

# Relax. Just Breathe.

I need to remind myself – over and over – that I don't control what others do. Not even close relatives.

If they do things I consider shameful, I shouldn't let it get to me. Their choices are *not* mine, and I am not some dictator who gets to allow or forbid their actions.

I shouldn't let myself feel embarrassed. They aren't me, and I am not their master, nor would I want to be.

Still, it sometimes hurts. Especially when I see it as something that just feeds the State and makes us all a little less free in the long run. Especially if I know some will associate that person with me, and might assume I approve of what they do.

People must always be free to make their own mistakes – even the ones they foolishly refuse to see as mistakes.

I shouldn't allow myself to get so bothered that I say nasty (even if truthful) things. I need to be better than that. But, it's a journey, and I keep getting lost along the way.