

# Chapter 12

## Coping With Negativity and Combatting Fear

### Strategy Response

Change your focus, not to the fear producing agents, but shift your focus away from fear itself. As someone in a position of trust you are required to be strong in light of the present and steer clear of what is ailing you or others. Who then is in a position of trust, when all fall ill to the present conditions of a few. Always be comfortable in your own skin, and don't allow anyone to affect you. Fear sometimes resonates from feelings of a lack of respect, which you may grow akin to, but don't become accustomed to such emotions, as your ego matters less than the wellness of those around you. Whether its admiration you want, and power over your problems, seek advisement from those who have obtained qualities you wish you saw in yourself, caretakers, to whom you can confide in, rather than those who care less for themselves or others, negative. To fear to fear best a great attitude.

### Rationale

When you fear someone good who you condition yourself to fear, then no harm can result. Only good will happen because your actions are triggered in response to your needs to fulfill or not fulfill. What you do will be based on how to achieve your goals to the best of your abilities when all other options are unavailable. When you will simply, but consciously, follow your instincts, you will do things that will be in your interests, as well as in the interests of those around you. This is because your instincts, after being trained for so many years with their interactions with other people, know what is best for you. Doing what is best for you is also the best way to defend against those who would take advantage of you and adhering to professionalism. Furthermore, make sure that it is clear in your actions that what you do is not just in your own interests, but in everyone's interests. That kind of positivity is like a self-fulfilling prophecy and you can be certain that whatever it is that you intend to do, it will happen. When negative toward yourself or others, you put yourself and others at risk of harm. Harm can come about if it is

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continued to the self and others constantly as harm is a product of your thoughts, and the thoughts that others have of you. You can identify as the party harmed or the party being harmed based on the written discourse and discussion. If any party unnamed to a transaction exuded negativity toward another's successes, that individual is not responsible for the harm that results to that individual's psyche. Any errors are a mistaken product of attitudes toward any writer or thoughtful speaker. The writer is never the provoker.

Do not interject one's self into another's story, or into someone's life, while they are assembling their ideas for peace and progress. Once again, that is not any way to treat people. Remove yourself from their business, and put yourself in someone else's life. You will begin appreciating why this privacy is so important. You should not interfere in other people's life, nor should they with your life, by bringing up incriminating information. That is bringing up the past to create a new set of circumstances to purposefully place someone at risk of harm, and make them look like they are something they are not. It is a deeply malicious thing to do, and makes them feel unsafe. Some people say they do this to test other people and see how they respond. However, this is arduous at best, you are only lying to yourself, when you let others win. The goal of wellness is to be well around others, not be affected by the illnesses of others, and to accept all the same. Often to gain insight on how other people are doing, do we see our present selves and abilities in life, sometimes its necessary to recognize our own wellness, sometimes its necessary that our own wellness helps others to recognize their own strengths in life. It would be unwise to assume that anyone entering the lives of another would seek to exploit them, rather its in our own best interests to have those privacies maintained as to our interactions with others, sometimes wellness and definitions of wellness stand in between you and your ability to be close with others. Sometimes to a fault. Even if it is honest, those people are still misreading the situation, and it is not helpful. When people who went through problems and successfully dealt with them do this, it is especially deplorable.

Rarely has it ever occurred that a person with positive thoughts become negative, unless they are surrounded by other people's negative attitude about success in life. This is usually how a positive person becomes negative, although it is usually temporarily until the negative party feels positive after having proven another wrong. If it continues unchecked, this behavior is both, problematic to the writer and to those reading. Why it is important to always stay positive when writing, and ignore your surroundings and the opinions of others. Well, some of the best writers have the quietest minds. Most peace without must first occur from within. It is self-evident that

the lives changed by a writer are examples of positivity and negativity caused to the writer. Anything negative thereafter is a byproduct of consequences faced when coping with negativity. When the fault is diminished, everyone rises above who is to blame for negativity, and leave out this blame game, only then can positivity occur. Nothing positive ever develops under shrouds of hate toward any one individual or group that dismembers bonds and fosters dysfunction. Any dysfunction occurring because of the writer is to please an audience looking for dysfunction to cause negative reactions in the writer. Anything thereafter is no one's responsibility except for the actions of those responsible for causing harm to others. It is never the writers' fault.

When fear presents itself, ask yourself first is this something you have experience dealing with, and do you have experience coping with your own circumstances in life, and how similar or dissimilar are you now by comparison to those you have helped along the way. When you fear a positive agent or a good person, only good can result. When you fear a bad person, you have a fifty percent chance of returning to a good place, ending up at a good place, or seeing good potential, because all you fear is that negative harm causing agent from which no positives can result and fear that either stops you from being positive, takes away options when your sight is changed, and dismembers your vision, because their purpose is to redirect you toward something negative. That negative being their intention to cause you to fear, a fear they produce in you that empowers them. Thus, it is a fear that helps no one, including you, and only fuels another for no positive purpose. This is because it is only resulting from motivations to fulfill a void. A void being a need. A need being power. Power being produced by power unable to attain its own power. This power exists when there is an oppositional force to it. The oppositional force gives them power to act. This is because if actions are not spurred through positive means, they can create an oppositional force to stay in power by triggering fear in another who is not in competition or anything that weakens them. It causes them to have power to have power, and can cause fear to maintain power because it is an oppositional force that keeps their sense of self to a tune familiar enough to keep them going, but not altruistic or for any common good or purpose. It is solely for self-maintenance. It is not a fear causing agent or fear producing agent because of which it needs any special attention to anything that benefits someone. It only causes additional harm to the product of that fear. This is disempowering only further empowers another person, who has power given to them by causing fear in others, is without the ability to then capitalize on the fear produced because the only goal was to cause fear and see products of that fear. Fearing anything that does not give back is not a fear worth having or a fear worth psychoanalyzing or reading into because

that person just wants you to fear them (as stated earlier) to recreate or produce a feeling in themselves of confidence or safety which was previously attained only by an oppositional force, which they found to be readily available as it was recreated by producing fear in others.

Facing good fears in life produce positive results for the psyche. Facing negative fears is not a byproduct of our own life, but a byproduct of the life of another. It is not a fear (natural fear) as when confronted, it produces positive effects in our lives because it is not a person's fear, it is the fear of another or others' projected onto you to figure out why that fear exists, which you do not pay attention to because it is not a fear that you think is important. This is not because you do not have those fears too, which others may or may not recognize, but because you have a fear you do not address to not give power of attention to those fear causing agents. This is not because it is not a recognized fear or because it is not feared because in cohorts with just not addressed to not confront be attached to or in communication with either to from or back and forth in communication with.

## Cycle of Fear

When you fear known positive results (like how I dealt with them by going to rehab, putting myself on a tight budget, and having a 100% monogamous boyfriend who is the ONLY person I am in contact with), when you fight a fear, which is negative or produced by a bad person, not a good person (in opposition to when a good person produces positive fear, all things leading back to that person's positive core), if you fear produced by a bad person, then no good can become of confronting that fear because that fear is produced and caused for no higher purpose other than fulfillment of some individual need. Fighting back only serves that purpose. No good can become of fighting with a bad person or someone who is negatively recurring harm because that individual's need was for you to fear them to produce a fear to cause a fear and upon which any response to that fear fulfills that individuals need to be feared and serves no added benefit toward any positive to address that fear or understand that fear. Just note that such fear toward A, B, & C exists and this is why this person wants to be regarded as good (but wants only you to fear them for individual benefit). Otherwise, responding to a negative only creates a negative positive to appear, and its rationalization causes you harm. The original causes for fear are used to justify that person's rationale for causing you to fear them individually, and do anything to justify that position by taking anything and associating it to rationale to fear a fear that did not exist had I not responded to that fear to begin with but was triggered and retriggered to fear until a fear resulted and a present response to fear was produced from which any evidence remotely congruent that could be

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manipulated to paint a picture as a fear or issue existing between two, which never existed to begin with, is what has occurred. When it typically occurs, the person feared is the person who obsesses over the one they seek to cause fear in and fear generated in most circumstances results from 'surprise'. The surprise is not noticeable at first, and is then suddenly noticeable, which thus causes fear.

### **Prior Incidence of Fear**

When you are in a state of trauma, your prior incidences of fear resurface and you start feeling the same emotions you did during those previous traumatic incidents. My online book is all about managing emotions while volunteering for a crisis hotline. Any allegations of toward are usually done so in advance a planned achievement of a creation of sides, usually to lead toward wins in the future for groups or individuals. That is not how success is achieved, by dismembering others while coming up in life. It is best to always get along well with others, and ignore those whose present circumstances you deem immature or who are poorly timed in their help for others. If for a better system of thought needs to be set forward, another has to be setback in the name of rights, practicality, or profitability, then it becomes a question why one is being touted as more superior as the other. Who is more important or better, the addressor or the pitcher? The receiver of information is always responsible for their own emotions, not the sender. Reading is an option, not a must, and no one is ever required to read anything not assigned to them, especially if reading the material in question is challenging. Those who shame, unfairly critique, and defame me are of no concern to me. However, they do pose threats to my genuine security and interest to live peaceably in life.

There would be no surprise or cause for fear had no one died during the War on Terrorism. It is unsurprising that people get sick and die during war. This is why war is usually not the best response to any conflict that needs to be resolved. I applied to the #usnavy 2009, after working for the LA City Attorney's Office, this was a natural step in the progression of my career at the time as an ABA Certified Paralegal. Then attempted suicide 2009, as a result of a break-up, and reading a deposition, upon looking up my name on *google.com* ... while applying for jobs 2008. After a suicide attempt and survival from suicide, the victim is not at fault for having fallen to doing this and they do not deserve any unnecessary intrusions into this business at any time. The one who commits suicide is never at fault. Therefore, no domino existing can be blamed on the first to commit suicide.

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I was told to be quiet regarding my bipolar “delusions” by UCLA. They shredded my first theory and labeled me mentally ill based on my medical report, which is not my fault, but my EMR writers’ fault. To them, any harm resulting toward the self is the fault of the individual who commits suicide. It is never the fault of others, as suicide has been labeled a “selfish” crime towards one’s self, never justified. However in my case, it was to prevent future hardships. Not to be so morbid, but at that moment, I would have rather been dead, but on a positive note, I am still a law student figuring life out.

So much has changed since 2009, and if able to live life differently, I would have not have drank or tried drugs, and would have stayed sober throughout college and law school. I am still trying to adjust to life while in recovery, and it is not easy on anyone, and certainly not to me either. Indeed, this is one bandwagon the world will happily oblige to join. War causes illness and illness cause war. Everything worth fighting for becomes a reality, either in the positive or negative looking back. While everyone is still here, be blessed, and do your best to be thankful for each day you are given to live life, and make the best of your circumstances and career adventures. To reduce rates of regression (by use of humor) and to foster the betterment of self-development all around, better uses of humor and intellect can be used to inhibit less the characteristics which empower those seldom spoken, and do less to harm those who speak less. Under those circumstances, the least sensitive are responsible, but never the smart, however not always the most sensitive, but conservative at best with their words. Any consequences for the negativity produced could have predictively been used as an attempt to generate a reaction from a party to prove guilt or justification, is an ongoing debate.

Generally, actions and reactions are by parties who feel harmed that generate more harm are never the correct parties and usually not the recipients or purposes for writing. Remind yourself of that always when hating anyone you do not like, do not respect, or think are too worthless to be worthy of respect by others. What is the purpose for that? Often times we say things to make others feel better, perfecting the condition of others, not our own, by saying what we feel or how we think others feel, if after sharing you feel differently, recall what you have said to see if others, respond differently or the same to your first response.

Innocence can be proven only one way. The surprised is always 99% of the time the innocent bystander in any interaction with a fear causing agent. No evidence to disprove or explain is necessary to be provided. We leave people like that out to dry at sea, to rot in hell, and not provide any emotional stability. There is explanation provided for doing this and no added

justification for continued harm toward another is what do we do instead of ignoring them as not existing. The reason behind this is the way they treat another human who is 'deficient' in understanding why harm is being caused toward them. They are fighting an innocent good person who is so dumb; too dumb to be worth comprehension or provide information for anyone to waste time bothering. It is best articulated by explanation why that fear was unnecessary and harm irreversible when a life is put in jeopardy and death results. This happens due to circumstances to lives already put in jeopardy, which is what we call war. War is never deserved, and it is never the victims fault, nor those affected by war. It is all about the consequences. That would technically make us all victims of war, which is why I wrote a speech for World Peace August 2013. War is never deserved, and it is never the victim's fault. All crimes are senseless and undeserved. Why its important to explain when it is the duty of others to dissolve your hardships, or whether its by your own token and responsibility to quell the voices surrounding these issues, the world is a big place, remind yourself of that, you are neither more important than others, if not the same to be treated any differently or special, if would do a disservice to others, is not a justified use of likeness to inhibit the growth of someone, or to cause them illness, for the sake of preserving the wellness of others, deemed at fault. If it would only further to disempower others not help your interests or the best interests of others, then it would be appropriate then to move forward.

## **Negativity**

Once a life is ruined, it can never be repaired. Not even the right-minded individuals with great self-worth can withstand negativity. I once defined negativity as a deplorable condition that makes better less than, and counterbalances fear. I further explain that paranoia makes clear errors or wrongs.

Don't let negativity get the best of you. You will meet a lot of unhappy people in your lifetime. That is just a fact of life. The best you can do is be positive and never take anything too personally. Usually what people say and how they express themselves to you is a direct reflection about how they feel about themselves. Sometimes, it is nothing to do with you. It always takes that into consideration that people only see what they want to see if you do not fit into the lives of some you will fit into the lives of others. Do not let anyone destroy you. Remind yourself that you are worth it. Always do your best rise above and do not be co-dependent on acceptance from others in order to progress and thrive. Sometimes, you need to grow independent of others in order to get strong. Learn to let go of resentments and do not pass judgment on others until it is passed upon you. What you put out into the world is what you get back.

