

STRESSFUL SITUATIONS INDEX (SSI)

CHILDREN AND TEENS EDITION – VOL. 1

Frequently Asked Questions of how to deal with life.

This document will continue to be updated and may not be complete at this time. Hopefully what is currently available is helpful.

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This document's purpose is to present options for how to appropriately deal with life's most stressful situations and circumstances in an ideal way.

The document is a series of ready-made, simple, and comprehensive answers to both major and minor situations that cause humans short-term and long-term stress.

Both anxiety and depression (as all negative mentation) are a result of insecurity. To cure them, Mental & Physical Security need to be established and sustained (until instinctual) in the individual.

This document covers Mental Security by:

- Explaining Stressful Situations
 - So that the individual has a concrete explanation as to “What’s Happening”, “Why”, and “How” to deal with it.
 - What – is it that is happening. And “what” is the nature of it.
 - Why – things are happening the way they are.
 - How – do I rally my resources to recover from this?
- The document provides potential responses and plans to the situations at hand.
 - With enough responses and plans to cover a variety of circumstances.
 - With enough contingencies for each response and plan.
 - And contingencies in case steps in the plan go wrong...and a wee few contingency-contingencies.
- **This Document is to be a: “There-there”, Stern talking to, Improvement Strategy, Emotional Support, Roadmap of Wise Moves, and Motivational Friend all in one.**

Essential General Wisdom

- **Every face-plant ends with a chin-up.**
- **100% of all negative emotion is caused by either Insecurity or Impatience.**
 - To become more resilient, positive, and formidable: you must overcome mental and physical insecurities. This is done by mental and physical improvement.
 - It can be argued impatience is a form of insecurity.
- **Create Multiple Choice Solutions to Problems. Mix and Match solutions if needed.**
 - After developing a Multiple Choice setup of solutions to your current problem(s), remember that the best solutions can at times come from combining different parts from different solutions into a hybrid solution.
 - For ease of organization/understanding, the hybrid solutions should probably be added as a new option to your Multiple Choices.
- **Always, always, always think of the long-term consequences as well as short term ones.**
 - The best question to ask is: **“Looking back 10yrs from now, will I be proud of myself for handling the situation in the way I plan on doing it?”**
 - Keep altering your action plan until the answer is “Yes”.
- **Put your Worrying to Work**
 - We often run mental simulations in our head of how things could go, or how we’d like them to go, or what we should do, or what we should’ve done. When done in advance to

a situation: this is called priming. **Instead of getting emotional over things that haven't even happened yet, prepare to be your best when the worst finally does come to pass.**

- When simulating to no purpose, this is nothing but pointless worrying.
- Use these simulations to mold yourself 'in theory' into the best and most ideally behaving you. Becoming your best self is easier to do 'in practice' if its your go-to behavior in theory. Think in the manner of how you *ought* to be, not how you feel.
 - You turn it into a go-to behavior by using the best of your discipline to make it a habit in your mind and mental simulations.
- **Self-Esteem**
 - Self esteem is how good YOU feel about yourself. **The most enjoyable way to healthy self-esteem is by becoming a specialist in something (or many things – if you got the gusto) that you are naturally interested in.**
 - More often than not, low self-esteem comes from:
 - Unfulfilled Standards
 - Expectation (of Others)
 - Personal
 - Unfulfilled Ambitions
 - Short-term (daily, weekly, monthly) and Long-term
- **Practical vs. Ideal Suggestions**
 - It is understood that token advice like “see a doctor” or “talk to a friend” are not always viable options for a number of reasons. This document aims to provide as many options as are available to choose from in the below circumstances.
 - Which option or combination of options is best for you is dependent upon your specific situation. It's circumstantial. If you cannot “just do X”, then other options (for people of different means) will be offered.
- **Know Your Limits & Ask Questions**
 - If you cannot teach an impromptu lesson on a subject, you are not an expert on it.
 - If you were put in front of a class for 60 minutes (or double that), could you expound indefinitely on your knowledge concerning X topic?
 - If not, you are not an expert. Remember that when your tendency to always think you're right checks in. You become an expert by filling in your blanks on a topic.
 - You are not justified to condemn and pass judgment on an individual unless you are capable of: (1) giving a brief, accurate, and detailed summation of the past, (2) providing multiple options for potential present actions (and resources to do them with), and (3) providing multiple contingencies for the inevitable future curve-balls.
 - Unless you're capable of doing that (and even if you can), perhaps you should keep your judgments to yourself. Ask more about the situation at hand until you understand its past, present status, and future potentials as much as is possible.
- **Optimism Boosts Mental & Physical Resilience**
 - Force optimism on yourself. You say, “Look, me, you don't have no choice! Everything's getting better and I'ma throw us around in productive action til' things get so, see!”
- **Uncertainty Thwarts Progress**
 - ...Sometimes beneficially. You need to know where you're going before progressing, no?
 - The way to thwart uncertainty is to study your subject(s) on-hand until you know what you're dealing with, and the many different options you have in doing so.
- **Exclamation!**
 - Whenever you let out any involuntary exclamation and/or behavior, it's because you were overwhelmed by a positive or negative emotion, and it burst out of you as a result.

- Remember that negative people are those who have been suffering from short-term or long-term internal negativity. **If you remain cordial, friendly, and reasonable: negativity usually yields to positivity.**
 - **Most people are good, and are willing to catch some joviality if you're willing to throw some at them. Smiles are contagious.**
- **Don't Generalize. Almost Everything is Circumstantial**
 - Generalizations lead to false judgments and prejudice.
 - Take everything that comes your way circumstantially as long as there is an option to do so (and there usually is).
 - Generalizations are only good for very large-scale, time-sensitive, issues that can't be thoroughly evaluated on the circumstantial basis.
 - Judge things according to circumstance by asking questions and information gathering.
 - Do not come to any conclusions until you've gathered enough data to have a thorough understanding of the past, present, and future of a circumstance that you are involved in – and a few action plans for the future.
- **The most inferior type of person on the face of the planet is – and always will be – the type of person who uses violence as a solution to non-violent problems.**
 - **If you solve problems with violence, you are a problem that will inevitably get solved with violence (as you deserve).**
 - The only way to shed the inferiority (and fate) is to cease the use of violence as a tool for solving problems. You're better than that. Violently enforce your own self-control.
- **Accidental vs. Intentional**
 - **Do not always assume the worst.**
 - Are you absolutely certain that the negative circumstance that you are harshly judging or condemning someone for is malice at work?
 - Is it possible that the individual is just misinformed?
 - Are you in the habit of thinking the worst possible outcome in instances concerning opposite beliefs than yours?
 - When you feel as strongly about whatever your opponent feels strongly about, what would it take for you to reconsider your correctness?
 - Or are you not open to reconsideration? Because if that is the case, what if the same can be said about them?
- **Relentless Positivity Dissipates Maliciousness**
 - Your attitude toward rude, vulgar, and malicious (non-violent) individuals is this:
 - **"I do not believe you are as bad as you are pretending to be."**
 - Keep this in mind:
 - People intentionally try to say the worst things humanly possible when they are angry. The things that they say are not indicative of their overall character.
 - Are the worst things that you've ever said the definitive trait of your character? If that is not how you want to be judged, than do not judge others in this way.

Every negative circumstance is an opportunity.
Every experience is a blessing.
Every motion is an experience.

It is understood that this list may be hard to navigate if you're just looking for one specific question and answer. So here is a table of contents that does its best to 1-word each question so you know where to look.

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CHILDREN & TEENAGERS

(3YRS – 12YRS OLD)

(13YRS – 19YRS)

If you are a child or teenager, the most important thing for you to keep in mind is that your embarrassments, disappointments, failures, and inconveniences of the present day will be of little importance in your life as an adult. Very few reasonable adults care about such instances in the past, and (more often than not) see their worst moments as funny in hindsight. When you're more mature, you will do the same – so try not to get too down about anything currently going on. Optimism is – and always will be – the most reasonable way to approach your future. Optimism combined with productivity make you invincible. No matter how bad things get, you can always work your way out of it.

1. I have a terrible fear of X. How do I handle it?

- The type of fear depends on how you handle it. There is Physical Fear and Mental Fear.
- Physical Fear is fear of damage or bodily harm.
 - Physical Fear comes from the desire to avoid physical pain or death.
- Mental fear is fear of humiliation or thought-related trauma.
 - Anything that does not involve fear of physical damage is mental fear.
- The approach to each is the same.
 - Study:**
 - The more you understand something, the less you fear it.
 - Research your fear to the best of your ability. Find out:
 - Where the feared noun/concept comes from.

- b. What is the cause of its intimidating behavior/manner?
- c. When is the encounter with the feared thing most likely?
- d. Do others encounter the feared thing? If so, how do their encounters go? How do they deal with the thing that you are afraid of?

ii. Preparation:

- 1. In the worst case scenario, what would happen when confronting this fear?
 - a. Embarrassment
 - b. Injury
 - c. Death
- 2. What is most likely to happen?
 - a. Mental fears almost never result in death or injury. Mental fears almost always have to do with fear of inconvenience or embarrassment.
 - i. One of the worst habits you can ever get into is fearing inconvenience and embarrassment.
 - b. If the most likely outcome involved danger of bodily harm or death, then avoid the fear (and make it known to others so that the appropriate authorities can do something about it).
- 3. Is it probable that you will encounter the feared noun at all?

iii. Avoidance:

- 1. Is the fear something that can be easily avoided?
 - a. If Yes, then do so.
 - i. Do not fall into the habit of seeking out things that make you upset or frighten you (unless you plan on confronting it when you find it).
 - b. No, it cannot be easily avoided.
 - i. Is the cost of difficult avoidance worth the benefits of avoidance?
 - 1. If yes, then endure difficulties while avoiding.
 - 2. If no, then a confrontation is necessary.

iv. Confrontation

- 1. To those that want to take themselves to their maximum potential, confrontation is ALWAYS the best way of approaching any mental fear (and many physical ones).
 - a. Embarrassment does not matter.
 - i. **The single most important thing any person can learn to do with their life is to laugh at, acknowledge, and learn from your mistakes.**
 - b. Other people's opinions of you do not matter.
 - i. They don't have enough info on the subject to have a valid one, anyway.
 - c. Use **NOTE REHEARSAL method** to order and make sense of your fears, march right up to whatever it is that scares you (so long as its safe), and study the heck out of it – even if you tremble while doing so.
- 2. Confrontation is so ubiquitous in its worth as a solution to Physical Fears, that it would be shorter to list the circumstances of when you may NOT want to use confrontation as a solution.

- a. Threats of physical violence where you do not believe you will succeed against your attacker, AND you have reason to believe your attacker will be excessive in violence upon victory.
 - i. Animals (and people who behave like them) are included in this category.
 - b. Safety Hazards (that you're unfamiliar with)
 - i. Sharp Objects
 - ii. Unknown Chemicals
 - iii. Heavy machinery or equipment
 - iv. Wild/Unfamiliar Animals
 - v. Threatening (or seemingly threatening) strangers / Unfamiliar people
 - vi. Athletic and/or Physical challenges that could result in injury or death
 - 3. Before confronting, ALWAYS consider:
 - a. What are the Short-Term consequences to confrontation?
 - b. What are the Long-Term consequences to confrontation?
- v. **Learn**
 - 1. What is the feared nouns:
 - a. Past and origin?
 - b. Present and affect on surroundings?
 - c. Present and affect on you?
 - d. Future and affect on surroundings?
 - e. Future and affect on you?
 - 2. The more you learn about the answer to these questions, the more predictable your feared noun(s) will become, and the more control you will have over your exposure to and encounters with the thing.
- e. **Resources Available**
 - i. What do I have to work with to help me deal with this each approach to the fear?
 - 1. "What do I have to work with" is a question you want to ask for most things, not just approaches to dealing with fear.
 - ii. Is the fear a big deal, or not? Is it worth the expenditure of resources putting into it? Will the investment (in time, effort, and resources) be worth the ideal result?
- f. **You handle your fear by studying its nature, preparing mentally and/or physically for the worst-case encounters, and either confront the fear directly (if safe), or use your resources to manage behavior that avoids that fear.**

2. One of my parents is violent with me and/or my family. What do I do?

- a. **"Violence" can be defined as physical abuse and attacks that are NOT a direct result of abominable behavior.**
 - i. **"Abominable Behavior"**
 - 1. If you were violent towards someone (outside of self defense).
 - 2. If you were inexcusably disrespectful or violent towards others (especially parents).
 - a. If they hit you for being an annoyance – rather than a villain to others – that type of behavior *is* in the area of abuse.

- b. It should be made clear that if you use violence, force, or fraud (such as lies) as a means of daily life: YOU are the one in the wrong.
- 3. Spankings and slaps are not violence unless used as a response to non-villainous acts.
 - a. Bullying others in school is a villainous act (and deserves physical punishment).
 - b. Getting poor grades is not a villainous act.
 - c. Robbing an individual or place is a villainous act.
 - d. Having a different opinion than your parents is not a villainous act.
 - i. Unless your opinions (and you) promote or support force and/or fraud unto others.
 - e. Lying to get someone into trouble (or get something you don't deserve) is a villainous act.
 - f. Asking your parents for explanations to their behavior is not a villainous act.
- b. Does the parent get violent toward you when you 'annoy' them or ask questions that they don't like?
 - i. If yes, then do not directly confront the parent alone.
 - ii. If No, then follow these steps. **NOTE REHEARSAL method**
 - 1. Write a letter to the parent that says everything you would want to say to that parent.
 - 2. Read the note over and correct any mistakes. Add new things if you come up with more that you'd want to say.
 - 3. Ultimately, the idea is for you to confront your parent without needing the note. The next options are ways of going about doing that:
 - a. Read thrice
 - i. Now that you've written your ideas down, they will be more easy to recall in a discussion.
 - b. Hold onto the list for as long as you like while editing it at will.
 - i. The more you think about the issue, the more refined your thoughts get on that topic – especially if you're working on a written work concerning it.
- c. If the parent is violent toward you when annoyed:
 - i. If you believe that talking could work if you were backed by family:
 - 1. Use **NOTE REHEARSAL** for preparation, and confront the abusive parent(s) with family at your side.
 - ii. If the violence is so excessive that you believe talking won't work even with familial backup...
 - iii. **Learn the warning signs of an outburst.**
 - 1. What behaviors does the parent exhibit before violence starts?
 - a. Facial Mannerisms
 - b. Tone of Voice
 - c. Bodily Behavior / Posture
 - d. Ominous Actions/Activity
 - iv. **If possible, video record the violent actions imposed on you and/or your siblings.**
 - 1. Conceal the camera/phone and remain in its POV if you have reason to believe it will be taken from you upon discovery.

- v. Once the videos are captured, send them to your own email, and another email address that your parents won't have access to (such as an unknown alternate email, or a trustworthy friend who won't do anything until your word).
- vi. If the violence is not life threatening, endure it as you normally do while collecting overwhelming evidence of its occurrence (by capturing and sending video for safe-keeping).
 - 1. If the violence is life-threatening, call the police when you are feeling your life is at risk, and present them the evidence you have when they arrive.
 - a. If you have a relative, teacher, or any other adult you feel you can trust, call them and see if they're available to come over for the police encounter. That way, if the police leave without assuring you of your safety, you will have a backup there to potentially help resolve the situations (or allow you to reside with them – if you fear the repercussions of the police visit).

vii. Prepare for different outcomes:

- 1. Change in Parental Behavior
 - a. Ideally, for the better.
 - b. Be aware that getting caught recording or collecting evidence can and may likely lead to more abuse.
- 2. Change in Legal Guardians
 - a. Relatives
 - b. Foster Parents
 - c. Temporarily
 - d. Permanently
- 3. Arrest of Parents
 - a. What other trustworthy family or friends might take let you stay with them (if both parents/guardians are arrested)?
- 4. Change of School and/or Residence
 - a. As a result of a change in custody.
 - b. As a result of protective orders
- d. **If your parents are violent with you, use NOTE REHEARSAL to memorize and refine the things you want to say or questions you want to ask. Prepare for worst-case outcomes, and offer your help if they are struggling with something you think you can help with.**
 - i. **If your own violent behavior provokes the violence: stop being violent.**

3. I am being verbally bullied at school because of one or more of my traits. How do I handle this?

- a. **Agree (sarcastically)**
 - i. **No matter where you are now, you will always have a chance to improve yourself mentally, and physically; until you know as much as you want to know, and are as strong as you want to be.**
 - ii. As for this moment: none of us are at our best, yet. That's okay.
 - 1. And feel free to say just that: "None of us are at our best yet. That's okay. Maybe I am an X right now, but I doubt it'll stick."
 - iii. If their manner of bullying involves false or undignified accusations, than do not use this manner of reply.
 - 1. ...Unless you think it'd be fun (not a chore, or anxiety-inducing) to use the "even if I was" angle.

- a. You: Even if I was X, that doesn't seem like the thing to last forever, does it?
 - i. Bully: Maybe it will with you cause you're so trash.
 - 1. You: Well, maybe so. We'll see. Later.
 - a. Bully: Kill yourself.
 - i. You: No thanks. Bye!
- b. **Disagree**
 - i. If the bully(ies) have a habit of making the same point over and over, use one good conversational volley to destroy the logic behind their reasoning.
 - 1. Use **NOTE REHEARSAL** and **PLAYTHROUGH** methods to form your ideal arguments in your head.
 - ii. Do not seek out the bully for an argument (they are not worth that much time). The next time they attempt to bully you on X issue, use your studied reason to swat their assertions away while passing.
 - 1. Serve them and leave, do not allow them to waste your time by having a lingering argument. Tell them what's up and let them argue against your back if they insist on conversing as you're walking away.
 - 2. If you are in a position where you cannot leave: start another conversation with someone else (even as the bully is trying to talk to you).
- c. **Ignore**
 - i. With the exception of sarcastic agreement, ignoring them is the best way to deal with (verbal) bullies. They're dogs barking behind a cage of insecurity. Don't bark back at the puppies, please.
 - ii. What if other people are paying attention to them?
 - 1. That's their concern. Do not dignify bullies by noticing their existence.
 - iii. What if other people ask me about X teases/assertions/etc.?
 - 1. Respond with "That's false" if false, and "That's true" if true. Then continue on with the things *you* want to do and/or talk about.
- d. **Report**
 - i. Record various instances of bullying (if possible).
 - ii. Find the appropriate authority figure that you think can most effectively handle the situation.
 - 1. If possible, going to an authority that the bully respects could be a good way of insuring a proper effect.
- e. As a Bystander
 - i. If someone you know is getting bullied, you can apply any of the above in their defense (particularly if they aren't around).
 - ii. As a bystander, you are in the best position to acquire evidence needed for proof.
- f. What about revenge (for humiliation caused by Agreeing or Disagreeing)?
 - i. Expect additional malice and don't be surprised by it.
 - ii. Use the above methods to deal with the malice as well.
 - 1. Unless it gets physical: just a bunch of dogs barking.
- g. **If you are being verbally bullied at school, you either: Agree sarcastically (the best option), disagree (from a purely factual standpoint), ignore them (another great option), or Report them.**

4. I am being physically bullied at my school. What should I do? How do I handle this?

- a. Physical Bullying is defined as: striking, pushing, rough and unwanted physical abuse, minor but humiliating physical abuse, and property damage.
- b. Exclamations and outbursts are involuntary expressions of bottled up positive or negative emotion.
 - i. If someone is easily amused or compulsively amicable, it means that they are filled with positive emotion to the point where they can't really control its impact on their behavior.
 - ii. If someone is easily angered or saddened, it means that they are insecure about one thing or another (negative emotion), and easily influenced and drowned by the negativity already within them.
 - iii. Whichever disposition you are inclined to (positivity, negativity, or neutrality), it doesn't make you any better or worse than anyone else.
 - iv. Bullies are worse because their underlying trait is malice, and they are exercising *willful* corruption. They aren't inclined toward negativity, they *choose* to impose it on others. They like making people's lives worse.
 1. You should consider such people beneath your notice (except for the amount of time it takes to move them out of your way, if they are obstructing you).
- c. **The best way to deal with verbal bullies is to either:**
 - i. **Dismissively and sarcastically agree with their nonsense.**
 - ii. **Ignore them**
 1. Dog's are gonna bark. If you bark back at dogs, *you're* the crazy one.
- d. The best way to deal with physical bullies is:
- e. **Private Confrontation**
 - i. If you are not fearful for your safety, find a way to talk to the bully in private.
 1. Methods to practice/use:
 - a. **NOTE REHEARSAL**
 - b. **PLAYTHROUGH**
 - c. **MULTIPLE CHOICE**
 - i. Contemplate different ways of handling the discussion.
 2. Direct Approach
 - a. "Why is it that you're always bullying me?"
 - b. "Why do you keep teasing me about X?"
 - c. "Have I ever done anything to make you resentful towards me?"
 - d. **Include every question you want answered, and listen closely to the answers.**
 - ii. Meritorious Complaint
 1. Honestly ask yourself: "Do they have a point?"
 - a. If Yes: "You're right, my bad." Explain the misunderstanding with the appropriate amount of justified salt, and shake hands.
 - b. If No...
 - iii. Unjustified Malice
 1. If their answers sum up to something along the lines of "being mean for the sake of it", do not fan their flames.

- ii. If fearful for your safety.
 - 1. Do not confront in private.

f. Public Confrontation

- i. Here is when its appropriate for a public confrontation:
 - 1. If you are not in fear of your safety (or are mature enough to accept any dangerous consequences to your actions).
 - 2. If you are secure enough in your own capacity, and do not expect help from fellow peers in a losing circumstances.
 - a. Never get in the habit of expecting others to help you in troubling public circumstances. Act as if you are on your own.
 - 3. If the bully is general, and not just specific to you:
 - a. If you know for certain that most of your peers disdain the bully, and the bully makes a show of embarrassing people for fun, then they are fair game at embarrassment on a public scale.
 - 4. The bully is in the act of physically bullying someone else.
 - a. If the bully is terrorizing another individual (after you've already taken the resolution to stand up to him/her), sucker-punches (hitting the bully when they aren't expecting it) are entirely fair game (so long as they are *physically* bullying someone else).
 - i. The next time they strike their victim, strike them, and capitalize on your immediate advantage to deliver repeated blows. The surprise of the attack will stun the bully, and each unexpected strike has the chance to stun further.
 - 1. If the bullying continues (to others), surprise attack the bully continually until they stop victimizing others...If you feel so inclined to help your peers.
 - b. If you've taken the resolve to fight against villainy (bullying), do not allow the bully to try and shame you for surprise tactics. Nothing they say matters anymore. Either the bullying stops, or they're going to continue to get surprise attacked every time they're caught doing it. No negotiation.
 - c. Is it okay to attack bullies that are smaller than me?
 - i. Not only is it okay, it is recommended. That's called "giving someone a taste of their own medicine".
 - ii. If a bully knows he/she is going to be attacked by a larger and more formidable being if they dare to attack others – they will stop victimizing out of self-preservation.
- ii. When inappropriate
 - 1. You are not on friendly terms with your peers.
 - a. Assume those around you are willing to watch as you get beat-up, and expect nothing less.
 - i. If you consider your loss more than probable, and your bully is sufficiently despicable as to be violent to excess, then do not confront publicly (or privately).

g. Parental Interference

- i. If the nature of your bullying is such that you do not feel that you have any power to affect a solution on your own, do not feel ashamed to ask your parents for help and advice.

1. Your parents love you and need to hear about anything in your life that is causing you stress. If you want to get rid of a stressor, your parents are allies that are eager to help you solve this and any such problems.
 - a. Just make sure to be honest with your parents on your ideal outcome of the situations (for example, if you want their influence over the matter to remain unknown to your peers, etc.)
 - i. It is unreasonable to be embarrassed at your parents helping you out of such a situation
 - b. If your parents don't give you advice – or it is too confusing, hopefully this document can cover all such needed advice.

h. Combat Training

- i. It's not recommended first only because it isn't always safe, but **the best way to deal with physical bullies is to beat them into submission when they attack you.**
 1. People who impose violence on others are (frankly) usually too stupid to understand anything but a beat-down. If you physically pummel a bully bad enough, they will avoid you out of self-preservation.
 2. Within reason (no gruesome, excessive, or life-threatening injuries), the best way to deal with bullies that can't be reasoned with is to thrash them.
 - a. If you don't know how to fight: learn to do so (it will be one of the best decisions you ever make). Do not stop bothering your parents about it until they acquiesce. No entertainment in their lives is more important than your combat training.
 - i. If your parents refuse, use **RESEARCH** method to tally up how much money they spend on entertainment (subscriptions, movie tickets, movie beverages, alcohol, new clothes, etc.), tally up how much your lessons would cost, and confront them directly (using **NOTE REHEARSAL** method to prepare) on the entertainment that they are pretending is more important than your physical safety from potential violence. Be prepared to argue what entertainments would need to be temporarily abstained from in order to pay for your instruction.
 1. **Self-Defense is the single most important aspect of Physical Education you will ever learn.**
 - ii. Once you learn how to fight, you will lose the insecurity and uncertainty when around current and future bullies.
 1. You will also lose the rage/outrage you may harbor at the injustice of your persecutions. Once you know you can handle them, they are no longer important enough to become angry over. They are beneath you.
 - a. "I hope they don't..." becomes "I wish they would try..."
 - iii. If you use your combat training to bully others who cannot fight: you are sub-human garbage, and deserve whatever consequences you will inevitably suffer for your disgusting character.
 1. If you do this, you are the most inferior type of human on the planet.
 2. The one and only way you have of changing this is to stop it, and publicly apologize to the people you terrorized.

i. Post confrontation

- i. If you won the physical fight...
 1. Go on about the rest of your day.

2. Sweeping the floor of trash is not really too much of an accomplishment. Gloating over bullies gives them an importance that is more than their actual worth.
 - a. If they attack you, beat them until they give up, can't defend themselves, or they run away – then go back to business as usual.
3. If you're feeling magnanimous...
 - a. You can help the bully up and sincerely ask to squash the rivalry between you two. (Showing cordial mercy after besting someone is one of the best ways of converting an indecent person into a decent one).
- ii. If you lost physical fight...
 1. See an adult if you have any serious injuries...and go on with the rest of your day.
 - a. "Whoops. I lost that one. I'd rather fight and lose than tolerate any bs, though." That's the attitude of a formidable character.
 2. What if other people make fun of me for losing?
 - a. Chances are those other people wouldn't have the spine to fight the bully anyway – feel free to tell them that.
 - i. What if that's not the case?
 1. Then let them talk and disregard their conversation by not listening.
 - iii. If the fight is a draw:
 1. Choose any of the options from winning or loss.
- j. What about revenge?**
 - i. Analyze the Outcome / Encounter
 1. How did the bully behave after physically checked?
 - a. Resentful?
 - b. Timid?
 - c. Apologetic?
 - d. Friendlier?
 - e. Usual (still bullying)?
 - ii. Stay on-guard / Alert
 1. Prepare a counter for potential conflicts
 - a. Ambush
 - i. 1 vs. 1
 - ii. 1 vs. 2+
 - b. Social Sabotage
 - i. Trying to turn peers against you
 - ii. Spreading rumors
- k. If one of your fellow students attacks a teacher; attack that student.
- l. If you are being physically bullied in school: use Note Rehearsal and Playthrough methods to prepare, use Multiple Choice method to ponder probabilities of potential outcomes, and either privately or public confront the bully.**
 - i. **It would be ideal to learn self-defense before the confrontation, but as that is not always a luxury, use your safety as a guide on where and how to confront.**

5. I get really nervous in X situations. How should I overcome this?

a. Nervousness is either caused by Insecurities and/or Anticipation for action.

i. Anticipation

1. If you are not scared, but just excited and jittery due to an upcoming whatnot, then you just need to calm yourself while putting that energy at maximum alertness. You know how you do that? Breathing. It's a cliché for a reason.
 - a. In for 5 seconds...Out for 5 seconds.
 - i. Adjust the time (up or down) for In and Out to whatever is most suiting to you in the moment.
2. Calmly simulate the experience you are about to go through in your head.
 - a. Do this over and over again until go-time.
 - i. Order 'in theory' helps sustain order 'in practice'.
 - b. If preparing for some sort of speech or performance, speak in complete sentences (in your mind), not fragments of thoughts.

ii. Insecurity to Security

1. Fear-based nervousness comes from being insecure about one or many things. Here's how to flip that Security setting on your self-esteem.

a. Master Your Domain

- i. Study your upcoming challenge (inside and out).
- ii. Understand your upcoming challenge.
 1. Superficially
 2. Conceptually
 3. Technically

b. Convey Your Understanding

- i. Be able to explain your material in simple and fluid fashion – as to be understandable to those oblivious with your subject.

c. Have Fun

- i. Once you know your subject inside and out, you are no longer insecure in the 'knowledge' department. You know your stuff.

ii. What's the worst that could happen?

1. Injury or Death
 - a. If you are not prepared to take responsibilities for a potential resulting injury: don't do it.
 - b. If you think you could die while doing it: don't do it.
2. Embarrassment
 - a. If you can laugh at yourself, embarrassments become funny anecdotes rather than horrid experiences. One word: "...Whoops."
3. Lost Opportunities
 - a. "Once in a lifetime" opportunities happen all the time (for those who can notice them).

There is no such thing as “only one way to get there”. If you’re serious you’ll find a way.

- iii. This needs to be repeated: **LAUGH AT YOUR MISTAKES**. Learn to say “you idiot!” to yourself with a smile on your face. What’s someone going to tell you: “you messed up”. You know. Whoops. Improvement currently in progress. Please stand by.

- b. **You overcome nervousness by overcoming insecurities. You overcome insecurities by mental and physical improvement (particularly, in relation to the thing that you’re nervous about). Mentally prepare for the unnerving circumstance and try to have fun when it occurs.**

6. I am having a lot of difficulty following along and learning in school. What should I do?

a. Mnemonics

i. A mnemonic is a memory aid in the form of a creative pattern or association.

- 1. The mnemonic name of Roy G. Biv is used to help remember the color scale of visible light.
 - a. **Red, Orange, Yellow, Green, Blue, Indigo, Violet.**
 - b. Roy G. Biv is a mnemonic device in the form of a fake name to help memorize the first letters of the visible light color scale.

ii. Rhyme everything you can as self-imposed homework.

- 1. Sharing rhymes with your friends may even help them understand it, too.
- 2. Maybe you can share it with the world and help everyone else out, as well. Who knows? Worth a try.

iii. Color

- 1. **Color code whatever is fair game for color-coding.**
- 2. Make sure not to confuse mnemonic coloring with real coloring.

iv. Catch Phrase!

- 1. Summarize subjects one at a time, and come up with a simple catch-phrase that paraphrases your understanding of the subject.
 - a. Attach catch-phrases to things, repeat them over in your head (paired with a visual of the concept, and comic enthusiasm) and you will be remembering items otherwise thought difficult. Why? Because they won’t shut up screaming their new catch phrase identity.
 - b. Anthropomorphize things that can’t talk, make em’ talk, and make them repeat their identity catch phrase so many times (ideally, involved in more aspects of its veritable definition/history) that you are forced to think “I hear you already!”

2. **Using imagination to learn is the most potent way to do so. It’s not for everybody, but everybody should give it a shot at least thrice.**

b. Take Inventory

- i. What things are difficult for you to follow? Choosing from this list may help:
- ii. *The more foreign the technique to you, the more likely you are to remember it.
- iii. **One thing that is always in supply is spare paper, make sure to always have plenty on hand when you are trying to learn something new.
 - 1. Timelines

a. Cartoonish Chronology

- i. Draw a simple cartoon on each tick of the timeline relative to the event (or text).
 - b. View Educational Videos on subject**
 - c. Separate Subject Timelines
 - i. You know what rhymes with “create parallel timelines when looking comparatively at people or organization progress”?
 - 1. Neither do I. But there’s a way to find out...
- 2. Terminology
 - a. Broaden that lexicon with apps or old-fashioned dictionary dives.
 - i. You roll up to that new Word of the Day and be like:
 - 1. “Look here, mnemonic. I’m a be straight up. I don’t like how you’re spelled all unnecessary-like. I could do without the “M”, bra! And I ain’t capitalizin’ ya cause you ain’t proper like that. But in all honesty, I like what you do, so welcome to the brain. You’re in. All you other words, welcome: mnemonic.
 - a. [hold for applause...]
 - 2. ...Also, I hate to do this to you on your first day, but... Well, mnemonic kinda goes with “demonic” to me – that’s just me. And since that aids retention the best – I’m a make you look demonic in conscious cogitation. No hard feelings.”
 - 3.Or something like that.
 - b. Crazy Cogitation**
 - i. **Personalize anything and everything that you’re trying to learn. If it’s a person, jump into their perspective. If it’s any other thing: anthropomorphize, or talk to it as if it were a sentient being.**
 - 1. Hilarity is usually ensured whether it does or doesn’t talk back to you.
 - c. Repetition
 - i. **If you’re going the rote memorization route, use Voice Alterations to make each more memorable.** Practice them accents.
 - ii. Clown around with the things you need to know anyway.
- 3. Speed (of Lesson)
 - a. Review textbook+ material at your own speed after class.
 - b. Watch educational videos at your own speed and over again after class (or before the next lesson).
 - i. **Watch important videos twice or thrice.**
 - 1. 1st Time: Straight through, minimal stops.
 - 2. 2nd Time: Pause and reflect on every concept mentioned until you completely understand it.
 - 3. 3rd Time: Pause and reflect when needed.
- 4. Confusing Content
 - a. Part by part understanding
 - i. Simplify everything.
 - 1. This leads to that, leads to this, leads to that, the end.
 - 2. Oh, I missed something, what were those things?
 - ii. Line it all up

1. This leads to this-that, leads to that, leads to that-that, affected by that. Put another way, imagine each acronym as a point or event.
 - a. THTH → TH → T → THA2 → etc.
 2. Learn to describe a full progression of something through a series of key words
5. Distractions
- a. Thoughts
 - i. Intentionally invade your daydreams with the topics at hand (as if the subject you're learning is having an embroiled battle for control over your attention).
 1. This is a form of that aforementioned Crazy Cogitation.
 - b. Surroundings
 - i. Try not to panic, but the subject from the Thoughts section is attacking your daydreams again. Rally whoever's in them and prepare to comically betray them to academia.
 1. These academic subjects always release their hostages, anyway (once you're out of their domain).
 - c. Pain
 - i. Mental
 1. On the positive side, we've identified the invading academic force as-...um..."X" The bad news is that apparently "X" is not just an academic force, but any crucial subject that must be concentrated upon.
 2. If you are distracted by mental pain, I am sorry to inform you that X has probably sent spies into your cognition HQ. Every negative thought you have could be intentionally discordant information from the enemy.
 - a. Stay positive. With a lotta bit of grit, we'll get through this.
6. Physical Pain
- a. **If you are distracted by physical pain in class, you should tell the teacher immediately (will then send you to the nurse).**
 - b. If the physical pain you are suffering from is a condition that is already being treated (with pain as a constant symptom):
 - c. There are 2 options:
 - i. **Ignore.** This is perhaps the ideal option for most. Two words: Crazy Cogitation. The best way to overcome physical pain is by mental excitation. Your brain devotes its attention to what is most important at the moment. YOU decide what is most important at the moment. If nothing can be done about the pain, go crazy taking every subject and idea off into wacky and (preferably comical) directions.
 - ii. **Accept.** If you're some sort of badass that looks at injury as an opportunity to test your grit – and, the pain is something you can't do anything about, eat it up.

1. "My body will fight and defeat you as it always does, disease. Thanks for the experience points, idiot. This may be an extended rodeo, but it ain't my first one."
2. "I eat inconvenience for breakfast, with a side of syrup, because it usually tastes bad. You here me, headache!"
3. "My broken bones heal. My own stupidity heals. My spirit never breaks in the first place."

c. Supplementary Self-Education

- i. What are the things that you are having trouble with understanding in school?
 1. List those things, and look up educational videos and articles on the subject. Absorb the supplementary material at your own pace.
 2. Go back to the school work/assignments after your alternate educating, and you will be able to follow the material much better.

d. Draw

- i. Grab a bunch of scratch paper and pencils.
- ii. Keep in mind that you do not have to do everything or anything perfect (you're going to throw it away, anyway). One-by-one, draw visual representations of the topics subjects that confuse you.
 1. Use stick figures and crude illustrations if you have to.
 2. Make your own charts or tables (however simple or complex) to order your information.
 3. Try to visually represent every noun and interaction of nouns concerning the topic.
 4. Use symbols as representations of large ideas or concepts that can't be drawn (or drawn to fit on a single page).

7. An adult is having sexual contact with me, and telling me not to tell anyone. What should I do?

- a. Here is the definition of "sexual contact":
 - i. Kissing, caressing, anything involving the touching of genitalia.
 1. *Peck-kisses on the lips with family doesn't count as "sexual contact".
- b. Tell your parents immediately and answer their questions truthfully.**
 - i. Who is the individual?
 - ii. When did it start?
 - iii. What did they (the predatory adult) tell you?
 - iv. Where does/did this happen?
 - v. How long has it been happening?
- c. Give your parents any evidence necessary to corroborate your story.
- d. Make sure to tell your parents (and the police) if you have any reason to fear the individual.
 - i. Have they ever threatened you before?
 - ii. Do they try to use pressure to keep the interaction unknown.
- e. If it is one of your parents that is having sexual contact with you...**
 - i. Secretly record a conversation on subject**
 1. Ask your parent "why do you make me [insert sexual act] sometimes..."
 - a. After their answer, tell them that you don't like doing it, and record their response.

- b. If you cannot secretly use a camera, hide it in your pocket so that you pick up the audio. Audio will be good enough.
 2. If you do not have access to a camera (and it is safe to do so), have a witness hide in the room in preparation of the encounter, and contrive to have the encounter in the location where the witness can hear everything (perhaps recording it, if he/she has a video and/or audio recording device).
 3. Take your recording to a relative, or a teacher you trust at school, and have them with you when you call the police.
 - a. Make sure you have someone with you whenever you confront the sexually abusive parent.
 - f. How should I think about everything that happened?
 - i. The same thing you do with any unfortunate obstacle and inconvenience in life, you overcome it.
 1. The more traumatic the experience, the more time it will take to overcome; but every human living has the power to outlive any traumatic experience.
 - ii. You didn't do anything wrong.
 1. Your social judgment hasn't kicked in yet (and won't for a few more years), theirs has.
 2. What if I wanted it?
 - a. Your poor judgment was fueled by either an undeveloped mind (as a child) or adolescence (a thing that makes poor judges of us all). You made a mistake, but the only lasting one was not telling. After that's taken care of, you're guilt free (assuming the lesson of not being intimate with adults has been learned).
 - b. Wanting it is not a crime, acting on it is (for the adult).
 - i. Reset your standard higher than 'child predator'. An adult that would classify as such should be disqualified from any sort of attractiveness or desire.
 3. What if I feel guilty?
 - a. That's natural.
 - b. Recall the situation.
 - c. How did it start?
 - d. Where was the line crossed?
 - e. How did you contribute to the inappropriate behavior?
 - f. **Whatever else you "could've" done, getting the situation over with by reporting it to your parents and/or the authorities is THE thing to do. You might spend some time trying to shake off the experience, but at least you ended it in the right way.**
 - iii. Talk when you need to.
 1. Use the **CONVERSATIONAL CONCRETIZATION method** to cope with things that you think but don't say.
 - a. When things are left unsaid (even to yourself), they can remain ambiguous and "unreal" in a way.
 - iv. **Let time do its thing.**
 1. You will get over it.

8. I don't know what I want to do when I grow up. How do I start finding out?

- a. What type of activities do you enjoy the most?
- b. What are you good at now?
- c. What do you want to learn to be good at?
- d. If you had unlimited wealth, what career would you do just for the fun of it?
- e. If you were 100% sure you'd succeed, what careers would you choose for your life?
- f. **List as many vocations as you can that involve one, many, or all of the answers that you listed.**
 - i. Come up with as many careers as possible, and remember that not only are each of them attainable, individually, but, they all are attainable (though, perhaps its best to train for one at a time – 2 at most).
- g. Start learning the knowledge necessary for success in the field of X.
- h. **Start researching, finding, and creating experience necessary for the practice and success in the field of X.**
 - i. Try to get an official or unofficial apprenticeship (or something like it).
 - ii. If you are able to convince an expert (or talented enthusiast) that you are sincere in your desire to learn in the field of X, most of them will be just as eager to show you the ropes.
 1. Experts usually love talking to others who share their interest. Your lack of knowledge is actually a good thing to them. The less you know, the more they get to talk about what they love – and to a genuine audience.
- i. Even if you can only do a few minutes a day, put time into the study and practice of the thing(s) that you want to do for a living.
 - i. The most valuable thing you can do to succeed in your chosen career is to get in the habit of practicing at it every day; and, pointedly working on improving any faults in your knowledge and/or technique.
- j. It is okay and common for people to change their career focus later in life, but it is also important to have direction for the current moment, as well.
 - i. If you end up changing concentrations in life, you can always bring the skills that you learned for one trade to the next via creative integration/application.
- k. This book is a reference to helping you pick a career based on your likes, dislikes, and interests: “Careers: The Graphic Guide to Finding the Perfect Job for You”

9. I feel stupid when asking for advice. What should I do?

- a. **Ask anyway.**
 - i. If possible (and/or preferable) ask the question in private (if you are worried about the judgment of others).
 - ii. Anyone who would ridicule you for asking about something that you don't know about is likely not anyone worth talking to. Don't mistake good-natured teasing with malice.
 - iii. The idea of being made fun of for not knowing something is silly. Whoever is doing the pillorying is ignorant of plenty of things him/herself.
 1. **If you think that others will make fun of you for asking a question, ask anyway, ignore the outside commentary, and put that extra mental energy toward understanding and memorizing the answer to your question(s).**
- b. **Solitary Search**

- i. Or, you could just look it up on the internet (making sure to use **RESEARCH & CROSS REFERENCE methods**).
- ii. If – for whatever reason – the people in your life choose to be rude or dismissive with you when you ask for advice: type in the question that you need advice on in a search engine, and browse the results – seeing if anything makes sense to you.
 1. Do not just accept the first thing you see because it's better than the "nothing" that you currently have to work with. Spend time looking for more than one type of answer for the question you asked.
 2. It's a certainty that not just someone, but many people, have asked the same question you have asked. All you have to do is look for the various replies to the various questions and see if anything hits the mark for your situation.

10. Every time I ask X person/people for advice, they are mean to me. Who (else) could I ask?

- a. Find individuals that are experts or enthusiasts on the subject and apply your questions to them.
 - i. How do I find those people?
 1. Do the trustworthy friends, associates, or co-workers of the mean individual seem to know the subject you wish for advice on?
 2. If not (or instead), look up your questions and answers online. Use the **CROSS-REFERENCE method** to make sure that you get a comprehensive and credible answer.
- b. Who are the adults that are normally nice to you?
 - i. Ask them.
 1. **If they do not know the answer to your question(s), ask them if they can help you find the answers (or have them with you when you ask the individual that is mean to you).**

11. I feel guilty about what I've done. What should I do?

- a. What person/people have been negatively affected by your actions?
 - i. Family
 - ii. Friends
 - iii. Peers / Associates
 - iv. One stranger
 - v. Several strangers
 - vi. Collective group
 - vii. Collective groups
- b. **NOTE REHEARSAL and PLAYTHROUGH methods are recommended for all of the below:**
 - i. **Explanation**
 1. Why did you do what you did?
 2. What line of thinking was going on at the time you did what you did?
 3. What did you think was going to happen? What did you expect?
 4. If you had no good reason for doing X, and merely did so capriciously: say that – with appropriate and justified shame.
 5. What else would they like to know, if anything.
 - ii. **Empathy**

1. What if someone did X (your action) to you?
2. What type of punishment and reparation would you want/expect?
 - a. **Treat them how you would like to be treated if someone had wronged you in that way.**

iii. Reparation

1. Repair damage done with your work (or money).
2. Repair hurt feelings with public admission of guilt.
 - a. Embarrassment is a small price to pay for being able to call yourself a decent person.
3. Continue to repay debts until the victim of your behavior is left off better than (or at least the same as) before the encounter.

iv. Resolution

1. Clarify any misunderstandings between you and the person/people you've wronged before calling it an end to the situation.

12. I am suffering from X physical pain. What should I do?

a. Tell your parents or guardian.

i. Explain to them:

1. What body part(s) hurts?

- a. External Pain is pain on the outside or on surface of body.
- b. Internal Pain is pain coming from inside the body.

2. How long has it been hurting?

- a. Is the pain constant, or off-and-on?
- b. Do any specific activities or movements trigger the pain?

3. When did you first notice the pain?

- a. Was it feeling funny before than?

4. What do you think might have caused the pain?

- a. If you don't know, say you don't know.
- b. If you're guessing, say you're guessing.

5. Describe the type of pain.

- a. Types of pain:
 - i. **Acute:** Immediate and local.
 - ii. **Radiating:** Local with a spreading affect into other areas.
 - iii. **Vague:** Can't describe it or where it's coming from (but can give a general region).
 - iv. **Infrequent:** Occurs unpredictably
 - v. **Predictable:** Occurs with a trigger (such as eating, exercise, certain postures, etc.)
 - vi. **Constant:** Never goes away.

- b. Use the list below to help you describe how the pain feels to you. Remember that it can often be combinations of more than one.

c. Descriptions of pain:

- | | | |
|---------------|----------------|----------------|
| i. Ache | vii. Crawling | xii. Unusual |
| ii. Burn | viii. Pressing | Discernment |
| iii. Cramp | ix. Squeezing | of Area |
| iv. Warming | x. Pulsating | xiii. Fatigued |
| v. Tightening | xi. Tingling | xiv. Lethargic |
| vi. Pinching | | xv. Languid |

- xvi. Depressed
- xviii. Clammy
- xvii. Sleepy
- xix. Itching
- d. **Use mental occupation to take your mind off the pain.**
 - i. Your mind tends to wander when not occupied. The more your mind is occupied, the less you notice any physical pain.
 - ii. Studying things of great interest to you, planning your future at a rapid pace, and action-packed video games, are all things that capture your attention so much that you actually *forget* how much pain you are in.
 - iii. Mental preoccupation is the only system of pain suppression that is accessible to everyone. Everyone has interests. Indulge in the thing that consumes your interest. When you are doing this, your body will be recovering it. Trust it.

13. Everyone around me thinks differently about X than I do.

Who's right? How do I find out?

- a. In a scenario where you think entirely different from the majority of a group, there are only **4 possible options**.
 - i. **Either everyone else is right, and you are mistaken.**
 - 1. If your research into the subject shows this, simply admit: "You were right about X, my mistake."
 - a. Decent people will respect you for being able to admit you're wrong when faced with facts.
 - ii. **You are right, and everyone else is mistaken.**
 - 1. Compile overwhelming evidence and convey it to your opponents – if you think that the matter is worthy of proving.
 - 2. Carry on with your usual life and ignore the oblivious – if you think that the matter is not worth the time to prove (and your audience's opinions don't have an affect on your life).
 - iii. **Both of you are right, and the correct answer is some variation of both of your answers.**
 - 1. Form a hybrid explanation that covers the facts from both sides (acknowledging objectively when right and wrong).
 - iv. **None of you are right. All are mistaken.**
 - 1. Use compiled evidence to show all suppositions as incorrect.
- b. The way to figure out whether you are correct or not is to collect as much information about each side as is humanly possible and compare truth from falsehood.
 - i. If there is not enough information to definitely call it for one side or another, entertain the possibility that you may be wrong – until proven otherwise. It doesn't have to be your most probable hypothesis, but consider it.

14. Is it wrong to do X?

- a. **Does it cause personal or property damage to anyone or anything else?**
 - i. **If yes, than it is wrong.**
 - ii. **"Personal" damage can be physical or mental.**
 - 1. Causing "mental damage" would be something in the lines of bullying, insults, and fraud. Fraud would be tricking someone into believing something that is not true (even if not directly lying).
 - iii. If no, it still may be wrong?
 - 1. **Do you have any reason to believe you shouldn't be doing X?**
 - a. Is that reason a rule?

- i. Is that rule in place to prevent personal or property damage to others?
 - ii. Is that rule in place to maintain order and protect others?
 - 2. Would others be upset at you for doing X?
 - a. Would they have a right to be, or would it be unreasonable?

15. My friends want me to do something that I don't want to do. How should I handle it?

- a. Come up with your own explanation as to why you don't want to do X, and explain that to your friends in what you feel to be the appropriate way.
 - i. Ways of doing so may include.
 - 1. **NOTE REHEARSAL method**
 - 2. **PLAYTHROUGH method**
 - 3. Alternate obligations (got other things to do)
 - ii. **Reasons for disagreement may be:**
 - 1. Immorality
 - 2. Uninteresting
 - 3. Un-fun
 - 4. Undignified
 - 5. Disrespectful
 - 6. Vulgar
 - 7. Regrettable
- b. **Dabble around in new groups and meet new people.**
 - i. This isn't saying that you have to replace your original friends, but there's nothing wrong with knowing more people, so that you have more options as to whom you want hang out with.
 - ii. If your group of friends is adamant on trying to coerce/force you into doing something that makes you extremely uncomfortable: disassociate from them.
 - 1. This may no doubt be hard to do, but hopefully the statement "**you shouldn't spend time around people who force you to do things that you don't want to do**" is obvious enough for you to understand that the difficulty of the action is worthy of the benefits of disassociation.

16. I like a boy/girl at my school and I don't know what to do about it. What should I do/say?

- a. Do you have conversations with this person often?
 - i. Yes, often.
 - ii. Not often, but sometimes.
 - iii. Very rarely.
 - iv. Never talk. But wave and smile when we pass each other.
 - v. I have never talked to the individual.
 - vi. The individual does not know of me at all.
- b. Do you think that they like you back?
- c. Are you not sure if they like you back?
- d. Do you think that they don't like you back?
- e. Regardless, the options are as follows (choose as you see appropriate for you particular circumstance):
 - 1. **Direct approach**
 - a. Use **NOTE REHEARSAL** and **PLAYTHROUGH** methods to prime what you want to say: then – in a moment of privacy – say it.

- i. If the answer is to you is “no”, the appropriate reply is “its all good, I just liked you so much I couldn’t not ask.”
 - ii. DO NOT publicly ask people out. Most decent people feel bad rejecting someone with a crush on them, making them do so in public will only make them feel worse. You would be the one in the wrong in that situation.
- 2. Indirect approach**
 - a. Test the waters by becoming closer friends. Observe behavior to see if there is any obvious affection.
 - b. **Ask if unsure, rather than presume** – one way or another.
- 3. No approach**
 - a. Do nothing. See what serendipity (if any) the future holds, in that regard.
- 4. Nurture further friendship.**
 - a. **If there is anything meant to happen between you two, friendship is (and always will be) the best route to discover such things.**
 - i. Maybe there is a connection.
 - ii. Maybe there’s a connection, but not a romantic one (a platonic one).
 - iii. Maybe you don’t even have much in common and are awkward and uncomfortable in each other’s company (suggesting incompatibility).
 - b. **If you are not compatible, at least you gained a new friend.**
- f. This will probably appear many times throughout this document, but: **nobody is obliged to like you back. Just because you like someone does not mean they owe you anything at all.**
Your like for them is a personal thing, not a social one.
 - i. Nobody owes you anything. This must be said to prevent you from anguish or dissonance in the future.
 - ii. If you think that some crush of yours is a “must-have” for your life to be complete: there is a 100% chance that you are overdramatizing a typical situation. Control your emotions with comic reasoning. “Some guy/gal doesn’t like me, eh? Sounds about right...for now.”
- g. **If you want people to like you for who you are: improve.** Get smart, strong, and cordial.
 - i. **This does not happen overnight. Do so at your own pace.**
- h. Do not let rejection affect your self-esteem.
 - i. Not everyone is for everyone, and people have a right to decline your solicitation of romance just as much as you have the freedom to decline others.

17. My siblings and/or parents embarrass me with their behavior. What should I do/say?

- a. **What type of behavior is it that is embarrassing you?**
 - i. Immoral Behavior
 - ii. Undignified Behavior
 - iii. Unusual Behavior
 - 1. For self
 - 2. For culture
 - iv. Lower Standard of Behavior
 - v. Philosophically Opposite Behavior

b. What type of approach best fits your situation?

i. Direct approach

1. Use **NOTE REHEARSAL** and **PLAYTHROUGH** methods to configure how you will present the issue.

ii. Indirect approach

1. Observe their behavior when behaving in the embarrassing way:
 - a. Why do you think they're behaving that way?
 - i. Attention.
 - ii. Conveyance
 1. Wanting you to understand their point of view.
 - iii. Accidentally
 - iv. Automatically or Thoughtlessly.
 1. Not "maliciously", but "without thought".
 2. Anticipate
 - a. When you see signs leading to the behavior, make sure to take any precautionary measures for the preservation of your (and your siblings') dignity.
 - b. If there is nothing you can really do about it (and even if there is): try to laugh about it.
 - i. Thinking: Oh no...Ohhhh, I know what's coming...

iii. No action taken

1. Even if they don't behave like you want them to behave, unless they are hurting others or damaging property, it's often best to let people just be how they are.
 - a. People can naturally grow out of being oblivious and obnoxious.
 - b. If it's anything less than "oblivious" and/or "obnoxious", you should probably think twice about the matter.

18. One of my siblings annoys me with their behavior. What should I do/say?

a. What is it that they are doing?

i. Verbal Annoyance

1. Monotony
2. Bullying
3. Noises
 - a. Loud Talking+
 - b. Loud Hobbies

ii. Property Problems

1. Using my property
2. Damaging my property
3. Damaging their own property
4. Damaging the property of others

iii. Behavioral Annoyance

1. Disruptive Behavior
2. Disrespectful Behavior
3. Unsafe Behavior
4. Immoral Behavior
5. Negligent Behavior

b. Why do you think they are doing it?

i. Attention

1. Positive or Negative?
2. Whose attention are they trying to get?
 - a. Why might they be trying to get that person's attention?
3. Indirect Communication
 - a. Their behavior is a consequence of radiating emotion (positive, negative, or restless) that is predominant at the time.

ii. Conveyance

1. Trying to communicate something in an unconventional, incorrect, or clumsy way. Surely you've made such mistakes before yourself.

iii. Accident

1. Do they know that they are disturbing/annoying you?
 - a. Would it severely hurt their feelings if you say so in an impolite way?
 - i. One of the worst things you can do is reprimand someone harshly for something that they didn't even know was wrong or improper.
2. If you believe that your sibling is doing this behavior accidentally, inform them in the most polite and cheerful way possible.
 - a. If they usually follow your lead, make a game out of the improvement(s) that you wish to teach them.

iv. Negligence

1. They are just not cognizant of whatever negative behavior that they are causing.

c. Solutions

- i. After pondering the reason for their behavior, *and coming up with your own options for solutions, first*: check out the below and see if they assist...

ii. Direct Approach

1. Appeal

- a. Inquisitive: Why do you do X?
- b. Ernest: X bothers me, can you please stop or moderate it.

2. Reprimand

- a. If your position is authoritative relative to the sibling, you simply tell them to stop doing the behavior.
 - i. Please also explain to your sibling why they need to stop. You can use **NOTE REHEARSAL** method to prepare if needed.

3. Mild threat

- a. If the behavior is forbidden – and you've been kindly letting it pass – you can warn them you shall temporarily ally with the adult kingdom, and expose thou vile behavior.
- b. If you are the type of siblings who sportively fence and spar at each other with annoyances like it ain't nothing (without spite or hurt feelings) – *and you have reason to believe it will work*: Threatening a minor/mild annoyance might be a temporary treatment for an offending current one.

4. Report

- a. In some circumstances, reporting your sibling to the proper authorities (parents, teachers, etc.) can be the right thing to do.

- b. When is the right time to do this?
 - i. When their own safety is at risk by doing something foolish.
 - ii. When you have failed at reasoning with them to stop a villainous act (such as causing personal or property harm to somebody else).
 - iii. When their behavior is putting other people at risk for personal or property damage.

iii. Mirror

1. This way is a bit petty, but if you have a friendly/amicable / joking relationship with the sibling: mirror their annoying behavior back at them when they do it. Do not do this maliciously – make it a game.
 - a. This is as much of a competitive match as any 1 vs. 1 competition.
 - b. For the love of all that is holy, please: *do not do this in public*. You will be as annoying to others as your sibling is to you.
2. The purpose of this is to be *fun*. If you are doing this spitefully, you are doing it wrong – and only adding to the problem.

iv. Playful Playback

1. If the sibling is making loud noises, start recording the audio from the time it starts, to the time it finishes. If the noise is as bad as you think, picking up audio from anywhere shouldn't be a problem.
2. Comic Timing
 - a. When it is comfortably quiet for that sibling – at any point during the day – give em' their own lovely music. Playback the recording from area at maximum (appropriate) volume.
 - b. ...If you want to be dancing enthusiastically at the location when they come to investigate the noise (even if the recording isn't music), that's on you. This is done to be a fun lesson on empathy.
 - i. If you're doing it spitefully, you're doing it wrong, and only adding to the problem.
3. Do not betray the trust of your sibling, family, and dignity by uploading recordings of your siblings for attention online. That behavior makes you a traitor to those who care about you the most.
 - a. They may forgive you eventually, but its better to just avoid treachery to begin with.

v. Indirect Approach

1. Role With It

- a. Create a fun counter-behavior of your own. Every time the sibling does the annoying whatnot, you engage in your own fun counter-behavior that complements the annoying whatnot (in one way or another).

2. Observe

- a. Put into sentences what they are doing, and why. Use the **DOCUMENTATION method** to formalize the language of what exactly is going on. If a random person were to read your document, they should be able to picture the problem, the circumstance, what's causing it, and why.
 - i. Why should I do this?

1. If you make this approach a habit for the problems in your life, you'll become a genius without even trying too hard.....So, that's a reason.
 - b. The difference between "Observe" and "No Approach" is that – with a better understanding of the annoyance, you can use your acquired data to form a reasonable and effective solution to the problem.
- vi. No Approach**
1. Sometimes problems and annoyances are not even worth all the hassle or confrontation. Maybe you'd rather grit your teeth a bit than risk hurting the feelings of someone that is dear to you.

19. My parents don't seem to care about me. What should I do/say? How should I handle it?

- a. What makes you think that they do not care about you?**
- i. They use mean or harsh language towards you.**
 1. Is the language used in response to bad behavior, or in general?
 2. Do they speak in the same way to everyone around them?
 3. Do they speak to you with such language more often than not?
 4. Is the attitude part of the response to a previous negative situation?
 - ii. They do not pay much attention to you.**
 1. School
 2. Interests / Hobbies
 3. Questions asked
 4. Time Allocation
 - a. They spend more time with friend than you.
 - b. They spend more time consuming entertainment than with you.
 - iii. They do not spend time with you.**
 1. What is it that they spend their time doing?
 - a. At Work
 - b. Chores
 - c. Cooking
 - d. Running Errands / Away from home
 - e. Entertainment (tv, video games, computer, etc.)
 - f. Hanging with Friends
 2. What is it that you want them to do?
 - a. Help with school
 - b. Quality Time
 - i. Engaging Hobbies / Interests
 1. Entertainment
 - ii. Teaching new things
 - iii. Sharing experiences
 - c. Meal preparation
 - iv. They do not believe you when you tell them things.**
 1. Do you often lie to them?
 - a. If you do lie to them, they may have fallen into the habit of not believing you because you have fallen into the habit of lying. The best way to start getting your parents (and other people) to believe you more is to start telling the truth more.

- v. **They do not seem to care about you or the things that you do or like.**
 - 1. What do they spend their time doing?
 - 2. What reasons do they give you for not wanting to do the things?
 - a. Do you find any fault in their reasons or reasoning?
 - 3. Do they spend that time (instead) doing things that they like?
- vi. **They are violent and cause you bodily harm.**
 - 1. If your parents are violent with you: see Question #2.
- b. The above points were meant to help you identify the problem, the below points are means of solutions.
- c. **NOTE REHEARSAL Direct Approach**
 - i. Write down what you want to say to your parent(s), first. When your written work is complete. Use the understanding of your thoughts that you gained through preparation to speak without it.
 - 1. If your notes make you feel more comfortable to use, than do that.
- d. **Sibling Guardians**
 - i. Can any of your siblings take care of your parents' responsibilities to you?
 - 1. If your parents aren't filling the role they should in your life (the role being "role model" and/or care-taker), find the next best thing.
 - ii. If they cannot fully take the parent's place, perhaps they can guide/help you when you are taking care of matters independently.
- e. **Independence**
 - i. A parent's responsibility is to nurture your growth until you reach full adulthood.
 - ii. Not having parents that care about you is an unfortunate thing, but it's not the end of the world. YOU care about you, don't you? That'll do.
 - 1. What specific things do you need them for? For those things think:
 - a. Can I do this without them?
 - b. If the answer is no, use them as you'd use an instrument to get a task done: need you for X, thank you, that's all.
- iii. **Logistical Dependence**
 - 1. A parent's most valuable contribution to your life may be "love" from a subjective perspective; but *objectively*, it's the things listed here under Logistical Dependence.
 - a. Plenty of children in every country, county, city, and cultures all over the world grow up just fine with uncaring parents. So long as you have these logistical necessities, you have everything you need to take yourself to your maximum potential – regardless of your parents' disposition.
 - 2. If you cannot count on your parents for the things below, make sure that your top priorities in life are the unfulfilled gaps in these logistical necessities.
- 3. **Time-Keeper**
 - a. The cliché is that if the children try to sleep-in (despite an incoming school-day), the parents force them awake and onward with the day. So, if your parents don't provide that luxury: gotta do it yourself.
 - b. Be your own motivation. That's all. "Ain't no one gonna push me but me. Push! Upward out of bed!"
 - i. And so on for maintaining punctuality of all engagements.
- 4. **Necessity-Provider**

- a. Shelter
- b. Food
- c. Clothing
- d. Bills (for shelter)
- e. School Supplies
- f. Toiletries+

5. Transportation

- a. How are you from the places you need to be?
- b. Is it safe for you to commute solo?
- c. An uncaring parent can still be a dependable one when it comes to getting you where you need to be. If your parent is not dependable, try to find alternative

iv. Emotional Independence

- 1. Trauma
- 2. Insecurity
- 3. Uncertainty
- 4. These are the 3 things you need to understand and guard against.
- 5. Set your goals, and don't rely on your parents' affection in places where you otherwise normally would. Find alternative sources of emotional support in family and friends, or learn to solo self-support. Optimism (whether conditioned, or natural) is a powerful enough mindset to replace any and all emotional dependence. The most important thing for you to do for your emotional health is to (productively) keep your mind and actions set on the future – **with optimism as your default mindset**.
- 6. If you're a gritty and proud sort of individual who is motivated more by honest (even if harsh) criticism, take a teasing (rather than aggressive) tone toward yourself when handling debilitating emotions.
 - a. "Aw, poor me. X has caused me a bit of inconvenience. I'm sure this the worst thing to happen to anyone. Moment of silence for my trials and tribulations. Tis truly a unique tragedy. Truly unique."
 - b. You could also take a look at less fortunate places in the world than your privileged existence. If you have access to this document (digital or printed), you are by default: privileged. If you can read, you are privileged. Place of birth is 100% based on luck so far as the newborn is concerned. There are people born across the world that will never even have the option of learning how to read – let alone use the internet.
 - i. "But I've been inconvenienced in my – or on my path to – happiness" sounds a bit weak, when put into just 1 (of thousands) of different perspectives. If you have a problem: do something about it. Complain while you're working on a solution. Empty talk about what should be done is not "working on a solution". Repair the fault or create an alternative.
 - c. **Negative Emotion strongly thwarts reason** for as long as you hold onto it. Usually, it fades with time. If you want to be super-human: learn to dissipate negativity in the heat of the moment. Your honest and hyper-critical type of self-evaluation is precisely the mindset meant

to handle such powers. All it takes is a little cheek in your criticism of yourself.

v. Directional Independence

1. Guidance in life can be (and perhaps should be) found on ones own.
 - a. What to do in X situations.
 - b. What career path to follow in life.
2. These are the things that parents can often offer wisdom on.
3. It can't entirely replace a parent, but if you're looking for guidance in life on how to be the best human you have the potential to be, please see:
 - a. "The Human Curriculum" on The Upward Education website.

vi. Educational Independence

1. A'hem.....made easier at www.theupwardeducation.com.
2. Traditional school is a great place for learning, but far from the only place where you can get your learning on.

vii. Financial Independence

1. If you are of employment age, it's a good idea to start working, even if you don't have to. Job experience and the joy of financial liberty (even if only on small financial scales) are very valuable things.
2. **If you earn money, spend it only on necessities, and save the rest.**
3. Uncaring does not necessarily translate to "financially unreliable".

viii. The single most important thing about making yourself independent of your parents is this: DO NOT DO SO SPITEFULLY. An accumulation of spiteful thoughts and actions creates a gross personality – even if the feeling of spite is justified.

1. Indifferent parents should be seen as roommates who are pretty useful here and there. You (and your siblings) are what is important.
 2. **Politeness, courtesy, and respect are the behaviors that will most likely gain your parents' attention and/or care.** More often than not, people are nice to others who are nice to them.
- ix. The more difficulties you overcome in life, the stronger you will be for it.
1. Having indifferent, negligent, or uncaring parents is a large difficulty for a child – but one that offers large advantages with it.

20. I don't know what I want to do with my life yet. How do I find out? What should I do?

a. What vocations / purpose would you do for fun if you had unlimited wealth?

- i. Make the Fun Vocation / Purpose List.

b. What type of work gives you the most satisfaction?

- i. Creative satisfaction
- ii. Moral Satisfaction
- iii. Completion Satisfaction
- iv. Make the Satisfactory Vocation List.

c. What type of work would allow you to support your ideal lifestyle with its wages?

- i. What would your ideal life be?
 1. Character
 2. Career
 3. Home
 4. Living Conditions
- ii. Make the Financially Reliable Vocation List.

- d. **What type of work is a combination of something – or many things – that you are good at? Or, a combination of things you will be good at after dedicating yourself to it?**
 - i. I'm hoping you guessed its time for that (My) Talent Tailored Vocation List.
- e. You can also probably guess what its time for now:
 - i. **Juxtapose all those lists, and make a choice of the ones that excite you the most. Which things produce the feeling, “I can't wait to do X! I want to do that forever!”?**
 - 1. Choose a #1 and a #2, and start on your career path right away. As in: now. After all, if you chose something that you can't wait to do, it *should* be fun learning about it.
- f. **How do I start working on what I decided I want to do?**
 - i. Education produces aptitude.
 - ii. Education is 2 and only 2 concepts: Knowledge, and Wisdom.
 - iii. Knowledge is book-learning. Its what you gain when you research and study.
 - iv. Experience is actual practice in the subject of X.
 - v. Experience is more valuable than knowledge, but the amount of knowledge you have *significantly* aids in the quality of each experience.
 - 1. Learn as much as you can in the form of knowledge, first.
 - 2. If safe – and with proper supervision (if necessary) – get as much experience as you can in the field of X (or fields whose activities relate to X in some way).
- g. **What I'll never be able to afford the college necessary for the field of X?**
 - i. A degree is not actual aptitude; it's a *promise* of aptitude from a credible educational institution.
 - 1. Employers hire aptitude, not degrees. They judge your aptitude at a glance by the degrees of on your resume, but smart employers *always* take proven talent over potential talent.
 - ii. With the exception of the medical professions (thank goodness) and a small few others, most careers can be entirely self-taught without the aid of colleges and universities...Actually, that's kind of The Upward Education's whole thing.
 - iii. **Worry about nothing else but refining your aptitude.** If you work until you're among the best at what you do, you'll no longer worry about things like “degrees”, “school”, and “tests”. Why?
 - 1. If you're a true expert, you could easily test into any school program you want (if college is positively required for you profession).
 - 2. If college is not required, rack up experience, log your experience – using **DOCUMENTATION method** to profile every incident of you practicing X, and create your own personal resume of everything you've done in that field.
 - 3. For creative insight on how to work that resume into employable vocation or self-employment, please see: “The Entrepreneur's Curriculum”.
- h. What if I couldn't think up of anything for the list? I still don't know what I want to do? The following (textbook) resource may help you in deciding:
 - i. “Careers: The Graphic Guide To Finding The Perfect Job For You” –DK Publishing

21. I cannot seem to get over my previous boyfriend/girlfriend. How do I get over them?

- a. Assuming that you liked your previous boyfriend/girlfriend more than anyone else, remember that someone else held that title in your mind before you ever saw your ex in the first place. Guess what's going to happen next?

- i. Someone's going to fill that place again.
 - ii. Like a majority of people, you're probably going to be in several relationships before you find the best person for you. Look at each relationship as a happy addition to life, not a dominant component.
 - iii. What do I do in the meantime?
 - 1. **All idle time should be spent on personal improvement (either mental, or physical).** Entertainment will be there forever – use that as a reward for completing goals, not a goal in of itself.
- b. The type of person you are determines the variety of types of people that you attract.
 - i. The type of people you attract IS NOT a direct reflection of who you are. The type of people you choose to accept as a partner IS a direct reflection of who you are.
- c. **Ideal List**
 - i. If you side more with the heart than with the mind this might not be your best method. If you know what's right when you hear it, here goes:
 - ii. Write down a list of all the ideal qualities you'd like in a significant other.
 - 1. Keep the list going and continue to add to it.
 - 2. Make the list without regard for any particular person. Only the qualities that you like in an individual.
 - iii. Now write down a list of all of the qualities that the person you lost had (don't let residual affection exaggerate).
 - 1. Are you really going to try and tell yourself (or anyone), that you are not going to find anyone as good as (or better) than that common and rather general ideal list you no doubt just made?
 - 2. The ideal traits you listed were all things that most decent people have (minus specific appearances and any specialized skills).
 - 3. If you were being honest, the traits you listed for your ex didn't even measure up to your ideal list.
 - 4. Make your ideal list the new standard.
 - a. Attracting a well-rounded and formidable significant other is highly unlikely unless you are well-rounded and formidable yourself. If someone meets your ideal (list), but you don't meet theirs, you're out of luck (for that one encounter, at least).
- d. **Your attachment to your ex is caused by one or many of the following:**
 - i. **The First**
 - 1. If you take relationships and sentiment seriously (and hopefully you do), than your first one will seem amplified in its properties (positive or negative) because of the thrill of a new kind of experience.
 - 2. If you take relationships seriously (and hopefully you do), the most important thing for you to learn to do is understand this:
 - a. **You can, will, and are certain to develop that 'magical' attachment again, multiple times.** Set your standard higher for yourself, and set your standard higher for your ideal significant other.
 - ii. **Hormones**
 - 1. This isn't the place to expound on hormones and their effects, the short story is: the chemical changes in your body taking place on a constant, long-term, and short-term scale are causing you increased emotional sensitivity to positive and negative stimuli.
 - a. Everything can seem more important than it actually is, as a result of this. It is important for you to understand that adults don't (or

shouldn't) mean any disrespect if they don't seem as invested in your break-up as you are.

- b. Facts are facts, so here's a good test of the importance of your relationship to the world at large: Could you write down and explain in a page or two (using **DOCUMENTATION method**) the reasons why others should care about your break-up?
 - i. Bet there's gonna be a lot "feelings" in there. But **your feelings have been hurt and saddened before, haven't they? And what happened? Eventually.....**
 1. **You got over** it and back to doing the things you liked doing in the first place. Find the ol' **COGNITIVE CONTROLLER (method)** and fast-forward the melancholy. That stuff's boring anyway.

iii. Unique Connection

1. If the individual did truly have a set of rare traits that set him/her apart from others in the culture, than regret may be justified.
 - a. "Oh well. Might be a while until you meet another one of those again. But who knows?"
2. You should probably know that there are thousands – if not tens of millions – of people that are not just compatible, but *perfectly* compatible with your particular character. Why haven't you come across them?
 - a. Because they're scattered randomly throughout the world. Searching for them actively can be a somewhat silly thing to do. **Concentrate on specializing in the things you like, and it is guaranteed that you will appreciate romantic encounters more when they are a surprise (rather than contrived).**

iv. Insecurity / Affection as a Replacement for Self-Esteem

1. Many people (incorrectly) see being in a relationship as a sign of their value. **A relationship is a valuable thing, but it is not a sign of one's value.**
2. You (incorrectly) think that you are not as valuable because you are single.
 - a. This is, frankly, a silly attitude that needs to be shed as quickly as possible. This point of view is not only silly; it's accidentally malicious – through implication. You are saying that every other single person on the planet is of little value as well.
3. **The more you improve mentally and physically, the less insecure you become.** So long as you are insecure it's your fault, until you dedicate yourself to fixing it; a thing that can be done at any second in your life.
 - a. Change does not come easy or overnight. The best way to increase the possibility of consistency is to make the good habits that promote it habitual.

v. Possession Envy

1. You are jealous that the other person is with someone else.
 - a. You're going to be with someone else, eventually, too.
2. Your ex does not belong to you. Jealousy is a sign of insecurity (see above).
3. See Question #42 on jealousy.

vi. Boredom

1. When you don't have enough to do, your mind lingers.
 - a. If your mind lingers on the past, it is likely to linger on moments of emotional significance – such as relationship whatnots.

2. Starting new hobbies increases your probability of meeting more people (fellow hobbyists).
- e. The bottom line is that adults rarely take young relationships too seriously because they're all clumsy first efforts.
 - i. If you want adults to take you more seriously, take your ambitions more seriously, and boys/girls less seriously.
 - ii. Whenever you want, you have it in you to be above "teenage drama".
- f. **The sooner you realize that relationships are surprise additions to your life – not goals to aim for – the happier you'll be with the entire rest of your life.**

22. A family member and/or friend has died and I'm feeling sad and/or depressed. What should I do?

- a. **What were the best traits/things about the person that passed?**
 - i. Come up with as many as you can on the spot, and feel free to add to the list as things come to you.
 - ii. Do not worry if you cannot instantly come up with a lot of things at a time.
 1. Often times, lots of other traits are connected to or stem from one of the traits that you listed.
- b. **What were your best memories with the person?**
 - i. **Ongoing List**
 1. To keep the individual alive in spirit, continue this ongoing list of memories so that (in addition to photos and video), you have a separate timeline of moments in which a handful of words can recall the full association.
 - ii. **Mini-Biography**
 1. If the Ongoing List starts becoming full, you can put a mini-biography together of your compilation, and keep it for either your own personal sake, or for the sake of sharing with loved ones whom may be interested in hearing of experiences from the missed loved one.
 - iii. **Future Fortification**
 1. If the individual ever had particularly funny, impressive, meaningful, etc. way of dealing with a situation, use such moments to guide you in similar situations. Potentially turning negative experiences into positive ones.
 - a. **Under proper consideration, this is likely what all departed loved ones would like: the opportunity to still be there and help in trying circumstances.**
- c. **DOCUMENTATION method**
 - i. Use this method to produce official or unofficial documents of:
 1. The Deceased Person's Life (Biography)
 2. Your Feelings and Reflections on the Passing
 3. If someone else was feeling what you are (and plenty of people are at any given moment): what would you tell them to help them get over it?
- d. **Refocus on Priorities**
 - i. One way of getting past grief is to occupy yourself with current priorities and use the mental energy on tasks instead of reminiscences.
 - ii. If your saddened state does not have a negative impact on your work, get as much done as you can. When you emerge from the temporary depression, you

will be surprised to find out how much you have accomplished when your mind was (somewhat) elsewhere.

e. Time

- i. Everyone moves on from their greatest losses over time. Once the short-term pain has had its time, reminiscences will be more pleasantly nostalgic than painful.

23. I told a lie to someone and I feel guilty about it. How should I handle it?

- a. Handling lies is always simple and straight-forward – even if the consequences for them are not. When you lie, you use fiction as a leash to enslave yourself to someone else's deluded reality (caused by you).

- i. Sustaining multiple lies is you willfully enslaving yourself to multiple false narratives. Don't want to be a puppy on a leash? Tell the truth.

b. Admission & Explanation

- i. Give a thorough explanation as to what you did and why you did it.
 1. What was your line of thinking when you did it?
 2. What were you hoping to accomplish?
- ii. Honestly and humbly answer all questions they put to you – even if it is in a less than polite tone. Their ire is justified. You prompted it with your lie(s).

c. Empathy

- i. If someone is more upset than you'd expect them to be, it's because the situation means a lot more to them than it does to you. You are tactless and inconsiderate if you know this (and you do, now) and choose not to recognize it.
 1. Different things are of different importance to different people.
- ii. Imagine you are in the position of the person that you told the lie to. What would that person have to do in order to make you feel better?

d. Reparation

- i. Within the limits of your resources, do whatever you need to (and is appropriate) to make amends for your lie/action(s).
- ii. Do not allow reparations to turn into manipulation.
 1. After you've righted your wrongs, don't let people use guilt as leverage over you.

e. Resolution

- i. Try not to leave the situation/circumstance alone without having come to a resolution that all sides can call satisfactory.
- ii. If you can, use the resolution to make a new friend – or strengthen an existing friendship.

f. The lie has gotten out of hand and there could be big consequences...

- i. Prepare yourself for the big consequences prior to admission.
 1. Use **CONTINGENCIES method** to secure your well-being as best as you can against heavy consequences.
- ii. Bring balance to the world single-handedly, by doing all of the above, anyway – despite big consequences.

24. I have difficulty controlling my temper and it gets me in trouble, and/or makes me feel bad about my thoughts and/or behavior. How do I control myself?

a. Moderate your Internal Monologue

- i. Your anger is a reaction to your thoughts. Your thoughts are on all the time (automatically). Your mouth and its movements are manually controlled – unless overwhelmed with emotion.
- ii. When you lose your temper, you do so mentally, first, before you do so physically (out loud with words or actions).
 1. If your mind is not overwhelmed with frustration, your temper does not well up. To stop your mind becoming frustrated: set it to “amused” setting; and leave it there.
 - a. “These guys.....”

iii. Program the Smiling Facepalm

1. Every time something gets to your breaking point, force yourself to smile, and give that ol’ forehead a thwack with yer palm.
2. **The Smiling Facepalm is the single greatest tool you can have at your disposal to curb an angry disposition.** Nothing else below will be as useful to you as this.
3. Even if you’re pissed off, even if the smile is absolutely fake (and you’re still boiling with anger beneath), force that smile, thwack that noggin’, hold that position while using the “Breathing” method below.
 - a. “Come on! Come. On.....These....guys.....”

b. Real-Quick PLAYTHROUGH method

- i. What is it that’s frustrating me?
- ii. Why is it frustrating me?
- iii. Would what I want to do or say help the situation?
 1. Immediately?
 2. In the Short-term?
 3. In the Long-term?
- iv. **Is there a better way of handling it than my default reaction?**
 1. **Assume the answer to this question is always “yes”,** and ponder on the solution preferable to your instinctive one.
 - a. Let that pondering take up time/silence in the conversation if it has to. It will be time well spent. Don’t rush conversations at the expense of your cordiality.
 - i. If they ask you about the pause, simply tell them the truth:
 1. “I’m thinking...”

c. Breathing

- i. Cliché for a reason. It works. Blood-flow affects brain function. Taking longer deeper breaths increases blood-flow to the brain in a time when you need it most.
- ii. **Breathe out slowly through the nose.**
 1. Use solo, or switch-up nose-mouth inhalations in the most calming way/order/rhythm to you.
- iii. **In for X seconds**
 1. **Out for X seconds.** 7 seconds can be a default if X is being indecisive.

- a. This goes without saying, but you don't need to be rigid with the time between breaths. The point is to calm down, not make yourself anxious with your pacing.
 - i. Transitioning between inhalation and exhalation can take about half a second or more (per breath), so strict time keeping doesn't work, anyway.
 - iv. Imagine a single calming, melodious, musical note per exhalation.
 - d. Curiosity**
 - i. Why (are you behaving in this way?)
 - ii. What (do you hope to accomplish?)
 - iii. What (is it gonna take to halt such behavior?)
 - iv. Do not ask questions with spite or negativity in your tones. The questions aren't insults, but honest inquiries into their reasoning.
 - e. Humor**
 - i. The most potent of all tools. Remember when it was said the Smiling Faceplam was the greatest of anger management devices? Twas true! Because it is directly linked to humor. "...These...frickin'...guys..."
 - ii. Combine with Curiosity
 - 1. Before it is advisable to use joking and teasing with those that infuriate you, perhaps it is best to use **PLAYTHROUGH method** to simulate as many circumstances as you can – imagining how exchanges may or could go.
 - a. How would you handle it if your counterpart met your joviality with spite, malice, or indifference?
 - i. With positivity that roles with their punches in a way that doesn't take malice seriously. How do you accomplish that?
 - 1. **PLAYTHROUGH** method. Lots and lots of it.
 - f. Consideration Before Conclusive Thought**
 - i. You think based on conclusions you draw. When thinking, you marry many conclusions together into complex thoughts. In the jumble of information behind the "I'm right" membrane, presumptions can become imperious declarations.
 - 1. If the conclusions that you're basing your thoughts on are wrong, your ideas, perspectives, and philosophy are almost certainly bound to be wrong in some major or minor way.
 - 2. Finding out you're wrong in one or many major and/or minor ways does not mean every thing and principle behind you adhere to is wrong.
 - ii. Assume every infuriating instance/behavior to be accidental (within reason).
 - 1. Use **RESEARCH & CROSS-REFERENCE methods** to produce proof of intention, and/or consolidation of accident.
 - a. It is not always possible to research and cross-reference on the spot (with time-sensitive decisions), but – more often than not – we can usually anticipate the type of decisions (or types of decisions) we come across in our day to day life. Use this anticipation to be ready for scenarios that come your way, and use **CONTINGENCIES method** to not be caught off guard (usually a trigger for tempers).
 - g. Consideration Before Action**
 - i. Is there a legitimate **Purpose / Point** to the action I am about to take?
 - 1. 'Insulting someone' is not a legitimate purpose.
 - 2. Spiting someone is not a legitimate purpose.
 - 3. Humiliating someone is not a legitimate purpose.

4. Harming someone is not a legitimate purpose.
- ii. What – if any – **Benefits** do you get from the action you are about to take?
- iii. What are the **Consequences** of your potential action(s)?
 1. Negative
 2. Positive
- h. A natural inclination to get angry at things does not mean you are any worse than anyone else. Its genetic, and most genetic disadvantages can be turned into advantages with some good ol’ nurturing. **None of the above changes happen overnight.**
 - i. It takes years of habit to condition yourself into your own ideal. Keep at it.

25. I think I’m ugly and it makes me feel bad. What can I do? How do I feel better?

- a. Fellow ugo: greetings! Let me tell you – from the future – that a ‘less than desirable’ physical appearance is a secret weapon for success. But more importantly...
 - i. **Your appearance alters with time.**
 1. Exercise and you will see (over time) your face – as well as your body – become more defined and pronounced in its features.
 2. Learn to understand matter and what moves it, and your eyes will gain an astute and enlightened sophistication that can never be faked.
 3. Learn to understand humanity, and you will be at home everywhere. This results in an ease of manner and natural good-cheer that is welcome everywhere, and in every culture.
 - a. A pretty face grants this superficially; good-humor grants this wholesomely (and is much more appreciated).
 - ii. **Secret Weapon 1: Solitary Refinement**
 1. There are only 2 reasons you could be worried about being ugly:
 - a. Personal Perception
 - b. Public Perception
 2. For “Personal Perception” see the 3 points above.
 3. Public Perception
 - a. If you’re worried about public perception, chances are that you’re either wishing to be invited to socialize more, or to alter the individuals that you socialize with.
 - b. Character has a lot to do with attractiveness. Charm creates attraction, and there are hundreds of types of charm. Exercise to improve physically, and dedicate that glorious time of isolation to improving as a person. Become a specialist in your interests, and your character and charm will grow (as well as formidability).
 - i. The lack of socialization is the best thing you could possibly ask for. **Self-improvement is rarely a social thing; it’s a personal one.** Withdraw into the solo mindset necessary to fuel your improvement, withdraw from the desire for socialization. Sculpt those harsh edges of persona with positivity, and fill those empty spaces with hard-earned (and well-rounded) knowledge and experience.
 - iii. **Secret Weapon 2: Unlimited Lore Well**
 1. An individual who would persecute you for your appearance is an indecent person. You know what you do to them?

- a. Hiss.
- 2. They think you're a joke for your look. You think they're a joke for them thinking you one. They laugh at you, you hiss at them (power-move of cheeky ugos everywhere). You either both leave laughing, or at least you do.
 - a. If you didn't get the message: don't take them seriously. Tell em' about the benefits of being a beastly creature. What type of powers do you get and when? Under what conditions? If these disrespectful heathens insist on maligning us creatures: shall we not give them our lore that they (apparently) are so enthralled with? Spin them a comic yarn of your origin – and how you're not just "a" creature: you're THE one. The chosen one...if you will. And one day, you'll...
 - i. These are unique impromptu comedy moments that you are lucky enough to qualify for (supposedly).
 - ii. Don't worry about it being funny to anyone but you. This is nothing but an opportunity to entertain yourself with a lil badinage from your maligners.
 - iii. If it doesn't go as planned, it will almost certainly be funny in hindsight (later) – if not immediately.
 - iv. Whatever you do: KEEP IT CORDIAL.
 - 1. Let them insult you if they want, but don't attack them back. Eventually, they'll notice that, and consciousness will kick in.
 - a. "Vulgar" and "rude" do not mean "evil". Relentless positivity is invincible in emotional feuding.
 - 2. If they insist on maliciousness: leave. (Or ignore them, if you can't leave for whatever reason.)
- b. What about love and romance, though?
 - i. Do you think its *less* likely you'll find someone after steady and continual mental and physical improvement?
 - 1. Your odds of love go up simultaneously with your formidability.
 - a. You tally up so many reasons for you to be noticed (by pursuing your own interests) that, eventually, it's hard not to notice you.

26. I don't think I'm as smart as everyone else around me. How do I get smarter?

- a. Fellow derp: greetings! 'Smarts' is a combination of 4 things:
 - i. **Creativity** – a resourceful imagination in creating and combining ideas.
 - ii. **Intelligence** – your ability to store, retrieve, and comprehend information.
 - iii. **Common Sense** – is the most basic (usually inherent) understanding of cause and effect. "This makes that happen."
 - iv. **Wisdom** – is refined common sense acquired from much experience.
- b. Different people have different baselines for each of the above, but **everybody on the planet is capable of increasing each element to whatever potential they wish.**
 - i. **Use the strengths you have in one to build strength in the others.**
 - ii. What if I don't have strengths in any of them?
 - 1. Then your capacity for greatness is only increased because of it. When something isn't natural, you have to work for it. When you have to work

for it, uphill work becomes habit. When that happens: “accomplishing difficult tasks” becomes your norm. And what type of life and lifestyle do you think that leads to?

c. Most people are talking about “Intelligence” when they use the word “smart”.

i. It’s not a good or bad thing. Just a colloquialism.

d. Common Sense

i. Common sense is your inherent ability to measure and evaluate Cause & Effect: “this makes that happen”.

ii. Real-Quick Review:

1. Before making any major decisions, do a quick **PLAYTHROUGH method** in your head about what’s going to happen as a result of your actions.

a. Immediately

b. Short-term

c. Long-term

2. If it helps, precede each thought with the actual words (“immediate”, “short-term”, “long-term”).

3. The more time you spend on this the better you get at it.

a. If you work at this steadily, you get better at predicting what’s going to happen.

4. If you have the moment to, use this for minor decisions as well.

iii. Listening to Reprimands

1. If you find that you are often getting reprimands for your behavior, or making poor judgments, make sure to listen carefully to what the people are saying – even if they’re saying it in a manner you don’t like.

a. In such encounters, you **MUST** be entirely honest with them whenever they ask you questions. If you aren’t, you can’t improve because they may be giving you the wrong type of advice or judgment based on false information (that you gave them).

e. Human Understanding

i. Conversational Pointers

1. The more you know, the more you have to talk about.

2. Listen. You don’t have to talk all the time. You learn less from talking.

3. Chill. **You don’t have to talk to fill the silence. Use the silence to think your own thoughts.**

4. **Question. If you don’t know something, ask.** Asking questions shows you have a sincere interest in the subject at hand, and aren’t too timid to say when you’re confused.

5. Assume discourtesy to be accidental until concrete proof to the contrary.

f. Scientific Understanding

i. Mathematics

1. For basic daily tasks, nothing more than simple mathematics is usually required. For essential technical tasks, mathematics is often required.

2. If you are looking for an alternate approach to refining your arithmetic, try the book:

a. “The Trachtenberg Speed System of Basic Mathematics” – Jakow Trachtenberg

ii. Physics

1. Everything in all of existence is covered in the subject of physics. It is the motions, dynamics, and properties of physical objects (all of them).

2. Dynamics is a term that references the movements and interactions of a given thing or system. To gain a comprehensive understanding of physics, you must gain a solid conceptual knowledge of the following studies:
 - a. **Quantum Physics** – the smallest of the small
 - i. TLUVI Posters #1, #3, #4, and #7 all cover quantum physics in everyday language.
 - b. **Classical Physics** – the dynamics of everyday matter.
 - i. **RESEARCH** (method) subjects such as:
 1. Kinematics
 2. Thermodynamics
 3. Electromagnetism
 4. Fluid Dynamics
- iii. **Chemistry**
 1. Chemistry is the identification and interaction of atoms (the building blocks of matter).
 2. There are plenty of chemistry books available...there's also:
 - a. TLUVI Poster #6 – Chemistry
- iv. **Biology**
 1. Biology consists of any science and sub-science involving living things (regardless their size). Psychology is a sub-science of biology.
 2. **RESEARCH** (method) subjects such as:
 - a. Genetics (TLUVI Poster #5 – Genetics) (or Geneticist's Curriculum)
 - b. Microbiology (TLUVI Poster #2 – Potential Excitement)
 - c. Anatomy & Physiology
 - d. Psychology
- g. **Wisdom**
 - i. Wisdom is automatic, intuitive, and refined common sense earned over time.
 - ii. It'll be a while before you acquire much true wisdom; that only comes from an accumulated quantity and quality of a various experiences.
 1. And those experiences can only accumulate over time.
 - iii. The only way you can achieve wisdom is by acquiring a wealth of experience (and knowledge) in the subject(s) of your study.
- h. **The ways to develop and hone all of the above involve the exact same processes:**
 - i. **Ask Questions**
 1. Internally
 2. Externally
 - ii. **Reserve Judgment**
 1. Do not jump to conclusions
 2. Collect overwhelming evidence to support ideas
 - iii. **RESEARCH & CROSS-REFERENCE** method
 1. The only way to know is to find out. The only way to be sure is to scrutinize and compare the veracity of your findings.
 - iv. **Be Polite**
 1. Vulgarity is a form of stupidity. Specifically, its witlessness.
 - a. When people are at an absence of something consequential or witty to say, they say something vulgar.
 2. Everybody slips into vulgarity here and there – in words, and action (we all some stupids). Just make your best conscious effort not to do so.

27. I don't feel as physically strong as everyone else around me. How do I get stronger?

- a. Muscles exist to carry out the actions of your mind.
 - i. Here's what you have to work with:
 1. **Shoulders** – are the center of balance for the arms and their motions.
 2. **Arms** – are the main appendages used in the manipulation of items.
 3. **Torso & Back** – are the center of balance for the upper body.
 4. **Hips** – are the center of balance for the entire (combined) body.
 5. **Legs** – Are ambulatory appendages, and the center of balance for the lower body.
 - ii. Train each muscle group to be strong, agile, and enduring enough to last as long as you need them to in any situation that you come across.
 - iii. There are more than enough free exercise training and tutorials to be found on the Internet – if you truly have a mind to look for them.
 1. So this document will spare you another long list of things to do.
 - iv. What if I don't have Internet? Then here is a basic breakdown of exercise theory
 1. **Push and/or pull against resistance in the direction of the natural bend of the body. That is the nature of most exercise.**
 - a. Curling your forearm upward – *against resistance* – until your fist is by your shoulder builds biceps (inner arm).
 - b. Pushing against resistance from a bent position builds your outer arm (triceps).
 - c. The 2 opposite movements on the same appendage exercised 2 different muscles. The rest of the body works the same way.
 2. **All work against resistance builds strength.**
 - a. DO NOT ever try any new exercises that you invent yourself until consulting not just one, but several adults on the matter.
 - b. **DO NOT exercise your neck against resistance.**
 - v. Of all the ways to improve, doing so physically is the most fun and (often) requires the least amount of willpower relative to mental tasks.
- b. **Reasoning**
 - i. **Don't just exercise your muscle groups; know what each one does and *why* each exercise is effective at conditioning X muscle(s).**
 - ii. What form will get you the greatest quality efficacy of the exercise? Why?
 - iii. What common and uncommon experiences in your daily life will these muscles come in handy navigating?
- c. **Motivation**
 - i. Before you even start exercising: what is it that you're going to think about to make you go that extra distance?
 1. What motivations can you call up as a back-up power boost when needed most? Visualize it now, first. The goal is not to think too hard to conjure it when needed.
- d. **Warming Up**
 - i. When you are very thirsty, and finally find water, do you tilt your head back and pour everything right down your throat/face all at once?
 1. When you wake up in the morning, do you instantly flood your eyes with as much light as you can, or do you adjust towards full illumination?

- ii. Stretch every muscle you're going to use (and even the ones you won't – to retain flexibility), and use motions and/or exercises with those muscles to prepare you for real workout.

e. Research First

- i. Learn as much as you can about the exercises you plan on doing before you do them. **Pay the most attention to PROPER FORM.**
 - 1. **Use the lightest weights you can while training to have perfect form.** Don't start the true workout until you know that you're doing it correctly, and *why* you are, and what makes this form correct and effective
 - 2. To help establish the right form, consider each muscle/appendage as an isolated unit.
 - a. Where do your legs need to be? Not in relation to anything, just in general (for the exercise)?
 - b. How should your back be postured? At rest? At contraction?
 - c. What is the proper path of rotation for shoulders?
 - d. What makes doing it X way wrong/ineffective?

f. Exercise

- i. **There are only 3 facets to physical aptitude: Strength, Endurance, Grace/Agility.** Those 3 can be broken into dozens (if not hundreds) of subsets – but that's not needed here. *"Mindset" and "Balance" are partly mental aptitudes.

ii. Strength

1. Practicality

- a. What do I usually use this muscle group for?
- b. Know why each exercise will help you in your current and future life. **Understanding what you're doing (and why) will increase the efficacy of your exercise and all future exercise.**
 - i. Make it a habit.

2. Crescendo

- a. Move at your own pace, but you should slowly be adding weight and/or more resistance to your exercises over time. **You only get stronger by increasing resistance.**
 - i. Either over long or short periods of time, according to each of your individual ambitions.
- b. Don't expect to do the same amount of reps when you increase the amount weight/resistance, obviously.

3. Personal, not Social

- a. Gaining strength is not a competition. Do not let what others do affect your goals for yourself, or your self-esteem.
 - i. Other people may be at later stages in their own physical improvement than you. That's their business.

4. Well...Maybe Social

- a. If you are the type of person who enjoys competition, and seeing how behind you are ain't nothing but motivation: perhaps you can form a sportive exercise regimen between your friends – using each other as competitors and motivators.
 - i. If you think such a competition will lead to mental stress and insecurity: do not use this method of training.

iii. Endurance

1. **Know your limit and do not unnecessarily push yourself harder than you need to at the expense of your health.** How do I know when to stop?
 - a. **If you are ever “not feeling right” as a result of your exercise: stop.**
2. **Endurance Mindset**
 - a. Time & Distance Goals
 - i. **Would continuing put your health at risk?**
 1. **If the answer is “No”, then you might as well finish.**
 2. **If the answer is “Yes”, then stop, obviously.**
 - ii. Repetition and set quantity are included as distance.
 - b. Using motivation
 - i. Different music motivates people differently. Use a variety of selections for a variety of exercises, moods, and circumstances.
 - ii. Non-music motivation consists of visualizing goals you’re looking to attain; or comparisons of potentials and standards that you are determined to live up to.
 - c. Distraction
 - i. Sometimes mental distraction can make you forget about physical exhaustion. Interesting audiobooks can do wonders in this category.
3. **How do I know if my health is at risk?**
 - a. **If you feel any unusual strain on any body part – that is not the typical burn of an exerted muscle: stop.**
 - i. What if the strain quickly goes away?
 1. Stop anyway and find out what it was.
 - b. Better to stop too early (as a precaution) than not soon enough.

iv. **Agility / Grace**

1. **Grace is the ability to smoothly transition from one movement or motion to the next.** Meaning transitions from movement A to B, B to C, C to D are all fluid.
2. Grace – out of all physical attributes – is the easiest thing to practice anywhere and anytime. **100% of every physical movement you take is an opportunity to refine your grace of movement.**
3. How do I practice grace?
 - a. **No unnecessary movement.**
 - i. This is the number one key to grace/agility. Do not move more than you have to. Go *straight* from Point A to Point B.
 - ii. That being said, ‘extra’ movements are only beneficial if they add to the fluidity of the task you’re trying to do.
 1. Spinning to avoid something might not be entirely necessary, but if you don’t break your stride in the spin, than its all good (if not beneficial).
 - b. **Roll with it.**
 - i. **When your fluidity of motion is disrupted, use rotations, pivots, and spins to keep your stride going – complementing the momentum of its disruption, rather than being disrupted by it.**
 - ii. Example
 1. Hold out your left hand stationary.
 2. Use the motion of your right hand (only) to clap – as in: give applause.

3. Draw your right hand much, much, *much* further back in between each clap – so that you are swinging your arm 90degrees per clap.
 4. Now, upon each clap, transfer momentum.
 - a. When rightie connects, the left swings 90 and the right stays stationary.
 - b. When leftie connects, rightie swings and leftie is stationary.
 5. The Momentum Transfer kind of clapping is what it means to go with the flow. Leftie didn't get thwacked, it rolled with the momentum received, and got right back to where it was in the first place.
- c. **Make a conscious effort at fluidity when transitioning from one movement to the next.** This can include:
- i. Going from sitting to standing.
 - ii. Taking out and preparing food.
 - iii. Taking things out or putting them away.
 - iv. Motions necessary for cleaning whatnots.
 - v. Actions necessary to complete a task.

v. Balance

1. Balance is your ability to return to equilibrium (in this case, physically). People with great balance return to equilibrium quickly; people with not so great balance, not so much. To increase your balance:
 - a. **Develop Ambidexterity**
 - i. Learn to write and do other activities with your off-hand.
 1. If you're right-handed, learn to use your left.
 2. If you're left-handed, learn to use your right.
 - ii. This is the simplest and most effective way to increase your balance – by far. When doing off-hand activities, you are using parts/networks of your brain that were previously dormant. That's why your head starts to feel weird when you are concentrating on it.
 1. That "weird" feeling is a growing brain. Embrace that weird for as long as you can handle it.
 2. **Slouch Recalibration**
 - a. It's going to happen, regardless, but do your best not to cheat in regards to exercise posture. When struggling with the tail end of a lap or repetition, the body tends to shift in order to compensate for the waning strength of the primary muscle(s) used in the exercise. Be wary of this, and banish this unworthy behavior back to whence it came – even if at the expense of incompleteness. Poorly formed reps are incomplete ones anyway.

vi. Flexibility

1. You know how you increase your maximum capacity as an athletic individual? Increase your flexibility. That's right. Good answer.
 - a. Acrobatics is a part of physical formidability. There are a few detailed ways of putting this, but the simplest is this:

- i. You are disqualified from acrobatic growth (in general) if you are not flexible enough to partake in the motions/movements involved in acrobatics / gymnastics.
 - ii. You might say “I don’t even want to learn that”, but the bottom line is: you couldn’t even if you did want to because you aren’t physically capable. Does that sit well with you?
 - 2. Flexibility raises your maximum physical potential.
 - a. Use **RESEARCH method** to discover appropriate stretches. (Or is this answer not long enough for you yet?)
- g. Discipline**
 - i. The difference between you wanting to do something and actually doing it is discipline. **The best thing to do – for something that you know is necessary – is to jump right into doing the activity (after appropriate warm-up, of course) without thinking about it too much** (and potentially letting such thinking – or tangential thoughts – distract you from your purpose).
- h. Mindset**
 - i. Persistence
 - 1. If you find that you keep slacking on the exercises that you are supposed to be doing, place the exercise equipment you need to use around your home; either visibly off to the side, or (*if you can do so safely*) put the equipment directly in your walking path so that you run into them (not literally) all the time.
 - a. When you do, might as well do a little bit of exercise.
 - b. Minor an incomplete exercise (‘dabbling’, if you will) is better than none whatsoever.**
 - i. Often times, dabbling will get your body exhilarated for more physical work. Your body goes “Oh, we’re gonna be doing some of this? I’m ready!”

i.

28. I never know how to properly express myself when people talk to me. How do I do that?

- a. Cause of Confusion**
 - i. What is it that muddles your thoughts during conversation?
 - 1. Anxiety Confusion**
 - a. Anxiety would be a feeling of physiological fluster (and mental clouding) that produces a feeling of discontent restlessness.
 - b. If you feel like you’re in an emergency situation when you are not in an emergency situation: that is what anxiety is.
 - c. Anxiety could be automatic (genetic) – regardless of temperament. Caused by any of other muddles below.
 - 2. Uncertainty Confusion**
 - a. **Social Uncertainty** would be not knowing to do or say.
 - i. This can often be on account of thinking “what do they *want* me to do/say”, not “what is the right thing to do/say”.
 - 1. Dishonesty is what’s freezing you up if you are looking to pander rather than tell the truth.
 - ii. An easy and very effective tool to go by is: Don’t talk unnecessarily. Listen instead.

1. When listening, you can respond to what you're hearing in your head, and get in the habit of carrying on conversations (mentally) in theory, before doing so in practice (out loud).
 - b. **Factual Uncertainty** is not having enough quality and quantity data understand or convey info.
 - i. This one's easy. If you don't understand what is being conveyed to you, say just that. Ask whatever questions you need to ask in order to understand what's going on?
 1. What if I don't know the right questions to ask?
 - a. The usual will do (relative to the topic):
 - i. Who?
 - ii. What?
 - iii. When?
 - iv. Where?
 - v. Why?
 - vi. How?
 - b. You don't have to ask all of them, just the ones you need to understand whatever you don't understand.
 2. What if the person insults me for not knowing?
 - a. Answer their questions, ignore their commentary, and concentrate on only filtering the relevant information out of their speech.
 - b. But it's embarrassing...
 - i. Only if you allow it to be. You're not stupid for asking about something you're unfamiliar with. That is a fact; regardless of what anyone else has to say about it.
 - c. **Linguistic Uncertainty**
 - i. You simply don't have the right words to express the thoughts, concepts, and/or principles of your mind.
 - d. **Emotional Uncertainty**
 - i. Sometimes you know you're being unreasonable because of your emotions, and don't wish to speak to anyone because your speech/behavior might not live up to your usual standards. This is tied to social uncertainty.
3. **Emotional Confusion**
 - a. **Flustering Positive Emotions**
 - i. **Idolization**
 1. Your positive projections onto the individual overwhelm your senses and prevent you from controlled and disciplined thought or action.
 2. In your mind, you elevate the person to an abstract idea – making conversation unexpected and surreal.
 - ii. **Adoration**
 1. If your thoughts on the individual are usually internal and incoherent (not in complete sentences),

that becomes your “default” mental association with them. Upon interaction, your adoration encroaches on your reason and you think (and speak) incompletely about the person – as is your default.

iii. Respect

1. Lack of self-esteem (or, catering to the individual’s ego) can cause you to assume that the individual doesn’t want to hear from the lowly likes of you.
2. *Hero worship is not a bad way to think; but the absolute best way to think is to set your standard even higher than your heroes’.
 - a. “I’ll be all that, and then some – some day.”

iv. Humor (uncontrollable laughter)

1. The hilarity of a situation can sometimes be so overwhelming that it wipes out all previous thoughts and reflections. “What was I talking about?” is instead “What was I going to say?”

b. Flustering Negative Emotions

i. Fear

1. The individual has some authoritative, mental, and/or physical power over you, and you fear the consequences of displeasing them.

ii. Uneasiness

1. Something about the person you’re talking to or the situation is unsettling to you, and your pondering on this unpleasantness is causing you to lose the appropriate thoughts/words for the conversation.

iii. Pain

1. You are in some type of physical pain that prevents you from forming and/or conveying your thoughts properly.

4. Distraction-based Confusion

- a. Distraction often times leads to (and is a part of) one of the others above. Distractions cause inattentiveness.

b. Internal Distractions

- i. Other Thoughts
- ii. Other Actions in Environment

c. External Distractions

- i. Important surroundings/environment
- ii. Attention-drawing surroundings/environment
- iii. Disinterest in conversation (repulsing your attention)

- ii. Once you can identify the cause of confusion, you can actively work on improving your response to the muddling stimuli.

b. Prime

- i. You generally know whom you’re going to be talking to on the daily basis.
 1. Family, friends, peers from school, teachers, co-workers, coaches, employees, common strangers.

- ii. Instead of daydreaming or stressing about a situation, use your idle time to use the **PLAYTHROUGH method** for simulating probable daily encounters. The focus being on the ones that fluster your speech/thought the most.
 - 1. This is the best approach for linguistic uncertainty. If you know what type of conversations are coming up, order your thoughts and words.
- iii. *When you prime yourself, keep brevity in mind for all of your playthrough conversations.*
- c. **Think Before Speaking**
 - i. Do this even at the expense of being an awkward conversationalist.
 - 1. You can put on a “thinking face” if it helps. It might signify you’re considering their thoughts – so they don’t wonder what’s taking so long.
 - ii. What have you heard?
 - iii. What do you think about it?
 - iv. Have you been asked a question that requires an answer?
 - 1. What’s the shortest possible answer to that question?
 - a. After the short answer, you can explain more if you feel inclined to.
 - v. **If continuing a conversation: is your reply relevant (directly, or indirectly) to what was just said to you?**
- d. **Brevity**
 - i. **The proper way of expressing yourself is this:**
 - 1. **Don’t say anything more than is needed to reply.**
 - ii. Feeling the need to always be talking is often a cause of conversational awkwardness. Stick to the simple facts, answer all questions, and don’t say anything unnecessary.
 - 1. **After your conversation becomes more fluid (by doing so), you will then have the option of saying more if you want** – since you always have the option of reverting back to your default (if the small talk doesn’t go as planned).
 - iii. You actually do know how to express yourself; you just feel the need to add too much unnecessary content. Most people do that. It’s not always a bad thing, but learning not to do it is a good thing.
 - 1. **Most questions involve some variation of answering “Yes” or “No” to something. Even if it isn’t a yes or no question, your response to the content of what is being said is often some variation of “Yes” or “No”.**
- e. **Don’t speak unless you’re asking or answering a question.**
 - i. **Follow this line of conduct as a baseline mode of self-expression.** From here, you can moderate your behavior all you want (when you’re more comfortable), but the “asking and answering questions only” method can be your default.

29. I get nervous every time someone talks to me and I don’t know why. How do I not do this?

- a. **Why do I do this in the first place?**
 - i. **Insecurity**
 - 1. About self
 - a. Will I embarrass myself?
 - b. Will I fail in a required expectation?
 - i. Including personal and social standards being met.
 - c. You know you’ve done something wrong and guilt has you (appropriately) paranoid about the reckoning.

2. About status relative to environment/culture
 - a. Have I done something wrong and hurt or inconvenienced others?
 - b. Am I in danger of mental and/or physical pain?
 - c. Am I in danger of mental and/or physical unpleasantness or inconvenience?
- ii. **Uncertainty**
 1. You usually don't know what to say (or think you don't), and the feeling is one of "here we go again..."
 2. You are insecure about your spot in an organization and think every conversation could be a dismissal/reprimand/etc.
- iii. **Artificial Obligation**
 1. Feeling the need to talk, but not knowing what to say.
 - a. You probably don't know what to say because you don't have anything worth saying at the moment. That's perfectly fine.
- iv. **Auto-Anxiety**
 1. If your body reacts as if you're nervous, even if you aren't truly nervous or anxious, there is a chance that something in your genetics inclines you toward fight-flight responses when in contact with other humans (or forced into unexpected conversations).
 2. This form of auto-anxiety means you get physiologically "excited" or "anxious" even when you are mentally not so.
- b. The best thing for all of the aforementioned is adapting solid deep-breathing techniques, and, above all, rallying that extra energy toward mental concentration.
 - i. **Visualize what you're hearing or saying. Continue adding layers of detail and complexity to your thoughts until you are *calmly* visualizing a smooth transition of images concerning the discussed topic.**
 - ii. If you're involved in some sort of physical activity (and are feeling more giddy than lazy), put all that chemical zest to work in your activity.
 1. Focus on slow (or moderate) speed fluidity and grace. Get into a rhythm of the activity/motion and only increase speed when it is automatic. Trying to do too much too fast (more often than not) bypasses proper form, which significantly decreases the efficacy of the experience.
 2. If you're in competition, hopefully that proper form has already been properly worked on, right?
- c. **Humor**
 - i. **As with most things – the easiest way in is through humor.**
 - ii. What's the worst possible way that you think an encounter will happen?
 1. Use quick and hilarious **PLAYTHROUGH methods** to imagine the worst possible scenarios of your upcoming encounters.
 - a. It might be good to add a sarcastic "**And I was never heard from again...**" at the end of all of the encounters (especially the ones where the worst possible consequence is simply a little embarrassment).

30. I desperately want to be friends with X person/people. How do I do that?

- a. Why do you want to be friends with them in the first place?
 - i. Popularity

1. Their popularity is attractive to you and you want to be a part of it.
2. You want to use them to boost your own popularity.
- ii. **Knowledge / Wisdom**
 1. The person is creative, intelligent, and/or wise in some or many ways.
 - a. You want to use individual as a mentor.
 - b. You're hoping the smarts rubs off on you by association.
 - c. You want others to think you're smart by-association.
- iii. **Skill Admiration**
 1. You admire what they do and find it fascinating enough to warrant a continued friendship/association.
 2. You know the person will be successful and are looking to pre-emptively gold-dig.
- iv. **Property Possession**
 1. They own something you are envious of and want for yourself (or want to try). Gold-digging.
- v. **Charity Case**
 1. The person is generous and being in their sphere of influence would allow you to be a recipient of their compulsive generosity. Gold-digging, essentially.
- vi. **Utility**
 1. The person has a useful trait that would come in handy in your daily life.
 2. The person is in some type of position (positive or negative) that can be used to flatter the image of your projected self.
- b. **The best way to find your best friends is to just behave like you.**
 - i. The best friends you'll find are ones that either share your interests, or think contrarily, but in a friendly or sportive way that is complementary, nonetheless.
- c. **In your spare time, check out some of the things that your adored person/group likes.**
 - i. If you genuinely enjoy those things, it might be a point of conversation for an encounter. Like likes like.
 - ii. If you do not like the same things **DO NOT PRETEND TO LIKE WHAT YOU DO NOT LIKE IN ORDER TO FIT IN.** If you really do *want* to like it, then *learn to* (by exploring it more), but don't get in the habit of pretending artificial enthusiasm.
 1. This is one of the worst possible bad habits to get into in life. Disagree fervently, or politely – however you wish – but do not get in the habit of saying you like things that aren't true for the sake of others.
 - a. That's not just lying, it's lying about and to yourself.
 2. The way to become soulless is to do this often. The way to get back that soul is to stop doing this and either defend your views, or keep them private (as they aren't really anyone else's business, anyway).
 - a. 'Tis never too late to regain that soul, by the way.
- d. You may have noticed that many of the reasons for "wanting to be someone's friend" aren't too flattering. Why do you think that is?
 - i. Desperation to be liked is not an attractive trait. Not caring about being liked is almost always an attractive one (assuming moral character).
 - ii. **View all communications as an opportunity to make new friends, but don't go around looking for people to be friends with. Wait for it.**

31. I really want a boyfriend/girlfriend. How do I get one?

- a. Stop looking for a boyfriend/girlfriend.

- i. **“Getting a boyfriend/girlfriend” should be a surprise, not a goal in life.** Making such a thing a goal is as sensible as planning a surprise party for yourself.
- b. **Personal Improvement**
 - i. **There are 2 ways to Improve: Mentally & Physically.**
 - 1. For mental improvement, see: Question #26.
 - 2. For physical improvement, see: Question #27.
 - ii. “I’m fine just the way I am” is an okay slogan (I guess). A better one is:
 - 1. **“There’s always room for improvement.”**
 - 2. People who think they’re perfect or “good enough” see no reason to improve. Without improvement, all plateaus lead to a decline.
 - iii. All people are attracted to positive qualities. Improve, add to, and refine your positive qualities.
 - iv. **To be special: you have to specialize in something.** The more things you are a specialist in, the more special you will be.
 - 1. Don’t let any current lack of specialties deter you from acquiring your first few. The less you know, the more exciting new knowledge will be for you.
- c. **What do I say to people who make fun of me for not having a boyfriend/girlfriend?**
 - i. Ignore them. *They used to not have one, too.*
 - ii. Being in a relationship is a special thing, but being in one does not make you special (the mere idea of it doing so is comically silly).
- d. The more people you associate with, the more likely you are to meet someone that matches with you.
 - i. **Don’t associate with people who make you feel bad for being single.**
- e. If you decide to commit to the suggestions listed above, you will find *that* is the path to getting a boyfriend/girlfriend. By engaging in more activities, you are increasing your social circles, and by default: potential romance.
 - i. It cannot be recommended enough that you **DO NOT go into the new activities looking for – or expecting to find – a significant other.** The purpose is your own interest; anything else is a happy accident.

32. I feel bad about myself and my life when compared to others. How do I fix this?

- a. **Life is not a competition.**
 - i. **If you are looking at life as a competition, you are thinking about life incorrectly.**
 - 1. Just because many people think like this does not mean it is right. History is full of times where the majority (if not everyone) was incorrect.
 - ii. **How should I think about life?**
 - 1. It’s nobody’s place to tell you that. That’s something that you need to put together for yourself (the subject is called philosophy). Every person has different interests, goals, and standards.
 - a. Ideally, every person builds his/her own philosophy through a combination of accepting, declining, and creating ideas on personal principles and culture.
 - 2. ...However, if you’re *really* interested in “how to think about life”, here is a strong suggestion (seen many times in this document):
- b. **The meaning of life is fun productivity.**
 - i. Why?

1. **The meaning of human life needs to be applicable to all people everywhere – past, present, and future.**
2. Everyone loves having fun. Everyone loves being productive.
- ii. What about “Family”?
 1. People don’t start families because they’re *not* fun, and you can’t support a family without productivity.
- iii. What about “Duty”?
 1. Duty would fall into the “productive” category. Very few duties can be carried out with no effort. The duty may not be fun on its own, but **humans can make fun out of anything, and any duty.**
- iv. What about the lazy?
 1. Even lazy people like being productive; they just don’t like exerting effort in order to be so. Give a lazy person something they enjoy doing and they’ll work all of the lazy off their frame and smile while doing it.
- v. What about philanthropy?
 1. **Nobody owes anybody anything in this world** (with the exception of familial obligations). The people who choose to dedicate themselves to helping the less fortunate are virtuous, but the people that choose not to do so are normal. Other people are not your responsibility. The meaning of life must be applicable to 100% of all humans who have lived or ever will live.
 - a. Philanthropy is not applicable to 100% of all people; especially considering that selfishness is an instinct in all animals (with the exception of a handful of insects). It is a much appreciated instinct that is each individual’s number one survival tool.
- c. **The way you achieve an Ideal Life is by making a career out of what you find the most fun doing, and fulfilling all obligations to all dependents relying upon you.**
 - i. These 2 things will give you: (1) a direction whose outcome is reliant upon nothing but your willpower; and, (2) a free conscience for having always done right by others (respectively)
 - ii. Use the **CONTINGENCIES method** to plan for the many possible random circumstances that could interfere with your priorities.
- d. **Cut yourself off from the points of comparison**
 - i. In all honesty, scrolling through segments of someone’s self-edited life contributes nothing to yours.
 1. What do I get from this?
 - a. The answer is (for all of you reading this): absolutely nothing.
 - ii. **The most important thing you can do to achieve your greatest goals is to ignore everyone else’s strutting about, and concentrate on perfecting your own specialties.**
 1. “But I can’t help but want to look at what’s up with other people” is a silly thing to say, and you need to work on outgrowing that mentality.
 - a. How?
 - i. By abstaining from or closing the social media accounts that take up the most amount of your time.
 - ii. At the end of your life, “social media scrolling” is absolutely guaranteed to be your biggest regret (in the category of ‘wastes of time’). You can avoid it, now that you know it in advance.
- e. **Re-assign your time**
 - i. Surround yourself with things of improvement to pick up.

1. Meaning: decorate your home environment with things that only lead to self-improvement in one way or another. If all your surroundings lead to it, you'll be surrounded by nothing but motivation.
- f. **Improve in secret**
 - i. Rather than sharing every step of the way unnecessarily.
 1. If you require the support of others in order to stick to the good habits: do what you got to do. The most important thing is establishing the good habits in the first place.

33. I don't have reliable transportation to get me to the places that I need to be. What should I do?

- a. For all of the suggestions below, parental chaperones are suggested (if possible).
- b. *It is important to remember that it isn't automatically your parents' fault if ideal transportation can't be provided.
 - i. Random factors can (and almost always do) disrupt your 'ideal' lifestyle and living conditions – as you'll be finding out over the course of your life.
- c. **Consultation on Transportation Situation**
 - i. **Before anything, ask not just one, but several adult family members about the problem.**
Pay close attention to the advice that they give.
 1. Compare the answers and apply the one that fits your situation the best.
Or, use a combination of elements from different answers.
 - ii. **Hopefully, in consulting your family and friends, you might get offered transportation aide from them – but don't expect this of them.**
 1. Other people have their own priorities and schedules, and it is unfair of you to expect them to shift everything around for you.
- d. **Options for Transportation**
 - i. **Personal Transportation**
 1. Walking / Jogging / Running
 2. Bike
 3. Board (skateboard or longboard)
 4. Rollerblades and Skates
 5. Scooters
 6. For each:
 - a. Time how long it takes you to go that distance several times before going the route for the first time (if possible).
 - b. **Time each trip and come up with a good estimate of the average travel time. Log the fastest and slowest times as well.**
 - c. Maintain the device/vehicle you're using and know its various parts and functions.
 - i. If something malfunctions, you want to know the problem and how to fix it at first glance.
 - d. If you don't have the financial means for the ideal options, you may have to lower your standard from "what's best" to "what do I have the resources for".
 - ii. **Public Transportation**
 1. Bus
 2. Train
 3. **Looking up Bus & Train Routes**

- a. On most navigation apps, you will find the following setups:
 - i. Insert the departing city (your city), and the Destination:
 1. Website will show you departing and destination stations closest to you (with address).
- b. Use navigation apps to know your route to each point along the way to the destination.
 - i. Know the route from station to station, and station to destination.
 - ii. Get a neighborhood, area, sectional, geographical understanding of:
 1. What direction you're going in.
 2. What areas you're passing through.
 3. What are the usual traffic patterns for this route?
 - a. For this time of day?
 4. What alternate paths could I take if the primary one was obstructed in some way?
- c. Plan for the path from station to destination:
 - i. Are there safe places for you to walk?
 1. Sidewalks, etc.
 - ii. Is there an appropriate path for your personal vehicle?
 1. Bike, scooter, etc.
 2. If you have to carry your vehicle, can you comfortably do so with the rest of your baggage?
- e. **Options to consider on your commute:**
 - i. **Fairs & Fees**
 1. If you are using commuting services, do you have the appropriate amount of cash or credit for the journey to your destination, *and back from it*?
 2. Carefully catalogue how much money you spend on transportation per day, per week, per month, and per year.
 - ii. **Baggage**
 1. Do you have everything you need?
 2. Do you have to carry any sort of baggage with you on your commute?
 - a. Book-bag, purse, extracurricular equipment, etc.
 - b. Just one bag, or several items?
 - c. Can you carry it/them the distance required?
 - d. Is each carrying whatnot secure in its zips and fastenings?
 3. Does your mode of transportation provide for the carrying of all your required bags?
 - iii. **Mental Map of the Day**
 1. Run through a quick fast-forward of everything that's going to happen on your day before you set out.
 - a. Previewing things in your head before they happen almost always increases efficacy at those things. A day is a thing.
 - i. Adding details to your preview increases its Quality.
 - ii. An abundant Quantity of previews usually increases the quality of the (later) previews.
- f. **Safety**
 - i. **The most important aspect of going from Point A to Point B is doing so safely.**
 1. Here's how to do so:

ii. What would I do in X emergency circumstances?

1. Use **PLAYTHROUGH method** with variations for **CONTIGENCIES** to prime yourself for how you'd behave in the following circumstances.
 - a. When simulating, keep in mind that violent circumstances are usually more rapid, rougher, and more jarring than how you're imagining them. Add more of each feature to your simulations.
2. **Abduction** – Being taken somewhere against your will.
3. **Assault** – Being physically violated against your will.
4. **Robbery** – Surrendering your possessions against your will.
5. **Witness** – Seeing any of the above happening to somebody else.
6. When simulating, keep in mind that violent circumstances are much more rapid, jarring, and rough than however you are picturing it in your mind. Add more of each feature to your mental simulations.
 - a. RESEARCH real captured videos of crimes to become accustomed to how they generally proceed.
7. **But thinking about these things gives me anxiety.**
 - a. Too bad. It must be done. Conquer the anxiety now, when it's safe – and before you encounter such things. **If you're desensitized to the pressure of the situation before you encounter it, you'll be ready to handle it in a calm and controlled way.**
 - i. Emergency circumstances will not care about or even recognize your anxiety. Facing the situations (before you experience them) is the only way to conquer your anxieties.
 - b. Grit your teeth, push through the anxious thought, and prime your mind (and body) for behaving on their A game when the time comes.

iii. Protection

1. This option is entirely circumstantial and specific to each situation.
2. So, uh-...have counters prepared if life-and-death scenarios are probable.

iv. Why do I have to do all of this?

1. Because self-reliance is the most important part of independence. If your one and only option is to go from place to place by yourself, it is best to be comfortable and alert while doing so.

34. I am pregnant with a child that I am not prepared to take care of. What should I do? What are my options?

- a. There are 2 core options open to you – 1 with more variation than the other:

b. Abortion

i. What is abortion?

1. Abortion is terminating the life of the fetus before it develops into a complete human.
2. With abortion, you are ending the pretense of life of an undeveloped human because:
 - a. You were a victim of rape, and the fetus was forced upon you against your will.
 - b. The pregnancy was a fluke/mistake/accident that got past your birth control methods.

- c. The child's special needs would require more time and financial commitments than you could ever provide.
 - d. The baby's life would not be worth living with you as a parent (in your current state).
 - e. You do not have the resources to raise the child.
- ii. Ending the pretense of life is not killing. **The fetus is not an individual human yet – it is part of the mother carrying it. You don't kill a seed by removing it from the ground.**
 - 1. A fetus cannot survive independently, and is therefore not a separate and independent human.
- c. **Pregnancy**
 - i. **Education on your Pregnancy**
 - 1. The following book is a superb resource for everything concerning your pregnancy: **"The Pregnant Body Book" – DK Publishing**
 - ii. **Parental Assistance**
 - 1. **If you describe yourself as "not prepared" to take care of a child you intend on keeping, the best thing you can do for yourself – if you have decent parents – is to use them as guidance and references on what to do in the numerous circumstances you will face.**
 - iii. **Biological Father, Father Figures, and/or Role Models**
 - 1. It only takes one parent to raise a child, but splitting that work in two can increase the (potential) efficacy and/or ease of the parenting.
 - 2. If the father of your children runs away from the responsibility:
 - a. **Collect child support.**
 - i. Abandon him emotionally. His poor decision-makes him an unsuitable influence for your child.
 - ii. If your financial situation is dire, be relentless in your pursuit of child support.
 - 3. **Restrict biological father's interaction with child contingent upon contribution to child's life, health, and well-being.**
 - a. He used you as a utility for his pleasure; now use him as a financial utility for the well-being of your child.
 - 4. **Regardless**
 - a. If you want to raise a strong man that doesn't abandon women – or a strong woman that doesn't fall for that type of man – than you must be that type of person yourself.
 - b. Never in your life have you ever – or will you ever – have a better excuse to put everything you have into doing something right.
 - 5. **Replace**
 - a. How do I know what type of person is the ideal parent for my child?
 - i. The person you'd want your child to grow up and be like (as far as character goes) is the person that is likely most ideal for your child.
 - iv. **Improve**
 - 1. **Remember that you are as much to blame as the weak man you let impregnate you (unless a victim of rape).** Instead of rationalizing your poor choices, **acknowledge that you have poor taste in men, and work on learning psychology so such things don't happen again.** Weak men can be spotted easily and almost instantly (with a few minutes conversation) if you know what to look for.

- a. Your poor judgment did not know what to look for (its okay, poor judgment happens to everybody).
 - b. Don't even think about romance or relationships until you do know what to look for, *and* you can put your understanding into words.
- 2. Make a veritable (printed out) list of the ideal traits you look for in a significant other and don't settle for anything less.
- v. **Signs of Weakness (in potential significant others)**
 - 1. **Bloviation**
 - a. Boasts, brags, sets himself/herself up as the greatest thing ever regardless of actual accomplishment. **Great performers often boast, but genuinely great people very rarely brag about being great.** Pride is good; compulsive bragging is bad. **People that boast are usually trying to convince others of things that would be all too apparent if actually genuine.**
 - 2. **Disinterest**
 - a. Person seems to have no interest in you or anything you do or like. Doesn't ask questions.
 - b. No interest in your work or ambitions.
 - 3. **Disrespect**
 - a. Doesn't listen to you when you talk.
 - b. Makes jokes at your expense in private or around friends.
 - c. Treats you differently (less lovingly) around friends.
 - i. *Though, be careful not to confuse this with shyness, or a sacred perspective of the relationship.
 - d. Repeatedly shows intimate interest in other women.
 - i. Do not ever tolerate this. Once you've given a warning about this behavior, drop him if he does it again (if circumstances allow).
 - e. Insults others often.
 - 4. **Lazy**
 - a. Does not have a job. Does not want a job.
 - i. Shows no interest in work or self-reliance.
 - b. If has a job, does not respect job (in relation to his own personal work ethic), work, or self (as an employee).
 - 5. **Unnecessary Frugality**
 - a. Saving money is not a bad thing. If your significant other doesn't spend for the sake of saving money: that's good. If they spend money on frivolous things, but never (or rarely) on you – despite an involved relationship – take heed.
 - 6. **Sexual Selfishness**
 - a. The man is not the least bit interested in even attempting to satisfy you. Sex is for him only.
 - b. Trying and failing to satisfy you isn't bad (always room for improvement); not trying at all is *very* bad. Do not tolerate this.
 - 7. **Frivolity**
 - a. Is superficially interested in pointless things (with no real knowledge of them).

- b. Constantly spends money on new clothes, jewelry, shoes, accessories, entertainment, entertainment devices, and customizations for whatnots, despite not being financially secure.

vi. Personal Care of Child

1. Use Parental/Familial assistance if available.
 - a. Instead of 1 parent (you), consider your own parents and/or guardians as additional parents. **Grandparents can serve the role of parents, too (and may even be better at parenting than everyone else in the family). Using their guidance to improve your child's life is a positive (not negative) reflection on you.** It means you know what you are doing, and smart enough to enlist help.
2. The following references will help you in your role as a parent.
 - a. **The Upward Education References**
 - i. The Parenting Curriculum (www.theupwardeducation.com/curriculalibrary)
 - ii. Basic Infant Care poster (www.theupwardeducation.com/teachingcontent)

vii. Family Care & Foster Care

1. **Which relatives or friends (if any) are most suited to take care of your child?**
Here are the factors to judge this decision on (if you have options).
2. **Character**
 - a. Money and Resources aren't the most important factors in raising a child (not even a little bit): Character is. **Children learn more from example than they do from explanation. The type of parent you want for your child is the type of person you'd want your child to grow up to be.**
 - i. Who among your (willing) relatives suits that?
 - ii. They don't have to be perfect, but the closest thing to it available (that's willing to raise your child).
 - b. **Is the person Knowledgeable?**
 - i. Do they have book-learning?
 - c. **Is the person Wise?**
 - i. Do they have good and sound advice for most any problem brought to them?
 - d. **Is the person Productive?**
 - i. Do they get things done? Do they take proactive approaches to problems? Do they work for what they want (rather than ask for it)?
 - e. **Is the person Kind?**
 - i. Can they control their temper? Does the person often take their bad day out on others? (If so, that's not good)
 - ii. Can the person debate and make a point without insulting and/or raising their voice?
 - f. **Is the person Properly Authoritative?**
 - i. Are they shown respect? Does their presence command respect from others? If not, could they do so if they wished?
 - ii. **Can the person enforce rules when they need to (meaning: are you sure they aren't a push-over).**
3. **Financial Resources**
 - a. Does the person have enough resources to provide steady and dependable X for your child?
 - i. Food

- ii. Shelter
- iii. Clothing
- iv. Safety
- v. Healthcare
- vi. Education
- vii. Quality Time

4. Access

- a. Will you have access to visit your child when they are in the care of X people (if you care about such things as visitation)?
- b. Will uncouth, irresponsible, or dangerous people have access to your child when in the possession of X people?

viii. Foster Care

1. Friends

- a. Before going to foster programs, it might be worthwhile to see if any of your good or trustworthy friends are looking to adopt.
- b. This way, you will have a much easier access to your child in all ways; and you can feel content knowing they're in good hands (that have been vetted through a lifetime of friendship).
- c. This also makes it easier for the little things:
 - i. Seeing your child in-passing. Visiting.
 - ii. Giving your child presents here and there (when possible).
 - iii. Keeping up with child's progress and growth on social media.

2. Foster Programs

- a. When you have a choice in choosing the Family
 - i. **The same standards you set for Family/Friend foster care (above) are the same standards you need to set when picking a foster family.**
- b. No Choice in the Family Chosen
 - i. If your child is part of a foster program that doesn't give you any choice in where they end up; it is still up to you to find out where they end up and check on the child.
 - 1. **All foster programs (and foster parents) *should* be – but are not – ideal in their operation and intention of providing good homes for children. The least you can do for your child is check up every so often, and make a fuss if things are not going as they should be.**
- d. **Abortion should not be considered a repeatable “easy-out” to your mistakes.** If you find that you are the type of person that needs (non-emergency) abortions often, you are likely very irresponsible and horrible at making life decisions.
 - i. **Abstain from sex until you develop better judgment. Abortion isn't murder, but if you're in the habit of repeatedly ending the pretense of life: the process of personal improvement is an emergency situation in your case.** Your life will only get worse if you continue on the way you're doing.

35. My behavior has gotten someone in trouble while I am not (in trouble). What should I do?

a. Preparation

- i. Is admission going to get you in trouble?
 1. If so, prepare. Anticipate the worst *likely* thing to happen to you. Accept that it's gonna happen, and jump right into the explanation.

b. Explanation

- i. It is entirely within the rights of others (the ones you have gotten into trouble) to question you about your behavior. If you're honorable, you'll answer their questions honestly.
 1. **Take responsibility for your behavior. YOU are the one who messed up, and YOU are the one who needs to answer questions.**
 2. Nobody controls your behavior. You decide what you're going to do.
 3. Come to peace with this, and you have the power to improve indefinitely.
- ii. Use **NOTE REHEARSAL** method to prepare the explanation if you want to be assured in making a dignified delivery.
 1. Use **PLAYTHROUGH** method to prepare for any potential questions that you may be asked.
 - a. By the person/people you've wronged.
 - b. By the authorities.
 - c. By others (you've inconvenienced) with the right to question you.

c. Reparation

i. Apologize

1. That should be an obvious part of the "explanation" portion, but here's just in case it isn't.

ii. Sincerity

1. If you're truly sorry about something, the last thing in the world you want to do is pretend not to be. One of the best reparations you can give someone is *genuine* regret for your actions.
 - a. Pretending that you are not sorry for wronging someone is not cool in the slightest. It's straight-up stupid. Who is that impressing?
 - b. If you've wronged someone and show no remorse, that is what's called a "villain". If you behave like this, and nobody likes being around you – take a guess as to why.

iii. Repayment

1. If you cost someone money, you pay them back what you cost them. Simple as that. That's what decent people do.
 - a. If you cost someone property, pay back compensation in money, or replacement property.
2. **What if I don't have the money to pay?**
 - a. Explain this to the person/people you owe, and set up an official (or unofficial) method of repayment – making sure both sides keep records and/or receipts at every money exchange (use the **DOCUMENTATION method** for keeping records on repayment).
 - b. If you're honest, you won't mind setting up a payment plan.
 - i. If you think you might not always be able to make the payments right on time, put something of that affect in the document contracting the repayment agreement.

36. I have graduated high school and don't know what I want to do. Should I go to college?

a. As everything, matters like these are handled circumstantially.

b. Direction-based Decision-making

i. Do you know what you want to do for a living (or have a good idea)?

1. Yes.

- a. College might be the best step for you, depending on concentration.
- b. If you're going into the medical professions: college is the **ONLY** proper route for you (at the moment).
 - i. But that still doesn't mean you have to go right away.

2. No

a. **If you don't know what you want to do for a living – and are not certain that you will be able to meet all financial obligations necessary for attending college through current or future employment – than you should delay attending college.**

- i. Until when? Until you decide what you want to do and how you plan on getting there.

ii. In the meantime:

- 1. Find a job immediately and start working and saving money. **Whatever you do in the future, having money saved up will only be of benefit.**
- 2. Use **RESEARCH** and **CROSS-REFERENCE methods** to discover the:
 - a. Cost of Tuition
 - i. Cost per class
 - b. Total Cost of Student Loan Repayment
 - c. Currently Average Monthly and Yearly Income
 - d. Average Income for Ideal Career
 - i. Time it takes to reach ideal career (via work experience).
 - ii. Average income for job(s) you'll be working on the ladder to your Ideal Career.
 - e. Number of Years/Decades it will take to repay student debt for your:
 - i. Current Job(s)
 - ii. Ideal Career
 - f. Advice from graduates with degrees on their current student loan status, and what repayment is like.
 - i. Many people may be embarrassed or sensitive about this topic, and may not be interested in sharing.

c. College Considerations

i. Financial Obligations

- 1. Do your post-grad prospects seem enough to pay back your student loans/debt in a timely manner (less than a few decades)?

ii. Time-sensitive opportunities

- 1. Scholarships – how long is the window for scholarship open, and how much financial support does it provide for your *total* college debt.
- 2. Check how long all opportunities will be available.

iii. Is college necessary for your career path?

- 1. Healthcare / Medicine

- a. Yes. End of story.
- 2. Everything else:
 - a. Circumstantial. Healthcare is the only career where it is mandatory to receive academic training and experience from an accredited college (and a good thing, too).
 - b. Experience is what creates employable aptitude. **RESEARCH:**
 - i. Are you capable of safely and accurately receiving experience in your field from non-college opportunities?
- d. **Productivity**
 - i. **Regardless of what you want to do in life, the key to success is productivity.**
 - 1. **If you are not attending school, attend to work** (as much as you can handle).
 - 2. If you are attending school while working: the most important thing for you to remember is to get as much sleep as you can.
 - a. **Forego inconsequential entertainment in favor of sleep.**
 - e. If you have recently graduated high school, the bottom line is:
 - i. **If you aren't attending college, you should be working and saving money.**
 - ii. **If you are going to attend college, you should have a Default Plan of what you want to do with the rest of your life.**
 - 1. The Default Plan – as most adults can tell you – is not always how things work out in life, but it is one of the most important things to have in life: a place to head for / direction.

37. I have a reading disability that makes it much more difficult for me to read than others. Is there any way to compensate or overcome this?

- a. **Does your difficulty come from:**
 - i. **Poor Eyesight**
 - 1. Do you have to get really close to the page in order to see the words?
 - 2. Do the letters and words on pages and screens appear blurry to you?
 - 3. Poor eyesight is the simplest form of reading difficulty, but is not necessarily a reading disability. You simply can't see the page.
 - a. Solicit your parents to get you glasses until they finally do.
 - i. **NEVER** stop bothering them about it until you have. Glasses are not an accessory; they're a survival tool. Getting you glasses should be a top priority of your parents'.
 - b. If your family cannot afford glasses at the moment, you must simply move your face/eyes closer to the page in order to properly see what you're supposed to be seeing.
 - ii. **Content Understanding**
 - 1. **Segment into Sections**
 - a. If you have trouble understanding chapters, split them into sections.
 - b. If you have trouble understanding the different sections of a chapter, split the sections into segments.
 - c. Trouble understanding the segments? Take things paragraph by paragraph.

- d. Trouble understanding paragraph by paragraph? Take things sentence by sentence.

2. Will segmenting into sections slow down your pace? Sure. So?

- a. Take it slow and steady until you've grown accustomed to smoothly and comfortably reading and comprehending content.
- b. You can speed up at will, later.

iii. Reading Process

- 1. Do you confuse similar words more often than normal?
 - a. This is common to some degree.
 - b. Is it prohibitive to the learning process?
 - i. Only if you let it be. When you confuse words with one another (or make a typo), anthropomorphize the word(s) in question.
 - 1. "Wait a minute. That word isn't 'farmer', its '*former*'! Just what are you trying to pull here, farmer? I'm onto you."

iv. Word-Sentence Decryption

- 1. Word-Letter Interpretation
- 2. One at a time.
 - a. **Whether you have to take things word by word, or letter by letter: slow down the pace you're setting for yourself and thoroughly consider the form, use, and meaning of every word in front of you.**
 - b. No matter how long this takes, it will work eventually. As the same words are used over and over again in every language, you will eventually have so much experience at individual word interpretation that you can recognize it for its form (if not for the individual letters composing it).
 - i. **All you have to do is learn to properly decrypt words at a slow pace, and you will eventually be able to increase your pace once you have the hang of it.**
 - c. It is imperative to visualize every noun (or visually accessible word) when you do this.

b. Video learning

- i. Use supplementary Education when traditional won't do.
 - 1. See the "Baseline Curriculum" for supplementary educational resources.
- ii. **Re-watch and repeat every word that is said in your head / mental speech** (...or out loud, if that's your thing).
 - 1. Do so in the same manner/style in which you talk to yourself.

c. Audiobooks/learning

- i. For a short time, substitute the music that you listen to with audiobooks or audio content concerning the subject(s) that you are currently learning about for class.

38. I have a speech disorder that results in stuttering or fragmented dialogue. How do I compensate or overcome this?

a. Brevity First

- i. **Try to make whatever point(s) that you want to make with as few words as possible. This is both the most effective way of speaking, and a manner of hiding your impediment from notice.**

- ii. One word answers
 - 1. If you can give single-word answers to questions: go for it.
 - 2. **Answer out loud, and then keep all personal commentary in your head.**
 - a. This is important:
 - i. **When you do the personal commentary in your head DO NOT SKIP WORDS.** There's a difference between "thinking" with your brain and "talking" with your brain (also known as mental speech). **When thinking, you skip over unnecessary words to more quickly summarize the big thought. When "talking", you speak in your head as you would out loud – in full sentences. SPEAK with your mind when doing internal commentary; do not think nebulous thoughts.**
 - b. Using "internal speech" (as opposed to 'thought') will get your mind in the habit of forming complete sentences without the pressure of a time-sensitive conversation.
- iii. **Internal Commentary**
 - 1. The internal commentary mentioned above is not just good for conversations; you can do it while playing video games and watching movies or shows.
 - a. Act as a 3rd party announcer, commentator, host, and/or internal monologue of the characters of the story.
 - i. "I heard what you said, I just don't know if I trust it."
 - ii. "Oh, so another fetch quest, huh? Decline!"
 - iii. "Don't you tell me what button to press to aim. This ain't my first FPS!"
 - iv. "Oh you'll be back after the break, huh? I think you'll be back *this minute*. Where's the remote?"
 - b. Say these things (and hopefully more entertaining thoughts) to yourself rather than think them.
- iv. **A Wee Bit of Very Mild, Temporary, Lunacy**
 - 1. When you think that Internal Commentary is a natural part of your thought process: **start talking to yourself.**
 - a. **Speak as if you were speaking to a person.** That person is you. You've been doing this for a while now with the more prevalent Internal Commentary. **Now start matching your mouth movements and voice to your thoughts.**
 - 2. **What if people laugh at me?**
 - a. Laugh with them. Why shouldn't you talking to yourself be funny? If it helps you communicate better, **isn't it actually better if it *is* funny?**
 - b. Use the **PLAYTHROUGH method** for everything mentioned above.

39. **Everyone treats me like a child when I'd prefer otherwise. How do I get people to treat me like I'm a grown up?**

- a. Start behaving in a more mature fashion.
- b. If you want people to treat you like an adult, you have to act like an adult. Here are the best ways to improve your behavior and advance (beyond your years) in maturity:
 - i. **Question what you don't understand.**

1. Asking questions – even ones with answers that may be obvious to everyone else – does not make you stupid; it makes you smart.
 - a. Not asking questions and continuing in ignorance is a stupid thing to do.
- ii. **Accomplish all of the necessary tasks in your day.**
 1. Schoolwork
 2. Extracurricular Obligations
 3. Housework / Chores
 4. Studying
 5. Exercise
- iii. **Take responsibility for your failures.**
 1. Do not make excuses when you do something wrong.
 - a. It's okay to explain your mistakes and the reasoning behind your (flawed) thinking. It's not okay to use a warped perspective to rationalize bad behavior.
 2. **Analyze what went wrong and apply that analysis to improvement.**
 - a. Making this a habit will make you the epitome of competence.
- iv. **Admit when you are wrong.**
 1. One of the things that hold adults back the most is the inability to admit when they are wrong. **Obstinacy on provable issues is a roadblock to personal improvement.**
 2. Get in the habit of thinking about what other people are telling you. Get in the habit of reviewing and comprehending evidence that is presented to you.
 3. **"You're right, my bad."**
 - a. That's all you need to learn to say.
- v. **Seek financial Independence**
 1. Try to get a reasonable source of income if you're old enough to get a job.
 2. Start asking to do work around the house for allowance (if you do not already do so) and begin saving your money.
 - a. **Do not spend money as soon as you get it. That is a very distinct sign of immaturity.**
 3. Financial independence may not always be possible as a child/teen – which is perfectly okay. The mere act of earning and saving money is a thing that will have grown-ups treating you more like one of them.
- vi. **Develop Skill & Intelligence**
 1. All (reasonable) adults respect specialists of some sort. As a child, it is not expected of you to have any sort of formidable acumen in any particular skill or class of study. It takes a lot of time (dedicated to practice and experience) to become a specialist, and children haven't even been around for "a lot of time".
 - a. Which makes it all the more impressive when you disprove such dismissive attitudes. You haven't been around for *too* long, true; but you've been around long enough to learn a thing or two with high quality experience in all the quantities of time you have to spare.
 2. If you learn a skill or subject(s) inside out, and are capable of demonstrating such at any time: you will gain the respect of those around you (adults and children).

- a. **Once you acquire a skill, do not:**
 - i. **Tease or talk down to others that can't do it.**
 - 1. Doing this makes you bad person, period.
 - ii. **Do not show off unnecessarily.**
 - 1. If people ask to see your talent or hear your knowledge, that's great – but don't go around trying to forcing people to "look what I can do".
 - iii. **Do not develop a Superiority Complex**
 - 1. Just because you are skilled at one or two things does not make you a better person. Good people don't need to look down on others for an ego boost.
- vii. **Be cordial even in the face of maliciousness.**
 - 1. The most adult thing you could possibly do is refuse to meet malice on its own grounds. Keep calm, logical, and reasonable in all disputes – regardless of how out of control the other person/people get.
 - 2. Everyone has passion in them, not everyone has discipline.
 - a. Disciplined passion is the secret key to a happy life.

40. The environment (family, friends, and/or culture) that I'm in looks negatively among my sexual identity. What should I do?

- a. If your sexual identity does not cause unwanted pain or damage to anyone else, and is not illegal to practice: then your family, friends, and/or culture are 100% wrong in their prejudice against you. Every single one of them.
 - i. **How is an entire culture wrong at understanding sexual identity?**
 - 1. Obliviousness, Narcissism, Inertia, and Jealous Repression
 - a. **Obliviousness / Ignorance**
 - i. People who pass judgment on others' sexuality are almost always uneducated on sexuality itself. They aren't worth listening to (on the subject) – even if they're family.
 - ii. Some people are simply intimidated or uncomfortable around things they don't understand. If they don't understand your sexuality or thought process, they automatically don't like you.
 - 1. Silly people of this sort aren't worth appealing to. Be polite in unavoidable encounters.
 - b. **Narcissism**
 - i. Those with prejudices against individuals that don't share their sexuality are absent of empathy. **This is a mild type of mental handicap that prevents them from recognizing and understanding the behaviors of anyone not themselves** (or identical to their character type).
 - c. **Inertia**
 - i. As children learn by example, not explanation: bigots breed more bigots. Oblivious and intolerant parents often make oblivious and intolerant children (via nurture). As many communities can be philosophically similar, this results in intolerance becoming a cultural meme and lasting on a social scale in the same way it lasts on a familial scale.

d. Jealous Repression

- i. People whose sexual identity is identical to yours might be jealous of you because – living within the same culture as you – they choose to hide their identity, rather than accept it.
- ii. Their mindset is “if I can’t be X like I want to be, why should you get to be?”
- iii. An example of this would be closeted homosexuals being homophobes. Their natural inclination was replaced by a pernicious cultural indoctrination. Now they dislike themselves and you (as demanded by culture)

b. What should I do?

- i. Exercise to gain strength enough to defend yourself against any (unlikely) physical attack, and outgrow the small-minded people that surround you.
 1. **Their opinions don’t matter to the world, and nobody worthwhile really cares what bigots think.**

41. I am lonely, have no friends, and see no prospect of making any. What should I do? How do I not feel this way?

a. First and Foremost:

- i. **Just because nobody in your immediate vicinity, area, or locality seems to be interested in befriending you does not mean there is anything wrong with you.**
 1. Different people like different things. People are more inclined to befriend those that share interests in common with them.
- ii. Whoever you are, and whatever type of character you have, there are hundreds (if not thousands) of people in the world with characters that match (or complement) yours.
 1. Just like romantic relationships, what you currently have is largely dependent upon location. If you happen to be lonely, you just happen to be born (or moved) into a circumstance in which you don’t *seem* to match those around you.

b. Loneliness is an Excellent Opportunity

- i. Spend time setting new and high standards
 1. **Time is a precious commodity** that you have plenty of if you’re a fellow loner (whether intentionally, or through circumstance).
 2. **Set a countdown for how many hours of practice/work/training you want to get in of X for that day, pause when you pause the activity,** and don’t allow yourself any entertainment (in the latter half of your day) until you finish the countdown.

c. Finding Friends

i. Locally

1. Available Activity Inventory

- a. List everything of major or minor interest to you.
- b. Dabble in the things on that list until you find something of lasting interest. As the activity is of genuine interest to you, so it will be for the other people there.

ii. Digitally

1. **The things that you like to do won’t always be available to you in your location.** Online communities exist for just about every activity.

2. It is important that you understand that there are dozens of types of different people. **You don't always get born around the types of people you sync most with, but that doesn't mean you can't find them, eventually:**
 - a. A: Make the most of it
 - i. **Differences are opportunities to learn about different people.**
 1. If you find yourself to be awkward in conversation, there is a chance that it may be because you haven't quite learned how to understand social signals, yet. That's okay, most people haven't. The way to do that is to ask people about their interests and differences of opinion, and listen to the reasoning behind their answer...and be mindful of discontinuity.

iii. Through Circumstance

1. Specializing
 - a. Put the Available Activity Inventory to work and don't be afraid to start up conversations with associates.
 - i. If the hobby or specialization you picked up is more of a solo (not group) thing:
 1. Bet your bibby there are online communities with the same problem of social laxity surrounding the hobby/skill/etc. Hanging out is usually about 90% socializing; and about 90% of those types of socializations have online equivalents (video, audio, text, instant communication).
2. Trying new things
 - a. When considering if you should give X a go: why not?
 - i. If you could partake in it safely without it draining on crucial resources: why not?

iv. What if I *do* have a lot in common with the people whom I'm surrounded by?

1. Perhaps character traits of yours are unfairly (or fairly) causing others to be disinclined toward befriending you.
2. **Potential Distasteful Traits** (to improve)
 - a. **Poor Hygiene**
 - i. You smell unfavorable (body and/or breath).
 - ii. You are visibly unclean.
 - iii. Items of yours are visibly unclean (clothes, etc.)
 - iv. Uncouth appearance. (Sloppy hair, clothing, etc. orientation)
 - b. **Negative Disposition**
 - i. You are wearing some variation of a frown when they usually see you.
 1. **Negativity is just as uninviting for everyone else as it is to you. You personally don't approach people who look to be in some sort of negative mood.**
 - ii. Negative Moods are some variation of:
 1. Anger
 2. Sadness / Sullen
 3. Condescension
 4. Scariness / Intimidation
 5. Unknown

- a. (People can be uncomfortable with unknowns).
- c. **Manner (of Interaction)**
 - i. **Facial Expression**
 - 1. Don't go daydreaming about your face, but spend some a few seconds thinking about your facial expressions when talking and listening.
 - a. Don't do so *while* talking and listening. Do so after the conversation as an evaluation.
 - ii. **Gestures**
 - 1. How do you posture yourself when talking and listening?
 - 2. Are your gestures when talking unusual or accidentally invasive and/or aggressive?
 - iii. **Style of Communication**
 - 1. Do you interrupt people when they are talking?
 - 2. Do you not listen when others are talking to you?
 - 3. Do you talk in a condescending manner?
 - 4. Do you talk in a way that's hard to understand?
 - 5. Do you listen in a manner that accidentally suggests that you are not listening (such as no eye contact)?
 - 6. **Questions #28 and #38** cover ways to improve your communication skills.
- d. **Social Associations**
 - i. Those around you could just not like the people you hang out with.
 - 1. Such situations are to be handled circumstantially. It's important to be honest on whether the dislike of your family/friends/associates is justified or not.
 - a. A dislike can be justified without you agreeing with it.

42. I need to confront somebody for being wrong on an issue, and I don't know how to go about doing it. What should I do?

- a. **Before anything else, the bottom line for anything that you (or your opposition) have to say is: "Based on what?"**
 - i. Whoever cannot answer this to several degrees is likely of limited understanding of the issue (whether you or them).
 - ii. **"Based on what" is the question that guides you to the truth, and roots out the truth in what others say.**
- b. **Comprehension of Issue**
 - i. **RESEARCH** and **CROSS-REFERENCE** the topic inside out so that you don't misrepresent yourself or your ideas. Don't let bias disqualify potential resources.
 - 1. **Use irrefutable evidence as the basis for all your conclusions and ideas.**
 - 2. If your research and/or reasoning prove you to be wrong: accept it.
 - a. DO NOT ignore contrary evidence to your point of view for the sake of wanting to be right.
 - ii. **Identification & Terminology**

1. Can you identify and define all of the key words and concepts necessary for a person oblivious to the subject to understand?
 - a. It doesn't matter if the person you'll be confronting is familiar with the subject, YOU don't understand the subject well if you don't know all the terms, what they mean, and their purpose and relation to the subject at hand.
- iii. **Conceptual Understanding**
 1. Do you understand how the key terms of the subject interrelate to cause a certain type of effect(s)?
 2. Do you understand the different processes (and their causes) surrounding and/or underlying the issue at hand?
 3. Could you explain what would happen if each process were prevented, disrupted, or dissociated from the subject?
- iv. **Motive of your confrontation**
 1. Is this confrontation necessary?
 - a. Does the outcome have some sort of impact on your future or the future of others?
 - b. Will anyone benefit from the issue being settled?
 - c. Are you trying to impose your ideas onto someone else unnecessarily? Do they gain anything from accepting your perspective?
 2. **What is your ideal outcome of the confrontation?**
 3. Is this confrontation just an excuse for you to be spiteful?
 - a. If you look forward to embarrassing or humiliating someone: you are spiteful (and problematic).
- v. **Reasoning**
 1. Why (do you think this way)?
 2. **Based on what?**
 - a. Meaning: based on what *evidence / logic*?
 - b. Do you have any examples or analogies?
 - c. What is the Quality of your sources?
 - d. What Quantity of sources did you use to come to X conclusions?
- c. **Evidence**
 - i. If at all possible, be prepared to have evidence references ready to support each point that you're going to make on the issue.
 1. It is best that you and your opponents go over the evidence together so that there is no confusion and everybody is cleared on the points.
- d. **Where is the disagreement/misunderstanding?**
 - i. Terminology
 - ii. Conceptual Understanding
 - iii. Reasoning
 - iv. Contrary Philosophies
 - v. Contrary Intentions
- e. Use **NOTE REHEARSAL** and **PLAYTHROUGH methods** in preparation for the confrontation. When doing so, do your best to verbalize / respond as your ideal self. Do not let your emotions get the better of you.
 - i. And if you do, use mental simulations to improve on each playthrough – until such undisciplined responses are no longer automatic.

43. My body is changing and doing things it hasn't done before. What's going on?

- a. What's going on is: **growth (mental and physical growth)**.
- b. Adolescence is the process of maturing into an adult.
 - i. The process usually takes a little bit more than a decade, and is something that happens to everybody.
- c. Certain aspects of the body are on biological clocks. Our cells grow at a certain rate. Our tissues grow at a certain rate – dependent upon cellular growth (among other things). Our organs grow a certain way depending on tissue growth/output, and stages of growth. Bodily systems grow at a certain rate dependent upon organ growth+. And our entire body grows at a certain rate dependent upon all of the above.
 - i. You may have heard that your entire genome (all the genes that you have) are in every nucleated cell of yours. That is true, but most of those genes are turned off. The only genes that are active in the cell are the genes that the cell(s) need for its function. **Adolescence is the decade+ long biological phase known as “maturing” (or ‘growing up’)**. It's a timed and inevitable step in every human's lifespan (though it onsets for different people at different times).
 - ii. Many of your features will start having previously dormant genes activated in order for you to get your growth on. Some of these traits are directly visible (like hair growth, voice, and body growth). Some traits expose themselves in our feelings and/or behaviors
 1. Hormone balance and quantity affect behaviors, rather than appearance.
 - iii. Hair
 1. Facial
 - a. It's common for males never to grow any facial hair. The presence or absence of facial hair is an uncontrollable trait.
 - b. It's common for females to get mild facial hair. Just because facial hair is prevalent in males does not mean females don't sometimes have the trait (just in a less pronounced fashion).
 2. Body
 - a. Both males and females develop body hair during adolescence.
 - b. It is also common for males and females to grow minimal body hair.
 - iv. Voice
 1. Cracking
 - a. If you've played a musical instrument, you know that it has to be tuned (and if you don't, now you know). Tuning it is adjusting it to its proper pitch for ideal resonance. When you play a note to test the pitch, and it sounds bad, it's because the instrument (and its tuning apparatus) is not quite in the right position.
 - i. Voice cracking is the result of your body long-term tuning itself for your mature “default” voice. Voice cracks can happen when you speak in a pitch that is not properly aligned with where your voicebox is in the pitch department.
 - b. It is common for voice cracking to extend into adulthood, and there are several other circumstances that can cue the onset of voice-cracking within adulthood.

2. Sounding different
 - a. See above.
- v. Body
 1. Skin
 - a. When puberty changes begin throughout the body, organs such as the skin react to the change in internal biochemistry by
 2. Growth
 - a. Different people grow at different rates. Growth rate is entirely random per individual – as is height (you don't choose how or when you grow, nor how tall).
 3. Genitals
 - a. As your whole body's growing – and your genitals are a part of your body – your genitals will begin growth during adolescence. This is the beginning of the onset of sexual maturity.
- vi. Feelings
 1. Exaggerated Importance
 - a. One of the side-effects of a growing mind is an over-sensitivity to emotional stimuli.
 2. Social Relevance
 - a. Whatever you do, don't become the type of guy that does things to impress other people.
 - b.
 3. Exaggerated Competence
 - a. Be warned, the delusion of omnipotence is what causes adults to disregard teenagers the most.
 - b. You are a child. You do not have enough experience in anything to be considered "wise". The only wise children/teens are the ones that know this, accept it, and ask questions galore to remedy their ignorance. These are the ones who grow up to be wise adults.
 4. Romantic Interest
 - a. In relation to exaggerated competence, you're no doubt going to think every new relationship (or the prospect of one) is the most important thing in the world. There's nothing anybody can say to dissuade you.
 - b. If you're the type that's capable of listening to reason, remember that you're going to have that 'magical' feeling several dozen times in life. Allowing that feeling to distract you from your goals is weakness. Fight against it.
 - i. Before you were infatuated with your current crush, you had the same infatuation for someone else. And if/when things don't work out for your current prospect: you'll have the same feeling for someone new. This feeling is not unique in a single one of you (that's why it has a term: infatuation). If the feeling were unique to you, it would not have a definition already handy.
 5. Reproductive System
 - a. Periods
 - b. The uterus is an upside-down-triangle shaped reproductive organ inside females.

- i. The vagina is at the bottom of – and an exit to – the uterus.
 - ii. The uterus is an entirely internal organ.
 - c. Uterine biomechanics create a temporary cell lining inside the uterus each month. This temporary lining is one-time use incubator for fertile eggs.
 - i. The interior of the uterus is called the endometrium.
 - ii. The 1-time use incubator lining created is called and endometrial layer.
 - d. Eggs develop in the ovaries. There is an ovary to the left and to the right of the uterus, but not directly connected to it.
 - e. Once a month, a housing for the egg inside the ovaries (known as a follicle) releases an egg on a trip to the uterus.
 - i. Follicles are controlled by hormones that prepare it to release a new egg for the trip each month.
 - ii. There are millions of follicles inside each ovary. Though only one at a time prepares an egg.
 - f. The tubular ends of each side of the uterus serve as a passage for the egg to get to the endometrium.
 - i. The tubular ends of the uterus are called fallopian tubes.
 - g. If the egg has not been fertilized by a sperm (impregnation) within a couple of days of the egg entering the uterus, the temporary (1-time use) uterine lining detaches, and exits the body through the vagina. This is the blood+ that leaves the body during your period.
 - i. A new uterine lining is generated by the body for the same process over again.
 - h. Cramps
 - i. In order to expel that aforementioned endometrial layer, the muscles of the uterus must contract. The body releases biomolecules known as prostaglandins which trigger these uterine muscle contractions. The detaching of the endometrial layer from the uterus is what causes the pain known as cramps.
 - 1. Your body is detaching a part of itself, after all. Can't do that without a bit of an ouch (hair and nails excluded).
- vii. I want a baby.
 - 1. No, you do not.
 - 2. If you are a (not-pregnant) teenager who *seriously* – not dreamily – welcomes the responsibility of child-rearing: you are a bit delusional. You are not wise enough to judge the boys (not men) around you, and you are not seasoned enough in life to be an ideal mother. That doesn't mean you couldn't (and other teenage mothers don't) do it in a pinch; but *wanting* it is imbecilic. There is no nice way to put it. We're all a wee bit derpy sometimes, though. So long as you don't act on that baby-wanting: the thoughts are harmless.
 - a. But since you know so much about child-rearing, why don't you use the **DOCUMENTATION method** to make a 20page manual on child-rearing? If you're as prepared as you think you are, that should be a cake-walk to do with no references, right?

- b. Your job pays you more than enough to keep up with the expenses of child-rearing, correct? “Getting money from parents/boyfriend” is not a job.
- c. Shelter, transportation, bills, food, healthcare, insurances; all that’s covered, right? Know exactly what you’re going to do and how to handle each one?

3. Get a pet.

- a. **All you need is an outlet for your extra affection.** This is much more common in people (males and females) than it is uncommon. Get a pet and treat it like your baby.
- b. I already have a pet?
 - i. Than get as many as you can support and reasonably take care of. If your pets aren’t healthy and in ideal (and clean) living conditions, than you don’t really “have” pets (as part of the family), you ‘keep’ them. Big difference.
 - ii. .
- d. Everything Not Adolescence
 - i. Inform Parents of unnatural whatnots. All bodily changes that are not attributed to adolescence may be medical issues. Such instances may include:
 - 1. Unusual lumps or protuberances in skin or on organs.
 - 2. Rashes or discoloration of skin.
 - 3. Feeling dizzy or faint.
 - 4. Chronic (meaning continual) sickness.
 - 5. Anything that makes you feel unhealthy
 - a. There is a difference between feeling unhealthy, and feeling unusual.

44. I am jealous of things (including possessions, status, and relationships) that someone else or other people have. How do I get over it?

- a. If there’s any one trait you want to get rid of immediately, its jealousy. The bottom line to doing this is the same as most of the principle answers of this document: mental and physical improvement.
- b. Self-Evaluation**
 - i. Mirroring Others’ Lifestyle
 - 1. If you’re jealous, it means that you want something that somebody else has.
 - a. Do you want it just because someone else has it?
 - b. Do you want it for yourself?
 - c. What exactly do you think would be different for you if you had X?
 - 2. More often than not, jealousy is the result of somebody wanting something that is unearned. If you’re working toward something and are counting on earning it, it’s rare to be jealous; you know you’ll get there soon enough – which gives you security.
 - ii. **Jealousy is an expression of insecurity.**
 - 1. Don’t rationalize and try defending negative behavior with “I’m not insecure” denials. **Identify your insecurities so that you can improve upon them.**
 - 2. **Mental Insecurities**
 - a. Social Inadequacy

- b. Intellectual Inadequacy
- c. Financial Inadequacy
- d. Trait Inadequacy

3. Physical Insecurities

- a. Physical Inadequacy (aptitude or aesthetic)
- b. Possession Envy / Possession Inadequacy

c. Life Direction

- i. Ridding yourself of jealousy is obviously going to be difficult, but, luckily, you're not old enough for it to have become a serious habit – so it's going to be much easier for you than any adult.
 - 1. Ignore your current environment, think ideally, and imagine the Ideal Life for yourself as far as Vocation and Lifestyle go.
 - a. Do not include any (non-family) people in this imagining, only events. Do not including anything that somebody else (that you're jealous of) has. Come up with your own unique aspirations – all by yourself. Stop trying to live somebody else's live.
- ii. What is your ideal vocation and lifestyle?
- iii. **Short-term**
 - 1. Next 3 Months
 - 2. Next 6 Months
 - 3. Next Year
- iv. **Long-term**
 - 1. Next 3 Years
 - 2. Next 5 Years
 - 3. Next 10 Years
 - 4. Next 20 Years
- v. It's okay if your direction changes over time, but its always a good thing to have a default direction to go in.

d. Disillusionment of Comparative Life

- i. Jealousy is willfully letting someone else dictate your potential future.
 - 1. When you say "I want what they have", you are letting 'them' decide how you live. You aren't living for yourself, you're copying and pasting someone else's life as your ideal.
 - 2. What if I want X on my own, and/or wanted it before I even knew X person had it?
 - a. Then why don't you have it yet?
 - i. I haven't earned it yet.
 - 1. If you're going to get it anyway, and just don't have it just yet: quit complaining, and dedicate that extra mental attention on the tasks necessary to achieve your X. Jealousy is a waste of thought.
 - ii. I was cheated out of it.
 - 1. Then what are you doing about it? Collect overwhelming evidence and present it to the proper authorities.
- ii. **Life is not a competition. If you are thinking about life as a competition, you – and everybody else with your attitude – is thinking about life incorrectly.**

1. **Take yourself to your own maximum potential, and stop worrying about anything that anyone else is doing.** If they don't affect your life in some way or another, let it be.

45. I have found out that a person that I look up to is not at all what I thought they were. Why didn't I see it before? What can I do to avoid it again?

- a. Here are the behaviors that can lead to such a thing, and how to get over it.

i. Projection

1. **The less you know about a person, the more you “fill in the blanks” with your own thoughts and opinions (influenced by your prejudices and surroundings).**
2. When projecting, you see people for what you want them to be (or what they say they are).
 - a. “What else am I supposed to go on?”
 - i. Valid point. If a person or thing seems too minor to research, its more generous to simply take people for their word *when no other source of information is available*.
 - ii. On anything important, always use **RESEARCH**, and **CROSS-REFERENCE** methods.

ii. Hero worship

1. When you idolize someone, you tend to forgive faults. Nothing wrong with that. **But recognize the faults. Nobody's hero is perfect because there are no perfect people.** So to my fellow imperfectos reading this: **SCRUTINIZE YOUR HEROS.**
 - a. **That's not saying not to like them, but judge them by the same (hopefully) fair standards you'd judge anyone else.**

iii. Incomplete Understanding

1. One and Done Allegiance

- a. You agreed (perhaps vehemently) with the individual on one topic, or were thoroughly impressed with a particular performance, and that positive emotion led you to think that everything about that person was positive (without further thought).
 - i. This happens all the time to everyone. **The rarest type of people (and the ones with the most potential) are the ones that can admit their mistakes once recognized.**
- b. This “instant affinity” is going to continue to happen over the course of your life. The only way to guard against it is to recognize that you do it, and make a conscious effort at preventing it for every new person you meet/learn about.

iv. Blinded by talent or prestige.

1. There is an unfortunate habit that many people have of thinking that talented people can't be guilty of bad things.
 - a. **Talented people *can* be immoral.** Remember it. As obvious as it should be, its something that tricks us all every now and again.
2. Or, popular people overwhelm your senses with their reputation. You generally roll with the general public, the public says the person is X, you believe that the person is X.

v. Prejudice (against the opposition or its point of view)

1. If the person is a figurehead for one or many contentious issues, your inability to see his/her fraudulence or corruptions could have come from a prejudice to the opposite perspective(s).
 - a. If you think it's impossible for people of opposite viewpoints than yours to be right about anything: you are dangerously ignorant.
 - i. Immediately abandon that line of thinking at once (if you want to be a decent person).

b. People that you disagree with can be right at times.

vi. Innocence / Gullibility

1. The people who sounded wise to you might've just been emptily repeating wise expressions/language that they heard elsewhere.
 - a. So if you're in the position where you're thinking "but what they said is right/makes sense", it is because they got it from somewhere else (without understanding it).
 - b. **Their regurgitation of wisdom (heard elsewhere) gave you a false interpretation of their actual wisdom/value.**

46. I am temporarily bed-ridden and/or inoperative because of a minor or major injury or illness. What should I do when in such a state?

- a. **Use the worst times in your life to better yourself. When you convalesce from the illness or injury, you will be better than you were before it.** This will give you an inherent comprehension (at some level) that – irrefutably – negative circumstances (in general) are opportunities for growth. If you don't yet believe it, you haven't practiced it enough. If an experience farm (such as injury or illness) falls in your lap...
- b. **Injury**
 - i. **OBEY INSTRUCTION FROM HEALTHCARE PROFESSIONALS.**
 1. Make sure that if you're the over-zealous, "tough-it-out", type of person (greetings comrades) that you TELL YOUR DOCTOR that you plan on toughing it out.
 - a. **It is imperative that you DO NOT MAKE THE INJURY WORSE by trying to get back into the swing of things too early.**
 2. Going against medical advice for a recovering injury can make things worse. Trying to save 2 weeks could cost you 2 months, or 2 years.
 - a. Always remember that.
 - ii. **RESEARCH**
 1. What is the type of injury? Identify it.
 2. What caused the injury?
 - a. Mechanically
 - i. If you don't know exactly, develop hypotheses and narrow them down.
 - b. Biomechanically
 - i. What is the body's normal state, versus what is your body's current state (internally)?
 - ii. What cells, tissues, organs are damaged in what way? What caused it?

3. How long is recovery time expected to be?
 - a. Is this time average, or unusual for you injury/condition?
 4. How does it affect the bodily systems that it affects?
- c. Illness**
- i. RESEARCH**
 1. What is your illness? Identify it.
 - a. Create a brief profile of the illness for someone who has never heard of it. You can do this unofficially with **NOTE REHEARSAL**, or officially with **DOCUMENTATION method**.
 2. How did you get it?
 - a. You might not know exactly, so state hypotheses.
 - i. Use your time to rule out and consolidate your hypotheses until you can reach a conclusion – or at least filter down the possibilities.
 3. How long does it generally last?
 4. Is it contagious?
 5. What causes it? Where does it come from?
 6. What bodily systems does it affect?
 - ii. Remedy (if possible)**
 1. **According to your research, is there anything else you can do to expedite your recovery (in a healthy way).**
- d. Adjust the detail of your research to cover the length of the time in which you are bed-ridden. If you do so properly, you'll probably still be at it by the time you recover. After all, there are people who've dedicated their lives to studying X. Its doubtful you caught up to their understanding within a couple of weeks.
- i. Not only is the research giving you something to do, but getting in the habit of thoroughly researching is only a good thing. The habit develops with practice.
- e. Meditation on:**
- i. Life Priorities**
 1. Once recovered, what's your action plan?
 - a. What can you be doing differently/better than you are currently?
 2. How can you recalibrate to be better at all the right things?
 3. What are the top 3 things you need to do to improve as a whole?
 - ii. Relationships & Associations (and how to improve them)**
 1. Are you spending an appropriate amount of quantity and quality time with the people that are most important to you?
 - a. If your answer is not yes, what could you do to change that?
 2. Do you truly listen to people when they talk to you, or do you just wait for the next opportunity to say something yourself?
- f. Productivity**
- i. A bed can be a desk when it needs to be.
 1. If there is anything that you can complete – or at least chip away at – while bed-ridden: go for it. Go for it multiple times, and don't abandon the idea of productive illness until you're too recovered to qualify.
- g. Future Vision**
- i. Even if your injury / illness is not one in which a *full* recovery is expected to be possible, you will still recover. Permanent damage and death are nowhere near the same thing. People can overcome permanent damage. People can compensate

for permanent damage to the point where they're functioning is back to normal (just in a different style).

- ii. Permanent Damage – and anything less than permanent damage – can lead to mental and physical improvements only made possible through having suffered an illness or injury like yours. **Recovery is always an opportunity.**

- 1. **The injury/illness can be a bridge to a new paragraph, chapter, section, part, or volume of your life. Your attitude during the injury/illness can play a large part in dictating the nature of the new terrain.**

47. I am feeling suicidal and do not know what to do with myself, or what to think. How do I recover from this feeling?

a. “Time heals all things.”

- i. This is the single most important lesson for any suicidal individual to learn.
 - 1. Bones don't stay broken, and neither do feelings. Your proof of mental healing is that your mind is part of your body, and your body heals itself all of the time.

ii. Follow this logic:

- 1. All reasonable adults, everywhere, will tell you that you can and will get over any tragedy with time. Are they *all* wrong? **Based on what?**
 - a. Do you have enough experience in life to claim to know more than everyone around you? (*If such were the case, this document would be useless to you, because you already know everything on it.)
 - b. Do you believe that your experience is unique, and that nobody has ever gone through it before? **Whatever you're going through, there is a 100% certainty that thousands of others have gone through the exact same thing – just in a different context. You are not alone.**
 - i. How did they get over it?
 - 1. Time and Effort. 2 things you have plenty of. If you didn't have some worthwhile effort in you, you wouldn't be in possession of this document. You picked it up because you're seeking solutions. Way to be! Keep it up! **Every face-plant ends with a chin up.**

b. Build

- i. Start a large project as a hobby.
 - 1. **Don't commit to any completion time, or any rigorous standards whatsoever.** Just start some large project (within your budget of production) and go for it “in-passing”, or when bored.
 - a. If you don't know how to do your desired hobby: learn. Either by trial and error, or by autodidactic effort. Do not ever consider what you're doing anything more than “just messing around”, and do not ever let the project stress you out. It is for fun, only.
 - 2. **The things that we are part of tie us to life.** By becoming more involved in a project whose value is sentimental and whose scope is large:...
 - a. The actions, movements, motions, gestures of its genesis may be soothing, relaxing, cathartic, and/or therapeutic.
 - b. The state of consciousness that it provides might give you a way to order your thoughts more reasonably or clearly; or, to escape

stress for a while – so you can be clear-headed when you return to it.

- c. The more time you put into the creation, the more it becomes a part of you. The mere desire to “see it through” could be enough to pull you through at rough times.
 - d. The more you work at it, the better you get. Is a new skill a bad thing? Over time, maybe you could use that new skill professionally.
3. Even if you don’t complete the project, your progress in X skill(s) will have increased over the course of your creation. Those skills may come in handy in future attempts, or they may even be translatable into other fields.

c. Socialize

i. The people around you are not all the people in the world.

- 1. If you are dissatisfied with the society you are currently in, remember that it is only one of hundreds of millions of types of societies (social groups) out there.
 - a. If you do not harmonize with the people you have no choice but to physically be around; then seek online communities of people that you do harmonize with.
 - i. If you are having an issue with bullying, you will be surprised how quickly a bully’s insults become irrelevant, as you learn to realize that the bully (and its commentary) are irrelevant. Dogs gotta bark at something.
 - ii. Look for groups online or in person that enjoy the same things that you do. Jump into a conversation – or start one – (politely) whenever you have something to say. Listen to others and what their perspective is on X.
 - 1. If you don’t understand somebody’s perspective or line of thinking, ask them why they think the way they think.

d. Natural Suicide Prevention Lifeline: 1-800-273-8255

- i. Or text TALK to 741741

Potential Causes of Suicidal Mindset

e. Physical Pain

i. Time heals all things

- 1. The pain or inconvenience you are experiencing will subside with time (though it may not happen immediately).
 - a. Pain does not last forever.
 - i. Your body either heals, or adapts to the sensation (lessening it). You can also willfully adapt to the sensation (increasing your pain threshold by doing so).
- ii. Handicaps & Disorders
 - 1. **Everyone is born with handicaps of sorts.** The severity and impact on daily living is what makes “handicapped” a separate classification.
 - a. The small/minor handicaps of the ‘average’ person are easier to hide, and people spend far too much of their valuable time trying to do so.
 - b. The solution to all handicaps is the same for everyone: creative compensation. **Follow this thought trail.**
 - i. **In order to gain strength, you must work against resistance.**
 - ii. **Life is unfair to different people in different ways.**

- iii. **The more unfair your life, the harder you have to work (against natural or unnatural resistances) to attain your goals.**
- iv. **The harder you work, the stronger you get.**
- v. **If you make becoming strong a habit, you can use your handicap to climb to an excellence previously thought impossible.**
 - 1. **It is well understood that all of this is easier said than done.**
 - a. **...But it is doable.**

iii. Illness or Injury

1. Automatic Recovery

a. Temporary Pain

- i. It is important to understand the nature of your illness. Make sure you have properly identified your ailment. If your ailment is a temporary one, than suicidal thoughts are so unnecessary as to be derpish. Even if circumstances of your condition cause you to be in more pain than others normally are, it is still *only temporary*.
 - 1. This will not be the only moment of temporary pain throughout your life. If it isn't the first, than you know by now that the moments after recovery are better the worse the pain is. The worse you are, the better you feel when better. There's actually a word for this, its called "convalescence".

b. Patience

- i. This is not the only moment in your life in which much patience will be required. The value of painful moments is that they set a standard for a new "worst ever" sample in the spectrum.
 - 1. In future painful circumstances, you will always be able to say: "at least it isn't as bad as X". Saying this is using your past pain as comforter for present circumstances.

c. Endurance

- i. The result of the above is that you develop endurance. In all future circumstances, you will be able to endure more hardship (mental or physical) for a longer amount of time, because you have **valuable experience** in doing so.

2. Effortful Recovery

- a. There are some injuries or illnesses whose recovery you can aid by your efforts. All thoughts are chemical reactions taking place in your brain. Your thinking and type of thinking allows you to control your own biology. The most important factors to consider in effortful recovery are:
 - i. The Nature of your Illness/Injury
 - 1. If you do not entirely understand your illness/injury the (potentially incorrect) actions you take to try and get better could only end up making things worse – no matter how positive your attitude is on the subject.

2. The most thorough part of your entire recovery should be the research into what's wrong with you and why. The more you understand the problem, the better (and quicker) you can usually solve it.
- ii. "I Won't Let It Stop Me"
 1. What do you want to do with your life?
 2. Is this injury/illness a big enough obstacle to stop you?
 - a. The answer's almost always "no" – especially for children and teenagers.
 3. The situation on your hands is a minor inconvenience in your life. To overcome your feelings and see it as so, try on this brief imaginary conversation of others talking about you.
 - a. "What happened to him/her?"
 - b. "Well, they got X (injury/illness)...and nobody ever heard from him/her again..."
 - i. Usually, most ailments make the above seem comical by its exaggeration.
 4. Whatever you want to do, you will still do – even if the problem gets worse.
 5. Continue on with things as you normally would, as best as you can. If the ailment means that things take longer, schedule your time/days appropriately.
- iii. Keep Going
 1. Often times, pain is a warning that something is wrong. If you are recovering from an injury and a thing makes the injury more painful, there's a strong chance you should avoid doing whatever is activating the pain.
 - a. On the other hand, there are injuries that will be painful no matter what actions you take. If action does not make the injury worse, than the pain can be turned off at will.
 - i. Like any skill, this takes some time to learn. The good news is, every instance of pain is an opportunity for practices.
 2. Keep busy at all times. Your mind tends towards negativity when it
- iv. Continuous Mental Pain
 1. Continuous mental pain usually comes from a Tragic Loss (including a loss of function in some way), Continual (and Expected) Abuse, or Severely Damaged Pride.
 2. Pride
 - a. You're not the only one who's face-planted; and I guarantee yours isn't the worst. Keep your face palmed for as long as you deal it appropriate, and laugh it off. So long as it always gets back up (and it does), your pride taking a fall can almost always be laughed at. There's a word for that, its called: "Whoops..."

3. Tragic Loss

- a. Question #22 covers how to deal with the death of a loved one.
- b. If you lost a limb, start researching and saving for a bionic one. Most people find artificial limbs more cool than anything else. Once you learn the mechanics of your prosthetic (and how to efficiently operate), the motions of everyday activity will seem smooth and impressive from the perspective of others. A person overcoming a disability - and being efficient despite it - can be nothing but cool.
 - i. You can count on this from all moral and sane people.
- c. If you lost function due to an accident or some medical ailment... well, get that function back. There may be some things that don't (and aren't expected to) heal, but your body regrows all the time - and you control your body to a significant extent.
 - i. What your mind decides on, your body usually follows through. Decide on getting better, and will it relentlessly (even if it takes years or decades).
 - ii. Decide on tenacity. You will accomplish your goals, regardless. The hill just got a little steeper, that's all.

4. Time Heals all things

- a. It is much easier to recover from mental pain than physical pain (most of the time) because you have direct control over your recovery.
- f. If nobody cared for you, neither this question - nor its answer - would exist. Nobody would try to reach you. Yet there are several organizations dedicated to suicide prevention.
- g. Some people undoubtedly have it rougher than others; but, generally, the people who pull through the roughest experiences are pretty tough in the aftermath. **You are far from finished.**
 - i. Your upward path from the here-and-now is going to be what builds your characteristic grit in the future. Once you've conquered the most difficult situations, minor stressors bounce off of you (it does take time, though).
 - 1. Put another way: if you beat the game on legendary, losing on easy can be nothing but funny.
- h. It is regrettable if you do not have support from your family and/or communities, but that just means you have had the unfortunate, random, chance of being born into an unfavorable social situation. Others are reaching for you; reach back.
 - i. I sincerely hope this document and its contents can sway you away from a disastrous decision.
 - 1. **Pride can be repaired.**
 - 2. **Mistakes can be corrected.**
 - a. **If not directly (as a result of permanent damage), then indirectly through how you atone and give back to the world.**
 - 3. **Tragedy's can be outlived (physically and mentally).**
 - 4. **Distractions can pass the dangerous times. Avoid idleness like the plague.**
 - 5. **Exercise to give any dusty gusto hangin' about a kick in the pants.**
- i. The future is going to be crazy (in a good way). Thousands of new things, ideas, and inventions will be game-changing all sorts of aspects of every aspect of society. Thousands and hundreds of thousands of jobs that have never existed before will be brought into existence over the following decades.

- i. Build your brain up. Build your body up. Use your current trials to build the foundation for your eternally useful grit house. Use your brain to guide that body into the necessary actions to achieve your ideals. When tragedy strikes: apply grit. Rein in your emotions, steer with reason, and ride onward so tenaciously that the reins need no longer apply.
- j. **For more advice and assistance into willing yourself into a better life and situation, please see: "The Human Curriculum"**
 - i. www.theupwardeducation.com/curricularlibrary

48. I don't seem to have much in common with the culture(s) that I am surrounded with. Why is that? What do I do? How should I act?

- a. The differences are in:
 - i. **Philosophy & Values**
 - 1. **Our principles on subjects are different.**
 - a. Liberalism (risk taking) vs. Conservatism (caution)
 - b. Altruism vs. Egoism
 - 2. **We place qualitative value on different things.**
 - a. Vocations
 - b. Types of People
 - c. Types of Behaviors
 - 3. **Our behavioral patterns are different (behavior is based on philosophy).**
 - a. Introversion vs. Extroversion
 - b. Sentimentality vs. Superficiality
 - c. Proactive vs. Inactive
 - ii. **Mental Activities**
 - 1. We do different things to entertain ourselves, mentally.
 - 2. We have different interests.
 - iii. **Physical Activities**
 - 1. We do different things to entertain ourselves, physically.
 - 2. We have different interests.
- b. **How to act:**
 - i. **Not much time is given to this question because DIFFERENCES ARE A GOOD THING. 100% of every good thing in life comes from a contrast of some sort.** Life is a continuum of various experiences, and the differences between people, things, and experiences are what adds the wonderful variety to existence.
 - ii. **Behave Cordially**
 - 1. Impoliteness is a lack of self-control.
 - 2. How often do you evaluate the 'good points' being made of a person that is insulting you? **Negativity negates receptivity.**
 - iii. **Behave Inquisitively**
 - 1. Why do they like the things they like?
 - 2. What first drew them to it?
 - 3. How long have they liked it for?
 - 4. What are their favorite aspects of it?
 - iv. **Be Independent**
 - 1. The opinions of others does not need to affect your own interests.

- a. Don't ignore facts and evidence for the sake of maintaining your opinions, but embrace subjectivity as a good thing.
- 2. Would competitions such as sports and video games be interesting if everyone wore the same colors, did the same thing, played the same way, and had features that were all identical?
- 3. **Independence and independent thought are the most valuable things a human being can possess.**
 - a. There is no such thing as a collective soul. The very idea of a soul (whether describing brain function or the supernatural) is the unique and unrepeatable essence of a person's character.
- 4. Complaining about not having much in common with those around you is like complaining about being "too unique" ...Is that *really* a bad thing?

49. I have received an injury in an isolated environment and need medical attention. What should I do?

- a. **Call 911 for emergency assistance.**
 - i. If you do not have a phone or are unable to call for some reason, call for help and allow others nearby to assist you to the nearest medical facility (or have them call 911 for you).
 - ii. **Phone call**
 - 1. Location first, then injury
 - 2. What happened and how did it happen?
 - 3. Is the place easy to find? Are there any visuals that would help guide emergency services to your location?
 - iii. **Vocal call (if safe and necessary)**
 - a. Use your own judgment whether or not it is safe to call for help in your situation. If your injury was caused by a being(s) wishing to do you violence, wait until you know for sure that your call will yield aid or attention from people passing by.
- b. **Identify the Nature of the Injury**
 - i. **Laceration: A laceration is a deep cut.**
 - 1. Clean
 - a. With:
 - i. Water – in all cases (even if you don't think the wound is dirty).
 - ii. Alcohol – if on hand and when applicable.
 - 1. Alcohol destroys infectious material, and fortifies against them developing in the wound (temporarily).
 - 2. Isopropyl Alcohol, not drinking alcohol/liquor.
 - b. If you wish to clean blood from the area around the laceration, use the cleanest fabrics or towels (paper or otherwise) nearby – if specialized medical accessories are not available (like cotton swabs, etc.)
 - i. For the love of goodness, if you have the opportunity to clean up any mess (blood, etc.) your injury made (without hazarding your health/safety), please do so.
 - 2. Cover
 - a. Cover the wound to prevent loss of blood and infection.

- b. Use the cleanest fabrics or towels in the area as a cover.
- c. Make sure your bandage is tight enough to stop blood from leaking out, but not so tight that it is uncomfortable.

ii. Continuous Bleeding

1. If your bleeding is continuous (to an alarming degree), there is a chance an artery may be ruptured. If the amount of blood you're losing is being lost at a rate that can be described as "pouring" out of you, tie a tight rope-like object (like a belt or cord) around the limb that is injured. This is called a tourniquet. Put the tourniquet on the side of the wound that is closest to the trunk/chest of your body.
 - a. This cuts off blood circulation to the part of the body that is leaking. You are stopping the bleeding by stopping the blood before it gets to the opening.
2. Tourniquets are capable of causing tissue damage themselves, and are only to be used in emergencies.

iii. Broken Bones: Broken bones are when your bones are-...uh, broken.

1. Avoid pressure or strain on the limb and/or body part that appears to be broken. It is possible to "break it more" by not being careful.
2. Unless you are in an unsafe area or in immediate danger, do not try moving too much all at once. Take a while sitting or laying still to figure out what type of motions produce pain (so you can avoid them).
3. Be patient for a wheelchair or ambulance stretcher to retrieve you, and do use the time you're waiting to start planning how to work around the activities of your daily life with this current injury.
 - a. The thought and planning that will go into simulating such daily management will likely take your mind off the pain (by preoccupying it).
4. If you believe that you have suffered neck or spine injury, call 911 and/or call for help while moving as little as possible.

iv. Sprain or Bruise

1. Avoid putting weight or pressure on damaged or bruised area. Unless it prevents walking (or leaves you in a dangerous circumstance), sprains and bruises aren't likely going to keep you from reaching help.
2. Do not poke and prod at the injury.

v. Mental Disorientation: Such as concussion, dizziness, disorientation

1. Before anything, sit down.
2. Don't move or take action (unless in a dangerous situation) until you answer these following questions:
 - a. What could possibly be causing this?
 - i. Even if you don't know, use **MULTIPLE CHOICE Method** to come up with a list of probabilities.

vi. Internal Trauma (non-bone)

1. Where is it hurting?
2. What kind of pain is it? Describe it as best as you can.
3. You can find a list of descriptions of physical pain under Question #12.

vii. Infectious Disease

1. COVER YOUR MOUTH WHEN YOU COUGH OR SNEEZE.
 - a. People who do not do so are obnoxious. No exceptions.
2. Improvise a mouth-guard if around others.

3. If itchy, avoid scratching. Scratching can flake off skin (and contaminates) and put others at risk for the disease as well. Pat/rub your skin instead of scratching.
4. Wear gloves or coverings for your hands.

c. The Most Obvious Basics

- i. Blood Loss: Bad
 1. If you find that you are losing blood from a wound to your body, do the very best you can to stop the loss of blood.
 2. Blood is meant for your insides, if you see it leaving: dam the wound.
- ii. Don't Break Broken Things Through Use
 1. If you think a limb is broken: don't use that limb to do things?
 - a. What if it's a leg and I need to walk?
 - i. Hop if you can. Or use an improvised crutch if one is not handy.
 2. Give support to dangling things
 - a. While it's not good to ignorantly tamper with a broken bone, if a limb is dangling off a body part: provide support to it so that it is not worsened.
- iii. If You Get Something in Your Eyes, Nose, Mouth, and/or Ears...
 1. Wash that something out (with water) immediately.
 - a. Do your best to use a method and angle that do-not accidentally make the situation worse (but washing that something further inward, instead of outward).
 - b. Rather be obsessively thorough than not thorough enough.
- iv. Faintness
 1. If you are feeling faint/light-headed/mentally discombobulated, perhaps its time to take a seat.
 2. Fainting produces the same bodily result as sleeping. If you were to immediately fall asleep, would you rather do so standing up, or sitting down?

d. Be positive.

- i. You'll get through it. It may make your life a bit more convenient, but your life is far from over (and the story of the injury will surely be an intriguing anecdote for future conversations of yours).
- ii. Pain subsides. How will you remember handling it when it happened?

50. I am being treated unfairly by those around me. How do I deal with it?

a. Concerning Authority Figures

i. Illegal/ Illicit Corruption

1. This concerns violations that are directly against the law/rules.
2. **What specific laws is the person/are the people breaking?**
 - a. Make a full list before continuing.
 - i. Elaborate as best as you can on each count.
 - ii. Make a 2-column page. In one column, state the law(s) by its legal definition. In the next column, state how *specifically* the person/people/entity is breaking the law.
3. **SILENT Evidence Collection**

- a. Collect irrefutable evidence of the crimes being committed.
- b. If you go around screaming to anyone who will listen that you're going to take X down, than X is just going to destroy evidence of the corruption preemptively.
- c. **Gather OVERWHELMING evidence of the illegal/illicit corruption.** The best type of evidence is:
 - i. Video & Audio Evidence
 - ii. Video evidence
 - iii. Audio evidence
 - iv. Text/Written evidence
 - 1. Including contracts/agreements that were violated.
 - v. (Ex) Co-conspirator Witness
 - vi. Witness

4. Exposure Options

a. Present Matter to Parents

- i. In which case parents will likely take one of the steps below.

b. Direct Confrontation Appeal

- i. If you think the matter can be settled to your liking – and the liking of any other victims of the situation – confront the individual(s) in question.
 - 1. State the magnitude of your evidence and what you're going to do with it, and demand that they moderate their behavior or remove themselves from the position of power that they are abusing.
- ii. This is only recommended if the villains offenses are minor. Otherwise, it's a bad idea to give bad people a chance to walk away from the consequences of their actions.

c. Informative Exposure Video

- i. Create a video juxtaposing the entire timeline of the crime/corruption.
- ii. Simple video editing (which is all that's required) is easy to do. If your evidence is a collection of several videos: all you need to do is put them in an order and arrangement that accurately and fairly shows the truth of the matter.
 - 1. **The TRUTH, not what you want people to believe. If the person/people are truly corrupt, THERE SHOULD NOT BE ANY NEED FOR COMMENTARY FROM YOU.** Commentaries are not facts (they're an evaluation of them). Just present the law, rules, and the evidence in its proper order, and the corruption will be obvious.

d. Lawyer Hand-off

- i. "Here's the evidence you need. Do what needs to be done."
 - 1. Use your parents or a trustworthy adult to guide you in this procedure.

e. Media Hand-off

- i. This option is only best if you're dealing with corruption that is a big deal to several people (not just yourself or a small group).

- ii. There are lots of people looking to make their name in online video media that may have a decent persona or presentation style, but little to offer in terms of content. These people are looking for a reason to be relevant, and there is no better match for such people than the opportunity to expose corruption.
- iii. Every worthwhile person sees corruption as indecent, and the impetus to be relevant usually imbues media personalities with an exaggerated sense of righteousness.
 - 1. Such characters can be extremely useful in their capacity to blitz a corrupt entity.
- iv. The person/organization's goals of self-promotion, relevance, and moral posturing line up with your goals of seeking justice. They'll appreciate you even more for having done the hard work for them (editing together evidence in video format).
- v. You could also hand it off to a veteran/established online media personality for identical reasons.

ii. (Technically) Legal Corruption

- 1. This is the case when the act of corruption is *technically* not against any specific rules or laws (though immoral, nonetheless).
- 2. **Immorality or Negative action being committed.**
 - a. What is it that the person/people are doing?
 - b. Why is it not illegal/illicit/against the law?
 - i. What answer will you give to people who ask "what law are they breaking"?
- 3. **Evidence Collection**
 - a. What evidence do you have of the corruption?
 - i. Video & Audio Evidence
 - ii. Video evidence
 - iii. Audio evidence
 - iv. Text/Written evidence
 - v. (Ex) Co-conspirator Witness
 - vi. Witness
- 4. **Exposure Options**
 - a. Warning / Behavioral Check
 - i. If you think the collected evidence is enough to chastise the corrupt individual(s) without incident, then simply give the person/people a warning/demand that they get their act together, or they'll be removed from (or put in) their place. Sometimes a warning is all it takes.
 - b. Appeal or Report to Authorities
 - i. After a thorough documentation of the corrupt incident(s), present your evidence to the authorities in charge of the corrupt individuals.
 - c. Are you positive that you're in the right in the situation?
 - i. "Exposing" people for things that aren't illegal can backfire if *you're* actually the one being unreasonable.

- ii. Is the person/people causing person and/or property damage to others?

d. .

b. Peers

- i. There are several questions on this document that cover dealing with issues of contention with peers:
 - 1. Questions #3, 4, 13, 15, 28, 42
- ii. Always be as polite as you can.
- iii. Cruelty is beneath you.
- iv. Don't insult people you care about just because you're upset.
 - 1. Don't insult anyone at any time. If you're in the process of name-calling, you are making a mistake and behaving less dignified than you otherwise could be.
- v. There are 2 ways of reaching conclusions with your peers: Directly, or Indirectly.
 - 1. Directly Addressing issue.
 - a. Use the **PLAYTHROUGH METHOD** to refine the questions you want answers to ("why are you behaving in X fashion toward me? Etc.).
 - i. What are 2 or 3 potential answers they could give? How would you feel about each one? Come to terms with potential answers before you even ask the questions.
 - 1. You may have noticed that emotions can burn themselves out. Do that with any negative emotions that the worst kind of responses will bring. This will put you in control of the situation when it occurs.
 - a. Instead of "Why I never-!", its just "Oh."
 - b. Ask the questions. Ask follow-up questions when you feel the need to. Ask what needs to happen between you two to in order to be okay/(whatever your ideal association is).
 - 2. Indirectly Addressing issue.
 - a. If you're looking to understand the reasoning behind the behavior, you can use **DOCUMENTATION METHOD** beforehand to come up with a list of questions related to the issue, but not the bottom line. Depending on the circumstance, answering questions related to the issue first may allow you to have a better understanding of the bottom line (before asking it).
 - i. Maybe there's a reasonable (even if not justified) or accidental nature behind the behavior.

c. Potential Consequences (for Exposure)

- i. Social Pressure
 - 1. The person you confront may try to defame you to others.
 - 2. Others may disagree with the content (or method) of your confrontation/exposure.
 - 3. Others may be reticent to talk to you due to fear/paranoia of a similar deserved or undeserved exposure.
- ii. Leverage Pressure
 - 1. In your confrontation, you may accidentally (or intentionally, in good faith) betray information that the person will now try to use against you as a means of control/leverage. .
- iii. Vocational Pressure

1. If the person is a supervisor or co-worker, they may use their position or influence to sabotage, embarrass, devalue, frame, or stress you out at work.
- iv. Technically Allowed Unfairness
 1. The person/people you confronted may try to exert pressure or stress on you by doing things that are technically within the bounds of the rules/law.
 2. When this happens, just collect evidence anyway. Decent and judicious people do not usually buy the “technically, its okay” junk. They may even find a way to make it “Technically, actually, it is” by the same means.
- d. **Corruption**
 - i. If you’re mean while being right, you’re wrong as a person.
 1. Don’t worry, its temporary. Call yourself on it.
 - a. “Wait a minute! I’m being a real jerk at the moment!”
 - ii. People are not generally inclined to concede to those who are hostile toward them. Do people being mean to you make *you* want to admit they’re right (even if they are)?
- e. **You deal with unfair treatment by understanding its causes (by either direct or indirect questioning), and making an honest effort at polite (if not amicable) resolution.**

51. I have autism and the stress I experience is amplified by my condition. How do I cope?

- a. Nature Compensates
 - i. Everyone’s brain is built balanced, but all brains are not the same. Any mental handicap of yours is sure to be balanced out by some tremendous talent that you possess, but may not have discovered yet.
 1. Use Knack Training mentioned below to discover that talent.
- b. Your stress is may be more rare and more intense, but it is not unique.
 - i. **The advice, methods, and techniques offered in this document are just as much for you as anyone else.** Just because your experiences are more difficult does not mean you are the only one who goes through them.
 1. Don’t feel left out. We are all clumsy bunglers face-planting through life together. If it doesn’t seem like everyone is having as much trouble as you, keep in mind that they all do their best to hide it (as you might do as well).
 - ii. Do you have trouble communicating?
 1. Many (if not most) people in the world do. Not on the same level, perhaps, but miscommunications are ubiquitous and eternal.
 - iii. Do you have trouble understanding what’s going on around you?
 1. ‘Bad decisions’ almost always result (in some way) from a misunderstanding of what’s going on around you. Everyone makes bad decisions.
 - a. Convenience is more resistant to you. The environment is more resistant to your success. Resistance builds strength. Habitual productive tenacity builds greatness. Spend your spare time thinking about everything you’ve learned (socially as well as knowledge) over the course of the past day and week.

- i. Reflect on every encounter with something new. And most importantly of all: **Ask questions crucial to your understanding. Don't be afraid to ask for explanations.**
 - iv. Do you have trouble finding romance?
 - 1. ...You gotta know how common that is. It's a subplot in every person's life (either their own, or a friend they know).
 - v. Trouble with physical activities and body mechanics?
 - 1. So do a great many other people (some of them through self-imposed handicaps). Going into detail would be impolite, but we could all use a bit more grace and agility. Practice, and you shall achieve it.
- c. **Knack Training**
 - i. List the things you're good at.
 - ii. List the things that are fun for you to do.
 - iii. List the things that you think you could do forever.
 - iv. Ongoing Career List
 - 1. Make a list of vocations that require the use of one or more of the things you're good at. Make it a game to creatively include as many things as you can. Add how you might achieve those vocations on the list as well (if you can think of the ways on the spot).
 - v. Try to discover as many knacks as you can.
 - 1. A Natural Knack is something you're good at in relatively little time.
 - 2. A Nurtured Knack is something you aren't naturally good at, but have trained yourself to do, despite the difficulty.
 - a. Natural Knacks are rare. If you want to learn how to do something that you can't currently do. Nurture that knack into existence.
- d. **Misunderstandings**
 - i. If your behavior seems to upset people in some way, be upfront about discovering the reasons. If you notice that others are behaving negatively toward you, ask them why.
 - 1. "Excuse me. I noticed you don't seem to like me, or like me being around. Have I done something to offend you? If so, please be as candid as you like in letting me know what it is. I never like to be an inconvenience to those around me, and if I'm committing some fault, I'll be sure to correct it."
 - a. If anyone responds to that negatively, they're a jerk. Don't worry about their irrelevant opinions.
 - 2. If a behavior you cannot control upsets others:
 - a. "Excuse me, I have X condition. It's responsible for my X.
 - ii. Hygiene
 - 1. One thing that people are almost never honest about (mostly because it seems rude to, and most people are too decent to be so impolite), is a matter of poor hygiene. If you do not regularly and thoroughly clean yourself, avoidance of you is partly justified. Do you like to be around people who don't smell all that great?
 - iii. Communication
 - 1. If you don't understand something, ask for an explanation. If you think that you are missing out on something socially, ask directly. Other people can experience the same social confusion as you at times, they know it, and they'll respect you for asking for definitive clarity (as it may be something that they are too shy/timid to do).

2. Is it possible that the assertive way you talk to people is either invasive or impolite? Many people have this problem and it is entirely accidental. The area that people call their “personal space” (both mentally and physical) varies from person to person.
- e. **You cope by with your stressful experiences in life by using this document to identify, define, and (hopefully) assist with the specific stresses.**

52. I have been raped and/or sexually assaulted and do not know what to do about it. What should I do?

a. Police Report

- i. If this happened very recently, report it immediately.
 1. Whatever you do, do not ever wait to report being victimized. The sooner you report it, the more likely you are to achieve justice.
 - a. The longer you wait, the less proof you’ll have, and the more convincing your perpetrator will be when denying.
 - i. It is possible for people to repress and alter a memory so much that your attacker is just as possible to actually forget (or disremember) that they actually attacked you – and you are much more likely to do the same in regards to details of the attack.
 1. The longer you wait the more evidence deteriorates.
 - b. Just because we find it despicable does not mean there aren’t people out there that would make up stories of assault for attention. Such frauds are found out every day (even if not publicly), and the honest truth is: (because of evidence deterioration over time) strangers have no way of telling if you’re such a person or not.
 - i. The more immediate the report, the less likely the suspicion.
- ii. If this happened in the past, do this before you report.
 1. Factual Timeline
 - a. Make a numbered list of the points in your day leading to the incident, and the points in your days after the incident (relative to the attack).
 - b. If you do not have exact times, use approximations.
 - i. Use media messages, posts, bank statements, receipts, time punches (for your job), or any other documents available to you in order to recall your circumstances as truthfully as possible.
 2. Evidence Evaluation
 - a. The most important thing to know is: are you 100% sure that it is the person that you will be accusing.
 - i. If you are not...
 1. You need to go about seeking justice while keeping that at the forefront of your mind. Attack the guilty party by being rigorous in your research, but respect potential innocence by never saying what isn’t true.
 2. If you aren’t sure it’s the person, say so; followed by all the reasons you have to believe that it is.

3. If the person is innocent, they would be more than happy to quickly (and likely, simply) find out what they were doing at the day and time of the incident.
 - a. If they're innocent, their alibi allows you to eliminate a potential wrong answer/suspect to the question you're trying to solve.

3. NOTE REHEARSAL

- a. Writing out what you're going to say to the police is a good way to order your thoughts so that you are not improperly informing them of the facts (or the order of them).

b. Recorded Admission of Guilt

- i. **In incidences where you will not be putting yourself at risk:** one of the best things you can do for your case is to bring the attack up in a conversation, and get a recording of the individual admitting to the attack.
 1. If you live in a state where secretly recorded conversations aren't admissible as evident in court, remember that they *are* admissible as proof to the public (which is, arguably, more important).
 - a. Rapists are subhuman and do not belong in human society. If you expose one who has admitted to the act, the public will shun him/her as they deserve (regardless of what the courts do).
- ii. If you can safely do so, have the conversation one-on-one. People behave differently when in front of others, and a candid admission/acknowledgment is much more likely if done in private.
- iii. DO NOT EVER let them know that you are or have recorded them. You will be putting yourself at risk for violence unnecessarily.
 1. They will find out whenever the news gets to them. If any violence follows after the content of the recording is known, it will be quite obvious who the culprit is (and their motive).

c. Sexual Assault

- i. Minor Assault
 1. Groping
 - a. The bottom line is that boys are not going to ever become men unless they learn the negative consequences for such vulgar and juvenile behavior as groping innocent bystanders. If you are groped:
 - i. Physically Attack: If you feel safe doing so.
 1. Hit them as hard as you can in the face with whatever (non-bladed) item is readily available. Do not stop hitting them until they move out the way/retreat.
 - ii. Report to Authorities:
 1. If this is at school, tell the nearest authority figure. If you do not find that authority figure's response satisfactory, report to another one (their superior).
 - iii. Defame:
 1. Letting your disgust show, inform your peers (and the peers of the groper) of his/her actions. Respectable people will lose considerable respect for the groper, and the ones who don't will at least be

known to you (as those potentially unworthy of respect).

2. Persistent Suggestive Vulgarity

- a. If an individual is continuously making obnoxious and insinuating sexual comments or language toward you, use PLAYTHROUGH Method to formulate how you're going to ask or demand that they stop. Then, ask or demand that they stop.
- b. If the commentary and/or behavior continues:
 - i. Report to the appropriate authorities.
 - ii. Defame the individual by doing nothing more than stating the true. Describe the behavior and commentary that X person does toward you, and if its as bad as you think it is, everyone else will likely think so as well.

ii. Major Assault

1. Physical Molestation

- a. Being molested in some way is the perfect time to raise your voice and say whatever offensive language that instantly comes to mind. Draw as much attention to the situation as you can, and tell the people nearby exactly what happened.
- b. If the incidence has already occurred, use evidence collection and report to the appropriate authorities.

2. Forced Intimacy (Non-rape)

- a. There are some situations that allow others to trap you into unwanted and forced proximity or closeness with them. When you believe this is happening, it is important to be as direct and uncompromising with your language as possible.
 - i. If the behavior of forced intimacy makes you uncomfortable, say so. Also be ready to explain "why" (as there is always the possibility that it is accidental).
 - ii. If the behavior persists after you are made uncomfortable, dissociate from that individual, if possible. If not possible, report that individual to the appropriate authorities. .

d. Rape is an act of torture. Torture is an extended murder. Murder (or attempted murder) is a life-or-death situation. Survival is the foremost rule of all life and living beings.

"Fight, Flight, and Freeze" reactions dictate our survival in emergency circumstances.

i. Whichever you chose to do, your option succeeded in the long run. You are alive.

1. Each option has a chance of disastrously backfiring. Do not blame or reprimand yourself for past actions.

- a. Living is the bottom line, and you are alive.

e. Self-Defense

i. Learn Combat

1. Learn any (or many, if you got the gusto) forms of combat to not only ensure such a thing never happens again, but to be able to protect anyone who should need it.
2. It is an absolute guarantee that the more formidable you become in combat, the less insecure you will be.
 - a. "I hope I don't get attacked" will turn into "I hope nobody is silly enough to attack me – I'd rather not cripple fools."

ii. Carry Weapons

1. Research what weapon of choice is legal to carry in your state, and *learn how to use it*. You can and will be surprised at how quickly an attack can take or swat your weapon from right out of your hands.
2. PRACTICE with the weapon.
 - a. Practice deployment.
 - i. Practice equipping or retrieving it in a hurry. Can you do so fast enough if attacked?
 - b. Practice use.
 - i. Are you accurate with the weapon?
 - ii. What is your off-hand doing when its equipped in your good-hand? What will you do with your free hand if in a struggle with the weapon? Can you use any particular movements with your free-hand to line-up your target for an attack (during a struggle)?
 - iii. Practice what to say (if you get the chance) to warn the person/people off before they get hurt too badly?
 - c. How far are you willing to go with the weapon?
 - i. Rapists deserve no mercy whatsoever, but escape and report should be the top priority.
 1. If you do manage to get (and keep the upper hand), “incapacitate and report” would do as well.
- f. For information and tools for recovery, research Cognitive Behavior Therapy (CBT) techniques. Or listen to this course on the subject: “Cognitive Behavioral Therapy” –by Jason M. Satterfield
 - i. Course found at: www.audible.com

53. I am an orphan and/or foster child with no family. How do I deal with the struggles unique to my life?

- a. The same way everyone else deals with their struggles. You have more people behind you than you think. Ponder this:
 - i. **Why do you think a large majority of heroes in fiction are orphans, or orphaned at some point or another?**
 1. Really think about that. Of all the types of fictional characters, why is it that *heroes* are the ones that the orphan cliché is most definitively attached to.
 2. Do not let the document answer the question for you, answer it for yourself Why is that?...
- b. Resistance builds strength
 - i. This document can’t lecture you own your own pain, cause each person’s is circumstantial. This document can promise you that tenacity overcomes everything. When you want to build muscle, you work with heavier weights.
 1. The orphan experience is one of the “heaviest” ones that can befall a human. Lift! Through your circumstance. Through negative emotion. Through the annoyance of unnecessary extras that nobody else has to go through. Through the unavoidable abuse caused by your living or social situation. Through every obstacle that’s a stereotype in the life of any hero looking to do big things. Lifting since youth yields the strength to carry bigger burdens – as it will do with you.

2. There are 2 and only 2 principles you need in order to have a lifetime supply of fuel. **If you stick to these principles, they are guaranteed to make a success of your life. They are: Relentless Productivity & Optimism.**
 - a. Will you have plenty of training montages in your life? Sure. The most important of all of them – by far – will be the ones when you’re forcing yourself into adopting productivity and optimism into automatic traits. This one thing will make you invincible. Can you still get injured? Yup! But the aforementioned defaults (on the “relentless” setting) allow you to (figuratively) walk off anything other than death.
- c. Real Family
- i. Family is biological and chosen. *Both.*
 - ii. Many people are lucky enough to be born into a family that they approve of, and therefore, the family is easy to love.
 - iii. Some people are born into a family that they don’t have much in common with, but love anyway (either easily, or through effort).
 - iv. Some people are born into a family with opposite character and morals to their own.
 1. Sometimes the difference is benign, and only adds more variety to the sportive debates in the household.
 2. Sometimes the difference is torturous, and the child would rather be alone than with those of such antipodal thoughts and actions.
 - v. Some people are born and grow without any access to their blood-relatives at all.
 - vi. **Everyone in the entire world has the option to add to their family.**
 1. Since you don’t have (or have access to) your biological family, that just means you can customize your *real* family to your liking.
 - vii. Family Count
 1. A person with 2 parents, 2 siblings, and 1 dog has a Family Count of 5.
 2. If you were born with a Family Count of 0, add the people you love and care about the most into those places.
 3. **People with ‘traditional’ families add to their Family Count, is there any reason why you shouldn’t?**
 4. Potential Spots in the Family Roster:

i. Mother	vii. Pet
ii. Father	viii. Aunts
iii. Sister	ix. Uncles
iv. Brother	x. Cousins
v. Grandmother	xi. Nieces
vi. Grandfather	
xii. Nephews	

54. I have a physical disability that restricts my lifestyle and/or functioning. What do I do to even the odds of my handicapped experiences?

- a. Embrace the natural compensations
 - i. Inherent physical handicaps often lead to inherent mental gifts (and vice versa).
 1. Acquired physical handicaps often result in you nurturing new mental (and physical) gifts as a form of good ol' adaptation.
 - ii. Knowing this, the single best thing you could possibly do for yourself is **put everything you have into discovering and nurturing those beneficial compensations**. Be aware that this may be exceedingly difficult for some (as not everyone's talents are immediately apparent).
 1. How do I utilize my disorder/handicap?
 - a. What are you good at?
 - b. What is it that you could do for hours on end (every day of your life) without ever growing tired of?
 - i. How can you turn that activity into a service for others (that they would be willing to pay for)?
 - c. The only question to consider about your handicap is: How does my handicap obstruct the path I wish to take in order to be X?
 - i. In what ways does it cause the obstruction/hindrance?
 1. **How may those obstructions be overcome?**
 - ii. Understand that it will be harder for you to become X because of X disorder/handicap. Understand that this will only make you stronger by the time you reach where you are going (even if it does take a bit longer than usual).
 - d. Reference: "Accenting Eccentricities Curriculum"
 - i. For how to utilize disorders and handicaps. You can find it (coming soon) in the Curricula Library at:
 1. www.theupwardeducation.com/curricula_library

55. I have an inconvenient or embarrassing medical condition that negatively affects many or all of the experiences in my life. How do I deal with this?

- a. **Anthropomorphizing**
 - i. Your condition already has a name; is it possible to turn its presence into a character in your life (even if an antagonist)?
 1. **Your condition can either be your BUDDY, or RIVAL.**
 - a. If it is your rival, the relationship should ALWAYS be one of mocking enmity. Even your rival should be your buddy-rival.
 - ii. When it acts up while alone, reprimand it (mentally, or out loud) in a way that is loving and free of anger (or any spiteful negativity).
 1. Or, talk to it as if it were a dog that does not know what it is doing. If you find out that a dog has devoured half of a very expensive birthday cake.

You know good and well there's no way to make it understand what it's truly done, nor is there any way to convey its importance.

- a. That dog is looking at you while licking its lips as if saying "Mmmm that was goooooood!" (Or is looking at you guiltily as if to say "Are you mad at me?").
 - i. In movies, shows, and comedy: worst-case inconveniences are seen as funny when presented in a certain light. If the condition does its thing at a bad time, your thoughts should be a sarcastic, "Oh that's reeeal funny X condition. You're hilarious. You see me doing Y and you go and Z all over things – as you usually do."
- iii. Also, anthropomorphizing the universe (or talking to God or the creator/divinity of your belief), can give you someone/something to share the very personal inconveniences with.
- b. Reference the other questions above (on the topics of disability) for additional guidance in this area.
 - i.

56. I don't know anything about sex and those around me seem to do so. What is it that I don't know?

- a. First of all, there is a 100% certainty that nobody around you (at your age) knows anything much about sex at all (even if they're sexually active). They may only seem to know a lot relative to you, but if you know nothing on the subject, that's not saying much. A person who only knows 2 letters of the alphabet is not in much better position than a person who only knows one.
- b. When humans (and all other multi-cellular organisms) grow to maturity, they are capable of mating, and making babies. Just like a seed is needed to be planted in the ground to grow a plant, 2 seeds need to combine in order to grow a human. When a male and female are mature, sex is the act that produces the potentiality of pregnancy.
 - i. The act of sex involves a female and male (in a sexually aroused state), embracing one another. During this embrace, the male's penis inserts into the woman's vagina. At the climax of the male, semen is ejected from the penis.
 - ii. Sperm are mobile cells (and part of semen). They swim through the fallopian tubes of the females body, find an egg, and seek to penetrate the surface. The egg of a female is the "main" seed an incubator for the potential child. Once impregnated by a sperm, the 2 seeds combine material, and the process of development begins for the fetus (the pre-child inside the mother).
- c. The male sexual organ is the penis. It is a cylindrical organ between the male's legs.
 - i. When not aroused, the penis is "soft" and in a state called "flaccid".
 - ii. When aroused, the penis is filled with blood, becomes hard, and is "erect".
- d. The female sexual organ is the vagina. It is an orifice between a female's legs.
 - i. When aroused, the vagina moistens and widens. When aroused, the clitoris (a very miniature and mostly internal version of the male penis) is engorged with blood.
- e. The 2 different states of arousal complement each other. When erect, the male's penis is capable of vaginal penetration. When moist, the vagina aides movement and reduces friction for the penis. Both the male and the female become more sensitive to pleasure.
 - i. Climax is the act of pleasure peaking at a certain point.

- f. There are innumerable different ways to have sex. Sex between homosexuals (male and male, or female and female) is performed differently, but the behavior of sexual organs does not differ.
- g. Because sex is pleasurable, it is more often done for pleasure than it is reproduction.
- h.

57. I have an infatuation with somebody I know, and the uncertainty of our association is causing me mental discord. What should I do about my obsession?

- a. Break it. Break your obsession with this person. Of course that's easier said than done, but people do it everyday, so you'll be fine.
- b. Why am I so infatuated with the person in the first place?
 - i. Because you're desperate. You're either desperate for a relationship (if romantic infatuation), desperate for friendship (if platonic infatuation), or desperate for any society (if random infatuation with someone mostly a stranger).
 - 1. If your desire is for someone to like you, you need to understand that desperation is not an attractive trait.
 - ii. X person is not going to change your life, forever.
 - iii. X person is not going to be a "one of a kind encounter".
 - 1. You probably think so, because your age makes you inexperienced and naïve by default. If you answer "It IS going to be a one-of-a-kind encounter", I'd ask you: "Based on what?"
 - a. You neither know enough people, nor enough types of people to have an credibility whatsoever on "once in a lifetime" encounters. Your "lifetime" has barely started.
 - iv. X person is n
- c. What should I do, then?
 - i. Do your own thing. Don't force any unnatural encounters. Come up with some things you'd like to talk to X person about (should you associate by chance), and don't go out of your wait to seek to associate with the person.
 - ii. Wave and say hello in passing. This alone will create an amicable association between you two – even if you've never once had a conversation.
 - 1. After this amicability is established, a conversation between you two will much more likely be pleasant than otherwise (since you've already developed a friendly footing with each other in passing).
 - iii. Make a list of the Ideal Traits that you think the best type of people have.
 - 1. You can make the list all at once, or make it a continuous thing that you are constantly editing.
 - a. Now, how many traits does the person you're obsessed with actually possess? Even *if* it is a large amount (and even if you are exaggerating – as is almost certain), there is a 100% certainty (with 0 margin for error) that your special fixation does not possess a unique list of those traits. There are probably a dozen people in the very same building you're in whose list looks just like your fixation.
 - 2. The point of this exercise is to calm down your fixation by proving (concretely) that the person you're obsessed with is not the "be-all-end-all" of anything. They're just a person you've chosen to idolize out of

desperation. It's all good. Happens to the best of us. Happens to (literally) everybody at some point in their life.

3. This isn't saying that the person you're fixated on isn't good or great, but obsessing over them is not good or great. Cool it.

d. .

58. I have started and am addicted to/abusing drugs. How do I recover from this habit/addiction?

a. Detoxification:

- i. The first step of recovering from drug addiction is getting the substance(s) out of your body – and keeping them out.
 1. **Drinking lots of water** is almost always a good thing to help flush anything out of your system.
 - a. Be careful not to drink *too much* water. How do I know when is too much? When you start feeling 'weird', or faint, or different in a way that is not caused by withdrawals. Don't drink so much that you aren't hungry for food.
 2. **Exercising** is another excellent way to purge your system of impurities. Depending on the nature and substance that you are addicted to, consult your doctor, parents or guardian, or research to find out if exercising (at your stage of addiction/withdrawal) could cause any unwanted effects on your bodily systems (that may not be ready for the strain).
 - a. Even a little bit of exercise can go a very long way – especially if you don't exercise often. You do not even have to do so in any organized or planned way. Exercise much – if you can, but at least a little (if you can't do so a lot).

b. Replace Bad Habits with Good Ones

- i. Circadian Rhythms
 1. Daily activities and habits become biological ones.
 - a. Your brain is a device of habit. Habit viscosity increases over time. Meaning that bad habits (and good ones) are hard to break.
 2. Force yourself – no matter how uncomfortable – into good habits for as long as you can tolerate it.
 - a. After a while of forcing it, you will start automatically doing X out of habit (not a result of discipline).
- ii. Swticheroo
 1. When you'd normally feel the impulse to use, occupy yourself with some of the most fun things you can think of as a replacement activity. The point is to teach yourself that there are innumerable more fun things to do than poisoning yourself for a kick.
 - a. After enough time of fun replacements, you will lose the impulse – and then the desire – to use again.

c. Trigger Avoidance

- i. Avoid all things that could lead you to use:
 1. People
 - a. Separate yourself from people who use drugs (alcohol included), and spend as little time around them as possible. If they're your friends, make new friends.
 2. Places

- a. Do not go to the places where you normally used to use. If you cannot help it (such as your room at home), then completely alter the environment so that it is no longer the place it was when you used to abuse drugs. Its assumed your alterations would all be improvements, so your environment will upgrade in class along with your self.
- 3. Things
 - a. Throw out all drug use paraphernalia. No exceptions, no matter how much it cost. Do not place or hide it away somewhere. Do not leave yourself any access to it. Throw it away on garbage day so that there is no chance for recovery. .
- 4. Thought Processes
 - a. When you are using drugs, you are poisoning yourself. Using your own common sense: are people who poison themselves likely to get better, or worse, over time. When you use, you are worsening yourself. You have nothing to gain. "It feels good" is only a short term effect; "it destroys me" is the long term effect. This is the only truth concerning child/teenage drug use. You will cripple yourself mentally (and/or physically) before you have even fully matured.
- d. Environmental Change**
 - i. If you were high all the time at your place of residence, than there is a strong likelihood that the place (as it is/was) itself may trigger a relapse.
 - 1. This is why you need to change-up your environment as well.
 - a. Redecorate
 - i. If you are finding difficulty eating up time during withdrawal, occupy it by taking your redesigning to its maximum potential.
 - ii. Change
 - 1. Colors / Color Schemes
 - 2. Images / Paintings
 - a. (Or at least their placing)
 - 3. Furniture (if affordable)
- e. Tenacity**
 - i. You may relapse. Most people do. Quit once more, *with feeling!* Relapsing is so common it is expected. Quitting cold-turkey is very rare and only accomplished by those in desperate situations, or those with freakish discipline.
 - 1. Aim for freakish discipline, though. If you prove to have it, you will likely be able to accomplish anything you want in life. Discipline is (arguably) the number one determining factor of a person's success.

METHODS

• MULTIPLE CHOICE

- **100% of all actionable situations can always be solved like this – and will always be able to be solved like this. If not immediately, than inevitably.**
 - **If you are ever doubtful in any major or minor situation: list your options.**
 - Do so on paper if you have to (and it is highly suggested).
 - Use some scrap paper and throw it out when done with it.
 - **This is not a group thing, but a personal one. Do not popularize your problems, or ask people to choose your life choices for you.**
- Even if you make the wrong choice, you may have at least thought of the right one.
 - If you went with C, but it was actually B, you still thought up of B. Ye ain't hopeless! What factors went into misguiding your judgment? All face-plants eventually lead to chin-ups.
- The attachments to each choice are options / commonalities of thought, not a rigid formula that you have to go by. **The designation of each option is always up to you.** It is recommended that you name the choices as quickly as you come up with them. The color is a simple and effective method of habituating the process relative to their importance (higher priority options have a higher color frequency).
 - 1st thought = A. 2nd thought = B. 3rd thought = C. Etc.
- **A: Apex Option / The Ideal / Most Probable / or Most Practical Solution**
 - Preferred Perspective
 - Option A is usually what you either think 'it' is, or want it to be. Or, the option that evidence overwhelmingly suggests is the truth/correct/etc.
- **B: Backwards Option / The Option from the Opposite Perspective**
 - Antipodal Perspective
 - What if you're wrong? If the opposite of what you think is true, what would that mean? What would be evidence? How would you proceed?
- **C: Center Option / The Neutral Option / The Option between Options A and B**
 - Neutral Perspective
 - Have you gotten the gist of C yet? Its more likely the thing in the middle of whatever spectrum A and B are on opposite ends of.
- **D: Fringe Options**
 - De' Fringe of ye Perspective...
 - Option D can be a continuation of probable options – if not yet exhausted; or, the far out and less likely probabilities (with overwhelming evidence against them).
- **E.: EeeeYikes! / Random Operators thwarting predicted processes**
 - Most of the options that you've been coming up with so far have all been relative and/or related to the situation at hand. They reasonably branched back to the problem/issue that you were pondering – in a way that obviously affects the outcome...Time to get unobvious! You excited!
 - Whatever the issue that you are handling, it is surely composed of different components. Take those components, and identify them. All those components are made up of other components. Identify the components of the components. "Schedule, disposition, self-interest, and stressors" are the 'components' of people.

- What one or two (or more) events can happen that could cause a ripple(s) in the outcome of your situation?
 - *Whatever you do, DO NOT spend unnecessary time considering and stressing over random operators. Common random operators are usually some form of disorder, inconvenience, or disaster. Prepare for those 3 in general, and it won't matter what direction it comes from.
- **F: Fusion Option / Hybrid Option #1**
 - This would be a symmetric or asymmetric ratio of a combination of other options that equal their own solution.
 - A + B, or A + C, or B + D, etc.
 - 30% A, 40% C, and 30% E
 - 80% A and 20% F
- **G: Hybrid Option #2**
 - Same concept of a hybrid option #1, but in a different way that produces a different plan and/or process of execution.
 - G (and beyond) might be used as a continuation of the possible hybrids.
 - Option F might be an A-B hybrid
 - Option G might be an A-C hybrid
 - Option H might be a B-D hybrid, etc.
- **H: Additional Options / Ideas**
 - Open-mindedness
 - Everything H and below will be likely be some variation of the A – G above.
- You will find that more often than not, your primary option may be within the first 2 – 4 options that you think of.
 - What are the options for breakfast tomorrow morning?
 - The longer you ponder this, are your new options more or less likely than the first few? This is the way of simple decisions.
- **Don't use multiple choice to "overthink" things to the point of anxiety. Acknowledge that you can be – and often will be – wrong. Get used to saying "my mistake" when you turn out to be wrong. Consider your options carefully, act with morality and legality, and choose your own adventure with the multiple choices ahead of you.**

● CONTINGENCIES

- **Things will very rarely go as you plan on them going. Be prepared.**
 - Read the above sentences over again. It's arguably the most important bit of advice on this entire document.
- Guess what's best for preparing for contingencies? **MULTIPLE CHOICE method!**
 - If X goes wrong we'll have the options of doing A, B, C, D, etc.
 - If Y doesn't go right and Z's can't handle it: we have the options of A..., B..., etc.
- Timelines
 - Order the events that you are preparing for in your head in chronological order (from beginning to end).
 - Ideal Timeline
 - Your Ideal Timeline is the way you intend on things going.
 - Initiating Action
 - Action 1 – Result 1
 - Action 2 – Result 2

- Action 3 – Result 3
 - Action 4 – Result 4
 - Completion
 - Add a contingency for each potential failed result.
- Contingency A Timeline
 - The Contingency A Timeline is:
 - Result 1 Failure caused by - _____
 - In this case, I/we then _____
 - Contingency A Action 1 – Contingency A Result 1
 - Contingency A Action 2 – Contingency A Result 2
- Contingency B Timeline
 - Result 2 failed to happen because: _____
 - As a result, I/we must now: _____
- **Having contingencies for all potential failures is one of the most surefire ways to develop mental and physical security, competence, and healthy self-esteem. When you know you have the capacity to handle anything thrown at you, you never get nervous.**
 - The “fight or flight” response changes from “anxious” to “excited for action”.

● NOTE REHEARSAL

- NOTE REHEARSAL is writing a private note to the people you wish to communicate with and using that as ‘practice’ before your conversation with them.
 - This “note” is a structure of everything related to subject X that you want to convey. Write it as you would wish it to come out in conversation.
 - Or, write it in whatever way allows you to understand the subject at hand better. **You don’t have to follow any strict rules with Note Rehearsal. The most important aspects are your grasp of the issue, and the ordering of your thoughts for the real-life conversation/event/etc.**
- Take private notes for you to study on the subject of X
- Write out a stream-of-consciousness on the subject of X in order to order your thoughts.
- You can even use the Note Rehearsal as a rough draft for a note that you decide you want to give to someone or some organization.
- Use the other Methods in this section (multiple choice, contingencies, etc. in your Note Rehearsal if you find it beneficial to do so).
- **Writing things out ahead of time is absolutely guaranteed to give you a better understanding of your material before you have a conversation. Would you prefer to be in control, or out of control in a conversation/meeting/etc.**

● RESEARCH & CROSS REFERENCE

- **Research**
 - What do you not know about the thing in question? Look all that up:
 - Past / Background
 - Who
 - What
 - When
 - Where
 - Why
 - How

- Where do I look it up?
 - Search engines
 - Books
 - Human References (meaning specialists or people with experience on the subject).
- The quickest way to become very smart is to thoroughly research anything that even slightly interested you, and keep your mouth shut unless asking questions.
 - This goes for social situations as well as educational ones.
- **Cross Referencing**
 - Always get your information from more than one source.
 - Look up research, evidence, and opinions that may support the exact opposite of your primary lines of evidence. Mine for credible points.
 - Even if opposing points of view are wrong in their conclusions, there is always the chance that they may be right with one (or many) facts – data should always be culled to determine this.
 - Save or make copies of all references from all sources.
- **“Based on what?”**
 - **This is one of the most important questions in all of human life.** Whenever you want to consolidate, criticize, or cajole any expression of information, you ask: “Based on what?”
 - A reliable individual can give you references because a reliable individual has studied the subject with many different references.
 - If you’ve studied something thoroughly, “name one single reference” is as easy to answer as “name one single movie”.
 - No amount of words can exaggerate the importance of this question.
 - This one question can instantly verify the credible, and embarrass the fraudulent. **It is arguably the greatest (conversational) information purifier in all of human communication.**

● CONVERSATIONAL CONCRETIZATION

- Our thoughts can often remain abstractions unless concretized in some way (by either conversation or writing).
 - What’s easier to understand: something straightforward, or an abstraction?
 - The foremost thing in the world you need to understand is yourself. You cannot do so unless you filter and actualize your thoughts through some form expression (writing or speech).
 - Documentation Method covers writing.
- If you only think it but have never had to explain it: you don’t truly understand it.
- **Even if the “conversation” you have is with yourself, you need to use the Playthrough method below to run mental simulations of you explaining your situation/subject/etc. to a second person or a third party. Play devils advocate, and have the imaginary 3rd parties contradict you with the best logic you can muster for the opposite viewpoint.**
- Summarize both your point, and what you would consider the opposite or “antagonistic” viewpoint. Do this in the most simple and factual language possible.
 - Avoid insults
 - Avoid unnecessary adjectives
 - Avoid commentary
 - Let facts and references dictate speech

- Conversational Concretization either involves talking through stress (or a problem) with another party, or with yourself.

● DOCUMENTATION

- Documentation is the idea of you making an “Official Report” (to yourself, mind you) about some thing or another.
- Treat the document as if *you* were an organization that that it is being submitted to for checking, approval, etc.
 - Include references to evidence and facts mentioned in the report.
- **Documentation can be writing a private journal about X experience.**
- Documentation does not have to be extensive.
 - It can be an ongoing thing.
 - It can be just brief snippets or synopses of the major points.
- **Posting your documentation on social media negates it in totality.**
 - This is not for other people, it is for you, only.
 - Whether they say it to you or not, people will assume that you (occasionally or often) exaggerate your documentation for the sake of self-aggrandizement.
 - These assumptions are entirely justified, and there is no (dignified) defense to them.
- Event Journal
 - **Documentation can be used for / seen as creating a journal or timeline specifically for a single event, situation, or circumstance.**
 - If the circumstance is ongoing, so can be the Documentation document.
- Documentation method is great practice for formalized writing habits/procedure.

● RUSHED ROUGH

- This is exactly what it sounds like. **It is easier to edit a finished product than to complete a perfect first draft.** As a matter of fact, perfect first drafts don’t exist (as anyone who proofreads their work can tell you). If you are the type of perfectionist that encounters delays because you take to long completing a work:
 - **Rush through a quick first draft, and edit the heck out of it.**
- Use this method for large assignments that will be edited upon completion anyway.
 - If you often find yourself tardy when it comes to completion dates, this often the best policy to ensure a timely completion. Complete a sloppy foundation, than sculpt away the rough edges until you have what you want.
 - Since you’re going to finely edit it anyway, there is no need to nitpick during the first draft. It will go through the same refinement process anyway.
- You can use this in combination with any of the writing Methods in this section (such as Note Rehearsal, Documentation, Etc.).
 - Using Rushed Rough for these might save time on kickstarting understanding (if you haven’t much time to spare).

● PLAYTHROUGH

- Play through the way you think an upcoming scenario will go (out loud, or with mental simulations). Play both parts, practice both logical stances, and practice being your ideal you. Don’t be afraid to acknowledge it if you discover that your POV is actually wrong in this situation.

- Use the Cognitive Controller method in conjunction with this to train self-control.
-

● CHECKPOINT OUTLINE

- To connect the dots in chronological order, you must first list the dots – in chronological order.
- Once you have completed the outline from beginning to end, you will not only have a skeleton ready to be filled, but you will have a more comprehensive understanding of the entire work that you are going to do (by having an understanding of its most crucial anatomical points).
- You connect the dots with lines that are bridges from one topic to the next.
 - Sentences are lines, aren't they?

● COGNITIVE CONTROLLER

- This is a customized (and entirely mental) remote controller that allows you to manipulate any and all of the thought processes of your mind.
 - Want one? Invent one. Now, if you like...Congratulations, you now have one.
- You invent the buttons on your own controller. But here are some suggestions.
 - Dials, Knobs, Sliders, Misc. Mechanisms
 - Your controller does not have to be button-only. Its not a tangible thing, and does not obey any laws but those of your imagination.
 - ...And the “do your designed function” law...That one's kinda important. Can't have any rogue cognitive controller's lose in there.
 - The Usual Few Buttons
 - Pause (thoughts, PLAYTHROUGHS, etc.)
 - Play
 - Rewind
 - Fast Forward
 - Slow down (forward and reverse)
 - Detail Button
 - Imagine the detail you want, press the button, press the button more times for more details.
 - How do I know what details to add? Use your senses:
 - Sight (details)
 - Texture
 - Lighting
 - Depth
 - Sound
 - Micro noises
 - Background noises
 - Texture friction
 - Smell
 - Good Smelling
 - Bad Smelling
 - Neutral Smelling
 - Touch
 - Atmosphere on skin
 - Humidity

- Density
 - Texture feel on contact
- Taste
 - You cannot invent tastes with your imagination, but you can sometimes recall past ones.
- Draw an actual model of a controller to memorize the format of your own.
 - No matter how complicated you make your controller, if you draw it out, and look at it enough when putting it to use, you will memorize it. Memorizing the layout of a complex cognitive controller – and using it as it is meant to be used – will be an exceedingly useful thing in regulation your ideal behavior.

• WILLFUL PLACEBO

- Your body does what your mind tells it.
 - When your mind decides, your body says “I got you.”
 - While this does fail at times, those are the unusual instances. This Willful Placebo effect succeeds so much and so effectively that you don’t even notice it at work when its active.
- Your mindset dictates your potential energy.
- People who refuse to be stopped very rarely are (in the long run). When paired with healthy living, willpower.
- If you’ve decided on getting something done, do not give up. All obstructions are only temporary inconveniences. You are not the type of person to let any inconveniences (large or small) stop you from achieving your goals.

This document does not make your decisions for you. It offers up several different solutions to problems and stressful situations that are common and uncommon in human life. **This document is not responsible for the decisions that you make. You and only you are responsible for the choices that you make in life.** Blaming outside forces (such as environment and people that offer advice) is a sign of immaturity.

Accept responsibility for all your decisions, and use failure as a lesson in decision-making and foresight. The purpose of this entire document can be summed up in one phrase:

“I hope this helps.”