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Depending on the situation

The first thing is before, I couldn't decide on a category for this, so if this is moved I apologize. So I'm currently 16. When I was 9, a hurricane blew a tree in my house and approached me a lot to hit my mother. It was a scary night. After that I had PTSD and behavior problems. I couldn't control myself. I was diagnosed with PDD as a young child and when I turned 16 my psychiatrist said I had mild Asperger. After the hurricane I was put on lexipro for PTSD. That's where things went wrong. I started doing a lot of things that I shouldn't have done too much of something, like eating, playing, and I was always riding a bike. After my PTSD had been treated I was at a horrible weight because after the hurricane I was always hungry (I think it was medicine, but I'm not sure because I was 9-12[I don't remember exactly]) after I started gaining weight depression and troubles of unbridled behavior and I gained 50 pounds a year and was just increasing. I started hurting school in 5th grade, which I imagine was lack of motivation (very serious). And in fifth grade the last friend I had transferred. Then I was only at middle school, and not having friends for years is very painful and can change a person. I reached a point where I just went to school. (Even another thing to say, I am able to get A and A- and I was constantly told that I was smart and I managed to do it in advanced classes just to fail them later and I also missed a vote that only made my social issues worse, but my mental state was so bad that I didn't do anything with it so why my votes went down. The fifth grade is when I got my first C. Every year after my votes came down and down.) I was a great burden on my parents because my feelings were so strong that I could control myself or how I felt. Nothing really helped so I saw a psychiatrist and I was put through almost all the SSRI and SNRI that had to help with within all that medicine, nothing seemed to help. In a middle school it's also when I started bullying that only made me worse. During the tests I would always have a 90-100, but even if I blinded everything, the tasks really brought down things. At 14 I got a job and started making friends online (because I had no one in person and online was the only escape.) I was and still am mediating 16 hours a day online which is very bad for my health. I've never eaten the right food. I used to eat, even at night. My triglycerides and some levels of vitamin were horrible and I managed to have a fat-like liver disease due to the food I ate (I never drank alcohol, and refuse to). So after I got a job I had some money, but because of my severe depression I spent every penny I gained in trying to make me feel better (always happens now). I didn't even know at the moment, but I think I had social anxiety because I could never start a conversation with someone new. So, with the money one of the first things I got was I bought parts of the computer and build my computer. That's when I really started trying to improve things, but I just got worse. I had played Minecraft since 2013-2020 (currently, and I know it's lame but it's the only thing I know besides watching videos all day.) I made some good friends many times, but I ended up losing some because I was too sad and didn't want me. I did stupid things like cutting me for reasons I don't remember or understand. I posted those online. Now over the years I had made many friends but almost every time I was a friend I lost them very hard. (I say almost because of the friends I currently have online.) So high school came around. I finally made a friend and was introduced to a group of friends. (And I should also mention that always felt left out, always, and it was the worst feeling because it seemed almost as if I had not yet friends.) My high school friends very nice though they are only really friends with one, because I feel left out with the rest of the group, including the friend who introduced me in it. In high school I started with advanced classes and I did well for half a year (average 98 in all classes) but at some point I broke up and stopped doing my homework causing my vows to fall horribly. I started doing stupid things in high school, which I know I shouldn't do, but I do / I did it anyway to try to make me feel better. I started vaping and at first it was to look "cool". I've never breathed it. I've pulled it in my mouth. Later I reached a point where I started wandering and taking it away was a pain. (I literally managed to stop in 1 day). But I've also made problems for my teachers. And the group of friends I had felt abandoned so I felt that I only had a friend. I always managed to start well the year in an attempt to solve things, but later in the year everything would go back downhill. I left my job for reasons I don't even remember. I was working in a fast food restaurant and I was eating awfully, but I managed to lose 25 pounds in a month. After I left the money it disappeared because I was so sad that I didn't care about my life and spent all my money I had for random people I met online because I didn't feel like living. In the last year, I started stupider things. I was in bad health and I think I weighed up to E320 at some point (currently). The junior year I started to improve with depression. Miles better. But it wasn't the happy feeling, or good feeling. The Junior year is also the year when I finally managed to better control my behavior, and act more civil. I have irrational thoughts when I'm in such a bad state of mind. That's why I've done so many stupid things. And now it's summer and it's summer and it's summer.worried about my future. I know what field I want to work in, what degree I want, etc. But I feel hopeless as if he goes wrong because of myto mess up so bad. And the thing I came here is what I should do now that I'm a senior. I was able to sweat my knees with video games all day. I took a shower and 10 minutes later I was the same as before I took it. It's a sweat. My health is bad and I don't know what I should do for my future, and I don't know what I should work before, college planning or my health. What am I supposed to do? personal finances are like relationships. Things can really go well sometimes, and then 2 seconds later they crash and burn from nothing! Haha, and almost always involves you putting yourself in a situation you know damn well that you shouldn't have been about to begin with. in the engaged relationships, this can happen a number of ways: ocire (only) with someone of the opposite sex. Who's cute. ocire (only) with someone of the opposite sex. Who's cute. And you're drunk. ocire with ex. get too close to your spouse office! and about a billion other ways. the same goes for money, find yourself at target, best buy, starbucks all the time, find yourself online on amazon, ebay, etc. always hold a credit card on you (my fave!) shopping while drunk. see the model, and it is not always because of alcohol,) in each of these instances you are literally putting in a place you do not belong! you can not always act inappropriately when there, but you are sure to test the limits. Was there any of you around my first blogging week? If so (and it would be great if I were!) you might remind me of giving up shopping for lents - something I had never tried in a million years! (or 27 for this matter;) but do you know what happened at the end? after the initial shock and easier withdrawal? I was freed! freed from the bad habit of simply entering shops for the fun of it - something I was soto do all these years. It wasn't.I consciously thought about where I was driving every day/weekend that hit me as easy is not spending money! simply don't go to shops! Haha. What a concept! and here we are 3 years later and rarely visit my old friends;) if you want to get a grip of your finances, really thanks for your daily routines and habits, because you have formed them, it doesn't mean you can't break them and form new ones! Keep your head up and do your best to avoid temptation. You must be aware of these things if you care enough for your wallet and other significant. ----- (photos of brainware3000) jay loves to talk about money, collect coins, skip hip-hop, and dare with his three beautiful boys. you can check all his online projects on jmoney.biz. thanks for reading the blog! red sky is one of the tools used by cdc to collect and share information to improve responses to public health emergencies. if you don't get into new situations, you'll never learn or grow. It's obvious. ocire from your comfort zone can be, well, uncomfortable. This is equally obvious, but how to overcome the feelings that prevent us from having these new experiences is much less clear. if the problem is in our head, however, the solution is there too. one of the reasons for embarrassment, reluctance, and stress that many of us feel in unfamiliar contexts is the mentality that we bring them from the get-go. carol dweck, heidi grant halvorson, and other researchers have shown that our in-going mind-set has a huge impact not only in the way we expect and experience new situations, but also in what we say and do - and unfortunately, what we do not say and do. if the problem is in our head, however, the solution is there too. Simply put, we often tend to focus more on execution than learning, as halvorson says, we focus more "be good" than on "better". The problem with a oriented performances that we have come to see and approach new situations as if they were make-or-break tests of our natural abilities and abilities. Instead of approaching new situations as an opportunity to learn new things and meet new people, we go in with (often unconscious) belief that we are tested. It's like we're walking on stage for the first round of American Idol. We try to be the best and smartest person in the room, and maintain access to food, shelter and companions. And our brain has evolved accordingly. In the rare cases where we tried to join a new group, our primary goal was to establish ourselves towards the top of the group hierarchy as quickly as possible, which was usually determined by how well we initially performed. Today, we are still disoriented all while being kind and self-sufficient. We focus on trying ourselves and avoiding mistakes. We see others as evaluators or competitors instead of collaborators. We strive to be the person we think others want us to be, instead of just ourselves. And when we do all this, of course, we're just about condemned. Because we're obsessed with Performing If this describes you, it's not all your fault. We have partly inherited this mentality based on performance from our ancestors. For most of human history, our survival and reproductive success was largely based on our performance - as well as we could hunt, collect food and fight. In a world of limited resources, we competed within our groups to gain and maintain access to food, shelter and companions. And our brain has evolved accordingly. In the rare cases where we tried to join a new group, our primary goal was to establish ourselves towards the top of the group hierarchy as quickly as possible, which was usually determined by how well we initially performed. Today, we are still disoriented with many of these same instincts, which lead us to fear failure, low state and rejection, and do anything in our power to prevent it. For most human history our success of survival and reproduction is largely based on our performance, as well as we could hunt, collect food and fight. Unfortunately, many of our educational systems strengthen these instincts. At school, we quickly learn that our grades are based on how we perform in class and exams, assignments and andLater, we discover our successful college application depends on a standardized test battery, essays and how further "perform" we do on sports teams or in clubs of students, musical groups and other extracurriculars. Schools are ostensibly learning institutions, but we tend to graduate from them prepared to worry about performing first, learn second. Why a mentality based on learning? Fortunately, there is a better way, a simple mental shift towards new situations as learning opportunities rather than performance testing can make a big difference. In practical terms, a learning-oriented mentality:1. gives you more energy and enthusiasm. seeing new situations as interesting challenges with the opportunity of discovery can give more incentives and the desire to get out there. Schools are ostensibly learning institutions, but we tend to graduate from them prepared to worry about performing first, learn second.2 stifles performance anxiety. If you are focused on learning from others, not competing with them, you will simply have less mental resources to devote yourself to worrying about how you are doing.3 helps to redefine missteps part of the learning process. stress over them less if you see your errors as useful feedback to help you adjust and do better, do not tell-tale signs of your less-secular skills.4 keeps you open to new possibilities. if learning is your main goal, you are more likely to recognize and exploit surprises, unexpected connections and new opportunities. After all, the point of having new experiences first is to acquire new ideas and make new relationships.5 makes a great first impression. approaching new people like those who can learn from the causes to ask questions and listen more intensely, showing deference, respect and humility, these are treats much better when it comes to making a good first impression than those that is likely to display when you areto show your ribs. How can you approach new situations with a learning mind-set? Here are four steps you can take:1. Define what you want to learn from the situation before entering it. You will have to deliberately move the concentration to be executed to learn directly from the get-go. Learning to set the stage in this way can take a certain practice, but it can also give you a certain direction on who to approach and what to say once you are in the thick of things. Define what you want to learn from the situation before entering it.2. Write a summary later. If you help, pretend to be a journalist or sociologist who collects information from the field. It will give you a more targeted purpose to navigate the unknown situation, help you ask better questions, and keep your attention fixed on what others are saying. Once you wrote what you learned, you captured it forever. Then go back and review those notes before meeting someone again in order to make a great second impression and continue to develop such relationships.3. Consider your progress. If you're not learning, go to new people or try new questions. Make sure you get the most out of any situation you place in. Sometimes you will find that you are learning something completely unexpected. However, stay open to adjust your learning goals so you can make the most of the opportunity.4. Relax and have fun. Many of our lives are already doing well and are productive. Take a break. Remember that our brain has evolved to see new situations more risky than they are these days. Although things don't go as you hoped, the result is rarely fatal, and one of the beautiful things of our busy and dynamic world is that there are always other people, groups and opportunities to pursue. 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