

Orinda Aquatics - Parent Information Meeting 1-25-18

Content covers swimmer meeting handouts aimed at helping the kids' growth and maturity.

Dad drives grandma crazy with photo shopped pictures of his daughter



Growth

Appreciation: Utah school installs showers, laundry facilities for homeless students

SALT LAKE CITY – A Utah school is trying to give homeless students something to ease the obstacles of daily life – a peaceful place to shower and clean their clothes. East High School officials estimate they have between 50 and 100 students who [don't have access to a shower](#) or a washing machine on a daily basis, according to KSTU.

A Compassionate Perspective on Bullying

I see bullying as similar to cutting. People who cut are trying to localise their pain. I think with bullying, people are suffering for myriad reasons and are projecting it. Instead of cutting themselves, they're cutting someone else."

The Marshmallow Test – A Study on Importance of Self-Discipline

In the late 1960s Stanford University psychologist Walter Mischel carried out an amazing experiment. Mischel and his team armed themselves with a large bag of marshmallows and a bell, went to a local school, and presented four-year-old children with a dilemma. An experimenter invited the children into a room one at a time and showed them to a table on which were a single marshmallow, a bell, and then two more marshmallows. It was explained to the child that the experimenter had to go out of the room for a few minutes, but that if the child could keep their hands off all the goodies on the table until the experimenter

came back, he or she could eat the two marshmallows. The experimenter also explained that the child could ring the bell at any point and the experimenter would return, but that if this happened the child would be allowed to eat only the single marshmallow. Ring the bell early and get a single marshmallow, or wait a while and get twice the prize. **This deceptively simple test provided an accurate measure of each child's level of self-discipline.** About one-third of the children grabbed the single marshmallow right away, another third took a little longer before ringing the bell, and a final third waited for the experimenter to return and therefore enjoyed two marshmallows.

However, Mischel was not interested only in discovering the percentage of children who were able to resist temptation. Instead, just like the children who obtained the two marshmallows by waiting, he was eager to carry out a truly impressive piece of work by thinking long-term. **Ten years later, Mischel contacted the parents of as many of the children as possible. He asked about their children, who by then were adolescents.** How well were they coping with life? Did they usually plan ahead? Was there a tendency for them to give up when the going got tough?

The few moments spent in the company of three marshmallows and a bell many years before proved to be amazingly predictive. The children who had waited for the experimenter to return before eating their two marshmallows tended to develop into self-motivating and organized adults who were good at coping with difficulties and persisted in the face of failure. In contrast, those who immediately grabbed the single marshmallow grew up to be easily distracted, less motivated, and highly disorganized. Mischel's results also suggest that this ability is formed early in life and continues unchanged into adulthood, as well as that a very large percentage of children prefer to gobble down one marshmallow right away, rather than two in a few minutes' time, and so they struggle to get what they want out of life.

Wisdom on relationships



Most of us are looking for a relation-*ship* that will carry us securely across the seas of separateness and loneliness to the beautiful shores of love, joy, and happiness. Since divorce statistics show that about half the people who begin the journey are abandoning ship, and the popular jokes about male-female relationships indicate that many married couples are not happy together, it may pay off handsomely to increase our skill in making this voyage. So let's begin at the beginning.

If you tell yourself you must have a relationship to be happy, you're already in trouble. If you are presently in a relationship, you may be undermining it in various ways by demanding and clinging. If you take two dominoes and lean them against each other, you have an unstable setup; if one of them moves, the other falls. If you create the experience that you are only half a person, and you need someone to somehow help you fill in the missing half, you're setting yourself up for a dysfunctional relationship.

Your partner cannot make you feel good or guarantee your self-esteem or self-confidence. Count yourself fortunate if your partner can do this for themselves! Author and lecturer John Bradshaw of the Center for Recovering Families in Houston, Texas tells us, "The goal of life is to move from environmental support to self-support. So what we look at then is the possibility of going deeper within ourselves."*

* From John Bradshaw's PBS television series. I recommend Bradshaw's revealing book *Bradshaw On: The Family, A Revolutionary Way of Self-Discovery* (Health Communications, Inc., 1988).

Look For Opportunities To Make A Difference



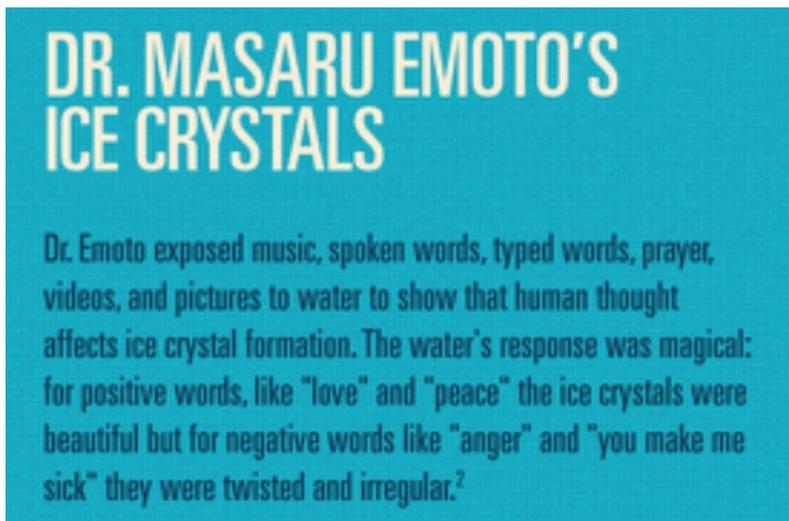
A FLORIDA HIGH SCHOOL STUDENT STARTED A CLUB, SO NO ONE SITS ALONE AT LUNCH.

Denis Estimon and three other students from Boca Raton High School in Florida wanted to make lunch fun and social again.

The students created [We Dine Together](#), a club where members roam the campus and socialize with students who are eating alone. Estimon came to the US from Haiti, and told the CBS Evening News that [his personal experience eating alone](#) motivated him to start We Dine Together.

"[No kid should eat alone](#)," he told the Sun Sentinel. "There are so many problems in this world and the only thing that can solve it is relationships."

The Effect Of Emotions, Thoughts and Words



The Importance of Self-Worth. "Nothing truly beautiful ever asks for attention." This quote has stuck with me ever since I heard my coworker speak the words. Nothing truly beautiful ever asks for attention – it just naturally exists, as it is, in confidence and boldness. Remember this the next time you chase someone you think you love. Remember this the next time you feel as if you need to compete for the attention of someone you admire. Generationally speaking, we often feel the need to prove ourselves to the heart we regard. We often feel the need to change ourselves to better suit their needs, we often wonder if we are exactly what they are looking for, or if they have other options. I have heard the sentiment many times over, I have seen it

dissect beautiful moments and sensationalize less than beautiful relationships. Stop the “If onlys” and the “But maybes.” Trust me when I say that those do not exist within the boundaries of the love you want. They only exist within the reality of the love you chase. The most awe-inspiring person I ever had the privilege of loving planted his feet firmly in front of me and said “This is what I want.” There was courage, transparency. There w

Leadership

LONELINESS IS TREMENDOUS

by Charlie "Tremendous" Jones

Leadership begins with loneliness. What is leadership, what does a leader do? **A leader is simply one who goes ahead, one who sets the pace, paves the way.** I think it needs to be said too, that any company, church, community or agency **must have at least one courageous person who is willing**, I said willing, not able. There are many who are not willing, and others who could do the job better, IF THEY WOULD. Many never arrive simply because they really, never get started. Once you decide to set the pace and move ahead, you discover why many refuse to pay the price of leadership.

Its lonely leading and so many return to the pack to lead with the gang, only to discover too late that the gang isn't going anywhere. They want to make sure of the end before going off into the terrible unknown where it is LONELY. Another phrase we often hear, "I won't go ahead until I know I'm right." Seems strange how slowly we realize how many times the very things that appeared so wrong, turned out so right, and the things that appeared so right, turned out so wrong. I have come to the conclusion that we won't know for sure what is the right or wrong until the end, and the end is a long way off. **The aloneness of the leader is far better than the loneliness of the follower.**

Charles Jones

Substance Abuse

Teen too young for keg party

DEAR AMY: I am the mother to a 15-year-old daughter who is a freshman in high school. She attends a prestigious private school, **has great grades and generally makes very good choices.** I have never heard anything out of her about trying drugs or alcohol, but the other day **she asked me if it was “cool with me” that she attended a kegger every once in a while.** I am torn because since she chose to go from public to private school, she is no longer with a majority of her friends, and she sees these keggers as a social event and nothing else. I want her to have fun in high school like I did, but I also don't know if it is right to accept underage drinking. What should I do? Distraught Mom

DEAR DISTRAUGHT: Really — **you are torn about whether to give your 15 year-old daughter permission to attend keg parties?** This is a dilemma for you? Let me spell it out. **Drinking puts your daughter at risk for the following: personal or vehicle injury, sexual activity, sexual assault, pregnancy, arrest, and — equally as devastating as some of these things — the sort of mistake making that can absolutely kill a person's reputation with one click of a smartphone's camera. At her age, being sober but around other drunken teens would be equally risky for her.** You don't say to her, “Well, I had fun in high school and I know how important it is to get wasted with your friends, so I'm torn about it.” You say: “Absolutely not. I am definitely

not cool with it.” And then you talk about choices — healthy and unhealthy ones — and you listen to all the teen justification she tosses back at you. You should appeal to her to be the kind of person who can be trusted to face these choices with integrity. And you should also tell her that if you learn she has been drinking — or around drinking — there will be unpleasant consequences for her, coming from you.

Victim’s Parents Sue Drunk Driver - Nursing student was killed in 2013 bicycle-car crash; By Ryan Olson
CHICO — The parents of Kristina Chesterman, of Livermore, have filed a wrongful-death lawsuit against the man who killed the Chico State University nursing student in a drunken driving crash. In the lawsuit filed Thursday in Butte County Superior Court, Dave and Sandra Chesterman are **seeking damages from defendant Riley Dean Hoover, 21, and his parents for the Sept. 22, 2013, crash.** Hoover, then 19, struck Chesterman, then 21, as she was bicycling home after studying at Meriam Library.

A teen chugged a latte, a Mountain Dew and an energy drink. The caffeine binge led to his death.

By Cleve R. Wootson Jr. May 16

Davis Cripe left home April 26 an active and healthy teenage boy, but in art class that afternoon he fell to his knees and told worried classmates that he felt lightheaded. He passed out on the floor and was rushed to a nearby hospital. By 3:30 p.m., around the time the final bell rang at school, he was dead. His sudden death may have remained a medical mystery, the coroner who conducted his autopsy said, if friends hadn't described what Davis ingested during lunch: Enough caffeine to disrupt and ultimately stop his heart. On Monday, Richland County Coroner Gary Watts told reporters about the troubling — and what he is sure will be controversial — contributing factors in the South Carolina teenager's death, while standing beside Davis's parents. “He was a great kid,” said Davis's father, Sean Cripe. “He didn't get mixed up in the wrong things. You worry about their safety, their health, especially once they start driving. But it wasn't a crash that took his life. Instead it was an energy drink.” **In the span of two hours, Davis drank a cafe latte from McDonald's and a large Mountain Dew, then “chugged” a 16-ounce energy drink when he got back to art class, Watts told The Washington Post. The official cause of death was “caffeine-induced cardiac event causing a probable arrhythmia,”** Watts said. Holding a news conference was difficult for Davis's family, Watts said, but the story of a teen who died after legally purchasing drinks containing a drug many believe is safe is “a conversation worth having.”

Daughter's one-dose ecstasy death spurs parents to publicize dangers

FORT WORTH, Tex. — Jessica Mary Hunter made two significant choices in life, her father said. The latter killed her. "Her first choice was accepting Jesus Christ," her father Alan Hunter said, tears welling up in his eyes. "And her second was to take this drug." Jessica, 21, died on Oct. 8, three days after taking Ecstasy with friends at the Austin City Limits Music Festival. It was the first time she had taken the party drug, friends said. Weeks after their daughter's death, her parents remain dumbfounded over her taking Ecstasy.

Addiction and Substance Abuse Can Follow You Into Adulthood

The Lawyer, the Addict

A high-powered Silicon Valley attorney dies. His ex-wife investigates, and finds a web of drug abuse in his profession.



Brad Pitt opens up on drinking, divorce in GQ interview

In a new interview with GQ, Brad Pitt opens up about a lot of things in the wake of his messy divorce from Angelina Jolie. Jolie filed for divorce after Pitt reportedly got into an altercation with their 15-year-old son, Maddox, the oldest of their six children. Pitt now acknowledges that he was left in the middle of “an unraveled life, figuring out how to mend it back together.” Pitt tells GQ that he had to come to terms with his

daily habit of relying on substances, mostly pot or alcohol, to “run from his feelings.” “Personally, I can’t remember a day since I got out of college when I wasn’t boozing or had something. Pitt said he stopped “everything except boozing” when he started his family. But he admits he had over the years become a “professional” drinker.

John Mayer Celebrates One Year of Sobriety

“One year ago today, I decided to give drinking a break. A very personal thing for everyone. For me, a constant return on investment,” the 40-year-old singer wrote. “I post this because I want people to know that ‘that’s enough for now’ is on the menu, so to speak.” Mayer spoke about his decision to give up alcohol in a [Rolling Stone](#) interview earlier this year. “**Drinking is a f***** con.** How much is enough?” he said at the time. “Every time I drank, I was looking for some sort of regulated amount. It always feels wrong for me. I always feel like I went overboard.” The GRAMMY-winning artist said that while he didn’t think he had a “serious issue” with alcohol, he felt like it was time to take a break. “There’s never an amount that felt like I was succeeding at life. It always felt wrong.”

Life Lessons

Be A Careful, Defensive Driver.

Two killed, two injured in crash on Interstate 680

A Walnut Creek man was hospitalized in a three car crash that killed two people on Interstate 680 on Saturday night, according to the California Highway Patrol. James Hepner, 56, suffered moderate injuries and appears to have been driving too fast when the crash happened on northbound I-680, north of Gold Hill Road, about 9:15 p.m., according to a statement from CHP spokesman Officer David Harvey.

The Importance of Self-Love

Kesha has checked into rehab to treat an eating disorder.

The “Tik Tok” singer said in a statement provided by her spokesman Friday that she’ll be unavailable for the next 30 days while she seeks treatment for an undisclosed eating disorder. “I’m a crusader for being yourself and loving yourself, but I’ve found it hard to practice,” she said.

The 26-year-old pop star said she wants to “learn to love myself again, exactly as I am.”



Social Media

TAKE A TRIP TO LOS ANGELES' NEW INTERNET CELEBRITY SUMMER CAMP

As viral fame becomes more attainable, summer camps may be the next classroom for kids

Envy of cousin on Facebook

DEAR AMY:

I am Facebook friends with a cousin. We do not see each other. Yet, I am consumed with jealousy over her life. We are both married with kids. I am a happy person, but when I see her updates I am filled with envy. She does not have a college degree and went from a retail position to a high-level executive position in a short time. I have a degree and am struggling with my career. She owns a beautiful house, while my family is cramped in an apartment. She is an amazing cook, is beautiful and thin, while I have a few extra pounds. She goes on

amazing vacations, while we cannot afford to go away. In response to a post, her friends and family gushed about how generous, kind, etc., she is. I keep wishing that something bad happens to her and I hate feeling this way. This jealousy is consuming me. My husband says I need to just get over it, but I cannot. This is not the type of person that I am. Not showing updates on FB is not an option because a lot of mutual FB friends share her updates. Jealous in Jersey

DEAR JEALOUS:

A recent study from the University of Houston uncovered a link between Facebook and depressive symptoms. Facebook doesn't cause depression, but compulsively checking and comparing, can affect your mental health. Based on this theory (and during a recent dark period in my own life), I decided to take a Facebook fast. Within 24 hours I felt better. You will be much more able to cope if you climb out of the social sharing stream — even temporarily. At the least, you should eliminate the trigger of these feelings by “hiding” the source. Concentrate instead on connecting with people who are supportive, philosophical and who own their flaws and challenges with joy. Do not blame your cousin for her wonderfulness — but understand that these comparisons have a negative effect on you.

Teen 'Sexting' Ring Discovered on Instagram

BY KEITH WAGSTAFF

In what sounds like a parent's worst nightmare, more than 100 teens were implicated in a “sexting” ring in Virginia involving images of nude and semi-nude minors shared on social media.

More than 1,000 photos and videos were discovered by law enforcement in Central Virginia, most of them of teenage girls between the ages of 14 and 17 years old and shared on Instagram.



Be Careful What You Post On Social Media

Three years ago, Scott Fitch couldn't believe what he was hearing. A college coach recruiting two of his Fairport High School boys basketball players called to say how much he liked what he saw after watching them play an AAU game, and that he thought both were good enough to see court time on his team as freshmen. "But we're going to stop recruiting one of them," the college coach said. Stunned, Fitch asked why. "We found his Twitter account, looked through it and some of what we saw isn't representative of what our university is about," the recruiter explained. With seemingly every teenager active these days on social media, that type of conversation happens now more often than you might think. It led Fitch to find out more so that the 43-year-old could teach his players and fellow coaches at Fairport what's appropriate and inappropriate for high school students to post on Facebook, Instagram and, most prominently now, Twitter. Since then, he has done more than 40 presentations at area schools with students, coaches, faculty and parents.

Bad behavior is trending online, inspiring it in real life

Young children know that name-calling is wrong. Tweens are taught the perils of online bullying and revenge porn: It's unacceptable and potentially illegal. But celebrities who engage in flagrant attacks on social media are rewarded with worldwide attention. President Donald Trump's most popular tweet to date is a video that shows him fake-pummeling a personification of CNN. Reality TV star Rob Kardashian was trending last week after attacking his former fiancée on Instagram in a flurry of posts so explicit his account was shut down. He continued the attacks on Twitter, where he has more than 7.6 million followers.

While public interest in bad behavior is nothing new, **social media has created a vast new venue for incivility to be expressed, witnessed and shared. And experts say it's affecting social interactions in real life. "Over time, the attitudes and behaviors that we are concerned with right now in social media will bleed out into the physical world,"** said Karen North, a psychologist and director of the University of Southern California's Digital Social Media Program. "We're supposed to learn to be polite and civil in society. But what we have right now is a situation where a number of role models are acting the opposite of that ... And by watching it, we vicariously feel it, and our own attitudes and behaviors change as a result."

Parenting

Kids Under Pressure

THE PUSH TO GET INTO A 'GOOD' COLLEGE IS TAKING A TOLL ON TEENS. NOW, EDUCATORS ARE TRYING TO SOLVE THE STUDENT-STRESS EQUATION. By Sharon Noguchi

Alarmed at escalating levels of student stress and fearful of its potential deadly impact, educators at the Bay Area's top performing high schools are desperately trying to ease up on pressure. They're pushing back school start times, re-examining homework loads, coordinating tests and warning parent about buying into college myths. Lurking at the back of their minds is an unspoken fear — of becoming another Palo Alto. No one wants to be the next community to attract a national spotlight on children taking their own lives. "What's on the shoulders of these kids is so intense, much more than even five years ago," said Michael Boitz, music teacher at Saratoga High, who noted schools are highly concerned but limited in what they can do.

Your Kids Are Hurting

By Sharon Noguchi

Depression, anxiety, stress have a growing number of students at the breaking point

A popular and accomplished Los Altos High student received a parent's text message at school last year, to come home to talk about her grades. The student and star athlete had earned all A's — except one D. She asked to be excused from English class to go to the bathroom, but she never returned. She had collapsed, suffering a disabling emotional breakdown. The student, who didn't want to be identified because of the

stigma of mental illness, is not alone. Across the Bay Area, educators are seeing more and more students suffering from depression, anxiety and social phobia. The acuity of mental illness among students has sharpened, they say, and it's striking ever younger children, though many quietly bear the stress for years before snapping. "I was very good at putting up a facade," said the Los Altos High student, now a senior.

Article: Tips For Raising Happy Kids

- Be Positive
- Joking Helps
- **Tend to Your Mental Health**
- Don't Aim For Perfection
- Last But Not Least, Know Your Kids
- **Nurture Your Marriage**

Article: How I Raised My 12 Kids

My wife and I had 12 children over the course of 15 1/2 years. Today, our oldest is 37 and our youngest is 22. I **have always had a very prosperous job and enough money to give my kids almost anything. But my wife and I decided not to.**

I will share with you the things that we did, but first let me tell you the results: **All 12 of my children have college degrees (or are in school), and we as parents did not pay it. Most have graduate degrees. Those who are married have wonderful spouses with the same ethics and college degrees, too. We have 18 grandchildren who are learning the same things that our kids learned—self-respect, gratitude, and a desire to give back to society.**



for

- If children would come home and say that a teacher hated them or was not fair, **our response was that you need to find a way to get along. You need find a way to learn the material because in real life, you may have a boss that does not like you. We would not enable children to “blame” the teacher for not learning, but place the responsibility for learning the material back on the child.**
- All kids had to play some kind of sport. They got to choose, but choosing none was not an option.
- All kids had to be in some kind of club: Boy Scouts, Girl Scouts, history, drama, etc. **They were required to provide community service.** We would volunteer within our community and at church.
- When the kids turned 16, we bought each a car. The first one learned what that meant. As the tow truck pulled a once “new” car into the driveway, my oldest proclaimed: “Dad, it is a wreck!” I said, “Yes, but a 1965 Mustang fastback wreck. Here are the repair manuals. Tools are in the garage. I will pay for every part, but will not pay for LABOR.”
- **We as parents allowed kids to make mistakes.** Our children are not afraid to try something new. They were trained that if they do something wrong they will not get punished. It often cost us more money, but we were raising kids, not saving money.
- The kids each got their own computer, but had to build it. I bought the processor, memory, power supply, case, keyboard, hard drive, motherboard, and mouse. They had to put it together and load the software on. This started when they were 12.
- We let the children make their own choices, but limited. For example, do you want to go to bed now or clean your room? Rarely, did we give directives that were one way, unless it dealt with living the agreed-upon family rules. This let the child feel that she had some control over life.

- **We loved the children regardless of what they did. But would not prevent consequences of any of their actions. We let them suffer consequences and would not try to mitigate the consequences because we saw them suffering.** We would cry and be sad, but would not do anything to reduce the consequences of their actions. We were and are not our kids' best friends. We were their parents.

Parents' rules irk college student

DEAR AMY:

I am 21 years old and attend college out of state. I am lucky to go to college, except that I can't do anything without parents' approval. They pay for college because they refuse for me to have loans. The problem is that since they pay for my schooling, they hold everything over my head. If I want to get a piercing, tattoo, etc., I need to ask, even if it's with my money. When I come home, they only let me go out or visit friends in other towns if I give their names, address and phone numbers. I understood this in high school, but I can't live like this anymore. A Not-So-Independent Adult

DEAR NOT-SO ADULT:

You are legally an adult. As an adult, you have the legal right to be in charge of your life.

You can drop out of school, sign up for the military or try to get a job, and rent your own place, tattoo and pierce yourself with abandon. Of course, it would be wisest for you to stay in college. But as long as your parents are paying the bills, they will treat you like a teenager. Their choice to "refuse" to let you take out loans is a huge, life-altering gift to you. Many people would be eager to put up with parental control to get such a good deal. **When you graduate, you can live your life debt-free and use that economic freedom to create the life you want to live. I hope you'll remember to thank them.**

Happy People Have Good Relationships

Another way to stay happy is to nurture our relationships. People who have good relationships are said to be happier and more content in their lives than people who don't. Good support networks are essential to feeling capable of dealing with problems and issues and getting through to the other end. Good company can lift us up and positive people can encourage us to reach our potential. Make sure that your relationships are with people who are a positive influence on your life and not with people who drag you down.



A 99-year-old woman from Iowa named Lillian Weber makes a dress from scratch every day so that African children in need can have something pretty to wear. She adds a personal touch to every dress she makes.

Wayne Dyer's Top Tips for Building a Better Social Life

by HENRIK EDBERG

One of my favourite personal development people is the psychologist Wayne Dyer. He seems to be a very warm person but he also someone who takes a lot personal responsibility and is assertive. This is reflected in his work. He's kind but he's not here just to make you feel good. Through a no-nonsense approach he makes you realize obvious – but sometimes uncomfortable – things about how pretty much all of this is up to you. And how many things are quite simple but you are standing in your own way and overcomplicating it all.

Let go of the need for approval.

“People who want the most approval get the least and the people who need approval the least get the most.”

A lot of the actions you take – or do not take – may be because you need approval from other people. When we are young we get grades in school that tells us that we are “good”. This makes it very easy to create a life where you always go looking for the world to give you the next hit of approval. It may be from your family, boss, friends, co-workers and so on.

But this need creates neediness. And the stronger the need the stronger the neediness. And so other people will sense this. And approval may be withheld or used to manipulate you. Or they may just not like your neediness.

The people on the other hand who do not care that much about getting approval often do more of what they want deep inside. They may be considered courageous for instance. So the way they live their lives will gain appreciation and approval from the people around them. It's a bit counterintuitive.

If you really want approval in your life try letting go of that need – as best as you can of course, this is not easy – for a while. See what happens. You'll probably be surprised by how much better you feel inside and the reactions you may get from the outside world.

Let go of judgement.

“When you judge another, you do not define them, you define yourself.”

“Real magic in relationships means an absence of judgment of others.”

“Judgement prevents us from seeing the good that lies beyond appearances.”

Judging can make you feel better about yourself as you put someone else down. So why give it up? Here are three reasons:

- **People don't like judgemental people.** People don't like to be judged. So there will be a resistance towards someone who is judgemental.
- **Waste of time.** You can spend your time doing more fun, constructive and positive things.
- **The more you judge people, the more judge yourself.** What you see in other people is often what you see in yourself. So if you judge them all the time for their looks or intelligence then you probably judge yourself often about these things too. To let go of judging others can lead you to letting go of judging yourself too.

People like positive people.

“Unhappiness is within.”

“Simply put, you believe that things or people make you unhappy, but this is not accurate. You make yourself unhappy.”

Now we are back in the same territory as in the first tip in this article. How you feel is up to you. You control you. This is important to understand to be able to create and keep a more stable positive attitude. If you let what other people do control – or at least control you too much – then you are on a mental rollercoaster where your thoughts and feelings go up and down all the time.

I'd say that one of the most attractive qualities a person can have is a positive attitude and energy. It is attractive to people. I think that one of the big things people want in any relationships is positive emotions. People simply want to create a flow back and forth with people where all of you exchange positive emotions and feel good.

Like yourself.

“You cannot be lonely if you like the person you're alone with.”

Liking yourself is vital to live a happy life. If you like yourself people will of course like hanging out with your more too. A person who likes him/herself, who is positive but also assertive is a lot better than the opposite.

- **Follow the tips above.** For example, **taking more personal responsibility, working on your attitude** and being more assertive consistently will make you feel better about yourself.
- **[Do the right thing as much as you can.](#)** When you do the right thing you lift your own self-esteem. When you don't do the right thing you tend to stay at the same self-esteem level that you are at the moment (or perhaps even lower it).

Former Facebook President Admits It's 'Exploiting a Vulnerability in Human Psychology'

Jennings Brown 11/09/17 9:42am



Sean Parker, the visionary techno-elf who cofounded Napster and served as Facebook's first president, seems to have some regrets about building the social behemoth that's taken over our world, telling an audience this week, "God only knows what it's doing to our children's brains."

At an Axios event on Wednesday, Parker reportedly described as himself becoming "something of a conscientious objector" to social media off-camera before sharing some interesting nuggets about Facebook and immortality onstage:

When Facebook was getting going, I had these people who would come up to me and they would say, "I'm not on social media." And I would say, "OK. You know, you will be." And then they would say, "No, no, no. I value my real-life interactions. I value the moment. I value presence. I value intimacy." And I would say, ... "We'll get you eventually."

Suckers, Justin Timberlake's nerdier alter-ego seemingly thought to himself at the time. But more than a decade later, Parker's perspective has changed. "I don't know if I really understood the consequences of what I was saying, because of the unintended consequences of a network when it grows to a billion or 2 billion people and it literally changes your relationship with society, with each other," said Parker. "It probably interferes with productivity in weird ways. God only knows what it's doing to our children's brains."

Parker also shed light on the Facebook's early ethos and outlook. "The thought process that went into building these applications, Facebook being the first of them, was all about: 'How do we consume as much of your time and conscious attention as possible?'"

They accomplished that by creating "a social-validation feedback loop" based on giving users "a little dopamine hit every once in a while, because someone liked or commented on a photo or a post or whatever," Parker explained. "And that's going to get you to contribute more content, and that's going to get you more likes and comments."

Now, as a 38-year-old philanthropist and founder of the Parker Institute for Cancer Immunotherapy, Parker admits that social network "creators" like him and Mark Zuckerberg "understood this consciously. And we did it anyway." And what's the payoff for those Silicon Valley elite who made billions off "exploiting a vulnerability in human psychology," as Parker refers to it? "Because I'm a billionaire, I'm going to have access to better health care," he said. "So I'm going to be like 160 and I'm going to be part of this, like, class of immortal overlords. [Laughter]"

Former Facebook Exec: 'You Don't Realize It But You Are Being Programmed'



This is the year everyone—including founding executives—began publicly questioning the impact of social media on our lives.

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Last month, Facebook's first president Sean Parker opened up about his regrets over helping create social media as we know it today. "I don't know if I really understood the consequences of what I was saying, because of the unintended consequences of a network when it grows to a billion or 2 billion people and it literally changes your relationship with society, with each other," Parker said. "God only knows what it's doing to our children's brains."

Chamath Palihapitiya, former vice president of user growth, also recently expressed his concerns. During a recent public discussion at the Stanford Graduate School of Business, Palihapitiya—who worked at Facebook from 2005 to 2011—told the audience, "I think we have created tools that are ripping apart the social fabric of how society works."

Some of his comments seem to echo Parker's concern [emphasis ours]. Parker has said that social media creates "a social-validation feedback loop" by giving people "a little dopamine hit every once in a while, because someone liked or commented on a photo or a post or whatever."

Just days after Parker made those comments, Palihapitiya told the Stanford audience, "The short term, dopamine-driven feedback loops we've created are destroying how society works," Palihapitiya said. "No civil discourse, no cooperation; misinformation, mistruth. And it's not an American problem—this is not about Russians ads. This is a global problem."

It's as if Parker and Palihapitiya got together at a bar that week to work out their inner demons. When the host asked Palihapitiya if he was doing any soul searching in regards to his role in building Facebook, he responded: "I feel tremendous guilt. I think we all knew in the back of our minds—even though we feigned this whole line of, like, there probably aren't any bad unintended consequences. I think in the back, deep, deep recesses of, we kind of knew something bad could happen. But I think the way we defined it was not like this."

He went on to explain what "this" is: So we are in a really bad state of affairs right now, in my opinion. It is eroding the core foundation of how people behave by and between each other. And I don't have a good solution. My solution is I just don't use these tools anymore. I haven't for years.

Speaking more broadly on the subject of social media, Palihapitiya said he doesn't use social media because he "innately didn't want to get programmed." As for his kids: "They're not allowed to use this shit."

Then he got even more fired up: "Your behaviors—you don't realize it but you are being programmed. It was unintentional, but now you gotta decide how much you are willing to give up, how much of your intellectual independence," he told the students in the crowd. "And don't think, 'Oh yeah, not me, I'm a f***** genius, I'm at Stanford.' You're probably the most likely to f***** fall for it. 'Cause you are f***** check-boxing your whole Goddamn life."

Facebook 'Messenger Kids,' other apps addictive by design

By Roberto J. González

Over the past few weeks, Facebook has come under fire from an unexpected source: its own former executives. For parents concerned about raising children in the digital era, this should be a wake-up call. The former executives' comments coincide with the debut of "Messenger Kids," Facebook's newest product. Its target audience is 6- to 12-year-old children.

Sean Parker, the company's first president, recently acknowledged that its creators intentionally designed Facebook to consume as much of users' time and attention as possible. According to Parker, "likes" and "posts" serve as "a social validation feedback loop" exploiting the psychological need for acceptance.

"God only knows what it's doing to our children's brains," he said. Days later, former Facebook VP Chamath Palihapitiya admitted that he feels guilty about helping the company expand its global reach. (Facebook now has more than 2 billion users worldwide.) "We have created tools that are ripping apart the social fabric ... you are being programmed," he said in response to recent revelations that Russian agents purchased divisive Facebook ads designed to further polarize American voters. Palihapitiya added, "We get rewarded in these short-term signals: hearts, likes, thumbs up." Such statements are startling but not unprecedented.

For years, social scientists have warned about how technology can trigger behavioral addictions. Anthropologist Natasha Schüll, who conducted research on Las Vegas casinos, discovered that slot machines pull some gamblers into a disorienting "machine zone." After interviewing machine designers, casino architects and hardcore gamblers, Schüll concluded that slots are "addictive by design" due in part to their deeply interactive features.

Facebook's "like" button has a comparable effect. Every post, photo or status update is a gamble that might result in a total loss (zero likes) or a jackpot (going viral). Twitter "retweets," Instagram "likes" and YouTube "views" work the same way.

Now, Facebook is heralding the arrival of "Messenger Kids." According to the company, the app was developed in consultation with parenting experts to keep it safe. Facebook also promises to limit the collection of data on children, and to not use the app for advertising.

These assurances ring hollow. Facebook seems determined to get children hooked on social media as early as possible. In other words, to get our kids' dopamine levels surging in the formative years — so that the dopamine burst becomes a normal part of life.

But last year, the American Academy of Pediatrics issued recommendations outlining limits on children's screen time, noting that "problems begin when media use displaces physical activity, hands-on exploration and face-to-face social interaction in the real world, which is critical to learning."

"Messenger Kids" will drive children even deeper into the virtual world. Aldous Huxley's "Brave New World" has never seemed so near. What happens when young people spend hours a day on Facebook, Instagram or Snapchat? Each year more and more of my students openly admit that they are addicted to social media. Some report experiencing strained or broken relationships, sadness or depression connected with social-media use. Others use Facebook while driving.

Many students express concern about younger siblings who are hypnotically mesmerized by tablets or smartphones for long periods, and then throw tantrums when the devices are taken away.

Earlier this week, Chamath Palihapitiya told CNBC that his 5- and 9-year-old children get no screen time at all. Bill Gates, Jonathan Ive (who designed the iPad) and the late Steve Jobs also placed strict limits on their children's use of technology. If these tech legends have taken drastic measures to protect their kids from the dark side of the virtual life, perhaps more of us should follow their lead.

Some in tech are growing disillusioned — and worried

Tristan Harris, a former Google employee, has been outspoken in his criticism of how tech companies' products hijack users' minds.

"If you're an app, how do you keep people hooked? Turn yourself into a slot machine," he wrote in [a widely shared Medium post in 2016](#).

"We need our smartphones, notifications screens and web browsers to be exoskeletons for our minds and interpersonal relationships that put our values, not our impulses, first," he continued. "People's time is valuable. And we should protect it with the same rigor as privacy and other digital rights."

In a recent feature, The Guardian [spoke to tech workers and industry figures](#) who have been critical of Silicon Valley business practices.

Loren Brichter, the designer who created the slot-machine-like pull-down-to-refresh mechanism now widely used on smartphones, said, "I've spent many hours and weeks and months and years thinking about whether anything I've done has made a net positive impact on society or humanity at all."

Brichter added: "Pull-to-refresh is addictive. Twitter is addictive. These are not good things. When I was working on them, it was not something I was mature enough to think about. I'm not saying I'm mature now, but I'm a little bit more mature, and I regret the downsides."

And Roger McNamee, an investor in Facebook and Google, told The Guardian: "The people who run Facebook and Google are good people, whose well-intentioned strategies have led to horrific unintended consequences ... The problem is that there is nothing the companies can do to address the harm unless they abandon their current advertising models."