**Things I have learned about living…**

**By Mark Mounts**

**Started, May 1, 2019**

I use the pronoun “you” not to be corrective or punitive…but because these are the things I have to remind myself everyday…these are all about what I’ve learned about me through all of you.

* “You don’t know, and you don’t know that you don’t know”
* “… This is not a fight, the battle has already been won”
* “Knowledge is the starting point, relating is the journey”
* “Bad things and people ‘teach’ you how to love, Good things and people support your ‘education’”
* “GOD IS”…no other words are necessary
* “Your response to a crisis is more important then the crisis itself”
* “Our feelings are doors to what we need, who and what we depend on for those needs is the key”
* “Failures are opportunities”
* “Life is a process, not an event”
* “Death is a part of life, it’s in the process”
* “There are two ways to live, with regret, or with thankfulness”
* “There are two ways to die, with regret, or with thankfulness. The rest is just biology”
* “Love and Trust are not the same”
* “Boundaries are set because of what you know you will become in the situation. They are not foundations for bitching and complaining”
* “No matter what, Always tell the truth” from my father, Tunis, 1976
* “It’s not about what you do, it’s about who you are”
* “The most important person to be honest with is yourself”
* “Relationship problems are about you, not the other person or people”
* “God really doesn’t keep score…. really, He doesn’t”
* “Grace has not changed your behavior, it has changed your identity”
* “Every decision that is based on faith will feel risky…there are no exceptions”
* “Relating is the most difficult thing you will ever do”
* “Love cannot exist outside of a relationship” (remember the point before this one).
* “Love is not a feeling, it’s a verb”
* “It really is going to be O.K. It may not be fun, but it will be O.K.”
* “People who worry about others and try to help others ***ALL OF THE TIME*** don’t know what to do for themselves”
* “Fear is before anger…always”
* “Addiction is the affect of a much deeper dynamic”
* “We ALL have an inner child. Wisdom is learning how to help them feel safe and secure in times of crisis.”
* “Roles are not the same as responsibilities”
* “God loves you so much He will let you choose to live in such fear that you hate Him for it. He will then allow death to be the means to put you out of your misery. And then, after you die, when you meet Him face to face and He heals you of all of your pain, sorrow, resentment, mental illnesses, addictions, and losses, and you still chose to hate Him, He will remove your existence from time and space, and at this point, because He loves you, you will never suffer again”.
* “There is only ***ONE*** man who ever lived that has all of the answers to life’s pain and suffering. When he offered the answer, we killed him…and he let us.
* “Faith is the ‘wonder’ that gives you hope for life, even as you face your death”.
* “What you experienced is not what you are”.
* “It’s not about the ‘economy’, it’s about the relationship”
* “Codependence is the most insidious addiction…hands down.”
* “Laws will never save you. They are the ‘jailers’ that rip the bars from your soul so that your limitations and weaknesses can come screaming out of your pit of denial”.
* “No man or woman is powerful enough, or can love enough, to change another man or woman. Only one has that power.”
* “We cannot change others, but we can influence. If your influence is having a positive affect on another, you are in the middle of experiencing a process that is much greater then the influence you are offering”
* “Life is not about learning to love; it’s about learning and accepting that you are already loved. Only then can you give what you have been willing to receive.”
* “If we are really judged by the number of people that attend our funeral, then we’re screwed. Don’t believe me, ask Jesus”.
* “’I don’t know’ will be the hardest thing you will ever have to ‘learn’”.

June 5, 2019

* “Expectations are premeditated resentments”
* “The worst part about anything that’s self destructive is that it’s so intimate. You become so close with your addictions and illnesses that leaving them behind is like killing the part of yourself that taught you how to survive”…Anonymous