

1: Dont expect anything from anyone - Motivational Quotes SMS, Wise SMS Quotes - SMS4Smile

Don't expect anyone else to support you. Maybe you'll have a trust fund. Maybe you'll have a wealthy spouse. But you never know when either of them might run out.

This is especially true when it comes to our relationships and interactions with others. Tempering your expectations of other people will greatly reduce unnecessary frustration and suffering, in both your life and theirs, and help you refocus on the things that truly matter. Stop expecting them to agree with you. You deserve to be happy. You deserve to live a life you are excited about. You are not in this world to live up to the expectations of others, nor should you feel that others are here to live up to yours. In fact, the more you approve of your own decisions in life, the less approval you need from everyone else. You have to dare to be yourself, and follow your own intuition, however frightening or strange that may feel or prove to be. Follow your own path and stay true to your own purpose. Success is ultimately about spending your life happily in your own way. Stop expecting them to respect you more than you respect yourself. True strength is in the soul and spirit, not in muscles. Decide this minute to never again beg anyone for the love, respect, and attention that you should be showing yourself. When you practice self-love and self-respect, you give yourself the opportunity to be happy. When you are happy, you become a better friend, a better family member, and a better YOU. Stop expecting and needing them to like you. You might feel unwanted and unworthy to one person, but you are priceless to another. Spend time with those who value you. No matter how good you are to people, there will always be one negative person who criticizes you. Smile, ignore them, and carry on. The things that make you different are the things that make YOU, and the right people will love you for it. Stop expecting them to fit your idea of who they are. Loving and respecting others means allowing them to be themselves. When you stop expecting people to be a certain way, you can begin to appreciate THEM. Pay close attention, and respect people for who they are and not for who you want them to be. Every human being is remarkable and beautiful; it just takes a patient set of eyes to see it. The more you get to know someone, the more you will be able to look beyond their appearance and see the beauty of who they truly are. Read *The Mastery of Love*. They will never know how you feel unless you tell them. In life, you have to communicate with others regularly and effectively. And often, you have to open your vocal cords and speak the first words. Stop expecting them to suddenly change. If you really need them to change something, be honest and put all the cards on the table so this person knows how you feel and what you need them to do. Either you accept who they are or you choose to live without them. Because what really changes is the way you see them. Read *A New Earth*. Every smile or sign of strength hides an inner struggle every bit as complex and extraordinary as your own. We are measured by our ability to overcome adversities and insecurities, not avoid them. This happens naturally if we allow it, because we all share very similar dreams, needs and struggles. Afterthoughts: People rarely behave exactly the way you want them to. Hope for the best, but expect less. And remember, the magnitude of your happiness will be directly proportional to your thoughts and how you choose to think about things. Your turn! What would you add to this post? What do you need to stop expecting from others? Leave a comment below and share your thoughts with the community.

2: 4 People On How They Support A Financially-Struggling Friends Without Enabling Them

Oprah Meets a Schizophrenic Child With Over Imaginary Friends | The Oprah Winfrey Show | OWN - Duration: OWN 4,, views.

Guest Susan This has happened to me. It is very hard to deal with. And you never understand why anyone would treat anyone that way. You just feel like someone is trying to ruin your career and life for no reason. Already a damaged person he would belittle me and constantly berate me. Others got pleasure as they were exonerated from this monster as I was his target. Point being that this type of personality to force a person out of her job should be illegal and ppl that let this type of behavior go on should reevaluate because this psycho will pass on the negative atmosphere to the next. Sicko exposed may karma capture you 50 times worse. It is the only sane solution, even if it means taking a lesser job. LEAVE now and find a better life!! Consider it winning a battle and escaping. Not so workable when you have a mortgage, kids in college, and a six figure salary. I take three types of medication, go to counseling, and have chronic IBS now. If this was a low paying job, if I did not support six people, I would quit in a heartbeat. Sometimes people are bullied because they need help being assertive and setting boundaries I have fallen victim to this problem myself. Find somebody you trust to talk to about the bullying, if that is not possible, start sending out resumes as suggested above. I personally would never let one person push me out of a job that easilyâ€my job is close to home and I need to be close to home! The bully there has recruited other staff members to also bully me and make me feel uncomfortable. So now there are about 5 bullies working together and they are quite successful as a bully team. I walked out of my job on March, 22, I had already put in my two weeks but the two ladies I was working with were not acting right, and after 6 years 4 months of terrorism, I was done. A few weeks before I had the first anxiety attack I have ever had, and it was very serious. Personally I would not feel better if I ever made anyone else feel bad, but then again, I have no self esteem issues and I have a wonderful life, family and mountains of support. Bullying is a learned behavior. It is taught in the home and if they are not stopped it will continue into adulthood. You are just a shell of a human being after they have taken everything they can emotionally from you. I hear you and understand your scenario all too well. I only hope my own situation resolves as nicely as yours did, and I am going to try and learn from you and get out and look for a better work situation and better pay. Thank you so much for posting! You are an inspiration. I am in Tennessee, also. They were hyper vigilant in examining my behavior for anything to criticize even the smallest things like I took too long in the bathroom and made doing my job tasks very difficult. The last job I had the retired owner was trying to get her grandson to replace me. She would come into the business and with a smile on her face humiliate me in front of customers. She would knit-pick and be on my back the whole time she was there, making a mountain out of a molehill over the smallest, what she considered, infraction. She not only did this to me but to another employee she was hoping would leave. Benefits are outstanding both financially as well as personally rewarding work. This company is 8 minutes from my front door. It was until one day I happened to catch the attention of the bully in the room. I had a small issue with another coworker one morning and confronted her privately. Attempts have been made to address concerns with staff directly, only resulting in negative consequences for me. As far as bullies I have dealt with go she is an amateur. I will be civil to her but will not let her walk all over me. I will not avoid her but I will not go out of my way to spend any time with her. Her mistake was doing this in a very public meeting.

3: Would you Support your Financially Negligent Parents?

In life, don't expect anything from anyone. Because expectation, when not fulfilled, gives you pain. When you get something without expecting it, It's gives you pleasure.

Flickr CC BY 2. Loving and dating a married man can be extremely painful and seldom works out well. But this article is not intended to judge anyone or tell you to "just dump him! Remember that his first priority will always be his children and his wife, no matter what he says. If he lied to you in the beginning about whether or not he was married, you should seriously consider whether or not you can trust him. Do not sacrifice everything for him. Go on dates with other men. Your relationship will change if he divorces his wife for you. It will not all be fun and games anymore. Make your relationship worth your time. Be honest with yourself. Own up to the risk. Very likely, he will not leave his wife for you. How many men do you know who are ruining their lives because of a woman? Now, how many women do you know who have sacrificed all for a man? Women need to think and act the way men do to find happiness. Questions to Ask There are issues to seriously consider if you think that this man may be the one. One of the first things to consider is this: Did he tell you he was married from the beginning or did he lie to you and then have to tell the truth? This will be a major factor as to whether or not you can ever trust him. Another thing to give some serious thought to is whether children are involved. No matter how much he loves you, he is obligated to his children, and if you come between him and the kids, he may resent you in the long run. Is your relationship strong enough to withstand the turmoil of a divorce? How long have you been seeing this guy? One year is about right when it comes to shifting from playing around to getting serious. Right now you may be experiencing the best of the best, but when you are living in the real world together, things will change. Moreover, if he divorces his wife for you, the two of you will go through a lot of sad, and trying times together. Will you still love him as much as you do while things are nothing but fun? Men never put their relationships first. That is why they are happier than women are. Women have a tendency to meet a guy and then focus their entire lives on him. They will stop thinking about attending school or put business plans on hold after meeting someone who sweeps them off their feet. This is a bad idea even if the guy is not married. But if he is, you have truly just shot yourself in the foot because you have given up a piece of yourself for a someone who belongs to another. You will become more and more resentful over time. Look at your lover boy for what he is and control your emotions. If he is obviously lying to you to keep you available to him, consider if the relationship is worth your time or not. Leverage Your Relationship If he can somehow help you in life by making you more successful, paying your bills, or buying you a home, then you have gotten something to show for your time. If he is married and has no intention of leaving his wife, then he may have been dating many women over the years. Usually when a man has this pattern, he dates the woman until she begins to expect more out of him. Then, he dumps her, finds another woman to sleep with before getting rid of her when she gets tired of being a doormat. The truth is, a guy will string you along as long as you will let him. I am not being judgmental here. But if your guy plays with you for free and then goes home to his wife and plays the husband while you sulk, you are only torturing yourself and being a hooker who works for free. This way when the time comes that you are not together anymore, at least he helped you pay your mortgage. The difference here is at least you are not being raked over the coals as you would be if you simply smile and put out like a good girl. You must be realistic here and accept that what you are involved in is risky in many ways. One of the things that often destroys women in your situation is the shock of suddenly being dumped because of something that is happening in his marriage, or because of stress that you are causing him at home. Believe me, when this happens, having that extra money invested will lead you to think, "At least I got something out of it. I know you are probably thinking that you are in a unique and different situation because he truly loves you, and you love him, etc. But that is what they all say. Her man told her that he loved her but because he had two children with his wife, he could not leave her. He also said that he no longer slept with his wife, but that they had an understanding. Darleen would tell me that if he could leave his wife for her, he certainly would and that her man often showed great concern for whether or not she was cheating on him. Love Is Blind Yes, love is blind.

I found myself angry quite often as I told Darleen that if he loved her he would divorce his wife rather than play this game with her. Poor Darleen had excuses for everything. I happen to have known several highly moral men who divorced their wives even though they had two or three kids. After the divorce, they took care of their children at least half of the time. The truth is, a man will change his life around and do anything to win you over if he truly does love you. If he is content to have sex with you and makes no move to make a permanent life with you, then you must understand that he does not see you as being very important. Or not important enough. If He Really Loved You. I know that your ego does not want to accept that fact but put the shoe on the other foot for a moment. If you were with a man who you were not having sex with and who you did not love, and you had this man on the side who you truly did love and had a great connection with, would you be content to go home to the man you did not really want, knowing that your lover is single and could easily find someone who is available for him full time? The thought of it probably sends you into a cold sweat. Men are concerned with having their woman all to themselves. It is actually proof of disinterest on his part if he does not care who you are with and what you are doing. If he sees you as a valuable woman, he will know that other men are after you, and he will want to make sure that he gets you before someone else does. Making Excuses Darleen made excuses for her married lover for years, and she believed him when he told her that he could not stand his wife and never touched her. After listening to her talk about their intimate discussions, I figured out that her lover had caught on to the fact that Darleen seemed to accept him going home to his wife as long as he and his wife were no longer sleeping together. Things got a little tricky when his wife suddenly became pregnant. Not that they were sexual or anythingâ€”he explained that in order to touch her, he had to get drunk. The wife had marked the calendar for the day when she was fertile, and they did it just that once in order to have a baby. The lies can be clever and convincing, but I always say, "Assume that the man is lying until you are engaged, married, or something close. If he seems content to let the relationship go on for years as it is, you should see that he is using you for some fun on the side. So, by all means, date other men. What Cheating Means I hear that one a lot. Otherwise, you will find yourself rejected by your married lover and you will be left alone. Date on the side to keep yourself from becoming too attached to this man and to keep reality in perspective. When Darleen finally listened to me and began to see other men, her viewpoint changed dramatically. Her married lover began to only see her for sex. They were meeting in hotels and were meeting in his car after work. Darleen was not even getting a meal out of it. Sometimes they would go to a bar and have a few drinks and then go to his car. What a waste of her time. Freedom When she began putting her photo on dating sites, she felt more powerful because she could see that there were a lot of other guys out there. Some of these guys took her to exciting places, bought her nice gifts, and even offered her spending money. The answer is another one!

4: Mary Schmich quotes

Example - if you do not think you are fat and someone calls you fat - you don't care. We look to family for approval and wish that they could support us in everything we do. But it isn't that simple, generation gaps, different cultures, depending on where/when you grew up, all factor into a person's or your family's thought process.

And that leads me to thing not to do 2: This is ALSO a universal rule of life. But the question remains: Back in , Elliot was running a niche industry newsletter with his father. He had some questions about business and decided that the best advice would come from other young entrepreneurs. But how could he get in contact with these other young entrepreneurs? Come out to Park City, Utah, and spend a few days skiing, hanging, and networking with other successful young entrepreneurs. Bisnow agreed to pay their way. And guess what happened? That leads me to: Levitt and Stephen J. In it, they said there are 3 types of incentives: Economic incentives Social incentives Moral incentives. To show you how this works, let me share some specific examples: The Economic Incentive Back when I launched my podcast, I had the desire to feature world-renowned researchers, New York Times best-selling authors, and professors from top universities. I had no connections in this space, but I wanted some. So, what did I do? I appealed to an economic incentive. Dear John, I noticed you have a book coming out in a few weeks, and I believe my readers, over at my blog, would eat it up. Would you be interested in doing a 20 minute interview, and I would feature it to all of my readers? As you can see, what I want is this professor on my podcast. What he wants is to sell more of his books. I made the email all about himâ€¦ from an economic standpoint. The Social Incentive The economic incentive was a bit self-explanatory, so how would this work from a social standpoint? Now do you see what I did there? Social incentives at work. My big goal is to bring the insights from academic papers to the general public. I was wondering, would you be interested in doing a quick 20 minute interview? We can highlight your research to all of my listeners, and hopefully we can both make the world a little bit smarter! Now, to be quite honest, in this scenario, appealing to a moral incentive is quite weak, but I wanted to keep the examples consistent. But do you see what I did there? Dear John, I noticed you have a book coming out in a few weeks, and I believe my readers over at my blog would eat it up. Would you be interested in doing a 30 minute interview where we talk about your bookâ€¦ and end with a pitch for your book? Would love to have your interview alongside theirs. I started this podcast as a way to promote the hard work of researchers like you, so I hope you have 30 minutes where I can highlight your new book. See how that works? As you pack on the incentives, the pitch gets more and more irresistible. What can you do? How to Persuade Bloggers To Share Your Work With Their Readers As you learned throughout this post, the secret to getting people to do something for you is providing an incentive to do it. But how might this work with enticing people to share your work with their readers? In my premium training, Blog that Converts, I walk you through 7 content archetypes that BEG to be sharedâ€¦ and how to use each of them. That comes off as grimy. Instead, what you need to do is this: Is there anything I can do to make this guy look better? How would I reach out to him? And this could be anythingâ€¦ Do you want a link? Do you want them on an interview? Do you want to guest post? And remember, when writing your email, try to appeal to all three incentives. Download this free eBook to get the word-for-word scripts you can use to do exactly that.

5: Are You Being Bullied at Work? Here's What to Do

Lesson from the famous essay series 'Wear Sunscreen' written by Mary Schmich. This was later compiled in to a music video by Baz Luhrmann. Follow these tips and you can guarantee yourself an amazing which is filled with happiness, health, wealth and lot f adventure!

I left the security and stability of having a salary along with a supposed career. You can imagine the reaction I got from my friends and family. The support was next to nothing, and people generally never understood what I was doing—what I was trying to do. Does this sound familiar? You would have expected more from your loved ones. I know how disheartening that can be. You expect support and encouragement from people you consider close to you only to be completely rejected, criticized, or worse, laughed at. I was taken by surprise by some of the things I heard from friends; some of the comments were particularly hurtful. I think it boils down to learning how to not care so much about what others think, and also, conversely, understanding what goes on in their minds. Your passion is a priority. A lot of people go through the motions in life, not doing what they love. To not know what could have happened if you tried to do what you really wanted to do? This love of yours is one of the most important things in your life. Follow your heart, and not the words of others just to live up to their expectations. It may be a little disheartening to have people around you discourage you, but remember, life is short. Remember that life is short, and it will be easier to stick to your own convictions when other people disagree with your choices or put you down. Others may not fully understand. I personally try not to take it to heart when people discourage me. I see it as they need a little education and explanation. Or sometimes, I just ignore them. Sometimes others are insecure. It could be plain ignorance or even jealousy, but some people tend to attack things that are new to them. Remember anything is possible. Nobody can predict the future for certain. Anything is possible if you believe in yourself and work hard. You can do this without their support. Just think of how many successful, inspiring people took the road less traveled. And a lot of people forget that. Keep your focus on what you want to do and why. In an ideal world, we could constantly surround ourselves with positivity. Are you surrounded by naysayers? How have you dealt with this?

6: Fail To Support Child Financially Quotes, Quotations & Sayings

The point is, I don't want anyone to feel responsible to help with my financial challenges, although I know they do just by being close to me.

Narcissistic Traits A pervasive pattern of grandiosity in fantasy or behavior , need for admiration, and lack of empathy, beginning by early adulthood and present in a variety of contexts, as indicated by five or more of the following: A pervasive pattern of grandiosity in fantasy or behavior , need for admiration, and lack of empathy, beginning by early adulthood and present in a variety of contexts, as indicated by five or more of the following: He would actually get mad at me if I was sick. I could spend an hour detailing how I felt hurt and she would sit there, cold as ice. When it was her turn to speak, she tore down every word that came out of my mouth until I had to apologize for expressing how I felt. I ignored this red flag and made excuses to myself and others. Note that narcissists can pick up on social cues and can "fake it" when necessary. Aside from looking "normal," the hope is that they will get something back. This lack of empathy is so foreign to us--even some animals show evidence of empathy--that shocking instances can break through the denial and the hoping that one day we will get our turn. While it may leave us outraged, hurt, and feeling betrayed, it can be an eye-opening incident that we really need to acknowledge the limitations of individuals with NPD. As painful as it can be, though, we no longer feel as confused by the push-pull or in some cases, just the push. Has a grandiose sense of self-importance e. It also refers to a sense of uniqueness; the belief that few others have anything in common with oneself and that one can only be understood by a few or very special people. I have always believed I was destined to do or be something great. Known, loved, or admired by all--not that I took any steps to ensure that I actually did anything worth mentioning. I hand-pick friends who support my own ideal of myself. My best friend in high school was another guy who, like me, knew we were better than everyone else. A man who had a narcissistic partner says: She said she was superior in her breeding, background and culture. Before she met me, she had been a stay-at-home mom for 15 years while married to an abusive husband. And for the ten years before I met her, she had taught high school. She was born to an abusive mother who hit frequently when she was a child. Has a sense of entitlement, i. Some of these narcissists are honest about their dealings with others. They will practically tell you that they have an utter disregard for others. Some examples from family members: Deanna felt entitled to special treatment because of her professional background, her good looks, and her upscale childhood in New York City. She would become abusive, paranoid, and angry whenever she did not get her way. She was charming and emotionally seductive to get people to cater to her requests. When she got home, the house was ransacked. She immediately called him about the mess: She had unnecessary plastic surgery that was not covered by insurance. When her husband dared to question it, she lied about cancelling the surgery. Is interpersonally exploitative, i. She needs to take a more direct approach. They take advantage of others to achieve their own ends. An exploitative relationship may take many forms. But it generally involves using others without regard for their own feelings and interests. He places no value on open, fair and honest exchanges. The two became lovers after he shared details about his cold and distant wife and confided how lonely he was. He pursued me, a client, to fulfill his need for love and adoration I was a willing participant, yet I was so fragile at the time. He needed someone to split the rent of his office, so he went into business with a long term client who needed office space. A client became his vet, a client became his financial planner, a client who led golf trips asked him to come to a premium golf outing at some island. The cycle only stops when the non-disordered partner accepts that things will only change when he or she becomes aware that this is a one way relationship and that they will always be in the giving, not getting, role. Is often envious of others or believes others are envious of him or her Narcissists must be superior to others in every single way. Like so much else in the narcissistic mind, it is unconscious, discounted and denied, which makes it more treacherous for the object of his envy. Therapist Sandy Hotchkiss says, "To admit to envy would be to acknowledge inferiority, which no good narcissist would ever do. To avoid being envious, he was always the first one to purchase a new gadget that came out, and he bought more than one so he could look like a big shot when he gave them away. I can have

peace inside and a good attitude even if the world around me is a mess. Here is how another narcissist describes his need for admiration: Since I have risen from such adversity, I expect others should look on me with admiration and respect at getting this far from so little. They should be awed at my accomplishments and know the man before them has done things they themselves have never even had the balls to even dream of doing. Karen, who had an NPD girlfriend, says: My ex-girlfriend constantly needed to be acknowledged, adored, and admired. Shows arrogant, haughty behaviors or attitudes Arrogance is another defense mechanism that keeps the narcissist a legend in his own mind, free from the stain of the imperfection of other human beings. Remember, narcissists and borderlines split, seeing themselves and others in black and white. Someone has to be on top, and someone has to be on the bottom. Being judgmental and power hungry staves off the stink of imperfection. In her highly abusive moments, her entire demeanor would change as she adopted highbrow attitudes, vocabulary, manner of dress, and feelings of superiority. She refused to do virtually any chores in the household for five years because they were beneath her and her alleged background of privilege and power. My husband bought at least 11 exotic, expensive cars in the space of four years. He always showed them off. He also did this every time he bought an expensive watch, like a Rolex. She will often foster relationships in which she can gain something or look good. Then, she would criticize them behind her back. I think I want more and I know there are a lot of other girls that express their interest in me. When I stop playing I became "evil. But as they say, it does get lonely at the top well, at least it does for those narcissists who allow themselves to feel anything resembling pain. People who are not special--the waitresses, secretaries, and janitors of the world--may be rudely treated by narcissists and NPs may demand special favors to boot. She only wanted to associate with people she deemed "spiritual" and more "conscious" than most people. Her friends had "higher" up jobs that she could benefit from, like attending cool parties, gatherings, workshops, poetry readings, etc. He thinks because of his wealth he is above others. He talks about the big names he knows and makes them seem like best buddies even though he barely knows them. While we all fantasize, the trouble with narcissist fantasy is that the narcissist treads a fine line between what is magical thinking and what is real. As unhealthy as it is for the narcissist, it becomes gaslighting for his family members and contributes to their own confusion, frustration, and magical thinking. In terms of our relationship, he had built up a happy-ever-after scenario that had no basis in reality. Relationships begin with the terms "white knight," "princess," "fairy tale" and "soulmate.

7: Hallmarks of narcissistic personality disorder - BPD Central

You don't always need new things! The only thing that I plan to buy brand new this time around is a breast pump, with my dd I borrowed one. We do a lot to cut back on spending, and find ourselves closer because we don't have tons of extra money so we have to find ways to have fun close to home and cheap.

I was also on BC But GOD never puts more on us than we can bare. DH and I moved into his parents house a few months ago to save money for our own house. But we have always wanted to be parents. There will always be bills and surprises. We just got a letter from the IRS because his accountant who did his taxes for did them wrong and we have to pay money for that now on top of our other bills. However, the way I look at it is there is no perfect time to have a baby. Kids are always expensive and we will always have struggles in our lives no matter when it happens. We can just appreciate what we do have and make the best of our situations! I was a branch manager for a bank.. Well I made about 60K a year so that is gone for now But I have loved being home with my girls M nerdmama Hey there We have 5 kids 3 girls and 2 boys. This baby was planned though There is never a perfect time to have a baby, but we love our kids and we want a big family. This will be our last baby, but we stuggle at times, house payment, car payment, water, sewer, etc But I believe like everyone else GOD never gives us more than we can handle I recently left my Job to focus on school full time. We live in a 2 bedroom apartment and have two cars, both of which are not working and are gonna be about each to fix. We actually planned this baby, knowing that we are not very stable when it comes to money. In my opinion, if there is a will than there is a way. The biggest bill is the hospital bill and even with good insurance we still had to pay out of pocket. We have been fortunate and gotten many of the expensive baby things crib,car seats,etc from other people. The only thing that I plan to buy brand new this time around is a breast pump, with my dd I borrowed one. J nerdmama Yah, seriously, is there ever really a good time to have a baby financially? My friend and her hubby were going through financial worry when they got pregnant and had their daughter. I always wondered how they could afford this or that. Same thing with another friend of mine. Her husband lost his job. She then lost her job. Luckily she found another job but much less pay. But things always seem to work themselves out. Just before we found out we were expecting, we found out my mother-in-law has stage 4 pancreatic cancer. And now here we are The person above who said "Seriously though God has a plan and I am just along for a ride so to speak. And his sign on bonus was tax free because he was in a combat zone when he did. But if I got pregnant 3 years ago I would have to agree with you. We at that time hardly had any savings and some times had to put groceries on a credit card.

8: 7 Things You Should Stop Expecting from Others

You can't expect anyone else to understand what you're thinking if you can't articulate your thoughts. Understanding our own thoughts is more important than seeking the opinion of others.

9: 8 Things A Narcissist Cannot Do For You (Or Anyone Else)

Respect your elders. Don't expect anyone else to support you. Maybe you have a trust fund. Maybe you'll have a wealthy spouse. But you never know when either one might run out.

*The Conspirators Hierarchy Operational performance management un dfs The crown of embers bud Marie Bashkirtseff
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