

Bad News

By Janet Stephens

I listen to the thoughts in my head
I hear the reaction to Likes and Dislikes ALL DAY -
Judgment Day!
A roller coaster of evil
A perpetrator of Bad moods, Bad Days,
Bad Taste, Bad Attitudes.....
It has been said that alcoholism
Is a disease.....
Of attitude

I think that Bad news is a perpetrator of bad attitudes. I expect bad stuff to
happen...to me
And if it doesn't
I am relieved

Eat Junk – feel Junky
Eat wholesome – feel wholesome
(Balance these two)