

I find it difficult to hold my self when something bad is said about my religion or my mother, it triggers my emotions quickly that I can't control my self but have to fight or try to fight.

Because of what my mother went through the hardship of life to raise me, Made me value her more than any thing in life, even though she's not 100% healthy she never told us she's been sick, until I started noticing it because I was growing up, where I started becoming more and more aware and worried about her health, no form of therapy can make me cool my temper when it comes to these issues.

Talking about health; **health** is the second thing I value the most, because since my childhood I have never been 100% healthy, plus my mothers sickness is genetic so I have a high percentage of getting the same diseases (high blood pressure) because of that, health issues became a subject of matter to me, I became so aware of what I eat, eating healthy food became so important to me I reduce the amount of salt and sodium I take on a daily basis, I make sure I always get enough rest and sleep which all of this reduce your chance of getting any form of cardiovascular diseases and last but not the list is praying I always pray and ask God to help me, and cure my mother through all this health issues

Work book 3

Certain daily activities and practices have become what I refer to as personal motivational drivers, which include:

Watching 'movies' (**leisure**), watching news, being around my (**family, relationship**), religion (**praying**) helping (**charity**) and going to the 'Gym' (**health, life, looks**) as my motivational drives.

Starting off with watching of movies I have a passion for watching movies once I can get my warm milk by my side. For every sip of my warm milk I take while watching a movie, it directly activates my positive emotional energy.

So whenever am feeling down or lost I treat my self with watching a movie and a nice warm cup of milk. It makes me feel relaxed and calm, it takes my mind away from reality of life. It helps me disconnect my self from all my problems.

When ever I feel really down by not getting some thing or having that feeling of some one being better than me, I turn on the news channel on

Reference

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