

What do I fear
Who do I resent
For what am I hoping

10/29/2022

Finding a job

- Been there done that but it will be difficult
- Could be the best job I've ever had

Discovering self love

- Potentially a big step forward for my life
- It's needed because of my birth dad's abandonment

Trying to date

- I am unpracticed at romantic love but I know how to love with vulnerability so I'll probably be pretty good at it
- I could fail miserably and yet be no worse off
- I may open the door to a loving relationship

10/30/2022

How I was seen in the aftermath

Mom, obligation

Jon, ungrateful

Jim, spoiled

Frances, unimportant

Cindy, enviable

Tina, ?

Assembling my invention

Fearful it's never going to be working
Resentful of myself for not pushing harder
Hoping I'm on God's rest not in a doldrum

11/1/2022

ways to make new friends

check Groupon and Meetup to find more social contact

Find Bill Mayes and/or Ron Riley?

11/2/2022

Dating

- I fear losing my nerve, then my resolve, then my way
- I resent Mary Cerio for ghosting me just because I didn't make a move on her and I resent my Mom for putting it in my head I must never make a move
- I'm hoping for a family, or at least a wife, or at least a girlfriend, or at least a date, or at least a smoother approach

11/3/2022

Healing the child within

1. Codependency?
2. Rigidity in rules surrounding socializing
3. Family secrets about violence and mental illness
4. Violence from close-in-age siblings
5. Repressed anger until violent outbursts from having 'buttons pushed'
6. Shame binding over sexual desire and religious/spiritual independence
7. Ridicule for wanting 'pie in the sky' (limiting?)

1. I had strict parents but fortunately they were not also distant. This lent a measure of stability to my childhood home.
2. I was shunned for wanting to find my own truth about God. But by doggedly seeking to understand my Creator I have found strength.
3. I had a number of fights with peers during my teenage years. This behavior did not resurface in adulthood except of course for the violent outburst during my breakdown
4. When my ex 'pushed my buttons' I would hit my head against a wall to suppress my urge towards violence. This behavior has also subsided with age.
5. It is difficult for me to understand my sexual experiences both as a child and an adult. A childhood sexual experience was troubling but gave me strength and resolve to resist later peer pressure. At the time I was concerned about the girls getting pregnant (even though we were prepubescent); however, later my mom and her religion made it clear that sex was sinful without knowing what had happened with me. So I chose a repressed and frigid woman to marry. She enjoyed denying me any physical intimacy until I was ready to call it quits, i.e. leave her. Only then would she try to satisfy my desires. It was a year and a half into our marriage before we had intercourse. After divorce I never sought physical intimacy. I only wanted "sex devoid of love" and at the same time "love devoid of sex."
6. I still feel 'put off' by any woman showing overt interest in me, the 'come hither look'. I bullied a new girl in 6th grade probably because I had been bullied in 5th. But I chose my victim because she had looked at me with interest on her first day in my school. This is one of the memories which I got past by confession to God of what I consider a sin (doing what I knew was wrong while I was doing it).

I have overcome most of these challenges but the last two still trouble me deeply

11/6/2022

To heal

- Discover and practice being real self
- Identify needs and practice getting them met
- Grieve the ungrieved losses and trauma
- Identify and work through Core issues

Stages

Survival (intellectualization... ..bad ?)

Awakening (things are not as I thought)

I am not like I was. Does that mean I'm more like my real self or am I creating a new false self?

At the age of 14 I took off my 'school mask'

Core issues

1. All or nothing thinking (related to religion based views)

2. Control
3. Being over responsible
4. Neglecting my needs
5. High tolerance for inappropriate behavior
6. Fear of abandonment
7. Difficulty with conflict
8. Low self esteem or shame
9. Being real
10. Grieving
11. Handling my feelings
12. Resolving conflict
13. Trusting

11/7/2022

Emotions

I have been sharing my search for my true self through therapy, with a few friends and an acquaintance.

John and Evette were supportive and while they did not understand they did not dismiss my feelings.

Juliet and Kathy (the acquaintance) told me only God could heal me. I was texting with Juliet and even though I didn't get angry I was exasperated. I texted her back a little story about my denture and how I didn't expect God to regrow or replace my teeth. Kathy said the same thing and this time I was angry for a moment. Then she doubled down and stated that only God could heal me. At that point I guess I decided I didn't care what Kathy thought of me because I began to challenge many of her christian beliefs. Using logic and a self consistent argument was meaningless to her. She seemed to think if she said something with authority and conviction I should just believe. I later reflected that many pastors and ministers use this technique. So I pressed her about my main dispute with Christian religion. Namely, bad christians go to heaven and good buddhists go to hell. Boy or boy did she dodge and weave! But I finally pinned her down and yes she thinks a buddhist in China has to somehow find Jesus and declare him as savior to have a chance at heaven. At that point I was pretty calm and a little sad that she could be so ignorant. I left with the feeling that I won't be talking with her again. I wish to continue to talk with Juliet but I won't be sharing.

In the past I have let people say whatever they wanted while I looked for common ground but that's not how I really feel. I find many of their beliefs to be decidedly opposite of the theme of Jesus' teachings.

I also tried a meditation group via zoom. I didn't know if I'll go back because again I felt like pressing them to see how tolerant they are to discussion and dissent.

I don't know if my dislike (hate) of hypocrisy is my real self or a reaction to my mom's rigidity. Either way I will continue exploring with anyone who tries to use authority and conviction to overwhelm my own beliefs.

- I fear having a conflict about religion
- I resent feeling this way
- I hope I can someday share my beliefs without conflict

11/8/2022

- My observer of myself is very anxious

- He is afraid that I will lose control of my mind and emotions again
- He blames himself for what happened to me and its impact on Riley

- I am analytical
- I am compassionate
- I am joyful
- I am becoming wise

Just talked to my friend Tweety. I'm getting sick and tired of people telling me I'm wrong when I know I'm right! So much for becoming wise 😊

11/9/2022

Yesterday's anger may have been the result of age regression. I was often argued with and discounted even when I knew I was correct. If I kept insisting on the truth I was usually put down in some way.

Identify losses

1. Loss of my mom's love
2. Loss of my father?
3. Loss of my brother?

Experiential techniques

- Story telling
- Working through transference
- Self help meetings
- 12 steps
- Group therapy
- Family therapy haha
- Guided imagery
- Affirmations
- Art and play therapy
- Imagination and intuition
- Meditation and prayer
- Therapeutic bodywork
- Journaling

Examples of losses

- Respect for my intelligence, never received it, even though I was often praised for my intelligence
- Healthy parenting
- Body changes, weight gain
- Separation and Divorce
- Body image, overweight
- Loss of function, sanity
- Loss of control, of self control
- Loss of my son
- +Loss of my career+

I am at various stages for each of these losses. I believe I have accepted most of them but how can I be sure?

Is intellectualizing a loss truly avoidance???

Is being a highly sensitive person a real diagnosis?

11/10/2022

When someone tries to stigmatize me they are trying to stigmatize a child of God. When they try to stigmatize a child of God, they are finding fault with God. Let God deal with them.

Self medication enabled me to go on living. Effective anti depressants have eased my suffering enough to see a little of my truth. I don't know if I will ever be able to stop my medication but it has enabled me to get to where I am today.

Rage was considered a normal emotional response in my childhood family. I now see it was from the constant mistreatment that we also considered normal.

1. Being real?
2. Neglecting my needs
3. Being overly responsible for others?
4. Control? Acceptance?
5. All or none thinking
6. Difficulty trusting, trusting too much?
7. Difficulty using my feelings
8. Tolerating inappropriate behavior
9. Difficulty resolving conflict

I need moderation and patience

I need to tell my story to more people

I need friends I can trust

I need friends who want to hear my story

I need a wife to give and receive caring

I need children to raise

I need to teach my people about my God

I am grateful for my ability to love

I am grateful for my courage to love

I am grateful for my dogs

I am grateful for my house

I am grateful for my intelligence

I am grateful for my compassion

I am grateful for my humility

I am grateful for transportation

I am grateful for my health

I am grateful for my mental health

I am grateful for my denture

I am grateful for my freedom

I am grateful for being me

I am grateful for my God

3 to 5 years for integration? omg 😳

God give me patience and give it to me now! 😂

11/11/2022

I am my own nurturer. I have to assure I get what I need. How do I know what I need?

"Many people have an exaggeration or overdevelopment of their thinking and reasoning child and their false self. " Do I?

Does my use of intuition or the Toa have to be irrational?

The author lists science as the lowest truth. Pg 135. I have strong feelings about this characterization of science.

Later the author states that the nature of spirituality is infinite and therefore unknowable. I have strong feelings about this characterization of spirituality.

I'm gonna fix that carburetor or die trying! 😢

11/12/2022

I let go today. No hate or anger. No carburetor. Minimal work. Lots of reflection.

I've backed off of unlearning my emotional neglect. I'm listening to philosophy again. For now.....

11/13/2022

Drive Dad to lunch but he kinda made a negative comment about always paying lately

11/14/2022

Listened to self love affirmations again, skipped imagery.

Attended second session of group meditation. I'm thinking about maybe starting my own group called "A discussion of spiritual growth, beliefs, and personal truths" kinda wordy...but maybe.

A woman introduced herself to me this morning, for the first time in a long time. It made me wonder if my persona is opening up.

I talked to Dad about paying for the next lunch but it would have to wait until I got a job. He didn't remember making his comment but he balked at the idea of not going to lunch for such a long time. Sometimes I feel like what I do for my family counts for nothing but when I'm in need they pull out their balance sheet! And they always say I'm short! Everything bad is my fault and everything good is luck. Screw that!

11/15/2022

Little bird by Blessing Offor

Freedom all alone, well, that's a cage all its own
Freedom on your own ain't really free
No, little bird, that ain't what it means
And I won't take the wings you're used to havin'
I just wanna brush them with my hands
Freedom all alone, well, that's a wing made out of stone
Freedom on your own ain't really free

No, little bird, that ain't what it means
Even freedom needs some fences
Even blue skies need the ground
Though you think it's gonna hurt
Even you, little bird, need the feelin'
Of comin' down, oh

11/16/2022

After reflection on what may underlie my sister's abuse of me I recalled that our mom passed away around the time Tina's attitude changed. My brother died two years ago on with Tina there and on her birthday. I still need boundaries from her but I hope I can now get past her hurtful behavior.

11/18/2022

Attended online job fair and received some good critiques which caused me to explode with anxiety.

11/23/2022

I've done almost nothing since the job fair. I reflected on my anxiety and discovered that I am also becoming depressed. I masked my true feelings with a lot of positive affirmations but really I have some truly bad problems coming up. I realized I won't have an engineer position before I run out of savings at which point I won't be able to pay my credit cards. Not even the minimum payments.

Yesterday I carefully reviewed my options. I can get a job through people I know but if there's a problem it could damage my relationships. I could get landscaping or other work on my own but that's probably not going to generate sufficient income soon enough. Then I realized even a minimum wage job for 24 hours a week would pay my credit cards. It would start my 10 month clock countdown but I'll deal with that when I get there. So I jumped on indeed.com and applied for 3 jobs to test the waters. Today I got one interview and one not interested. Actually pretty good. My interview is Saturday with Dunkin.

What happened in my early childhood was not my fault...but dealing with it is my responsibility.

What happened with my finances is not my fault...but finding a way to fix it is my responsibility.

I need to forego a relationship until I heal further. I am back listening to self love affirmations at night. I don't know if it's working but I'll keep trying for now.

11/24/2022

Gabor Mate' - authenticity can heal trauma

11/25/2022

My friend John is gone, he's living on the street, hallucinating and...who knows what else

It has traumatized me, made me lonely, depressed, anxious, lost...

My compassion for broken people is breaking me

I need to refocus and reestablish my daily routine and habits

I am not adapting to being alone. I'm lonely.

I'm binge eating and suffering from indigestion more and more

I don't feel like I'm healing. I feel bad most of the time now

I suddenly lost the connections I had with Dad and his caregivers. I need to reconnect before this disconnected feeling becomes normalized

My mood feels like I can't connect, like I can't do anything

Working on my resume is reminding me of all the recurring trauma I experienced with work. I was lost in the past +also unappreciated+ and it's like I'm reliving the past and reinforcing a feeling of unworthiness

11/26/2022

Increased vraylar to 3

Decided to not take a job in fast food even before my interview at Dunkin. I don't mind the work but after reading some reviews I realized that some of the people I will be working with are disrespectful, uncaring and incompetent. I don't think I should put myself through that environment

I have realized that my desire to take care of John while he is in crisis stems from my loss of Riley due to, in my opinion, a similar crisis

Recalling my work history has been traumatic not cathartic (yet)

11/27/2022

I've been feeling depressed about my work history. Saw something on YouTube about depression being caused by repressed emotions, especially anger. I am angry about how I've been treated by employers. I never spoke up forcefully when I was cheated because I thought somehow I would be treated fairly. But I wasn't.

I am a believer, intelligent, a seeker, compassionate, patient, humble

Coping mechanisms or my true self?

11/28/2022

My sister Cindy

- She has said we grew up in an abusive family which is true but she has never acknowledged her role as my abuser
- She asks for her needs but her needs grow to always filling other people's capacity to give
- She set boundaries on how she wants others to treat her but no boundaries on how she treats others

My stages of life and personality

- 0 to 4, eager to please, longing for a dad, longing for a caring person in my life
- 4 to 9 eager to please, not fully aware of my injury or the dysfunction of my family that was still causing harm to me
- 9 to 13 confused, but beginning to become distressed about my own sexual nature
- 13 to 16 depressed, looking for meaning by constantly reflecting on the existence of God, unaware of the role puberty was playing in my thoughts
- 16 to 17 happy, fulfilled, partying college student, judgemental of others
- 17 to 18 happy, in love
- 18 to 21 sad resignation, realized I had made a mistake in who I married

- 21 to 23 miserable, my decision to end my marriage was delayed by wife's pregnancy
- 23 to 32 free but not happy, partying teenager that I hadn't let myself be earlier
- 32 to 37 insane, trying to find a higher power but still not willing to see the reality around myself
- 37 to 40 no self, possibly due to zyprexa prescription
- 40 to 49 back to self, except terrified of social interaction that could lead to another breakdown
- 49 to 54 mourning, lost until I heard God tell me Riley was in Heaven with the angels
- 54 to 56 alive and striving, finding a new way with the help of antidepressants
- 56 to 58 alive and busy, interacting with Dad, siblings and caregivers
- 58 to ... sad, trying to heal all over again, wondering if it's even possible

11/29/2022

Needs

- Avoid pain
- Seek pleasure

Or

- Security
- Satisfaction
- Connection

Or Maslow's

- Survival
- Sexuality and pleasure
- Belonging
- Status
- Agency
- Self actualization

Or

- Quality of life
- Service to others
- Learning

How to differentiate needs from wants

Or is there no difference

1. Dreams for your life when we were young
2. Parts of ourselves that were set aside
3. View from the porch, looking back at life, what would have made us glad we had done
4. What do you want more of and what do you want less of

1. Desire for well being, feeding the soul
2. Desire to do the best for yourself, enlightened self interest, in a lifeboat with survival hanging in the balance, being on your own side

Practices to identify needs

1. Imagine a young version of yourself, ask that you what do you want?
2. Reflect on a time when your needs were met, what were your needs
3. Important but not urgent needs

- Fulfilling my own needs will help others by avoiding my own burnout
- Unexpressed love to give, compassion, giving attention

MY NEEDS based on 16 and 55 year old self

Exercise, in particular weight training

Intellectual challenges, learning new things

Hope, for a future relationship and family

Apparently not friendship or charity?!

12/1/2022

Worked my first shift at Dunkin. It went well

12/2/2022

Mistaken ideas of dating

- Romantic, will only consider soul mate, meeting under special circumstances, ideal appearance, needs to find a great person and make it work, accept it will not be effortless
- Maximizing, tries to find perfect mate through research and constantly searching, likely already dated a good partner, switch effort from finding to building
- Hesitation, does not want to date until they feel better about themselves, understand no one is ever 100% ready, you won't be prepared without practice, gets to self esteem and self worth, heal in parallel with dating, be open to talking about mental health and therapy

Points to remember

1. Looks, money, similar personalities, shared hobbies are not as important as most people think, Beth
2. Find a benchmark after dating one third of candidates (27 yo) and next time you find someone like that choose them, Deb
3. Become the right person rather than just looking for the right person, I have an anxious attachment style that I would like to change
4. Turning towards bids from your partner, good communication, compatibility
5. Kindness, loyalty, emotional stability, make hard decisions together, fighting well, what side do they bring out in you, are more important than most people think
6. Apps, most people meet this way, look at profiles, get off the app and onto a date
7. Throw out the checklist, forget about your type, find out how you feel about a person

Thoughts

- My parents built a life together but Dad hardly talks about Mom
- I'm interested in dating in order to find a wife and start a family with at least one child of my own
- What strategy should I use to
 - a. Find a younger partner
 - b. Minimize hurting someone I don't feel is right for me

11/5/2022

I was daydreaming about having another family and suddenly I couldn't stop crying about Riley.

11/6/2022

I am so lonely

11/13/22

Carl Jung quotes

Until do you make the unconscious conscious it will direct your life and you will call it fate

You want to accept everything so accept your madness too

Everything that irritates us about others can lead us to an understanding of ourselves

I am not what happened to me I am what I choose to become

Loneliness does not come from having no one about yourself it comes from not being able to communicate things you know

it all depends on how we look at things and not how things are in themselves

The least thing with meaning is more important than life than the greatest thing without meaning

The first half of life is forming a healthy ego and the second half of life is going inward and letting go of it

I exist on the foundation of something I do not know

Every form of addiction is bad no matter whether the drug is alcohol morphine or idealism

In all disorder there is a secret order

12/14/2022

Anger and fear from my marriage are keeping me from attracting a girlfriend

12/16/2022

You were forty-three when you got the news

Life will be changing, nothing we can do

The clock is ticking now

All I can think about

Is knowing I have to move on without you somehow

And I just can't believe

That you're the one whose keeping it together

As you hold my hand and say

It's ok to cry

It's ok to fall apart

You don't have to try

To be strong when you are not

And it may take sometime to make sense of all your thoughts

But don't ever fight your tears

'Cause there is freedom in every drop

Sometimes the only way to heal a broken heart is when we fall apart

You ask me to sing

Some songs that I wrote

But I can barely speak

Can barely play a note

All my tears rush in
Falling on my strings
That make the sound of these progressions have a different ring
And I hate to say goodbye
Knowing this will be the last time we're together
As you close your eyes and say
It's ok to cry
It's ok to fall apart
You don't have to try
To be strong when you are not
And it may take sometime to make sense of all your thoughts
But don't ever fight your tears
'Cause there is freedom in every drop
Sometimes the only way to heal a broken heart is when we fall apart
Whoa
And you've got the gift of mercy
Don't ever think it's strange
Not a curse, but it is a blessing to feel other people's pain
And always love without condition
And trust with all your heart
There's healing in the story of your scars
Well, it's been awhile
Since you've been gone
And sometimes I still catch myself trying to call your phone
All the hopes and dreams we used to talk about
They're still alive in me and I just hope I make you proud
Now I'm your legacy
And it's your love still holding me together
And I still hear you say
It's ok to cry
It's ok to fall apart
You don't have to try
To be strong when you are not
And it may take sometime to make sense of all your thoughts
But don't ever fight your tears
'Cause there is freedom in every drop
Sometimes the only way to heal a broken heart is when we fall apart
Yeah, yeah, it's okay to fall apart
Sometimes the only way to heal a broken heart is when we fall apart

Source: LyricFind
Songwriters: Ryan Stevenson

2/14/2023

What should my mother and father been like?

My mother was warm and nurturing. Even though she had to work she exuded joy when she came home. She would pick me up and carry me around the house while she checked on how all of her other kids' day went. She didn't only love me, she loved all of her children. Her caring nature influenced my older brothers and sisters to be more loving and nurturing themselves. Instead of just baking cookies and cakes for us, she taught

her kids how to cook a complete meal by age 12, leaving her free to spend more time with the younger children. She encouraged me to pursue a job employing my intelligence. Instead of teaching me that life was drudgery and hardship she taught me that with a little work and a lot of dedication I could become exceptional at whatever I pursued. She told me to follow my dreams and never used terms like pie in the sky and pipe dream when I told her about my hopes and dreams. She would gently joke with me when I was in pain but never in a mocking or hurtful way. When I became depressed she had compassion and related her own struggles to me. Instead of teaching me that sexual desire was sinful she talked openly about how love and sex are intertwined. She taught me about puberty directly and assured me that my own sexuality was not evil or sinful. When I was ready to date she gave me the female point of view and even pointers on how to approach a girl I was interested in. She built enough trust in me and I in her that when I was committed to the wrong woman I listened to her gentle advice. Even then she let me make my own decisions. Never did she take the side of an ex wife or girlfriend. Never did she hold back her love to try and make me adhere to her standards. Never did she judge me as being inadequate, evil, sinful or too big for my britches. Never did she raise a hand to any of her children.

My father was loving and steadfast. There was never a day I doubted his love for me and all my siblings. There were days we didn't see eye to eye but he never threatened to leave me. Whenever my Mom and I disagreed he would take the position of arbiter. He was always rational and yet I could feel how deeply he loved all of us. He taught me about life and how to better understand the people around me. When I was younger he would include me in all of his activities and hobbies. As I got older he supported me in my activities and hobbies. He never tried to overpower me with his strong will. Rather he used his strength to protect his family and to provide a safe haven from the struggles of youth and the world. As I got older he counseled me about relationships and finding my calling in life. I know he had dreams of how I would turn out as an adult but he never pressured me to follow his dreams. He always said that inside of me was everything I needed. When I told him my dreams he didn't tell me to have a backup plan. He told me to go for it. He told me I could achieve any dream as long as I held to its pursuit. He told me that he would always love and accept me as the person God had created me to be. And somehow I believed him.

What is important to me (who am I)

Imagine that I will never meet my soulmate or loving partner. What would I spend my life doing? What relationships would I build?

Anxiety and worry

Anxiety depends on two factors

- How significant the threat appears
- How well you believe you can cope

Continual, long-term anxiety wears one down, both physically and mentally, leading to health problems.

Identify fears and the likelihood that they will occur. Determine the most likely scenario that will occur and quantify the odds and outcomes if possible. List probable outcomes. List fears and eliminate unrealistic ones.

Scenario #1: paying bills

- *I will not be able to pay my bills with anticipated income - guaranteed*

Outcomes:

- *permitting penalties - unknown cost*
- *late fees - until default happens*

- credit card default - long term impact
- foreclosure - very unlikely

Fears:

- get further and further behind on my bills - probable
- credit score plummets for years - ongoing problem
- losing my house - unrealistic

Scenario #2: finding a job

- I will accept working for compensation which is too low and then will not have any opportunity to renegotiate it - unlikely since I can always attempt to renegotiate

Outcomes:

- working harder and still not getting ahead - the current offer is right at the threshold of being able to give up my disability benefits
- evoking a sense that I can be taken advantage of by my employer - often a problem when dealing with professional salespeople
- losing my sense of self empowerment - this is up to me to determine

Fears:

- I will be trapped in an untenable situation - I can always quit and get back on disability. No future employer needs to know about this.
- I will be forever denied fair compensation - see above
- my sense of not being a good negotiator will be reinforced - that which we fear we must do

The future is unknowable. Accept this. True security comes from an inner peace with your abilities and your God. Recognize what you can control and what you can't control.

Don't spend energy anticipating negative outcomes. Let go of the need to control the future. Lay your plans and be at peace. Approach adversity with confidence, faith, compassion and humor. That's all you can do. Flexibility, composure and optimism are your best tools for dealing with the unknown.

When we perceive ourselves as helpless we are more likely to become anxious.

I do tend to 'catastrophize' or anticipate things will go from bad to worse. My financial difficulties, John Robertson conning me and Freedom stealing tips led me to think Jade might also be stealing my tips. My perception of my coping skills was lowered by concerns about being naive with regard to some people's lack of honesty. But I did feel empowered when I checked out Jade's Venmo story. But it's left a lingering 'icky' feeling about testing people. Maybe that feeling will lessen if I practice verifying people's stories to me.

The icky feeling I keep having is a feeling that I've done something morally wrong. I am also getting it each time I reverse something I've said. How can changing my mind be morally wrong? Am I worried that my yes no longer means yes? If I say something incorrect then it's the right thing to do to correct my mistake.

There's no such thing as perfection. Make the best call at the time. Focus on all alternative solutions. Stay flexible and adapt.

When something bad happens determine realistically whether you played a role in causing it. Don't take responsibility for things outside of your control. If you did have a role in what happened, learn from it and move on. Don't dwell on past mistakes.

Worry can be productive or unproductive. Unproductive worry causes stress, anxiety, loss of focus and a short temper. Productive worry leads to a plan of action. Unproductive worry lingers. If a problem is beyond your ability to solve, let it float away. No amount of thinking will change a problem over which you have no influence.

Paying attention to physical symptoms of anxiety can result in an ever increasing spiral of anxiety.

Relaxation and meditation are good strategies for dealing with anxiety and worry.

Account for your worrisome thoughts by looking for the underlying feelings they evoke.

Case in point

I am worried that a job may be offering a pay rate that is too low. I feel that I am not getting what I'm worth. I feel like I'm being taken advantage of. I feel like a fool. I feel inadequate.

Restated: I am concerned that I may need to renegotiate my pay rate. My skills are not valued yet but they will be once I demonstrate what I am capable of. If necessary, I am willing to be underpaid for a period of time but not indefinitely. My self worth is for me to determine.

Plan: If I take the job at the offered rate I can renegotiate later after establishing a good working relationship with the end-client. This strategy relies on getting my foot in the door, being patient and only then holding the job agency accountable. This approach will work when executed correctly. I will be paid what my skills are worth. I will be no one's fool. I am up to the task.

It can be argued that strength only becomes apparent when challenged and that growth comes from adversity.

Even if my fears come to pass will they be a problem in a year, a month, a day from now?

The meaning we give events determines our emotional response to them and how we respond.

Evaluate worrisome thoughts by asking:

Are these thoughts reasonable?

Am I being rational in my judgment?

Is there another way of looking at the situation?

Are we keeping the situation in perspective?

What's the solution?

Avoiding something we fear reinforces the belief that we were right to fear it. This happens because we will never know if we could have handled it. The thing you fear is the thing you must do.

Systematic desensitization can lessen a fear over time. Make a list of fearful situations related to something you have been avoiding. List them in order of difficulty. Then approach each in turn. Stick with a situation until you are completely comfortable with it. Only then approach the next situation.

Ask Miriam for help completing a list of steps to overcome my fear of negotiations (inadequacy in business management)

What's the real reason I'm worried? Don't avoid it, take it on.

Flow through problems. Accept life's challenges as well as its gifts.

And the wisdom to know the difference between what I can change and what I can't.

How can I promote the common good and rise above personal interests? What are the perspectives of others involved? How does the problem affect them? How do they feel? Are there ways I can empathetically and compassionately support others? In this difficult situation, is there an opportunity for altruism and cooperation?

Working for Tetracore can be a win-win-win situation. Triple Crown wants to make as much markup on my work as possible. If they get me to accept a lower compensation they risk shortening the duration of my employment. They wish they could dictate my compensation without resistance. I can stay positive and negotiate through Makensie thereby providing her a sense of efficacy. Cooperation is possible. Together we can increase the long term payments from Tetracore to Triple Crown and to myself.

Put your negative feelings into words and reframe them before speaking. Be tolerant of others and accept that they may not see the situation the same as you do.

I want more money and you're not going to get away with cheating me. I want 60% and nothing less. I'm going to ask how much you're getting and if you lie to me I'll quit.

I don't feel that my skill level is being adequately compensated. The industry standard is 60%. That's a fair place to start. How much is Triple Crown charging? Please keep in mind I will eventually discover this information. Let's us begin.

Working for Tetracore can be a win-win-win situation. Triple Crown wants to make as much money as possible and so do I, so our goals are aligned. Tetracore wants the best engineer they can get and that's me, so we have value to offer.

Makensie, I like you and I look forward to the opportunity to work with you and Triple Crown. But in all honesty I believe the compensation you are offering doesn't reflect my skills and experience.

When I'm not adequately compensated, I'm not incentivized to be great. On the other hand, if I'm happy with my pay, I settle in and do very good work on very long-term projects.

Obviously my compensation needs to be in the middle ground. I am positive that you can effectively communicate to your management the idea that we should cooperate. Together we can increase the long-term payments from Tetracore to Triple Crown and to myself.

If you can somehow find a way to adjust my compensation, I know Triple Crown is going to benefit. I do extremely well on my assignments and my contracts have always been extended. Frankly, I see it being in Triple Crown's long-term interests to increase my compensation.

Thank you for listening.

May I be happy: recall a time when you felt happy
May I be safe: recall a time when you felt safe*
May I be healthy: recall a time when you felt healthy
May I live at ease: recall a time when you felt at ease

How to balance pleasing others vs pleasing myself

How to avoid identifying young men in my life with Riley

What are some healthy coping skills

Why does having another child feel so important to me

What got you here won't get you there

I need to find peace with the way things are for a while

What my first relationship should have been like

She smiled at me and I smiled back. I felt a yearning, a calling, I felt at peace. No butterflies, no anxiety, just a feeling that she was the one for me. I created opportunities to spend time with her as often as I could. We slowly got to know each other and I learned what kind of jokes she liked. I learned what kind of life she'd lived. I learned what kind of family she came from. Finally I asked her out. Now there were butterflies but no real anxiety, just a sense that something fantastic was about to begin. She got on the back of my motorcycle and I took us to a park and we sat and talked. Then we went and got my favorite meal of all, a sub sandwich. I should have asked her what she wanted but I really wanted a sub. We split it. We didn't talk about our physical anxieties, we didn't talk about our classmates, we didn't talk about our fears. We talked about our hopes and dreams. At the end of lunch I reached for her hand and I held it and she held mine back. I looked into her eyes and whispered I want to kiss you. She leaned close...

What my first marriage should have been like

HOPE

Thornton Wilder "Theopolis North"