

When the elements of criminal thinking comes into play, you must understand the mind was coded, the body was conditioned and you commissioned yourself to think like a criminal and commit criminal acts because you embraced its way of life, and formed your own independent, self-deprecating behavior, for wanting to be your own woman or man, without reaching out for any positive help or direction that was readily available to you and you may have received. What you can do now, is decriminalize your way of thinking by decoding your mind, decondition your bad body language, decommission your old soul and deinstitutionalize your views of the habits you picked up in the streets as well as in prison. Then you could recode, recondition and re-commission yourself to be the normalcy of society, without any thoughts of that old criminal mindset. You must fit in with the normal workings of society. Society does not have to fit into any program you come up with. It has already been proven that you can easily be taken out of society if you are not an objective and positive part of the nature of it. You are no longer an embryo attached to the umbilical cord of your mom but you still have your given identity and need to be nourished. Therefore, you must be wise in the way you think. Criminal thinking must be of the past and a new way of thinking positively must be developed within. Nourish yourself with positive thoughts and row that boat with fiery soft paddles. Thinking is a never ending story but criminal thinking can end your freedom. We know anger is a normal human emotion, with constructive or destructive consequences when acted upon by a person; however, it is not always linked to aggression and does not have to be linked to your criminal thinking.

Even though you sensationalized criminal thinking through your past behavior, neither it nor your surroundings have to define who you are. Now you must figure out what your positive contribution to this world is and do that, instead of the former. This should be our new mindset.

Facing your challenges/Standing up to your triggers

There is no one who is fond of someone else telling them what to do, being bossed around or otherwise molded into a person someone else wants them to be, instead of the liberated, free spirited individual they themselves hope to be. We all must make and seek those changes in our lives , whether it is to get along better with a co-worker, boss, family, lover friends or strangers. We can never fully rid ourselves of those things that challenge us and cause our triggers to tremble; we can only do what we can. We can also challenge those challenges before they challenge us. It is called preparation. You do not have to walk through life avoiding what may be the inevitable, feeling miserable and afraid because you do not know when, where or how you will be challenged. Nobody knows, really. What we do know is how to prepare for the unexpected and deal with things in a positive manner.

If you believe this is not a focus you should be concerned about, you would be making a mistake and will be ill prepared to deal with those challenges rationally when confronted by them. Being slightly prepared is much better than not being prepared at all. There may be an unlimited source of challenges you may face that could cause your trigger to take form. It really is up to you to put those challenges in perspective, for a healthier balance in your own personal life. We are not speaking of metaphors, like wondering why we rarely see a mustache wearing news anchor man and whether that makes them less credible, or why a voice coach can make super stars out of their students and not themselves, we are speaking of failing to challenge our triggers. Mistakes, accidents, incidents or happenstance are not failures. Failure do not mean the end, end of *it*, end of time, end of life or that you do not have a second chance. It simply means to try again. If you are holding on with both hands and lose your grip with one. That is not failure. It is merely a caution that you must tighten your grip and hold on tighter to your security. It means it was an unexpected challenge you were only half prepared for. If you were unprepared you would have lost your entire grip. Knowing there is a possibility something may happen makes you more prepared than those who fully believe nothing will ever happen. When you look at facing challenges and standing up to triggers, you could view this as a boost to your confidence, health, betterment and empowerment; knowing you have the full confidence you know how to handle those challenges in a confident and positive manner. When you face challenges, drumming up your triggers you can essentially lower your stress level. Preparing also keeps the guess work at bay. You can prepare for challenges by thinking of those things that may trigger anger in you, etc., or even being involved in mock challenges with your support circle.

There really are three levels (low, moderate, high) you should deal with to get the best affect, especially when you already know what your challenges may be or your triggers are. These mock challenges should be constructed with family, friends or even strangers, in mind to get the full effect of your true reaction.

You should note how you deal with each level before and after and your fear, if any, and also whether you are more confident after these challenges that you will be able to handle them when they truly arrive *expectantly*. Each level of challenges should be conducted with true feelings, fair and positive judgment, with an equal amount of positive resolution and the least amount of friction. Remember, you are doing this to better your chances of dealing with the unexpected in a positive manner. You could decide your challenges with a mock setting of someone you may run into who you do not get along well with or otherwise dislike or distrust, then move on to something more challenging; a sudden break up, career change, etc., then on to something you feel will be your toughest challenge or something that may be a hard trigger for you. It is ultimately up to you to prepare, figure out and deal with those challenges and triggers you may face. See real life sample scenarios in etiquette guide III above for samples of what you could possibly face as triggers.

Only you can put into perspective what your triggers may be and put in place replacement behaviors for those triggers after you have learned what they are, and that triggers your stress levels to rise, anger and aggression to develop within. The results of facing challenges, standing up to your triggers, not only lowers stress for better health, but it also allows you to address, prepare, overcome and deal with those issues associated with those triggers such as anger. Feelings and emotions can get in the way of finding a positive solution to your challenges if you do not prepare to address them. Determine what feelings are associated to your triggers, what feelings you are experiencing during triggers. Remain resilient, strong and in charge of your own feelings. This will allow you to have governorship over your emotions while confronting triggers.

The true essence of preparation is preparing your mind for a peace of mind.

We cannot help being caught off guard. We cannot help making mistakes. What we can do is prepare for when we are caught off guard and or mistakes are made, by conditioning our minds to deal with the unexpected in the same way we prepare to save someone's life after having taken a CPR class. Our preparation does not have to be laborious. It definitely will not be futile. That is, if we value becoming a better person in all areas. This does not mean we should focus or worry about something happening or future dangers waiting around every corner. That only may fuel our fears. It simply means we are willing to make those changes that may be necessary. It is a way for us to finally stand up and say, "No!" I can overcome my challenges and be brave enough to not allow my triggers to control my life and have power over me.

We can even envision scenarios we think we may come across, even dangerous situations, such as being attacked or about to be struck by a car to get a feeling of how you would respond to those things that challenge and initiate your triggers. If we constantly avoid a person, situation, or location because it or they may initiate our triggers, we are relieving ourselves of being better; person of responsibility when we know we can. The most curious thing about this exercise is we may not even have time to partake in it. On the other hand, daily challenges do not care about our time. It is timeless. It is up to us to locate any time to structure what could possibly be a less stressful way of living. The only way of achieving this is to work hard at it, including restructuring and confronting those things that challenge us.

Alcohol/Drugs

When violence is perpetuated after the assumption of alcohol and or drug use, that is clearly a sign there is a problem with drugs and alcohol. An individual is more likely to be violent under the influence.