

The Craig Lewis Guide to Surviving the Impossible

This is Your Captain Speaking

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Have you had enough of being miserable? This is a question I ask myself more often than anyone else is aware.

Does this sound trivial, like a ridiculous question so obviously easy to answer that it may sound foolish to actually ask?

How I would prefer to not feel such dreadful pain upon waking up and considering the facts of my life, for one more day?

Dear Friends,

This is your captain speaking.* This is you, the captain of you, speaking.

Don't you know that you are worth loving?

When you first breathed your first breath; you were as innocent as a kitten or a puppy. I know you were hurt. I know it was terrible. I know it is unfair.

You do have a choice and as do I; thus, my answer is, yes, I absolutely have had enough of being miserable.

The reality of my life is that I must ask myself this question more often than I would like anyone else to know.

The reality of asking myself this question as often as I do has resulted in these words, thoughts and ideas being shared with you.

*Star Trek

This is Your Captain Speaking WORKSHEET

1. Have you had enough of being miserable or some other disempowering self-identifying emotion? If the answer is yes; what are you going to do right now in this moment to be better?

2. Do you know that you are worth loving, no matter what anyone has ever said or done to you and no matter what you have ever said or done to anyone else; including yourself? If you know that you are worth it, please tell the world and make sure that this is what you tell yourself. Questions and answers, questions and answers, questions and answers...

3- Are you the captain of your ship?

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Speak With Your Heart as Words Will Often Fail You

To live with a broken heart is to know that love is real. If you feel pain at the thought or memory of being separated temporarily or permanently, from someone you love; then you get it.

In times of intensity and hurt, please try to remember the little baby you once were, and still are, deep within you; and do right by you.

Your heart is all you got. Protect it. Nurture it. Secure it. Love it.

In this crazy life, too many times, in moments in which I lost myself; my words failed me.

What has been said is done, however, what your heart speaks in this moment, and in every moment forward, is up to you.

Speak With Your Heart as Words Will Often Fail You

WORKSHEET

1. What would it feel like if every wound in your heart was completely healed?
2. What is one thing you can do right this minute to reset your mental space to allow for seeing a more beautiful future?
3. If you could apologize to one person in this world, who would it be and what would you say?

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A Special Crazy

As many are aware, I do believe in miracles because I am the living proof.

But you are feeling upset, you say?

Si, my brain plays tricks on me when _____ happens.

Sometimes I think I really am crazy.

The truth is; I am.

I'm just a special sort of crazy; a better crazy; a beautiful crazy.

It is a good thing.

You can embrace yourself too; you are cool.

With the cicada symphony as my bedtime soundtrack; I trust in all things beautiful and true.

Do you?

A Special Crazy WORKSHEET

1. What is a miracle and name one miracle that you have experienced?
2. What is one thing you can do right this minute to reset your mental space to allow for seeing a more beautiful future?
3. What does it mean to have your brain play tricks on you and what do you think you can do about it?

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