

PATIENCE IS A RESERVOIR. YOU NEED TO GET IT MORE FULL BEFORE PUT IT TO THE TEST. MENTALLY CHECKING OUT IS A PRACTICED SKILL.

THERE MUST BE SOME SCHOOL STRATEGIES TO HELP YOU OUT.

LET US PHILOSOPHIZE BACK AND FORTH, PERPETUALLY/ REFINING, LEAVING NOTES. WE HAVE A CORRESPONDANCE LOVE AFFAIR, ONLY/ DISCUSSING OURSELVES AND WE SIMPLY END IT WITH, I LOVE YOU.

BUT MAYBE FOR AN ARC, WE MAKE IT A ROMEO AND JULIET TRAGEDY OF FORBIDDEN LOVE WHERE THEY KILL THEMSELVES AT THE END. IN THE BOOK IT ENDS WITH I LOVE YOU'S.

BUT THE MOVIE IS KEY QUOTE VOICE OVERS FROM THE BOOK AS WE FOLLOW THE COUPLE THROUGH THEIR DAILY LIVES. THEY ARE OK, BUT LACK LOVE.

WATCHING MY WIFE BECOME MILDRED MONTAG HAS FELT LIKE WATCHING HER DROWN TWENTY FEET INTO THE OCEAN, AND I CAN'T SWIM. I JUST CAN'T ASK HER TO STOP, I DON'T KNOW HOW TO PARASE, "JUST BE HERE WITH ME", IN A WAY THAT WON'T CAUSE A FIGHT... AND EVEN IF IT DIDN'T, WHAT AM I GONNA SAY? WE BARELY SPEAK THE SAME LANGUAGE.

IT COULD BE A PROFITABLE LOVE AFFAIR SANS FRICTION OF THE PHYSICALITY. BUT ALWAYS WITH THE WILL-THEY/WON'T THEY ELEMENT.

IT COULD BE AN INTERESTING TWO PLAYER-ONLY GAME, WHERE YOU RUN THE GAUNTLET OF ACTION WHILE RECITING THE DIALOGUE CREATING A BONDING EXPERIENCE BETWEEN PLAYERS

## ACRONYMS TO KNOW

- PMA - POSITIVE MENTAL ATTITUDE  
THIS IS THE ONLY TOOL THAT WILL ENABLE YOU TO SURVIVE THE WORST CONDITIONS OF REALITY.
- SURVIVAL SIZE OF THE SITUATION, UNDUE HASTE MAKES WASTE, REMEMBER WHERE YOU ARE, VANQUISH FEAR AND PANIC, IMPROVISE, VALUE LIVING, ACT LIKE THE NATIVES, LIVE BY YOUR WITS / LEARN BASIC SKILLS.

ALL THESE ACRONYMS CAN HELP EXPLAIN HOW TO TAKE YOUR CURRENT END OF THE ROPE SITUATION, AND MAKE IT SURVIVABLE. THEY PROVIDE A FRAME WORK FOR UNDERSTANDING THE LAY OF THE LAND, AND ENCOURAGING YOU TO TRUST YOURSELF TO REASON YOUR WAY OUT OF IT, AND KNOWING YOU WILL EVENTUALLY TURN THE TIDES. IT IS A GAME OF PATIENCE, BUT A PMA ENSURES YOU WILL RETAIN YOUR SANITY AS YOU KNOCK DOWN BLOCKERS ONE BY ONE.

THEY COULD BE MADE INTO TIKTOKS THAT CAN BE ADAPTED TO ANY COTTAGE PSYCHOLOGICAL ISSUE.

"BE PREPARED TO FACE THESE HOSTILE FACTORS"  
BPTFTHF.

Boredom AND Loneliness, PAIN, Temperature, FATIGUE  
THIRST, HUNGER, FEAR

BE ON THE LOOK OUT FOR SUFFERING FROM THESE. RECOGNIZING THEM EARLY WILL HELP YOU KEEP THEIR MENTAL INTRUSIONS AT BAY. FORTUNATELY, MOST EMPLOYED PEOPLE ONLY FEEL PHANTOMS OF THESE ISSUES.

"FEW SURVIVORS FIND FAST SOLUTIONS"  
FSFFS

FIRST AID, SHELTER, FIRE, FOOD AND WATER, SIGNALS

THIS IDEA HELPS YOU RECOGNIZE AND PROTECT THE ACTUAL THINGS YOU NEED TO RETAIN YOUR HUMANITY.

ESSENTIALLY, SELF CARE, PROTECTION FROM ELEMENTS, TO FEEL WONDER AND WARMTH, TO KEEP THE MACHINERY FUELED, COMMUNICATION WITH OTHERS

CCP - CALM, COURTEOUS, PROTECT PERSONAL DIGNITY.

YOU SHOULD ALWAYS ADOPT A RESISTANCE POSTURE LIKE THIS. ATTITUDE IS EVERYTHING.

THE BASIC PREMISE OF THE RTS IS HE IS STRUGGLING WITH PTSD AND NAVIGATING A CHRISTIANITY HE DOESN'T BELIEVE IN BECAUSE HE WANTS TO DO RIGHT BY HIS FAMILY.

BUT SHE IS STRUGGLING TO FEEL ALLOWED TO BE A PERSON. SHE IS IN SURVIVAL MODE. HE RELATES HIS MILITARY EXPERIENCE TO HELP COACH HER THROUGH HER ANXIETY AND INSECURITY.

THEY BOTH NAVIGATE CHURCH CULTURE WHILE SHARING THEIR INSECURITIES. THEY ENCOURAGE AND REASSURE EACH OTHER.

EVENTUALLY THEY REACH THE LOGICAL EVANGELICAL CONCLUSION THEY SHOULD STOP HAVING THEIR EMOTIONAL AFFAIR. THEY AGREE, AND FINALLY SAY "I LOVE YOU".  
THEY BOTH COMMIT SUICIDE. ~~SHE IMMEDIATELY WITH HE & HUSBANDS POLICE SERVICE GUN. HE AFTER LIVING A FEW AND VICIOUS LIFE IN HIS LAST FEW YEARS~~

WHEN EVERYTHING IS TAKEN FROM YOU, THE ONLY THING YOU WILL HAVE LEFT IS YOUR MIND. CAPTORS LOSE THEIR POWER OVER YOU AS THEY TAKE MORE AND MORE, BECAUSE THOSE WITH NOTHING TO LOSE ARE UNCONTROLLABLE, UNPREDICTABLE, AND DANGEROUS. AS A PARENT HELD CAPTIVE BY CHILDREN WHO ONLY TAKE AND TAKE AND TAKE, YOU CAN FEEL LIKE THERE IS NOTHING LEFT TO GIVE, BUT THIS IS WHEN THE TABLES TURN.

CHILDREN ARE VAMPIRES, CONSUMING RESOURCES WITH RECKLESS ABANDON UNTIL THEY REACH THE BOTTOM OF THE BARREL, AT WHICH POINT THEY LEARN TO ADAPT AND MANAGE WITHIN THE APPARENT LIMIT OF THEIR RESOURCES. THIS IS WHY CHILDREN OF MEANS, AS MOST AMERICAN CHILDREN ARE, SEEM TO HAVE SUCH FRAGILE MINDS. THEY HAVE NOT REFINED IT IN THE FIRES OF NEED... BUT THIS IS NOT THEIR FAULT. THEY ARE MINDLESS AND UNTHINKING, MAKING ATTEMPTS AT PURPOSE, BUT UNABLE TO FATHOM CONSEQUENCE DUE TO LACK OF EXPERIENCE. THEY ARE TRULY UNCIVILIZED AND SAVAGE.

TO COMBAT THE SAVAGE AND LEAD IT TOWARDS THE LIGHT OF UNDERSTANDING, THIS MEANS ALLOWING THE SAVAGE TO EXPERIENCE THE FULLNESS OF CONSEQUENCE FOR ACTIONS. IT IS DIFFICULT TO REFRAME YOUR OWN MIND TO ALLOW THIS, BUT IT IS ONLY PAINFUL, NOT COMPLICATED. ALL YOU MOST DO, IS NOTHING, ALLOW THE CHILD TO EVALUATE THEIR OWN CONSEQUENCES AND ACTIONS. GUIDE THOUGHTS ONLY WITH QUESTIONS TO HELP THEM EVALUATE IN PERSPECTIVES THAT ARE NEW TO THEM.

TO PROTECT YOURSELF IN THIS TURBULANT PERIOD IN WHICH YOU HAVE NO CONTROL EXCEPT TO MANAGE THE FRINGES OF WHAT THE LACK OF CONTROL AFFECTS YOU, YOU MUST CULTIVATE THE ONLY TOOL THAT A CAPTOR CANNOT EASILY TAKE FROM YOU, YOUR MIND, THE ULTIMATE WEAPON OF WHICH IS YOUR POSITIVE MENTAL ATTITUDE.

PMA IS YOUR ABILITY TO, NO MATTER THE SITUATION, ULTIMATELY COME DOWN ON THE SIDE OF HOPE. HOPE THAT YOUR EFFORT WILL EVENTUALLY YIELD GOOD FRUIT. HOPE THAT MISTAKES WILL BE GALVANIZING TO OUR KIDS, SO THEY CAN BUILD UP THEIR UNDERSTANDING... OR AT LEAST THEIR PSYCHOLOGICAL ARMOR.

PMA KEEPS YOUR SURROUNDINGS BATHED IN LIGHT, EVEN WHEN THE PIT IS BOTTOMLESS. IT KEEPS YOU FROM WRAPPING YOURSELF IN A COCOON THAT, WHILE IT INSULATES YOU FROM ANY PSYCHIC DAMAGE YOUR KIDS ~~CAN~~ <sup>WILL</sup> CAUSE, COOONING WILL BUILD A BARRIER THAT PERMANENTLY WALLS YOU FROM THEM. A POSITIVE MENTAL ATTITUDE ALLOWS YOU TO BE ON THEIR SIDE, TO FEEL THEIR DISAPPOINTMENT, THEIR INJUSTICE, THEIR ANGUISH, OR AT LEAST FEIGN IT, WHILE KEEPING THOSE BUBBLES OF POSITIVITY ROLLING JUST BELOW THE SURFACE FOR YOUR OWN EASY ACCESS.

YOU CAN FIND THE AMUSEMENT IN ANY SITUATION BY REMEMBERING THAT, TRULY, WHAT DOESN'T KILL YOU, MAKES YOU STRONGER. NOT IN A PITY CALANDRA QUOTE WAY THAT UNHELPFUL 'FRIENDS' THROW AT YOU BECAUSE THEY DON'T UNDERSTAND THEMSELVES EITHER, LET ALONE YOU. BUT BY HONESTLY BRINGING TO YOUR MIND TO A PLACE WHERE YOU UNDERSTAND THAT EVERY FAILURE LAYS A FOUNDATION OF STONE. WHEN KIDS FUCK UP, THEY ARE EXPANDING AND REINFORCING THE FOUNDATION OF THEIR PERSONALITY.

A POSITIVE MENTAL ATTITUDE ALLOWS YOU TO BELIEVE THERE IS HOPE FOR YOUR KIDS FUTURE. ELIMINATING THEIR FRUSTRATION POINTS IS DOING A DISSERVICE. PREACHING LESSONS NOT ONLY SHUTS OFF THEIR EARS, IT PREVENTS THEM FROM DEVELOPING THEIR REASONING SKILLS. WHEN A KID FUCKS UP, COMISERATE, ASK ONE, ~~MAYBE~~ TWO, QUESTIONS TO GUIDE THE SELF EVALUATION THEY WILL NATURALLY WORK IN BED TRYING TO SLEEP AT NIGHT. KEEP THE QUESTIONS "WHY?" ORIGINATED, BUT SPECIFIC, TO FOSTER CURIOSITY.

DON'T FORGET TO DEMONSTRATE YOUR PMA IN REGARDS TO THEIR SITUATION. IT'S THEIR WEAPON OF LAST RESORT, TOO.

MAINTAINING YOUR POSITIVE MENTAL ATTITUDE IS ONLY A BARE MINIMUM FOR RETAINING YOUR IDENTITY IN A CRISIS. IT ALLOWS YOU KEEP AN INSULATION OF HOPE AND HUMOR, USUALLY DARK BY CIRCUMSTANCE, REMINDING YOURSELF OF PMA IS A ROPE EFFORT INITIALLY. OVER TIME, IT BECOMES NATURE.

IT SHOULD BE NOTED THAT PMA IS NOT A SLIDING SCALE. PMA IS THE SIDE OF A COIN. YOU USE PMA, OR YOU DON'T. EVERY CHOICE MADE WITH PMA LEADS TOWARDS LIFE, BUT EVERY CHOICE WITHOUT IS A STEP WITH HOPELESSNESS, WHICH QUICKLY LEADS TO SUICIDE OF THE SPIRIT... AND THE BODY FINDS A WAY TO FOLLOW.

ONCE WE HAVE OUR WEAPONS (PMA) IN PLACE, WE CAN BEGIN TO MOUNT A DEFENCE. FOR THIS WE HAVE TO ANALYZE OUR SITUATION RATIONALLY. OUR TOOL IS S.O.B.U.I.V.A.L.

SIZE UP YOUR SITUATION. WHAT IS AT STAKE HERE? IS THERE IMMEDIATE DANGER? IS THERE RISK OF BODILY HARM? AT WHAT SCALE? KISS, BAND-AID, DOCTOR, AMBULANCE? THERAPIST?

UNDUE HASTE MAKES WASTE. IF YOU HAVE A PAPER ON DEADLINE, RACING YOUR FINGERS ACROSS THE KEYS IN A STREAM OF CONSCIOUSNESS WITHOUT ORGANIZING YOUR PLAN WILL RESULT IN MANY REWRITES, THIS WORK EXCLUDED. TAKE A BEAT TO STEP OUTSIDE THE MOMENT. BRING YOUR REASONS FOR PMA TO THE FOREFRONT OF YOUR MIND. THEN RUN THROUGH YOUR ACRONYMS, WHICHEVER SUIT THE MOMENT.

REMEMBER WHERE YOU ARE. ARE YOU IN DANGER? THEN ANYONE ELSE IN DANGER? BY CONSIDERING YOUR ENVIRONMENT YOU GROUND YOUR MIND IN REALITY. EXTENDING THE BUBBLE AWARENESS, FIRST OUTSIDE YOUR BODY, THEN FURTHER FROM YOURSELF AND BEYOND THE CRISIS ALLOWS YOU TO TAKE A REALISTIC STOCK OF YOUR OPTIONS. ALL THIS LAYS THE FOUNDATION FOR

VANQUISH FEAR AND PANIC. FIGHT FLIGHT AND FREEZE ARE DEFAULT EVOLUTIONARY RESPONSES, BUT THEY ARE TOOLS FOR THE UNTRAINED. FOR THOSE WHO HAVEN'T INNOCULATED THEMSELVES TO STRESS, WHICH BEGINS HERE. EVERY SUCCESS BUILDS YOUR FOUNDATION FOR FURTHER SUCCESS. IN PRACTICAL TERMS, CONTROL YOUR BREATHING. LONG SLOW BREATHS IN THROUGH THE NOSE AND OUT THROUGH THE MOUTH. THINK ABOUT YOUR HEART BEAT AND SLOW IT DOWN TO MATCH YOUR BREATHS. REPEAT A MANTRA, SOMETHING THAT REINFORCES YOUR POSITIVE MENTAL ATTITUDE, THE LITANY AGAINST FEAR, OR SOME INFLUENCER AFFIRMATION. WHEN YOU HAVE DOMINATED YOUR MIND AND BODY, BEGIN TO PROBLEM SOLVE.

IMPROVISE BECAUSE EVERY RELATIONSHIP IS UNIQUE AND NUANCED. NO ONE IS IN A BETTER POSITION BECAUSE ONLY YOU UNDERSTAND YOURSELF AND YOUR KIDS. AND BECAUSE THEY HAVE INHERITED YOU, IT'S LIKELY THEY UNDERSTAND YOU BETTER THAN ANYONE ELSE COULD... THOUGH THEY LACK THE EXPERIENCE TO WEIGH THIS EFFECTIVELY. MOSTLY, IMPROVISATION KEEP THE KIDS ON THEIR TOES. THEY ACCLIMATE TO ROUTINE QUICKLY AND DISMISS IT QUICKLY.

VALUE LIVING BECAUSE THE EFFORT IS WORTH IT. THIS WILL PASS. DO YOUR BEST AND MOVE ON. LET IT GO. THEY NEED THE FREEDOM, DIGNITY, AND OPPORTUNITY TO SELF-CORRECT THROUGH THEIR OWN REFLECTION.

ACT LIKE THE NATIVES. BE SURE THEY ARE ABLE TO UNDERSTAND YOUR REASONING. ALSO, ALLOW THEM TO BE FUCKUPS. NATURAL CONSEQUENCE IS THE MOST POWERFUL EDUCATOR WE HAVE. WARNING A KID THEY ARE NOT BEING A GOOD FRIEND IS WASTED EFFORT. SUBTLY COORDINATING THEM NOT GETTING INVITED TO A PLAYDATE IS PAINFUL IN A SURVIVABLE WAY. THIS EXPERIENCE OPENS A CHINK IN THE ARMOR OF THEIR ATTITUDE THAT CAN BE EXPLOITED FOR A TEACHABLE MOMENT. YOU WILL ONLY GET ONE IDEA TO TAKE ROOT, SO INCEPT WISELY.

LIVE BY YOUR WITS OR LEARN BASIC SKILLS. WITH DECADES OF EXPERIENCE TO OUR ADVANTAGE, WE CAN OVER COMPLICATE. CONSIDER OCAM'S RAZOR AND KEEP YOUR COMMUNICATION SIMPLE, EVEN PRIMAL. KIDS ARE INEXPERIENCED, THEREFORE BASIC. OUR WISDOM IS UNRELATEABLE. DON'T LECTURE WHEN A STATEMENT WILL DO. DON'T ADVISE WHEN A QUESTION WILL DO. DON'T SPEAK WHEN A LOOK WILL CONVEY. DON'T GET INVOLVED IF THEY DON'T ASK FOR HELP.

ALL THAT TO SAY ESSENTIALLY THIS: THIS IS NOT PERSONAL UNLESS YOU MAKE IT SO. SET YOURSELF UP AS A RESOURCE, NOT AN INTERESTED PARTY. THIS IS NOT ABOUT YOU. GET OUT OF THEIR WAY AND FOCUS ON YOUR OWN SHIT. DON'T LET THEM INVADE. PUSH IT ALWAYS BACK ON THEM. THIS IS HOW YOU MAKE RESILIENT KIDS. THEY WILL SURVIVE. HELP THEM THRIVE BY LIMITING YOUR INVOLVEMENT.