

Irish Soup Journal

1-21-18

Gratitude: Thank you for caring so much.

You really don't know what lonely is until there's no one but you.

☹️ Love Point - after "I love you" ☹️ 😊

Nothing can replace the memories I hold in my heart.

Body Mass index is an outdated way to measure your health - it misrepresents your body composition - the only factors are your height and weight - excluding bone density and muscle mass or any exercise you do - I'm good, still need to lose some weight. Take the stairs. 😊

A stranger here and afraid in a world that I've made. I have to ask: "Am I alone or just by myself?"

"For one who always honours and respects those of greater years, there are four blessings: long life, beauty, happiness, and strength (Compassion Works)

We need the touch of the world to be healthy and human.

Without dreams we become depressed and irritable, you don't know how lonely lovely is until you're alone.

The day after I didn't do it I just kept reminding myself that there are people who care about me, people who love me. Maybe that's all I need to be reminded that someone cares about me.

What do you get if you ask a thousand liars if they've ever lied? A liar. 😊 That's I will forever be the one who missed the joke. 😊

When you fall in love, it doesn't matter how old you are. You always feel like a teenager. 😊