

Re: Break in the JonBenet Ramsey case

Source: <http://sci.tech-archive.net/Archive/sci.med.transcription/2006-08/msg03099.html>

- *From:* Neal <nbrown12@xxxxxxxxxxxxxxx>
 - *Date:* Sun, 20 Aug 2006 14:02:07 -0600
-

Susan,

I will find (today hopefully) the poem I used to read every morning about worrying, when I was involved with an Adult Children of Alcoholic Parents group. It helped me immensely.

I used to worry so bad, I rehearsed my part and any other parts involved in what might was going to happen. I would be in a frenzy! I planned everything out that might happen, might not happen, and should happen, but probably will not happen, but who cares? Get the idea?

Now when I start to worry, plan, rehearse, all that nonsense, I just stop myself by saying "It probably ain't gonna happen anyhow."

Heck, I was worrying yesterday about a high school reunion we are going to on Sept. 9. I want to wear shorts to the picnic, but my legs are white! Hell of a thing, huh? Everyone will laugh at my white legs.

I know.... I will either get out in the sun and tan them or get some hairy leg hose (or something like that).

I know the wedding will be great and so will you!!!!

Neal

Susan Mitchell wrote:

It is a bad family thing that really ruins our lives. It is a bad trait we inherited from daddy. It's the reason I blew an ulcer in '86. We rarely discuss our worries, we just piss and moan and act like jerks in other ways. We bark about little things and crank about! Then when the day comes things go fine and we are happy (with a burning hole in our stomach from worry). It is the one thing I would love to change for my entire family! It has really held us back from so much. Especially my youngest sister! My doc wants me on it every day until the wedding, but I think I can "control" it. Gee, does that sound typical? But I agree for the sake of everyone around me, I should be on it!