

“After being on this planet  
for many years, I have learned  
as I have learned to ignore  
what anyone else thinks.”

### Dr. Bill's Memo

#### Chapter 2 – Article 1:

Discovering mental health through taming emotional wakes

Emotional wakes can result in intrapersonal and interpersonal  
...ecting

of what I mean by  
the term.

- to protect and win. I  
only yours.
- The ego is highly  
actions that are not always factual nor rational. This can result in  
doing and saying things that make a situation worse and lead  
to future regret and remorse.
- The impairment for mental illness is constantly living in  
unpleasant emotions that unfortunately drive interpersonal  
disruption.
- Though we may think the challenge is outside, the cure begins  
with looking inside, which I explain in more detail below.

Perceived **expectations** are a challenge for a professional person living with a mental illness: "They should be able to ...." There will be a disappointment when there is a gap between reality and expectations.