

# Anger (A.F.A.R) Example version – 04/06/2023

Anxiety. Frustration. Anger. Rage

**Note :** This is a guide to help you with your current problems, It is not something that must be re-consumed over and over again, Look for the answers where your problems lie ie girls/rejection.

This is a tool, It is not a task, If you feel as though reading it is overwhelming then you probably don't need to do as much, Take as little or as much as you want/need from it. If you only wanted to rehash BCCSA then so be it, If you choose to re-read the whole thing then so be it, The important thing is that you use it to help you with what you're dealing with.

It may help to look through old written notes to understand certain things better, As this is a consolidation I have not included certain content.

## **READ THIS SECTION :**

**P.S. Due to this being a public example I have changed names and locations for privacy reasons and also cut a huge amount of information down as it is merely meant to be an example for how you might curate your own self-designed personal mental health tool for you own life. It's still fairly chunky as I thought some of the information may be useful to others, I encourage others to pursue their own definitions for their own life and to build their own matrix of knowledge, I think the special part about this kind of endeavour is that you will know your own tools intimately and what it means to you, Also as it is a personal thing, you will remember it better and to top it off it is something special for yourself. Lastly, Please recognise that this has a lot of my own personal 'stuff' in it, I have kept it this way intentionally for the effect of a real and human example.**

## **Triggers :**

- Rejection (Being ignored, Feeling I have over-extended myself)
- Feeling weak
- Being disrespected or criticised
- Being lied to and then having someone insist on it being the truth (Disrespect)
- Perfectionism → Frustration/Lack of control
- Feeling unworthy or unaccepted especially when it comes to women (lacking qualities)
- Authority figures of certain kinds
- Over systematisation – Feeling overwhelmed.
- Shaming (Typically self shaming)

## **Identification of Triggers :**

- Lack of control or headbutting moments, Going around in circles, Impulsive outbursts.
- Seeking to get revenge on another for whatever happened
- Overloading myself - Feeling overwhelmed with everything.
- Obsessive behaviour (Plan, Restructure, Reassess or just let it go if necessary)

## **Processes :**

### **- Methods For Dealing With Anger**

- Do constructive/Functional Journaling in order to process thoughts, Come up with new ideas, Identify causes for anger etc.
- Distance yourself from antagonising situations, This can be as simple as merely not engaging in what is getting you angry or leaving a call to get on track again all the way to leaving a situation that could be approaching aggression.
- AFAR Cards, Also could be negativity cards as that would encompass doubt and other factors. These are cards where I write down what has stressed, angered me or made me feel negative around that period of time, I then will find solutions to my problems to help remove them as a cause of negativity (AFAR).
- Mindfulness, Detach from 'what others are thinking' and bring the focus back to yourself.
- Having a good support system is important in dealing with anger (AFAR), It can help by alleviating some of the burden by venting, It is good to make sure the support person is not personally involved in the issue and that talking to them wouldn't cause further issues.
- Relaxation – (Drawing?)
- Whenever you have the ability to change your mindset when you're feeling down, Always take it, This is when you have control.

### **- Main Process (To do in the moment in any situation)**

- Acronym (BCCSA – Breathe, Commitment, Consequences, Solutions, Assess)
- Breathe and give yourself time and space to allow for new possibilities.
- Foremost, Remember you have made a commitment to take control of your anger (AFAR), Even if you have no other plans in the moment try your best to remain in control, If you don't have 'Komplete Kontrol' over it and have made a mistake that is ok still work from where you do have control and do what is right – employing the best course of action to deal with the situation.
- If you feel like acting on anger think of the consequences of your anger, Then think of a better way to deal with the situation or what you truly want when all is said and done and instead act accordingly to that, It may not feel satisfying at first but this way of dealing with things will help reduce impulsive behaviour.
- Solutions.
- Assess (Are there any problems with it still? If so come up with another solution, If this fails and the anger is becoming too much distance yourself whether it be externally (preferred) or internally (ie mentally, For situations where physical distancing is not an option)

### **- Sub Process (Trigger or situational specific)**

- Gaming AFAR – Games are there for you to have fun, If you are getting frustrated or angry that is the time you separate and stop. Doing so in the sense you need a break is ok, Don't do so in an angry way and if so apologise for it when you have calmed down.
- Youth or street danger – Be mindful of the way you respond to things, It is ok to be nervous especially as in this instance there is a realistically possible threat that could occur, It is ok to come across as nervous and to

make clumsy mistakes it doesn't make you any less weaker, Stand your ground on what you are or want to do and if you are left with no better choices than to fight than do so. Your actions should not be judged as weakness.

- Overloading myself or feeling overwhelmed, This is usually because you are planning too much or putting some form of pressure on yourself that you cannot cope with at that time, Take things away and give yourself a break, You're more than likely going to find that you'll get the things done anyway once the pressure is dropped. Even if you can do all the tasks you set for a day if you set too many you may end up getting overwhelmed and then not doing much or any at all. Avoid putting too many tasks in my day and when I have bigger or stressful tasks such as health I will account for them accordingly time and stress wise and plan less tasks for that day. Remember to do "one thing at one time". Remember, Health tasks are not an infinite obligation everyday, there should be a reasonable end to the requirements that I do, It makes it more likely that I will do them and is like micro-practises for music.

- Over systematisation – This could be things such as excessive documentation of things (even such as this AFAR tool here, I deem it necessary as I believe I need the extra support and that it will help me in the future), Using or relying on lists too much, Cataloguing things too much, Rigid behaviour patterns, rigid ways of thinking about things, having to do 'all' of something. It is essentially applying systematisation and organisation to things but in a way that is counter productive and not beneficial or of less benefit than not doing it in the first place. It is good to let some of these things go when you notice them or weigh up what you're trying to achieve with it all, letting things go can be relieving and free up time for more important things.

- Watching for AFAR relapses – Signs include Frequent anxiety, Abrupt anger, Any form of rage episode, Frequent frustration, Breaking objects, Major relationship doubts of people you typically get along with, Spite, Hate or jealousy of others, Overwhelming fear or worry, "I feel weak" or "I am weak".

- If there is nothing you can do in a situation where someone has done something against you then the best thing to do is to let it go, a lot of the time people will do things because they know that they can get away with it, Letting go of something is a form of control, The control to not have to retaliate and get back at them.

- Anger related to family and neglect – Responding in anger to your family will not lead you to happiness, Instead ignore them, Go where you want to go and do what you want to do, Live by your own values. (Go overseas if you haven't lol)

## **Fears (Past/Current) :**

- That I won't or can't be accepted for my hetero sexual desires due to a lack of confidence and that people secretly think that I am straight out gay.

- That I will fail having control over my anger (This fear won't change me actually remaining controlled, Best to realise that even if I do make an error it doesn't mean that I have failed)

- Fear I will not be able to work out my girl problem/ Self esteem thing and will miss out on opportunities.

- Being manipulated.

- Fear of humiliation and being ridiculed.

- **BULLYING**, Fear of being bullied and especially not standing up for myself. (I fear it as I fear being repressed by it.)

Humiliation, Powerless, Unsupported, Threatened, Anxious, Repression, Anger, Girls, Gangs, Hyena vibes, Hyper vigilance, Social influence, Reducing credibility or perceived credibility, Threat perception, Adrenaline, School, Social outcasting, Faggot, Judgement, Personal, Teasing, Threatening, Social control/Social Isolation, Affecting others opinions of me through bullying, Removing credibility from me by causing increased anxiety causing me to make errors/appear poor ie scared, waivery, stumbly, weird, different, outcast, weak, losing, lost, self perceptions of weakness, mummy's boy, gay etc. The above is why I fear bullying, Bullying makes you anxious, Anxiety prevents you from being yourself, Comfortable etc, The more you see the threat the less

comfortable you become. Currently I feel affected by the effects that bullying has had day to day, Most of the time I feel alone and vulnerable to others but in a negative way. If I didn't fear bullying I think I wouldn't feel as judged by others, It would allow me to see others for how they are, I could make jokes without fear and when around people who appear threatening I would feel less associated to them ie things would seem less personal and although there would be a threat it would not emotionally harm me as I wouldn't relate it to myself in a negative way, Instead I would just let it go and understand that – that's their problem.

## **Challenging your Fears :**

- Being seen as unconfident – Others will not judge you based on how you feel but more so what you do and how you act through it, Most people have an amount of compassion and will consider you like this.

- **Bullying** – Remember regardless of the effect that others have had on you through bullying it will not help to focus your energy on blaming others for your problems of today as it will be taking energy away from you to make a change and funnelling it into revenge. Bullying is a reflection of the other not yourself, It's like anger – it may look powerful and strong sometimes but in the end it is never really it as it is losing control. Let it go, It is not a reflection of you, Others actions tell more about them than they do about you. Don't identify with them.

## **Self Esteem :**

### **- Things to watch out for :**

- Anything that reduces your credibility, Including being dismissive of compliments or acknowledgements.
- Any thought process that requires you to have done something you haven't or to be something you are not currently in order to feel secure within your self worth. (ie seeking validation)
- Feeling not good enough and like you have to constantly improve.
- Feeling incomparable, Lesser than or inferior to another or others.
- Feeling less intelligent than others.
- Unrealistic negative fantasising for example - imagining a girl that could sing perfectly on pitch who only dated guys with huge dicks and who didn't feel insecure.
- Seeking validation to prove or feel not weak or strong especially when it comes to bullying or girls.
- Doing the opposite of what you want ie not talking to a girl when you actually want to.
- Feeling Inferior.
- High levels of self questioning of your action ie when about to put up a YouTube comment.
- Feeling vulnerable negatively or feeling as though I've over extended myself with someone, Usually when I feel lonely and feel I "need" to talk to someone or when I feel ignored or rejected ie missed messages/calls. I tend to feel terrible and start to auto reject others prematurely. I tend to worry about the investment ratio in connections/relationships when this happens sometimes.
- Any expectation that is not fair on yourself, Most of these tend to be faulting things within myself that are part of normal human social behaviour.
- Feeling like a burden to other people

### **- Things to do :**

- Accept compliments and praise with a thank you and no more even if you don't see it in yourself.
- "Don't trust a perfect person and don't trust a song that's flawless" - 21 Pilots
- Say hello to people when passing them in public!

- Be approachable, A part of giving yourself and others credibility is to give them the benefit of the doubt that they might actually or are just as likely to be thinking something positive about you or even more likely not to be thinking much about you at all!

- 'Catch the Critic' - At times when I am getting down about things pay attention to the internal thoughts (monologue) to find thoughts that are negative or downing for me, They usually serve a function especially when used to balance out my self esteem OR when they are a part of a different process for the same thing ie a variable ratio reinforcement form of self esteem management. (behaviour reinforced because it has good outcomes sometimes but not all the time). Catching the critic is about reprogramming day to day negative thoughts and is a process. A good process to do is to listen to each thought you have in a day and learn about why you are having them, What problem they relate to and spend your time solving that issue. Avoid allowing the list of problems to clog your consciousness as well, if you want to solve them then do it one at a time, if your setting a time frame then be generous, You do more where you can.

- Come as you are – Say things as they are and if people have a problem with it then that's their problem, Doing this gives me the freedom to be myself without repression which is far more valuable than worrying about saying something rude or offensive.

- When you want to talk to a girl, Just do it, If you couldn't workup the courage to talk to her then don't beat yourself up over it, Instead ask yourself why you couldn't. There may have been a good reason you didn't. (Make sure your judging this part fairly and not finding excuses)

- NEVER beat yourself up for not being able to do something or for making mistakes or things not going as you'd like, Thinking of solutions and reassessing is fine but beating yourself up is not fine. You are fine if you are not able to do something at that time or at all (if it's that type of thing) you are still as beautiful as ever. Also remember failures are a part of success, We learn from them.

- Whenever you think of something about yourself that's unattractive, Think of it being less than what it is ie not as bad and when you think of something as attractive think of it being more than what you think. (Avoid narcissism though ie better than others)

- Language reprogramming is a common theme in self-esteem based self help books, It can be useful at times but should not be a priority or deemed necessary to be made into a 'should' or a must, to analyse and correct all language is not always ideal, Most times our language imparts emotion, Ie "I want to die" means "This is so much I can't handle it / I can't bear it" etc, The true meaning of it is emotion. Saying "You are perfect" is another one, It doesn't actually mean the person it is said to is actually without flaws, it is a beautifully imbalanced statement that uses the power to express, it is amazing if you feel that way about someone, Saying it as a fully accurate statement lacks emotion.

- Remember, Anything you think bad about yourself is likely no where near as bad as what you think and anything that you think good is likely even better than what you think about it!

- Learn to perceive fear more kindly and rationally (long process, Takes time)

## **- Trigger specific :**

- Bullying - I feel anxious around bullying at times because I don't feel strong, it's why even though I take the right course of action in situations I feel still crap as I'm unsure or have confliction on how to behave or how to perceive things ie when do you stand up for yourself and when do you let something slide, when is the time to take something head on and when not, how do I walk away feeling strong within myself – someone who does not get walked over. When you are in an environment where there is persistent bullying it needs to be dealt

with, if you are in a situation or environment where someone can be ignored and it is not persistent then ignoring is usually the best way to go. Retaliation is never the way to go, This is based on emotion and exactly what bullies want, You can respond to bullying which is a different thing to retaliation, Responding to it is sometimes necessary when the person bullying is barring you from something you have the right to have, that could be anything from a comfortable work environment, Social opportunity, resources etc. Feeling anxious is normal and I am one who feels it more than many others due to my past trauma to bullying, If someone is bullying I am likely to display displacement behaviour of some sort and it is ok, it does not make you weak and to think so is to misunderstand the behaviour itself.

- Feeling like a burden to other people – This is often when I feel in a vulnerable state, Avoid making judgements that you don't know, Ask before you assume. This state of mind comes from feeling low about myself but also feeling lonely.

- Feeling like my self-esteem is like a bridge that always collapses – This is typically because your self esteem is based upon something that lacks constancy, is irrational or lacks support. Watching what you are comparing yourself to is a great way to change what your self esteem is based on.

- Interactions with authority figures – Consider them as individuals first and realise that they are just people, Behaviour when dealing with these kinds of people should be controlled, If they are decent people then that's great, If they aren't then consider your situation in a rational manner, Getting pissed or acting emotionally will not help anything.

- Feeling vulnerable or as though I've over-extended myself – You need to recognise that some of your perceptions may be unfair on yourself or irrational, Regardless you should consider whether any action "needs" to be taken ie active rejection isn't usually warranted when you could just ignore them or focus elsewhere. Active rejection usually comes from a place where you feel hurt in some way ie you feel ignored or considered lesser value and due to this you feel like rejecting the other person to express that and to protect yourself from being hurt and also to know where you stand on things . A tip in general is to expect less from others, That puts less pressure on others and allows them to be what they are but also it allows people to feel more comfortable with you as they won't feel as though they are obligated to you to have a friendship. Do your best to not take things personally, Think from the others perspective and give benefit of the doubt, The other persons actions are mostly a reflection on them than they are a reflection on you.

## **- Positive traits :**

- Honest
- Raw
- Caring and supportive (I save possums yo!)
- Loving
- Kind
- Interesting
- Clean and Functional
- Attractive, Physically well built.
- Motivated and Driven (I make an effort)
- Funny and Cheeky (Humility)
- Smart, Perceptive, When I'm in a good mood I can have witty humour.
- I'm Cute :3
- Able to share emotions, Own oneself.
- All round beautiful!
- Open to cool stuff and spontaneous things.
- Work on things to try and make them work and I put a proper effort in.
- Good at learning new things and adapting.

- Resourceful (Money, Items, Knowledge, Ideas etc)
- Interesting (and interesting conversation)
- Romantic
- Cool
- Mostly confident
- Extremely resilient
- Spontaneous and open to spontaneous things.
- I'm an amazing Cutie Bootie!

## **Personal Identifications :**

- I have an internal bully. High expectations and low acceptance.
- I can make many snap judgements of others and it affects my view of others and the world.
- I suffer from feelings of shame frequently.
- A big thing that stops me from acknowledging my good points is "The butts with no second t" aka my own little saying for when someone compliments you but you reply with some form of 'but'.
- I really crave intimacy and strong connections (Like a best friend), I have also struggled with social isolation and deprivation to a degree and because of this I can sometimes expect too much from my relationships this can cause behaviours like pushing people away for various reasons, Comparing reciprocity and other crap that can effectively make my social circle a lot smaller if I don't keep it in check, Now that I am aware of it I have been changing things. Comparing reciprocity is a self protective behaviour to avoid getting hurt. Remember that I have projected feelings onto people I wouldn't normally consider in intimate ways due to being lonely.
- I can sometimes feel responsible for others emotions which can cause me to feel guilty about my actions to others (shamed)
- I can sometimes believe the fallacy that I don't fit in to certain groups of people.
- I can sometimes be quite judgemental of others, Mostly out of self protection.

## **Habits :**

- I can find it harder to make friends with guys my own age for fear of the possibility that I may get feelings for someone if I get close and also for fear that they may feel homophobic. This is more so a feeling that influences how I feel in certain situations so it can make it harder to connect, It's more subtle than a singular behavioural habit.
- When I feel very angry, aggressive, affected by my situation my mind can sometimes lean towards seeking revenge on John or people who represent that same type of person to me.
- I have noticed I can tend to judge people too quick and too hard and I may expect too much of others at times such as expecting George or Deano to change as though I'm waiting for it to happen

## **Girls :**

### **- Girls Positive Stuff (Yes this gets it's own section :P) :**

- Girl at Fort Knot's Hill (Where I lived) Gumtree sale. (in the car)
- Amy (This was more than an encounter)
- A kind girl helped me in Indonesian class in primary school, She treated me with compassion even though I was bullied that year and not at my best. The help was when the teacher asked me a question and put me on the spot.
- I asked two girls to a chat at the cafe I went to, The first time was good, I made my intention clear and asked for exactly what I wanted and the second time could have been better but I was feeling pretty shitty, The point is I put myself out there one two occasions plus one of them I felt I had done it well.

- Girl at Silly Meadows smiled at me as I came from the hallway section in the mall and we crossed paths, It affected my mind state positively.
- I spoke to a girl who was at the event I went to, She was from the volunteer organisation and she was pretty good looking, We had a decent conversation and when she left I almost didn't reach out or express interest but less than a minute later I automatically went out and offered to leave my number with her if she was interested, She got what I meant and said she already had a boyfriend but was friendly about things, Said something like "I'll see you around". Feels good that I went out automatically as soon as I realised as it feels like I have made progress on my confidence in expressing, Asking, Risking rejection etc.

## **- Girls Repressive Behaviours**

- Not engaging with them.
- Avoiding expressing myself.
- Making judgements upon them and using them to repress myself from engaging.
- Thinking they think the worst of me for example feeling like they think things like "You better not be into me".
- Worrying what others think of me in regards to my actions with girls.
- Holding myself back from being cute for fear of being seen as effeminate and not strong.
- Getting really sensitive to being ignored.

## **- Girls Triggers**

- Most of the negative self esteem thoughts that relate to being a man and that kind of thing directly influence the feeling of being unworthy and rejected by women.
- Feeling like there is a lack of compassion to male social issue ie you're a guy you've just got to find a way to deal with it and compete – Science says right? (Trauma, but also guy's social issues are generally not given the credibility they deserve in society)
- The act of focusing on negative points regardless of whether they may have validity, The act of focusing on those points is often driven by feeling rejected.
- Feeling like love and relationships is for everyone else but not me and any of the other many guys that fall into the area of chronic rejection and low self esteem.
- The belief that girls are attracted to a particular type of strength which feel that I do not possess or am not.

## **- Girls Challenging Repressive Behaviours and Notes**

- Not engaging – Challenge the reasons you are not wanting to engage and unless they feel right workout how to engage. (Keep it simple ie "How's your day been")
- Making judgements – Challenge your judgements and make sure they tee up with reality, Are correct or that you are certain of them. Try to think up at least one possible reason that would explain the thing that caused you to make the judgement.
- Worrying what others think of me in regards to my actions with girls – If you're interested in a girl or anything like this don't give a shit what they think, At this point you're likely nervous and thinking they think the worst of you, Instead be kind to yourself and try to think of positive things they might think.
- Holding back cuteness – Girls will love your cuteness, You're adorable baby : ) <3
- Getting really sensitive to being ignored – Think of reasons why they might be ignoring you that isn't the worst possible scenario, Also if you feel that they really aren't interested move on.
- Remember to not take things personally, It's not about yourself.
- Make positive behaviours a habit not just a once or twice off success.
- There will always be girls who find you creepy, It's something to learn to live with a part of being comfortable with yourself and being truly confident.
- Just because another guy can get with women/girls it doesn't make them any better than you – Not everyone can be experiencing the same thing in life at the same time, This isn't how life works and putting them above



you for any reason is just an elaborate way of getting angry at yourself for not being or getting what you want. Keep working on yourself but there is no good excuse to get angry at yourself when many factors are largely outside of your reasonable control.

- Going back I remember saying that I felt emasculated, Looking on things now especially with the song I made "What it is to be a man" I can see that there were core things that were internally robbing me of a healthy perception of myself as a man.

- Unfortunately I see being generally accepted by girls being a characteristic of a strength in males, looking at it logically that would be beneficial but at the same time that is largely not in the control of the individual beyond certain factors also 'generally' limits the outliers who are women who may think differently. I understand why I think in this way but I also can see that it's an unfair assessment of strength that is attributed to self esteem as it is limiting and not within my control.

- You don't have to worry about other guys "stealing your girl or competition", If the girl your with is ready to leave or cheat on you then it shows that your relationship is a mismatch. This doesn't mean not to have boundaries it means that if they have preference for this other person then it's up to you to find somebody else.

- Sex doesn't make another person better than you, Nor does having a partner, That person is still who they are no matter what status-ey bs happens. Don't put others that have what you want above you.

### **- Other stuff (notes)**

- I think that improving my communication with girls and having friendships and normal open, vulnerable connections with girls is probably more beneficial than to chase rejections in pubs (aka rejection desensitisation which is often suggested as a solution for guys).

### **Goals :**

- To have sex and explore myself.

- To find friends I can hangout with in person.

- To become a successful musician in my own way.

- To judge others less critically.

- To find someone I connect well with who visits me and vice versa, Someone to hang with, Go on drives with etc.

### **Success :**

- XYZ. What do you define as success?

### **Rejection (Some parts benefit self esteem greatly) :**

- Rejections are based on another persons opinion.

- Rejection is not always the end of the story. After being rejected ask why, This will help you to understand it and learn from it, You can only learn if you are prepared to not take things personally.

- Collaborate, Don't contend. Don't argue with the rejector but instead try and work with the rejector.

- "To this day, I still can't believe that things that mean so much to me could happen that fast if I just asked for them" - Quote from Rejection proof.

- Being able to reject is just as important as learning to cope with rejection, It can help you develop healthy boundaries, A stronger sense of self and a better understanding of what you want in life. Being able to reject others comes from being comfortable with rejecting others which is determined by your reasoning for rejecting them, However, even sound reasoning can be affected by the fear of their possible response so a good reason that you are assured of is not everything when it comes to being comfortable with rejecting another.

- If you have to reject someone for whatever reason, Do it nicely. Being rude, Impatient or mean can backfire, You don't have to let them waste your time, Kindly reject them and be direct, This shows assertiveness and

you're less likely to have issues. Direct is quick ie no long explanations or yes-butts, Just say no because of x. Get to the bad news first, You can always explain things later if needed.

- "After endless mountains and rivers that leave doubt whether there is a path out, Suddenly one encounters the shade of a willow, Bright flowers and lovely village" - Quote from rejection proof but is a requote.

- Your self esteem can always take another hit, You will become stronger as you grow and learn.

- Rejection is not a good reason to give up.

- You should never hate a part of yourself for any reason.

- You likely have more friends than you may feel that you have, Don't auto reject yourself, Show yourself for exactly what you are!

- When you feel in a needy head space you need to remember that you are likely tired and also will be more prone to feeling judged.

- Sometimes all you need to do is try, Even if the odds are low or unlikely – Because it means a lot.

- Don't dislike yourself if you do something you didn't want to do, It's unfair, It's mean and obviously there's a reason as to why you did it/didn't do it, This is a time for you to be sensitive with yourself and understand why you couldn't do what you wanted or did something else instead and a time for you to help yourself to do what you want next time. (Walk with yourself.)

- Others actions are more of a reflection of themselves than they are of you. Give credibility to the fact that others will think more of themselves than of you, it is rare for someone to think so much of or about you, their thoughts will pertain to themselves and their life.

- I tend to feel judged after I get anxiously "locked up" around girls, This is because of my own thoughts.

## **Music :**

### **Singing Technique & Practise :**

- Practising a piece over multiple days between sleep helps you to ingrain it better, It works a little like magic so if you are trying to learn something preparing multiple days can really help you. (Rome wasn't built in a day)

- When singing semitones, don't shy away from them, Pronounce them with as much intention as the tones, This will help teach the muscle and also auditory memory better. Plus it sounds better.

- Knowing when to stop practising is just as important as knowing when to start, Sometimes it's more beneficial to stop earlier than to keep going , An example is decreased motivation the following days if the expectation is ever rising or forever set high.

- Practises should focus on my weaknesses and practise should remain progressive rather than stagnant, Also incorporate relevant other things into practise as well such as performance routines for example.

- When you get frustrated and are focusing on pitch you may be adding stuff, If you are you will be learning it incorrectly and tend to strain.

- Learning to sing takes a long time and you'll never perfect it, everyone has their own pace that they can cope with at the time, Have patience with it.

- Try! Don't let the idea that you go good when you don't try, try and do your best, you can try and sing good just like you can try and strain, It's about learning the correct singing habits.

### **Studio work, Music knowledge and Recording :**

- Keep mid range reference monitors or monitors that are used to work on resonances in the center when listening otherwise you may wear one ear out also it will be more accurate.
- Working on resonances and listening to vocal takes relentlessly are some of the most damaging things to my hearing so be extra careful at these stages, Particularly the resonances stage. If I know my ears are fatigued that is the time to stop and leave it for that day and the next at the least.
- Pitching the entire performance can kill the vibe. Needing all parts in key is not a necessity.
- Avoid worrying about minute details in mixing, Determine a threshold and stick to it, Anything below the threshold should be left and above should be worked on. Remember the time you spend perfecting minute details could be better spent getting more of your Brilliant ideas out there!
- If you are getting frustrated, tired and more critical there is no point continuing music at this time as you're not in the right mind-set, You can try have a break otherwise put it down for the day or maybe more.
- Putting your heart into what you do – Always give it your best, Put your heart into your music especially when performing, Get into it, Pretend they are all into it and what you are doing, This way you're giving the best performance possible. A tough audience is just practise for your performance technique.

## **Psychological & Confidence (Relates to other sections as well) :**

- Your mental state can affect your ability to accept things, If you've accepted certain takes as being ok, good main takes at some point prior but later feel they aren't good enough then that's also a good sign you may be in a less accepting state of mind.
- **Believe in yourself.** - You don't need others approval, recognition or appreciation to do something, to succeed or to do it well, No Oboe, Arnie, Dad, Joel etc need to believe in me for me to feel good about my music. Confidence is and can be a learned behaviour, A habit of credibility and confidence, So believe in yourself and make it a habit even if you have to fake it a bit. Also believing in yourself makes you less prone to being manipulated by others.
- Overtime due to seeking validation – When recording or doing music you might find you want to feel validated or accomplished which drives you to go overtime, This happens especially if you're dissatisfied with things or feel like you've got nothing or minimal done, It's a trap, One that will set you back further in the long run, Also it makes it more likely you will damage your ears and cause you increased recording and production anxiety in the future.. So let it go, A short session is better than a long session, Let go of needing or wanting it done, I know how that feels but you have to resolve that in another way, you need another focus to take that slack.
- You're worth more as an artist for just being yourself, Even if you aren't always polished.
- Taking pressure off does not mean that there's no standard or to lower your standards, You still have to put effort in and try your best, Don't let others convince you that you're standards are too high if you don't feel that they are. Discern what is reasonable and what is not reasonable or probably not reasonable, This may mean going too far the other way sometimes to explore what feels comfortable, Acceptance is a good thing to do if you feel you may be judging things harshly.
- CheekyBoy is a sensation!

- Everyone has a different perspective on music, You can't possibly know what someone will like and what they will dislike.
- Any pressure to put something up should be questioned, Social media has a lot of negative aspects to it.
- Being sucked into using social networks religiously or in some cases at all is BS, Getting your music heard is important but the success isn't through social media, Think of them more as a catalogue and focus on getting your music out in different ways.
- "Some days are crazy, Some days I wake up.." 'STFU Brain' - Some days you will struggle and things won't work out. Some days I think I may actually have some kind of unrecognized pre-tension that sets me up for failure in a way, I remember two days, One I was doing practise and could not for the life of me avoid jerking my tummy when singing the next I naturally just didn't or at least nowhere near as much, On a bad day check your muscles and how they feel, How you feel, I advise if you notice tension or similar to go for a walk or do something else instead of doing some piddly stretch and resuming activity straight away.
- We are all heroes and superstars in our own ways. Realising everyone is special not just you or the person who can sing the best is the truth, Remember it when you start making comparisons, It's about 'us' not 'me'. This will be the biggest help.
- Don't force yourself to sing if the purpose is to judge yourself unless it is practise in which case it's different.

## **I can do anything.**

I can do anything. – Even with a health issue.

I can do anything. – That means fix my health issue.

I can do anything. – That means anything.

You got this man.

## **Keywords and Key-points :**

- Self sabotaging behaviour – This is behaviour that is usually based on emotions, Usually feeling unworthy, rejected, shameful, guilty or angry at yourself. It can also relate to loneliness and perceived level of lower reciprocation in relationships. Self sabotaging behaviour is usually things like – Cutting people off, avoiding going to/participating in or doing certain thing, It can also be creating rules or boundaries based off hurt feelings (ie out of anger rather than practicality), Acting on bitter thoughts towards others, Getting angry at others or attacking them personally. Generally self sabotaging behaviour feels empowering or feels right, Maybe even logical but it generally goes against what you want, More specifically what you want in the long run. Often to deal with self sabotaging behaviours you will need to identify them and most of the time act on logic rather than your emotions. Self sabotaging behaviour is doing things that go against what you want overall. The way you feel is always valid in some way or context, Acting on logic isn't disregarding your feelings and it isn't always that your feelings will prompt the wrong action, It is therefore important that if you are not sure if you may be about to self sabotage or are self sabotaging that you explore your feelings in further depth, Even writing about it if you need. Sometimes we feel off and we need to set as boundary or act on something, Sometimes our feelings are based off cognitive distortions, They still remain valid but basing the action on a cognitive distortion would almost certainly result in self-sabotage, hence why your feelings are valid "in some way or context" (remember they may just be straight up valid overall too so keep that in mind), You still have to acknowledge your feelings as it is an important part of being comfortable with your actions and moving forward.

- Victim mindset/letting go – Defining your experience and knowing how things are or were and what affects you is an important step in my opinion however it also has the effect of bringing about a victimised mindset which is something that is largely unhealthy if you do not move on from that especially if you aren't able to get resolve in any way from it. I realised that the people I was seeking acknowledgement from who affected my own hurts we're not in a position to acknowledge it because they have had their own hurts that are still not acknowledged to this day, I know the feeling of needing or wanting your own hurts validated before doing the same for others. Letting go is a commitment as you have to choose a different action other than blame or thinking about what happened to you that caused your faults or insecurities, You accept things even though they are unfair or unjust and you work from there and do something about it rather than holding others accountable for it, You essentially take accountability for the things that affect you and your life regardless of whether you caused them or not, Taking this responsibility is what helps you to move on and over time it helps you to be able to let go as well. When you take away blame you still acknowledge your own feelings, Also being truthful about what happened helps or opening up to others perspectives.

- Choose to see the best in people when you have the choice to.

- It comes in waves – This is about knowing that the things you face will likely pop their head but each time you deal with it – it will get easier, This is good for anxiety and also relates to another one which is “Pain doesn't last forever”.

- “A life moment” – Is a time in your life where it's not changing day to day, Usually the term would be used when things aren't going well but in a positive way to acknowledge that it will pass but at the same time it will take time. It's a moment you're experiencing that you wish you weren't dealing with but you know it will end and it does end which is the point and what this saying is all about, It's a part in your life which is a certain way and it's shitty but you just have to go through the motions and eventually it will change.

- Life is meant to be enjoyed not endured.

- Step 2 is still step 2 even if it fails.

- Think like a kid – Kids generally see a lot of shit in a raw and un-abstracted way, I think this is really important especially for mental health as a lot of mental health self help information can actually cause over or further abstraction mentally, I think if this is what's at play a higher yield would come from finding the things you are blocked with, the things that cause anxiety but are also things that can make you feel good if you overcome them, Like talking to strangers, doing a random pop up performance etc. Not everything that's common or seems true is true some of it is just bullshit.

- “It's normal” - Many things we experience or the way we respond or behave to things are usually normal responses regardless of how we feel or judge them, Often the real issue is the judgements we make on what's happened rather than what actually happened.

- Experience Validation – The idea that you need to have gone through an experience to prove or validate something, An example is to have an experience standing up to a bully to prove that you can cope with bullying, In this case you'd be forever seeking a bully to stand up to and if you did get it then you likely wouldn't succeed in validating yourself as that would be external and you'd likely have extra pressure, I could imagine things like this are more of a product of security rather than the goal or obtaining of security which is a reason why experience validation is unhelpful. Experience validation can hold you back from progressing with an issue. Experience validation is not realistic as there is no guarantee of that experience happening, A person should be able to feel good or whole without requiring some form of experience to validate them. Experience validation puts pressure on yourself, It's a rule essentially but without assistance ie an expectation rather than a teaching or advice, another reason it is unhelpful. Experience validation is one thing that holds me back from healing from my bullying trauma and my bullying trauma makes it harder when it comes to girls and music.

- Shit takes time – Things take time to do, Sometimes they take ages and you can barely see anything happening, Sometimes you're barely breathing and can only make it move an inch a week, Don't let it get you down, Give whatever you are doing the time and take the pressure and expectation off. If your efforts feel constantly bottled or futile don't rule them out, Some shit is hard to deal with and it's ok if the negative got the better, To move forward you need time and patience, Time for you to try and win, fail, win, fail, fail, fail, win, win, win, fail, win! #Piano #Music #Health etc

- Shame – When you receive judgement instead of support in your mistakes or failures. When you fail to achieve what you want, Give yourself a friend not a judge. Shame and bullying go hand in hand, Bullying often stems from shame as well, Shame is an influenced feeling, A negative feeling about yourself that is influenced by your own or another persons beliefs or opinions especially when voiced in some way to yourself ie in criticisms, bullying etc. When you care too much about what others think you can become overly cautious, feel uncomfortable and worried, In a lot of cases trusting your own judgement is actually a lot less of a head-fuck and easier, You know why you do things and you decide what's what – Plus it makes for a so much more enriched world full of possibilities.

Shame happens when something bad happens or you make a mistake and you believe that it is your fault because something is wrong with you or what you have done. Often when you feel shame you will see yourself as defective, inadequate etc. You may want to hide from others because you feel worthless, embarrassed or disgusted and assume others will judge you the same way too. Shame feels so uncomfortable that most people will go to great lengths to avoid feeling this way.

- The Contradictory mind – The thoughts that a person thinks that self degrade or work against them including obsessive thinking ie when your thoughts work against you.

- Bullshit thoughts – Any thought that is generally not constructive, They tend to reoccur like 'chaining', They go against what you truly want and are typically thoughts you will think when you are rock bottom. These thoughts are not intelligible. BS thoughts may be thoughts of giving up when things are hopeless, Thoughts that give credibility to ideas or concepts that are counter productive to your well-being ie thinking that maybe there is a time to give up on something that is extremely important. BS thoughts can be pretty broad encompassing and it is important to reasonably and accurately think (Do not dwell or overly self-question) of whether they are BS thoughts or not as some things can be valid, BS thoughts is a good phrase to use just like "Trauma thoughts" to help you know when you are having thoughts that are helpful in no way and will only bring you down, Therefore once you make the identification you can terminate the thought process as trying to process it will bring less than no value to your life. Only use this when the thoughts are truly unhelpful.

- You are perfect the way you are, Always, Anytime, Anywhere.

- Support the Karlins! - Much like supporting the dolphins but completely different, Supporting the Karlins is about supporting yourself, Giving yourself self assuredness, Credibility, Trust and to avoid second guessing yourself as much.

The eyes of judgement – Seeing something with preconceived judgement which shapes how you feel about that thing, This also applies to judgements of other people of course. Having eyes of judgement causes you to possibly affect the way that thing or person reacts and also filters you from being able to see what could be seen without judgement.

- Life is an experience, It isn't a goal. - This means you can enjoy things that aren't efficient, Have a go at things that don't make sense, waste time doing things because you want to. The things you do don't have to be or lead to anything, It doesn't mean you won't be able to achieve your goals just because you spend your time doing things that don't lead to specific results. It's when you're spending time doing things that you don't want to do and don't need to do that should be checked.

- “One thing at one time” – I believe we were made to focus primarily on single things at a time like single core processors (Computer reference), Trying to focus on multiple things at once divides your focus in an erratic way where you’re spread too thin and usually too much to get far because you get overwhelmed. The consciousness is like a lens, It focuses on one thing, Our subconscious can focus on many things but when we consciously focus on many things we become scattered, Frustrated and Overwhelmed. I imagine part of what Buddhism teaches relates to this concept. Sometimes we may think our consciousness can focus on many things at once but in fact it is often focusing on one thing for a fraction of a second then the next then the next etc.

- ‘Shoulds’ - The rules we have for how we behave, Most beliefs and rules are formed in response to needs, if you fail them then that is when your critic will cause you stress. Some examples of shoulds are – I should love all my children equally or I should always be busy, To relax is to waste my time and my life, I should never feel attracted to ‘X’.

- Healthy values – Healthy values are flexible rather than rigid, They allow for a quota of mistakes, failures or exceptions, It accounts for failure, Problems etc, This is why they are flexible.

Healthy values are checked or described as ‘owned’, they are your own, They are not just values that are accepted blindly.

Healthy values are realistic, They take circumstance into account and account for consequences before principle, This is similar to being flexible but a little different, Following things on principle will be rigid, It doesn’t mean to disregard values it means that you take the situation and consequences into account before principle, A good example is when the lady at the burger shop asked me how I was going, I’m generally honest but because she didn’t care the last time she asked (Because she was using it as BS small talk) I decided to say ‘fine’ because it was best for the outcome of the situation, This doesn’t mean I’m not honest or that I simply practise it only when it suits me, It just allows for an exception – Some flexibility to a non important situation in which otherwise some entirely unnecessary conflict could occur.

- Life is flexible and full of exceptions

- Auto-Rejection – Rejecting yourself from opportunity, You being the one rejecting yourself from things rather than the other person.

- The Essence, Core Drive and Meaning. - The thing that is above all of the things that will get you down, The thing that allows you to do anything. Find the love.

- Let it go, It is not a reflection of you. - Many things you can get caught up on that were triggered by someone else’s behaviour aren’t to do with you and will depict more about their character than yours, Things like bullying.

- Trauma thought – Thoughts that are prompted due to a traumatic experience, They are thoughts based on worry and or fear that something bad could happen connected to a past experience, They come about in order to protect from a perceived threat and can often be thoughts that will play out an unlikely but possible scenario connected to what triggered it. Trauma thoughts are usually inhibitive and tend not to be helpful, It is good to identify when something is a trauma thought to help avoid unnecessary worry. Trauma thoughts are essentially due to a threat that has a high risk assessment associated with it usually due to the higher intensity of the risk rather than frequency (ie it is unlikely to happen but because it is so bad it’s risk factor is still extremely high). Almost all cases of trauma thoughts are unhelpful to dwell on, This point should be recognised first and the latter point is that occasionally it is necessary to consider certain things to protect yourself from problems.

- Benefit of the doubt – Being open to other reasons for things especially if you are not 100% certain of something, In most times it is being open to a positive or less negative reason as to why something happened, It is helpful for preventing yourself from jumping to conclusions.
- Retrospective Thinking – Thinking about things that have happened already, often it is used negatively to beat yourself up which is unhelpful, Retrospective thinking is only useful to help change actions or behaviour in the future, You can't change the past.
- Accountability – You are ALWAYS accountable for your anger no matter what the situation is. What is in the past is not the same reason you do things today. Accountability also means to address your anger when you are aware of it.
- Breathe – To be and live within the moment, To let things happen and be open to different perspectives, To realise that anger will not help solve the issue and to be mindful/ stop any anger frustration loops in the moment to prevent a huge buildup of anxiety.  
To be mindful is also to bring the focus back to your own self ie things like I feel, I think etc.
- Accept your emotions, This is like accepting the feeling of nervousness without judging yourself as weak because you feel that, This also involves accepting and understanding your thoughts.
- Avoid letting anger with one situation or person affect another person ie Onion boy, Keep the situations isolated, Venting to someone is different from arguing with someone.
- Address negativity, This includes anger stress, Rage, Doubt etc. This is the part where the cards thing is helpful, Essentially it is a means of identifying causes of anger and dealing with it before it becomes a larger problem. Don't give yourself reasons to be angry.
- You may not be exactly where you want to be or what you want to be like but knowing you're doing what's needed is the biggest part.
- Vindicated – A powerful word to help stop over thinking or the contradictory mind from taking over, Ie when self degrading or seeking reasons you are 'x' – x being something negative. It usually requires a true statement to be used for example – Loving cute things does not make me gay because gay is the exclusive attraction for the same sex so it doesn't make sense. VINDICATED. (That's when you say vindicated in your mind.. In a deep powerful voice)
- Beautifully imperfect – The state of not being perfect but being accepted all the same and loved. As a value imperfection is stronger than perfectionism as it is undefined and is open to flexibility, It is open to being a high degree of right as well as being wrong, it has more opportunities and is just so much less stressful. Imperfection still leaves room for correctness/greatness, it allows for mistakes and errors. The king vs god analogy can represent a link to imperfection and perfection, It is about having essence and being possible because it allows for what it is, That is the beauty in imperfectionism.  
Sometimes imperfections or having imperfections are the only way something would exist, Just like one of the most important factors of the people you love being that they actually exist in your world, Having imperfections are what makes something beautiful possible. - Beautifully Imperfect.
- A smile is the most attractive thing and it isn't even a sexual thing.
- A proper argument will be like singing on pitch, It will have exactly what it needs but nothing more ie it won't be an attack on another or degrading against them. (Also typically less swearing)



- Even the most overwhelming things can be overcome, No matter how large or intense something is you can always work on it, Remember if it's too big then you need to make a tool to get you where you want to be, Tools facilitate actions and Fill needs/Requirements so you can perform an action you want to do.
- You always have the right to a reasonable time frame to act on something, This includes anger, It's ok to relax, You don't have to fear a relapse or losing control.
- Some of these key-points should feature in a game of some sort. (Hint hint nudge nudge) (Like the loading screen..)
- Standing up for yourself is not to physically or verbally defend yourself from criticism but to accept yourself for the way you are including your weaknesses without criticising, Denying or being angry at yourself for them and then allowing yourself access or the right to resources, opportunities and consideration. It is not an appeal or a question, It is a statement, What others do from that point is their decision, The right to defend yourself in a proper context follows from this point but not before.
- True Confidence – Confidence that is driven by vulnerability and honesty, Being **less** (as opposed to not at all) invested in what others think of you (perceptions) than in your perception of yourself. True Confidence is being yourself.
- Rejection – Rejection is a positive thing it enables selectivity which is the reason you are more likely to be with someone compatible rather than with someone you're not. Being comfortable with rejection is healthy and beneficial for you also when you are the one rejecting. The reason for the rejection is not as important as the rejection itself, You shouldn't expect someone to change. It is more respectful to yourself and others to reject someone and show your feelings clearly and properly regardless of how they will respond rather than not, It does not make you an ass hole.
- Vulnerability and Honesty – Being able to express yourself exactly as you are and be comfortable with yourself. It is OK to make mistakes, Being comfortable with mistakes is key to being able to shine as mistakes are a part of the process, Embrace them as you would rejection! Honest expressions of yourself are never wrong moves.
- Walk With Yourself – This means to be there and support yourself even when you don't feel confident and especially when you make mistakes, It's a lot like a parent helping a child to do something, Essentially you need to accept yourself for the way you are and support yourself in your attempts to help fix it or live with it without getting angry at yourself when you make mistakes. Support yourself as you would support your own child – With unconditional love, Attention and patience. It is OK to back out of something as well, Sometimes we just aren't prepared for things and if this is the case you should ask yourself why you weren't able to do what you set out to do.
- Credibility Factor – The amount of value you feel or assign to someone else that can play a part in decision making or behaviour towards that person. Acceptance is giving someone/something credibility, Be honest but be kind.
- I don't deserve pain, I don't deserve or need anymore pain, I don't need to prove my pain is real, Just because it can't be seen or understood by others it does not invalidate it. Others do not have an accurate perception of my pain just as I don't have an accurate perception of theirs, Keep in mind that each person's pain is their own.
- Fair Comparison/Accurate Assessment – If you were feeling empathetic towards someone else how would you judge them, The idea is to form an accurate and compassionate self-assessment of yourself and your actions as opposed to a self-defeating distorted perspective. An accurate self assessment requires being logical

and rational and is usually helpful to combat negative judgements especially after a situation where you may have felt that you let yourself down.

Ask yourself if it is fair to compare yourself against the person you are comparing against, Usually when we feel things aren't fair we have compared against another however asking if it's fair to compare should prompt an evaluation of each ones circumstances and it is most likely that they will be so different that it really isn't fair to make that comparison but rather more effective to deal with the problem as it stands before you. If it is fair to compare to another it should not be used to evaluate self worth but instead it should be used to achieve a goal ie change behaviour. At the end of the day the only person you can fairly compare yourself to is yourself as the only one who has lived in your shoes is you. A fair comparison is informative but not critical, rejecting or judgemental, It's purpose is to provide information to change behaviour.

One sign you might've made an unfair judgement is to check the feeling of familiarity between the person and the comparison, Sometimes comparisons and judgements can feel more familiar than justified ie if you don't know a person but feel a familiarity based from a judgement.

Judgement of self and others fuels each other ie judgement of others causes you to also live by your own system and require to fit to a tighter criteria and vice versa. Often judgement of others is like when people judge you for wearing your choker, They have no idea the reason why you wear it till they ask, Same applies to you. Judgements may feel like they help but often they cut you off from good things like – Potential partners, Diverse friendships, New knowledge. It is hard but just remember, The lack of judgements leaves the world open to being what it is and that world is a world where sometimes impossible things are possible.

It can feel good to see things as good or bad as it gives a sense of assuredness on how things are and thus the way you act on it, Labelling things good or bad is sometimes a bad habit to get into.

When you feel negatively about a particular person or even just in general avoid comparing other people against other people, Usually this is done in a way to make one look better than the other, instead just judge people on their own basis and not against anyone else. This is one to watch out for especially when talking to family.

- Make it a habit – Does what your doing fulfil your needs and not just as a once off? Goals are good to have but in order to make permanent changes to your problems you need to in-still a habit that will change your current behaviour that also helps serve the need you have otherwise you'll likely achieve your goal and feel good about it but then fall back into old reinforced behaviour hence you should reinforce new, healthy and challenging behaviours as a habit. Some goals are good once off and others are better to become a habit.

- “Negative Thought Chaining” or “Popcorn Thoughts” ie when you consecutively think negative or self degrading thoughts one after the other (a chain of negative thoughts), Essentially this is a process as opposed to a structure ie a thought. Usually these thoughts are chained in an effort to prove something ie a self worth statement. You can combat this by defusing the thoughts, Take a step back and experience them ie rather than “I'm stupid” you can think “I'm having a thought that I'm stupid” instead.

- A Super Cutie and an Awesome Musician – Me. :)

- A ‘True King’ or a ‘True Queen’ - Someone who has great power and knowledge but is also born into this world, Someone who has experienced life for what it is and despite it's affect remains aligned within themselves, Generally someone who has a great impact on things and believes in the world. Someone who is not perfect but truly tries their best. .. Someone whose a super cutie :3 >:D

- “Reinforcement” - Reinforcement is what shapes out behaviour, You can be negatively or positively reinforced to or away from something, Also reinforcement can be more complex than just positive or negative. Polarity and frequency are useful aspects to observe if you are seeking to find behavioural habits. Negative reinforced behaviour can often occur to avoid feeling bad, This can be driven by feelings such as shame, guilt anger etc.

- Mind Reader – Thoughts that you think others think or are thinking, almost always in regards to yourself. Unfortunately although we as humans are very perceptive when we make evaluations on what others think or feel towards us they can often be distorted and shaped by our fears, worries and can get intermingled with our own self esteem associated issues. “mind reading” or “mind reader” is a term usually with the negative connotation that a person has done or does the above, The thoughts are not based on what is actually being thought so it has a reasonable potential to cause arguments and misunderstanding, Unfortunately there are times when the truth won’t be shared by the other person and one might have to go based on their own interpretation of the situation, In this case one should try to keep things as grounded as possible and their decisions should reflect that ie avoiding accusing and keeping things as they are ie “I feel you may think this of me which is why I left you” rather than “I know you think I was this which is why I left you”.

Sometimes “Mind reading” is used to auto reject yourself in order to try avoid pain however in essence you bring about more pain as you effectively create every situation to be a rejective one, It’s a bit like people on the street acting tough, It’s easier to act angry towards someone in one way as you always know what kind of response you will receive rather than putting yourself on the line for a response you don’t expect. Of course in the long run it is certainly not easy at all.

- The balance – The balance refers to the way our brains work to maintain our sense of self worth, We will effectively take what we feel is the most effective route to helping ourselves maintain our sense of self worth sometimes this can form bad habits for example sometimes when we feel negative about our selves in some way we may become more critical of others in order to maintain the balance, In effect we would be reducing what we are comparing ourselves to, Other times we may be positively critical in comparison with others ie bolster our own self worth at the expense of others either way if our self worth relies on the comparison of others it will always come crashing down at some point as there is too much variability in it, To help fix this you should find rational comparisons to compare yourself to or keep things localised to yourself in order to maintain constancy with what you are working with.

- No shortcuts – The actions required to perform a certain thing is what is required, This doesn’t mean you can’t do things a different way it means if you are doing something in a certain way you can’t do it half-assed, The wrong kinds of shortcuts will effectively be compromises.

- 80/20 Rule (Priorities) – The 80/20 rule is essentially a rule that states that for the product of something 80% of the result/final product is usually caused by only 20% of the input, The idea is that out of the work you do to something most of the result will come from specific things or a small amount of what you put in, It is a rule to remind you to prioritise those things and to just prioritise in general, Where there is a list, There is a priority! Focus on that special 20% First.

- Sarcasm – Literally means to tear apart, Sometimes I find instances of sarcasm in my critical thinking.

- Come as you are – (Nirvana), Be yourself and don’t repress or hold yourself back just because it may offend people, Polarise those MFs and then the next MFs and then the next ones, leave a trail of haters and lovers rather than work colleagues!

- Taking things personally – Often we consider actions of others solely on their relation to us as though the intention is all about us and we can sometimes forget that another persons thoughts are not all about ourselves, People do things for all different kinds of reasons and those reasons are related to their own life and world. Stay grounded in your world and remember that – It’s not about you.

A good identifier of taking things personally may be feeling disrespected, Sometimes we can take disrespect personally when it’s not so much to do with our self.

- “I don’t know what the future holds” - 360 (Aussie Rapper)

- After countless rivers, Streams and mountains a village awaits with a warm meal awaiting – The concept is in Dads book – The 3 little Indians (Status: Unreleased).

- Submissive behaviour is not weak, Being submissive especially when it comes to loving can be cute, endearing and fun. Being little (or liddle) can be a huge strength.

- Life is meant to be big and awesome!

- “Persistence is key” - Jhonny’s grandpa. RIP.

- It’s just a thought – Thoughts don’t mean anything is going to happen or that anything is a particular way, Something is not true just because you thought it was or thought about it. It is just a thought, You can choose which ones to listen to.

- Cognitive Distortions – These are bad habits, Habits of thought that you consistently use to interpret reality in an unusual way, For example, If you applied for something but it was declined you can take it for what it is or you can take it as a type of rejection or personal insult.

Distorted thinking styles cuts you off from reality in several ways, Theses are some examples of distorted thinking styles - Judgemental, inaccurate, Imprecise, Too general in scope and fail to take special circumstances and characteristics into account. Distortions are based on emotions rather than rational processes, Distortions are not beliefs themselves, They are habits of thinking. #Find details on cognitive distortions under extra information. Also Page 78 of Self Esteem 4<sup>th</sup> Edition has a list of the distortions.

- Learned helplessness and hopelessness – learned helplessness comes from the belief that you have no control over the situation and learned hopelessness is when you feel as though your situation is hopeless and that it won’t get better.

- Habits – Habits are probably the biggest things you can change to impact your life, To retrain bad habits to forming good new habits, It takes a long time to do either. To break a habit it is best to have a plan of some sort, one that you can commit to which brings on the next important factor which is ‘You need to make a commitment’, This means getting serious it means you’ve thought about it because there’s no point committing to something if you know your likely to break it, Part of the commitment comes from planning ie thinking about the complications that could test your commitment and working through them. You need something to replace an old habit, think about what the old habit is or is trying to serve, How can your new habit solve the problem effectively. Often bad habits are in place for a reason as they have been reinforced for some reason, Example reasons could be because you lack social connected-ness or it could be because it makes you happy or because it makes you feel good about yourself, All of these things are probably being met in a poor way with a bad habit but if you truly wish to break the bad habit you’ll need to find ways to fulfil the need that needs to be met otherwise the habit is likely to occur again. It is said to take about 28 days minimum to form a new habit but tbh I personally think the time it takes to ingrain a habit is variable, Some say longer, It’s best not to focus on an exact number, The commitment is more important. Have fun with habits and changing your life!

- Focus on one thing at a time – Focusing on one thing at a time is more productive, It is more immersive, keeping your brain on one challenge is better, you learn better and faster, it is better than focusing on everything all a little bit as that can get overwhelming.

You don’t need to be pushing the front of everything every day, It actually makes more sense if you focus on something lots one day then another thing the next day rather than both in one day unless they work synergistic-ally ie provide breaks or balances types of tasks like computing and physical work.

Mini obsessions are a good thing (not actually obsessions) in a way as they serve as motivators.

## Extra Information (Assorted) :

- A large part of your reality doesn't have a solid answer and thus is up to you to define, Because of this you can shape how you see the world. What you aren't certain of can be shaped in your favour.

- The moment you can choose not to be a victim of your situation is the moment you can choose to let things go, It is a commitment as well.

- Deep anxiety – The type of anxiety that overshadows the anxiety you might face if you were to be laughed at on the bus or something similar, This form of anxiety is a deep feeling of “Not being alright”, “Not feeling safe”, “Feeling something really bad is going to happen”, “Feeling trapped”, “Feeling a loss of control”, “Feeling very vulnerable but not in the good way (Unsafe)”. The feeling when felt can make you feel a bit dissociated like you can't look at people at their faces and you may end up staring at objects instead with a pained or stressed look on your face. One of the bad feelings is like a negative brain chemical that lingers, The lingering effect is something that was very noticeable, Even when I felt a little better I could still feel it there, This actually led me to making a bit of an association to ‘dementors’ on Harry Potter, I wonder if their effect was based on this kind of feeling. You will likely feel a feeling at the back of your neck and head and feel tense, especially in the jaw and neck, The feeling ‘could’ feel similar to when you are a child as the feelings are more closely related to not feeling safe and as a child you are extremely vulnerable and are dependent. You might feel sick or extremely light headed. The anxiety usually comes on (for me) related to the traumatic incident I've had and trauma associated thoughts, Not all thoughts are conscious so you may feel the feeling without knowing why. If you're feeling this way know that everything will be ok (Like that message I got from the Aliexpress person). It is good to have people around you that you trust and to keep yourself engaged if you are feeling this, Going for walks is a really good way to help with it, Drinking water when you are feeling it will likely help as well. If you feel a “sudden drop” or really bad feeling that is usually more related to feeling trapped or losing control I think (For me), In this case the best thing is to stay with yourself and reassure yourself that you do have control over things, That you aren't trapped. Self reassurance is 100% key to helping yourself get through deep anxiety to be able to be there for yourself when going through the waves/motions. The following things are things I found helpful, It's only a smidgem of what self support and self reassurance is though so keep that in mind (If anyone else is randomly reading this) : “It's going to be alright, It's going to be ok”, “Breathe, You're ok”, “You can get through this, You're strong”, “It comes in waves”, “Take it one day at a time”, “Take it easy, get some rest”- Mum's one, “You can cry if you want to, Need to”, “You're going to be ok”, “I love you”, “You're not alone”, “Some things take time”, “Pain doesn't last forever” – Dad's one. Remembering or thinking of soothing thoughts can be really good to cope at a time you are feeling this kind of anxiety and also doing things that make you feel this way can help immensely as well, For me that was remembering things like when I'd get home and chill out when I was a teen and watch anime, As for one of the things that I did I watched “The amazing world of Gumball” because I love that show, It's lighthearted and it has helped me feel less lonely in the past (A time when I wasn't anxious just lonely).

Keeping yourself engaged and around people is important when going through deep anxiety.

- Manipulation – Some people have certain behaviours that are manipulative, One form of it I experienced with Albus where he will say something really positive to bring you up but then lay-on some kind of really critical judgement which sends you down. Manipulative behaviour can occur when you are dependent on another person for something, This can be when you have low self esteem in particular like myself where others have

the power to make you feel better but at a cost, Depending on others is not bad or good it can be mutual and beneficial or it can be of a detriment to you, The bad thing about manipulation is that it can cause you to trust others less and be less likely to expose or express yourself.

- Preparation is a very important thing for some things, Anything you want to go in a certain way you may want to consider your level of preparation, It is really useful for dealing with doctors and also managing trauma responses.

- Constantly trying to improve yourself like we all have these stats and are in some kind of game can be a toxic mindset to be in at times and counter-productive, Don't forget to live your life, That's what experiences are for, They are the best way to learn.

- Most thoughts are partials, Functional thoughts that form small fragments of things, Over time in what we do we 'feel' things with our brain, We live life based on concepts we encounter eg a dentist will think from a dentists perspective and a professional criminal will think from their own perspective, The point is that we believe in different things and different things work for us all. Psychology in a way is a perspective as well, People choose their perspective and in a way even wrong things could be seen or thought of as right in the right perspective for it, It's like everyone is working on their own sudoku puzzle, Their own system.

- Social isolation is a big thing and probably the biggest driver of bad mental habits in my opinion, I learned that social isolation deprives the brain of dopamine and also found some sort of new research that showed that a certain chemical built up when mice were socially isolated, The deprivation of dopamine I believe can cause stress and bad habits, Your brain can switch to finding dopamine in other places such as from 'successes and achievements' (in a bad way) and food, It could put extra pressure on completing goals that you would normally do without the extra pressure and stress. There can also be promise of social relief attached to the goals such as making friends. A similar thing to seeking dopamine is reducing stress, Habits like organizing, manual tasks, massaging, scratching, grooming etc can form in order to reduce stress, Some of these can also be a form of procrastination as tasks at hand may generate stress and as such you'll default to more stress relieving tasks.

I believe that an amount of perfectionist behaviour may also be driven by social isolation.

- Social Networks and pretty much anything with a 'feed' is usually toxic, They're engineered to keep you engaged and should be kept away from for the benefit of a healthy and enjoyable life, FB is fucked as well.

- Identification is a fundamental thing in being able to change behaviour and improve your life, If you can identify something then you immediately have the first step to being able to change it.

- Lack of evidence does not mean lack of existence.

- There's no point in waiting until a problem is fixed in life that was caused by trauma because you're never going to get there with past trauma, The best you can hope for is to become more and more competent at dealing with it as the days go by. The idea of this statement is that often trauma is something that permanently shapes you, If you expect it to be fixed you're going to wake up feeling like you've failed every day because you'll never get to the point you'll fix it whereas if you understand that this has shaped you as a person but can look in a mirror each day and be like - wow this is how I've dealt with it in a more competent way and I've built more skills around the situation, It means that you're achieving every day. - Sonia found this perspective, It's about acceptance of where you are now.

- Core beliefs are the foundation of your self esteem, They can impact what you can and can not do, Core beliefs are frequently distorted by trauma and deprivation (Ie like loneliness can cause learned hopelessness), It can take a reasonable amount of time and effort to change your core beliefs, This is important to take into account as sometimes when a certain level of effort is expended and no result is seen it can cause doubt about

what you are doing, If you can identify that something is deep and at the core then you will know that it will take a lot of effort to change and challenge it. These kinds of things are likely to take huge amounts of effort, they will have ups and downs, sometimes milestones in progress, sometimes will feel like you haven't made a single dent but also will be defining of who you are and will be the most rewarding things you can work on. Your core beliefs will have rules associated with them, There are beliefs or predictions that are associated with the rules ie something bad will happen if you did 'x' or broke your rules, SE4E (Self esteem 4<sup>th</sup> edition) name these 'Catastrophic predictions', These predictions make it hard for you to challenge your rules. The predictions you had or have grew logically during times of dependency and danger but they may no longer be legitimate assumptions, They need to be tested for their current validity, If they are no longer valid then more positive rules and beliefs can be formed.

Revising core beliefs will contribute greatly to your self esteem.

- Loneliness info (personal notes from informational pdf) :

- > loneliness can cause behaviours that actually cause barriers to solutions and can make it harder for lonely people to solve their problem.
- > In Japan some people actually prefer prison to escape loneliness.
- > Unrealistically high standards or expectations of relations ie frequency of contact, unrealistic values, unrealistic expectations of criteria without flexibility can affect people with loneliness.
- > Weak ties ie acquaintances are beneficial, Diversity of social ties is beneficial.
- > Social isolation can cause fluctuating social hyper vigilance and anxiety, This fluctuates with socialisation and belonging.
- > Belonging is holding the same/similar values/identity it is important in having a fulfilling social connection with others.
- > Many issues form catch-22 situations, This doesn't make them impossible or unable to be fixed, It's just the way certain problems are.
- > Governments are often financially motivated to fix issues such as loneliness not so much for the humane aspect but as it has an impact on productivity and the system, Although this is unfortunate because you'd hope the motive is predominantly a compassionate one there are a lot of good people alive and who get involved so it is best not to hold prejudice against things such as this.
- > There are community building programs that aim to help people connect neighbourhoods together by making them more involved. If you have an idea for the neighbourhood they may be able to assist.
- > Some common identifiers of chronic loneliness are : Hypervigilance of social threats, over-focus on negative aspects of interactions, misconception of ambiguous social cues, excessive distrust, passivity, hostility, non-responsiveness, excessive self-focus, lack of confidence in forming relations, anxiety, low self-worth, belief it will continue forever, poor emotional self-regulation and learned helplessness and hopelessness. Some of these need to be taken case by case for example distrust may be warranted if a person was being disingenuous.
- > Loneliness is the absence of social connected-ness, It is like light and dark, One the absence of the other, Appreciate that although loneliness is a pain it is also a validation of social potential, hence it's the barriers that need to be worked on.

SE4E (Self Esteem 4<sup>th</sup> Edition) Terms (Cognitive distortions) :

- > Global Labelling
- > Filtering – Only tending to see the bad things while good things are often ignored.
- > Polarized thinking – Either totally on or totally off with no inbetween, Things are rarely in a completely one-way state, You are almost never “100% - Fully competent - Perfect” just as you are basically never “0% - incompetent – completely imperfect”. Be specific with things and recognize them for what they are.
- > Self Blame – Making yourself accountable or blaming yourself for things that aren't or may not be your fault. For example beating yourself up for something like not talking to a girl instead of taking into account all the factors. Let go of the past, self blame and blaming others.
- > Personalization – Making things relate or pertain to you typically where you are the victim, This can be like thinking the world is against you.

> Mind Reading – Assuming what others think of you. A great way to combat this is to ask what they think and give the benefit of the doubt. Pay attention to facts rather than opinions or assumptions.

> Control Fallacies - Control fallacies can go two opposite ways, You either feel responsible or in control of everything in your and other people's lives, or you feel you have no control at all over anything in your life. Personally a good time to check this is when you're feeling overwhelmed or hopeless. Stop thinking about all the things you feel you have to do and focus on one thing at a time. You do have control even when you feel hopeless.

> Emotional Reasoning – Reasoning things based off emotion rather than facts or evidence. Investigate where you have emotionally loaded words (Hate, Love, Disgusting, Furious etc) and feelings towards things, Avoid going with your gut feeling blindly, It is usually right but you need to understand why as sometimes it isn't right or could limit your life in some way, it is not about relentless self-questioning, It is more about understanding why you feel a certain way so you can make better decisions.

- Success and Failure : Your definition of success can greatly affect your self-esteem especially if you can't obtain it and or don't pay attention to distortions ie what you think is not success or other things. A failure is a part of success, Most failures are a failure at a particular time and not an outright failure, Mistakes and everything in between is not the opposite of success, They are their own thing and respecting that is an important part of success!

Success can be redefined, This happens naturally, if you didn't want to change it then you wouldn't change it.

- Anger is caused by your thoughts not by others actions.

- Let go of past blame as it will take from your power and reduce your experience of "the now". Forgiveness comes without expectations, It comes from understanding and letting go and it comes from within, External forgiveness is not always necessary and in many or even most cases I'd imagine it may be better to let your thoughts and behaviour be a reflection of it instead. Forgiveness gives you control, it allows you to let go of the past, you accept what has happened and close all the 'owing' accounts and instead are left with more time and energy to focus on what is important. The further something is in the past, The more important it is to let go.

- Life itself is at the core drive of every person, We all only do the best we can at any given time, this is based on our experiences, awareness, values, prevailing needs, the way we feel at the time both physically and mentally and other factors. Even the most seemingly evil actions have reasoning and purpose behind them even if you can't understand it from your perspective. This discovery means that no one is truly bad or good at their core and thus labelling them that way will only be relative to you and not what things actually are. You can only change when your awareness changes.

- Some methods for dealing with mental processes and issues involve imagination and body movement ie imagining you are pushing negative energy away or letting go of things, It is interesting.

- Identification is one of the first steps to changing thoughts and behaviour.

- If you need time away from someone then take as much time as you need, You don't need to understand the full reason then and there, Sometimes we need space and time to work out why we need that space and time, Sometimes we know but sometimes we don't.

- Your health is your right, You have a right to health, Take it and never let anyone stop you.

- Sexual actions don't need to be justified for anything else other than what they are - Plain and simple.

- Why you say what you say is more important than what you actually say.



- The reason I get anxious about rejection is because it can sometimes trigger thoughts of self doubt that I am unworthy or am perceived as non-credible especially in the eyes of women.
- True honesty is unconditional.
- Unconditional Attraction (revise phrase name) – When you are unable to handle rejection well it causes things to feel/be conditional for the opposite person ie if you were going to get angry at a girl because she rejected you then she may feel that and it would be a very good reason that she would rather avoid you and or avoid rejecting you outright, Avoiding outright rejection is probably a common thing with women due to many men creating a conditional situation for women.
- Worrying about wasting your youth is the best way to actually waste it.
- It's OK to be submissive, It's only when you compromise values due to submissiveness that it is a problem.
- Find reasons to do something rather than reasons you can't do something. (positive thinking), Apathy and avoidance are a protection mechanism from anxiety, Avoiding something is not going to get what you want. Intellectualising can be a form of avoidance for example feeling like you need to learn more before doing something which is a waste of time. Pseudo rational behaviour can prompt avoidance, It usually employs the highlighting of good points you are likely to believe in order to prevent you from doing something.
- Momentum – Don't relax or shy away at signs of momentum, Keep going at things (within reason), Momentum is just the first part of a greater change so use it as much as you can.
- (Catch the Critic) Not all criticisms are thoughts, Some are Memories, Concepts, Ideas, Visual etc
- (Catch the Critic) Certain situations you will be more likely to have self doubt or inner criticisms hence require an extra hint of mindfulness to be aware of them these are things such as Meeting strangers, Contact with people you find sexually attractive, Situations in which you have made a mistake, Situations in which you feel criticised and defensive, Interactions with authority figures, Situations in which you feel hurt or someone has been angry at you, Situations in which you risk rejection or failure, Conversations with parents or anyone who might be disapproving.
- A person always chooses actions that seem most likely to meet their needs based on current awareness meaning you make the best decision at anytime given what you know and what you want.
- The most undervaluing thoughts are almost always illogical/irrational, These thoughts when in regards to how others think of you are mostly inaccurate and a poor replication of what others are actually or would be likely to think of you, Most people are usually more concerned/invested with their own life to invest such a strong opinion or thought regarding you or what you do unless it affects them ie it actually becomes their own concern. If someone were to have such negative thoughts it would likely come from their own place of insecurity ie we judge others how we judge ourselves and vice versa.
- We usually judge others in a similar manner to how we judge ourselves, Internally we are made to keep a balance, This is an aspect of a persons self esteem – balance, Peoples thoughts work on a form of logic ie they make sense so if a person were to judge another in a very critical manner they would be quite conflicted if they found themselves in the same position as the other person, In that instance they would have to change their perceptions otherwise face self rejection, Some people will create false beliefs in order to satisfy the problem ie make an exception for themselves or another solution but in the end this will form a faulty mindset which will likely cause issues elsewhere, But hey.. the world is an amazing place, Full of diversity so maybe it works sometimes?

- Being liked by girls does not make you a strong man.

- In a lot of cases getting to a neutral point is a far better measure of success than what lies beyond that point, It's a lot like the binary rating system which values things for what they are not how good they are ie as a percentage, Most things in life should be rated in a binary fashion as opposed to a percentage based system the reason that is – is because it is more functional, Once something is fulfilled it is fulfilled, It is direct and satisfying rather than trying to achieve an amount of something.

This is especially important when measuring success with your own goal of un-repressing yourself with women, Essentially it helps me to be myself rather than to achieve a perfect self which frankly isn't fun or comfortable.

- Effort is a better measurement of the strength at the level of the Soul, Mind, Person etc, This recognises the value of something or someone beyond the face value ie a person who has naturally strong muscles vs a person who has put effort into developing their muscles are two distinctly different things, Yes the strength of the muscles themselves are quite quantifiable and measurable and the one with naturally strong muscles may win in a fight, But this is only one part of the strength of that person. This is why although robots or super beings could out compete in most tasks in a hypothetical future the impressiveness or call for admiration would only pertain to what it actually is ie A robot has never had to go through the same path as a human. This is the same when making judgement on a god vs a king (Which is why I value a king above a god), A king or queen is someone who has great power and knowledge (in this depiction) but is born from the world and as such when a king like this (A True King) is compared against something such as a god the king is more admirable as it shows the true strength he has vs a fabricated strength. A god in this instance could be similar to an unachievable perfectionist version of a king itself.

- The reason negative thoughts feel easy and natural is usually because they are a subconscious habit/ thought, It takes a lot of effort to change but they can change over time. It takes effort to remain positive when we are suffering but mentally it is worth it.

Families have a structure of what is right and what is wrong, These things are not always correct or correctly put and can affect the way you view things and your self esteem.

- As a general rule, Anything that relieves stress or anxiety will be reinforced.

- Abandonment or feeling abandoned is a major driver for feeling inherently wrong about one's self or having low self esteem, Also I know it relates to BPD.

- Parents do NOT always fall into the same mistakes that their parents had.

- With many things there a positive and negative side to them and with that there is usually the option of seeing one or the other, **THE POSITIVE SIDE DOES NOT WORK IRRATIONALLY**, What I mean by this is that trying to see positivity without thinking logically or considering the situation properly is not a means to bettering your internal thoughts/structures you still need to consider things in a truthful manner, Sometimes being positive can just be something simple and grounding such as - "OK, I know things are going really bad right now but I've got something good happening tomorrow so I'll ride this out". It needs to feel right whatever you do, If you feel like you're being dishonest then you likely need to ask yourself why.

- Psychological defences can become like an addiction ~ Unwillingness to face certain kinds of pain. "Hoping to fix what is wrong with you is a part of your system of denial".

- It's OK to be like someone even if you don't like them or like them much, As long as the similarity is not a bad thing, For example we often pickup small mannerisms from our parents and these are not so much bad things just similarities, If we hate these things about ourselves then we will be hating a small part of ourselves.

- Cognitive distortions #1 (Over generalisation) – Typically take one fact or event and make a general rule out of it but never test the rule ie getting rejected by a girl because you're short or submissive and then making a rule such as all girls want tall dominant guys. Words that are often used when over generalising are – Never, Always, All, Every, None, No one, Nobody, Everyone, Everybody. Over generalisations block your experience of life's finest things, Over generalisations can make a slight possibility into no possibility, One good example is ruling out every girl because you don't feel strong enough or you feel that they won't like a cute guy sexually but you have no idea unless you ask them or try. This is mainly a problem as a way of thinking rather than situational ie I tend to think most girls are like "X" so I treat all girls like "X".

- Cognitive distortions #2 (Global Labelling) – Is the application of stereotyped labels to whole classes of people, Things, Behaviours and Experiences. A couple example are dubbing someone a "capitalist". More examples of global labelling include pejorative self messages such as "I'm stupid" or "I'm bad at music" or "I'm not strong" etc.

- Cognitive distortions #3 (Filtering) – When you filter reality you see your universe through a glass darkly, You can see and hear only certain things. Your attention is awakened only or mostly by particular stimuli ie examples of loss, rejection, failure, unfairness and so on. You selectively abstract certain facts from reality and pay attention to them ignoring all the rest, You have blind spots that obscure evidence of your own worth. You will tend to focus on criticisms or negative feedback rather than the positive feedback.

- Cognitive distortions #4 (Polarized thinking) – Thoughts tend to be "either – or" dichotomies and become very black and white, All or nothing perceptions ie "If I don't do "X" today then I've fallen behind" or "If I'm not able to ask her out then I'm still unconfident", Sometimes statements can have unsaid implications eg "If I can finish all my tasks by the end of the day then I'll be fine" - Otherwise I've fallen behind/compromised. If-Then and Either-Or statements are good to pay attention to to 'Catch the critic', Typically there's a reason why you are creating the statements.

- Pain doesn't last forever, Pain comes in waves, There are times it will relieve and then be back again, then relieve and be back again, Slowly declining till it passes, It is not forever, Knowing this is good as sometimes we feel pain from things like criticism, It can feel like we have no means of dealing with it, Like we're faulty but the trick is to be able to experience this and get through it without attacking yourself or others, it eventually passes, It's a part of life. Don't get caught in thinking that it will last forever or that you can't deal with it because you can, you can always get back up, you have to! - Roberto :)

Pain doesn't last forever, It will pass, You can get through the waves, the feeling sometimes comes from early life hurts, It has nothing to do with the sexy amazing thing you are today and you can feel like you're bad, shit or rejected and still be good, You can think bad things about yourself and still be good, They will pass just like the pain. You don't have to build defensive barriers or defend yourself against the pain (Different from defending against an attack). Distance yourself from the pain and act how you would like to act rather than how you would normally act.

(Side note – habituation of pain is one factor as to why two people can suffer from very different levels of pain yet remain very similar in experience of the intensity of pain.)

- Awareness – Awareness is the degree of clarity in which you perceive and understand consciously and unconsciously, All the factors relating to your need at hand – A product of your intelligence, intuition, total life experience, Current emotional and physical state.

Being aware or increasing awareness of the cost of your own actions helps to avoid behaviour that affects self esteem ie beating yourself up for things. Imagine someone who has studied self esteem vs someone who hasn't, The main difference is awareness, With that awareness a behaviour change can occur.

#### The limits of awareness :

> Ignorance or inexperience – eg You haven't done something before.

> Forgetting – eg You forget which is understandable as you won't remember everything all the time.

- > Denial – Denial of consequences for either fear or need ie stay in toxic relationships for need of companionship or fear ie staying in a job that's not what you want for fear of losing what you have or a denial of something ie you respond emotionally for fear of being seen as weak.
- > No alternatives – Unaware, lack skills, Don't know. (Absence of awareness)
- > Habits – habits are often subconscious and are ingrained, Hard to break, The nature of habits leads them to being decisions that tend to fall subconsciously and thus a lower state of awareness.

- Mistakes - A mistake is anything you do that you later, upon reflection, Wish you had done differently, Also things you didn't do that you wish you had. mistakes are a part of learning, When you make a mistake learn and move on from it, Dwelling on mistakes is not a solution and it stagnates. Dwelling on or beating yourself up for mistakes is retrospective thinking. It is more important to be comfortable with making mistakes than it is to correct or perfect them. Mistakes are a form of feedback, Feedback is required to learn, Succeed and progress. Perfectionism causes mistakes that should typically be interpreted as warnings to be viewed as failures, loss, complete errors, These errors or mistakes will cause you a feeling of guilt or anger at times due to the increased negative representation of what they really mean. If you find yourself beating yourself up for one off things think of incorporating a bit of flexibility into what you are doing ie rationalism instead of perfectionism. To know better is not sufficient to do better if your awareness at the time is focused on a stronger and opposing motivation eg Your desire to eat ice cream was stronger than your desire to lose weight. If you label the choice good or bad you end up punishing yourself for your actions you couldn't help performing thus expanding your awareness will work better than a grim resolve to avoid the mistake again because you will make the mistake again if you don't expand awareness.

## **Communication (good for business and socialising) :**

- Most judgements on other people are pre-emptive measures to self protect, The brain does this as a bias to self protect AKA we have a natural lean towards distrust vs trust, Trauma and bad experiences can push this further into the zone of distrust.

- When someone else is dealing with their own problem, don't feel as though you have to help or to help them fix it just listen to them. Remain non-judgemental and hear them out. Most people just need someone to give them time to listen to them and be non judgemental of them, Just like you. You already have the answers you just need to vent most of the time.

- Whenever you meet someone or people you get along with remember to add them somewhere, Also follow it up with contact, Don't just leave it or it won't go anywhere.

- Regular involvement with the same group is a far better option than meetups/events due to a higher consistency.

- Avoid gossip or judgemental based conversation, It is ok to talk about things that get to you and whatnot but if the conversation becomes comparative of people or judgemental of character then it is more likely than not toxic.

- How to argue and win every time by Gerry Spence (Good book) :

- > Complete language accuracy is not important, Speaking from the heart and flowing is more important.
- > Words that do not create images should be discarded, Words that have no intrinsic emotional or visual content ought to be avoided, Words that are derived to the sterile intellectual head-place should be abandoned, Use simple words, Words that create pictures and action and that generate feeling. The priority of language (Especially music) is about communication, Fancy words are dumb if no-one else can understand you.

> “If I am real, I am speaking from the ‘heart-zone’, The right words will come, They will come, A teaspoonful at a time, in the proper mixture (Vs using a fork with soup picking bits out one at a time)” ~ This is also like proper phrasing when singing in music.

- A good conversation opener is “How has your day been?”

- Speech irrelevance – Unnecessary details. (Sometimes I do this)

- Avoid Hyper-systematising especially in conversation, Within certain things it is useful but while communicating it can hinder rather than help.

- Cutting people off is a normal part of conversation in most cases, It is typically a normal part of conversational flow. The problematic cutting off is when it is outside of the conversational flow and it is overriding another’s true desire to say something so embrace cutting people off as I know you don’t do it in the latter manner. You are not responsible for a shy persons behaviour too, If they want to talk they always have the opportunity. Many people have been encouraging of me actively talking as well.

- Being honest and speaking the truth should never be constrained by anyone's feelings.

- Internal Syntax and rationalisation (Ft. Socrates) – The key to fixing the mistakes below is to work on specificity and accuracy with your language.

- Sexy talk is hot, Ie “What a sexy ass you hot little thing”

- Direct communication is better when people don’t know you or aren’t used to you.

Sources of information and references (Books I’ve read) :

- How to argue and win everytime (Gerry Spence)

- Rejection Proof (Jia Jiang)

- Models (Mark Manson)

- Self esteem 4<sup>th</sup> edition (Matthew McKay, Patrick Fanning)

The ACT workbook for perfectionism (Jennifer Kemp)

- The compassionate mind (Paul Gilbert)

Thank you for reading – “CheekyBoy!”

:P