

Wednesday  
May 31, 2006

# The Inside First

*True Happiness Begins On The Inside First*

## Welcome!

Hello and welcome to the beginning of Summer! :)

I bet you are making plans for your getaway as we speak!

## Exercise Your Mind

I often compare my prospective friends or significant other to sunny or stormy days when deciding whether or not I want them in my life.

It may sound silly, or just far too simple for the complexity of a human being, but it has always served me well. So I'm sharing it with you.

If the person makes you smile, you feel happier around them, they don't do things that go against your values and beliefs, they always have nice things to say, they treat you well, and it's always good when you are with them, then it's like a sunny day.

Warm, light, energizing, and feeling good.

If the person always has negative stuff to say about others, doesn't show up on time, makes excuses for just about everything, you dread their phone call, they don't treat you with respect, and they have a quick temper,

Hey, don't forget to enjoy the nice weather, sunshine, flowers, beach, or whatever gives you great joy in life!

There are only so many summers for each of us. Make each one of yours count!

then it's like a stormy day.

Cool or cold, you really don't want to go out in the weather, the wind gusts are blowing things around, and you'd rather just curl up with a good movie or book and stay inside where you'll be dry and safe.

Sometimes we think we've met a "sunny day" person, but over time they begin to show their true colors-their true self. That is why it is important to take all relationships slow and easy and listen to your instinct about people.

Choose to surround yourself with "sunny day" people.

You will save yourself a lot of drama and/or pain.

Don't settle for anything less than what is best for you!

## *Notable Quote*

"The best years of your life are the ones in which you decide your problems are your own. You don't blame them on your mother, the ecology or the President. You realize that you control your own destiny." (Albert Ellis)

## *On The Bus (Musings On Mass Transit)*

Missed my bus, so I head up the hill to catch another one. I choose the express bus and it's full.

There is one seat open next to a guy. He's sitting with his legs open and arms to his side, so there's really only 1/2 a seat. I sit down and he makes no effort to make more room for me. He just stares straight ahead like I'm not there and he's not happy. (Ok, then.)

A young guy gets on with a shoulder bag and has to stand. He decides he doesn't need to hold on to the bar or strap for people who are standing. He is younger and I guess that's not cool. He's relying on his balance.

So I spend the next 15-20 minutes with my left shoulder scrunched forward because the guy sitting next to me refuses to move, and my right side near my face getting nudged by the shoulder bag because the young guy doesn't want to hold on.

So every slow down, pull out, turn, I get the bag!

I sit and wonder if they're really totally clueless of the affects of their actions, if they know exactly what they are doing and do it on purpose, or they just don't care.

(I think the guy sitting next to me knew exactly what he was doing.) Kind of a bizarre morning. The sun lasted until around 10 a.m. then the clouds and rain came back.

P.M.: The ride home was uneventful other than the guy with the multicolored mohawk hairdo that drove me crazy.

It wasn't the hairdo itself, but the fact that whomever cut his hair didn't make the back neckline even! Ha ha. I just listened to my music. Long day.

## Recommended Read

(We are reading a chapter every couple of weeks from "Feelings Buried Alive Never Die" by Karol K. Truman. Pick up a copy and join us, or pick another book you'd like.)

### Chapter 7: Let's Get Started

I was totally in agreement with the author's words about being mindful of what we feel, think, say, and do. This is very important in helping make our life better.

We need to make sure what we feel, think, say, and do are positive. This chapter is all about how to go about changing any negative we have into positive.

Unresolved feelings don't and won't go away. It does no good to "stuff them" or pretend they're not there. They will be heard sooner or later. It can be in a good and positive way or a destructive way.

Recognizing and processing any negative makes resolution possible. I think we all realize that these negatives we've been carrying around for some time won't disappear overnight.

It is amazing how many of us say we like or love ourselves, but we really don't. We feel insecure, unattractive, or a host of other things. I have used "The Script" many times and it has helped rid me of some bitter feelings from old hurts and so much more.

I must admit I haven't used the Script as much as I should since first reading it over a year ago. I'm so glad I revisited this book with you! I plan to make using The Script an everyday part of my life now.

What a marvelous goal of using the script! To like, love, accept, and truly trust yourself.

Can you imagine how wonderful it's going to feel when you finally can truly do these things?

Awesome chapter! Bookmark it for sure! I hope you found some great insight for your life and situations!

## *Comical Happenings*

I'm watching a man read a newspaper. Now you would think this would be a pretty boring way to spend my time. Oh, contraire!

He's reading the paper and it catches my eye (sometimes this is not a good thing) because he's turning it sideways. You know, like some people do with certain magazines that have a "fold out" section? Know what I'm talking about?

Anyway, so I'm staring at him trying to figure out what the heck is going on. I know one of our twice weekly papers is read "first half-flip over-second half" because it's printed that way, but this was clearly a "centerfold half-turn" action.

So I make it my "mission" that day to view the variety of papers we have to see if I can discover the "half-turn" culprit.

## *Parting Thoughts*

It's always a pleasure to spend a little time with you and give you a little to think about and perhaps a few chuckles along the way.

Stay safe. Have loads of summer fun and I'll see you again in a couple of weeks!

Ciao! De

But alas, my efforts are futile.

Once the mind starts racing there's no stopping the imagination that an "unsolved mystery" brings . . .

I've concluded that the man is married and his wife likes to do little things that he'll notice throughout his long day at work so he will look forward to coming home each day.

This particular day she left him an adoring note in the paper he took to work. She taped it sideways into the section he was reading on the bus!

What do you think?

