

Volume 5 Book

By: Leslie A. Fischman

mymollydoll.com

Ch 89: Back to Quotes Creator

You can do everything possible to help make people understand you but until you understand yourself will you feel better. It's impossible to know everything in life, you can't always win. Always do your best to put yourself together first.

Always be understanding of others, their needs may not be your needs, and you may not say everything they want to hear but that doesn't mean don't speak don't do your best. People can be difficult but that doesn't mean that you need to give in to the demands of others to let others win be strong at your expense. That's not how to live life, drained.

The strongest people are those who are not easily affected by others. Whether or not they are being watched stay poised under pressure and know how to behave well in public under pressure. They are called professionals. There's a certain know how required of those in the spotlight. Overtime the pressure can be draining. Always be understanding of others as not required to shine at all times, sometimes it's okay to let others shine. #LAMarathon

When you feel bad about yourself it's usually coming from a place of opposition keeping you down in life. Those who are well no amount of exposures become unwell. A true test of character of those who are well best suited to hold professional positions in the workforce are strong minded. That's why professionals in the helping professions help best know the rigor of the job understand the value of compassion and know how best to help others as well as themselves under stress.

Sometimes you need to learn when to stop and figure out why you're hurting and what's hurting you - this is not always obvious, especially for those in need of help. That's not how you get better in life texting or messaging or emailing people for help, the best way to get help is always to report your concerns and have someone else figure out how to address your concerns or fears, measure or calculate your concerns and how to properly deal with your concerns. Unfortunately there's no level of confidence immune from hardship or watch when any one person or group of people are of concern, all must be watched closely, that's called caring for your friends, and knowing them, knowing best how to help them when they are not well, get the help they need. Gradually overtime due to loss of faith in people, they can feel alienated why it's important never to lose faith in oneself and to always do ones best not give in to negative voices and self harm or illustrate your disturbances out loud but report them appropriately. That's how best to move forward under stress, not go quiet, not sit in pain, not allow others to bully you or prod you, but stay poised under pressure not crack under pressure and spill your insides out in public and share your fears out loud. Always stay positive. Somethings are better left unsaid.

We can't always be the best at everything. Sometimes you make mistakes when you work yourself up to it. Know your potential and stick to your strengths. When you try to be better than your best and fail that's how you get hurt while trying to do your best. Always be happy with what you have in life not get stuck comparing yourself to others and bottling up, that's not how to resolve your problems and move forward. If your best is not good enough do better, it's never too late for self-improvement. It's never your fault when you get hurt. Be careful not to blame others when you do get hurt that's how trust is lost then you don't get the help you need.

You cannot be perfect at everything but that doesn't mean don't try. We all have embarrassing moments when we're not at our best. It's how you deal with embarrassment that shows who you truly are. Don't let the opinions and judgments of others get the best of you. Always do your best to put your best foot forward.

You can't always be a success. Not everything you set your mind to will pan out in your favor always. Sometimes you have to step back and reassess your goals in life. Plan where your headed in life and do your best to achieve in spite of your circumstances do well anyways.

You won't always understand why people are the way they are. Best not to waste energy questioning others. Everyone has their own problems and insecurities. Nobody is perfect. Best not to get too involved in the problems of others and to focus on oneself.

It's always okay to take a break from whatever it is you are doing in life when you get tired. You can't get better at anything burnt out. It's important to pace yourself. Life isn't easy. You have to be able to handle a lot in life in order to succeed be successful in life. Nothing comes easy. Especially not when you're not doing well in life or not feeling well.

Through writing a lot can be explained and expressed. We all have pain in life and go through a tremendous amount of loss in life caring for the wrong things and the wrong people. You just have to stay strong. Not everyone will turn out to be the person you thought they were, no one is perfect. There comes a point when acceptance of all is the only way forward. To leave your fears behind and start living life. The more scared you are of getting hurt the more difficulty you'll face finding happiness. You just have to learn how to be strong with or without others in your life.

Whatever you do don't look back. Sometimes we get nervous thinking about what we could've should've would've done or said differently from where we stand now. We are always wiser as we get older, making better decisions for ourselves. Don't be so hard on yourself. Life's not easy but it surely doesn't need to be difficult.

Life can be painful sometimes. Mostly when we are mad or not happy with ourselves. Learn to be patient, forgiveness takes time. We will always have moments in life that get the best of us, it's how

you deal with life moving forward that shows who you truly are. Don't care so much as to what other people think, you should always matter most to you. Your thoughts of yourself are what should guide you not the thoughts that others have about you.

Don't waste time people pleasing. You usually wind up empty handed in life when vying for the attention of others or for their acceptance of you. You yourself should be happy with where your at in life no matter what. Life's about hard work not about getting places in life. When you know yourself best others will want to get to know you too. That's how to be well liked, focused on yourself not focused on what others are doing with their lives. Compare yourself less, learn how to be happy with where you are in life.

It's not easy letting go, especially from old relationships. Wishing we could have done things better, when things don't work out. Don't be so hard on yourself. No relationship is perfect. We cannot be the best at everything. Best you can do sometimes is better your life. That's what will make most all parties happy. To see you do well in life in spite of your differences.

Things are not always as they seem. No matter how down and out you are know who you're connected to. Don't lose faith chasing dreams or setting goals too high that you can't reach them. Only you know your best. Don't put more pressure on yourself than you already have on you to do well. Always speak highly of yourself. It does not matter where you come from in life, everyone is capable of being a good person. You are what you set your mind to.

You have to be willing to change when things are not going right in your life in order to get things going back on track. Life's all about maintaining momentum, only you know when things are headed in a bad direction according to your viewpoints. It's your responsibility to get things moving in a positive direction for yourself when you're not doing well. You can only do your best professionally from the experiences you have in life, some skills cannot be learned only by first hand experience learn how to be, behave, and react under stress. Always do your best, to get help when you feel in over your head, overwhelmed, that's a sign of lack of preparation. There is always someone more prepared to handle situations you yourself may not be skilled or well versed on how to best respond.

You can't fixate on the past if you expect things to go well for yourself in the future that's not how to make things right or go right for you moving forward. It's how you see that determines where you end up in life. Always think positive in order for things to turn around in the positive for you in life. That's not how to make better an already unstable life by thinking negatively of self or others that only makes things worse. Always do your best to improve, each day brings a new set of conditions, environmental or personal through interaction that we must adapt to. No one is free from adaptation it's something we all have to get used to eventually even on bad days, even on good days, always do our best to represent ourselves well, that's called poise. When even under stress we still exude our best characteristics that identify ourselves not exude characteristics of the unstable when in turmoil. We can only do our best when we are behaviorally sound not reacting to every stimuli personally but objectively accepting of all including ourselves, that's how best to fit in when you yourself don't like yourself for whatever reasons don't feel good enough. So long as you always do your best you should have nothing to fear or worry about. Social graces are everything sound. Be courteous to those who care and care can only be reciprocated when we ourselves care for our lives and the lives of others,

that's the best life lived, under good care and by caring well for others.

No one is immune from controversy we are all affected by controversy when anything controversial is discussed.

Be good to those who are good to you. That's plain and simple. You cannot get better in life or have a better life for yourself by competing with others. That only breeds animosity. Always be strong, never face your fears to the extent that you put yourself in harms way. That's not how to better yourself and/or others. Know your best and stick to that. Grow from your mistakes in life and always do your best to be a better person.

You are what makes you special, and no one has the power to change that about you. Your qualities are your own. No one can make you something you're not. No one can change you into something you're not. You are you no matter what.

You cannot be perfect at everything but you can do your best to fit in, in spite of your differences with yourself, and in spite of your own unhappinesses with yourself. No one can make you happy except for you. Until you are willing to change will new doors open for you in life. Always think well of others. Always think well of yourself.

Less focus on others usually helps you resolve whatever it is that is bothering you that you cannot make better on your own.

Nothing coming from a dark place ever sounds light out in the open. Everything said is always taken with a grain of salt. People can tell when you're lying and when you're telling the truth depending on how scared you are and to what extent affected by the telling of a story. Always be mindful of your audience. To whom appreciates honesty in all forms, when paramount to sustaining the safety needs of others.

When you make things out to be something they're not this can cause trauma to all parties involved. It's important not to blow things out of proportion for the sake of argument, sides, or to suit selfish needs. That's not how to go about achieving peace from within. Only in turmoil do the best shine, least affected by controversy, and most able to help others.

You're not always going to be who you're cut out to be you just have to do your best from where you are not raise expectations too high of yourself that's how you get a defeative attitude and don't

achieve well in life. Your disabilities in life are always a manifestation of your insecurities and subsequent lack of motivation or belief in yourself. Don't stop believing in yourself. All that is required to be able is to be well in order to do well in life.

Ch 90 Quotes by mymollydoll (03/2018)

When things don't turn out right it's important to make light of the good to give way to negative emotions, to settle, not fester wounded or drain in pain that's how things are made worse not better.

You can't make better an already volatile situation unless you yourself are well. There's nothing you can do sometimes with respect to your reputation, ideologies, and belief systems - some ideas no one will accept. You have to be strong in life not guided by who influences you but guided by your own train of thought. Everything you write gets applied to what you've said, your past and your present as a future assessment as to your viability as a candidate for employment. Until you are well can you be relied upon in life. Participation is not addiction it's a form of helping others, not denial to not partake or an admission of any wrongdoing, just a reflection of well or not well. To not partake in sharing sometimes means waiting to get well in order to share. Everyone has their stopping limits not partaking or sharing is inapplicable to ones ability to stop or reflect that they're out of control, a loose canon, or headed in the wrong direction in life. People who utilize social media should not be treated like drug addicts it's not the same. Writing is not addiction it's just writing and picking a platform others than Microsoft Word to write.

When you think about positive things. You end up on the right foot in life. Don't stress yourself out too much, vying for the attention from others. You cannot get better worrying what other people think.

What you're drawn to in life is a reflection of your beliefs and of what you see. Everyone sees different. We're not required to all see the same way. Life would be boring if we were all the same. In order to arrive at positives in life you have to stay on a positive tangent thought wise. It's okay to see yourself as different from others. But always be mindful of your thoughts, worry not what people think, but it's more important to recognize how you feel and to control your emotions, not worry what other people think.

Your private struggles are your private business. You always have the right to keep private what is bothering you. You never have a duty to share or over share when you are not stable. To get the help you need it's best only to state what's important what matters to stay on track spiritually and be mentally sound. Don't internalize your fears or things you feel are inappropriate forms of communication whether to you, about you, behind your back, or with you not present to listen. Nothing is your business unless you make it your business to care, for others to care, or for you to care. Rehabilitation doesn't stop at well, recovery is a continuous process of healing the mind and spirit daily.

Always think of yourself as well in order to stay well.

It's hard to stay positive when your thoughts are taking you to negative places. Why you have to always be in control of your thoughts. What matters is not only what's talked about after you write but what's thought about after you write, always keep those tertiary thoughts of interest to your own thoughts in mind. You cannot control the thoughts held by your reader you can only do your best to communicate in writing what you think best

Once you understand where you're headed and where you're going in life, nothing should matter as to how others make you feel toward yourself. How you feel toward yourself should not injure or hurt your ability to read the reactions of others to you as communicated or miscommunicated, not be easily affected by the hostility of others toward you.

You won't know your best until you try your best, that's how to do better in life, when at your worst.

People will think from their viewpoint of you how things should be good enough or not without regard for the fact that one may already be hard on themselves, that's just looking for trouble, to think with a critical mind to interrupt the positive progress of someone who is not nor never critical of others, that's not how to make better instability by criticism and assumption of purposeful wrongdoing on anyone's behalf without regard for their knowingly positive purposes in life expect them not to become defensive to the opinions held by others.

If you can't be relied upon it will be difficult for others to trust you. Always think well of yourself, your best is always your best suit moving forward. How you behave always reflects how you feel about yourself whether of value or to be valued by others.

Once you reach a certain height of acceptance you then become dependent on your own values as a guide for future progress as affected by your audience. It's a continuous effort to multi-task both the expectations of others and to meet your own expectations of yourself. When you reach a point of success it no longer matters what other people think but what you think of others as well as yourself. And when it no longer matters for what reasons others do or do not expect from you, what treatment is replied is the most accurate measure to determine your self-worth as it relates to acceptance from others not as it relates to their expectations of you. Expectations get set, whereas acceptance gets provided, expectation can lead to disappointment, whereas acceptance can lead to affirmation of ones own interests of the best interests of others. It's therefore a waste of time to interpret or waste time misinterpreting the expectations of others of you as you see fit, whether or not they agree with how you live your life or decisions you make in life, it's best to be the best judge of oneself not be judgmental toward others or their beliefs.

There's no secret to predicting the future. When you work hard it's always your responsibility to create opportunities for yourself. Careful decision makers are slow decision makers. Marked by maturity and ability to foresee consequences and avoid trouble, they have good timing in life. Any people who focus less on others and mostly on themselves are able to find good timing in life which is geared by

their timing in life not predicated on the timing of others as directed toward them misplaced in life on purpose not to collide in timing with the bad. During certain phases of life when behind our timing can be thrown off, you get stuck, and that causes bad timing or slow timing you then have to correct and respond to yourself based on recall of your good timing how best to respond. Maintenance of contact with those with good timing is key to maintain success on your own timing if need be corrected or timing is off, everyone's timing is different.

Chapter 91 by lesliefischman (v2)

#mymollydollbook

What you see is for your own best judgment. You cannot judge those who do not look well simply because you think they're ill. Similarly you cannot judge those who are not well in writing and treat them as not well. Sometimes we go through things in life and it takes us time to get better at using our skills to better ones self.

When you feel like you know something always check. It's easy to get sick led astray when we allow our thoughts about to tie up to what we know, and from where. Why it's important to always read professional sources to better understand ones thought to connect to more good ideas in life or to build a better understanding of ones self.

When you feel out of sorts, and in a chaos, don't allow negative voices to keep you from maintaining your sense of peace. There are moments of quiet and moments when those moments of quiet and peace are disturbed. Those who annoy you seek to distract you from your purpose in life and interfere with your focus are needy types, those who are co-dependent and unstable. In order to be successful you have to be independent of others, and work independently from others. You cannot allow the interests of others to interfere with your own. Your ideas don't matter, what matters most is how you see yourself moving forward with or without people in your life, with or without strength and compassion for your best interests, and with or without success just be, happy with yourself, preserve your sense of peace.

You can't predict the future, or how you'll become, worrying about now or people in your life. That's not how to do better in life get better. When you don't feel whole do what makes you feel better, engage in positive endeavors that suit your interests in life whatever they may be.

Once you start living life it's hard to go backwards. If living life hurts that means there is something from your past interfering with your ability to move forward. Don't be driven by thoughts of the past, that rarely if ever makes a difference unless it is recommended to you to go backwards.

Look to others when you're feeling depressed, that usually improves your mood, to relate what's left of good feelings to those who are doing well. Life's all about staying balanced. Sometimes the well know best. If you can't change the way you feel change the way you look at your emotions and react differently in the positive instead of the negative. When you're feeling negative that can be a product

Alternatively, in the positive instead of the negative. When you're feeling negative that can be a product of depressed thoughts, not seeing the present well, focused too much on the past or future abilities.

Know your strengths what you do now affects your future potential. You are only limited as to your thoughts about yourself. If you do or do not see yourself some place in the future, that's a product of your ability to see now for yourself what needs to get done. When you are happy with now more windows of opportunity open up for you moving forward, whether predictable or not. It's all about how you see yourself, and what you're connected to past, present, and future.

Things won't feel well around you when you yourself are not feeling well or fixated on the past. Your points of reference matter, as to the thoughts you have. Your thoughts are derived from your experiences in life, for better or worse tied to you. You decide what experiences ring true to your good character. We all have moments of despair and hardship, it's what you make of yourself moving forward that matters most. How you recover from those errors in life, to be the best version of yourself. The moments others hold you to in life, if your worst, can only control you and your thoughts of self if you enable others to cause harm to your psyche and sense of being by assuming what people think or will think. If you are certain about yourself let no other certainties about you consume you, become only what you envision for yourself, don't let past weaknesses rule you or your efforts to repair yourself.

There are no reassurances in life. Sometimes you have to be strong on your own. You cannot depend on others to help give you strength in times of need unless you ask for help. Whether or not you get help is by your willingness to change, your willingness to heal, your willingness to do what is right, not just what's in your best interests. That's how to make fair decisions for yourself moving forward whether or not you are being judged in the negative and for what reasons. Always prove them wrong.

You have to be patient with yourself. Nothing comes easy in life. Life's not about respect but about being in good health. When you're in good health others fear less. People generally don't waste time caring too much for the problems of others but focused on their own problems. It takes a lot to become invested personally in the problems of others. Most people are focused on what they're doing in life, their thoughts, and their feelings. People's feelings are never mostly affected by one person or any one person's commentary but a culmination of a series of emotions or memories past that currently affect their present processing of information as influenced primarily by their interpretations and in connection to what interests or deductions sought or made about any individual who is not doing well or not doing as well as others. That's a lot to process, no blames are rarely if ever accepted as personal as to the conduct of those affected by. It's for no one to judge to whom affects our well being and best interests, or rarely if ever takes blame for their own feelings and emotions. The best remedy sometimes is to focus on other issues not relate issues to one another to make sense of the world, that's not a positive product to apply one methodology to a new way of thinking about things in an unrelated way, not by forced comparisons or attachments, that's what's insulting, rationalizing relationships by insulting deductions that cause harm to the well being of those who've moved on, by those who've just arrived at issues. #foxnewsam (04/04/18)

It's sometimes difficult to understand the disposition of women. It's not our place sometimes to correct others but that doesn't mean we don't feel or empathize, often times choosing not to get involved in controversial matters. Keep self separate from problems. That's a gift to be diplomatic

involved in controversial matters, keep self separate from problems. That's a gift to be diplomatic emotionally, with self and others, not to be abused. That's not a short fuse when responded to that's a tired fuse when you see a change occur. When you see a change that means there is a fragile condition not being addressed it's then at the choice of those suffering to empower themselves when ready to face their difficulties in life or what's hurting them not the job of others to point out or belittle them, chastise them as ill for unimportant reasons. Always give people the benefit of the doubt. Patience is required, not respect, when it comes to self-care and maintaining positivity.

Stress for expectation, after disappointment, causes heartache. Why people put people down, as perceived threats to their own unhappinesses or happiness in life. You cannot expect the same drive from someone who has been hurt. You cannot expect the same focus by someone who's been hurt. You cannot understand others as related to your own experiences in life judge them as the same or just as strong, assume what they're thinking of where they're going in life. You cannot analyze people. You cannot judge people for the purposes of obtaining information for analysis then rule them out at the problem if a benefit was received from that interaction whether it ends up positive or not, they are not to blame for discomfort, the disabled. Patience is only required for those who are good to themselves and others. You cannot make bad examples of people for the purposes of arguing individual interests best served. You cannot pick on someone who is open, and criticize them as someone withholding information, or criticize them as not helpful, whether or not you benefit from the experience of having met any one person. People as individuals are not all that powerful on their own, it's wrong to treat someone as powerful who is not powerful because a perceived threat to their journey to empowerment is taken personally as ill suited or not deserved or earned, on their best merits. You can't turn someone into something they are not and manipulate their identity to convey a different message about them then expect the same from them or better. That's assuming their strength was not well earned or their happiness not deserved, when a wrong occurs nothing is made right afterward in that individual's life as related to that harm suffered and everything that gets related to that harm suffered causes suffering to not only that individual affected but also to those to whom upon interaction with an individual do not share the same or similar sentiments toward them. That means that someone nice was treated as though their best interests and best interest of others was based upon ill good interests made ill, to highlight a just rational for exclusion of interests until that problem manifested itself, to rule out not only that individual's good character but purposeful to remove from care all together their interests or just bases for speaking - interfering with their ability to be understood diplomatically and judged as lesser than or inferior to the best interests of all, rendered ill suited, causing an ill suit, to them justify previous conditions as existing presently to rationalize judgments passed when someone has arrived, to interfere with their ability to arrive, as justified as not having yet arrived. That's called being condescending to cause individual opinions to shine the reverse of a quieted shared interest in the preservation of peace.

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to that harm caused causes suffering to not only that individual affected but also to those to whom, upon interaction with an individual do not share the same or similar sentiments toward them. That means that someone nice was treated as though their best interests and best interest of others was based upon ill good interests made ill, to highlight a just rational for exclusion of interests until that problem manifested itself, to rule out not only that individuals good character but purposeful to remove from care all together their interests or just bases for speaking - interfering with their ability to be understood diplomatically and judged as lesser than or inferior to the best interests of all, rendered ill suited, causing an ill suit, to them justify previous conditions as existing presently to rationalize judgments passed when someone has arrived, to interfere with their ability to arrive, as justified as not having yet arrived. That's called being condescending to cause individual opinions to shine the reverse of a quieted shared interest in the preservation of peace.

Ch 92 - Broken Dreams

You can't go backwards and fix the past. It you're not happy with your life means you're not doing something right and could do better in life. A better job with yourself, managing your moods, or living life well. It's not easy to figure yourself out especially when others are trying to figure you out. Always when it's too late do people's true colors show, by values, and acceptance, and adherence to those belief systems that breed success and positive virtues in life. It's not for the negative to judge but to accept the good lives of others, earned by hard work and adherence to high standards of self and others. That's what makes good people. What is forgiven is what is accepted and who is accepted is who is forgiven. It's not anyone's job to gear the lives of others or manipulate what people think of them. It's everyone's own individual responsibility to live their lives. Looking back mistakes are made and then corrected, that's not for the sake of passing negative judgments upon others, but for the sake of acceptance and realizing what's important in life and what matters.

You can't predict the future or assume connections. That's never proper to read or study others or interfere with another's ability to succeed in life. It's unsettling to think that others desire the power to change people or their courses in life. Life's not about gambling or winning sides, life's not a sport. There are certain arenas for judgment but not all arenas are to pass judgment upon others. You have to give people time to heal and at their best timing and willingness be open to others. We are not always open to change and attachments sometimes we need time to grow it's inappropriate to attach to someone's past to predict their future or highlight their past to their future demise. Now that this is known hopefully people will be better predictors of themselves not others, that's not how to live life, be like others, you're only job is to be yourself, within reason shine not for the purposes of attention, but always those who shine help best others.

When you are ready to be open to others is at your best judgment and timing not the timing of others, especially not in a non-professional space or environment attach to others, that's how you get misguided in life or fall off center. When you share it should be for the purposes of adding value not shedding light on situations present or draw attention to people who support causes for whatever reasons may be. What hurts is attachment to interests not your own, and negative attention as to those interests are what hurt, it's best to be supportive of all people not just ones own interests, that's not how to read others, in the most literal sense of the word listen, instead one should read and hear their own thoughts not be dependent upon the reactions of others to have thoughts or get energy. That's draining to sources of comfort. Sources of comfort can only be made when comfortable with themselves otherwise a source of comfort can be used as a source to cause discomfort and that's the

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problem we are having right now on Facebook, misuse of sources of comfort.

You can't compare the lives of others by time period what is known now is always different from the past. People are not connected by memorable moments, that's not reality. Reality is the difference between being yourself and feeling judged by others. In close quarters how you respond to others illustrates who you are not to be made different from others reminded of trauma or illness for the sake projecting self onto others that's a misuse of my identity my future. Everyone is to respect others not interfere with the ability of others to succeed. Nothing is about people, people are generally about themselves, for the sake of others, their health, their well being, their ability to succeed not taking into consideration the emotions of those who seek to justify themselves by creating example past present or future of others over interests general of purposeful to cause harm or instigate harm or to prove others wrong.

#mymollydollblog (Ch 93)

Theres something about timing, that corrects or fixes the past. And there are somethings that make the past worst than it is presently, unable to deal with the present, always be mindful of the thoughts of others, as well as your own, what you say, becomes, and what you think gets projected and when the timing of interactions get misread as communicating backwards, that causes illness of thought, when you worry about the timing of others, you should always be best concerned with your timing in life, not what other people think. Thats what hurts, when someone shrinks your heart to try to get you to open up or express themselves, you have to give people an opportunity to come forward when they're ready to come forward its not for anyone, and its not anyones best interests the interests of others, but those who are professional take care of the minds and matters of others, not to be read unwillingly and not to be read without permission #mymollydollblog

Ch 94 Hurt Feelings

It's about attachments and detachments what and who you become are not a manifestation of jealousy or hatred for others never gets you far in life that's not what makes one special or gifted or achieve fame it's not by who's standing next to you or by what's happened in the past that's never appropriate to shorten the life span of others by negatives or by looking back hurt the ability of others to achieve in life. If they work hard others can achieve, there's a stopping point at which others get hurt, that's when help is received or has already been received, that's when you don't go beyond the call of duty to help others, good Samaritans are only needed when no help is given. Then people help or ask for help, life is not for any one person to talk about or dictate for strength there's a point when tone is off that's when people are not well tone changes, tone is a gift. Always remember where you've been and where you come from in life.

You're not always ready for what gets handed your way in life and that's okay. Intimacy is not for everyone. Closeness is not for everyone. It's not necessary you bond with everyone you meet, professional is not cold it's just being protective of ones heart. How we are in private spaces we get treated with a different type of respect. that's not always understood. where it's coming from. and

that's okay, always be understanding of others and their places in life.

Sometimes you don't understand things until it's too late and wish now was then as you are now, from this vantage point see where you're going in life who you're becoming and who you've been make a decision as to whether you deserve good in life or be worse off, these are by the decisions you make for yourself it's not based upon character but a willingness to adhere to the values you hold dear and let go of the issues that are not as important to figuring yourself out not mimic the traits of those where harm has occurred not communicate wrongs but rights in life as well adjusted to be left alone not call attention to yourself, misguided. You cannot mix people up with their identities, you cannot control the identity of another by doing something to yourself or others to have an effect, that's not how to help people make good or better choices for themselves. That's what hurts.

Ch 95 by mymollydoll

Sometimes sleep helps or taking a nap. You can't compare people to people and expect them to receive the same respect as others. That's confusing the identity of one with another. Someone looked up to is not in control of one's identity. That's not how to self identify by comparing yourselves to others that's what hurts. You can't classify people at a certain level of intelligence for respect, it's simple those who self harm are not respected. It takes awhile to accept yourself sometimes letting go and forgiveness helps not worrying what other people think.

Stick to what makes sense to you in life, life is much too short to worry what other people think. That's not the correct way to go about thoughts centered on yourself or the interests of others that's how you get sick caring. Life's not about winning or losing but about finding friendships, keeping friends, and maintaining positivity.

Being well-liked in life is not about how well you put things together but about how well you put yourself together. Don't connect to things that hurt you not benefit you in your life, that is the emotions of others how they get you to care about them.

When you're unsure of yourself you're more likely to subject yourself to the opinions of others. Connecting thoughts is not the same as connecting to others, when you misconnect the thoughts of others toward your viewpoints, that's how you fall off center, this can occur in the form of empathy know that when helping others you come first, don't be other people in life always be yourself.

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Everyone has lives it's not necessary to be apart of only to do well. It's not necessary to help others only to work. Work is discipline it's not coming up in life or about money trying to come up off of others in life that's not competition for resources that's living life as you are not trying too hard to make others look bad that's not how to live life in competition with others for good or bad reasons that's called putting people down for no reason to meet personal needs its best to empower others to be themselves not cause harm to self that only makes you look bad.

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Today we remember all the women who have faught long and hard to bring everyone together and maintain peaceable relationships at work, school, and elsewhere. Because of women we have lives and taken care of. No rights should be abused sexy or not, in private or in public, be flaunted and flirted away, for all those who have been hurt I'm sorry it took me so long to speak in public and help out. That's the burden as women shared, balance and not caring for those who harm others, being strong but attracting love, and not hurting self or others in the process.

Everyone expresses their emotions differently. We are not all the same on every day, but we are all the same in that we are all human. That means we all have stress and stopping points. Some don't handle stress well after breakups, some don't handle life well at all. It's not easy after failure to be strong. It's to each ones responsibility to be strong and stay well.

You can't be experimental with people that hurts. Everyone's unhappinesses expressed are a manifestation of their own unhappinesses with themselves. Not everything is because of others sometimes we do things for ourselves. The lives of others is none of our business you have to respect the right to privacy of those who are well, even those who are not well. See the big picture, live in peace, don't get jealous of the happinesses of others.

#socialmediatips: When they know what your likes in life are that's to help everyone, it's not to hurt what you like in life that's not how everything turns good. When good gets attached to something bad that's how good hurts. Always be mindful of the spaces of others, lives are not the same nor are people, that's just a fact of life everyone must accept. To do their best in life not worry what other people think that's called paranoia. Paranoia occurs when you worry or attach to many bad things to good things. Always trust the good life, there's a reason they have good lives.

Wellness by #lesliefischman (+ sickness)

Usually those who are well help others, in some cases when not well we are able to help others. The ability to help others is for no one to judge it's a gift, not by connections or relationships, not to be abused but to prevent the reverse from happening well to sick, that's because those who help others are well not because they help sick people, that's for the wrong reasons to help others to get well that's how somebody gets sick if they absorb the illnesses of others, that's when empathy goes too far, and selfishness kicks into gear that's just life, a matter of staying well not worrying about wellness and living life, a clean life. #sober #celibate #clean

You should not obsess over the thoughts of others. Well or not. That's not how to become well by thinking about what other people are thinking, that leads to obsession of self then hard on yourself for the wrong reasons. It takes a mature person to be accepting of others. Don't get sick helping others. What's attractive is well, that's to keep people well.

What causes illness is relating things to people or experiences. That's not wellness. What's related is your right to privacy not for anyone to judge you as not well because you put things together wrong. Life's not like Candy Crush, that's just a game for people to work on one set of mind skills putting together the good in life. That's not our job to tell people how to think that can hurt when people think they're thinking wrong then they don't do well in life if not good enough. All people mean well, if you expect the worse then you need to change you're thinking, to accept that people mean well.

You can't have a perfect life. No secrets help but hurt if they are bad memories. So it's best to move forward do your best to be reminded of the good times not just the bad times that's how one moves forward well or not, not relying on cues from others to stay well but by being a good person, following rules, and not letting go of their best selves. #dontletyourselfgo #fitness #discipline #agingisaprocess

Don't take things personally when you're not doing well people turn on you to relinquish themselves from blame, not everything is about one person things are not all related that causes illness. People have their own lives to live no one has time to follow anyone's life closely. There's a reason for living your own life it's not to be like but to stay well. I think that's the main point, of staying well.

What's a big deal and who's a big deal are two different things. What keeps people feeling well is their personal business, their routine, their right to privacy. Why you share your world with only a few. There's a stopping point when it comes to privacy and that's to protect your wellness.

When people try to hurt your wellness, understand where they're coming from thinking you're not well. Always see the good in others. Some people help some people hurt in life. Always be a good judge of character and don't put yourself at risk of harm trying to help others. Talking through your problems helps under professional guidance.

Life isn't a competition of who's better than. What's most becoming of you is staying well not class or social status. That comes with time. Who you are and who you become is a matter of being nice to self and others, not self harm not treat others poorly but with respect.

Sometimes you realize too late what to value in life. Don't throw your life away trying to get back up. Always keep a positive head on your shoulders. You always get reassurances you're doing well from those around you who are doing well. That's how you stay up in life.

You are always as well as you make yourself out to be. No one can tell you how to be you just have to behave well + love all people no matter how sick they are accept their best and move on.

When expectations are too high, that hurts one's ability to communicate. Stress is a product of worrying what people think. Don't worry about what ifs in life or the past that's how you don't do well in life. Always appreciate now. There's a reason for that, wellness.

My Mom says: Not to talk about who you date. There's a reason for this, then no one wants you. Also for privacy reasons we don't discuss who we date or where we've been. I think that's so people don't follow you, so you don't get hurt. When people know your past, they can hurt your future ability to move forward. Those I think are the repercussions of sharing. No one is trying to be like the past and everyone appreciates now scary or not never blame the Dinosaurs for caring about us sheltering us from harm always listen to them.

Letting go of the past means letting go of mistakes and not trying to be better than but by being better than you were and doing your best to perfect who you are now. That's not the way to achieve by comparison and competition that's for wellness to help others. Always be happy with where you are now in life.

They always say not everything is about you in life. Don't be selfish with your emotions caring what other people think then reacting to other people's emotions. Knowing the difference between well and not well is by treating people well.

It's important to listen well to others. That's how you get better in life not by rebelling that's how you get sick. Don't say anything that would hurt the feelings of another. Know when to stop.

Getting well and staying well is difficult. It requires constant maintenance of self in order to stay well. One should never be too hard on themselves. There's always places to go to for support. You don't need many people to get well you need only yourself. Wellness is not a game it's about doing your best to be good to yourself and others.

Life is too short to worry or go backwards. Always be thankful for those in your life who help steer you in the right direction. It's not often we stop to thank those around us. Don't abuse your gifts in life. It's easy to burn out wasting your time and energy on the wrong things in life. Always keep your heart in a good place.

Ch 96 by mymollydoll

It's important not to be judgmental towards people no matter what opinion you hold. It always hurts when someone close to you insults you. That's just something you have to get over on your own not let things get to you. Everyone has their downfalls in life some are people and interactions. Always be accepting of others and take responsibility when you've been wrong in life not make your problems worse.

We all have due dates in life and deadlines to meet that's what keeps us going in life. Setting goals for ourselves and achieving. Sometimes we need help achieving sometimes we can achieve on our own. It's all a matter of staying well and doing your best, being kind to others, and yourself.

What's considered trashy or classy is dependent on what gets related. Sometimes we distance ourselves from sources depending on what people think. It's important to always be nice to others. That's not how you treat others with disrespect. How people treat others is a manifestation of how they see themselves equal or better than. It's important to treat all people with respect. Everyone deserves to have a life for themselves. It's not anyone's job to tell people how to live or disapprove of people's lifestyles or choices in life, judge people as less than or ill based on what they hear about them or based on their medical records. That's not how you judge people, by their health.

You have to be willing to accept people not by their faults in life but by what they do right in life. Everyone has goals and aspirations it's for no one to judge the personal problems or issues of others or how they deal with their problems. Sometimes being less judgmental is the solution to problems not by passing judgment on others.

Always be appreciative of people that come into your life to help you. You cannot get better hurting yourself or the feelings of others that just breaks down your self-confidence even more, causes you to slip up in life and/or make mistakes. Living life is about having good luck.

It's hard to get people to care about your issues in life. Everyone has their own direction in life and purpose. Best we can do sometimes is be understanding of others and show compassion.

Knowing the difference between right and wrong can sometimes make all the difference. You have to be willing to know when to stop if you want to see change happen in your life. That means knowing

how to let go when it's time and begin again or start over. Your timing in life matters. Keeping a schedule helps.

You can't react to everything and expect a different outcome. You can't expect people to support your ideas or your ability to function in the world. That's always your responsibility to be strong enough to withstand social anxieties and pressures and what people think. Always be sensitive to the needs of others. It's not necessary to respond to every little things, sometimes it's important to focus on others things other than problems and people. What causes illness are privacy details always respect the privacy of others. It's not necessary to invade the private spaces of others for the sake of gathering information or misinformation about them or to help aide in the interpretation of others. Always see things for yourself.

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Everybody has their own struggles in life. You can't be too hard on people. Easy with the comparisons. Not everyone is fit for leadership that takes time and experience. Life's not a game about taming others or their insecurities or about love. Sometimes you need to give people space to grow and excel at what they know best.

Lifes not all about image and who you connect with. Learn how to let things go. Your issues with people are felt, that pain never goes away, defeat. Always be understanding and compassionate toward others, always see the good in others, for you know not their struggles in life only your own. You cannot base your understanding of the world to judge another's understanding of the world. Always rise above.

Ch 97

What is painful is only what you take personally. That's how life is its competition over who looks more well than who that's so people stay well or get better it's not to make people sick or jealous over the wellness or not of others. That's not how to make people feel special or unique based on their looks determine acceptance of them.

You can't experiment with drive in life or career choices that you have to figure out for yourself stick to one thing one path in life. No one can decide that for you. As to what people think of you? Accepting or not of you or your career path in life, you should not be bothered by what people think or where

they think your headed in life, that just leads you astray.

#socialmediatips: Connecting with people daily is not necessary. I think that's for professional sources to connect and update us. Otherwise it's best to write in quiet spaces to be read not in an open forum where it can get noisy with incoming messages and sending messages, it's best to pick one or the other read or write but difficult to do both. Generally it's easy to focus in a distraction reduced environment and harder to write with distractions.

When you're younger you don't realize a lot you're usually focused on smaller issues or matters not to get easily overwhelmed trying to put your world together that makes sense it takes awhile to mature and find yourself find your voice in life over time as you mature you are better able to speak that comes with time. You have to be comfortable with yourself and comfortable around others to be a good public speaker, that takes many years, to speak in front of others especially about ones self. That's not a tell all that's sharing ones thoughts not illness but trying to figure out how to stay well.

Eventually you wake up in life. Either because something good or bad happens in your life that makes you see life differently. It's for no one to dictate or judge how we go about life or end up based upon our past lives good or bad. That's for no one to judge us more or less deserving of a good life. Everyone deserves to live a good life and be in good health. You can't complain when you're not feeling well that usually makes things worse. Always get the help you need within reason but never blame those who help you see better. You are always responsible for the choices you make in life, with guidance from others, you can make better decisions for yourself moving forward.

Today is a good day to think about where we've been and where we're headed in life. -I'm feeling nervous today not for the future but for myself. I think life is fragile. There are times to be strong, but always be considerate of the feelings of others. That's not how you build anything by putting stress on others or expectations on others unreasonably or force people to perform when they're at rest. Some people get jobs and some people write -if writing is a dream job, then people write.

Always be thankful for those in your life who help keep you put together. Life is too short to worry what people think. Learn from your mistakes in life and always do your best to get strong, stay strong.

Everybody has their own lives it's never for you to judge the lives of others. When you are happy with yourself it's easier to be accepting of others. It's harder to be accepting of others when you are not happy with yourself. Take it easy, one day at a time.

Today is a tough day of realizations. The world is not a perfect place, but that doesn't mean lives need to be ruined by harsh realizations. The lesson being you have to be strong. What you connect to matters. It's important not to lose your sense of spirituality. The solution is different for everyone. Sometimes sobering up helps. Sometimes research helps. You have to stay positive.

Life is short if you look back through an album of someone else's life past 30 and you don't have a life it looks like life goes fast backwards so you have to appreciate now and who's around otherwise you get lost caring about the wrong things feel stupid or side tracked don't grow no matter where you start off then where you end up feels painful. You can't mass produce yourself you need a sense of privacy to maintain otherwise life hurts then when life hurts it feels short usually the best opinions are held by the trusted may that be a lesson to everyone not to get tired caring for the tired or over-caring for yourself. Don't get lost in your thoughts. What's gone is gone today is what matters not by reading others.

Don't do things you later regret, you'll never forgive yourself for some stuff and that's okay. When you're tone is off take those days to reflect on where you've been and where you're headed in life. That's what matters most staying in good health and being appreciative of those who are there for you in life.

(V2) Don't do things you later regret, learn to forgive yourself. When you're tone is off take those days to reflect on where you've been and where you're headed in life. That's what matters most staying in good health and being appreciative of those who are there for you in life.

Never lose your sense of individuality. Always stay true to yourself. It takes time to recover. Nothing happens overnight. Be patient.

What speaks to you? Always remind yourself of your gifts in life. That's what makes you special, different then. There comes a point when it's better to embrace our differences than shun the weak. Everybody is deserving of a good life free from pain, fear, and hardship.

Ch 98

There's a stopping point when it comes to exposure. When in your element never share more than what your comfortable sharing. Sometimes comments pour out. Make sure to always be in good taste. Know when to give people space. It's important not to come across as a loose canon in life, that is someone not in control of their emotions. It's important to always be balanced. Image is not a game it's something you must be in constant awareness of if you want to perfect your image, not by worrying what people think, not by connecting to others, but it's about you connection to yourself, awareness, self-awareness, and being cognizant of the feelings of others a good decision maker. Image is not about attraction it's how you demonstrate your intelligence in public, how well you communicate to others.

Unless you are willing to change for another it's hard to accommodate the interests of those who are not happy with you or want better in their life. Appreciate people for what their worth. Not to be draining but everyone wants something different in life and everyone has their own set of expectations

of others. I guess the goal is to be happy and to value people no matter where they're at in life not be too hard on others.

Always be understanding of one another's pain and hardships in life, that's a given. Sometimes but not often when selfish we have difficulty recognizing the pains of others when we ourselves are experiencing pain or unhappiness. Sometimes it's hard to rise above your own emotions but when you do they will be glad to have to around. Whether back in someone's life or by perfecting your own life, we can all do better at relationships with others as well as ourselves be poised and grateful for others. It's when we think we're more important sometimes we may come across as insensitive to those who need our help. Always be patient with yourself and others, these are hard times but they don't need to be made more difficult. Be genuine, honest, not open, that's the difference. How you share your emotions matters. Always be thankful for those who are doing well in life, by their examples we stay strong, when represented well.

Ch 99

Eventually you get tired of caring for some reason or another withdraw from people or relationships. That doesn't mean there's anything wrong with you just that you need space. Sometimes we have difficulty figuring ourselves out and sometimes people have difficulty figuring us out. Patience is a virtue. You just have to rise above, know what's best for you. We can't all be perfect, some of us try, some more perfect than not, but we all do our best to shine and be pretty. #womensmarch

Lesson: Always be unconditional toward those you love that's key to long lasting relationships and building positive rapport.

Everyone wants to start fresh in life, you can't live life over. There are no do-overs in life and unfortunately some mistakes you have to live with. Always be strong. There's a time and a place for everything. Self-growth comes from facing life's challenges and through participation.

It's hard to be in two places at once. I was just thinking. How often we don't appreciate where we are or what we're doing in life is when we fall off track. It's hard to be successful in life but it's not impossible if you set the right goals for yourself, and not step on anyone's toes in the process of accomplishing your goals. Always keep your problems separate from others, don't make people your problem in life that's not how to solve problems by over focus on the faults of others but by being in the solution and focused on what's going right.

In order to do well you need to be strong enough mentally to withstand burdens. Everything takes time and energy. What you consume matters and affects your mental health. Being stable is about staying well and getting help when needed.

#mythoughts

I was thinking about photography today and how you present yourself, what others think of you when they see your photo. I think photography is supposed to make you feel well not ill the primary purposes of photography I think is to capture your best. That's how to remember yourself by capturing your best moments. There's always writing.

Always be thankful for your place in life. All too often we succumb to the weaknesses of others and wind up getting hurt, that's why it's important to listen most to those who care for you. In today's world people are mostly about themselves, however staying well requires you think about others as well as yourself. There's a careful balance to be made caring for others, so that you are not negatively impacted by the problems of others. Always be yourself it's not necessary to bond with others to feel whole, that's not what compassion is about it's simply about caring for the needs of others as well as recognizing your own needs, and making sure you don't get hurt in the process of caring for others.

Analyze life not from the perspective of others but from the whole picture everyone's point of view that's how to not think sided. #thinkingtips #mymollydoll

Everyone has their own identity. This we figure out as we find ourselves and others! #begood

It's not easy staying positive. Much to do with happiness requires us to always do the right thing. So, when we fall off track in life it's easy to get down on yourself be hard on yourself. You just have to keep going in life. The advice you receive from others may not be the best advice. Not all people will connect well, some butt heads in life and that's understandable. Everyone is entitled to their own opinions in life. But that doesn't mean share every thought, or say things you know will hurt the feelings of others.

Always stay positive. You never know what you're gonna get in life. It's not easy staying positive when your constantly going backwards. Eventually you have to accept now. Think wisely not critically of others and yourself. Whenever you pass judgment on others that's a manifestation of unhappiness with yourself. Life is too short to be unhappy not to mention fragile. We are all human. #msnbc

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#mythoughts

I never thought that imitation was a form of flattery. Maybe they just said that so that people would not be offended if imitated. Eventually life repeats itself that inevitable with a schedule your days can be different but the standard day you choose has some like qualities day to day we call regimens. So what is it about imitation that's so offensive. Maybe it's that we all want to be unique. Or maybe it's that we think others are competing with us. Any way you have it its a controversial subject imitation. Who is it that we imitate and why for what reasons do we imitate others. Is it to be like? That would be the best response to imitation is a form of flattery in that we should take as a compliment that others if others are trying to be like us not take offense but take it as a compliment. #acceptance #virtues

You need not convince others of who you are to be yourself, that's a waste of time and energy, at best all you can do is hope for acceptance and do what you can to live a full life. That doesn't mean overwork yourself to the point of exhaustion it means taking reasonable steps toward achieving in life without burning out. Only you know or understand the difference between when you're well and when you're not well, that's for no one to judge or send you backwards in life caring about things that do not matter now. All you can do is be accepting of your present and hope for a better future if you are not doing well now or not as well as you'd like in life. Always be present.

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You don't realize you have it good in life until things got awry. That's what hurts. You should be able to manage your life in spite of your errors or mistakes no one is perfect. There's always misunderstandings and miscommunications. It's therefore important not to think in terms of better than that only makes you feel worse about yourself comparing your life to the lives of others.

Ch 100

Positivity (10/08/15) by #lesliefischman #mymollydoll #mymollydollbook

10-8-15 positivity (continued)

For simplicities sake do unto others as you wish done for your own good do not wish harm unto to those who mistake your good purpose in life

No positive purpose can be achieved in life when fixated on a set of negative a harm will always result if not to then to others be positive

We differentiate ourselves from those that cause harm by continuing to make a positive difference in spite of those with negative purpose

The key to empowerment lies in our ability to succeed define what embodies those of heroism & those who diffuse positive purpose twd negtvs

We are only capable of achiving truths radical to our purpose in life none radically diff from eachothers own good reflective of 1self only

Those whose truths are radically different from our own are for purposes of offsetting their wrong by misusing positive purpose 2cause harm

Never allow the wrongs of others to dictate the truths that reflect your positive purpose in life never allow benefit to trancend twd them

Benefit that transcends to those with negative purpose reflects weak minded leaders who fail2negate that ability inhow they carry themselves

In an ideal Society those in power who lead others diffuse the neg purposes of others by not only negating their own but others too of that

We shun the solemns of negativity by negating the ability of negativity to reproduce itself with some slippery slope of trending positivity

Positivity (2) continued 10-8-15

To their chagrin we fail tumble and fall -do not allow those who compete with you to destroy you -in a storm the strong will survive.

-

If we create reward for that which enable positivity to transcend then that will be where the power lies not in the negative. SUCCESS!

NOT IN THE NEGATIVE, SUCCESS:

A weaving positivity that makes money is one way of reproducing a polar opposite 2a negative purpose of another by cutting of reward for it

We shun the solemnities of negativity by negating the ability of negativity to reproduce itself with some slippery slope of trending positivity

Of that of that we call red herrings the slippery slopes of anguish and loathing fortitude the solemn slopes of gravity of neverending harm

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We differentiate ourselves from those that cause harm by continuing to make a positive difference in spite of those with negative purpose

No positive purpose can be achieved in life when fixated on a set of negative a harm will always result if not to then to others be positive

For simplicities sake do unto others as you wish done for your own good do not wish harm unto to those who mistake your good purpose in life

When you build something to benefit a whole greater than oneself with no expectation of reward is a Secret.

Positivity (3) continued 10-8-15

#God is happy when we are working together to achieve some positive end otherwise #God punishes us for lack of productivity @USSupremeCourt

Be not who you think you should be but be all that you can be with the World at your disposal harm no one help only when able to help 1self

We map when lost when our tools for success are broken we build new tools hand off2those in power to build a new for us to thrive positively

Communication w/out consensus can bear no cohension necessary for positive life skills achieved if blinde in darkness we rot and drown lost

All dialectical considerations need be made where poison that thrusts so deep we rot in sin blinde to causes for which we feel emptied shot

These truths we hold certain for that which grows in sullen sanctity of the fruits we bear blindfolded devalue w/consideration we stifle

How can we see positive burried in negativity to the blinde masses we fold and shake with dishonesty lie until our teeth yellow w/shame

We lean not to anyone under circumstances where trust cannot b made we shriek&cry helpless when we lean on anyone but ourselves co-dependent

Independence is the key ingredient our forefathers have lent to us to achieve peace from within amongst ourselves only achieved by consensus

We are but a product of ourselves can control what values carry on by what we carry out & value in our lives others will follow lead not be led

We have no one to blame but ourselves when we can achieve no recognizable success but unforeseen failure results from lack of faith in ourselves

If I can achieve by thought a better life for myself by providing a stronger vision of the future for others then I hope #God will be happy

We walk away when rested on our laurels we fight back when we are drowning we swim when nothing is within reach & we beg when broken

What is required is only that we learn from our mistakes continue to improve & always apply ourselves when down to come up again

We love those who love us back never when inappropriate only when given

When earnest to the command of another we can neither love ourselves nor another when twisted in pangs of rejection left in solitude

Pick and choose your battles in life. Some are not worth fighting. At your own expense

Everyone comes into your life for a reason. They may not live up to our expectations but we accept them the same special or not

10/08/15

Always speak positively of yourself and others to see positive to have a positive outlook in life that's the trick of the trade, to positivity.

Rejection is no excuse for throwing your life away. Don't listen to others. Just keep going. Don't stop to listen to hate, you have to focus.

01/05/2018

Sometimes we say things in anticipation of something negative that someone has said about us without explanation is heard the same.

It's important when on a positive tangent to stick to that pattern not go back & reiterate the whys and/or explain to those who don't believe

That just sends you back into a cycle of negativity -not helpful toward positive progress & building esteem from w/in by focus on negatives

Life occurs on its own timing not always your best timing why it's important to be flexible be spontaneous & take chances in life, have Faith

Having Faith means knowing the difference between right & wrong & trusting that if you do what's right for you & others good will come.

One does not require others to have Faith in them in order to be successful have Faith, to require others to would be Selfish on our Part.

It is not required for others to have Faith in us in order to be successful have Faith, to require others to would be Selfish on our Part.

All that is required of us is to have Faith in ourselves to achieve some purpose greater than ourselves by giving back & not be a burden

When we overburden others with our troubles we can be draining best left to Professionals for Feedback, & we become vulnerable insecure.

To not be draining always make certain that what you share about yourselves strengthens your good character not weaken you sense of self

(02/08/16)(2)

Sharing & ability to strengthen your good character not weaken occurs once you have processed on your own or w/Professional guidance.

Friends make great sounding boards when we are not sure of ourselves or what is troubling us they help point out what we can't see yet

Why Friends make great sounding boards. When we can't see positive it's important to look towards those who can

Ch 101

The goal is always to stay positive. You never who may come across in your life to help make better your life. Good people attract good people, to be one of them you must be good too. All our experiences matter in life but that doesn't mean we need to relive the past, harp on negatives, or beat ourselves up over mistakes in the past. Best to stay centered and no matter what be positive in spite of what happens in your life maintain a positive outlook.

People change overtime they grow and improve. That's something you have to accept about others, they are not always at their best. This takes time: (1) growing (2) improving (3) maturing (4) realizing our weaknesses and strengths as a person. No one is perfect we just have to do our best to fit in, blend in with the rest of them. That's how to stay well not always necessarily by standing out do we benefit sometimes at best being professional requires us to adhere to standards and expectations. It can be tiring trying to be something you're not or to achieve a better place create identities or spaces online to help you achieve your chosen social status. If you don't have real life experience it's hard to

achieve online what you cannot or have yet to achieve in real life. It's knowing the difference between delusion and reality that makes a good blogger or writer online.

During times of loss keep busy, journal, therapy, think of what you have, who's around you, be thankful, not hard on self or others. Sincerely, mymollydoll.com cc: #popefrancis.

What causes you illness is your #righttoprivacy why we have Doctors you cannot fight people or differences or opinions you have to let people shine, achieve well, take care of others, find their own perspective in life that's not for anyone to judge or create. Sincerely, mymollydoll.com cc: #popefrancis

#mythoughts

As a student it's hard to manage your look and your identity. Its hard to stay focused on what matters without losing focus on what's important. Life involves a series of tests, testing your focus and decision making skills. Sometimes you know best sometimes you don't. It's important to trust your caretakers in life without whom we would not reach goals nor achieve success in life. Always stay faithful to your values in life, that's how to attract people into your life, not by looks alone. Your health matters, most always in good health are we surround by others, fair weather friends, and sometimes when we're down we find ourselves among others who care. Never let yourself go no matter what or what people think of you past present or future. Always be in control of yourself and your emotions, how to stay pretty.

You have to accept the past in order to move forward in life. Accept you as you are now. Everyone gets smarter overtime. The past is the past. Learn to let go. You cannot undo your wrongs you cannot undo the wrongs of others. It's a hurt you have to sift through in order to move forward, and let go. #dontdodrugs

You can't always be fearless in the pursuit of your dreams. That doesn't mean give in to your hardships, succumb to your weaknesses, and give in to failure or defeat. It's a feeling that requires you to stay put with your emotions, be able to sit with negativity, and face those fears head on, not by what makes you tick be inspired but by what keeps you moving forward is a blessing, not motivated by fears of negativity but by finding motivation within to achieve success or goals in life no matter how small, cannot happen on a whim but with dedication to values and discipline knowing how to be, do right in the world, and not allow oneself to be overcome by fears, keep going in life. It's not all about winning or losing life's not a soccer field and it's certainly not a competition in your daily endeavors

for energy giving and retaining positivity but through positive exchanges we grow not by giving and receiving the energies of others grow. Do not be drained by contacts in life, communications, or interactions that's not what they're for. Stay inspired by the well, learn from the great, and value the successes of others in life, admire those who are well they always reflect back positive traits we deem worthy of our attention. #TeamUSA

Ch 102

It's hard to change when you don't like yourself looking back. It's easy to become defensive, not rely on others but be stubborn holding your own opinions of the past. Don't let negativity get the best of you. Sometimes but not all the time it's us that needs to change not others whether it be an attitude adjustment or simple acceptance of one another usually does the trick, and helps us move forward.

Never let your fears keep you from accomplishing your goals in life.

Never assume that people know you. That's all in your head. Everyone has lives of their own to think about not just you. It's selfish to think that everything is about you or that people are thinking of you. Always stay calm never get paranoid worrying what other people think. In order to become successful some parts of you need to not worry what others think, including yourself. Much about life is being in action as it is to be a thoughtful person. There's a careful balance between caring and not caring.

Only you have the power to change your [tomorrow](#). #begood

It's okay to feel lost. We don't always know where we're at in life or where we are headed but so long as we are being good what lies ahead won't be as difficult as it seems now.

You can't let people get to you no matter what stage of life you are in. Always channel your best qualities about you and forget the rest. You can't get very far in life lamenting or by focusing on the past that's not how to move forward in life. Eventually you have to let go, whether through writing or by speaking to a professional guidance counselor make better decisions for yourself in life. It's a struggle only to stay well when you don't listen well to others. There's a way to get help it's called reaching out for help when you need it.

You have to let go to let live. How to better behave gets learned with practice. Sometimes this comes automatically to us, well adjusted or not it's always our responsibility to behave well.

Ch 103

We walk away when rested on our laurels we fight back when we are drowning we swim when nothings within reach & we beg when broken.

We turn the tides when others say so we reverse the current when we know we've been wrong can reverse the repercussions.

Being driven requires faith within oneself. In order to achieve in life one must be disciplined able we are only as able as we care for 1 another

When you love what you do you are fearless. Don't let anyone keep you from coming up in life by requiring you to give to receive just do you.

Pick and choose your battles in life. Some are not worth fighting. At your own expense.

Being driven requires faith within oneself. In order to achieve in life one must be disciplined able we are only as able as we care for 1 another

When you care nothing for yourself and or neither nothing for another others than u cannot sustain faith required to enable yourself to achieve

Faith is necessary only if and when faith is required if required then necessary if necessary means in order to achieve cannot achieve w/out

Why is faith necessary to achieve? And how so through discipline? Faith is necessary when we cannot see fwd, & discipline achieves faith req

If through discipline one can achieve a necessary condition for faith to be maintained in oneself then & only then once conditions met achieve

10/7/15 book

Its hard to get things done when u leave everything until the last minute put unnecessary pressure on yourself to meet deadlines. Pace yourself

I freeze when I have too many things on my plate to get done nothing gets accomplished. Discipline can only be aquired w/positive momentum

When you are negative nothing comes out right everything opposite to how you really feel ¬hing turns out in ur favor & u r ur worst enemy

Never force others to adapt to change allow everyone to adapt to change on their own anything forced stifles breaks trust causes discomfort

We are only as strong as our systems of support who enable us to be strong only as strong as the power given 2us easily taken if undeserved

Ch 104 v2 final draft

Sometimes you have to give up trying so hard. #stopsuicide Recognize your patterns and stay positive if what it is is bothering you then don't discuss what it is that is bothering you, that's plain and simple. You can't get far in life ruminating about the past or by feeling sorry for yourself. Have empathy, but not at your expense. We are all victims of crime when it occurs, be cognizant of that you're never alone. Advocacy is about not letting things get worse than it is, but always stick to what you believe in (positives) that's what keeps you going in life not negatives. As a general rule of thumb. Don't share private information with people in writing by email you would not share otherwise with anyone of professional standing, that's how you put yourself at risk of harm.

Ch 104 (a)

Live everyday as though it were your last. Always do your best.

Work hard but don't be hard on yourself that's not how to like yourself if you're hard on yourself is how you get hurt well liked. I learnt this the hard way to lay low when my plate is full not over try to be well accept myself as I am I'm no example for wellness but I do my best to stay well not hurt or hurt the wellness of others, like minded is not an in it's an out. #mymollydollblog

Re: #selfharm

Things don't always work out but you can't be too hard on yourself. It's not for anyone to judge you or your places in life. You always make choices in life you have to live with make sure they're good choices. It's important not to be defensive to the interests of others nor your own, when you are well no fighting is always the best option toward staying well. Wellness is always in your best interest.

When you waste time trying to be cool the only person you hurt is yourself.

#dontdodrugs

When you don't feel well it's easy to be hard on yourself especially during recovery, get upset about the past, and blame others, until you take responsibility for your failures in life can you move forward.

#dontdodrugs

As you look back on what has passed or transpired always think what you could have done better. In life we are not offered many second chances, you sometimes need to just make do with what you've got. Never surrender to the best interests of others when you yourself are not doing well put yourself in a position worse off by people pleasing this can only leave you feeling broken and torn mixed up about your interests and the best interests of others, sometimes this position leaves room for error on our part, overreacting to the little things in life and not appreciating everything positive we have to offer to the world as we are not by what people think we are.

Giving love and showing love are two different things. Self-love is about knowing yourself and valuing yourself. You can't go running around looking for love. Love is given to you when earned. You have to be a good person to give love. When you don't love yourself you're more likely to #selfharm. Don't be so hard on yourself. It's all a matter of time, spent working on yourself and by setting goals for yourself improve. Don't let anyone bring you down in life. #dontdodrugs.

We don't always know what to do and that's okay. You don't know everything. Sometimes you have to learn when to stop and get help. Not everything works out in your favor always. Be patient with yourself. Never give up on doing your best in life. Don't be judgmental toward yourself. If you can forgive yourself you can forgive others.

Sometimes life requires us to stay put not get too far ahead of ourselves but set goals that are: (1)

meaningful (2) proactive (3) effective (4) positive; and (5) improve our best version of ourselves. No one can tell you how to live life that you have to figure out for yourself, what works best. How you

communicate your needs to others matters, that's how you stay well through positive communications, always be respectful of the time and attention of others to your needs, make sure not to forget the needs of those to whom you are speaking to. It's all a matter of respect.

You can't always be fearless in the pursuit of your dreams. That doesn't mean give in to your hardships, succumb to your weaknesses, and give in to failure or defeat. It's a feeling that requires you to stay put with your emotions, be able to sit with negativity, and face those fears head on, not by what makes you tick be inspired but by what keeps you moving forward is a blessing, not motivated by fears of negativity but by finding motivation within to achieve success or goals in life no matter how small, cannot happen on a whim but with dedication to values and discipline knowing how to be, do right in the world, and not allow oneself to be overcome by fears, keep going in life. It's not all about winning or losing life's not a soccer field and it's certainly not a competition in your daily endeavors for energy giving and retaining positivity but through positive exchanges we grow not by giving and receiving the energies of others grow. Do not be drained by contacts in life, communications, or interactions that's not what they're for. Stay inspired by the well, learn from the great, and value the successes of others in life, admire those who are well they always reflect back positive traits we deem worthy of our attention. #TeamUSA

{You can't stop people from trying to make a positive difference. Some throw their lives away chasing nightmares and dreams -why it's important not to focus on those who are ill but focus instead on those who are well -how to get well. Once illness spreads its up to the professionals to remedy a situation an epidemic that is #gunviolence. Our prayers are with you always #endgunviolence.} > #dontdodrug (new campaign)

Re: National Day of Prayer 05/03/18

Prayer to me is symbolic of some need inside of us that needs peace, a place we can go where it's quiet and our needs feel met and we don't run from our problems but accept things the way they are. Prayer to me is that upon awakening to anything unsound we take a step back and rest think about where we've been and where we're going and what makes sense, is always clear when we pray. It's not a voice we listen to in particular but a place we can go spiritually where we feel better about ourselves and others. Prayer reminds us that it's never too late to pause or pick up from where we left off or go backwards to make perfect as we are now accepting of ourselves others and not let hurt fear or resentments sink in but feel uplifted like anything is possible it's a sense of peace we feel when we pray that helps us move forward and be loving toward ourselves open to others and not pass judgment on the past for little errors in life but be appreciative of how far you've come in life and be in the now make better yourself everyday and be yourself through prayer. That's unity, respect for one another. That's peace, knowing your past. And that's prayer, peacefully thinking forward and back. Somewhere in between is the goal, being in the now, that to me is prayer. #dayofprayer #nationaldayofprayer #pray4unity

By: #lesliefischman #mymollydoll