that provided by an academic setting, is a true test of one's capacity to apply what we have learned in the classroom to a real-world setting.

Rather than be a bystander and base my judgments and understanding on the basis of the experiences and studies others have written, my intellectual capacity can be measured by my ability to adapt to pressures that require us to perform in unfamiliar territory, with little preparation, and depend on our instincts to guide us. I wanted to examine the problems for myself and address issues that may have been overlooked by those who are different from myself.

I may be young, but the uniqueness of my experience is what both differentiates myself from the other applicants and at the same time challenges me to not allow those differences to disassociate me from my peers but rather find ways to integrate those skills I have learned in a positive way. Rather than get frustrated, I have found education to be

the one positive means for me to express myself and share my ideas, beliefs and opinions to those who have not experienced what I have.

Being able to communicate myself has been the sole means for me to grow past the pain of trauma and develop a deeper understanding of how those experiences can be utilized in a positive way and not inhibit my ability to adapt to my surroundings and embrace those around me and the value that sharing one's knowledge and expertise with those less experienced has a more significant impact than allowing those differences to maintain silence. I am aware of the impact that sharing our differences has on those around us.

We are either embraced by those who understand and are similar to ourselves, or we are rejected. I have always been fascinated and drawn to those who are different from myself. It is those people who have taught me the most about myself. It is in the sharing of our differences and interacting among those in unfamiliar territory that we learn the most about ourselves and our intellectual capacity.

I thrive in any environment that challenges me to step out of my comfort zone. By embracing my weaknesses I have not only become more understanding of myself but have been able to extend that understanding and patience to those around me. I find comfort in the unknown and strength in my ability to overcome setbacks and insecurities that prevent me from reaching certain goals in my academic and work experiences.

What I do today, and the choices I make for myself, have a significant influence on the person I want to be one day. The skills I have learned as a volunteer on a Rape Crisis hotline counselor is one example of an experience which has significantly influenced the way I see the world today. While interning as a Paralegal at the City Attorney's Office I have learned the importance of building and maintaining professional relationships with the people I work with, which has been strengthened by my ability and capacity to

communicate well with people under stressful and crisis situations. [As I] extend[ed] my role as a legal advocate I have beg[an] volunteering for Public Counsel's "Community Development Project," applying the skills I have learned as an intern paralegal and taking on the roles and responsibilities as the primary paralegal assisting two attorney's in change of the project.

With each an every new experience, I am learning how to not only better myself, but how to be more effective in working with others and helping others. The experiences I find most rewarding in life are the ones in which I can help make a difference in another's life. I feel that by working on the hotline and by being involved in student groups, I have gained confidence in ability to take on more leadership positions and the confidence needed to pursue future career plans such as becoming a lawyer.

### **Academic History**

What I do today, and the choices I make for myself, have a significant influence on the person I want to be one day. The skills I have learned as a volunteer on a Crisis Hotline is one example of an experience which has significantly influenced the way I see the world

today, teaching me the importance of building and maintaining professional relationships with the people I work with, while at the same time strengthening my ability to communicate well with people under stressful and crisis situations.

In November 2005 I received the *Helping Hands Award*, which reinforced and acknowledged the hard work and dedication I have showed to the organization. In that month I worked four twelve hour shifts, and had four hotcalls (assaults occurring within the past 24hrs), two of which I was called into the emergency room in the middle of the night to provide advocacy for a survivor undergoing a rape kit examination.

The end of my senior year marked the most significant growth in my academic career and personal life. It was at that point in my academic career when I recognized the importance of helping myself before assisting others. I learned that in order to help influence change in the lives of others, I would have to develop the capacity to overcome personal setbacks preventing me from reaching my potential and capacity to help others.

Writing and defending an honors thesis, gave me the structure I needed to move forward and better understand my own experiences as well as the experiences of those I interacted with over the hotline for three years. Dealing with vicarious symptoms of trauma required me to develop a treatment plan suited to my individual needs. I had no one to talk to and later found out, this was because so little was known.

I found my own solution to coping, was by educating myself and [taking the] necessary [action] to help me move forward. Awareness is key to understanding. But I also want to do something to help make change happen in the lives of those I have interacted with. I feel that I can be a great asset to the current legal system, but I have a unique understanding of the experience of trauma, both first and second hand, that can only be learned through the experiences I have endured in my life time. I want to do more than merely be aware of the problems that exist in society, but I want to learn about what I can do for myself through education and work experience to put myself in a better position suited to helping those whose lives I want to change for the better.

Going to law school enable[ed] me to extend my role within the helping professions, so that I [could] provide legal advocacy to those in need, especially to those experiencing the pains and trauma of being victims of crime. Furthermore, in order to extend my role as a legal advocate I [began] volunteering for Public Counsel's "Community Development Project," applying the skills I learned as an intern paralegal [by] taking on the roles and responsibilities as the primary paralegal assisting two attorney's in charge of the project.

A successful education requires more than memorization and ability to apply theories and general concepts to specific circumstances. In order for me to fully understand the fundamental underpinnings of social problems, was to immerse myself in the problem itself, testing my capacity to apply what I have learned in the classroom to a real-world setting. I was more than aware of the problems that individuals in society faced, but fascinated by what I could do to get involved and do something to make change happen and influence the lives of others for the better.

As I have become more involved in my extracurricular activities, I began to see a change in my academic interests and became more focused on exploring other areas of study, besides my primary major coursework. In the fall of 2004, during my Sophomore year I took a course called “Deviance in U.S. Society.” It was the first class to expose me to issues regarding crime and delinquency, and why people commit crimes. Education has been the one positive means for me to express myself and share my ideas, beliefs and opinions within a setting shared by similar individuals informed and committed to academic achievements.

Being able to communicate myself has been the sole means for me to grow past the pain of trauma and develop a deeper understanding of how those experiences can be utilized in a positive way and not inhibit my personal and academic growth. I am aware of the impact that sharing our differences has on those around us. I have always been drawn to those who are different from myself. It is those people who have taught me the most about myself. It is in the sharing of our differences and interacting among those in unfamiliar territory that we learn the most about ourselves[,] and our intellectual capacity.

I thrive in any environment that challenges me to step out of my comfort zone. By embracing my weaknesses I have not only become more understanding of myself but have been better able to adapt to my current environment as I have become aware of the level of patience required to effectively communicate and address the needs of those around me. I find comfort in the unknown and strength in my ability to overcome setbacks that have prevented me in the past from reaching certain goals in my academic and work experiences. 9 What I do today, and the choices I make for myself, have a significant influence on the person I want to be one day. The skills I have learned as a

volunteer on a Crisis Hotline is one example of an experience which ha[d] significantly influenced the way [in which] I s[aw] the [W]orld.

As a volunteer I have learned the importance of building and maintaining professional relationships with the people I work with, which has strengthened by my ability and capacity to communicate well with people under stressful and crisis situations.

### **Taking a Course that Required me to Study those who Deviate from the Law Rather than Follow the Norm or the Law**

With each an every new experience, I am learning how to not only better myself, but how to be more effective in working with others and helping others. The experiences I find most rewarding in life are the ones in which I can help make a difference in another’s life. I have gained confidence in my ability to take on the challenges that law school present because I see the positive value that my education has had on my personal development. As a graduate of CU and as a student in the ABA Approved Paralegal Certificate Program at West Los Angeles College, in combination with my volunteer and work experiences are what have inspired me to learn more about law and explore the ways in which I can best prepare myself for the discipline and demands that a legal education requires.

A successful education requires more than memorization and ability to apply theories and general concepts to specific circumstances. In order for me to fully understand the fundamental underpinnings of social problems, was to immerse myself in the problem itself, testing my capacity to apply what I have learned in the classroom to a real-world setting. I was more than aware of the problems that individuals in society faced, but fascinated by what I could do to get involved and do something to make change happen and influence the lives of others for the better. As I have become more involved in my extracurricular activities, I began to see a change in my academic interests and became more focused on exploring other areas of study, besides my primary major coursework. In the fall of 2004, during my Sophomore year I took a course called “Deviance in U.S. Society.” It was the first class to expose me to issues regarding crime and delinquency, and why people commit crimes. Unlike any other course I had taken so far, this was the first professor to include undergraduate students as part of teaching staff. I found the class so interesting I applied for a teaching position the following semester as was 1 of 10 selected from the top students in the class who applied, and were asked to be interviewed. Part of my job was to teach the material to the students the following semester with a T.A. during sections, two of which I taught, and to write examination questions, develop an answer key to the essay questions, and grade exams too.

In the Fall of 2005, I decided to switch majors from Psychology to Sociology, and quickly became a member of CU’s AKD (Alpha Kappa Delta) International Sociology Honors Society, in November 2005, and served as the chapters president the following semester. As president, I was given the responsibility to organize the agenda and scheduling of meetings. My primary responsibility was soliciting other upper division Sociology majors, who met the requirements, to join. In order to help gather new

members to the growing organization, I helped to develop a website for our chapter, to allow information about our group and the benefits of joining to be easily accessed online, by those interested.

Since becoming a Sociology major, I have become more and more interested in exploring my writing capabilities, and challenging myself academically, making the most of my education here as an undergrad at CU. After taking a field research methods course this past semester (doing field research on Hotline Counselors [such as myself], [from] the organization I volunteer[ed] for), I was inspired to learn more about the topics I wished to address, and to further my knowledge on the sociological theories and aspects related to my field of study.

I saw this [Research Course] as an opportunity to further my [S]ociology thought and knowledge about a specific group of people, and expand upon the work I had already begun, as an independent study during my senior year, working on a thesis. I was given a strong recommendation by my professor of my field research methods class to speak to the professor in charge of the sociology department’s honors program, once I applied I was immediately accepted into the program and offered a chance to prove my writing ability and capacity to develop and defend a senior [H]onor’s [T]hesis.

### **Academic and Volunteer Experiences**

After a less than satisfactory senior year, I was determined to make a come back. In order to bolster my GPA I made a conscious decision to refocus my energies back to my academic endeavors and became motivated to graduate with honors despite the significant drop in my overall GPA Senior year. I had finished my Junior year on the Dean's List and thought that I was invincible. My priorities changed and found that helping others no longer had a positive impact on my personal development. When I stopped focusing on myself and put the needs of others before my own, I quickly sank into a deep hole.

What started out as a minor problem became spiraling into a debilitating disease. After the fall of my Senior year, I knew I had to take action. With the experience of helping others I was critically aware of the importance of building the necessary support networks around me to help fight through this problem. Rather than avoid my problems I began facing them head on and did everything I could to better myself. I found strength in support groups and sought individualized treatment. I confronted my family and allowed myself to overcome the shame and embarrassment that comes with admitting to ourselves, and others our failures and weaknesses.

As, I rallied through the most significant turning point in my academic and personal development. [While] this story is significant, is not to highlight my biggest setback, but its help me move forward in my academic career. My senior year is not an accurate measure of my potential to fail as a law student, rather an indication of my awareness of my deficiencies, my ability to overcome those weaknesses, face my problems and deal with them. Excessive awareness of my weaknesses overpowered my capacity to stay positive and focused on my goals. Moving forward required me to focus on my strengths as an individual and realize my potential to overcome any barriers. I became less concerned with what my friends and family thought and more focused on what I could do to prove to myself that I could get through this problem. I knew that my biggest weakness was my desire to help others and failure to negatively judge those different from myself and viewed negatively based on societal assumptions about certain types of people. I circumvented this problem by disassociating myself from those who took advantage of my giving nature, loyalty, and kindness.

In order to move forward I had to let go of those who were unable to help themselves. I took action, making myself and future my number one priority. My experiences have shown me the importance of education, discipline, and structure. Going to Law [S]chool will give me the education, discipline, and structure needed in order to strengthen my ability to help others, so that I can make a difference.

I was able to help myself, not by what I was told to do, but by doing what I instinctively felt was the right the thing to do. I spent my Spring semester Senior year recovering, reading every book possible, even accessing journal articles through CU Boulder's Library databases, researching support groups and networks in the area, in addition to attending classes and completing my requirement to graduate with the Spring 2007 class. I barely kept up with my studies, even though I met every deadline that semester, my grades suffered as result of minimal class attendance.

I had done everything required of me to graduate in the Spring 2007 but chose not to. The pressure to recover and bounce back became more burdensome than expected. I would graduate but without honors. I made a critical decision to rescind my application for graduation in the Spring and took the risk of pursuing an Honor's Thesis and graduating with honors despite my 3.2 cum avg. at that time. I was not the average candidate and did not even meet the GPA requirement for general honors, but my successes as a Sociology major is what enabled me to achieve Departmental Honors in Sociology.

That summer I became motivated and determined to prove myself and my intellectual capacity to research and compose a graduate level thesis, entitled, "Dealing with Vicarious Trauma and Managing Emotions While Providing Advocacy to Survivors of Sexual Assault." This was no easy task. As a qualitative research study, I needed approval from the University's Human Research Committee (HRC) to conduct my research. I submitted a proposal to the HRC describing my project, the population I would be studying and the participants who would be interviewed for this study. In addition, I also had to prepare a Confidentiality Agreement Form, which needed to be approved by the HRC and handed to each participant I would interview. The Confidentiality Agreement Form I prepared gave a general description of my research project, their rights as a participant, their right to refuse or discontinue the interview proceedings at any time, and needed their signed approval to interview them. In order to maintain the anonymity of the participants of my study, I coded all my data and issued them numbers to prevent any records of their identity from being associated to my notes and recorded statements obtained from those interviews. Pursuing an Honors Thesis taught me the importance of maintaining a balance between ones personal and working relationships. Maintaining the anonymity of the organization in which I studied was critical to the Committees approval of my study. As a longtime Volunteer and Hotline Counselor it was important for me to maintain that balance, although composing a study and critically analyzing the structure of that organization had its risks. A shift occurred when I was no longer helping them, but beginning to help myself and better understand my experience as a volunteer and the impact that my involvement within that organization had on my personal, emotional, and mental health.

As a volunteer I only saw the positive benefits that the experience of helping others could have on my own personal development. However as a researcher I was able to look back, reflect, and analyze the experiences shared by the other volunteers I worked with, to better understand how this organization impacted these individuals lives, either for better or for worse. I became intrigued by the concept of vicarious trauma and curious as to why so little research and books have been written about vicarious trauma experienced by those in helping professions, such as counselors and therapists. I wanted to know who suffered from it and why.

My research gave me answers to the questions I had. While researching and writing my Honor's Thesis, I developed a deeper understanding of the problems and circumstances individuals face and how lack of foresight that comes with education needed to prepare those in specialized helping professions. Many of the counselors I spoke to, [stated] that "helping others ... [helped them to] mak[e] a [positive] difference[,]" [which] is why they volunteered and outweighed the negative side-effects and detrimental impacts of working

with individuals in crisis. Through my own experiences I have learned that trauma and the events that cause us to feel traumatized do not necessarily happen subsequent to one in another, or in that order.

Sometimes there are gaps in time between the actual experience and the point in which we begin to feel the effect it has had on us. Thus experiencing first hand traumatized victims of violence and sexual assault and its effects may be less than noticeable from the start. Even less noticeable if we are being convinced that these feelings are “part of our job and that, “we all feel like that sometimes.” We were told to “take time out for ourselves” when we felt overwhelmed.

I did more than take time out for myself. I wrote an Honor’s Thesis and helped myself when no one else knew how, when no one else could explain to me what I was going through, I had to figure it out on my own. I allowed myself to heal through my experiences and personal pitfalls by staying committed to my academic achievements. Researching and writing enabled me to put my feelings, opinions, and beliefs aside, by taking a more objective approach to dealing with my problems. Understanding the causes and the mitigating factors that contribute to the circumstances I found myself in, helped me to overcome this roadblock.

The purpose of my thesis was not to excuse the actions I took subsequent to my commitment as a volunteer or justify my actions by drawing an association between two problems, one experienced by those in helping professions and another problem faced by individuals in society in general. Rather the purpose of my research was not to help others initially, but it was about others and the impact that helping others has had on my self-worth, identity, personal, emotional, and academic development. Studying the effects of vicarious trauma and impact it has on individuals in helping professions provided me with the foundation from which to build my research.

The interviews I conducted were unique in that I could empathize with those I spoke to, because I shared similar feelings as a hotline counselor. By analyzing the experiences of those I interviewed as well as my own, I attempted to provide an explanation, based on my own critical assessment and analysis of what resources were made available to me as an undergraduate student. My research was supported by the facts of what happened, the events leading up to that point in time, and the surrounding environmental contributors to that problem.

My research was further supported by concurring accounts given by other counselors in addition to expert and licensed clinical therapists I interviewed to broaden my understanding and give me additional insight into their thoughts regarding the assistance they provide and standards they have placed in the care they provide in comparison to other organizations such as the one I studied, which may have placed their less experienced volunteers in less than favorable circumstances potentially causing members of their organization irreversible harm, mental, and emotional damage.

These are the experiences which have motivated me to pursue a career in law. I am more

than aware of the hardships individuals face in society and have specialized knowledge of the impacts that violence and sexual assault can have on its victims. Especially the impact that experiencing trauma can have on children, and that age matters in terms of one's ability to cope with trauma and seek help. I know that for many individuals in society their options are limited in terms of the available help and resources needed to help address their individual needs.

I know that not every student is as privileged as I, to have the support of family and financial resources to gain access to certain resources, which is why I want to go to law school, to make a difference in lives of those who are either unable or without the necessary support it takes to succeed in law school. Based on my own personal history, I know I am capable and I know that once given the opportunity I will do whatever it takes for me to be a successful law student and share with you an explanation of my prior experiences to evidence my ability to overcome and stay committed to my academic, personal, and career development.

As I continue to rally through adversity, I have found ways to identify the significance of that experience, our friendship over the years, and the events that followed, in a positive way. Making a positive difference required me to help myself before assisting others. Diversifying the activities I chose and groups I associated with enabled me to remove myself from the cycle of trauma. Realizing my self-worth meant taking chances, taking risks, and believing in myself. I want to do more than merely be aware of the problems

that exist in society; I want to learn about what I can do for myself through education and work experience to put myself in a better position suited to helping those whose lives I want to change for the better.

Going to law school will enable me to extend my role within the service professions, and allow me to increase awareness and understanding among individuals who can help those at a disadvantage move on to more productive lives. <sup>13</sup> At this point I have made the greatest academic, personal, and work-related leap of my life. In order for me to continue the momentum carried by this transition, I have to dig deeper to achieve the professional growth that can only be accomplished by [continuing my] legal education

### **Re: Learning Disability and Spring 2013 Arrest Record**

Throughout my Academic Career I have found grave difficulty achieving the kind of success I have always strived for as a student. For every Academic Institution in which I have thrived, there has always been one common denominator that keeps me motivated and inspired, and that is my ability to relate and adapt to the environment in which I am taught. It was at University of Colorado at Boulder, where I began to excel academically and realize my full potential in research and writing, as a Sociology Honors Student. A very important skill I carried with me and applied to my studies as a Law Student in my Advanced Legal Writing Course, in which I was awarded a *Witkin Award in Advanced Legal Writing for Academic Excellence*.

I have always strived to first make a difference in my own life, before I am able to help

make a difference in the life of another. Throughout my Academic Career I have managed to maintain a delicate balance between the time dedicated to my studies in school as well as making time to volunteer and gain real world experience working in a law office setting in the Public Service Sector.

I learned a very important lesson as a Juris Doctorate Student at the University of West Los Angeles School of Law, to always put myself first not the needs of others. For those reasons, I in turn mismanaged my time resulting in poor grades trying to work part time and go to school full time. Now three years later, I continue to make progress by focusing not on what has past but rather what I can do at the present moment to help build a better future for myself. This past semester has been a great learning experience in how no matter how trying or trivial the circumstances may be, focusing on the positive has kept me moving forward.

When I got my DUI this Spring 2013, was the first time I have ever been arrested in my entire life, because I gave up on myself and my dreams of becoming an Attorney one day, and one of my greatest regrets in my entire Academic Career. The most important character trait that defines me, and which I protect at all costs, is my Academic Integrity, which can only be remedied by going back to school and starting anew. Throughout my Academic Studies as a Law Student and Undergraduate Student I have accumulated over 2,000 hours volunteering, interning, and externing at various Public Service Agencies, Law Firm, and Non Profit Organizations providing valuable services to individuals in

need such as victims of crime, and provided volunteer paralegal services to Government officials and victims of car accidents at the The Los Angeles City Attorney's Office, for one year prior to attending law school.

Working as a Paralegal at the City Attorney's Office [gave] me direction and focus, enabling me to make a difference, and move forward by extending my role within the legal field, in a positive way. In addition, volunteering for Public Counsel, and working with the Homeless and disadvantaged has further inspired me to do everything I can to stay positive and recognize the privileges I have been afforded in my life and how I can help others in the future. In the past, I have overextended myself as a victim advocate.

When I was 19, I volunteered for a crisis hotline in order to better understand my mother's childhood experiences and reasons for maintaining her silence. In order to better understand my own experiences, I decided to study the effects of sexual assault and vicarious trauma. I quickly identified the symptoms, which may otherwise be ignored or dismissed by outsiders. Writing helped me to understand the importance of building support networks, and in order to circumvent the side- effects of vicarious trauma meant that I had to interview various professionals, who gave me additional insight aside from the responses shared by those within the organization.

While researching and writing my honors thesis, I began finding answers and potential solutions to the vicarious symptoms experienced by those in helping and advocacy professions. Writing helped prepare me for the difficulties I would encounter trying to understand the uniqueness of my childhood experiences and the positive effect that

education and structure has had on my personal development. In order to fully understand the fundamental underpinnings of the problems faced by those responsible for defending others, I decided to immerse myself within the legal profession as an Intern Paralegal at the Los Angeles City Attorney's Office.

While volunteering at the City Attorney's Office, I learned how to research, write and respond to discovery requests, and defend the City and its employees in personal injury lawsuits. Working at the City Attorney's Office has given me direction and focus, teaching me how to channel my thirst for knowledge, enabling me to make a difference, and move forward, extending my role within the legal field one case at a time.

### **“What is at Issue”**

Whats at issue. Is how schools by some professors grading tables, grew me insecure about my sense of logic and made me question myself, that's whats at issue, and causes me now grave concern for how many other students are always treated akind to this kind of unrecognized adversity simply because they do not conform to the social ideals or representations of themselves or mold to which these professors what to regulate the conflict and confines of their ability to reason and draw deductions. To set up barriers to ones esteem or logic or ability to achieve is a great travesty (trevorsty) to ones upward mobility. Someone such as myself with a unique background and history, and high degree of conformity to socially appropriate standards of communication without

subliminally messaging or conspiring. To be thrust in such a limelight to repond to such salacious rumors and gossip, such as the descriptive words used in one of my personal statements in 2009. Is absolutely a violation of my privacy, for people to think they can just barge into my computer read my material and then produce their own, trying to utilize the educational tools and deductions from which I have ascribed to a set of ethical principles to the highest degree and in conformity with laws governing the standards to which those tools and educational resources may and may not be utilized. To be set up for failure is wrong in itself. What is even more gravely disturbing is how one experience such as hospitalization got twisted so far in the wrong direction.

In 2008 I began my studies as a Paralegal student at an American Bar Association Paralegal Certificate Program. After taking a course on Introductory Civil Litigation, I had a meeting with a Professor after school hours to discuss “how to seal a deposition.” Upon background checking myself via Google, I found that my name had been cached to a Deposition from 1994, the year that a woman who was like a Mother to me, was stabbed to death in front of her home the night of my last Dance Recital at Paul Revere Middle School. I was told to write a note of compassion, which I expressed in a brief statement on a memorial page on Facebook, “please respect the privacy of her children and do not write anything that would be considered offensive [to the memory of their mother, Nicole Brown Simpson].”

As a paralegal student I felt helpless. After writing my personal statements, then reading a deposition led by Mr. Petrocelli of my parents, I became 15 suspicious of the intent for which those questions were asked, in regards to the whereabouts of his children, to which

I was a named party to the response to the open ended question. Reading further in my mother's deposition, I found a piece regarding the length of my friendship to Sydney, considering now I am going to law school and her father going to jail, I felt at odds, that this would look to be something related, to which it was never meant to be related. Needing to gain a better understanding of why these question prompts were asked, I found a very strongly suggested piece of evidence to which he was adamantly trying to get responses for, regarding my mother's book, and requesting for a copy of the book.

Reading this, and recalling my mother's book being reviewed by friends while at her home, I read the book briefly up until a point where I could see that the information contained in the book could be seriously misleading, given it was edited by someone with no forethought, just trying to paint a picture without consideration for the potential consequences or implications that could potentially arise from the order in which the characters of the book were introduced. Seeing that I was the first individual described in detail, I immediately became concerned. As I thought this was a book about my mother's life, entitled "The Whole Truth and Nothing But the Truth." I began seeking a response, just a simple response, why did you write those things in your book about me, portraying me as someone who is mentally disabled [I only got zeros on my ERBs in Kindergarten, I never realized how difficult it was to help me do well in school or teach me how to study, but now I do not interpret that description in the negative, but it is nice to know that was a difficulty my Mother faced at the time, which she shared with her best-friend Nicole, asking for advice, which Nicole replied by saying something to the extent to be patient

with me, needs to be read to, she will be fine -I don't remember exactly what was said in my Mother's book] -or in need of special assistance or severely learning disabled. I do not recall needing that much attention or assistance growing up, I was active in sports and gymnastics, had friends, and generally liked school and an enthusiastic student. [Now I see: That was just Petrocelli making me paranoid again about people casting a negative judgment towards me or my family].

(Written 2013) When circumstances arise, that which no explanation is required, and response by one is sufficient to help put the remaining pieces together, than no person on this planet is at privy to re-situate me under even dire circumstances to try to prove my character is otherwise is futile to the central purpose for sharing peacefully. That is their motive. Bullies, attack generally when one's guard is down, and there is an incentive from the start. When I met this man, he was down and out, with a slurring slow tone, "I'm in technology" at that time I was not able to help anyone, because I am sick and trying to get my strength back, my brain works, my head hurts, my body gets tired easily, I lose energy quickly, I'm driven, and I generally get along with everyone unless they are triggering me in a way that a response in direct reaction could have a dramatic effect on my ability to move forward given the circumstances, I have tried my best to stay focused and calm and carry on without drama or fighting with any one person in particular, that was the main idea.

Dear Associate Dean O'Neal: I have taken the time to gather my thoughts, and composure, taking online classes at Thomas Jefferson School of Law, LLM. I am in a much better place now, focus wise and disciplined. I got a DUI Spring 2014 semester,

after I was Academically Dismissed, and took some time to regroup and just got my Drivers License back. 16 I was in a relationship with someone to whom I was co-dependent on for support, when I was struggling in Law School. The constant fighting messed with my head and ultimately had a nervous breakdown and was hospitalized February 2013 and again in September 2013. Both times I was hospitalized I was put on 5150 hold for harm to self and diagnosed as Gravely Disabled.

The first time I encountered this issue was February 2009 I was hospitalized and diagnosed as gravely disabled for the first time, prior to attending Law School. I know that drinking can interfere with my focus and mood stability, which is why I refrained from drinking while in Law School. I am now under the care of a new psychiatrist Dr Gandin, and given a shot of Risperidone every two weeks, for mood stability and have resumed taking my Learning Disability medication after being taken off Adderrall Summer 2011 (for 3 years), and put in treatment for two months for Depression and Suicidal thoughts after my boyfriend at the time broke up with me during finals. I have continued to rally through these personal struggles, and do my best, and try to communicate as clearly as possible my goals in life. To finish Law School, either at UWLA (where I have spent the past 5 years) or finish only with an LLM at Thomas Jefferson School of Law if I can meet the demands of the challenging course load, reading comprehension wise. I want to stay in school, because school is where I thrive best and feel the most at peace with myself, productive, apart of society, not isolated, and

positive social interaction with individuals who share a similar interest in achieving great things in life and helping others.

I hope that this letter better explains, the embarrassment I am going through right now, and sincere apologies for my inability to explain in a concise manner why my grades were dropping and why it was so difficult for me to explain why. I have mental health issues, I get sick from time to time lethargic, I sleep a lot , or experience mania and feel alone ruminating being too hard on myself. I just want to finish law school, as best I can.  
Topic: Getting a DUI Personal Statement to Thomas Jefferson School of Law

Throughout my Academic Career I have found grave difficulty achieving the kind of success I have always strived for as a student. For every Academic Institution in which I have thrived, there has always been one common denominator that keeps me motivated and inspired, and that is my ability to relate and adapt to the environment in which I am taught. It was at University of Colorado at Boulder, where I began to excel academically and realize my full potential in research and writing, as a Sociology Honors Student. A very important skill I carried with me and applied to my studies as a Law Student in my Advanced Legal Writing Course, in which I was awarded a Witkin Award in Advanced Legal Writing for Academic Excellence. I have always strived to first make a difference in my own life, before I am able to help make a difference in the life of another.

Throughout my Academic Career I have managed to maintain a delicate balance between the time dedicated to my studies in school as well as making time to volunteer and gain real world experience working in a law office setting in the Public Service Sector. I learned a very important lesson as a Juris Doctorate Student at the University of West

Los Angeles School of Law, to always put myself first not the needs of others. For those reasons, I in turn mismanaged my time resulting in poor grades trying to work part time and go to school full time. Now three years later, I continue to make progress by focusing not on what has past but rather what I can do at the present moment to help build a better future for myself.

[2013 was] a great learning experience in how no matter how trying or trivial the circumstances may be, focusing on the positive has kept me moving forward. 17 When I got my DUI this Spring 2013, was the first time I have ever been arrested in my entire life, because I gave up on myself and my dreams of becoming an Attorney one day, and one of my greatest regrets in my entire Academic Career. The most important character trait that defines me, and which I protect at all costs, is my Academic Integrity, which can only be remedied by going back to school and starting anew. Throughout my Academic Studies as a Law Student and Undergraduate Student I have accumulated over 2,000 hours volunteering, interning, and externing at various Public Service Agencies, Law Firm, and Non Profit Organizations providing valuable services to individuals in need such as victims of crime, and provided volunteer paralegal services to Government officials and victims of car accidents at the The Los Angeles City Attorney's Office, for one year prior to attending law school.

I know now that the decisions I make at the present moment have a substantial impact on my ability to grow both emotionally and professionally. I have spent my entire Academic Career building a foundation of Integrity that provides me with the kind of self reliance necessary to become a professional, without dependency on anyone or anything to maintain composure under pressure. Without strict adherence to the laws required as a Driver on the road, to not have alcohol in their system, is a devastating end to my studies as a Law Student at UWLA School of Law. This past semester I have been arrested twice, aggravated and helpless and compliant but to no avail no one will write a letter on my behalf to return to law school, and its eating me away inside I feel completely worthless. By the second time I got pulled over and arrested, I was arrested for and in full compliance skipped the sobriety test and took the breathalyzer exam, after which was given the option of being transferred to a psych ward in Long Beach or Jail, and not wanting to run the risk of being put on an extended 14-day hold at the psych ward, I opted to spend the night in jail instead. I am trying my very best to build me Academic Integrity back to where it was when I started law school and that no distraction is an excuse nor any disturbances adequate justification for non compliance with the rules of the road, to no drink and drive. I learned a very important lesson this semester.

### **UCLA TRIAGE EMERGENCY ROOM NOTES**

Whenever I worry whether I am normal or not or saying something wrong or embarrassing myself, or making anyone uncomfortable like my Mom says, "everyone is too busy thinking about their own lives and their own problems, no one cares (like my brother says) –My brother [would always say to me] "what is wrong with you, why cant you be normal and says hurtful things like, "Leslie is so far gone, if she died I wouldn't even go to her funeral." I can see now why he said that because he could see where I was headed [probably because he had no faith in my abilities or was so pessimistic that he

never valued me as a person or saw me as someone with potential, just someone he could boss around like I was stupid]. But he has his own problems and pressures in life that he doesn't have time or energy to waste helping anyone who cannot help themselves. [It is unfortunate to carry the burden of others, for them to read my writings only to become who I should have become, and become what they are not]. I don't blame him, so many of his friends fell off the bandwagon –due to excessive drinking and drug use in high school and college. That's probably why he stayed closest to those most grounded and career oriented. When he was going through alcoholism and changing careers from experiencing too much overwhelming rejection and unsatisfactory grades at Babson, he grew depressed and instead of excelling in school courses 18 other than his writing course which he was selected to work as a student writing workshop advisor –it was the only course he got a good grade in, in his whole undergrad Business School. (to be continued) Its called setting an example –not to discriminate or heighten racial tensions but to serve as a viewpoint of how when one is treated as different and wrongfully treated as though they are something they are not, a group conscious develops in acceptance and in accordance with a group mentality based on what people think. If enough people think something does, not by scientific methodologies or grounded principles in writing and rhetoric make it fact, a fact cannot be adequately rendered and accepted as fact without surplus, research, writings, and professional opinions and medical assessments and testing to determine whether one's ideas are worthy of relevant interest to help foster the positive development of individuals in society, to the contrary where one has adequate experience, medical records, and personal history difficulties (hospitalizations) directly related to a pattern of thinking incongruent to the general public and general student bodies and academicians and professionals in their field, than they should not so as a matter of factly and by subliminal messaging imply that one is something they are not, just to suit [themselves] and prove their theory or interpretation to make money or gain notoriety. It takes one to express on the large scale to skip the bullshit and say here, you think I look stupid and embarrassing and see me going ill, than why the fuck blurt out random shit in class and then be completely coherent briefing a case without one written prior and briefe from your head just looking at your book. Moral of the day, if you are not ill, or not learning disabled [like me], or not sensitive to others, comfortable socially and have NEVER been put on a 5150 hold twice, once before and if once during law school, than one is in no position to judge or assume because one is mentally ill, maybe she (Leslie) is so serious in class and takes notes from start to break to break to end of class and sits in front because she has a learning disability and school is hard for her and she keeps to herself because she had a history of cocaine addiction less than 6 months [continuous] and alcohol, and found herself [and her self] esteem by working hard and staying focused so she doesn't fall off the bandwagon again.

All my life I have wanted to make a difference and help others, through the education and experiences I have had working in the public service industry. When that ability was taken away from me, when academically dismissed from law school, I came to a crossroads. I had to make a decision whether to give up on all my legal education thus far and pursue a career in another industry or go back to law school. I chose to go back to law school, and have enrolled in a Masters Program at Thomas Jefferson School of Law. As a Law Student at West Los Angeles School of Law, I have had the privilege of

attending classes that both challenged me and pushed me beyond my limits, and what I though myself capable of accomplishing. Spring 2011 I peaked academically in Law School, in my Advanced Legal Research and Writing Course. I scored high marks on all assignments, and received the highest grade in my class, an “A,” and received the Witkin Award for Academic Excellence. The study of law requires tremendous discipline and focus, and challenge that I have gradually been preparing myself for throughout this academic year a student online at Thomas Jefferson School of Law. With each new step I take, a new door opens, and applying for a Masters at Thomas Jefferson School of Law, has been a positive step towards my future, both academically and professionally. After applying and being admitted to Thomas Jefferson School of Law I was able to apply and obtain a position as a paid law clerk, a job that I would have otherwise not been offered had I not had this added credential to my LinkedIN resume.

Finishing my JD has always been my main objective since beginning my legal education. I hope that this statement is well received, given my history of prior hospitalizations and medical leaves while a student at University of West Los Angeles School of Law. Despite my learning disability and personal setbacks, I have continued to adjust to the rigorous academic standards required by law students. Given my current standing, I hope[d] that careful consideration [would be] made in regards to my present progress, when deciding whether to accept my application for transfer [to an LLM Program].

The end of my senior year marked the most significant growth in my academic career and personal life. At that point I finally recognized the importance of helping myself before assisting others. I learned that in order to help influence change in the lives of others, I would have to develop the capacity to overcome personal setbacks preventing me from reaching my academic potential. In Spring of 2007, I started the semester two weeks late, extending my winter vacation, and put on a medical leave of absence. It took me two weeks to make the most important decision of my life, to go back to school and not give up and withdraw. Despite my 3.236 overall GPA from University of Colorado at Boulder, and my less than average senior year grades, I rallied: writing and researching my honors thesis, and graduated cum laude with Departmental Honors in Sociology, in December 2007. As a law student I faced similar difficulty maintaining a GPA above the required 2.0. My grades dropped, I was academically dismissed from my law school, and I got a DUI a few months later. It was then I came to a turning point in my career, instead of giving up I enrolled part-time as an LLM student at Thomas Jefferson School of Law. I realized that in order to succeed as a law student it is important that I work no more hours than I am able 20 to study each week. I am now taking one course at a time at Thomas Jefferson School of Law (online) and working part-time on an as needed basis, 0-20 hours per week. For a long time I have struggled to maintain a balance between school, volunteer work, and other extracurricular activities, but I have since found that balance. I hope that the information provided in my personal statement, resume, addendum, application, and letters of recommendation will attest to the positive changes I have made in my life and the commitment and dedication I will apply to my work as a student at your law school.

Chapter 57: Know Your Limits in Life by Leslie A. Fischman

01-26-18

Know your limits in life some people don't know when to stop until it's too late don't be one of them. It's not your responsibility to control others.

Wonderful things happen the minute you stop worrying and start living your life.

There are times when you need others and times when you just want to be alone. Always be understanding of the time and spaces of others.

Remember the good and the bad times and move forward from there.

Love the life you're in you never know for whatever reason things in life take a turn for the worse, to get back on track, stay on track in life. You are your number one priority in life always.

Love yourself enough to know when it's time to quit. Sometimes it's not worth it to keep trying. Once you hit a dead end in life often times you have to begin again.

When you're down you're down when you're up you're up: then and only then are you clear headed enough to make good decisions for yourself and others. Always think twice before overexposing yourself. You never know who's watching.

Be kind be well be you be sweet be noble be caring always be nice how to stay well minded not minding the thoughts of others.

Who ever said that caring was a sign of weakness but of good character. Those who care and are mindful of the thoughts of others are signs of intelligence.

As you get more and more normal your sense of privacy becomes safer and safer. It's when you're not doing well or not doing what you're supposed to be doing that you fear others or think others are out to get you or harm you in life, those delusions are called: (1) fear (2) anxiety and (3) paranoia. #RighttoPrivacy

What is it that bothers you about others? Always put the best interests of others before your own, before you react in anyway incongruent to your best interests.

Never stop believing in yourself.

When you get too cocky in life you usually misstep somewhere along the way. Take it easy on yourselves don't become defensive to the best interests of others. Always put your best interests first.

Never over consume yourself with the problems of others. There is a method to everyone's madness.

Just when you think you've made it in life your World can just as easily crumble down if your not careful. Why it's important to always take good care of yourself.

Just when you think you've made it in life your World can just as easily crumble down if your not careful. Why it's important to always take good care of yourself.

### Energy and Companionship

How you behave toward those you love, resonates energy back to you you apply to yourself by how you view yourself based upon the energy and reactions of others toward you. What energy you put out into the World, you get back. In order to be high energy one must maintain a low public profile and maintain private contacts, it's by private communications we are empowered whether to one or some. #SocialMedia #Companionship

Everything happens for a reason whether we know for what reasons or not at the time should not matter much.

When your chips are down and you lose your crown, think what can I do for myself to lift myself back up. Always do what's expected of you and avoid the unexpected.

Disappointment denotes some failure, by your choice or actions. Don't bring yourself down by focusing too much on your problems. Always be in the solution.

You cannot change what others think of you once they have their minds made up about you based on what they hear thinking you're deserving or not deserving of punishment for what when and why is no ones business but my own. That's an overstep of boundaries to intrude into the private spaces of others to exploit them or extort the truth without ready explanation of the circumstances present for each ones self, depends on choices made to engage not engage others only when good can one engage in conversation with others.

You have to love yourself enough to know when to quit trying so hard and just be yourself, accept you for you and not try so hard to be loved.

Anger is a product of unwanted attention toward or a break in one's right to privacy to pull out a reaction out of someone to then trigger another to respond in a way that suits them. No anger is ever justified all anger is wrong. Never be angry toward others. I'm nice to everyone cordial always I don't have anger management issues I'm an overachiever.

Always keep in mind the thoughts and feelings of others who are sensitive or desensitized by the lives of others and the sharing of their experiences in life. I never write about others only myself. Not my style.

Chapter 58A: Twitter Feed (2015) by Leslie A. Fischman  
01-26-18

When people are working hard and there is some strong cohesion among us and positive consensus opinions to guide us along. We move fast. When moving Fast in the wrong direction it is extremely noticeable to everyone but when we are moving in the right direction others follow. I may not have it all. I may not have found success in the Work Force in a paid position but I've found success day in & day out for years. Success is built from Trust. Trust is earned not given. I'm not the most Famous person. But I'm Popular online with that comes Responsibility. Responsibility requires you to be a Leader in thought. To help make people feel stable when under attack trying to affect out stability. Do not allow others to impede negatively on your personal growth, we are not Actors we are Human, therefore in control at all times. It is important not to blame others when things do not work out for you personally whether you are right or wrong it only makes you look bad That is the exact purpose for which people try to get under your skin because your success interferes with their happiness and ability to succeed in life. That is unfortunate when others cannot be happy for another but only try to interfere with the happiness and the success of another to their advantage. It is to their advantage to succeed in breaking down something positive and turning them into a negative so that they appear better feel greater than. One of the most important things I've learned in Sobriety is to appreciate how fortunate I am in life and not to be easily affected by those who are not. In order to not be easily affected requires a certain degree of maturity and consistency in thought, demeanor and decision making skills demonstrated. It is most advantageous for us to step aside under those circumstances and not fight & just allow them to shine. It was to my Detriment to step aside and let another Shine. But I know if valued appreciated & worth it -I'll get the paid position one day. I think I did the right thing, listened to my Parents and kept looking for a paid position. It was only a 3-6 Month [long] Internship.

I'm really picky. I'm glad I waited for someone Special to come along. Not rushed into things w/a Stranger. It's really hard to Date & Blog -I'm so to have found someone who also performs Live. Much differently. But he gets me. Knows I'm shy about it

(FUN FACT): People who Blog are very shy about sharing their Blog with others. It's not something you talk about. Bloggings not Taboo, but like being a Journalist, so to not make people uncomfortable keep everything in its natural state you don't say much. My Boss must be so happy I moved on and have a real Boyfriend now. Not Taboo. Normal. I'm so lucky! He's so understanding.

Sometimes it takes time for two People to be in similar places in their lives in order to do well together both on a upswing like when I was 24. I'm on a Downswing coming up and he already came up and maintaining momentum. So now I need to catch up and be loyal. Explains why Barack Obama plays Golf so much. #LifePhilosophy #Golf

I think everything happens for a reason. Now that makes sense to me. It's important to always be Proactive like me. Congratulations @realDonaldTrump just made <https://t.co/EiPaUxvUAm>'s Top 100 List of People on Twitter! @vanicyUSA Sincerely,

@mymollydoll. @realDonaldTrump - Here is your Commemorative Poster from #Twitter! @vanicyUSA <https://t.co/PDPWQL7M3l>

Small goals in life are worth achieving even for the Big Guys! @realDonaldTrump - I just learned about @vanicyUSA Spring 2015. My goal was to open a chapter to Brady Campaign, now instead I will attend private meetings, volunteer as I do for Moms Demand.

This is much too large of a Campaign for me to handle financially why redirected everyone to @Bradybuzz at first. Great choice. Then called in to Moms Demand. I can tell by my Audience on Twitter how I'm doing. We Patrol one another 24hrs/a day know each others temperaments. When you follow others, you understand others online.

Starting a Non-Profit (1) Make a Name for Yourself (2) Pick a Campaign (3) Share your Success as a Likeable Public Figure w/your Campaign. Backwards but I'll have a Career one day as a Writer. My Parents take care of me how I'm able to provide help online Crisis Help to @Bradybuzz and other people reading along, sharing my thoughts on life.

I was so devastated when I lost my computers, I started writing. But I just need to move forward schedule a MacBook Appointment with @applenws and let them put together the pieces, that was the plan, and they created a new account for me on my computer.

Living in the abstract describes life Online, when you are distant from Reality and in Dream mode. It's normal to want to get away. Be patient with yourselves. Why is the Internet so abstract. Because when you log on and log off you decide where you spend your time in between not routine, changes. Abstract, because it's easy to get carried away Online, time goes by fast. Probably why people enjoy being online it helps pass the time.

Learn to let go of your fears in life there is always a window of missed opportunity that exists when your insecure. Carpe Diem Seize the day. I was introduced to @democracynow in my "Inequality, Democracy, & The Environment" Course at @CUBoulder I took twice. #AA #Recovery #FoxNews. @realDonaldTrump breathe. Less is more. As my Mom would say. -You are not required to dish strategy just be likeable. I've been watching both Candidates, the most stable emotionally by far is @HillaryClinton, we're at War. We need her! #WorldPeace. That's really Amish of me to make my own Newspaper (The MYMOLLYDOLL Daily). -The Entertainment Industry loves to Campaign. We just needed to put something together for them to work with. I set up a Business where everyone runs deals behind my back. That's the point. Honor Code System- to submit a check to Brady Campaign for use of likeness.

Don't be so easily offended and give time to allow problems to resolve themselves and clarity to arrive. Don't miss opportunities in life taking your time or pre planning how you want things to be just be whether perfect or on track, live for the moment. It is to my readers beneficial interest, I write, not to my own best interests as this is an APP & online Newsfeed. An Original Composition. The times call for us to respond. All monies aside, it does not matter to me whether or not I make money writing only to help those in need.

As a Writer I am challenged to come up with new material everyday since 2013. Assembling a Book is a matter of need, monetary need. First ... The goal is to make sure everyone has someone to talk to everyday a #FriendService Online for those in need. Once that need is met ... And I find stability writing online like I have now. Now I can continue to provide a Service & Produce on the side new works via writing.

Which means...To continue to write everyday online as promised by my APP, and write a Book on the side that Summarizes the contents of my APP. To the Entertainment Industry ... I keep an ongoing daily Memoir Online. They utilize in Producing Film, Television, & Music for Everyone. How I thought to help, or maybe just delusion, not sure how much influence I had on others or through the sharing of my life. Keeping a Journal is nothing new to me, I've kept a Diary since I was 5 years old, filling up Journals front to back Writing my Thoughts. -An Original Composition Broken up into pieces. It is more work for me as a Writer to Produce Online than at home in Private. LIVE! Book Writing! That's exactly what MYMOLLYDOLL is!

What does @mymollydoll do? Keep the Conversation going when? (1) Only when in Crisis & (2) Quiet on the Subject when Not in Crisis. -Who is @mymollydoll? Leslie Fischman. And she is what kind of a Professional? A Legal Professional. And who Certified her? Colorado. Who is @mymollydoll? Leslie Fischman. And she is what kind of a Professional? A Legal Professional. And who Certified her? Colorado. What does @mymollydoll do? Gather the Troops. Who's Troops? Our Troops #TroopUSA. Where? On #Twitter. How? By Marketing herself Online. Likeable

Remember, there's no such thing as a Stupid question. Just avoid the negatives and stay positive, positive thoughts prayers breed what? Positivity

In life ... Always best to learn how to be a Team Player not Co-Dependent and not Self-Serving and Diplomatic & Professional not Casual. -I don't think I'll convert completely over to #Facebook - but would have saved a headache Archiving from #Twitter. Only fall back as a Writer. If you keep writing you don't feel the loss... But will continue archiving & write a Book. To Summarize this Philanthropic Journey.

Now I get the difference between infatuation Love & realistic Love. These are two separate kinds, one grounded in Fantasy the other attainable. -Anyways ... I've never had an (Up in the Air: Movie) experience before. That was my first. I'm a very calm person, even tempered my whole life, but I get aggravated easily knocked off center. People who flip out are not happy with themselves. I've never not been happy with myself or suffered from any emotional issues. I feel bad. I've never lost my cool in my entire life.

Being on Meds recovering from a mental breakdown takes time. No I don't think it's appropriate for my Boss to date in front me, that was a little to Casual for me. Bible Comedy Musical (Movie: Be Kind Rewind). That would be a great idea for a School Play. -It gets better and better every year. I share these Stories because there are great lessons within them, life lessons. -I don't know why people are so cold towards me but I'm the warmest person ever, hardworking, keep to myself. I'm not a trouble maker. -

When my Boss let me go from my Dream Job I cried every night and every morning for two weeks straight, hysterical, no reply from him. Cold.

So now ... I try everyday to continue to improve (psychologically on my own) and continue to provide a good service to those Online, Peace. I'm very by the book- There's nothing Taboo about my writing online why bc I don't get off on wrongs only rights in life. I feel like they expect me to be something I'm not. Successful people work. Why I'm successful online because I'm Sober and I don't go out. Usually when one has a lot of positive energy they go out and socialize I stay home because I then drink or do drugs and go back to Square One #LostTrust.

I don't Lead Online. I just write and tell stories in the form of iMovies (Shorts/Segments). I think because I'm a strong person it gets mistaken as though I'm trying to lead or take charge or be number one, no just feel equal blend in. Yes ... I have to try this hard to achieve happiness in life, be well liked, and blend in. Yes ... I have to try this hard to be well liked and blend in. Most people don't need to try this hard to break even in life. But it's worth it now I'm glad. -Everything else is up for interpretation. Your belief systems are your choice. I just choose to share mine, which are mostly General. [Sometimes] I'm sad. I get lonely. But I know we'll be okay. It just feels empty right now because we had a really tough Fall. But pray stay calm.

Dreams come true when some stay back. That's me. I stay back. @1027KIISFM - & Let the BEST Shine! I'm looking forward to starting work with my Mom in January. Why is that? Because Healthy People breed Positivity in others why we put our BEST on Stage, in Print, Photo, etc. -Why it's so important once you get on Stage, to take good care of your Health. Not drink too much not party too hard. When I got my Job. I let loose at a Party and drank. Blacked out & embarrassed myself. Example of what not to do at the Top. -It's only funny now. Because I lived thru it and have been working on myself since to prove otherwise. @1027KIISFM #Discipline is important

Life occurs on its own timing not always your best timing why it's important to be flexible be spontaneous & take chances in life, have Faith. Having Faith means knowing the difference between right & wrong & trusting that if you do what's right for you & others good will come. One does not require others to have Faith in them in order to be successful have Faith, to require others to would be Selfish on our Part. It is not required for others to have Faith in us in order to be successful have Faith, to require others to would be Selfish on our Part. All that is required of us is to have Faith in ourselves to achieve some purpose greater than ourselves by giving back & not be a burden. When we overburden others with our troubles we can be draining best left to Professionals for Feedback, & we become vulnerable insecure. To not be draining always make certain that what you share about yourselves strengthens your good character not weaken you sense of self

Sharing & ability to strengthen your good character not weaken occurs once you have processed on your own or w/Professional guidance. Friends make great sounding boards when we are not sure of ourselves or what is troubling us they help point out what we

can't see yet. Example: I was so caught up beating myself up I missed my #Facebook Birthday wishes which would've turned me over faster back to the light. Why Friends make great sounding boards. When we can't see positive it's important to look towards those who can.

[Some days I felt like] my life [was] ruined. But you can hardly tell. Why? Because I'm Strong.

Chapter 58: Nothing is Perfect by Leslie A. Fischman  
01-27-18

Worst comes to worse always have a backup plan in life. Nothing is ever perfect unless we are, or so it seems. It's never too late to change or dream a new dream. When you have a strong sense of faith within yourself nothing can bring you down in life, not you not anyone.

When you lose support there is always another who gains support that is how support works. When one side is taken both sides are argued and both sides suffer loss of support and attention given to those who do or do not support each side that is always the group empowered not the groups or individuals in controversy.

Love yourself for who you are not who you are not. You don't ever have to embrace the harsh judgments made by others. Always be yourself.

The only pressure that can ever be is pressure you put on yourself. Know your limits learn to let go and always pride yourself in the work that you do.

Somethings are beyond you in life and that's okay. Always stick to what you're good at.

Never set expectations of yourself higher than you're capable of achieving in life.

It's never your fault in life when you do your best and still not good enough.

When you fear what others think of worry too much you run yourself for risk of paranoid thinking -which only leads you to ruin. To stay afloat always be centered think positive thoughts about self and others.

What gets you going in life is your business not the business of others. To each his own. Your personal motivations in life are not necessary to be shared in the public sphere or need be known to be heard with more or less scrutiny.

Balanced minded equals balance of opinion. Knowing your likes and dislikes in life, takes time. Not everybody likes the same things. Not everybody agrees upon the same intuitions in life. You cannot be well-liked by all, but that doesn't mean rebel and stop trying to be well-liked at all.

What does in good faith mean to me? It means doing things with a good heart with no intended personal benefit present or future. For the betterment of the majority not few and with no particular individual interests involved nor your own personally.

From where do ideas originate. Usually from our best interests, ideas are brought forward. Never to undermine our good wits about us, but to bring about changes in our lives thought with pride and looked up to with envy for those reasons we usually share ideas, however some ideas get rejected, that's marketing, not every idea is best or good, some ideas are best left in the wood work.

Never allow others to harm you or think justified to harm you no harm is ever deserved always remind yourself of that.

When you're lost and to no avail cannot find yourself well enough in life to make good decisions for yourself know that your best is always required in order to achieve well or better than in life or to better your present circumstances, not be worse off, worse off only ruins your worst and makes worse your present not better anything, to be better you have to continuously make yourself new again, better yourself everyday.

Its never too late to turn around and make mends where needed and ties where tightened needed. You cannot change things but you should not leave things undone, there's no room for error in life, only room for improvement, constant improvement and correction.

Everybody has issues. Some more apparent than others. That doesn't mean that your defective or that there's something wrong with you it just means that everyone's got their own issues and not to take anything too personally, some blend better than others, depending on their dispositions in life and confidence click or don't click.

Never let them win not haters not anyone in competition with you who try to bring you down or hurt you. That's never okay. Everyone should be able to achieve in life absent hurt or dismemberment be able to behave as a unit without interference from outside forces trying to keep apart or prevent relationships from occurring if so must be for good reason. Good reason alone is enough to prevent relationships from happening but only by good reason should relationships not happen in life.

You can't undo the past you can only move forwards. Sometimes there's nothing you can do to undo a wrong that's been done to you by another that doesn't mean fight that just means walk away move on, that's not time for an amends or time to talk that's just how you get hit with low blows in life always move on never fight, otherwise if you go backwards in life you get hit below the belt.

Always be in good humor about yourself and others. Hope is never lost its always around. It's all a matter of manifestation what is lost is always enthusiasm when there's too much negativity out why it's important to be positive to help maintain positive energy around to help set positive events in motion.

Never be defensive to the emotions of others. You are you and they are them. You cannot control people or their thoughts only your own. If people don't like you so be it, it's not the end of the World. Always be mindful of the thoughts and feelings of others never say anything under duress you'd later regret or take responsibility for the actions of others not your own you are never responsible where others are wrong that's not your responsibility to care for those who are wrong toward you or others.

When you win some you lose some. You cannot be perfect always. There will always be some who will not be on your side in life and that's okay. Not everything in life will be agreed upon, if so you're setting yourself up for disappointment and unreasonable standards. Always set yourself up for success in life by reporting to your superiors in life, that's how you stay on base, on par, on point in life by following the direction of others under the direction of others.

Chapter 59: It's Okay to Have Dreams by Leslie A. Fischman  
01-28-18

Never let others get under your skin enough to hurt you.

When you love yourself nothing can get to you, not even those who hate you. You should always get along well with others. Fighting is for those with sides to fight not for the innocent or for bystanders to over involve themselves with.

When you have disability it's difficult to function in the World normally that's understandable everything takes time and adjustment. Some people are too far gone to return and rehabilitate themselves some are able to adapt and some never make it back to full swing, never get back to 100% and that's okay. It takes time to readjust, heal.

When you're doing well cherish those moments in life they are far a few in between. You never know, what life throws at you, you sometimes have to deal with on your own, figure out for yourself, rights from wrongs, on your own terms, not by the terms of others, make decisions for yourself. Do not be easily misled by others always be best in charge of yourself not bossed by others but independent of others decision making skills be the best decision maker you can be for yourself in life.

You have to be you no matter what anyone says about you. If it affects you too much, in one ear out the other. You should not let anyone affect you.

Always be natural about how you react to others. Never blow things out of proportion be overly dramatic and selfish. Think twice before you react and respond to others. Always take the commentary of others lightly, never assume anything is about you. You cannot control what people think.

When you lose your marbles in public you have no one to blame but yourself.

Always have dreams and aspirations in life. How you stay afloat. Never let anyone bring you down in life. Never stoop to any one's level. Let you be you and they be them.

Words can be said but never forgotten always be mindful of what you say and keep in mind how remembered.

Sometimes the best decisions aren't made when we are tired but when we are well rested and can think clearly. This is important for positive functioning. It's when we're not doing well we make decisions that may in turn hurt ourselves if we're not careful.

Never think too highly of yourself. How you set yourself up for disaster psychologically when you're too high up, not careful, and more likely to take risks in life. Always be a cautious decision maker in life.

When things just don't feel the same anymore usually it's because a change is needed within you not within others in order to regroup adapt to your present circumstances get back into the swing of things. That's how you fit in again by being apart of not separate. Always be careful how you contribute online as it reflects your beliefs to whom and what you contribute and why. Always be careful.

When you love yourself everything seems to fall into place. No longer nit picky over mistakes in life but able to embrace the moment and live life on life's set of terms not by the terms set by others.

The best memories are the ones you keep to yourself.

TMI Causes Depression: Why? When you share too much about yourself others feel bad for you that in turn makes people distance themselves from you and when that occurs you feel bad about yourself. Why it's important to always be approachable online.

You have to make it on your own in life, no one takes you under their wing. They can support you, but you have to always do your best to bring yourself up in life.

You should never create problems in your mind you yourself cannot properly deal with on your own without the help of others. There are always people to go to in times of need. You are never so alone in life that hurting yourself should ever be an option, that's just you stuck in your own head or you stuck in a rut you can't get out of, always be proactive and do your best to achieve a normal life.

Never let the problems of others get you down in life. Everyone has problems. Always be understanding and compassionate with that comes compromise empathy. No matter how you feel always put the feelings of others before your own when listening to avoid insult, why it's important to be a good listener not interrupt others while they're speaking. We all have problems some more or less unique to ourselves but none greater than the other, they're just problems any problem can be dealt with maturely and need not be a deal

breaker or ruin ones life, it's important to get over stuff quick in order to fair well in life not allow yourself to get so easily beaten up and off track in life.

You have to be doing well in life to be surrounded by those who are well too. You cannot do well in life when you are not doing well not feeling well or the sick are making you sick. You have to be independent of others in order to do well in life.

Its usually people close to you or in your life who become defensive when you yourself are not doing well. Then blame it on drugs, alcohol, or mental health issues claim your difficult not their attitude toward you as being hard on you for no reason.

Always be kind, courteous, and respectful of the time and attention of others. Detailed responses are not necessary to let others know everything about you. Heard and understood sometimes just makes people feel less than, to be heard and understood is to be listened to that's at best you can do for anyone going through a lot is to just be there for them be present.

When things are going well for you in life usually happiness follows. When things are not going right for you in life, usually unhappiness follows. Know your part, and always do your best to fix whatever errors exist in your life that are keeping you from achieving happiness and centeredness.

When you know your wants in life it's like nothing can stop you from achieving your goals in life.

Its never advantageous for you to quit while you're ahead in life, it only sets you back, the more indecisive you become, the worse your situation present seems. Always think positively in order to know best and to be a good decision maker in times of need.

When you realize your self-worth it seems like everything falls into place and you begin to function normally again as suited to your best interests not the best interests of others or to whom those you care for. You are your best advocate in life know that by helping others when you are not well you only put yourself at a worse off disposition in life not better off. Why it's important not to help others when not well only when well.

Chapter 60: Why Dating is Hard by Leslie A. Fischman  
02-01-18

You are a product of your own thoughts no one can change the way you think about yourself.

It's never deserved. Harsh treatment where underserved. It's never deserved. Equal treatment if so, doesn't always exist. You have to just be accepting of your present circumstances and own your wrongs in life and move forward, nothing's a big deal unless

you make it a big deal. For a perfectionist it's hard to identify with oneself once one's own identity becomes dismembered or taken apart.

You know yourself best. We cannot be at our best always. There is some give and take in life. Sometimes life requires of us compromise. Sometimes life requires of us peace and sometimes life requires us to stick up for ourselves and that's okay too.

You cannot stop everything you're doing and figure everything out always for yourself sometimes you need the help of others to figure things out for yourself in life.

Always know that you are loved by friends and family no matter where you go or who you're with. Running away from your problems is not the solution to bettering your life. It never is.

When you beat yourself up you have no one to blame but yourself. Always pick yourself up from your bootstraps and begin again a new life for yourself once you falter. You cannot change your past or make perfect your present by being too opinionated about others who may feel as though they are being blamed for your present discord defensive to your present circumstances ignore them if so, you are always your number one priority in life it is not your priority to defend the best interests of others in life or their concerns about you or defenses to your well being in defense to their own interpretations of you threatening that they misused you or there was any misconduct toward you to begin with that's them being defensive in advance to you saying anything or accusing anyone of harming you, where no wrongful accusations have been made no accusations of wrongful accusations can be claimed were made against them in public.

You have to have a very strong mind to write online, otherwise you fall apart easily, everything you write gets heavily scrutinized picked apart, and when if so there's a possibility for hearing voices feeling like you're under attack by others. Never write anything you yourself would take personally or others would take personally otherwise you run the risk for retaliation upon your good character traits, likeness, and positivity. That's why those who are strong are well known well liked because they are well versed and have a solid head on their shoulders. When under duress we are forced to be on sides that causes disturbance and unrest resulting in distrust and paranoia. These are called thought disorders when you assume the thoughts of others toward you against you or others or just in general. Never assume the thoughts of others only hold your own, best interests at heart and those you care for without interfering with the interests of others to better your own position(s) in life, that's called being fair minded cordial, diplomatic.

What was meaningful at one point but not meaningful now does not mean not meaningful at all. It just takes time to settle. Not everything makes sense to us in the immediate, but eventually everything works itself out right. You just have to be patient with others and trust in God's timing, you can't rush through life trying to make ends meet or beat the clocks, you have to work hard day in and day out to achieve well in life and status among the well, be accepted as well or good enough.

You don't always know what you want out of life. Sometimes you what you think you need and want is different than what is really needed. Always think first based upon what you do have in life. Is it necessary? If not necessary, how important is it to you? If not important than not necessary and if not necessary than not important and if not necessary and not important than you can decide how high of a priority it is for you to deal with, that's called love, it's icing on the cake.

When you know you're right about someone it needs no convincing to others in the positive or negative. You should always be sound at heart never unsteady through the outward discussion of personal interests best suited for private discussion not public discussion or discourse. That's how you get your hands tied and your heart broken or torn left beside yourself then defensive and combative.

You should always be yourself, offense is always taken when you try to be others or when others try to be you, never use the likeness of others for ones own benefit that causes disruption of interests. You can allow people to read your writings but you cannot dictate to people how to use your writings for benefit or interpretation you cannot control what people think to do so is an overstep of your boundaries as a writer and a waste of time and energy and input to explain and try to voice the opinions of others or of the reader that's best left unsaid.

When you realize what's been done and you know who's been wronged it's important not to over involve oneself in the matters belonging to others that's how you get tied up in nonsense then overly defensive ill to the concerns of others not originally your own but belonging to another. It's important to care but never that much to the point that you completely put all together your needs aside in place of the needs of another unless necessary to do so, required by laws or if it's your job to do so care for another's well being other than your own.

When you love someone you'd do anything right to make better yourself for them and for others for the sake of normalcy set right self. That's called caring, letting go of self interests and cares and thinking instead of what's in the best interests of the one you love and care for that's called love putting your needs aside to benefit the needs of another, it's about who's more important you or the one you love and why and when if so that love is returned you know you've made the right decision to whom where and why love is given and for what purpose.

Respect takes time. You don't always get what you deserve in life. You can't always win. You have to respect the current statuses and relationships of others and make best your role in another's life as a positive support system without interfering with their ability to love and provide support to their loved ones focus on their needs too. That's always important too, not to be too needy of ones time and attention be independent self-sufficient.

Its difficult to date when you yourself are not put together it's hard to give and receive love. When you are 100% you are more likely to get picked and more likely to be able to

sustain any long term relationship. It all takes time getting used to. Getting to know each others temperaments needs and wants in life. The better you know and understand your companion the better able you are to serve their best interests as well as meet you best interests along the way.

Understand yourself best. Know the difference between well and not well and when to get help. That's always important when it comes to mental health issues. There's a stopping point. You cannot keep running to others for help with your problems medical or not, that need tending to from a medical professional or legal professional. Where there is love there is sanity, where there is friendship there is peace of mind, and balance of opinion. Always be independent of others to have it all in life.

When things get overwhelming you have to slow down and regroup you cannot push yourself over the edge that's how you fall apart or get lost or lose your audience. In order to maintain standing or be appreciated perceived as normal fit in you have to stay centered not jump off the cliff so to speak and be at a normal equilibrium not too high not too low but at an even pace in life otherwise you get knocked off center treated as abnormal.

You cannot win them all in life. You will not be everyone's favorite in life. You will not be well liked by all and that's okay. Best you can do is try to fit in anyways and do your best to get along well with others. It's never in your best interests to fight at that point when you're not doing well it usually makes things worse for you. Always protect your best interests but never at your own expense in life, do as your told but not if it puts you at a worse off disposition in life. There's always balance to every decision rendered. You should always keep in mind the best interests of others as you try to better your life make better decisions for yourself as you correct the mistakes you've made in your life not repeat mistakes you've made in your life and hurt people again or the same people again in the same way you've been accused of hurting anyone.

Chapter 61: Learning to Love by Leslie A. Fischman

02-01-18

There's a lot to learn in life about love. You have to respect yourself in order to be respected by others and in order for others to be well respected the ones they love must be respected and admired too otherwise must be discredited. It's called putting one on a pedestal. Some are put on pedestals in life and some are not it depends on who you are and who you are not. When you are well off and doing well for yourself and representing yourself and others well then you are best suited to care for and represent others well too. That's how representations are made and assigned.

Love takes time and adjustment. There are a lot of requirements necessary in order to love someone: give and receive love and be valued back. It's not easy. Not all are welcomed, many are rejected, it's a first come first serve basis, the best are chosen first, and secondly the rest when it comes to dating the best that life has to offer, or so it seems. You just have to be patient with yourself and not pass yourself around, timing is everything it's important to preserve yourself and be chaste, that gives meaning to self

and added value to the time you put forth toward the time spent on your career and on your journey in life. Everything you do in life is a reflection of your care and consideration for yourself and others, how well you take care of yourself, will communicate to your future partner how well you are capable of caring for them, and that is how one is picked in life or not or friended based upon wellness.

There's a lot of pressure for support in life. There's a lot of pressure of traits and character traits in life. There's a lot of pressure period in life. Character traits and influences in life are based upon experiences in life by learning experiences what you know. What you know affects how you respond. How you respond is based upon what you know. What you know is based upon what you learn. Life is not lived by mimicry. That's not how life is lived. Life is not lived by imitation that's not how life is lived. Life is lived by how life is known by what is known by how one is. That is how one lives. Not to imitate. To imitate is to insult. People pleasers never insult, as insult causes pain to a people pleaser who's goal is always to please all.

Chapter 62: You Can't Go Backwards by Leslie A. Fischman  
02-01-18

Never allow others to run conversations making things about you, regarding topics or anecdotes that do not regard your character traits, that only causes your head to hurt, in defense to, a waste of energy, per conversation to, and cause for hurt and mental anguish. Do not run misinformation on individuals to cause hardship or otherwise mischaracterize people to look bad to insinuate hardship to their minds or redirect their thoughts to defenses or redirect their thoughts toward explanations suited toward your judgments or interpretations of them if so state those judgments or interpretations yourself need not be stated by me to be heard or understood or clarified or used for good or proper judgment of my good character traits or person.

Always be thankful for your blessings in life, and count them twice. There are many pains in life far graver than minor losses you incur socially, romantically, or financially. Always keep things in perspective. Health comes first, think about others. Life is precious. You only have one life to live, so appreciate everyone around you enough to do your best at all times and never give up, whether or not you are the weakest link is no excuse to cause trouble in your life or the lives of others misuse drugs or alcohol as a coping mechanism that just makes matters worse so does anything in excess. Take everything in life with a grain of salt life is best lived light on your feet light heartedly for the moment. Not in regret not bottled up not in the past not in resentment but with appreciation and pride.

There are different types of understandings: General and Specific. Depending on what you know about others. What you know you apply to the facts and then analyze based upon that information make deductions. Never assume one is bad just because you think part of what you think about someone is bad force combinations of information to exist come into play to sabotage or increase likelihood of negative outlooks for interpretation of that individuals life so that you feel better than feel right and the other looks bad that's

not a justified rallied effort against another that's too much teaming up on another to construct a viewpoint thought balanced justified to draw a label.

Be careful when telling your story or the story of others, how it gets repeated in application via analysis through understanding of the present unknown or inapplicable by those without information or resources to apply that information with have proper bases for comparison for use of that information. There is a risk of misapplication of information in that event of misuse of story telling, that's a risk of purposeful conduct to illicit repeated story to curtail an idea through the voice of the story teller not reflecting accurately the sayers best interests.

You can't go backwards in life you can only move forwards. Life is much about making mistakes as it is about learning lessons, you live and you learn. You will never know unless you try. What goes up must not necessarily come down, only if you allow circumstances to boot. There is always time to regroup in life and make amends nothing is permanent. Damages unforeseen are incapable of misplaced guilt, or displaced hatred for others. If it's to hate hate those who are bad if it's to love love those who are good if it's to envy envy those who are well these are choices we make and so be it not God's will upon us, but political errors we make, in life none to blame upon others or run risk of blame upon others.

You're not always going to hear what you want to hear or need to hear in life in order to feel better. They say "you can't always get what you want." That is true. There's a reason for that. With expectation comes disappointment. When you set yourself up with expectation, when you do not measure up, those losses incurred weigh you down in life and you feel bad about yourself and when that occurs, you are hard on yourself or others are hard on you for not being successful. Successes in life are by achievement and by goal setting not by expectations expectations are by onlookers you should always do your best when you do your best you won't have to worry about expectations or what people think that's the key to happiness.

Not everyone will be happy with you in life. It's not your job to please everyone. Don't expect people to say what you think they're going to say as an accurate or good indicator of what is right or wrong in your mind as what's necessary be said or expected be said following expectation of words spoken do not insult the minds of writers by criticism one should always be respectful of others that's common courtesy.

When your heart breaks your World falls apart and that's a normal feeling you cry you get over it. You have to keep going in life be task oriented keep busy and always keep setting goals for yourself, so that you continue to recover, that's depression.

Everyone has their moods in life to each his own always be respectful of the time and attention of others in your life.

You can be anything you want to be in life without getting frustrated with yourself or others, you cannot control what people think or what they do to try and cause you harm in

life or hurt your head to then cause you to harm yourself to make you look like you are mentally ill that's called emotional and mental abuse and intolerable. Never put up with the emotional abuses of others where your best interests are not at heart and only to make you look bad.

You absolutely can't fake it until you make it. There's really no truth to that. When you lie to yourself you only set yourself up for self-sabotage and failure. You cannot fool others into thinking you're something you are not you can only be yourself as best you can. It's always okay to share ideas and do your best to protect the foundations from which those ideas come from that's called leaving room for interpretation and use not being controlling and minimizing risk of error by being too controlling which causes nervousness under these heightened conditions when it's best for others to make decisions at their own will not by requirement or peer pressure. Fear is caused by assuming others are making false assumptions about you and casting you under a negative false light and that that false light is the cause of mental disturbances toward you or distrust or embarrassment.

Don't try so hard to go backwards to undo hardships that don't exist presently you only make your life more difficult for yourself the more you try to fix. You cannot fix others. You can only fix yourself. You can best be there for others, you cannot change people, only yourself. These are constant dilemmas faced when you care about someone who matters to you who you have conflicting emotions about not sure about whether deserving of trust or your time and attention of risk of disappointment never be disappointed by those who care well for themselves it's by your own disappointments and judgments not others where that feeling of uneasiness comes from if so read something else, we are not all perfect but we all do our best to be loved. Stability takes time within self always have faith that better days are ahead of you stay put.

Chapter 63: You Can't Change the Past by Leslie A. Fischman  
02-01-18

You Cant Change the Past by Leslie A. Fischman  
01-22-18

You cant change the past or what others think of you, why you should just be, rather than try to convince others you are something that you are not. There will be people that come and go from our lives, but we must always remain the same. Not one person won or lost in life, should make or break you, sometimes you just have to keep going in life, and think positively of others, that even without them in your lives, they would still want whats best for you. Its when you're in the negative that things go wrong for you in your life, its when you think positively of self and others that things go right for you in life. Never take into question self or others, too willingly that it breaks you down. –Sometimes a little give and take goes a long way in life, assembling whats to keep and assembling whats to trash in life, and always keeping the best of us, in order to put our best foot forward in life. It takes time to understand what is wanted in life, and what is rejected in life, for some of us figure this out sooner than others in life. Nothing trashy ever gets

returned, and nothing trashy ever gets respect or gains notoriety in this lifetime, but everything trashy gets remembered. Its usually the faults of others, they are known by, their weaknesses, not their strengths, even after they achieve success, this you learn the hard way. Respect is often times hard to achieve post trauma of seeing someone you admire get trashed, that's the sad part. Theres always room for forgiveness, forgive all.

Accept People for Who They Are by Leslie A. Fischman  
01-22-18

Accept people for who they are, they know best themselves, it's a waste of time to question others on their paths in life, everyone is responsible for their own choices in life. Deserved or not, sometimes we fall victim to the choices we make in life, and then have to make amends with ourselves, and move forward peaceably, without exhibiting behavioral health issues, associated to what pains us about our past lives. There is always time to move forward, no one is perfect. Never go back to where it hurts, that just re-instigates the cycle of violence, and enables people to harm you again and again, and again. Just move forward. Where there is non-acceptance there will never be acceptance again. That's how you know whether or not you have ruined a relationship or messed up in life, when you can't go backwards, or have trouble going backwards, or a friendship or professional association breaks. Not always resulting from a break of trust, but usually resulting from a break in character. When your best foot is not forward in life, you are more susceptible to relationships broken, increased odds against the maintenance of those relationships. When you best foot is forward, it then becomes easier to maintain those relationships both professionally and personally, how to keep going in life.

Knowingly in the Wrong by Leslie A. Fischman  
01-22-18

When you are knowingly in the wrong, own it. There is nothing you can do to make things right, by harping on the negatives, best you can do is be positive. There are no defenses to idiocracy or stupidity, you just have to represent yourself, well enough to keep up with the pace of life. No one can help you but yourself. Accept no blames for the illnesses of others, as they are a product of their own minds, not yours. You are always responsible for yourself first and foremost, you are never responsible for the wrongs of others. As directed means as directed means as directed. No one on medication should drink alcohol for those reasons, as directed not to. Always consult with your Doctor or Pharmacist should you take medications, in which the combination of alcohol, impairs any of your abilities, why I don't drink, sober since 2003. Im knowingly retarded, Ive had a learning disability since I was little, learned multiplication tables by tracing my hands, numbers on the tips, and got zeros on my ERBs in Kindergarten, there is no news flash for those struggling with learning disabilities, you just need to be kind to all. How I was able to achieve in life, its through hard work, and effort, and with a strong faith in myself and others, as well as those around me, trusting their decision making skills, never paranoid. In order to be well, enough to hang out with the best of them, you have to do well in life, that means following rules of order, and doing your best to be apart of, not fall astray. There are no confessions to the wrongs made by others, only defenses. You

cannot blame people for the wrongs of others, that is clearly wrong, you cannot blame innocent bystanders, you cannot blame people period when bad things occur, that is not the responsibility of people to be blamed, accept blame, place blame, or worry others to death via blame. You should always take responsibility for yourself in life, you are NEVER responsible for others in life, just yourself. When you represent yourself well, you represent all others well, that is the point of image. Image is when of and concerning you, you represent yourself best. Nothing that I have written has been learned in Law School, it is for and by my experiences I know best, and respond well, to circumstances, always see clearly. When you do right in the World, you will foster self, and others, when you do not do well in life, you cannot represent the best interests of others well, that's plain and simple.

The Confidences of Your Own by Leslie A. Fischman  
01-31-18

Always keep the confidences of your own in your best interests. Never allow the confidences of others, to bolster your own insecurities or interfere with you abilities to function or work in congruent to your best interests. When you are sound your mind is sound, when your best interests are met you are congruent to your best interests, don't overlap two negatives to build a positive inference for another's to interpret you in the negative via adaptation of something said not said, or thought left unsaid purposefully, that is a wrong interpretation a forced saying of two stories at once to build an inference, and is wrong. Its two stories heard separately to be told at the same time in a separate space to build an additional inference or wrong or allude to any wrong present, future, or past, or ongoing presently, not present or past. –Don't allow others to build confidences off of your achievements in life, or off of what gives you courage in life, and esteem, that's a misrepresentation of purpose which is to help all, not help all, and the replace you. The writer in life, or take away my life, and hurt my ability to live and function, that's a misuse of my writings. When I am harmed, that is a causal consequence of the misuse of my writings , for the purpose of causing harm to my mind, to my psyche, and to my well-being, overall health and well-being, that is wrong. And should be stopped. It is wrong to harm, stalk, molest, or otherwise harm others in a professional space, unknowingly. You should always be kind to others, and help others as best you can function well.

When you give your confidence away to others, it can be misused and taken from you. When your confidence is taken from you, you are left with nothing. I'm not a confidence expert that is something that everyone figures out for themselves in life.

Be in Control of Your Own Problems by Leslie A. Fischman  
01-31-18

Always be in control of your problems, in your life, and never make your problems the business of others, or interfere with your relationships with others. It is not for others to know your problems in life or your problems with others, that only causes discord and rumor and distrust and paranoia. Paranoia results from upsets, when you are upset with

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

Balance and Esteem by Leslie A. Fischman  
01-31-18

Balance in life and esteem are important for positive functioning, without which, we often times feel lost. Sometimes its companionship that makes us feel complete sometimes, its relationships that make us feel whole. And sometimes its work that makes us feel complete. Whatever it is always makes sure you maintain a careful balance, so that one does not fall part, and so that each life does not affect the other. –When you are nervous its usually because things are not going right for you in your life, or you are not doing something right, this causes nervousness, imperfection. There is only so much you can do to be perfect before you fall apart, always go to help when and if so, that is what therapy is for and that is what friends and companions are for talking and sharing emotions with. Publically, the sharing of emotions is considered taboo, no one wants to hear your problems, usually people only want to hear good news, theres a reason for that, maintaining positivity. Maintaining positivity is so important, problems, can cause disarray, and disarray can cause mental illness, mental illness is caused by fighting, and fights started cause nervousness, and right before a fight there is tension, that's the assumption of a fight about to begin, an anticipation of a fight, an anticipation of negativity, one should never anticipate negativity, but always see the positive in life, anticipate well.

Always Stay Calm by Leslie A. Fischman  
01-31-18

They say that social anxiety is: “Also known as social phobia, social anxiety disorder is the excessive and unreasonable fear of social interactions and situations. Often having the fear of being criticized, judged or closely watched, people with social anxiety tend to avoid social communication, especially outside of the world of anonymity offered through online services.” (<https://www.learning-mind.com/social-anxiety-disorder/>).

If so ... how can social media help curtail these disorders thoughts, not make worse, these conditions, that are already pre-existing, this I think is a big concern. People who are not heavily interacting in person, but interact online heavily, and have social anxiety, usually people who should be social online, should have knowledge or experience being social in real life, and able to therefore adjust online well. That would only make sense in the long run. Therefore its best to practice these skills in real life, and not run the risk of losing these positive life skills, with too much online interaction and not enough in person interaction, this may worsen this condition. Writing is one thing, and trauma therapy is another, and blogging is one thing, but interaction, social interaction, seems to be vital a key component to normalcy.

Don't Be Easily Offended by Others by Leslie A. Fischman  
02-01-18

Don't be so easily offended by others, always reminding yourself that its not about you, not everything rarely ever is, or ever if is about you, unless you make it so. When you call attention to yourself, expect others to listen and comment about you, when you are yourself, and in good spirits then have no fear about what people say or think about you, it is when you are not well or not in good spirits that you should worry about what others think of you. No one is ever plotting against you in life, that's always in your head, people have their own lives and their own sets of problems, and to dos, rarely do people have time to go out of their way to make a mess of another's life or cause hardship to another's life, or cause or instill fear upon another, that's always most likely in your head. A product of your own thoughts about others about you, usually due to insecurities, or lack of self-confidence, or maybe just not being busy enough, not feeling accomplished in life, with or without jobs, sometimes these conditions do not change, and we cannot change the way we are. Some people are worriers, some people do not worry, regardless, accept all.

It Takes a Long Time to Know Yourself by Leslie A. Fischman  
02-01-18

It takes a long time to know yourself, especially when questioned by others. Constant questioning by others affects your decision making skills. One should always be sound of mind and heart in order to make good decisions in life. People can help guide you, but you are in charge or your own progress in life. Never make things more difficult for yourself than necessary. You usually make things worse when you stop trying and you stop doing your best in life. Why its important to always be diligent, determined, follow up, and show up, those are key to successes in life, being there for others, and being

present. Presence is everything key to happiness. And when you yourself are happy then you too can enjoy life, and be happy too, and get back in life, what life has to offer back to you, when you are good.

Chapter 64: Imitation and Anxiety by Leslie A. Fischman  
02-03-18

Never overexpose yourself to others. Your private life is your personal business not the business of others or a need to know basis it only causes nervousness. That's your right to privacy. Who you date is your right to privacy. Heightened anxieties due to losses are from your own mistakes in life not from the rejections of others but from you not being a good enough match for them you will always find better in life. So long as you always do as your told, work hard, play by the rules, good fortune and good luck comes to those who wait, date monogamously.

Imitation is a form of flattery. Never seek to be seen and heard that's how you get sick trying to be known in life by calling attention to yourself how you run the risk of getting unwanted attention. In order to be loved you must first love yourself. Popularity online comes at a price you psychologically feel unsafe, politically normalcies drain out unwanted cues but if online regrouping into society some unwanted cues within you can be easily triggered by environmental stimuli sensitive to your surroundings not blend in as well. It's important to always blend in you will never stick out or stand in life if you try to its by selection you stand out not by the choice of the individual but by the audiences selection who's of interest. I created mymollydoll.com then ran a campaign from my website that may have been a mistake for that I'm sorry for the confusion I was just trying to help. If not good enough then please don't criticize me personally thank you.

Always be frugal about how much information you share about yourself and about your interactions with others as this depersonalizes social interactions. If you have intimacy problems it's likely for you to over share and ruin your private relationships and run the risk of making others uncomfortable around you. It's not mental illness it just makes you a poor decision maker when it comes to sharing and building intimate trusted bonds in life it's not a big deal you live and you learn how to cope with relationships and the unknown not question others or be questioned but accept all as is without worry or fear.

Always be yourself.

You cannot go backwards in life, it's too time consuming and you run the risk of hurting yourself in the long run when you do so or blame others for your problems. Always be in control you are always responsible for your current hardships, successes, and/or failures in life, there's always time to regroup be the best version of yourself and better yourself each day you have to just be, be kind always, and always work hard.

You have to feel good to want to do well in life for yourself, find your life forces in life, what makes you feel well, not be a burden to others but independent, a survivor.

Chapter 65: Create a Life for Yourself by Leslie A. Fischman  
02-10-18

When you panic nothing turns out right. When you're quiet you look like a pushover or consumed by guilt. If you cannot speak sharp you are considered dull or ill. Always do your best not to pass judgment upon others for their past lives. You should not over analyze the past but accept people for who they are now presently, over analysis of the past causes recurrence of hardship and recidivism. Be mindful of the past not to stir emotions presently over jobs well done, past. They cannot be recreated presently the past wrongs of others to make anything right right now. You have to move forward in life be thankful for who is in your life not who is not and why not.

It's all a matter of good faith principles -what memories we honor recall put forward and apply to the present is everything certain, just, correct, sensible when ever a decision is made it gets applied presently to ascertain fact from fiction. We have books for this you know complete records of thoughts in time and space why books are so cool. For time travel.

Chapter 66: Much Bigger Picture by Leslie A. Fischman  
02-10-18

There's always a much bigger picture to resolve when it comes to mental illnesses always have compassion for others you never know what anyone's going through in life without asking from the outside in having not known anyone in person to know who's well not well perfect imperfect. No one knows anyone this well these days always be grateful for predictable. There's much to be learned from someone honest predictable, harmless.  
#StopBullying

Sometimes you need to take a break and detach separate yourself and regroup think about what's important to you in life when scared or have fear of losses in life when your options are limited or your life is in danger these feelings and emotions are triggered so are mental illnesses beware I too have suffered a share of my own illnesses it takes time to say hear see right always report to those with good sight to protect the best interests of all manage crises. It's to each ones responsibility to care for themselves - here is where I care for myself. #mymollydoll

Lesson learned don't upset be upset for the fallen but appreciate them how far they got in life. □ Fighting is not the solution blame.

Mostly: Don't worry for them.

You can't expect others to understand you as you see best fit. Sometimes we are judged in the wrong and that's no ones fault but your own. You cannot undo the past you can only move forwards in life not backwards, tracing. Wondering how life occurs dating is on your own best timing not the timing of others always when you're ready to be hit on call attention to yourself. How the game works, when it comes to attention.

It's easy to choose yourself. Better to have lived life than not at all. It is never for others to judge your disposition in life treat you like you're a machine when you're not. It takes time to forgive and move on. Be treated as human.

You can't force anything to happen that won't happen on its own. When it comes to physics one must be positive in order to attract others, when we are negative, worried, or sad we are most likely going to be rejected.

Insert yellow quote here \*

You live and you learn how best to protect yourself and others from harm always be a good decision maker and stay out of trouble.

To have a good life one must be good. That doesn't mean you have to help people to be good only that you yourself are good to others from which all other goods come.

You can't go backwards in life to fix your problems you have to move forward. There's nothing you can do to change the past you just have to keep moving forward in life.

What you say comes true for you only if you allow your storyline to be repeated in elements forward in your life that's knowing about someone and triggering consequences for them for sight.

Disappointment hurts and expectations hurt + needing to be heard to see me well where I'm at in life hurts me to not be trusted.

Life stories are for those who've lived life not those in cubicles with few memories out to share why seldom spoken, quiet. Usually those with the most experiences are most comfortable with themselves and around others. When there is fear there's a clear lack of trust over old beef. That cannot be undone. You just have to move forward in life not open a can of worms. That cannot be closed, be wary of the buttons you push and some cannot go backwards in life once broken, taken over the hill.

Figure yourself out before others that way your more likely to read a situation from a grounded perspective without running the risk of offending anyone off beat. Off beat and bad luck occurs when we are not patient don't listen to others the first thing we do is bump into something counterproductive or set ourselves up in a trap we can't get out of. That's what puts you in a rush in life when you have to catch up after being off beat feeling behind in time that's how you burn out trying to hard to be where you want to be in life. Always pace yourself. Be patient with others as they have their own struggles too get offended easily just as you, victims of crime.

Chapter 67: Timing by Leslie A. Fischman  
02-13-18

You can't be scared of the past. In order to move forward you have to be present. Know when. When you're timing is off beat you're off beat -that occurs when you feel behind in life. Know your presence present matters well enough to let go of the past. How you get worked up over nothing. -and by the time you realize it it's too late or your timing is off you feel ill, burning. Don't traumatize yourself into believing things that don't exist. You can only voice yourself so often before it becomes unclear unnecessary a waste of time purpose not solid perfect anymore. Once you become defensive to the thoughts of others you become ill.

People with problems will think what they want to think absent of what they are told that's called delusional fears you cause oneself by engaging in risky behaviors. -There's a such thing as fame. Some are fame retardant some are fame attractors it all depends on your leadership skills whether you feel good to others light up a room or you light up in a room -shows what kind of person you are liking to watch or be watched. Affects how you light up to others. Always let the room light you up if you don't light up in a room means there's something wrong with you that needs to be fixed your surroundings should always feel greater than yourself more important than you, others. That's self-awareness of others, good behavior.

Some people specialize in being funny they're called comedians. Once you go funny serious scares funny. That's why you have to be careful how funny smart you are. To others your audience always read their needs not your own in order to be well liked. You get good attention by being good and you get bad attention by being bad.

You won't know where you're headed in life until you get there. Always be patient with yourself if you're not where you want to be in life -you should always appreciate now and who's around you -focused on what you have not what you have not.

Timing is everything in a World of fear your best timing keeps you out of trouble not off balance in life. You cannot go backwards in life, that's where blame and abuse lies. You just have to keep moving forward in life, step away from your problems, forgive, and move on. The more you stir the pot the more it burns and pains others to see you, then no one wants anything to do with you when you're off putting. That's why you have to be good to have good things happen for you in life. How to stay well.

You can't set unreasonable expectations of yourself and others. Never set the bar so high that you cannot accomplish even a small goal toward success in life. Success is the summation of a few short goals made and a long term goal reached in relationship to those short term goals met. Always be in the now, present to achieve well. When you get stuck in the past is when you suffer run the risk of causing hardship to self or others by bringing up the past.

One should always be strong not fragile to say the least. When you are fragile you are more likely to get hurt convince yourself of more wrongs than rights and have a displaced attitude problem toward life. That is called poor me-ing. Never feel sorry for yourself as others often are not sorry for you. You have to think big to achieve well in life, step

outside of yourself, love others, and be kind to all no matter what happens in your life. It's when you're down trying to get up that if hurt you snap make snap judgments that's if after overtime you've spent trying to achieve you fail. That is how someone successful becomes a failure in life by making the wrong decisions.

Anxiety and Fear go hand in hand, it's often times due to luck, failure to be ready to face what it is that's bothering you, or not ready to deal with something thrown your way. - Always be prepared to deal with your problems in life. Face solutions instead of your fears and readiness in place of anxiety, how to defeat your worries in life stay strong. That's how you get strong.

You know your best it should not matter to you what people say behind your back or to your face. Always be forgiving of others not combative that's how you move forward. The less you get insulted by others behavior as directed toward you the better off you'll be. Everyone has their own set of insecurities you are never alone. It takes time and attention to detail to function do well in life, never give up on yourself, you'll regret not trying and doing your best. Be fair minded about others to see clear.

It's always hard to move forward with a broken heart. You might worry about it breaking again and not know how to deal with it. Always stay steady in life and do your best to achieve no matter what. Sometimes you just have to keep going in life. You cannot stop at every loss or failure otherwise you'll never make it in life. Always stay put together and let no one bring you down in life.

The more you talk things through the better off you'll be. Sometimes mapping out your thoughts helps to remove any underlying pains in life. You never know who could be listening watching. Always put your best foot forward in life how you get to the good things in life.

Love who you are for what you are. You cannot live life worrying otherwise worry happens. Usually when you think positive things work out for you.

You can't go backwards in life, sometimes looking back nostalgically makes our lives feel short why it's important to keep moving forward in life. Thinking instead in terms of daily goals and long term goals set for oneself, rather than focus on the past and what has not gone well in our lives or what has gone well compared to where we are now. Always ask yourself is what you're doing now going to help you get to where you need to be in the future?

Never speak badly of others as this can spark paranoia worry about being found out of statements said repeated in a different context that makes you look bad. Why it's important to always say nice things about others not put others down.

When you're up you're up in life, and that's when it seems like nothing can bring you down in life. Don't get too ahead of yourself and remember not to take things personally as that may affect your outlook in life, and progress. Steady progress is dedication and

commitment to self-improvement. That means day in and day out working to better yourself stay well. Far too often people get sick, first of themselves, then others when they're down, always keep your head up in life, don't forget to try.

Doing things you don't want to do. We develop aversions to things sometimes when forced to do something we're not comfortable with, or don't have the energy for. Always listen to others, stay well, and never give up.

Dont wait around for life to happen to you. You have to go out there and make it work for you if that's what you want in life go out and get it. Nothing comes easy in life. It all takes hard work.

Chapter 68: Don't Wait by Leslie A. Fischman  
02-13-18

Dont wait around for life to happen to you. You have to go out there and make it work for you if that's what you want in life go out and get it. Nothing comes easy in life. It all takes hard work.

Having it all requires that you pace yourself. You can't burn out trying to make ends meet. Never force yourself to try when you're not ready. Always know when to stop.

Love takes time and patience. We're not always ready for it. Relationships come and they go but you always have to stay focused on yourself in order for any relationship to work out.

You can't be the best at everything. Sometimes you have to settle for just good enough - and be happy with yourself no matter what.

What happens happens. You don't have to live with your mistakes forever.

Chapter 69: Fairy Tales and Expectations by Leslie A. Fischman  
02-14-18

You should need no input from others to write your own fairy tell ending to your life. When you are good good comes into your life. Life cannot be rehearsed or scripted that's not how life works it happens on its own good timing. Why it's important to always be good to have good timing in life in order for life's blessings to come your way, that is called good luck.

When you expect something to occur it won't happen for you its when you least expect it life happens. You cannot predict the future and that emptiness in front of you is always lack of trust. Fill your voids daily.

Too many competing agencies causes delusion mental illness. Know your pack. Stay close knit. It's about ingrouping.

You cannot blame others for your problems, they're your own, everyone is responsible for themselves in life.

Don't expect things to be taken lightly. When you offend others the only person you hurt is yourself. Don't take things personally to the point you fight back put yourself at risk of harm. It's not worth the trouble of fighting ever that's never the answer to your problems in life. Fighting usually only makes things worse not better. Always keep a level head on your shoulders about you, don't make everything personally no vendettas are complimenting usually look dramatic and unappealing to fight for and on behalf of ones self looks immature to look mature don't be defensive to the opinions of others.

I think things will go back to normal but not when people are trying to control others things generally don't work out well under duress.

You should never take offense to the behavior of others as directed toward you, that's called selfish thinking when you think everything is about you. You should instead think outside of yourself and those around you see the bigger picture when all else fails until you feel warm again and everything makes sense to you, some drink, some don't, some smoke pot, some don't, whatever it is that brings you back to reality make sure it's a healthy habit that fosters growth.

Usually your worries and your fears are a product of what you process, what you know, culminate your fears. To rid yourself of fear be grateful for what you do have in life think not of what you have not. Not one good enough for the other. Not one better than the other. Elitism. Is painfully harsh to social well being and welfare these things do not matter in the grand scheme of things what matters most are you achievements + education pitfalls do not make or break you or turn you into an example of anything good or bad you are a product of your own sufferings in life by your own mistakes in life not by others.

Love is not the solution to worry or problems those will always painfully exist, mistakes in life, in private, and mistakes made in public those are events you cannot live down in life or move on from, usually caused by low self-esteem do the decisions we make fall off hand in life leaving us feeling short handed, it's by our own defaults in life we end up where we are not a product of placements made by others but by our own choices we end up where we are in life trusted or not.

Painfully disabled. Always be kind to those with disabilities. Fear them not. It's your own fears of the unknown when you see them and their future that causes you to discriminate those with disabilities as not worth your care, time, and attention. Be courteous to all who walk the walk talk the talk. You never know they could be really blinde not trying hard or acting, but just accept them the way they are, some of us are not actors and it's painful to cause people to act, that's unwanted fame, attention.

You can't convince someone that you are something you are not. Usually they can tell by how you present yourself how well and fit you are to handle the stressors of life and the workplace. Some of us better suited than others to withstand a few blows here and there while some of us are more sensitive, taking things personally, getting hurt over the tiniest arguments, about nothing to do with either you or them but a mood one or the other is responsible for managing themselves.

Looking back it's always clear seeing forward from that stand point. The main point of this discussion is to appreciate now not go thru the past too much, especially not to look for errors in others who've now bettered themselves moved forward in life. You can always be forgiven but your actions/words will never be forgotten. Be frugal with you energy spent each day, don't maximize your potential for failure by giving in to past deductions too much, be instead in favor of new deductions to be made to promote the overall general health and well being of those around you.

If it's acceptance you seek than by trying for it you'll never receive it. It's weird how life works out that way that usually you get not what you're looking for in life but something else instead that either helps or hurts your ability to achieve in life. These are called decisions you make toward your future. Figuring out what helps you and what hurts you. Always know where you're at in life. -You cannot be figured out by others only you can voice your problems out loud so that others may best assist you. You sometimes need to be your own helper your own best friend.

You cannot predict the future. Future consequences or outcomes. What you do have control over is right now. What you do today to better your life tomorrow. Don't worry about the could've should've would've in life and do the best that you can. -You cannot control what people think of you, that's outside of your control. You can control what is said about you by what you say about yourself, helps.

Don't assume that everyone knows who you are. What is known among social circles are not widely held beliefs about people, places, or things. You have to just keep moving forward in life not worry about the past coming to fruition, but by being present thinking forward you have the power to change future outcomes for the better. Looking forward see yourself as you can be not as you are or have been past to better yourself. Only you can see from within, listen to yourself often and always follow your instincts.

Once you fall for someone it's like none of their flaws exist. That's called accepting someone for who they are, unique, just as they are. You cannot expect someone to love you if you do not love yourself. You cannot expect to have in life what you cannot build for yourself. Everything take time, care, and attention to detail. Always takes your time in life to figure out your cares and what's important to you. Your priorities in life make or break you. Choose wisely how you spend your time, as life is short or long depending on how present you are.

Sometimes you can't change your life and feel stuck. That's normal. With change comes fear, fear of the unknown. You won't know unless you try. Always do your best to see for

yourselves and sometimes know when to stop and listen to others without having to go through painful learning processes alone. Always be a good listener, that's how you get and stay ahead in life, not by whining, complaining, or ruminating about mistakes past own it you lived it its your life, what more could you ask for. You are always in charge of you. Be the best version of yourself.

Take yourself seriously always. Even if no one else does.

You won't know your self-worth unless you try your best to be you. It's a worthless waste of time and energy fighting the opinions of others. Always be you. Don't worry what other people think that just causes insecurity and loss of self-esteem. When you worry too much things tend not to fair well for you why it's important not to worry.

When it comes to addiction and recovery there will be a lot of disappointments in life. You just have to keep going. Maintaining sobriety is so important for success. If you are going to be too nit picky toward yourself you'll never make it. Don't be so hard on yourself, just keep moving forward.

If you can't see beyond yourself it will be difficult to get far in life. Usually those who are compassionate and help others get the furthest in life. Don't worry about social status's as that comes later in life. Being yourself is most important, not attracting others to you is less of importance. What you project you get back on social media. Always be sure to put your best foot forward at all times.

Chapter 70: Achieving Your Goals by Leslie Fischman  
02-14-18

What You Know in Life by Leslie A. Fischman  
02-10-18

When you know what you want in life, nothing can stop you from achieving your dreams. You only have to accept your past, and move forward, not lamenting incidences or worrying what others think or might say about you, is always outside of your control and not your responsibility to ever control the thoughts of others about you or about others. That's called fighting when an opinion based on selfish needs is made, to promote an idea or a set of ideas that serves one, is called being selfish. Always be selfless when writing online, considering the emotions of the audience as well as how you may be looked at affected by your train of thoughts. It is very important to always be clear, in order to come across as neat and organized. When you are off center and not all together perfect, you run the risk of being attacked by aggressive people, that is juts how people are, trying to change you or trying to fix you, or trying to get what they want, or trying to manipulate your story or your character, or sense of being. That is called wrong behavior for or toward persons of interest. It is wrong to use people as pawns, for unnecessary causes but ego. That is an unnecessary use of force upon another to break a heart, and is undeserving. The only way to move forward is not to break, not to bind, but to let go.

Its Never Too Late by Leslie A. Fischman

02-10-18

Hearts break, and its never too late to fix oneself, and move forward in life. We may cry, we may mourn, we may feel physically and psychologically ill, but its important to keep going in life, always important. The minute you give in to sad emotions, is the minute you break, recognize whats hurting you, but don't let is make or break you in life. People will façade themselves toward you, to gather attention, they may even try to persuade you to think things you are not or behave in a way counterproductive to your well being and the well being of others. That's just manipulation, and there is nothing you can do about it. Often times we feel powerless to the thoughts and emotions of others, and this causes concern. Always keep moving forward, report as you go, and always do your best to keep your private and professional life separate from socialization, that is how you stay centered. People will cause blame where no blame exists to try to figure out causes and circumstances for illness always meeting you with disappointment a disgrace. Every way a person treats you is a manifestation of their own weaknesses in life. If they are not doing well, it may be difficult for them to treat you well. If you are not doing well in life, you may be treated as less than, less than capable of deserving a good life for yourself. These are all commonalities of socialization, competition.

Don't Laugh Until It Hurts by Leslie A. Fischman  
02-13-18

Don't laugh until it hurts. There are some people who are still suffering from losses, who have not yet made their amends, and still in pain over who's side to take. In life you are never obligated to fight, takes sides, or even participate in battles that are not your own. That only wrecks havoc on you psyche, mental health and well-being, and enters you into the blame game, which is a neverending story. Basically you have to be selfish when it comes to accepting any losses in life, that is time to only think about yourself, self-care is a number one priority, and so is caring for those around you. When you are ill, it is your responsibility not to make those around you ill too. It is your responsibility to make strong yourself, and to promote the general health and well-being of those around you. You cannot expect others to be there for you when you are down, why its important to be selfish when not well. You cannot care for others, when you are sick, as you run the risk of becoming overly (overtly ie needy) dependent on others, for serenity and peace. You have to find your own sense of peace in life, if you are to be surrounded by others in peace. You cannot expect others to provide for you something you cannot create for yourself. That is impossible to demand a life that you yourself cannot envision, and expect the same from others to provide for you a better life, you have to go out and do so yourself, make it happen, it will not happen for you lamenting and blaming.

Chapter 71: Addiction and Recovery by Leslie A. Fischman  
02-15-18

When it comes to addiction and recovery there will be a lot of disappointments in life. You just have to keep going. Maintaining sobriety is so important for success. If you are

going to be too nit picky toward yourself you'll never make it. Don't be so hard on yourself, just keep moving forward.

You can't make someone talk to you who doesn't want to talk to you. Once you get the silent treatment that relationship is pretty much over, meaning move on, and find someone else to talk to.

Never play games with the heart of another. You never know what anyone is going through in life to judge them. Always be kind to others, be understanding of the difficulties they face, but don't make them your problem. Always keep a certain emotional distance from others, to maintain stability.

You can't go backwards in life. Fighting with people that only creates more problems for you moving forward. It's always best to let go, once you let go you can form new relationships and new bonds. When you start to feel better new people will come into your life, but you first need to change in order to appreciate life's blessings. You have to move forward. That's how to find peace.

Don't give your power away to others when you're down and out not feeling well that's a recipe for disaster and self-harming behaviors such as drinking and drug use. You have to let go when a relationship ends. Where one ends another will blossom have faith. So long as you keep busy you should never be so desperate as to wait and get hurt when they return. -Best to just move forward then.

Negativity is a tough subject. There will be interferences. There will be blame. But be careful never to justify the bad acts of others or play accustom to their bad behavior, that's just feeding into it. You cannot stop the future from happening but you can do your best to always have positive foresight, when you cast doubts and fears that generates negative reactions within yourself and to those in your immediate surroundings if you're bothered don't bother others with your troubles in life that causes harm. Fears are nothing but delusions, about what is, normal vs reality. Some realities are unacceptable but not all realities are a consequence of stimuli generated by negativity but a byproduct of an existing mess that is disorganization. Always do your best to stay organized no matter what state of mind, is no excuse. Don't allow your fears to come to fruition always think positive forward -don't give in to hate toward self or others, that manifests blame & nothing gets done, that's when failure occurs.

There's no solution or cure for stupidity. That's always on you. For the long term, consequences for which are your duty to deal with on your best timing not the timing of others, as your luck has run its course when you know you've got bad luck in life when you're timing is off, and you feel behind in life, that's normal. You just have to recover from your mistakes, follow directions and move forward peaceably -that is the solution. There's no underground movement when it comes to normal that's up to each individual to achieve for themselves by themselves sometimes a normal cannot be taught must be seen for oneself.

When you feel larger than life, take a step back, and think twice. Are you sure you are thinking right, or is it a product of your ego or worry. You cannot succumb to your weaknesses and expect to make a good decision when down, you have to be up in life to make good decisions for self and others. That's how life works, stay well. Recovery is a process of downs, once you get going in life don't stop at normal, stop at stable. Always do your best to live comfortably as one of all, included.

You can't go backwards and correct mistakes made you can only move forwards, when you feel that way like you can't move forwards stuck, means there's some error on your part you've overlooked. So long as what you are doing now reflects well upon you the past should not matter as to your present. Sometimes you need to let go.

#mymollydollblog Focus on new ideas.

Always be sensitive to the needs of others, you never know what anyone is going through in life, some of us struggle more than others to make ends meet. You just have to have compassion for those who do their best, try their best, and do only what they're capable of achieving in life. You cannot live in regret, life is short if you so choose it to be, looking back too much, can cause harm to your outlook, why they tell you to focus on right now bettering yourself each day. There's always room for self-improvement.

Once you go negative the happiness of others threatens you seems unachievable unattainable. As a result you feel down, or wonder why am I where I am in life and how do I too achieve happiness for myself. Those who are fulfilled in life, have happiness. Those who are not fulfilled in life have unhappiness. There are also differences between those who are surrounded by people versus those who are alone in the World. Those who are alone are more likely to be resentful of those who have it all, thinking that it's because they have more they have less when really it's a matter of what you put out into the World you get back.

#### Chapter 72: Love and Relationships by Leslie A. Fischman 02-15-18

You know you best. Always follow your heart. If it doesn't feel right walk away. Something better always comes along. You never know who you'll meet in life if you don't put yourself out there.

You can't go backwards in life when it comes to relationships you just have to keep moving forward. Sometimes you don't know what's best and you end up short handed in life and alone -that's part of growing up, finding your matches in life. You'll never know who you belong with if you don't do your best give it your all. That's how to find your match in life, when you are at your best the right person will come along. Always match with someone who loves you for who you are and loves you unconditionally no matter what, that's how you know who to be with -someone who accepts you as you are, isn't trying to change you, but loves you as is. That's how you know who the one is. You must also have similar interests in common, by having things in common you have things to

talk about. Find someone who matches you intellectually, spiritually, and mentally. That's how you know who's the one.

When you're feeling troubled take a step back. Be careful not to repeat old patterns of thinking that keep you from reaching your goals in life. It's easy to self-sabotage when we are not feeling well and paranoid that's normal. You have to keep your head up not be defined by your weaknesses but by your strengths -that's how you get strong. When you feel lost -always go to someone in a position of trust for help don't, actually never trust strangers with your problems it could turn around to bite you later on. In order to move forward, with problems, you have to discuss those problems out loud, they won't go away on their own. Don't run the risk of not discussing problems as they may fester again in the future of you bottle up.

No one can tell you the right answer when it comes to relationships ... It's all about: (1) Respect (2) Admiration (3) Representation (4) Care (5) Health (6) Conditions (7) Love; and (8) Dedication. If you don't know what love means to you then you are not ready for love or to be in love if love embarrasses you or you worry about being embarrassed about being in love. You should always choose someone who (9) compliments you. That means you need to know who you are, what you're about, what your needs are in order to begin any new relationship or fall in love. Don't wait on the timing of others to decide what is best for you, or go by the standards of others when choosing a mate, you should choose who you think best suits you and who best to love and represents your best interests, that's love.

You won't always meet the expectations of your mate and that's okay. Only do what you feel comfortable with. You are never required to do anything your not comfortable with. Always be the backbone to any relationship, always provide a steady voice of reason that's how to stay together. When you love someone nothing should keep you apart. You learn to accept your spaces from one another together and apart, still able to function as a unit. That's called love, that no matter what comes between you your relationship stays the same. And is not easily affected by outside factors or forces. There should be no perceived interferences or threats when there is love, nothing should matter more than the person to whom you share love for, an undivided compassion for one another, that's called love. You can have a better life for yourself, when you're ready.

You can't just give up when it comes to love there's some give and take. There will be expectations but you just have to stay steady not get too wrapped up in emotions. You never know your self-worth until you lose your self-esteem that's when you know you've messed up in life and cannot go backwards. Always keep a good head on your shoulders and always react in a non-selfish way that's the mark of maturity that when bothered we don't react and only react to positive cues not respond to negativity and feed into it or give negative attention away, draining ourselves of positive energy. Do as your told, do unto others as you expect done to you, and don't do anything you'll regret later on in life, that is what keeps you either moving forward or backward in life.

Chapter 73: Conclusion – Last Chapter 02/16/18  
Book Quotes | January 2016

A true test of character is determined by how one responds under stress and after failure

It is by the choices we make when our options are limited that determine the strength of our good character and ability to persevere

What we do at the present determines where we end up, whether we know or not how successful we'll be, never stop trying to improve upon 1self

I learned through patience & perseverance how to respond under stress when things didn't work out for me, I never stopped trying 2improve

Whether or not we appreciate our blessings in life has little to no effect on where we end up but may stifle our ability to be happy trying

It's important therefore to value oneself first by valuing others & who is important in your life whom w/o we suffer from alienation

Happiness occurs when we appreciate the now as well as everyone in our life positive & negative which we take to help us grow improve

We cannot grow or improve if we do not recognize nor value our blessings in life & allow anything to affect us negatively always think +

People come and go from our lives ... It may hurt but it's important to put first yourself before seeking acceptance from others 4 validation

People bother you only for as long as you allow them to for a long time I was haunted by my Ex #Schizophrenic, but I'm okay now.

No matter how hard you try to be nice to someone & make amends w/them they will only bug you in reply back not soothe a rough edge.

People generally only want one thing. Privacy, mentions positive or not would rather not be mentioned. That I can respect.

I've learned that no one cares about your problems especially with them so best not mentioned to make the problem or person go away.

Otherwise the more you pick yourself apart and the less you succeed in life the guiltier they feel harder they are on you for failing.