

| Situation                       | Depressed (0)   | Mid (.5)   | Manic (1)  |
|---------------------------------|---|--|--|
| In bed alone                    | Oh god... It's so dark. I'm so lonely. I don't wanna wake up in the morning. Deal with all this shit again...   | (breathing deep)   | I am your thoughts. You are creating me. I am your thoughts. You are creating me.... Yes, the media, the world, your relationships form your thoughts, form who you appear to become, even to yourself.<br><br>You are not your thoughts, only the creator of them. We-- you & I-- your Self & your thoughts-- we nurture each other.  |
| alone in the dark               | My mind is poison-- there is no floor to its agony-- every time I think I've experienced the worst, it throws me one loop deeper. This needs to end, and end quickly, painlessly. Oh but, there is pain, and the pain will never cease  | My state of mind is a product of what I subject it to-- I need to experience positive things, and my snowball will roll down a positive path. Effort must be concerted, and persistent. It's a challenge, but it can be a pleasurable one. | at its best, the mind is the only entertainment you'll ever need, the answer to every desire.  |
| my mind's potential             | Why am I so inferior to even the average mind? Is it my upbringing, or my biology? Why am I so limited?   | I want to be the guy... The man... How does one become that?   | everybody has a true, pure, unrestrained Self at their very core--- That pure self is your very best self, on the most objective level. This self is the self that, if expanded to the surface of your being, will have no choice but to facilitate the realization your best possible life-- to give you your optimal existence, from the inside out. Your most awesome frame of perception.  |
| the passage of time             | I can't believe how much time I've wasted... I can't believe how old I've become without growing at all. I have only regressed-- and I will continue to regress, as my potential energy fades, and my kinetic energy stalls. Things will only get worse and regrets will mount, mind and vigor will deteriorate, and I become a product of the past, human garbage. |  | Removing the concept of time passing from your conscious mind. ----Recreating time as events--- you do this, then that, then something else-- that alone becomes the passage of time in your mind.---This allows you to live IN the world-- become unaware of time-- because if only this moment is real-- time does not pass inside a moment-- the present moves through time, time doesn't move through it.---You are only in the present-- Become unaware of time-- only be aware of the present. |
| On subway--- me vs other people | I ask myself-- would I trade my life for his, or hers or any of theirs? The answer is yes-- I would trade my life for anyone else's-- just to not have to be who I am.  | Everyone with their own agendas... Me with mine... Who knows where they are headed, or where they come from? Is it really my concern? No... I have enough to worry about for myself. I'm okay.   | I'm so glad I'm me, and not that guy, or that guy. Rushing off to a job they hate, stuck in a relationship that drags them down, no hope--- I am truly free, and I appreciate my freedom--- I am superior to all.  |
| on death                        | lets examine the perks:--end to all pain-- end to expectation-- end to pressure-- end to discomfort   | Of course death scares me, but all I can do is live as well as I can and enjoy it while it lasts. There are ups and downs, but it is what it is.   | I don't believe in the inevitability of death. I believe I will live forever, in some form or another, and that I have no end to fear. I live in an endless ocean of time, with an inexhaustible reservoir of goodness at my fingertips.   |
| who I am vs who I want to be    | I'm not the person I want to be... and I feel like I dedicated my whole life to becoming the person I wanted to be without knowing who that person was.... I just wanted people to like me, to think I was cool--- How wrong my priorities were---  | I need to add certain elements to my life to feel fully satisfied. I can accept the mistakes I've made to this point and dedicate myself to living a better life from here on out...   | My entire life has unfolded in the only way it can, and I am the only & greatest version of myself. I am an enlightened being, and any troubles I've experienced have contributed to this enlightenment. I have nothing to regret, and everything to live for. Everything has happened perfectly.  |