

TO ALL MY FRIENDS...

I have been in many places but I've never been in Cahoots. Apparently you can't go alone.

You have to be in Cahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there.

I have, however; been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family and work.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in Doubt. That is a sad place to go and I try not to visit there too often.

I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable and I go there more often as I'm getting older.

One of my favorite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

I may have been in Continent but don't remember what country I was in. It's an age thing.

PLEASE DO YOUR PART! Today is supposedly one of the many National Mental Health Days throughout the year. You can do your bit by remembering to send an e-mail to at least one unstable person. My job is done!

Life is too short for negative drama & petty things.

So laugh insanely, love truly and forgive quickly!

From one unstable person to another...

I hope everyone is happy in your head - we're all doing pretty well in mine!