

5 HARD TRUTHS FOR A **PEACEFUL** LIFE



**because happiness is fleeting, but peace can last forever.*



You're not responsible for anyone's feelings but your own. No, not even your kids or significant other.



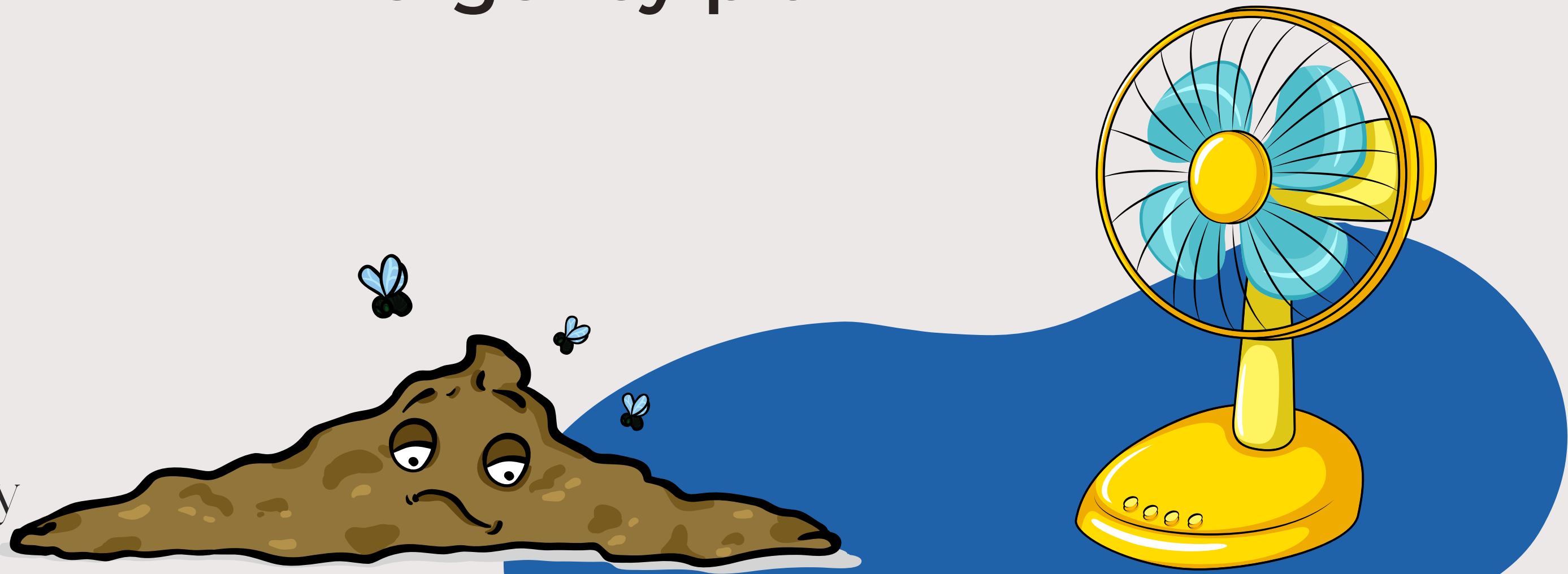


If no one **EXPLICITLY** said you did anything wrong, it's not your burden.



3

Shit is going to hit the fan. There is nothing you can do to stop it. The next best thing is to have a "SHTF Emergency plan"



SHTF EMERGENCY PLAN EXAMPLES

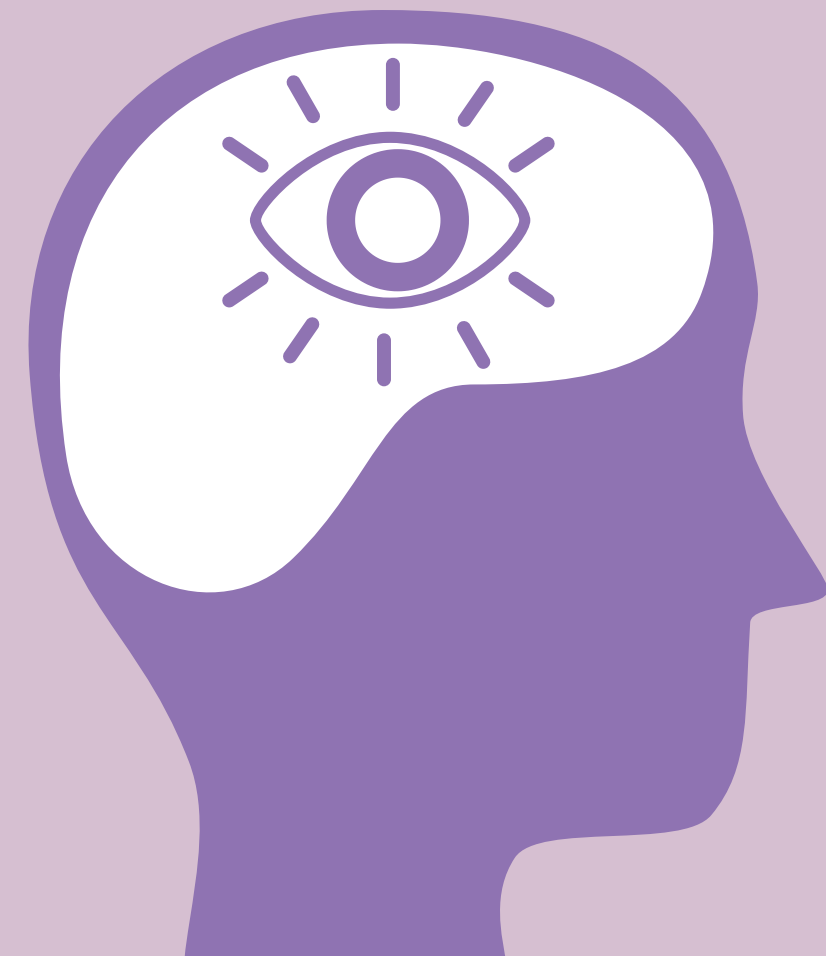
Do and Say Nothing

Experiment & Adjust

Take Ego Out

Be Delusionally
Positive or Worst
Case scenario

If you imagine, your brain thinks it actually happened. So if you must create imaginary scenarios, make them positive.



5

Alcohol makes mental health issues 100X worse and interacts with your medication to make them not work effectively.

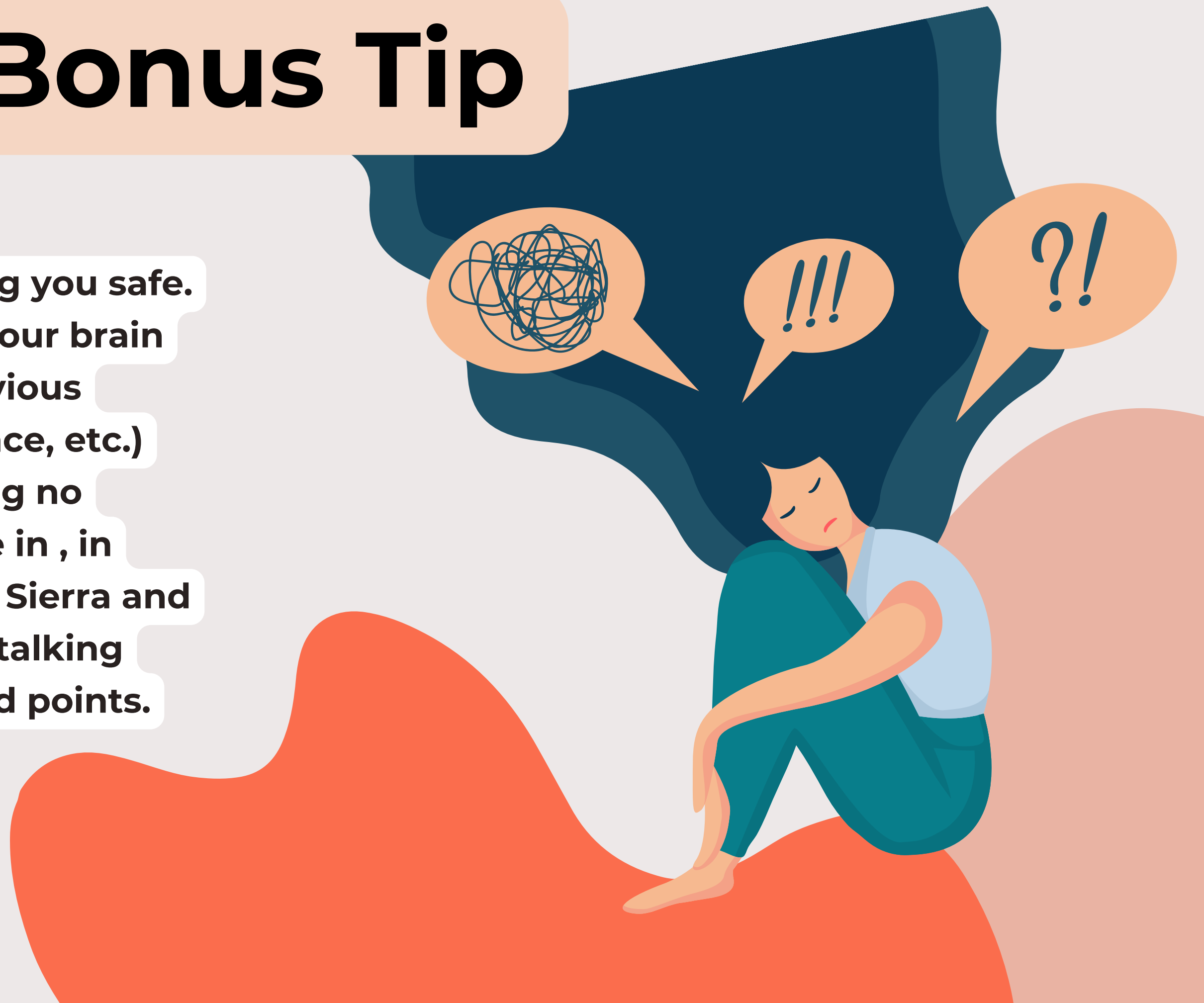


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Bonus Tip

Anxiety is your brain's way of keeping you safe. So tell yourself that you appreciate your brain is trying to protect you, but that previous threat (from childhood, bad experience, etc.) no longer exists so this way of thinking no longer serves you in the space you're in, in your life currently. I named my voice Sierra and I tell her to shup up when she starts talking crazy. Sometimes she can make good points. She just needs to say it a lot nicer.





You made it to the end!

Peace isn't passive, sis. It's a choice. And now you've got tools in your back pocket.

Keep glowing — Dazzology style.

– K Dub 🧡


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