

Below is background information on the content.

My thoughts on the content will be reflected in footnotes at the bottom of each respective page. With the exceptions of annotations, page numbers, changes in font (for readability), name replacements or identifiers (protecting and indicating participants in discussion-based content), the original content is unedited.

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Date of commentary: 2/12/17

Date of original content (Approximate): Spring, 2015.

Format: Self-reminder

Subject (Approximate): Acceptance, patience, self-awareness, indifferents, assent.

Participants: 1.

Part (if Applicable): 1 of 1.

Synopsis: The content was written following an incident in which a tail light on my car was destroyed overnight by unknown persons. It was an effort to detail my thought process in the days following the event to gauge my response, and check it for inaccuracies. The writing itself is formatted as a series of direct questions-and-answers meant to draw out any discrepancies in my thinking.

### ~ Start of Original Content ~

What is the object that concerns you? Hard plastic and wiring, attached to a metal frame. “Nothing else?” Nothing else. What is the source of its damage? A being with desires and fears, as you are. Whether they were sober or inebriated, whether it was intentional or accidental, whether out of spite or in ignorance, in no way are you made worse by it.<sup>1</sup>

You cannot know the circumstances of the damage. Your ability to assess those responsible is limited. Even if you did know the circumstances, what good would it do you? Would the damage be undone? Would the course you’d need to follow change? There is an argument that occurs to you: you may have had the opportunity to demonstrate a better course for those responsible, but you are referring to what hasn’t happened, and distracting yourself from what has.<sup>2</sup>

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<sup>1</sup> When something of a person’s is taken, damaged, or destroyed (it appears) by another person, a common, untrained reaction is to find and lash out at the perceived source of the incident. In this situation, the motivations behind the responsible individual(s) actions are often entirely unknowable and unverifiable. The only motivations that can be fully assessed are one’s own. Should something unfortunate happen to you presumably by another person’s action (deliberate or otherwise), be very quick to remind yourself that “at the time that this happened, if the act was deliberate, the person was moved by their judgments to make a choice that appeared to be acceptable to them. How can you be sure of their intentions without an opportunity to speak with them, and discuss their motives?”

<sup>2</sup> The circumstances being what they were, there was nothing that anger would serve to accomplish; it wouldn’t reveal who the persons responsible were, repair the damaged tail light, find a replacement tail light, and find a place to field the repair. If the opportunity presented itself for the responsible person to be drawn to pay for the repair, the steps to follow would necessarily change; but that was not the situation. In short, there was no cause or benefit to ruminate on what-ifs, as expending energy on it would do nothing to change the immediate conditions.

Let what has happened lay where it is. Fix the damage, view this correctly, and cease to distract yourself with the petty and transitory.<sup>3</sup>

~ End of Original Content ~

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<sup>3</sup> A focus on acceptance of the act, and of the acting party's choice, exhausted anger well before it came about. If I chose to linger on the situation, it would be to no one's detriment but my own. The best course was to notify authorities (to potentially prevent other persons from being affected similarly), pursue repairs, and acknowledge the rest for what it was - not what it first momentarily appeared to be.