

# Step By Step Guide To Getting To Your Better Self

(Just my 2cents)

SM Experience

## Step By Step Guide To Getting To Your Better Self

If everyone is acting weird around you and you're starting to think you may be going a little crazy or maybe it's just you that's being weird? You're not, it probably is them.

1. When adversary comes toward you to get you out of character or to get you to react in a not so favorable way. React by not reacting and allow the stupidity to subside. If you happen to slip up and feed the phantom, it's ok, you probably had a valid reason. Just bring your focus back and allow the idiots to settle. Use this time to reflect on how you could have handled that particular situation better. Put your reflections into practice. It's best to practice before the adversary regains strength because they'll be back. They always come back. Maybe not the same person but the test doesn't go away until the lesson is learned and even then, it still presents itself in many ways. (This is good). By the end of this book, you'll be seeing the performance of the adversary in a new perspective.

By the time the adversary returns you'll be well integrated with your new worth. Now the adversaries repeated offense should hit differently. And what they can't copy, and paste is what they can't use against you. (Never underestimate the adversary. They have been reflecting too).

2. Repeat (1) for how ever long it takes until you've outgrown the situation or environment. By this time, you should decern whether you're in your milk and honey phase. If not, move on.

This book was inspired by experience and wanting to share a glimpse on  
what's on the other side when you finally say fuck it.