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Book #5 (Draft)

Blog Posts: 12/11/18 to 03/07/19, 2017

By: Leslie A. Fischman

What is Offensive ...
03-07-19

I think generally... anything made privately shared in public is considered offensive to the recipient who in private spaces or confidences, needs no mention of experience with or of interactions made privately, that's considered confidentiality, and maintaining confidences, that's a matter of professional standards, but not in the private sphere to those who live public lives, often times their private lives are by what makes them human all the more so, judged by how they are in private ... determines whether they are of good standing in public. That is how to rate anyone's professionalism, by how they appear in public and how they treat others in private, that is how one determines, their good character, whether fit for certain clients, or subject matter, that is a heavy subject, when heavy subjects are brought forward it's the listener who always benefits having put things together, but only if the listener brings inward those emotions as affected or takes personally the sharings of others, as directed toward them, then in those cases, determines the fitness of a professional to handle certain subject matters, to some these subjects are elementary with a better understanding of the times, and for purposes of historical outlook moving forward know better how to handle situations or subjects given their experiences redirect others, that could be by knowledge from personal experience or could be by knowledge based upon fears, or pains in life, or knowledge based upon education and experience know how to handle the emotions of others, that's professionalism knowing how to keep a room calm, knowing how to speak in public, and how to carry oneself around others in conversation takes time, from speaking in public to speaking in private or speaking privately in a public space, how loud to be as toward the person or surroundings.

As You Get Better Handling Voices
3/4/19

As you get better you'll feel less and less inclined to defend yourself against voices taunting you or ridiculing you, that's just a manifestation of others unhappinesses with you, whether or not they can control you when you're up or when you're down, that's their loss of power over you, and that's not your responsibility to correct or make better others, only yourself. Whenever you suffer from a mental anguish or ailment, it's not your responsibility to help others, only yourself, and if you so choose to help others, and run the risk of others trying to prove that you're not well, and have no standing to be apart of, well than that's just them not wanting you to be apart of those who are well, it must be because they think that they are better than you, and you not deserving to be apart of well somehow suits or betters themselves, to see you not doing well or to do well achieve well, and then not appear or do well in life, don't let others get to you, not by phone hacking and especially not by voices be affected by anyone, no jokes or puns intended on #worldpeace, but have beared the grunt work to it (understanding the non-productive humor residing in any jest to motion for it), not to be obvious as a daughter to a season ticket holder to the Lakers since the 80s. I'm sure there have been jokes flying around for a long time, but none attached to my family, not until my ex-boyfriends best friend and him, Film Majors, created music videos, and YouTubes, and later a sister-in-law wrote and sang a song with Eminem while I was in law school, know your limits to association, if you were not associated then close, then not at a later point in time can then become associated and close, that's not the basis or connection from which any material was produced, but usually material is made from material that is already produced or out in the open for use, that is how material is made based upon what

is existing, as a law student I led a very private life, how I got jobs in positions of trust, and able to date, and have a normal life, as a blogger you are under a much different set of circumstances as a writer, you live a more sedentary and secluded life. That's not a product of being anti-social, its just a product of being sober and staying home, and wanting to be successful and by those successes be able to help oneself and help make a positive difference in the lives of others. You cannot judge someone now, as they were then, as a matter of wellness, one gets better over time, and whatever underlying causes for conditions existed then, do not exist now, and overtime voices will slowly take less hold over your abilities in life, the more able you are to focus and stay steady minded, not appear not well to others.

Procrastination Blues

3/4/19

If you're thinking about getting something done and you keep putting it off, you're likely to not feel good about yourself. The goal is to at least get something done, that helps you toward fulfilling those goals in life, anything off the beaten path ... well its you that winds up feeling at a loss, when you do not end up where you want to be in life. When you have time at your disposal, use your time wisely, that means setting a schedule for yourself, and not getting into procrastination habits, where you pick up one thing, start something, then not go back to what you were working on, lose focus in life. According to the verywellmind:

“No matter how well-organized and committed you are, chances are that you have found yourself frittering away hours on trivial pursuits (watching TV, updating your Facebook status, shopping online) when you should have been spending that time on work or school-related projects.”

Being in a position where you can schedule your own hours is to your benefit, but when you are given time off to work on yourself, that means use your time wisely, we all have deadlines in life ... meet them. We all have daily chores and self-care routines, keep up with them. Whatever gets you going in life, to start your day, and keep going in life, then don't stop. In fact its not uncommon for us to “underestimate how long certain activities will take to complete” often times when we leave a project and get back to it, its just a matter of sending an email, following up, or participating and attending functions, this shows that you are proactive, and by being proactive, you are positively aware of what needs to get done, and getting what needs to get done, in alignment with those goals and interests in life. That's being organized with your time. Whether its keeping a daily calendar or schedule, that's how to stay on top of things, a little advanced planning goes a long way, that is setting daily reminders to accomplish goals.

Reference:

<https://www.verywellmind.com/the-psychology-of-procrastination-2795944>

Never thought that was odd

3/3/19

Growing up I never thought that was odd, film, or who worked in film around my family, it was never a dream to work in film, but now have jobs in Tech and Film. -They filmed scenes from the movie Clueless on Bristol, where I grew up, on Rockingham. 2015 my best friend came to

town and we toured the Mann Chinese Theater in Hollywood and the Paramount Lot. I don't think people are so organized as to be provocative about the times, but I think in doing so, it looked provocative for us to be on tour, as though an outing to out those who may or may not have caused harm to beauty standards and standards of intelligence deemed beautiful. I think for the most part, these films have led us perfectly in terms of fulfilling standards of intelligence and beauty, if there were three movies most relatable to my life, it would be: Clueless, Legally Blonde, and Black Swan. These movies are about beauty and intelligence, popular movies, popular doesn't mean most relevant, but at the time, not a big movie buff but have seen a few movies, these were a few of the movies I saw in part, I didn't finish watching Black Swan after the cutting scene, it was too relatable, self-mutilation. I think blogging is fun not in a way that self-harms but in a way that similarly allows you to shine or pick yourself apart to do better. I don't think that movie code or music code rules the world, but it has in some respects affected our intelligences and the way we see the world, for better or worse (there are a few examples of for worse, we will not discuss: Hitchcock and Manson, one of two were sued). When reality hits, one should not recreate what is seen in their lives follow like a script, nor treat others as though they are living in a movie, and adhere to scripts to portray someone as movie like. For the most part I have done my best, I did not go to law school because of a movie, it was because I was a hotline counselor 2004, certified and wanted to make a positive difference in the lives of others, and thought a law degree would be more helpful to learn how to advise others, but see that a legal education helps you think better so that you can advise, but by laws. Overall I think I have become a more intelligent person having attended law school, and look forward to finishing law school, although its taken me many years to finish, working in between semesters, to keep my career going in life, have finally found a couple jobs, who believe in me, and willing to work with my schedule and accommodate my interest in finishing law school.

Hearing the Truth
2/28/19

Some people don't deserve to hear the truth (especially people you don't know or who you are not close to, to put love into anything and given access to by someone who does not appreciate your hard work) don't expect everyone to be on your side in life, some are not -interested in their own selfish endeavors to create circumstances to make you look or appear less than significant or stupid. Don't be so trusting. If you interpret everything as related to yourself, then youre not learning from the past, but applying the past to your present well being, those who are wisest learn from not only their own mistakes but the mistakes of others, and based upon those understandings build better understandings about others. That's not how to interpret a finished product, although you may purchase finished products that were made for you, they were not literally made for you, I think that's what they mean when they say don't think youre gods gift assume that your life was created for you but that life itself your life should serve some greater purpose, that all things were not created for you, but that those things in your life are to help you live life with the intent that they were created for use by others, that's judging a finished product as not created with a sense of causing harm to people, but created in the sense to help others identify or to help build a better understanding of life itself. Based upon my own experiences I have never assumed that any person has intended to harm me or that any finished products are about me with intent to cause harm to me or others around me who know me. Never assume that everything is about you, that's bound to leave room for mental illness, and assumption that others have additional intent or continued motivations in life to justify those attacks to your good character, never assume that everyone has your best interests at heart but also be wary of your

connections in life, they do matter, and how you represent yourself will dictate how others around you interpret your understanding of the bigger picture and whether things are about you or not. Be patient mostly with yourself, after all it's your responses to others that matter most.

For the most part
2/26/19

For the most part, what is known about you online, is based upon what you share about yourself, don't expect everyone to be able to put together bits and pieces about you online to see the bigger picture, if in short what's understood about you does not match up to what you want known about you, then by all means be defensive. The times are tough ... "It's a good illustration of an issue we have in society — which is that we no longer have control over what people can infer about us," [1] Pictures, blog posts, and personal data is stored on your phone, but you don't have to store that information online too. That's the main point, there comes a stopping point to logging your daily activities, and that includes personal information shared about yourself online. How much of a timeline is necessary to be kept? What you keep to yourself, is your right to privacy, when you share too much information about yourself online, is how and when you run the risk of public scrutiny, that is what you become defensive to, ideas about you, the wrong ideas about you, or when people think they have you all figured out based upon what they read about you, to know what you think and based upon your thinking make deductions about you and or others, is the wrong way to pass judgment, one should always think for themselves not based upon the opinions of others think, but based upon a totality of circumstances see the bigger picture. Life's much to do with acceptance, but those issues with regards to acceptance should not expand to all people if it's only just a few people who do not approve of you, or your sense of being or dialogue online, make sense. That's not the problem always, one should never assume for what reasons others speak or based upon how they respond, interpret them now, as though this is how they were then, if a negative reaction can be generated from them use that to their advantage to say from negative places one thinks and therefore because of that response should not be listened to, as not responding likely to negativity and an expectation of negative response needed to make them feel better about being negative toward you. ~You should be strong enough to know when to say no, when to tell yourself, you're not willing to share information about yourself if you will be viewed upon in the negative, that's not your responsibility for people to come together in the sense of jokes about you, or on you, to make themselves feel better, that's not your responsibility to enable others to harm you in that way, ostracize you because of what you share about yourself online, and then made to share about others online too, that's an example of an unwanted interaction, those who wish to be included versus those who wish not to be included, everything occurs with permissions, permissions to be spoken to and/or about freed. – For the most part I represent myself, and in that capacity defensive always. Acceptance is key to building a better understanding of what lies within, not harm self or the reputation of others in the process of working or finding oneself, who bears that responsibility, me. Not to do or say anything that misrepresents ideas about self or others, as well as the ideas I support or groups.

Reference:

[1] <https://www.sciencenewsforstudents.org/article/social-networks-can-learn-about-you-through-your-friends>

Pick and Choose Your Battles in Life

2/19/19

Not everyone has the option to pick and choose their battles in life, some jobs get handed to you, and depending on how you see things, get led astray in life, fighting things that don't matter or staying on the political wagon so to speak on picked for topics of discussion. If you reside on the side that is not for discussion, well then that's a not a side spoken about. You can't do one thing and say another, my biggest faux pas, for many years made no mention of where I stood on the subject. When you take a stand on a subject, that doesn't mean "stand your ground" its not that aggressive a move in life, to take a position, if you take a position that doesn't mean that you need to fight in fact fighting only makes things worse. Learn to go with the flow ... that sounds like letting things happen and then responding, but in taking a stand against something you believe in you become apart of a greater whole of people who care, and by those cares, able to make a difference, not by fighting. When you believe in something you may not always sound politically correct in saying so, and so long as not for political reasons making a statement, then will not be interpreted as saying something for political purposes ie wins or gains, as though losses are paramount. In a perfect world we would pick things to care about that benefit us, but in todays world that may not always be the case, sometimes we are required to take on more than we can handle, and at any given period in time, and emotional stability, required to act in accordance to a set of standards in order to be of service. If you are not fit for helping others, that does not mean that you are mentally ill or that there is something wrong with you if you don't take a position in public, that could be whats best for you, to not take sides in public, or to not support any causes publicly, one should not support in fun, but make general efforts to continue to help in ways that they can.

For Awhile Now

2/18/19

For awhile now I have been wanting to expand upon the "services" I provide to others in a more professional way, by writing articles, instead of just thought driven dialogue about my life, and what I see. I think its best to continue my education and work on my dissertation, while continuing appointments with Torah Bontrager, to learn the skills necessary to write articles, and perform well as a writing professional online. So lucky that she is willing to work with me, in spite of my mental health issues. On March 3rd I plan to attend a Panel in Santa Monica addressing Gun Violence Prevention. Although I have had my battles with mental health issues, I have always made it a point to stay involved no matter what my abilities are or no matter what state my mental health issues were in, it doesn't hurt to be a good person, even if you don't feel better in doing so, it matters more to care for your cares in the world than to not care at all and do nothing. So thankful to have been accepted to her writing program for #leverageyourstory ... I think based upon my website stats and feedback from Instagram, that everyone is doing much better with some systems of support in place, in response or not in response to current troubles facing the times ... never stop trying to do your best, and help others, that's the main lesson ... a little help goes a long way, to #stopcontroversy in its tracks. You can have friendships and alliances in life, that will be life long, and those life long connections hopefully in turn will lead to other helpful connections in life, this is one of them. (Update: Friend Request Accepted on Instagram).

Don't Get Caught Up in the Moment

2/15/19

Its easy to get caught up in the moment when we have our good wits about us, defensive to the displays made by others, as though we should be affected by how another person outside of ourselves responds to a group or audience, it may have nothing to do with you and everything to do with them, always take that into account. -I just had surgery on my right hand so will be in a cast for another few weeks and physical therapy. I think this injury represents not being able to handle the times and in response to my frustrations self-harmed, I just got a gym membership at Equinox with a kickboxing instructor, so far so good, minus the fractured hand. Where do ideas come from ... our tone, who advises us, or do we falter most by the advice we give ourselves. When one way stops working think there can be better ways at finding resolve, especially when it comes to addiction and self-harm, you don't always know best, best to seek professional help and guidance, not blame others for any self-inflicted injuries. ie Take your meds, plenty of them and get back on track not easily affected by voices.

Whats Unsettling
2/11/19

If there is something unsettling about a person, do not review their records as doing things to prove cases or sides, or to demonstrate knowledge and with that knowledge respond to others to demonstrate a knowing of something and then doing something to further that awareness or a having of that knowledge. That does no one a good service in life but a disservice, to then as a guiding light or force, use that force or guiding light to shed negative light upon someone, as not with love, or with hate, or not with love, take good care of themselves, if there is no transmission or sharing of a person's private spaces, then that is not with harm taken. -That is a negative judgment upon looking at someone you do not like, thinking they are a bad person based upon what they look like in the privacy of their own records, not with love reviewed, but with negative judgment, a lot of photos need to be taken to get a good photo, do not judge those who are experimental with themselves in private spaces, or judge them for how long it takes them to be put together and create a positive image of themselves, the time it takes to look well is different for everyone, and in so making others feel heard, that is to cause me to self-harm, a losing party to any discussions about, hurt my self-esteem, my image, my abilities, or my connections in life ... that is to hurt my ability to move forward, attack my character. What you make reference to you become a product of, that illness, and in so sharing spread illness of thoughts about a person, me individually, to get others to think ill of me too. Be careful what you keep a record of ...

Rising to the Occasion
2/11/19

If you rise to the occasion enough times, eventually you get hurt trying, that's called being taken off course in life. Sometimes when our defenses are down while helping others, its easy to become (1) exhausted, (2) wind up in the wrong place at the wrong time, and (3) self-harm. This occurs when you are no longer guided by self interest but affected by the interests of others. When people do not understand for what reasons your mental health issues arise from the tendency is to be defensive as toward you in that case proving them wrong does not work but does both sides a disservice making the side, to whom your wellness, appear bad or in the wrong for having reacted in defense to your wellness or sickness for that matter. Sometimes when you get taken off course in life, you have less time for self-reflection as you are acting in response to

circumstances, without your defenses up, how one who while helping others gets harmed in the process of doing so. When your defenses are not up, and you are not sharp you are more likely to get hurt as minding your own business, whether its working, or in an existing relationship, affected by others who in turn affect those relationships existing. Its important to note for what reasons contacts are made, in efforts that support existing relationships or existing causes not for ones own benefit are connections made, at least in my case. Be careful not to assume that these things are done by the person who is harmed, sometimes things are done to people who get harmed, that's the main objective is to make someone look bad, its for those reasons some people are harmed, to make them look bad to others or a "sell out." What is a "sell out" someone who stops trying in life, for selfish reasons, seeks to not contribute positively to the purposes of others, and in trading sides for themselves gets deemed a "sell out" while working on themselves. Be careful not to physically exhaust yourself, for any causes in life, if you focus on the right things, doing what you do best, then its by your gifts in life that you can contribute best to the causes of others, without interfering with their abilities to support those to whom causes are created. Sometimes in life we switch teams, and that can be either because relationships have faltered, or because one another does not support the causes to whom the other supports, and by those differences, relationships cease. That is to both a benefit, sometimes for relationships to cease, that is so that both can thrive without the other. Whenever a relationship does not work out, be careful not to take into account, what is going on around a person and blame environmental factors for an individual's illness, that can cause insult to the environment around a person, and instead they will blame the individual as being of illness, and do everything they can to prove that a person bearing illness is of illness unrelated to their environment, that can affect the care given to those not well.

Never Assume
2/9/19

By bringing up the past sometimes you ruin future opportunities for success, there is a difference between a recommendation and a mention. A recommendation is by someone who speaks positively of you, for a future connection to be made, whereas a mention by someone about someone from their past can be interpreted in the negative as toward you and make the mention appear better than. Especially when it comes to references, referencing your past ... don't be so defiant by mentions, or defensive as to others, chances are less is more, the more you talk about yourself in the past and the less you talk about what it is youre doing now, the more anxious you'll be and the more likely your audience will be anxious, not knowing whether you are living in the past, or presently situated at peace with yourself and others, don't be bitter toward your past or others, everyone deserves acceptance and an opportunity to move forward in life. Reading Option B I realized its more important to forgive oneself for expressions past then it is to talk about or later try to justify how you have expressed yourself, people are most forgiving when you are honest, and about yourself not about others. People mostly want to hear about you, when reading, not about you speaking positively about others at your own expense make yourself look bad, its no ones responsibility to by mention defend others from your past, if everyone loves you thinks highly of you then do your best to promote the same, by speaking highly of yourself, and thinking highly of yourself, not allow the worst to come to fruition, there are many friends to be made along the way in life ... its up to you based upon how well you speak of yourself to make friends. If you are uncomfortable ... chances are you'll make others uncomfortable ... know your matches in life, and always do your best to bring comfort when comfort is needed, and never hesitate to ask for help when help is needed, you cant get anywhere

in life living in the past as blaming others for your problems ... if its addiction then stop, if its self harm then stop, and if its procrastination then do what you need to do in order to keep moving forward in life ... life is short, meant to be lived to the fullest and without regrets ... don't overfill your plate with more than you can handle in life and always be thankful.

Reference:

<https://www.amazon.com/Option-Adversity-Building-Resilience-Finding/dp/1524732680>

The Resentments We Harbor

2/9/19 (10/25/17)

10-25-17 [removed] [2nd post]

And posted 2/7/19 and 10/21/17 (check date)

The resentments we harbor are usually due to some expectation that something needs be said to keep something from occurring we think necessary to keep something past from happening or something responsible connected past that is reason for something occurring usually a delusional connection. (02-07-19) You have one of two options, to share or not to share, to share what you have shared, or to not share what you have shared, to discuss what you have shared then as compared to now, and why what you have to share now is different but unrelated to what you have shared then, who's fault is that ... whenever you blame any one person or group of people for a system of sharing created to protect the best interests of those who are well, the ONLY way those interests will not be protected is if they have done something wrong then they will be corrected, at that point forward that person is no longer helped, but frowned upon and looked at with purposes for dissecting toward negatives, not helping a person get strong or achieve better in life, but seeks to worsen their core sense of selves to decipher what they are responsible for ... that's a system that relies on honesty, and if honest, and if one cannot determine the faults of others on their own, they should not extort from the good the wrongs of others or of themselves in order to make perfect their minds about whats gone wrong.

Displeasure with Repercussions

2/8/19

Never become defensive to the displeasures of others, whenever something shocking occurs, which you then think are related to your own mental health issues, its important to discuss but not as related be blamed for influences to others or as influencing concepts that guide thought processes about, who is to blame, who is victim, and what is to blame is not for anyone on the outside of anything to judge, as a person who has been affected from within from outside circumstances and by default from my own responses in life to hardships, that is no ones fault, its difficult as a writer to provide constant reminders of my positions to not create teams in life which have much done a disservice to those listening, as the people to whom topics are addressed and applied to for insight, or for feedback, to then require those to whom are designated as "mentally ill" then expected to write to a standard that benefits all, benefiting all is difficult, there will always be sides, and the readers job is to not be judgmental toward others, as by reading, and my job as a writer is not to write about others only myself, that does me a disservice in life when I have to deal with beyond my own mental health issues in life, and its not helpful to make things about someone who suffers that would be unfair to do to finish someone off, as bad, or to further ruin their abilities to make progress in life as well and good. -This is not

about not liking my situation in life and then drawing inference to the situations of others, and bring attentions to things that do not matter now have already been dealt with.

When Things Come to an End
2/7/19

Its not that people choose to be apart sometimes they are kept apart and for whatever reasons, there will be lack of synergy, or compliance ... that's just how authority works sometimes we rebel from sources of support, and sometimes those sources of support do not listen. That has nothing to do with anyones intelligence, its just a matter of instinct, what is considered approved conduct, friendship, conversation, or cooperation ... anything serious tends to heighten tensions, that goes for everything, not just within writing, or within interactions, or by talking to the police or FBI, that just a matter of paranoia or doing your due diligence, if you understood how much work was put into building a website of this importance to me in my life, to have a voice, and be able to write freely, then you would understand that it was done so, with blessings along the way, maybe not at the getgo, a purpose for attending, only to visit the court during a difficult time for everyone, I think some more affected than others, as time gathers and more and more people become affected it becomes more and more necessary to not only do something (sometimes not our places in life) but if well we can ... if things are not going right for you in your life, and you change your course in life, that's okay to, you can support causes, and then choose to focus on the basics again your lives, sometimes its necessary to highlight circumstances, sometimes highlighting problems can cause problems, I know this as through my own life talking myself through my problems, that if I state an issue it arises in my life, or if I advise myself of what not to do, eventually it just so happens to happen without any reminders, be careful like me not to self-sabatoge and scare new people away by over divulging too much information about yourself for clarity of the issues they are not under the same kinds of pressures as you are and so long as you are doing your job, you can expect they can do their job and treat you for your problems. Its been over a year home on 4 night meds everyday, I used to not be on any night meds throughout law school, this is new for me.

Represent Yourself in Life (Comfort with Self)
Comfort with Self ...
02-07-19

I think theres a high expectation of someone who is a writer online to be comfortable with themselves enough to speak, some are soft spoken, if not used to talking in a public environment, that's your whole life not a public speaker, then its hard to start talking at any later point in time, just be respectful of people who CHOOSE to write instead of talk, that's I MY choice. Someone who is comfortable with themselves does not necessarily mean that they are comfortable talking or comfortable with their bodies, just because someone is portrayed as something they they are not, does not mean at some later point in time that way with all, or give the same equitable treatment to all, as though that's deserved given their standing as lesser than. Don't portray yourself as something you are not, that is what is to be learned of all of this, and then be treated as something you are not. My best friend accepted my friend request a few days ago, please leave her out of things, and not as meeting me tell your story as though I am someone special or someone who as known, have been affected by, live your lives as separate from my stories or how I have managed my life, my heart, my intuitions, and my thoughts, just because a different set of reactions occurs within you upon reading my writing does not mean that my body works

the same way, just as no mind works the same way, everyone is different, you cannot treat all people the same, that doesn't mean that they require special treatment it just means that as they are they are different, no one is made special by knowing someone special, if you want to feel special do well in life, no one can change they way you interpret life, just as I cannot change the interpretations of others about my life or things that I say as misunderstood, care rescinded, or to justify a past rescission of care, if upon being left to your own devices in life, are not as strong, then its important not to blame others, who as described or felt they have been described justify treatment of you as though you are an outter of special interests or BY misinterpretation MISREPRESENT others or YOURSELF. -Represent yourselves in life.

Building a Trusted Brand

2/7/19

11-25-17

Whenever you build a trusted brand, its fundamental concepts must be sound, and counterproductive to things that are considered untrustworthy activities. This I learned through experience, with defamation, first hand knowledge, its trusting the opinions of others, is when I find trouble. -In order to bear a trusted opinion, one must be educated, it is not by association or connection, that one is trusted, why I built a brand with a pseudo-name mymollydoll unattached to anyone previously, or by prior association connected back to me. -When moving forward, the brands in existence for the longest tend to be the most trusted brands, how a brand is built, and how a brand is trusted, it takes many years to achieve trust. (02-07-19) Without SCOTUS I would not have build a company tried hard, and without their attentions, I would have not been able to help others, that's trusting them. And with that trust trust is built, and from those foundations ... people feel safe + smart.

Once trust is broken, by situating any confident or competitor worse off, you end up on your own, why they say "its lonely at the top." I'm sorry if any past post portrayed anyone in the negative as not smart or not all knowing, naieve, or too responsive, or assuming the purposes for responses, I do not know everything myself. -There are periods when you make decisions in life or say things, that will not be in tune with everyones best interests, make sure those are not for selfish reasons decisions are made, and whenever a decision is made, make sure its with a good heart, meaning something positive is to become of that decision later on, that's seeing the positive in decisions made, and when you accept your circumstances and live up to your potential well then that makes everyone look good, including yourself, and that's not something you should not feel good about everyone deserves to feel good, even if at your expense along the way to achieving well, how quickly people forget the bad times, when replaced by better times, that's one solution ... to improve upon what is here, and do your best with what you have, and sometimes there will be people who will benefit from your wellness and that's okay.

The Resentments We Harbor ...

2/7/19

10-21-17

The resentments we harbor are usually due to some expectation that something needs be said to keep something from occurring we think necessary to keep something past from happening or

something responsible connected past that is reason for something occurring usually a delusional connection. (02-07-19) You have one of two options, to share or not to share, to share what you have shared, or to not share what you have shared, to discuss what you have shared then as compared to now, and why what you have to share now is different but unrelated to what you have shared then, who's fault is that ... whenever you blame any one person or group of people for a system of sharing created to protect the best interests of those who are well, the ONLY way those interests will not be protected is if they have done something wrong then they will be corrected, at that point forward that person is no longer helped, but frowned upon and looked at with purposes for dissecting toward negatives, not helping a person get strong or achieve better in life, but seeks to worsen their core sense of selves to decipher what they are responsible for ... that's a system that relies on honesty, and if honest, and if one cannot determine the faults of others on their own, they should not extort from the good the wrongs of others or of themselves in order to make perfect their minds about whats gone wrong. [removed]

How Well You Work with Others

2/7/19

Its important when working cross professionally not to cross talk, as recommended by AA, just like any therapeutic setting as individually intimidated by others, this can affect output, that may be what competition is all about, input and output and trying to control others, through their speech, and affect their native tongue. Do not interfere with peoples abilities to communicate, and some may be more blind than others, encouraging of defaults in life, and less encouraging of defaults in life, never assume that someone is to blame for their conditions in life, and predispose them to abuse or discrimination based upon those rejections in life, be denounced, or treated as less than feminine or less than female, do not put in the new stories about people ... as about others, as named differently ... that would be to tell another story, as about, if you know who is who, don't then go on to say that I am not one of them a victim ... just like the news so are characters NOT based upon people not a party to a story ... that's not the same as using the real lives of people to share a story or to tell a story, by using characters with the permission of others to be used or mimic'd, for what purposes do people live their lives ... for others, not living for people they do not know, maybe living off people they do not know, who earn income from fanship ... but I know my family ... how do others know my family as told through cartoons or film or music ... that's not how entertainment works, entertainment is about entertainment, and real life is about who is around you, not go by what is said about you through entertainment, that would be wrong to assume likeness, that in the past entertainment was used to tell my story or stories around me. Each story is to its own meritors, and by its own bureaucracies determined outcomes as to who is merited for those judgments, story lines, and predicators of the future upon which stories may be built or based on an even playing field, that is entertainment, real life however does not work like stories, from which prior to knowing how life was interpreted by others by use of film and music and television, is how people were being judged as not clean enough, and because not looking clean enough needing to clean up their image, and that that necessitated being hard on people, thinking they had an opportunity if found out about to later clean up their image, once you ruin someone, before they understand the beginning of time, then if they mess up in life, and they were hurt before they messed up and hospitalized do not punished them for getting sick, when they later get well, to see them get sick again, if not for the same reasons sick the first time, that's outing a system of judgement, that needed not be made public, if possible to later use, characters in entertainment, and not limit those usages, based

upon how they have applied and gone wrong, or caused illness in real life to people whether or not they were based upon people in real life or used as comparison to people in real life.

What You Know is Important ...

2/7/19

1/17/18

What you know is important, to disclosures. That is what is sought, is information unknown to others, but known to you, that is how one is interrogated, by information known now known. Usually people with information are known to others, and people who suspect information is known, interrogate those people. What information is known, is what is presently thought in possession, but not had, and upon such bases, a decision is made as to the outlook and conduct of an individual who has not relapsed and is sober, for which others are now defensive to. Do not suspect or interrogate those who are innocent, it is by your own misconducts, that innocence is lost, not by one you deem relevant judged as an offender for decisions past or present. Be careful not to intimidate people with your knowledge or think present circumstances non-existing that's called delusion. Delusion is not a punishable offense in this Country, but theft is. Do not steal from others, do not steal the identities of others, and do not erase anything. That is considered the highest offense. What is not yours cannot be taken by anyone, I am not a dependent, I am an ABA Certified Paralegal, I never play victim. How one communicates is important, what you connect is what you deem relevant. I am not connected to anyone, and I have no associations, I'm very professional. I am like minded in the realm of public safety, and mental health concerns. Be careful of overzealous prosecution of innocent people, that leads to unrealized hardships, and does not cause one to commit crimes, but report crimes upon them. Distrust following statements of "noted for her honesty" does not make sense. Be very careful with your words towards others, not be offensive toward anyone, who you deem as not good enough or replaceable. Do not judge people for their character, or for their decisions or choices made, they are not your own. Always be yourself.

Being a Positive Influence

2/7/19

11/19/17

Being a positive influence requires knowledge of the appropriate settings for putting positives into motion. This requires tact. Not just responsibility to care for oneself and others, but for ability to respond under pressure, in the right, and correct wrongs as you go, that's how you become a base station and a point of reference for assistance while in a state of trauma, trauma occurs when you are not in the know and something happens, so long as we are all in the know, nothing can happen by surprise anymore to us, that is my sole mission, to help others stay in the know and positive, so that they can react in a way that supports positive functioning not dysfunction. I grew up with ADD/ADHD, if I sound immature to you I'm sorry but this is the way I write and this is the way I sound, and this is how I react, always with assurances and always with positivity, I was raised to always see the good in others, and with that viewpoint, I have been able to achieve in life, not live in fear. Living in fear occurs when you see negatively, and see the negatives, by over focusing on negatives, that is how one becomes concerned with others, it is never your responsibility to care for others, unless you are a professional and certified by state law, Colorado State Law, I am a Certified Crisis Hotline Counselor. And with that responsibility it is my job to make productive the times in trauma, that's how I help others.

By not mentioning the negatives and not corresponding with negatives that is how we can best deter crime and stop crime, that is my theory that is my belief, in response to the times. The more ads you place above the more ads you get back. That is a given President Barack Obama put so many ads up in the Press Secretary's room I had to respond to that crisis and put an ad up on my blog, which ended up getting taken down for a period in time by a court order Texas, we are sorry you lost your homes, because of a lawsuit, I got sued and put in jail and in the psych ward because I hit my head because I relapsed on cocaine and Leo died of Cancer. That is why sometimes, whether or not you agree, you should just ignore or block people from the reality of your situation, so things don't become an unnecessary situation, where others live in fear, because one is not liked is no big deal, its just a consequence of someone being put in jail for no reason, a prisoner of war, until everything resolves itself, I came up with the solution: #bloggingcampaign. It is still in its developmental stages World Peace as we all adjust and respond by words or actions, this takes time says The Academy Awards, who are experts in World History, I am not a Historian I'm just a writer, and reader of what is assigned to me. I would never hurt anyone with my blogs or threaten anyone with my blogs because that is why I committed suicide because a Lawyer in the Valley threatened my Family to speak (2008) I read that blog on Google and committed suicide (2009) after joining the US Navy. Why a cruiseship sunk, because of Petrocelli, it "hit a rock" and then Barack made the #MLKMemorial, I mean I'm not sure what he is trying to communicate, but I think we should all trust one another, and not cross lines, burn bridges, or place blame, if you have questions attack me that's what I'm here for like a Juke Box EMLK for everyone!

Facebook Heading: #BlogPost: Being a Positive Influence by Leslie A. Fischman = EMLK #bloggingcampaign #mymollydoll #mattel #americangirl #PresidentTrump #Oklahoma #76Station #Books #DanBrown #Dolls #Guys #Mean #Nice #WhatClub? Says #AngelinaJolie

The Stopping Point
2/7/19

The stopping point is not your intuitions it's the intuitions of others trying to control your intuitions, that's others thinking that they know better than you and that because by what they know in life, think that they know best ... that's by their guided intuition, how they see fit, not with your best interests in mind always but their own, be weary of that. Don't be egotistical about image that's the main lesson, what's life about ... what people think or what you think people are thinking about you or others, that's the problem, not having a shared understanding, and thinking that everything is purposeful or planned, be understanding of the intentions of others and best intuitions, especially if it does not involve you. Unless you make something about you will it become about you and that's how you give your power away in life, or call upon others, to do so for you, that's whether in your best interests is up to you to decide, for yourself, when your interests have been met, that's your right to privacy, no shared interests should require a meeting of the minds, or cohorts, or likeness in candor gesture or demeanor to be understood as together for one idea to take place, that's not a shared understanding, but an understanding changed to meet the needs of someone else, who personally feels affected and not be understanding of someone who is not intending to personally affect another, what's this about "tardiness" "broken hand" and "#SOTU" all in attendance say "I." I think unless you make yourself of subject will you become of subject and then people will take it upon themselves to correct the thinking about the subject to an acceptable wrong or right that either favors their interests or does they or others a disservice, people have their own set of ideas in life about

others, and those ideas about others will not change unless called upon for correcting ... be weary there are two sides to every puzzle and a broken bone in my hand, that now requires surgery and anesthesia, that needs PCP approval. -Therefore do not take personally that I am friendly and do not take personally that I do not make eye contact and do not take personally that I have difficulty in public settings and do not take personally that I am intimidated by others and do not take personally that I stare at the ground and do not take personally my health, and do not take personally that my health does not change by you, and do not take personally if I become sick, and do not take personally if I am well, and do not take personally if my face changes, and do not take personally if I get thin, and do not take personally if I gain weight.

Privacy is So Important

2/5/19

Privacy is so important to any conversation ... sometimes what makes you smile can come across as obnoxious as told by others, maintain steady ground always in the acceptance department ... don't be too hard on yourself ... not everyone is reading, you can't control people or their commentary or their thoughts. To be stable minded you have to think from within ... not as in response to others ... when everyone looks innocent its probably because they are and just minding their own business, it's a lifestyle choice to not do well in life ... not because of discrimination or victimization or whatever you think is the problem its probably more to do with you than others ... let the innocent shine and be good to yourself in order to receive praise from others and feel apart of ... it wont always be the case that youll shine and it wont always be the case that youll stand out youll have your good and bad days the most important thing for anyone to do is blend in not because you have angst or discomfort but because you genuinely want to not offend others, by your attitudes in life and genuinely not offend others by your discomforts in life, you cant keep your head down through all of life sometimes you have to look up. -I have attachments in life but not to people, to things, call that addiction, while separated from my computer in the shop fractured my hand ... that's a loss of control to a space I find comfort in ... my computer. Don't go bizerk because you have experienced a financial loss or a property loss, it happens to those who are not well me included, its not the responsibility of others to manage what is of value to me, only my responsibility not to complain upon such losses, or for things that I say out of tune. If people know your story or know about you they will test to see if you are that way and in doing so ... hurt your esteems by making you look stupid or out of control and feel out of sorts, don't be nice to people one day and gone the next and hope that everyone understands when that happens to people its not because of drugs or alcohol but because their mind is someplace else, why its important to focus on things that don't change in life, as well as accept the changes that go on around you ... you are only human, all humans age, aging is a process and so is trust.

Not Everyone will be on your Side in Life

2/5/19

02-04-19 (4-4) Not everyone will be on your side in life, and some will turn on you assuming you bear guilt, and from that belief seek to make others think that you are for the actions taken by others, as assumed everything is connected to you and therefore about you, as though your actions ... have led to symbols posted in reference to you or your connections in life or by story to whom these individuals were connected to, those connections must be known in order for those thoughts to process, looking back it may have been best not to mention stories from my

life, or help the courts in identifying problems, existing within me, and now being treated symbolically as everything is about me, that's wrong to do, as for solution ... blame any one person or group of people for all events that follow a trip to DC. I am now sharing my side of the story which you can either accept or reject based upon your beliefs before hearing from me ... some are no longer with us today to witness the growth people have made, and as a result, I was further pushed until I am no longer respected devalued, and rejected as not well. That's wrong to do to someone who is well spoken and gifted in writing, to be treated as though purposefully ill or mentally ill on ones own merits, sometimes its under many conditions that one becomes sick with pressure or sick with expectations of them, or in need of help.

Talking Efficiency
2/5/19

Why keep conversations brief ... is that a reflection of ones ability to listen well, or to maintain brevity at the expense of hurting the feelings to whom another confides in, what is proper timing and tone. When does professionalism stop, when more listening is needed and when support is heeded for. That's usually a proper time to listen more and talk less, encourage the sharing of feelings, and discourage the direction of conversation or one anothers thoughts or output. Why during times of turmoil are we expected to be brief with others, for what purpose does that serve and how is ones ability to speak briefly reflect upon their intelligence, ability to communicate consistently, not strongly, but clearly, not brief in the sense that one does not make sense, but brief in the sense that one is heard clearly. When you speak well not only are you representing yourself well but you as speaking are representing to those around you, messages you think appropriate be communicated, whether others are in acceptance of your communications, be sure to keep things clean, that's well spoken, not to talk dirty to others or dirty about others in conversation or during conversations, heckle with the mind, or cause anyone to question themselves or their directions in life, be frowned upon, as not smart or intelligent for so choosing to whom communications are made, those purposes for communications as most communications are, private, that's not to protect people from harm only, but also in addition to preserve the image of others as heard in more public settings, much like writing represents us best so do communications when outside of enclosed spaces longer than as interpreted shorter communications understood ... without experience just by looking at things, short conversations don't say enough about people, than their work speaks for them, and much like writing, speaking is much different in tone. Researched work goes the same, what is researched and written about may make a person sound smarter, smarter than you think they are, then tested for clarity or ability as judged based upon their ability to speak, do not become defensive to what people think about your writing or how you sound or speak ... everyone has the same problems, sometimes brief sometimes well spoken clear its all a matter of comfort, and when in the comfort of others, or in private spaces, don't get too comfortable upset or by sharing divulge too much information about yourself for acceptance that makes you look worse than it makes you look better to explain yourself for acceptance or to explain your past for acceptance.

Where Does Commentary Come From
2/4/19

Generally not from a bad place ... commentary. As luck will have it nothing coming from a bad place in life is considered of any value let alone people or providers to those interests. Its therefore beneficial for some to put others down based upon issues as present until spoken to or

until they present themselves in a peaceful manner. After the passing of a person of value, we react and respond, but never in an unsensitive light ... usually upset or fogged sometimes we can control our responses and sometimes while grieving we cannot control those responses, self-harm. Some drink some do other things as a means for coping with such losses, but no self-harm is the solution not to self-harm in response to losses or lawsuits, or people thinking things we think they think as a result of how we presented ourselves to the world, and whether upon presenting ourselves to the world knew that we were being made fun of our whole lives from a distance as interpreted and then later made fun of as deserved or thought deserved, that's not an appropriate use of a persons identity to vaguely insult them, treat them as famous before they have become known to others, or be sued as though one is trying to become known and by what means choosing to be known, its usually for our best traits we are known, not for our weaknesses in life, and then after becoming known, not spread rumors rampantly about persons new to being known, as though they deserve it, that type of culture not only hurts those upon listening but is also harmful to society as a whole -when a group of people try to establish any set of beliefs about individuals and use their identities treated as unimportant, but without whom such knowledge would not have been derived in interpretation to popular media outlets, don't be one of them, who listens and believes and by interpretation thinks that just because a person is not doing well in life its because of their own decisions in life not well, not by the decisions of others who think not well enough to be included as a member of society, whenever you label victims be careful not to create victims.

Be Happy with Your Team in Life

2/4/19

(3-4) Its usually after loss, you wonder what could be, if you haven't realized yet, how fortunate you are in life, its probably because youre complaining about others or the past ... your mental health issues are of your own making not of the making of others, and what interests you in life is what should drive your best decision making in life, not the lives of others, as compared, be deemed as less successful or jealous of for not having the same things in life, that's not how to benefit others, or improve upon relationships gone, that have soured over time ... when you find better in life ... that's usually where you stay connected to those who have in life, and away from those who do not have the same fortunes in life. That's a matter of wellness to whom we are associated to ... and for all those affected by my lack of success in life, I apologize for not doing well in life, and not achieving my goals in life, we all grow at our own paces in life, and should not be denominized in life to a few words, or insults, that's not how to treat people ... I couldn't be better situated in life, and if what I have to offer does not suit you, then have no worry about my standing, as I'm not on any teams in life ... have lived alone since 2004, so that's not necessary to treat me as dependent upon criticism for success or dependent upon criticism as though I'm a newcomer, to what? Bloodshed? Misery? Sadness? We have all experienced losses in life, some more grave than others, and been attached to people who have had experiences in life but have not shared those experiences with us, does not mean if someone is hiding something ... that they are bad (which is usually the case) or have done something wrong (miscommunicated – miscommunications can cause illness to the one receiving communications and especially to the one making those communications to someone of importance (ie watched) – image is everything) ... but need to be alone, because they are not happy with themselves, everyone gets affected when people recluse, or do not make good decisions for themselves, the lesson is to always be forgiving of the spaces of others, and trust they are in good hands, as alone, with themselves, or with others, and if those people are not to be trusted, then you can

always move home. How can one live independently have everything and then lose everything? Too much piecemealing, too much sharing, and too many puttings together of the pasts of others not their own. You cannot make teams in life, and as taken down ... do not hurt again the esteems of someone wronged ... that's not how to fix a situation, by removing banners, or locking people out of accounts, disassociation causes instability and with that fear, whenever something is done to someone to make them look like they're "full of \$shit" or a "piece of \$hit" think what has been done to them, then think what has been done to others, then think who is responsible for those interpretations presently to be fair. You're own mistakes in life, and misidentifications, will always be used against you as okaying misunderstandings, or misappropriations of well attitudes toward, and reinforce illness to others for. Don't reinforce illness ... when you are close to those well, don't hurt those who are fragile, or who are new to Brentwood ... it's a learning experiencing how to be calm when it rains and quiet in a storm. Allow people to in jest refer to incidences that is gods work to make people laugh or to allow people to cry or to enable others to make sense of now, by reference to the past.

Don't Be So Hard on Yourself
2/3/19

Nowadays everyone thinks they're special, you'd be surprise ... no one wanting to be the butt of any joke ... instead feeling better when they are able to make someone else look stupid or feel stupid as compared to, that's usually how things work, the one who feels best is the one who looks and feels smarter than. -Don't be too hard on yourself, life's a competition but it doesn't have to be a competition daily and within every interaction, value those whose time is spent not in competition with you, those are your friends in life. -Don't take anything too personally you'd be surprised that there are more people in life like you than you think, you're not the only one with problems or who sees things differently from time to time or negatively from time to time, we are all human. Not only will you come across people like you in life, that may or may not make you feel special or unique, but you will come across people who are smarter than you too and make you not feel as special or unique, you are your best judge of character be sure not to turn on yourself, as in competition with others for attentions in life. Not all will be successful but that doesn't mean stop trying to work or to acquire relationships with others as friends or companions, you don't have to be the brightest or the prettiest to have a boyfriend or friends in life, and no that doesn't mean you're gay if you see others with traits that you wish you had in life, that's not always why people get picked because they have achieved an ideal that you think is superior to the qualities that you lack in life, there is happiness for everyone you just have to be smart enough to find it, that is love and companionship. If you do not have those things in life it's not because of how you look or behave, but maybe those things are not your priority in life, and if you want those things in life you'll have to make it your priority in life. Know that everyone is special, whether we can all agree on that or not, don't be easily offended by others just because you don't feel special, there's time and a chance opportunity to be among those who are or meet those who are successful and if you are not well enough to be among them ... then don't blame others for your lack of success in life that's your fault for not trying hard enough, and not believing in yourself. As someone overweight my whole life, I have found both success in sports, love, and academics, never have been the skinniest or the brightest but have always done my best, it's with a "good attitude" in life I've been told that all this is possible.

Exiting Unhealthy Relationships
2/2/19

When you're young, and going places in life when every decision is at your disposal, the world at your fingertips, you have power, and with that power privilege. Privileges get taken away in life if you're not careful, when a good impression was once made, a bad impression can easily be taken if you are not a wise decision maker. What's this about ... it's about doing the right thing, not taking from others, when things do not go right, and not using people if well, to create a better look or achieve a weller state of mind, that's now using your power for good but for bad, it goes both ways, to the needy and to the needed, not to use one another, and leave each other worse off, or those around them affected worse off, if either party becomes ill it's best to keep separate. Whenever a new connection is made, that's to benefit both parties, an assumption is made by those looking on the outside, based upon who has more in life, the benefit is assumed to have run, to the person who has less. Be sensitive to what people have in life, and be sensitive at the same token to what people do not have in life. That's not for you to decide, if in a position of power. Someone in a position of power has no fear, because they can say and do whatever they want ... without fear of being found out about, and keep doing what they're doing in life at no expense we hope unless to themselves, but that's not always the case. Sometimes it turns out that even people with power and privilege lose their sense of power, upon being given to someone of lesser standing or to the less fortunate in life, note: if you were raised wealthy you are deemed to automatically be bearing power and privilege therefore not deemed a victim to losses, incurred by associating to anyone less than or better than, it then is assumed that it's your responsibility to maintain good standing, and make decisions, with a good sense of moral underpinnings that define wealth. *Do your best always to benefit others.

Excerpt from LYS Notes 21-32 (2/2/19) – see whether you posted this on hashtag page.

Be beautiful ... one day at a time, one match at a time ...

Love the person you are today, [you never know how long anything will last]. If you can start each day with an affirmation or mantra that helps you stay present then do so. You're more likely to accomplish more in life when you start your day positive [regardless what is said about you or to you it is always your responsibility to stay sound of mind and sound of heart, unaffected by the negativity of others, their worries and concerns as toward or about your good standing in life ... that's them not seeing you for you, or not recognizing you as well, that's in their opinion not your own best opinion, always trust your doctors as they know best when you are well or not, by having known you, know how to treat you, and help you improve whatever conditions, as accepted or not accepted about you.] [Your] outlook repeats itself throughout the day [have it be your own not the ideals set by others, change your tone in life, or how you feel about yourself, be conditioned to others, condition yourself as supervised by others, adapt, not be the one to whom others adapt to, always be in control of your emotions]. What affects your ability to envision your future as moving forward in life [is up to you]. I've been told "not to go backwards" and to chart my progress that it doesn't need to be detailed ... but a simple checklist will suffice. Likewise I share with you advice I've been given [not to my benefit] and hope [without burden] that it will help the same, I'm not a competitive person, and it's okay if those you help outshine you [especially if they are more well than you are, better able, or with more resources in life to cope] there are plenty of fish in the sea, life's not all about [acceptance]. (01-24-19, 02-02-19)

Please Note:

Don't get spoiled in life as a reader, with an ability to affect writers, or by choice influence what is written about, by your experiences in and around a writer, not all have mental health issues, and if you know how a person works, by fixating on words or phrases out of sync, or intended to hurt or influence as person, than that is purposeful, not necessarily and influence but an attempt to influence a person in the same way to whom someone important has influenced them in life, in a positive way. That's taking one interpretation of a conversation (in the negative) and then trying to be that person, as attacking the good character (of me) the correspondent to another conversation (and then by defenses claim as to a current set of circumstances) be affected in the same way book writing, that's an unwanted positive (returned to the commentator) who by insult insults the writer and correspondent. As a writer and correspondent for many years, when you approach someone professionally and they do not respond that does not mean open up to them, chances are the circumstances will repeat themselves much like anyone trying to turn a positive experience into a negative one, to see if you respond in the positive or negative or in the same way, write a book. Not all people are the same, that's a form of unwanted influence to be controlled by receiving negative input and expected to still produce positive results. I've been told that life is not perfect and that "in the real world" that's how it is, not everyone will be nice to you, I used to think that was a symptom of something larger, but have since realized, that its just depending on the day, much like the weather, how others respond, sometimes nothing to do with you, or over any power or control struggles, you just have to accept people the way they are. . (02-02-19)

Reference:

<http://www.mymollydoll.com/leverageyourstory/instagramcomfischmanleslie-as-of-02-02-19>

Easy on the Ones and Twos Villains
1/30/19

In reviewing my friend's post on "notable villains" past ... it came to mind not to promulgate notions of building anything as toward concepts especially raising peoples identities to achieve concepts of grandiosity or enabling people to pick up traits that further reinforce old ideas of success and steer away from current trends toward conservative progress, they will never stop coding as a means to exonerate those to whom should not be affected, like shout out at a rock show, if you do get affected by shout outs, try not to contribute in public your thoughts as they may be used in reference or without reference to further raise understanding of ways in which stories can be used to ground stories and teach lessons, without everything ending up in a fight, when you gather your past do your best to move forward whether by interpretation ideas shared by others can be further incorporated. DO NOT incorporate into your solutions for coping those who have messed up in the past or not done well and as affected have committed suicide as accused, and then frame your understandings on their failures past that surely wont help you as a women be seen as the good guy and just as accountable for diving into relationships and when they don't work out become surprised at the sides that aren't working for you in your favor.

Life is a Transformation
1/30/19

You'll go through a lot of changes in life, some changes you'll endure will feel like forever ... the process, but most of the changes you go through in life are for the best. You body changes for you, it does more for you then you need to focus on ... that's the problem, self-care how

much of us on the inside affects how we look on the outside, and how much of our energy and mental processes are required for us to stay well, this is something I am currently struggling with, staying mentally fit, and not allowing the voices of others toward me, or voices coming from within ie thoughts affect my inner being or state of peace ... we all endure challenges in life sometimes to stay emotionally balanced easily affected by others or other sources of information We are not computers, and our thoughts cannot be replaced sometimes even with better ones, and just like thoughts our experiences cannot be replaced even with better ones, less reminders are sometimes best when it comes to moving forward, less is more, allow time to heal just as the body heals discomforts, and what cannot be medicated, sometimes if thought about will only cause repetition moving forward that is as talked about or experienced. That's not bipolar, it's a matter of knowing when to use your smarts and when to turn off your smarts to enjoy your now, whether its with people you love or can relate to learn not to rehash or be affected by stories or experiences in life so that you can appreciate now. Life is a learning process but it need not be made more difficult by reliving your past or as affected cause others to relive experiences as affected by your best decision making, not all roads will lead to one, meaning not all experiences and thoughts will arrive at a solution, not unless you keep reliving your past, in order to move forward and accept change or live in the now and accept or build a better life for yourself, it begins with you, what is it that makes you happy and feel positive, is it forgiveness? What is it that makes you feel strong? Is it success? What is it that makes you feel loved? Is it attention? And what is it that makes you feel good? Is it being who you say you are sober (for example). When your best decision making is guided by your own conduct and set of beliefs you fair well, your ideals such as being skinny, and when your best decision making gets thrown off it could be because you are living up to a set of ideals or standards not your own, understand that difference, and do your best to find a happy medium, between what is acceptable and what is you.

You Are What You Say
1/29/19

If you know not to say something and spend years writing online, if later stated thought to be an underlying current guiding your discussions as about or as affected by underlying words thought about not spoken, that's whats gets attacked as reading your writing present and past for value whether or not influenced by a set of terms as stated during a bipolar episode following a 28 day hospitalization. My words are kept general because its not necessary to restate what is bothering me or bothering others about me, by restating words as though something I believe in or apart of any process of resolution or release of persons, that is not why I blogged as in cohorts or why I went to law school but yes is something not a set of terms or beliefs, to which I was directly affected by, as picking up my best friend from the airport, upon visiting her Father, no that's not why I was hospitalized in law school and put in rehab for 2 months, as affected negatively ... I was dumped during finals, nervous before an exam the night before my evidence final ... this information only empowers the nosey but does no good for me moving forward to discuss what has happened in my life, as I am affected by my life now, everyone has lives of their own, and I write not to be in agreement with others, or to find agreement to my ideas or beliefs in life, grow a set of beliefs or understanding or common knowledge that is story based, that is not a positive process of healing to relive the past or as retraumatized by the sharing of stories, relive those traumas, as spoken to or about in the abstract. When someone writes without stating facts from their own lives from where information is derived or from where a response is derived that's to not empower those who as directed toward a person can control their writing (my writing) and output, for anyone watching overhead, that is to deflect attention away from me, and to reject me

as having issues related to a set of persons, individuals, or group of people who if exposed to react in the negative, if a negative reaction is sought, then the purpose cannot therefore be positive to interject ones self into the life of another, and if somebody persons or individuals seek to affect someone to create a situation in which a person looks like they are not apart of, that is to further dismember a person from society by speaking to them as to promulgate further worsen use of a joke or set of analogous circumstances to interfere with their positive progress in life, ability to be unique be seen and heard as unique. To create a unique tone in ones self to set ones self apart is to not be of influence and as influenced or copied be empowered by a following, and copies or imitations in life usually devalue the original, that's not being a prototype for influence or change, respected, by to interfere with someones ability and skill to write, is a wrongful interference with a person's future potential, and ability to adapt to the present, this is why its important to respect the privacy of others, not interfere with peoples relationships or embarrass them. To add value back to yourself, don't imitate others in life be unique, and likewise you wont be retaliated upon or hurt equally, by a set of standards that they think proper procedure to steal, and as justified, think that doing so behind your back is okay, no that's wrong to steal, wrong to take, wrong to hurt, wrong to exacerbate, and wrong to separate a person from their ability to lead a normal life, and thus be treated differently as someone who is mentally ill of lower intelligence and negatively impact their ability to live life ... that's putting someone back in the past or separate them to be worse of, having experienced loss react when no one knows what theyre reacting to. Sometimes its until I sound like I was that people let go, as deserved, I deserve to be well think well. Lesson: Do not respond to those who cause you harm, ignore #hate + discrimination - not everyone will understand where you are coming from in life.

How Quickly We Forget
1/29/19

I would write for myself but at this point that would be selfish to speak only from my shoes and not include the majority or people who can understand from where Im coming from and by what I have to say makes sense to not only me from my shoes but also to them. When everyone starts to feel better that's not a time to pause but to be thankful for the strides that have been taken to ensure that others resume their lives not bombarded by controversies unless they choose to watch news outlets or read the paper and partake in the daily changes occurring in the world, some of us are better off our worlds small. I had a talk with my therapist today, about exposure and how I wish to be a product of what I choose to read. It doesn't matter for how long someone has thought about code or for how long it has affected someone, who by their understanding has not had the same understanding as others, or by exposures the same know how and thoughts about life and about others in perspective. At what point do controversies become known and what point does one bear the responsibility to make a difference that's not always social responsibility for everyone to use their business savvy to market and make money from the best understandings of others, if an original work, that's not common sense, that's my sense of the world, which is not necessary to be populated, as I am diagnosed bipolar, therefore my best understanding of what has affected me in my life is not to include what has affected others in their lives as understanding code. I used to read obituaries, and overtime, thought what if possible could I do to help improve the condition of the times, not make worse understandings as through coding to one set of ideals or shared stories, as I've gotten older, story sharing has provided for less eventful interactions, and more repetition in my life, as though I'm reliving interaction, not having new relationships. That does not mean that I am defective but because I once had addiction problems, that idea about me is being used to blame what they think is wrong with me,

while benefiting from everything I've done right in life to interact with them, life is not a job, you are not required to think like others to get along well with others, but at work, what is more of value your life outside the office or in the office, its your choice, who you choose to focus on in life, not everyone can be God, you chose your own hierarchy from which to based your decisions off of, the world is a big place, filled with people like you, who equally feel affected when the times are off, or when people who should be in leadership positions do not perform to the standard required of them, to take on more roles as a professional. (Now on a personal note): I think I have done my best to be fair to everyone, and share my insight, besides hearing things along the way that I think are negative about me or towards me, but never have tried to change anyones opinion of me, that's not for me to decide, it doesn't matter how special or important you are, some do not wish to be apart of and if you are from a controversy that does not make you special or give you the right to share your story, and become special ... if they have already designated you as something you are not, if you miss opportunities for amends along the way you lose supporters. A loss of support occurs when you are not ready to make amends and an amends is tried to be made. Once that support is lost, you cannot later open the door for forgiveness or acceptance of an amends, the relationship is gone at that point, and if you stubbornly choose to walk out or leave a relationship then they designate your losses in life as deserved, and that's how a side against you is made out of nothing.

When Everybody Lights Up
1/28/19

Have you ever noticed a dim in a person talking to them, that's very human. Its not that we instinctually dim and light up to others ... I wonder sometimes if that's purposeful and that they are just showing off, or if that's a gift ... I don't think that light is based upon attraction but by benefit, to benefit another is to light up for them, to dim is going back into your shell, I've noticed this a lot talking to others as of recently, I don't think that's fear either, maybe its by presence, thinking is there something wrong with my presence, could I light up differently, maybe its my eyes communicating too much as looking at me, can they tell that I'm reading them ... is that wise to read others mid conversation ... or should you be listening to what they have to say, how important is eye contact to a conversation, is it okay to be blind and not look at a person when you are talking to them or is that considered weird. I wonder afterward what they were thinking looking at me, am I easily read ... maybe I look funny or its because of my writing online I worry too much what other people think, for the most part everyone is nice to me.

Last Year was a Journey to Say the Least
1/27/19

You will experience a lot in life ... learn to weather the storm, or write a book in the middle of a fire. That's how to keep going in life, not by counting your losses, but appreciative of what your do have in life, do not become the victim to your own storms in life. There will be ups and downs. There are multiple factors sometimes contributing to your loss of speed in life, and motivation, not all losses are because of your own doing in life, or misforgivings. Do unto others, as you wish to be done to you, that's the lesson in story telling, not all benefit from the later sharing of a shared experience in life, some wish to be removed from relationships in life, and at their choice resume those contacts. Keep busy. Last year published 2 books, took my last course to complete my masters, and got a job! I was so proud of myself. If you set the right goals for yourself in life, you'll be happy when things start to pan out for you in life. If you are focused on

what you don't have in life it will be difficult to achieve what it is you want out of life. We all want companionship, we all want jobs, and we all want a good life, not all of us are able to achieve all three in life, some of us don't have families of our own, but that doesn't mean forget about the family and friends you do have in life, there is more to be happy for than you can think of sometimes. Don't make your unhappinesses with how your life has turned out the problem of others to resolve, just as you are trying to keep going in life, so are they ... if you can't keep up sometimes people will leave your life for good. You can't therefore go backwards in wonder and think that things will turn out differently as reunited, that would be a mistake on your part, if you are not better than, or do not appear better than, then the other will look or appear better than if they think they are better than you, that's what happens when you talk to exes, it feels good for a minute, but then you instantly get depressed or feel like \$hit comparing your life now as it was then in happy matrimony, at peace. Not all relationships are fit for marriage past the point of disability, you have to then prove your wellness to progress or keep a relationship thereafter, don't waste your good time on people who don't love you.

Be Careful Who You Apologize to in Life

1/27/19

01-26-19

Self-injury is no joke, this can occur by self-harming or by enabling others to convince you you are something you are not. Don't beat around the bush about issues you are sensitive to or think is about you because you can relate, not all facets of life you empathize with are applicable to you. Be careful not to compromise your good standing in life, to make others feel better or not as affected. That's called changing positions with someone who if spoken about is deemed less deserving of a poor standing and in exchange someone of greater standing is given the position of someone who is better off or in better standing. Take care of the ones you love, and do your best to protect those who care from harm. You may not be able to solve all problems in life ... people will read and constantly maneuver discussions to be about this or that, but its simple, those who are victims to discussions need not be mentioned as this triggers re-discussion of who is at fault, once someone is not liked no one wants to be associated to them, and once that occurs all interactions past become about who was using who to make themselves feel apart of, and afterward explains who those connections were dissed or severed later on. No one want to look bad as associated to people, and often time if someone is misidentified, they will look like the one to blame, if they do not react, or are last to find out what has been said about them, injured or affected by discussions about them ... that is either purposeful to cause harm, or by accident we are not sure which disses are about whom and why but all persons affected by discussions matter not just me.

Learning from Quotes

1/22/19

I think a huge part of life is wanting to feel successful, and from that success become a happier person. It's not easy to achieve success when youre not at your best don't be an unhappy person just because you're not where you want to be in life. Success takes time, so does feeling a sense of accomplishment, or feeling accomplished in life, this can occur by education or work experience. For me my confidence has been achieved by writing online and going to law school, always maintain a delicate balance between being proud of yourself, and not making others

jealous by your sense of pride and perfection in life, some only wish to be admired or imitated that's their form of confidence to make others jealous of them and realize their own imperfections in life, that's not how to build esteem but to break down the esteems of others ... I'm not sure what that is, but it isn't pride or confidence, its filling voids ... voids that others have in life ... which can best be filled with respect not admiration and hardwork not envy or jealousy ... you are what you are in life, and whether or not someone accepts you, should not matter you should respect all whether or not they accept you in their lives on a professional or personal basis, you always have yourself in life, its not necessary to please others to find happiness in life or achieve some positive accord on a daily basis with those around you. -You're bound to face more criticisms on your way up to any good in life, if you present yourself as insecure or in need, therefore its important to always maintain some self-reliance in life to avoid becoming too dependent upon others. I never wanted to be just another hyper blogger, its really insulting to point out, but its easy to appear with more energy as a writer than you have writing online, I think that's the most uncomfortable part about writing online, is how you sound to your audience, always be mindful of the energy spent writing ... reading is a different kind of energy, requires less. Be sure not to wear yourself out sharing, chances are they too (the reader) will become tired to hear you speak about what causes your discomforts in life, or through the discussion of what doesn't make sense to you. (As a reader) Always be positive toward those who try hard in life, its not easy to be a positive person. From where did the impetus to write quotes come from ... from reading online many years ago beginning 2013. I wanted to expand upon the services already provided through quotes, and share my writing online, in long quotes. I have had some exposure online, but limited, reviewing the blogs written by others, I never became popular or with comments until sharing on Instagram. -By reading what other quotes people had to share I decided to contribute. I never quite figured out how to make money as a blogger online, but read a lot of blog posts about it, just never signed up, that may be the next step, guest posting on other websites, and getting paid for my writing. Right now I'm working on a book. It takes time to develop as a writer, some people have more business savvy in life to make money and produce online, I'm not one of them.

Composite Sketches and Beauty

1/9/18

01-09-18

Overtime everything improves, and with experience noticeable differences occur in outward appearances, it usually just so happens that as you mature, you get your look down. What was once your best if improvement keeps occurring looks half as good as you appear now. When you get your look down you should be proud of yourself, its harder these days, with more variations and options with makeup, its up to you to decide and make decisions for which products to use, there are many at our disposable, not all the same products work for everyone. If we could all dump our bags out for magazines if were famous, we would all be using the same products? Why do variations exist, and what is competition? Usually anything unique, depreciates as copied, and anything that looks like, depreciates in value, as compared to, not as good as, not as pretty as, not the same as, not as smart as, not as gifted as, not as talented as, not as beautiful as. What is beautiful? Beauty comes from within they always tell us that, no matter how many composite sketches you put over someones face to make them look like they are something they are not, eventually their true beauty will shine, give people time to heal, not everyone is adept at knowing how to alter, fix, modify, or improve their current condition, and signs are obvious on the outside

when someone is not well, you can't judge a book by its cover or someones face, as a precursor to their condition, wellness, or fitness of character, based upon what you hear see them as. On Facebook I made a short video while running "who do I look like now" that was in jest to my friends, do we look like our audience or do we look like those we are looking at, and what helps us maintain our uniqueness, is it by looking at ourselves, or by looking at others we change. Usually it is someone we look up to or admire we try to be more like, or improve to benefit them, match up to them, or be as good as, when will one start accepting themselves as they are, are we as women predisposed to changing ourselves not as a matter of competition but as wellness, lifes not all about being picked.

Upon Deletion and After Theft
12/31/18

Upon Deletion and After Theft ...
12-31-18

Upon deletion that is thought of as a right to take, or make fun of, a sign of guilt, usually when someone is well, that wellness is wanted to be benefited by the creator and there is a loss of energy upon creation of anything good, any break is not indicative of guilt or denoting a right to be given to the observer to take, sometimes there is a long process of saving or archiving or communicating, and in the space between creation and saving, is tired, and its during that period of tire that things are deemed as takeable as though not noticeable, it is the reader who memorizes, and it is by what is thought of as taken away remembered, no faces are as by exposed of by who is thinking about who their face changes, like mine, not by watching or imitation mimicry or by touch or transfer of energy, it is by exposure, the fewer intimacies and exposures you have the greater the memory of that person in your life, if you meet a lot of people you may not have the same problem as attached or by memory thought of, or impressed upon, it is the person who looks the most different that is deemed as the offender, I have looked the same my whole life, it is by offended "letter felt on a person" that have been impressed upon a persons sense of self and identity why people get offended when people are aggressive or say things not in tone matching or too strong of a tone for by what a person looks like, the more unrecognizable a person looks, that is not necessarily a given that a negative opinion is held of them sometimes self care is a process not a sign that their body is weak heart is weak promicuous or without love sometimes people gain weight for whatever reasons, and its none of anyone business what causes heartache loss of energy or motivation in life, sometimes these are just phases and especially not be judged in the negative if experienced while growing up by a few bad photos, and all good photos taken, not remembered as well but only as not well, it is by those impressions a future impression or past impression is made about a person, as being that way their whole life without photos representative of them well, and by bad photos judgments is passed negative judgment which gets projected onto them moving forward without them knowing and its by others ability to change their face without them knowing why, that empowers people who think deserved, once you learn why your face changes, with limited contact and no drinking or drug use, and limited interaction, when well you present the best version of yourself, at work you wear nice clothes, and in the day if you do not have a job that does not mean dress down, and especially not if you do not fit in brand names jeans, they will always bring up the past as told by you and it is by the words of your story that they justify impressing upon you the interpretation of those who do not know you well and think by how you look or by where you are that something is wrong with you it takes many years to reverse negative judgment of you its by being good, and once you are able

to function and maintain face, reset your face with makeup then you have made it to smart, unless you know how to manage yourself and practice self care then it is not wise to be too social drink or do drugs if you cannot manage your own identity, its by living and property beign taken away as living people who are not around you are able to attach to you and control you when you are well that attachment is good luck, stretched back to them, as not well what is taken becomes of less value, that is why people steal from those who are well to receive the benefits of that wellness by having something of the well while they are well, to be attached to well, and to understand why people are well, nothing well was ever made easily, and it may seem as though someone is strong, but its not by challenges that make us stronger, and its not by pushing ourselves that makes us stronger, past a certain age something that is easy to someone who experiences difficulty understanding, will benefit from that that challenge as faced by another, this is a reoccurring theme, as people are described as remembered from my life, that perspective is taken and then projected toward me as the one being negative it does not matter whether I look well or look young now, even if you achieve a well look and figure out what is causing your face to change, by that time your insides do not match your outsides and likewise you will be tested to see if you know your limits in life, and left for god to punish you, as confirmed as deserving of punishment based upon as weak or dull or broken how your outsides look to see if they match your insides, that's called an unwanted experiment of someone who is well treated as appearing youthful to attract, not because deserved, and an older photo is the desired result sought to be projected, then those are they who will perceive your past as told or remembered to create those possibilities for you in the future, anything explained is not disempowering to any one side, but its just a waste of energy to explain why people trun on you when well, and by the time you get sick lighten up, and by then its too late.

Make No Excuses Appearances Matter
12/26/18

Upon any first meeting how you look an appear demonstrates how fit you are to be around others, welcomed into their lives, and based upon whether or not you are capable of improving, contributing to a set of positive conditions, and improvable, some us of us were well, and after taking care of others for many years become fixer uppers ourselves, those who have aged over the years recognize this pattern, and note that those who you help get better will never forget you, youd think the opposite to remember those who you have not faired well among, don't blame your past or those in it when bad luck strikes, allow people to make mistakes in life, and always prove them wrong, people will always want better in life, and the more you become desperate needy or overreact the less stable fixable you become and the more likely you will get let go, once they cannot see a future with you, that's because your wellness is viewed upon as fixable to not fixable and although better not good enough, if they see a future in you, then you should see a future in you, if they can see a future in you but you cannot see your own future including them, doesn't mean youre in the wrong place it just means that you have become so defective that until you are at your best and feel your best will you see and think your best, because that's how you conditioned yourself, others may not be so conditioned to those settings of acceptance and clarity, that's beyond perfection, that's expectation, they always tell you not to set high expectations of others, what about you? If you do not set reasonable expectations of yourself, who knew that falling by the wayside confirms or automatically groups you among a set of rejects, losers, and offenders who when failure meets people, problems occur, and when problems occur, jealousy is at fault, in my best opinion its more than jealousy, if your body and face change and you become tired sleepy head and body in pain, but not suicidal because you

have purpose in life to be awake for those hours, what then, I have seen doctors their choices are (1) asleep live life (2) awake live life. In my own words which is more painful, both, I think stupid is the most painful condition when you feel something or think something and cant articulate yourself and jibberish comes out and or humor which makes you look of lower intelligence and that negative opinion of you gets casted over your positive outlook until negative occurs in your life to confirm those negative judgments of you ... no one intends to get taken advantage of ... [redacted] the good always finds better, and if youre not good enough the best thing you can do is leave, however you don't think that upon leaving you get picked and devalued, eventually all secrets become known, and if someone is not sure about you, hearing where you have been will not make them any more the less attracted to you, what is grose? Anyone in shape is not grose. What is beauty, anyone who recognizes themselves looks the same everyday is healthy not high maintenance but doing their best of course no one wants to look different everyday, and if people look well together that's not love that symbiosis, and upon disconnect they should look the same, unless they connect to something or someone who is not a match or who doesn't love them, then a part of them connects to when they looked well, why they are not happy because they wish they looked the same but because in a new relationship look different. You would think this only happens to women, bottom line pick your favorite Facebook profile and share updates when well, no one wants to see your face as demonized ugly or shrinking, only at your best, can you imagine if everyone documented their mental illness or bad days, then we would not remember the best of times, or when well, only our worst including your friends and audiences. Market yourself as well always, if you get hurt, don't share with everyone what happened, just fix yourself, report always, and I promise God will fix your face, the body heals.

Whats Happening
12/25/18

Whats happening is the spiriting of people, as toward you, trying to be something from your past to see if you react in the same way, thinking they know how you work. When you are not stable or lost people will shout things at you to see if likewise you react, and based upon the words that they use, or stories they tell see if you respond in the positive or negative as assuming things are about you, that's creatively putting you down, by bringing up subjects to see if you are desensitized then trying to prove desensitized by bringing up subjects over and over again to see if affected whether guilt is existing or not, that's someone creating a side and then taking the place of the person to whom they believe is not at fault, and then treating you as though you are at fault, and by the same token doing things you are not able to provide evidence for and then treating you if you respond in the negative as "bringing it upon yourself" proving backwards commentary not justified at the time commentary was made, that's someone – reflects someone who thought you were less than and spoke to you as such until you exhibited characteristics of someone who is less than, if someone does not look well that's not a necessarily a product of their environment, nor does how someone look or appear now show whether someone was well or not at the time they got sick, and based upon a fathomed understanding of illness, place beliefs as though obsessions exist that so justify treatment of them, and further justified by tampering, and once stated is how they keep harming you without ability to prove say that you are being experimental with them, only someone who is being experimental with you when they do not get the reaction that they had hoped for respond in the negative toward you, and when they achieve a positive condition and let go, is when you become disgruntled as they have no understanding of your comprehension and ability to not react, that's assuming that you were punished because you

react poorly to negativity, at what point did negativity begin? You only have a small window of opportunity to be normal, once you look or appear abnormal is when you get treated as being abnormal inside and out, sometimes our outsides do not match who we are on the inside, its at the point where everyone who was guilty no longer cares and unless a script is written for them for how to respond or treat you or something said as to how a few have treated you to see how the masses respond, is inflating the position of the few who have been experimental with you are not been able to keep you or maintain admiration or love for them, that's when they have taken it too far not you, learn how to let things go, you cannot force people to love you or care about you, in an unprofessional way, people adjust both to people and their environment its not all about you or the wellness provided by you to be returned by someone who you think looks well and until they do not look well realize they are not well, it should not get to that point, when physical appearances change, sometimes because of mistakes we have to take care of people who are not well, and based upon that understanding people either stay sick or achieve well. Based upon where I was place was by choice, a hospital where smoking was permitted why I was visited in court and in the hospital is beyond me, everyone deserves a right to privacy, that's not support for return, that's making someone uncomfortable on purpose as though thought deserved, you cannot judge one interaction as all post interactions are the same or similar, just because you think that you are a catch does not give one the right to call someone mentally ill over song choices or sponsorship, nervousness is a manifestation not of aggressiveness around you, but by comfort, if not comfortable do not build trust with those to whom you think you are better than, if so achieve and find better than, don't put someone down who is well to look better than, we are all victims at this point, and until you understand it takes time for people to recover will you stop fighting, blaming others, and heal. Its someone who does not understand your past thinks they know you or why you have become ill or treated the way you have been treated and they either reinforce those opinions about you to see if they are right to feel well, or just let things go not make things worse. Allow people to move forward in life, not everything is about you, and until you can empathize is not always a good indicator of understanding, sometimes empathy hurts, I am not well, why no one empathizes with me, that's not because brought upon myself its because others deemed me not viable or unfit for representation, that people took on leadership positions about me and put me down as justified, to blame for their misunderstandings of mental illnesses. At what point do you forgive and move forward at what point do you stop taking people who are good and blaming them for when things go wrong, and let the ones most put together lead, when they stop wanting to lead, what then becomes of society, as led by the broken or people who have failed, is it really the strong who have lifted us, or those who are bad turned to good. How long can someone who is bad stay good, and at what point does one misrepresentation cause a series of misrepresentations, that is based upon the happening of bad conditions to be proven right, if the first misunderstanding was understood as a misunderstanding then the following misunderstandings would not have been made about them as justified, or amplified.

Stories from Your Past

12/25/18

Stories from Your Past ...

12-25-18

People will always be picky about what they remember about you, based upon how they have viewed you during good and bad times, and based upon your past as told or how they have

judged you is how they build and create a current understanding of you as in the wrong, those are by people who are prosecutorial minded, who do not allow you to move forward in life, and wish to have you remembered as bad, at what point do you then begin to move forward. Whether you get viewed upon as one who is in tune with the past that was not well, is what they do to further discriminate you as promoting characteristics about you until changed, to further an understanding of where you belong or deserve to be grouped upon in life. You cannot move forward after punishment, that is something I will have to live with as intelligent, and after having done my best to live a good life and stay home, not exposed or tired by socialization or from talking to much, where my energy comes from seldom spoken and hardworking, its not just by who we admire that we are influenced, but by those who have good energy about them that influence others, do not be measured by the change you are able to influence in others, that does not necessarily reflect back some kind of a gift of being able to improve others, it's the gift of improvement, that gets hired or attacked by those who experience failure after failure, and rejection who can't seem to make good luck happen for them in life, without putting someone down with a gift to make themselves appear as the gift giver of wellness or deserving of credit for wellness, and when any illness is achieved or obtained, then abstinence is best from all social interactions and dating, that's the point at which when your gift is gone, your gift of wellness, and those not affected are the ones who keep achieving well at your expense, you do not own people, not even your heart, and even if you get rejected or broken, do not empathize with those who have changed their minds about you, there are plenty of people in this world gifted who are able to help others achieve well, that is not a one person job, but sometimes a group effort, once you do not match up in life, think what characteristics or traits were changed about you after having been put down, is that the kind of person you should give your heart to someone who is fickle well and condescending toward you, if that's not a match once it will not be a match again in the future, find people who love you for who you are, not dislike you for who you are not, not believe in you. It's a choice to light up, once your light gets put out you become picky, how a person becomes picky about the energy they spend and put out into the world, whether to save energy or waste or spend energy helping others or see others improve while you become ill, what is that then, energy being taken away? Well Shakespeare, its about how much energy you put into each project, you can give and give and never receive any returns on what you think is your best work, or something of value, why? Because anything that looks easy or sounds well or complete is deemed to have been easy to make, when in actuality anything special does not exist prior, becomes devalued as copies are made or distributed how someone who is smart is despecialized, once someone carries on a gift made by one, and then worked on by another who is not the creator of an original work. That's the loss of intelligence that occurs when you share your mind, sometimes in marketing what you share becomes better at you than you are able to perform, that's in a general sense what happens when you figure out something that works and then teach someone else what has worked for you, and if they become better at it then so be it, and if you get drained that's because you have trained and replaced yourself.

What the Main Problem Is
12/24/18

What the Main Problem Is ...
12-24-18

The main problem is what team people are apart of and people on the outside trying to decipher which communications are being brought toward others, for that case it does not matter what I

write online, I have good days and bad days in public, depending on my mental health sometimes I feel threatened by others and sometimes other feel threatened by my presence, that has nothing to do with having a record which no one knows anything about. And for whatever reasons I did not have money and got arrested is my own business not the business of others (2013, 3 drinks), for what reasons people were punished afterward, a bar was shut down. Discrimination comes in all shapes and forms, and its never by those who are threatened that get blamed for being scared of others, by what they hear or because of what they look like. Im not a dangerous person, I'm not a violent person, depending on who you grew up around, determines how people are toward you, growing up got along with everyone everyone nice to me, now however, whether or not I have a job seems to make no difference, people will always belittle who they think they are better than or by who appears as less than deserving of being put down in life, as deserved, that's not how to treat people, and those who treat others poorly based upon how much confidence they have or based upon beauty should not be treated based upon beauty or physical standards of good health. We are all inspired by different things in life, and by different people, its usually by the good, we are influenced, and by the good we are changed, or try to better ourselves and those around us, sometimes people are credited for their wellness and ability to help others achieve the same wellness or better. When people are wrong they tend to come forward either emulating what it is that they have done wrong, or coming forward as though that has always been the case, not everyone communicates to one another [the same], and not everyone is friends, we were all brought up differently, and no one person is the same as another, nor should be treated as though like, as though inspired by or changing to be more like, what is defined as beauty thin and oval shaped head, if one looks that way it is because one has taken good care of themselves how they were able to achieve beauty in life. You should not treat people who are well as offenders by separating them from others to see if they are still beautiful on their own in order to identify them as the offender or not, one who is not beautiful alone would not be out on their own, able to look well from home to the bar, if they were the one in need of beauty or love, means that that person already has love at home, why they are well or feel well around others able to perform, and of intelligence. You should not treat people who are of intelligence as unintelligent based upon how they look or appear, and just because someone is closed off on their headphones not social or writing in their phone does not mean there is something wrong with them simply because they have not woken up to the depression or loss of light seen in others, that loss of light is not a product of the presence of someone who bears light, and one should not be discriminated based upon their intelligence as looking and speaking to others in public spaces, not all of us were gifted with confidence, some of us perform better around friends, some look better with boyfriends, and some look best on their own, just because someone does not have a boyfriend, does not mean that they should be treated as a reject or not capable of giving love and maintaining a relationship trash.

People on the Outside
12/24/18

People on the Outside ...
12-24-18

Generally people on the outside always want more and if they don't get more from you or out of you think because its your fault or that you are defective or means something is wrong with you - that is a characteristic of someone lacking patience. You can give everything to someone, and still not be of value or appreciate overtime, this is not about anyone in particular, nor ever has

been its about learning how to have faith and the appreciate what you do have in life. Its not worth it to share when one is not doing well, as treated as deserving of not being well, its people as attached who stay well, and its people who get thrown on the inside of anything that do not feel well. There's no theory behind punishment, you either are doing well or not doing well, I can hear them saying now, yeah that's what happened or yeah she deserved that or yeah that's why she got punished, or it was for this or that or this or that, that's not the solution. You either are good or bad, and depending upon the times and what you disclose about yourself, you add to your own stresses in life, the more you talk about the bad, the less the good shines, and the more you talk about the bad the more the good assumes that you are talking bad about them and then they put you down so that you look bad so they don't look bad, public opinion when strong is not easily affected by rumors, this I have learned over the years, no one really cares what other people think, mostly about themselves and their own wellness in life, that's a hard topic to preach, without changing the sick to well and making the well not feel special as they are not the only ones who are well but share wellness with others, to whom they don't take a liking to, that's an unwanted meeting of the minds, that's not cancer, that's just thinking someone is not well and putting them down so that others don't think they are well so that they become a source of wellness to others, and someone who is not bad or not sick or not dying is treated as though they are until they believe it themselves.

When Life Gets Random ...
12-23-18

There will be a lot of people attracted to you in life, mostly for your well being, not just being nice to you, but because there is something good about you, not necessarily lacking from their lives, but wanting to make you apart of theirs, you don't have to be close to everyone, not even friends, but you can be nice to everyone and still get far in life. I'm one of those people who people open up to feel comfortable around, I get asked questions, and especially asked about myself, one should always feel comfortable talking about ones self especially in the positive. The more you have going for you in life, the better off you will feel, others may not always make you feel good about yourself, that's a judgment call on your behalf, you cannot help everyone. You would think that with training, and positivity you would be resilient to all types of stressors in life, but that's not the case, some people rub off on you, and if you surround yourself with the wrong types of people in life, then you may be changed by the wrong people in life, why its important to always keep to yourself, not be easily affected by others. Im not sure where I was going with this, getting lost ... Don't be easily offended by others when they want something from you in life that you are not able to provide or do not want to provide to them, you are in charge of your own well being, and if people start to not like you because you are not putting out or befriending others, well than that's not your responsibility to correct the problems of others, especially not by bedding them or allowing them to bed you. Eventually you stop. There are some people in life who attract the well, usually people who don't have many friends, to themselves, and work hard. That's who I was, once you drink and do drugs you attract a different type of person, someone who takes risks in life and lives for the moment, don't be one of them. If you are comfortable with who you are, you won't change or let loose for anyone.

Looking Back ...
12-23-18

Looking back I'm sure we wish we would have all handled things differently, now upon realizing how short life is, you'd think once you had kids you would realize the cycle of life, even those without kids come to this harsh realization that our time is limited on earth, be easy on yourself and others, always keep in mind that everyone is doing their best, always see the good in others. Some days likewise I wish I wrote less on Twitter and maintained a private life, living in the public eye is not always advantageous to your health, sure others get to know you better, but are you really better off? When your fears come out to play, what can you do to reduce your fears from taking hold of your positive outlook in life, everything is clear looking backward. Everyone makes mistakes in life, we trust the wrong people, we take risks, and most of all we learn from what has gone wrong in our lives in order to build a better life and future for ourselves. There were times when things did not make sense, and we were not put together, there will be times when you look back and wonder what you saw and why, and why others responded to you in a way different from your positive outlook, we were all brought up differently. My Father showed me a photo of the LA Times building, I had no idea that that happened. They have been through a lot, I'm sure most of us they have sheltered our generation from, I'm not sure how much computers helped to assemble to past, but I'm sure they've helped with presentation at the present. Just stay positive ... You can only shelter others so long, before you yourself become sick, by what they have feared and by what you have feared, by the time you realize what it is that they are fearing they feel better, and at your own investigatory expense become ill, don't let that happen. There will be people that believe in the present at peace with themselves and there will be people who are not at peace with the present and themselves, why they say do not let anyone affect you. Who is it that is around you that is happy with where they are now, and what can you do at the present to continue to make them happy, by that happiness spreads, not fears, and by that you become happy not sad, about your past, or the past as led by others, always seek to improve not get set behind.

People of Interest ...

12-22-18

There will be some people in life who will not be of interest to you, not even show up on your radar, not know their names or faces, but they may know you, that's what being a writer is about, not being known by face or name or attribute but known for your talents in life, your gifts not being known by face and name, that's what lights up to the reader, having ones own sense of identity is called empowerment, taking away from a persons sense of self and identity is disempowerment. In order for the reader to feel better, they must remain separate from the writer, not feeling like apart of them has been taken away. Your fans are your friends, that is your support system, they are not friends in the sense that they follow you closely, worship you, or think highly of you necessarily, just that they appreciate that you exist, for some people that is good enough, type of support system, to whom does the benefit run and why. In any symbiotic relationship both the reader and the writer benefit from having known eachother. Its not that everything you know is influenced by one another, but whether everyone you know is influenced by one another, we all make fun of eachother for different reasons and mostly out of love do people insult or put you down thinking it will make you a better person, that is what makes them feel good to change you, for some that's their source of empowerment, thinking they can fix you, its to their benefit to see change happen and when they feel responsible for those changes happening think that they are in control of what good stems from the good that is happening around you, for negative people that's their sense of positivity, being controlling of others, that does not always work for everyone. Giving up in life is not the solution for happiness, you may

lose motivation in life, and take different paths in life, but that does not always mean that you are in control or on the right path in life, sometimes we get led astray in life by what we think feels good or by what and whom makes us feel good, that doesn't mean that we are good or that because we are good people try to control us, or try to make themselves feel better with us around, that's called love whenever anyone takes you under their wing, that's not control, and that's not a matter of anyone negative trying to feel positive with you around, sometimes, its peoples job to care for others, not always out of good will, or sacrifice, but because they care, not all are gifted with the responsibility or ability to care well for others, themselves included. Why its important to never give up. Your motivations in life, should at some core responsibility be to benefit yourself, not to benefit others, and if you are being picked on when well, that's because they think they deserve it, that's not the CIA, its people who think that because they know you can control you and think that they know you better than you know yourself, don't rebel you only end up hurting yourself, running away from people who think you are being problematic, or people who think they are better than you, trying to take your place in life, put you down, or treating you like you deserve it in life, that is punishment, not marriage or reunification with your ex for marriage or to have a child. -If I were married I would be living in Yorba Linda by now and have been married 2013, is when my ex was planning on buying me a ring, asked for a loan from his parents, that's marriage. When you walk out on marriage to serve some higher purpose to stop something bad from happening, then you never come back from that purpose or cause, that's when your purpose in life has changed, from loving one, to caring for all. You get two choices in life, to be monogamous, or to live forever from one heart to the next, staying strong on your own, that's your choice whether or not to settle down, and if alone its your choice to be alone.

It Takes Time to Recover ...
12-20-18

It takes time to recover, from any injury, pain, or punishment, life doesn't happen overnight, and some injuries become permanent, if you don't manage your health well, or by listening too much to others get sick, always follow your instincts, what feels right, and listen to your heart, know when to stop, and follow those feelings, when you do not feel safe, yes that means that something bad could happen to you, why its important to only do things that you like or enjoy doing, and when the timing is right do so, don't get caught up worries about others too much, unless you are happy will you be able to make others happy in life. If people don't know you well or think they know you they will test to see which stories about you are true based upon what you take personally, and then by how you respond, test to see if that is the truth of how things occurred, how you end up reliving your past, and then dug deeper into, when nothing makes sense that doesn't mean that conversations are about you, it could just mean that people are at peace around you, unless you are at peace with yourself, will you be happy around others, in order to feel well you need not be special or better than others to achieve in life, just with a good sense of right and wrong, and doing the right thing, knowing when to let go and when not to go backwards, forwards is less than appreciative of those you forgive as when brought back into your present, lack of acceptance ensues, that is as though your newness belongs to someone who has just met you, those who love you will be accepting of your past and where you are headed for in the future, those are the ones at peace with you. Those who are not at peace with you, either (1) think that you are the problem (2) that your problems affect them (3) that you are apart of the problem (4) that by you being around them, you do not benefit the whole but need to be proven of value an asset that not being sure about you, that's not loss of faith, that's just not

being treated how you think you should be treated. If you allow, people to think negatively of you then that's how you will be treated based upon how you appear as confident or not put down, what others project toward you is always a manifestation of themselves, or their displeasure as expressed toward you with themselves. Don't be easily affected by others, as when you respond to it, the only person you hurt is yourself. People will come into your life thinking you are something that you are not, allow people to pass judgment, they are only human, unless you are well people will not treat you as well, and unless you are high energy its hard for people to be open kind towards you as not wanting to be drained by someone deemed as ill, don't be too nice to people who are mean to you, when one door closes another one opens, being on the street, voices and other conversations can be demeaning to realize that you are not well, don't let yourself get bothered by the wellness of others, as directed toward you are not, you can always stay home and get well that usually turns your day around, everything feeling well around you as rested.

Do What is Right ...

12-19-18

Do what is right, not just what feels good. If you put yourself first before all important decisions are made, then words tend to fall in your favor. If you allow the negative repercussions of the expressions of others as about your life, from their point of view, then those are the parties affected by knowing you and then expressing to others how they feel, when you are good those expressions are tolerable, when you are bad, those expressions may not always be in your favor, tolerable. Never make other people look bad in order to make yourself feel good, that's not the solution. How is writing made, based upon our own thoughts, not by exposures, are thoughts had and made, based upon your education and upbringing, some people write about others and some people write about themselves, and if mentioned, it should always be out of importance, not to make other people look bad, if you are in general a good person, then anything attached to you appears well, no matter how hard the story is to tell, and others will be appreciative of you voicing those matters from your own perspective helpful to others, about what you have been through and what you are doing with your life now to become a better person. When things are not clear its easy for others to make impressions upon you try to influence you or change you, do not be affected by others, know yourself, and don't be easily persuaded by others to change what you know best about yourself and others. Its easy to take a negative spin on events, and further justify those happenings as based upon a negative premise or outlook, that's not always the case, for some of us, were brought up differently, from neutral perspectives and live life fearlessly not in fear of others, that's a gift. Once that gift is shared there is an exchange of safety needs met, to the reader to whom the gift is given to, and the writer is then put in the shoes of the outside perspective, however without safety needs met, that's a natural cause for instability and one should not be judged in the negative for that loss of stability resulting from the sharing of ones thoughts, not thoughts about others, but thoughts as coming from oneself, that's how good writing is made, and positive outlook achieved, when the reader gifts back a condition of value, that is positive outlook of the writer.

Just to Clarify a Few Things ...

12-17-18

For those of you disappointed who think that life should be better than it is and no happy even in times of peace, learn to be open to the fact that not all circumstances resulting in a person's life

are due to caused conditions purposeful, sometimes life has it so, that we react and respond, as to what we think is happening before it actually happens, and if you think something is happening then that's how it actually turns out that way, you have to not only have positive life forces in your life, but not be attached to persons places of things that bring you down in life, that's not how mental illness occurs, its when physically exhausted a set of circumstances come about when we are unable to read our surroundings, that not paranoia, that not being able to feel comfortable, that's not as a result of being harmed to make others feel better, to see who benefits from knowing something is occurring without a person knowing, that's not empowerment, that results in a person not feeling well and not knowing why someone is not feeling well, to then test for causes or create conditions in which a persons abilities are weakened or further exacerbated put at risk of harm, well how does that then empower anyone to have control over what is said to whom and why and how well received they are by others, how one communicates is much to do with how a person appears and looks, do not give up on others, alter their conditions or intelligences or appearances to say well they have had enough and don't see the possibility for positive change in a person or believe in them and put them further down in life. Give people time to mourn, and remember those who have fallen, we are all not strong enough to be resilient to societal pressures and pressures to believe and think a certain way to always react and respond in the positive, especially when we feel like love is being taken away, if one thinks a person is trying to take love away from someone who does not have love, well then how a person responds shows not only how desperate they are for love or dependent but how scare a resource is having a confidant or trusted entity, the world is small, and relationships are built over time, you cannot just replace people, especially not justify replacements by causing illnesses to others, by changing conditions and due to lack of ability to adapt get sick, and then continue to alter them to better themselves at the expense of someone blindsighted getting hurt not yet able to see past what is now, or not fully understanding the big picture of what is going on, or how a person has been harmed, its never justified whenever any wrong occurs, and people are not meant to punish people, that is the responsibility of the government to resolve conflict, not for people to resolve their issues with people, by creating punishments for them, or causing them to loosen up, lose their wits about them, and see how they crumble or fall, whether they respond the same in illness, or able to be resilient to pressures outside of themselves and stay well, people become ill for different reasons, if we all do our best to help and support one another, then there is no reason for people to become ill or sick, and give up in life, or continue to be hospitalized made tired, or unable to see whats going on around them as directed toward them for being at fault, from what point does the sun rise and set and when is earth happy with the wellness of others, who then is responsible for whats going on in the environment around them the people in it, or the people around them, and for what reasons, are people excluded from the betterment of society, and put further down in life, to not be able to support themselves reach independence and earn a wage in life, some of us take time to work on ourselves, for some this takes longer to get ones strength and confidence back, its not always by talking or posture that dictates what has occurred in a persons life to make them that way whether deserved or not. Be caring toward others, and be loving toward those who need it, its not always necessary to pick apart a person who is not in need, and try to change someone who does not need help, that's how people get sick sometimes, when help is unnecessary. What industries thrive and what industries fall, and where do the well work, the well work in places where help is needed, and based upon their own foundations of thought and best decision making skills are then able to work and perform under pressures, not be easily affected by others, trust that those who are professional always have the best interests of others at heart, and always see the good in others.

What Happens When You Abandon Your Companion ...
12-15-18

If you butter someone up, you are responsible for taking care of them, because you have lifted them, it is you they will return to if they are in need of support. During times of need you may feel independent of others strong, its usually then that you are needed, often times needing to set aside your own needs to reply or talk to others and connect, people will not always tell you what you want to hear, but learn how to be in control of the conversation not get put down or allow others to be put down by others, the heart is a sensitive machine, and often times needs much reinforcement as it needs to be expressed through communications, its not always by your tone that a message is delivered, sometimes from within things comes about and sometimes forces outside of us, present themselves within us, you won't like all the voices you hear in life, not all will be kind to you, and when the times are good usually when you get pushed to your limits in life to see what you are like, how strong you are, how resilient you are to stress and opinions held by others, and how well you are able to perform under the pressure of negative opinion, especially be kind to those who have supported you your whole life, do not make light of their experiences or hardships in life, decision making skills, we all vent differently, tantrumming is never to solution to be looking at as someone that can be relied upon, usually stable people are the most trusted people, and those not in control of their emotions, set aside as best opinion shared for making important decisions as to how to accept others, acquire viewpoints, adhere to values that build toward positive purposes in life, and steer clear of those bearing negative outlooks based upon their own wrongs in life. Never punish yourself for not living up to your potential or not becoming the person you thought you were, not everyone was made to be great, and sometimes no matter how hard you study you will not become smart and a 152 is the best score you can get on a practice LSAT after taking the test 3 times starting with a 143 at Princeton Review. If you can't make it in life, there is always a place you can find to grow at your own pace to be at an acceptable speed maturation wise to be given respect or take on caretaking positions, getting in touch with your inner child is not the best avenue toward becoming a mature adult, its when our defenses down and our humor is up that we stunt our growth and the growth of others, to build a smarter understanding of now, what has past and see yourself in the future based upon where you are now, knowing your options in life, by the goals you set for yourself presently -by this understanding of self-growth you are either happy with yourself or find yourself dissatisfied, as you were in relationships on in public spaces, to freely emotional, or too freely expressing how you feel by looking on the outside as unkempt as you feel on the inside, we are at our best when everything is in order, organization comes to those who stay well, and keep up with tasks, not by those who fall behind, you are a sum of the parts of effort you put toward achieving goals in life, the more organized you are about your goals in life, the more organized your life will be, and the more organized you will appear to others, that's maturity, not dependence on others to be put together, and not dependence on substances to feel good, when all is lost no medication or drug or alcohol in your system can make you feel better about yourself, if it is you that you are unhappy with, no matter what rejections you face in life, always live up to your full potential do not be the sum of the parts of life that have put you at your worst, allow others to dictate your best, or be driven by acceptance from others, for reassurances in life as to how well you are doing in life, you are bound to lose your sense of self to the benefit of the receiver of that need for affirmation, you know you best, others know you only by what you tell them, knowing that don't set yourself up for disaster by forecasting your past to someone new in your life, to watch the past unfold again, as you were at your worst, be happy with where you are now, learn from your mistakes, and each day is a new day to begin again, start over.

Leaving the Past Behind ...
12-15-18

There is a method to success, a measure of one's ability to learn from their mistakes, become wiser decision makers in life, and enable themselves to achieve by moving forward with positive footing, that's not smarts, that's knowing when to let go, if your past is keeping you from achieving in life, you've taken the 4th step too far, punishing oneself, is considered self-harming, and forgiveness is a matter of recognizing what you have done well in life, and what you could have done a better job of in life, abstaining, that's why people believe in preservation. If you get hurt looking for love, have no fear, love will always find you, and if you feel overwhelmed, chances are you will not match with those who similarly feel overwhelmed and best off finding companions in life, put together and achieved, including yourself. If for every decision you make, accept that in your past as doing what is in your best interest and in the best interests of others, not everyone will be happy with you, no separations in life are permanent, apart of you will always be in the lives of those you have come across in life, that's called being human, friends, acquaintances, and professional contacts some get cut off from your life upon making new connections in life, and sometimes everyone stays in your life, and depending on how good of a person you are, you maintain those connections along the way in spite of your failures in life, forgiveness is returned to you, for not being well when you met those individuals in life who accepted you the way you were but not present enough to stay, bond, or maintain relationships at the time, that's a product of alcohol and drug abuse, inability to connect well with others be present, those are tell tale signs you are off base with reality, not necessarily selfish, but not in tune with your environment, stuck on feelings and trying to cure feelings, instead of being a person in action living life, thinking about life too much, and then trying to self remedy what it is that is bothering you the past or broken relationships. The key to moving forward is not discussion of your past in terms of stories, remembering everything from your past is a virtue, if your memory is still in tact, if your memory is poor that simply reflects periods in time when you were not put together coherent, and stuck in the past or too invested in emotion based reasoning and determinations to think and react in terms of how you feel, that's not using your smarts, when you get stuck on the inside of yourself, and out of touch with reality and whats around you including appreciating what you have in life, and what is before you, the years of your life to be lived, and the years of your life lived. People will remember you not by your past, alone, but by what you are doing now to better yourself, regardless of what rumors are going around about you and regardless of what predictions are made based upon what people know or think about your past as a predictive pattern bound to occur in the future if a set of circumstances exist matching a set of circumstances past to determine fault in the past and presently waiting for fault to be placed in the future to further justify treatment of you or further classify you among those who are not well or to be separated from society and others, as mentally ill or below the standard of wellness necessary to be apart of, that's called being discriminated not just based upon how you look but how you appear and look when under the influence of any substance, based upon how you look is how you get judged in life as among or bearing resemblance to those who have harmed others is how you get punished in life, choose your associations wisely, and if you can always do your best to keep up with appearances, never changing for anyone, but only to become a better version of yourself, you can only take care of the sick for so long, until you yourself become sick, if you cannot take care of yourself well, then by all means take care of yourself first, its always by who is more put together that gets deemed as of value or the catch, and if you are not up to the standard of care required to be considered a catch or of value, then you will be

treated as someone deserving of bearing qualities of illness or looks of those who have been devalued, as though deserved, no one deserves to be hurt, aging is a process, and if you take good care of yourself and others, we hope that punishment does not follow. When you start becoming selfish and only caring about yourself, be prepared to be questioned as though not for good reasons, time alone is taken to recharge, they always assume that if you are declared bad then it by being around others you look well or feel good, for those of us independent and who live alone, being alone is how energy is maintained and looks achieved, not changed by environmental factors, things you learn as you get older, why the sick stay home, the well work.

Being on Your Own Team in Life
12-11-18

Always be on your own team in life, people will judge you, your past, or decisions you have made in the past, or how you have lived your life, whether you deserve to be where you are now, and based upon your wellness as deserving or not to be connected to those who are well or have achieved in life. What we do in our spare time, or whatever amends we make among those we trust, just accept treatment of you as deserved, if you are intelligent enough to separate yourself from those who have caused you harm then the more power to you, always move forward in life. There will be moments when you feel like everyone is on your side, and moments when you wonder or think that others have turned on you, we cannot be well always and sometimes the work that we do does not make us feel well, that may be a product of needing more in life to achieve happiness (whats assumed) without taking into account a persons personal history and difficult times when one has not achieved well in life, or been able to stay well while achieving, that's really no ones business to judge and if people cant have positive thoughts about you and only believe rumors, then that's their way of not making you important in their lives, or not thinking of you as important or deserving in life of respect, or not thinking you are well enough to be supported by others, that doesn't mean they are not on your team in life, they just think that their wellness is more important than their own, and think that because you make sense you should know better, or because they don't make sense to you, but you accept them anyways, means that there must be something wrong with you because you don't understand them, that's people talking to subjects beyond or about themselves, which you either can or cannot relate to and if you cant relate then that doesn't mean that there is something wrong with you, it just means that you don't feel the same way.