

On Something Therapeutic

I just thought I'd share something I've found therapeutic when browsing Facebook and other bastions of online discussion. When somebody says something where your first instinct is to respond either knee-jerk or with passion, type out your response, get it all out, let the passion flow. And then hit Ctrl-A, then Delete. I do this at least once a day and have found it to be quite helpful in lowering my heart rate and bringing me back to reason. (Just be careful not to hit Enter, especially on Facebook.) And that's today's two cents.

Skyler.