



Between the Lines

The Inside Story

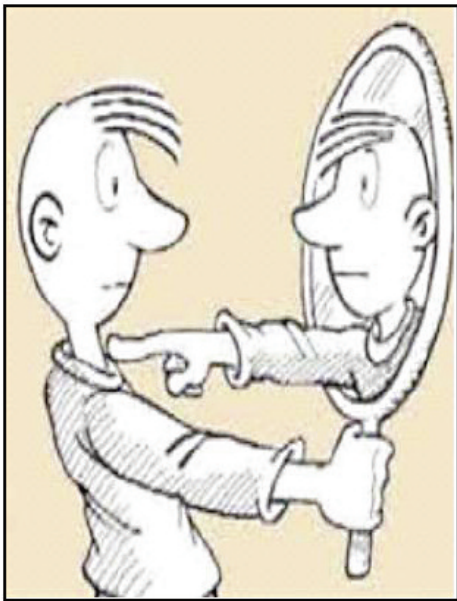
THE SCRIBBLER - PHIL DIDOMENICO'S WORDS TO LIVE BY.

Thirty-Fourth Edition

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Can you talk yourself into this...

If you want to stay healthy and be in a good state of mind you should think positive, being able to do this requires some self-talk. Think about what is going through your mind. Are your thoughts not real or distorted by



thoughts of others trying to undermine and erode your well-being. If you are stressing and your confidence is being a bit shaken and thinking that these thoughts might be true...now is the time for self-talk. "Why am I so upset, am I really facing a crisis, if I worry would it help?" We cannot relive or change the past, 25 minutes or 25 years ago or predict the future, (or we would pick winning lotto numbers).

Trying to fix what happened in the past is tricky. You can say "I'm sorry for things that went wrong, however, there were circumstances and I wish they never happened, I am human, not perfect, but what can I do to make it better today" For some that want to understand a simple explanation will suffice but for those who do not want to understand no explanation will do.

Is this stuff too heavy? There is a more simple way... As I said, just try to think positive, **all the time**, find the good in every situation, every cloud has a silver lining...but you have to look for it.

**"Speak when you are angry - and you'll make
the best speech you'll ever regret"**

- Laurence J. Peter