

9/24/14

If I had a magic wand what would I change about my life? Taller, tanner, single, more adventurous, confident, maybe blonde, speak mult. Languages, hard-working, analytical, successful, architect maybe, famous definitely, 100% heterosexual, agnostic, focused, driven in all areas of life, blunt, decisive, unafraid (fearless), independent, musical, lots of close guy friends to travel, play sports, yell, drink, hang out, etc., clear-minded, simple, calm under pressure, integrated, proficient.

(More objective) What are the ways in which I'm engaging in all-or-nothing thinking?

Married life vs. hermit monk

Founder of assisted living empire vs. writer vs. dead

Living vs. not living

Money vs. not having money

Christianity vs. letting go over every commitment I ever made

Richmond vs. living near my parents ever again before they die

Never writing again vs. being a famous author

Being in peak performance vs. being scrawny, pathetic

Smart vs. dumb, hard-working vs. worthless, happy vs. suicidal, content vs. rejecting everything

H/W for Counseling