

Questions for discussion

1. Do you survive your day?

It's not like I run around freaking out about life. Some days just push on me. I know many people who have tough days at work. Yet, the money is good so why leave. Life can be stressful some days. Family can be stressful some days. Yet, how do you survive your day? Is it a good book, prayer, or a workout? Some people don't cope well. I believe that building you up is the best medicine for a sick day.

“Dreams can be fun. Yet, every morning I realize I'm still here. There is still time to get it right. So often, I have met people throughout my day that have made me feel dirty. Some nights I have crawled home and felt undone saying it is finished. Yet, every morning like Groundhog Day, here I am at 6 am. Ok, it's 5 for me, but who's counting that early. I love my life but it's still a grind. I love people but it seems that they love to grind me. The peace I pray for at night is not always there in the morning. I don't ever dread the day. I want to live. Yet, at times, somewhere in my mind, I think I'm in a nightmare. People don't accept me for who I am. Why not? There are many terrible people in this world and I'm not one of them. Yet, I continue to meet people that disapprove of me and something seems to be wrong. Is it me, is it them, or am I crazy?”
Chapter 3, p, 3

2. How do people affect you?

I have taken a long look at people. Some treat me well and others not so much. Why do we keep bad people in our lives? Is it to help them be good. Is it to make us feel honorable? Maybe in the end it's making a mess of your life. I have been called crazy. I think what some other people do is crazy. Yet, I affect people in how I think. Some of those affect me too. Judging people is not a good thing.

“If were given the cold shoulder, do we tend to avoid that person after that experience? If a person fires up our emotions do, we get angry and avoid conflict? I even see it in relationships. People get hot and horny or cold and shy. We affect and are affected by the people around us. Sometimes we could attribute that to temperature. I think we accept and avoid people for many reasons beyond how warm or cold you feel. Yet, sometimes we get a shiver or hot flash around certain people. Does that make you or them crazy?”
Chapter 3, p, 5

3. Do you love to express yourself?

There are people who are the life of a party. They love to talk. I write, blog, and tell jokes. I suppose I like to expose myself to others. I am also honest about life. That can be uncomfortable to some. I think there are people who think I'm crazy because I love to be part of life. I am interested in you and the events around us. I can't sit still. How do you portray yourself to others? Are you quiet or expressive?

"This journey to the truth is depicted in my brain as crazy ramblings. A crazy person? It like you've got the runs bad. It's either hold it in or let it all go. If you gotta go then you gotta go. I feel the same way about expressing my heart. Why do some people think I'm crazy? I have met people I thought were half crazy but that's not me. I just need to express my brain to people. Why? To let them know who I am? I don't know why, but I am saying why not. People who love to express themselves are not normal. There is an innate desire inside them to bring the inside, outside. It's about the masks we wear in chapter two. Crazy people have no mask and that bothers so many people." Chapter 3, p, 7

4. Do you find we all judge?

I know you watch what that person is wearing. I know you have an opinion on that person who just slammed a door in your face. How about the driver that cut you off or the rude clerk at the store. We all have opinions on people and how they act. You are being judged daily by others. That is sad but human. It's our attitude that hurts the judging. People know little about us. We also know little about them. So, do we make up an opinion? People look crazy because of lack of understanding. It's also because we judge them as guilty sometimes without all the facts.

"I met a customer on my mail route recently that was trying to describe her delivery problem. I told her that I was not her mailman. I thought it was this other girl. The customer then piped up "ah, the disheveled looking lady." I laughed. Yes, that is her in a nut shell. I thought nobody else noticed. I forgot we judge everything. Even I do it because I knew exactly who they were talking about. The mail girl has ratty hair and terrible teeth. Does that make her disheveled, dirty, or crazy? I've talked to her and she seems a little off. Does that make her disheveled, dirty, or crazy? I'm a little bit off. Ask my dad or my ex-wife." Chapter 3, p, 9

5. Are you out there exposed and reckless?

I have been called intimidating. There are people who play it safe. Safe is good but safe is boring. They are intimidated because I will experiment, not give up, and never quit. I ask all the dumb questions. Many of us are curious people. Some just want to leave things well enough alone. Being called crazy because I have a reckless nature is unfair.

Crazy Chapter 3 (Dirty)

It's me. Do you like to play it safe? Where is the little bit of recklessness in your life? Maybe you need some to see the world through different eyes.

"Here is a summation of crazy. We are not ostriches. We don't prefer to stick our heads in the sand and assume life is fine. We think it will leave our donkey exposed and that might end badly. If I wore a mask and hid my true self, that would be a tragedy. I think famous writers like Poe, Tolstoy, and Faulkner exposed their hearts. They thought about the "what if." Those writers wrote about tragedy and perspective. An ostrich just takes the most obvious route. The safest chance. Protect the head. Out of sight and out of mind. There are plenty of reports that wearing a helmet increases the chance of getting hurt. It makes no sense but we are more reckless with safety. Just ask the Titanic crew. Unsinkable bred confidence in the ocean. Most sea fearing men fear the ocean because they know the truth about the sea. I think the crazy are the exposed and the reckless."
Chapter 3, p, 12

6. What would the perfect world of acceptance look like?

I find people interesting. I bet I used to judge others. Over the years, I have felt tragedy. I have talked with people in tough situations. I have been called crazy. I have felt dirty in the presence of others. I don't judge these days. People are just children grown up. They still get hurt. I know people miss parents when they die. People have regrets and make mistakes. Accepting people is a good thing. Were all caught up in this crazy world. Were all doing our best with what's been given. That is not dirty or crazy.

"I love Forrest Gump saying stupid is what stupid does. The Darwin awards are given to people who found stupid ways to die. We can make bad choices in thoughts, words, and intentions. Nothing ever goes as planned. There is always another way. In movies, I have heard this statement several times that's so crazy it might work. My daughter is slightly autistic. I love how she lives and thinks. No masks, no condemnation. Everything is possible with her. The autistic live trapped inside a box, but their brain thinks outside the box. There is a war in her brain between the safe and the insane. She is not normal, but she is normal. It depends on acceptance." Chapter 3, p, 16