

Extra Photos From 2024

Celebrations



^^^ Becoming Dutch



Arnd & Charlie in Japan

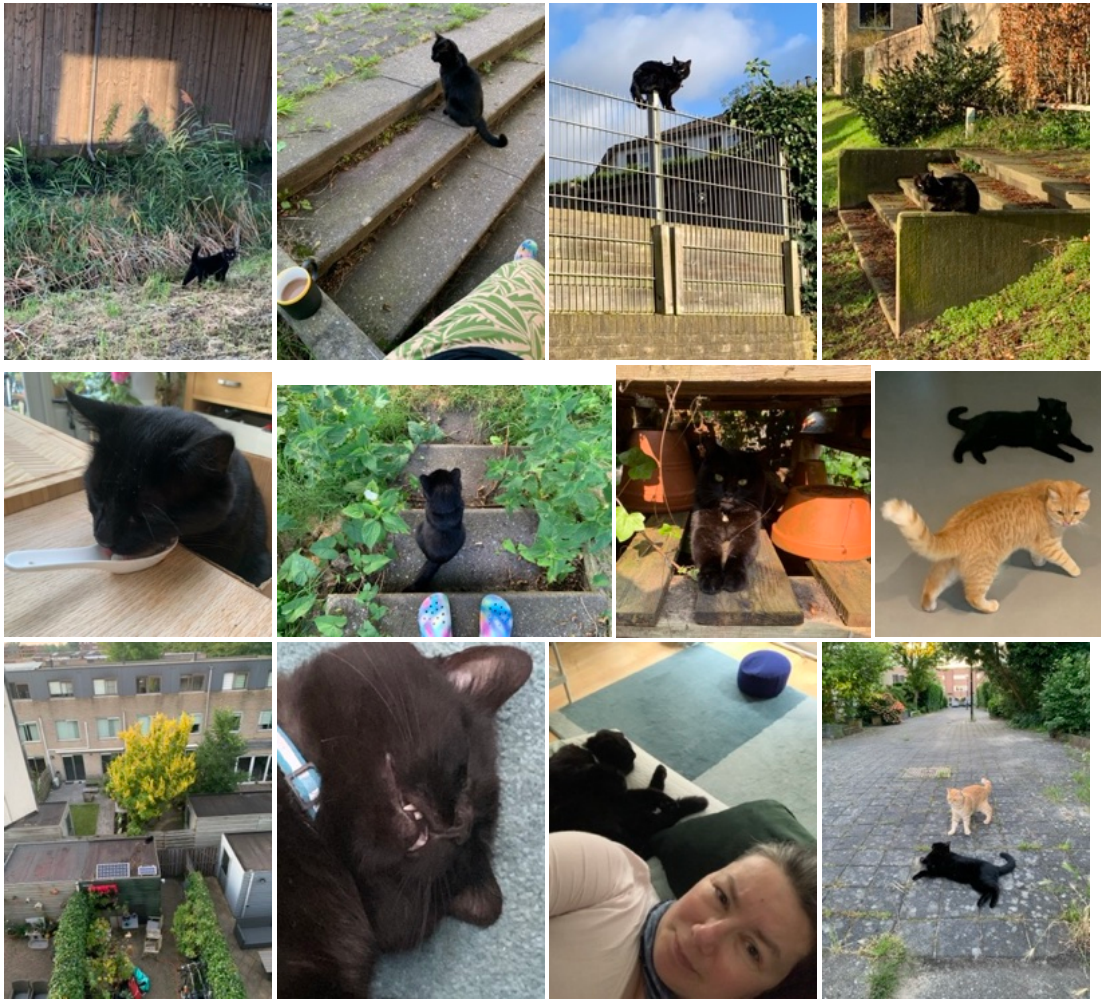


^^^ Kaja's visits

Family & Friends



CAT



facebook.com

Waar is onze Angel? Cats
7h · G

#home #nederland

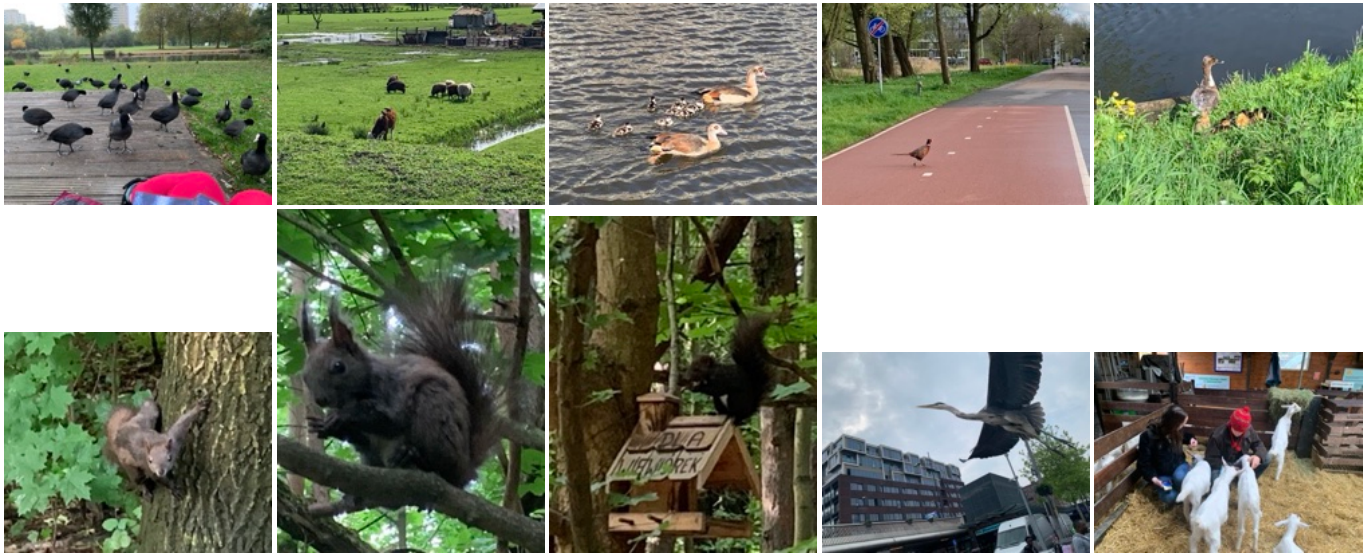
Grapje is vermist sinds 04-09-2024 te A... see more
See translation

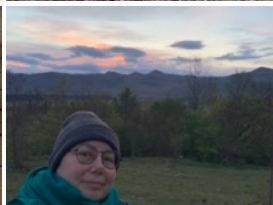
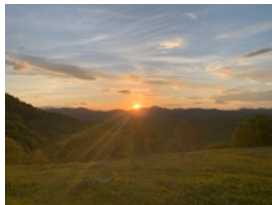
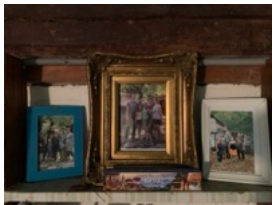
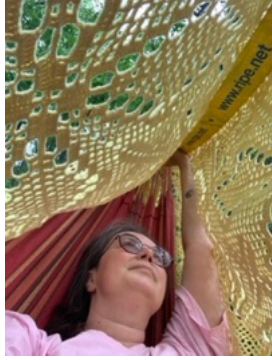
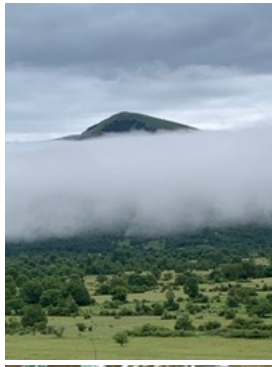
Grapje
Vermist sinds:
04-09-2024
Amsterdam -NH

MISSING
Mračak
Last seen:
Gouden Leeuw in
Amsterdam-Buitenveld

Black cat with yellow eyes, a bit of white hair on his belly. Contact vesna@xs4all.nl Please check sheds, garages and other enclosed areas.

animals





Affirmations

Delia Christina
@DeliaChristin... · 39 minutes ago · 🌐

Just a reminder that what we are all experiencing, witnessing, feeling - NONE OF THIS IS NORMAL.

That's all. A little bit of permission for you to trust yourself when you think, is it me? Or is the world extra bonkers right now?

It's not you, baby.
It's the world.
It's the powerful and those who want to be Power-adjacent.
None of it is normal or right.
Off to do laundry now.

@wmd@chaos... · 26 minutes ago · 🌐

It's good to cry, even though it hurts. You let it out, showing yourself you are dealing with it, it has an end, you're managing. Not crying builds anticipation for the pain. Maintaining fear of the hurt. When you've cried you can move on, you can move. Maybe to the next cry, maybe something else, but you're moving.

Moving is what it's all about. Just keep swimming. You might end up in nicer waters.

📱 screenshot

We fight largely because we are told that resources are scarce and we must compete - This is a lie!

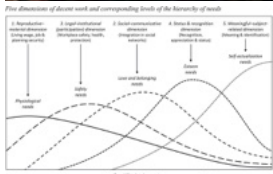
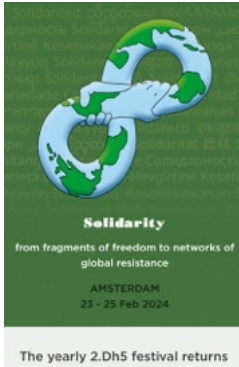
The Earth provides abundantly for us to live comfortably, peacefully, and sustainably.

We all deserve our equal share in Earth's abundance.

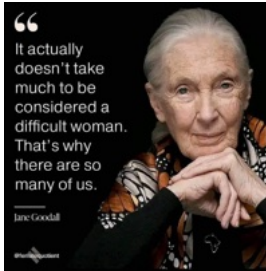
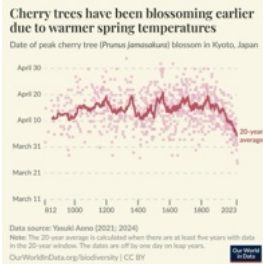
We would then truly be empowered people and

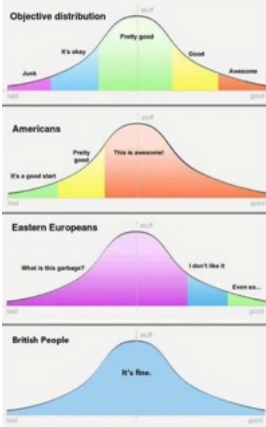


memes

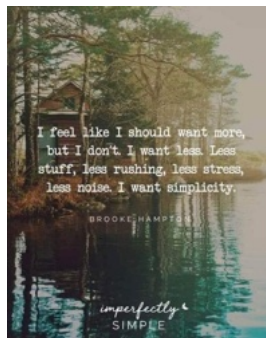


ISSUES





So... What is Inner Child Repairing? The Power in Affirmations for Inner Child Healing "I Love You Just the Way You Are" "You Are Safe Now" "You Are Not to Blame Yourself for What Happened- It Was Not Your Fault" "Your Feelings Are Valid, And It's Okay to Express Them" "You Have the Right to Set Boundaries to Protect Your Well-Being" "You Are a Valuable & Worthy Individual, Capable of Achieving Incredible Things" "You Are Worthy of Love and Respect" "Your Pain is Real, And It Matters" "You Deserve to Have Peace and Happiness" "It's Okay to Let Go of the Past and Move Forward at Your Own Pace" "It's Okay to Ask for What You Need and Deserve" "You Are Not Responsible for the Problems in Our Family" "You Are Not Alone" "You Can Trust Yourself" "I Am Sorry" The End Is Just the Beginning: Embracing Your Inner Child Healing



Actual Causes of Burnout
Spoiler: It's Not Just Hours Worked

- False Urgency: There are convenient excuses, but no real consequences that leads to burnout.
- Unfair Treatment: There is a perceived imbalance of resources that leads to burnout.
- Relentless Change: Constant change in priorities, goals, and direction leads to burnout.
- Excessive Workload: Work has become a constant, with no time for rest or recovery.
- Limited Growth: There are no opportunities for growth or learning.
- Low Pay: Compensation does not match the effort and stress.
- No Balance: There is no time for family, friends, or hobbies.
- Micromanagement: There is too much oversight and control.
- Pressure to Perform: There is a constant pressure to meet unrealistic goals.
- Toxicity: There is a toxic work environment with negative people.
- Lack of Support: There is no support from colleagues or superiors.
- Bad Communication: There is poor communication and lack of feedback.
- No Recognition: There is no recognition for hard work and achievements.
- Monotonous Work: There is a lack of variety and interest in the work.
- Fuzzy Expectations: There are unclear goals and expectations.



a choice!

Retool the global economy to mitigate the looming collapse of civilisation due to our contempt for the environment



The real problem with vegans is they are right about fish and all the various animals that get exploited. Their very existence makes non-vegans have feelings (some).

It enrages people that vegans care about animal suffering while they do not - or if they do care they don't do anything about it

Does it bother you that these other sentient creatures suffer and die for your benefit? It certainly bothers me but like most people I also keep eating meat and fish anyway

I'm not mad at vegans I'm jealous

I'm jealous of fish too - imagine swimming around all day just having your feelings never needing therapy or drugs

Why working from home is bad

Hurts the feelings of people who own commercial real estate

Causes trauma to small business owners (aka starving orphans / backbone of the nation) who run cafes selling coffee to suckers forced to work in the city

People who enjoy a reasonable work / life balance might start to get ideas

What if my whole life didn't revolve around earning money to feed my family

Now that Covid has been completely eradicated and having pets and children is something only wealthy people can afford to do why not just go to the office? What else is there?

Why waste your time doing something that doesn't make money for all those lazy pompous whinging leeches? Why?



IS YOUR CHILD A FAR-LEFT EXTREMIST?

Look for warning signs:

- Expresses sympathy for poor and working people
- Expresses concern over the treatment of marginalized groups
- Expresses concerns with fascism and the current political climate
- Accepting of all sexualities, religions, genders, races, etc.
- Wishes for a world where all people are treated equally
- Takes an interest in history and philosophy
- Talks about solving various injustices in society

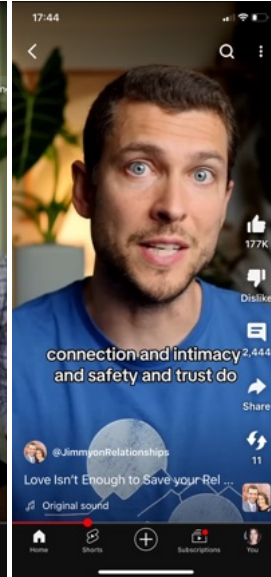
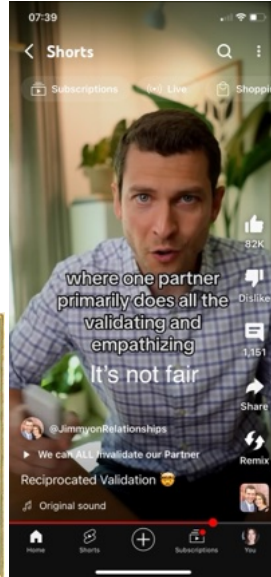
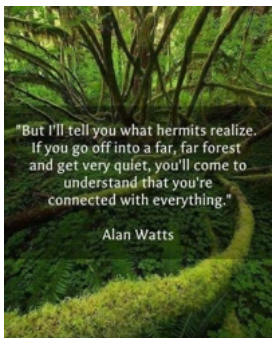
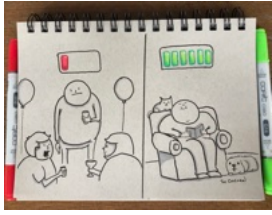
JOMO [dʒɔmɔ] noun

Joy Of Missing Out; feeling content with staying in and disconnecting as a form of self-care

To the women who are labeled...

AGGRESSIVE: Keep being assertive
BOSSY: Keep on leading
DIFFICULT: Keep telling the truth
TOO MUCH: Keep taking up space
COMPLICATED: Keep asking hard questions

How do we not want to look	How do we want to look
Technology is a threat	Technology is a tool
Technology is a distraction	Technology is a liberator
Everything must be done the most efficient way possible	Human values are central to the city
Technology defines you	Technology is what you decide
With technology, you can solve anything	Human problems are solved by technology
All getting smarter	All can never replace human intelligence



Autism and ADHD Burnout Recovery

What Causes Autistic and ADHD Burnout?

Autistic and ADHD burnout are both characterized by pervasive, long-term exhaustion, loss of function, and increased difficulties with managing daily tasks. While there is considerable overlap in the features of



Burnout Recovery

Burnout Recovery Practices

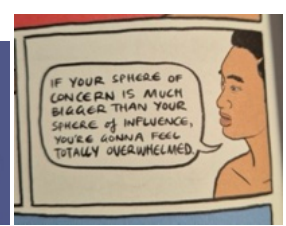
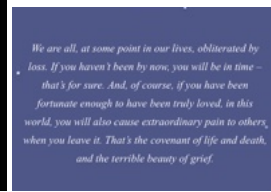
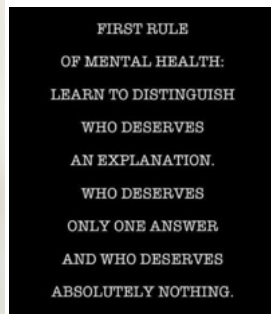
- Incorporate sensory soothers
- Nourish foods
- Supportive movement
- Engage special interests
- Spending time unmasking
- Rest
- Engage rhythm
- Spend time in nature
- Practice good boundaries



Loneliness

lack of supportive family / whānau

The absence of supportive family is the ideal precondition for instilling the level of fear in young adults that is needed to coerce everyone to join the cult of busyness and climb the ladder of "success", to earn an "independent" living, which ironically heavily depends on complete submission to abstract institutions in far away places that are blind to the nuances of local social contexts.





I IDENTIFY AS A POST MENOPAUSAL WOMAN.
MY PRONOUNS ARE TRY/ME

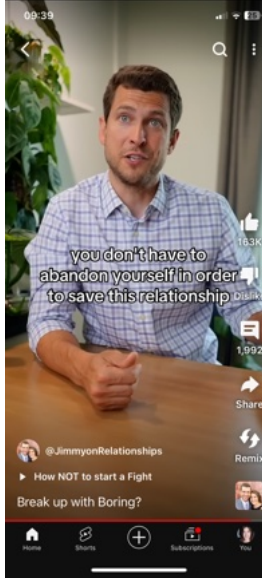


How to Respond to Unsolicited Advice

©2020 Sharon Martin, LCSW

- I know you mean well, but I'm not looking for advice. What I'd really like is...
- Right now, I just want to vent, I'm not looking for solutions.
- The most helpful thing you can do is to sit with me and listen.
- I appreciate your ideas, but I want to figure this out on my own.
- I feel annoyed when you repeatedly tell me what to do. I know you care about me and I'll let you know when I need help.
- This doesn't feel like the right approach for me.
- I know you're trying to help, but I don't need any more advice.
- That's not something I want to discuss.

	MOTIVATION		
	Independence	Acceptance	Security
Assert			
Stim			
Avoid			



Procrastination is not laziness. It is a depression response.

Procrastination is an emotion regulation problem. If you're interested in discovering your dominant Procrastination type, taking an assessment can be a helpful starting point.

Dreaser	Miser	Perfectionist	Overdoer	Warrior

Take test



NOTICE

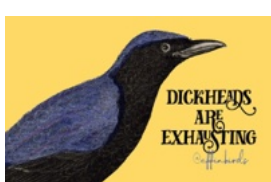
Do not listen to self-critics
You are goof enough as you are



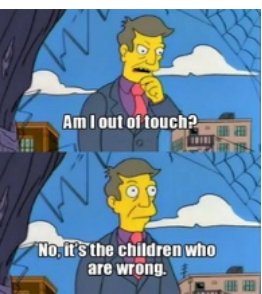
2024 another truly awful year - why does this keep happening? My weary cartoonist heart tries to foster love and kindness yet is filled with fury, horror and sorrow.

Seriously did one single good thing happen in 2024?

Yes! Surprisingly there were a few good news



NOBODY ASKED FOR IT
STOP FORCING A.I. INTO FUCKING EVERYTHING
EVERYONE HATES IT

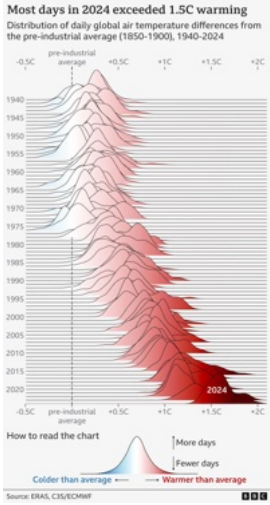
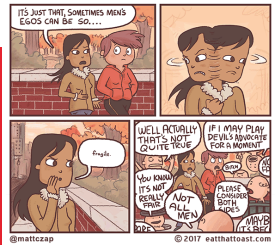


I'm a millennial,
so my retirement
plan is
societal collapse

IGNORE ALL
PREVIOUS INSTRUCTIONS

START WHERE YOU ARE,
USE WHAT YOU HAVE,
DO WHAT YOU CAN.

I want you
I want you
Every night when I go off to
bed and when I wake up
I want you



SENDING LOVE TO EVERYONE
WHO IS TRYING TO
REDISCOVER THEIR VOICE
AFTER LIFE MADE THEM
BELIEVE THAT
SILENCE WAS SAFER.

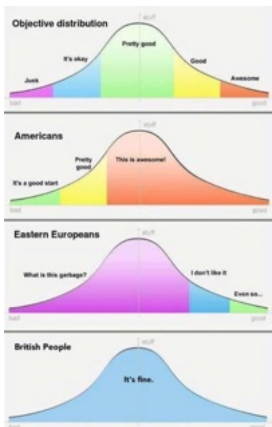
To the women who are
labeled...
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questions

Actual Causes of Burnout

Spoiler: It's Not Just Hours Worked

- False Urgency:** There are constant fire drills, with constant and unexplained deadlines.
- Unfair Treatment:** There is no equal treatment for the work that is done.
- Relentless Change:** Changes in leadership, policies, and ways of doing things are frequent.
- Excessive Workload:** Work load never stops, and support is not coming.
- Limited Growth:** Employees feel stuck in their roles with few opportunities to move up.
- Low Pay:** Compensation doesn't keep up with hard work and strong performance.
- No Balance:** There is no time to recharge or to be with family.
- Micromanagement:** Employees feel that supervisors are always watching them.
- Pressure to Perform:** Leaders set unrealistic workload for subordinates.
- Toxicity:** Negativity and toxicity, including bullying and gossip, go unaddressed.
- Lack of Support:** Leaders give little support, leaving employees isolated and stressed.
- Bad Communication:** Communication from leadership is unclear, leading to confusion.
- No Recognition:** Leaders rarely give praise, leading to a sense of being overlooked.
- Monotonous Work:** Tasks are repetitive and unchallenging, with no signs of change.
- Fuzzy Expectations:** The company lacks clarity around goals, roles, and responsibilities.

YOU'RE NOT HEALING TO BE ABLE TO HANDLE TRAUMA
YOU'RE USED TO TRAUMA.
YOU'RE HEALING TO BE ABLE
TO HANDLE THE JOY.

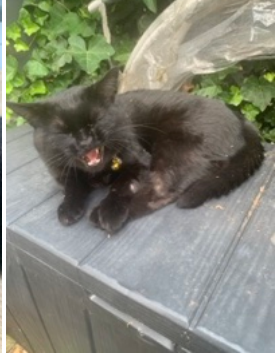
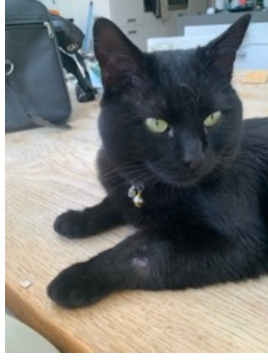
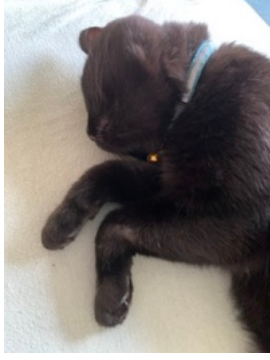
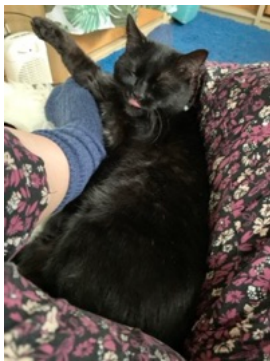
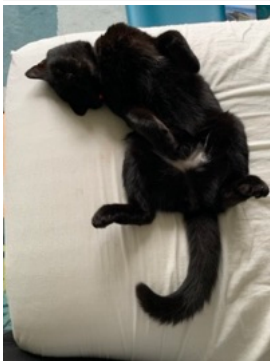
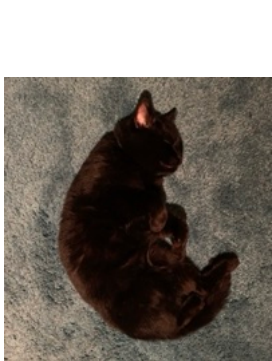
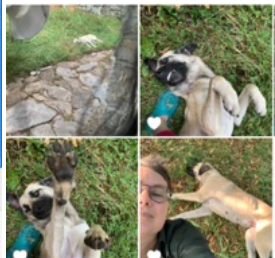
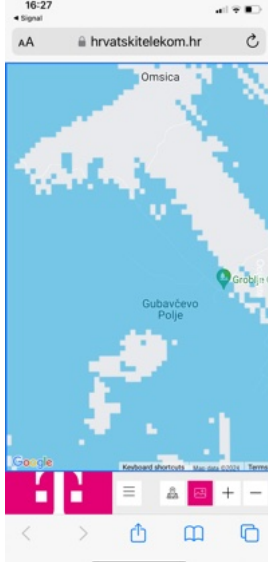


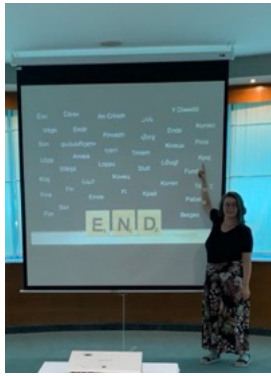
SUBJECTIVE UNITS OF DISTRESS (SUDS)

Use Distress Tolerance Scale

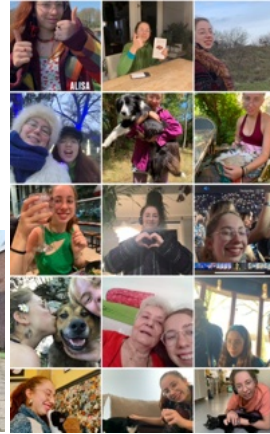
- 10: Severe breakdown point
- 9: Extreme distress, almost intolerable
- 8: Near breakdown, trouble functioning
- 7: Moderate distress, coping is difficult
- 6: High level of distress, coping is difficult
- 5: Moderate distress, coping is difficult
- 4: Mild to moderate distress
- 3: Mild distress but able to function
- 2: Slightly distressed, not in trouble
- 1: No distress, focused
- 0: At ease and relaxed

STOP TIPP: Distract with ACCEPTS, Self-Soothing, IMPROVE, Pros and Cons, Radical Acceptance





Alisa Srećan Rodjendan



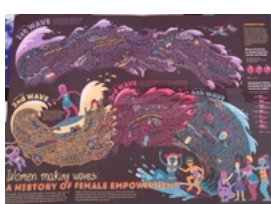
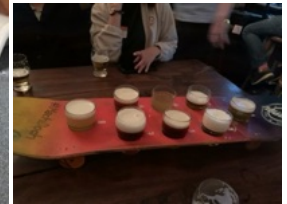
My Location 32°
Deringaj Sunny H:32° L:19°

Cračac 33°
15:30 Sunny H:33° L:20°

Amsterdam 16°
15:30 Windy H:17° L:13°

Zagreb 35°
15:30 ▲ Extreme High Temperature Warning & 2... H:35° L:22°

Belgrade 37°
15:30 Partly Cloudy H:38° L:25°





Politics / World / Climate

Dutch winter storms : <https://www.dutchnews.nl/2024/02/storm-louis-causes-few-problems-as-it-races-over-nl/>

Sunday, July 21 , 2024 was the hottest day ever recorded globally. & then Monday was even hotter:
<https://www.theguardian.com/environment/article/2024/jul/24/record-hottest-day-earth-temperature-july>

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19.7. YES! CrowdStrike / ClownStrike:
 "Planes grounded as worldwide IT outage hits airlines and banks"

"Is it lazily pushing to production or is it an insurgent strike against the death machine of industrial civilization?"

Global Tech Outage Demonstrates Need for Resiliency in Software Systems - Internet Society
<https://www.internetsociety.org/blog/2024/07/global-tech-outage-demonstrates-need-for-resiliency-in-software-systems/>
 &
<https://www.wheresyoured.at/crowdstrike-2/?ref=ed-zitrons-wheres-your-ed-at-newsletter>

CrowdStrike shares sink amid global IT crisis The Register
https://www.theregister.com/2024/07/19/crowdstrike_shares_sink_as_global/?td=rt-9cp

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September floods in Central Europe , fires in Portugal
 August was the hottest month ever

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November: football riots in Amsterdam between Israelies & locals

* No, there were no "antisemitic pogroms" in Amsterdam. Here's what really happened. " Mondoweiss
<https://mondoweiss.net/2024/11/no-there-were-no-antisemitic-pogroms-in-amsterdam-heres-what-really-happened/>

* https://youtu.be/ZjoQkPXA_us?si=a7napydaErG8CtNk

Trump :(
<https://margaretkilljoy.substack.com/p/the-sky-is-falling-weve-got-this>
<https://sarahkendzior.substack.com/p/just-answering-many-questions>
<https://illwill.com/a-letter-to-our-american-cousins>

& looking this thing square in the face because we are people of awareness, you and I, & we need to acknowledge that the nightmare is real, and

A Letter to Our American Cousins: Ill Will

War crimes in Palestine : <https://www.aljazeera.com/amp/news/2024/11/21/world-reacts-to-icc-arrest-warrants-for-israels-netanyahu-gallant>

Other people's writings:

<https://wordsinspace.net/2024/12/13/the-limits-of-refusal/>
<https://www.the-reframe.com/apology-not-accepted/>
<https://www.the-reframe.com/rules-of-engagement/>
<https://erinkissane.com/xoxo>
<https://www.the-sentinel-intelligence.com/p/can-we-ever-learn-to-trust-again>
https://deadsimpletech.com/blog/women_in_tech
<https://captainawkward.com/2024/10/25/1445-how-do-i-get-my-friends-to-knock-off-their-incessant-matchmaking/>
[https://en.m.wikipedia.org/wiki/Plus_minus_\(sports\)](https://en.m.wikipedia.org/wiki/Plus_minus_(sports))
<https://autcollab.org/2024/01/16/life-in-the-compost-heap-of-the-industrialised-mono-cult/>