

# Emotional Fluency & WHAT GETS IN THE WAY

## A ZOOM WORKSHOP w/ THOM RUTLEDGE

This workshop is based on *Simple Truth, Embracing Fear & The Self-Forgiveness Handbook*

CONTEMPLATION

SCARY

LAUGHTER

Thom's Workshop Room is 3181862865

[THOMRUTLEDGE.COM](http://THOMRUTLEDGE.COM)

[THOMRUTLEDGEAUTHOR@GMAIL.COM](mailto:THOMRUTLEDGEAUTHOR@GMAIL.COM)

*Emotional Fluency & What Gets In The Way*

*An Emotional Sobriety Workshop*

© 2026 Thom Rutledge

Any part of this document may be shared with others provided  
that whatever is shared is accompanied by the following:

Author citation – Thom Rutledge

Website – [www.thomrutledge.com](http://www.thomrutledge.com)

Email – [thomrutledgeauthor@gmail.com](mailto:thomrutledgeauthor@gmail.com)

*Thank you for your interest in this work and  
for sharing information with others. TR*

*Fear of life is really fear of our emotions.* -David R. Hawkins, MD, PhD

*At first something seems impossible, then it becomes improbably but with enough conviction and support, it finally becomes inevitable.*

-Christopher Reeve

*Rigorous honesty begins at home.* -Thom Rutledge

# CLARIFYING OUR TERMS

**EMOTIONAL SOBRIETY** is a philosophy to be applied, not a goal to reach. Emotional Sobriety is a daily practice that requires our conscious attention to the details of how we are responding, both interpersonally and INTRApersonally, to the world we inhabit. In other words, emotional sobriety calls for us to accept full responsibility not only for our behavioral responses but also for how we interpret our experiences. Emotional Sobriety provides new perspectives and specific techniques that afford us opportunities to change from the inside out. Emotional Sobriety teaches, and reminds us daily, that the mind (your mind and my mind) is all that we control.

Emotional Sobriety engages us in rational thinking, compassion for self and others – and challenges us to clearly define our beliefs and values. – TR

**A NOTE ABOUT “RECOVERY”** Throughout tis book (*Simple Truth*) I use the word “recovery” to refer to a new path taken by those of us who have become dissatisfied enough with our old, circular paths to venture out, risking the letting go of old ways and experimenting with new.

The word “recovery” has become a natural part of my vocabulary as a recovering alcoholic and codependent person. But the work has come to mean much more to me than a simple reminder of where I have been (alcoholism, dysfunctional and irresponsible relationships). It speaks to be of where I am bound.

It is not enough for me to hold my focus on these conditions and behaviors I am recovering *from*. The miracle of the new paths I have taken, and continue to take one day at a time, is found in what I am in the process of discovering of myself --- literally the me that I am *recovering* (meaning regaining).

It is not necessary that you share with me the identification of alcoholism or codependency in order to identify with this generic use of the word, “recovery.” Herein, recovery simply means *possessing the courage to let go of old ineffective patterns of thought and behavior and a willingness to start fresh.* -TR

## **GETTING STARTED**

- Emotions are an essential part of our INTRApersonal communication.
- Clear awareness & effective expression of emotion is not just an option, it is a responsibility
- Others will influence us/contribute to our emotional experience but we are always in charge.
- What we experience emotionally is a direct result of what rational mind dictates.
- Sometimes the rational mind is gagged and duct-taped in the closet. Only we can free them.
- There is a significant (huge) difference between being the victim of something that is outside our control and adopting a victim mentality to navigate life.
- External victimization is an inevitable part of life. Living with a victim mentality is not inevitable. We always have choices.
- The practice of living in the present is key to keeping up with our emotions. (Like riding a unicycle)

## **A NEW DEFINITION FOR SANITY**

**Expanding awareness**

**The negative command**

**Stop seeing the hidden picture**

**It's just a metaphor but not really**

## **EMOTIONAL FLOW**

**EVENT** → **INTERPRETATION** → **EMOTION** → **INTERPRETATION** → **OUTCOME**

---

**Emotional constipation**

**Emotional X-Ray**

**The sounds of emotion**

**Create a permission slip**

## **FAMILY-OF-ORIGIN AS ALMA MATER**

**Less than perfect families**

**Who taught what?**

**What subjects were in curriculum?**

**What you decided when? (Re-Decision Therapy)**

**Pocket Questions**

## **MORE QUESTIONS**

**What emotion scares you the most?**

**With what emotion are you most comfortable?**

**What do you most want to learn or change about your relationship with emotions?**

---

## **WHAT GETS IN THE WAY**

**Fear & Shame**

**Addictions**

**Other Saboteurs**

**Unquestioned Beliefs**

**An Incompetent Decision-Maker**

## **FEAR & SHAME**

**Who/What is in Charge**

**Distinction between guilt and shame**

**A list of fears vs fearfulness**

**Identify possession / translate to relationship**

### ***Let's look at what happens when fear is in charge ...***

*With fear in charge, you can never fully relax, let your guard down, be your true self. You can't open up because you are afraid of how people will respond if they were to meet the real you. When fear is in charge, you simply cannot take that chance. Fear will not allow honesty, fear despises spontaneity, and fear refuses to believe in you. Fear may mean well, but it ruins everything by over-protecting you, insisting that you stay hidden, keep a low profile, promising that your time is coming . . . sometime later.*

*Fear is bold, but insists that you be timid. Take a chance and there will be hell to pay: fear will call on its dear friend, shame, to meet you on the other side of your risk-taking, to tell you what you should not have done. Fear will trip you, tackle you, smother you, do whatever it takes to cause you to hesitate, to stop you. In this way fear is fearless.*

*Fear will remain in charge for as long as you let it. It will never volunteer to step down, to relinquish its authority.*

-excerpt from *Embracing Fear*

## **RELEVANT NUTSHELLS**

Read through the nutshells below. Which ones get your attention more than others?

*Anger is an emotion, as essential as any other emotion.*

*Ethics apply to behavior, not emotions.*

*Emotions are an essential part of INTRApersonal communication.*

*Clear awareness and effective expression of emotion is not just an option, it is a responsibility.*

*Fear is a powerful fuel that may take you where you don't want to go.*

*Thoughts create our emotional reality. How often do we create an emotional reality that is unnecessary?*

*Imagine emotions moving through you from their birth all the way to expression. See them, recognize them, experience them, but do not follow them.*

*Emotions don't want to make trouble. They are just passing through. That is, until we stop them.*

*When reality and expectations don't match, adjust your expectations.*

*If I mistakenly believe that I have the winning lottery ticket, is my emotional response less than real? What if I am misinformed that my best friend has died?  
Emotions arise from thoughts (not circumstances). Be careful. Be energy efficient.*

*Emotions need to move through us. They require at least acknowledgment and frequently, expression. They are harmful to us only when we deny, ignore or block them.*

*Emotional constipation is toxic to emotional sobriety.*

*There is a way to express emotion that will help us to feel better and a way that will increase and prolong our pain. Our choice.*

*Can you describe how you think as well as you can describe what you think?*

*Put your logical left brain to work for you. Keep a close eye on Lefty because when he is not working for you, he/she/it is likely working against you. Old habits die hard.*

# Articles & Handouts

for Emotional Fluency Workshop

*The first part of any problem I must solve is that which is between me and me.*

An Innovative approach to resolving problems  
and facilitating personal growth.

AN INTRODUCTION TO  
**INTRAPERSONAL CHANGE PROCESS**  
PERSONAL CONSULTATIONS AND WORKSHOPS

Intrapersonal psychotherapy directly addresses each person's unique internal structure of consciousness with metaphor, active imagination, role play, psychodrama, journaling, visualization, and other creative methods. Based on an understanding that the nature of consciousness is multiple, rather than singular, a client is guided to translate perceived interpersonal and situational conflict into intrapersonal problem definitions. The philosophy of "healing from the inside out," is pivotal to this therapeutic approach.

Intrapersonal relationship dynamics, in most cases, accurately mirror a person's relevant interpersonal patterns. For instance, a person who is in a negative relationship with others who are critical or condemning of her will be guided to explore an intrapersonal relationship between his authentic self and some sort of "inner-bully" that agrees with external criticisms. Or, a person experiencing an addiction or an eating disorder is taught to see herself "in relationship" with a personification of their "culprit."

Intrapersonal therapy focuses on these internal "codependent" relationships, with the intention of strengthening the client's ability to differentiate "self" from "problem," and teaching him to use the ability to make such a distinction to accept full responsibility for decision making in his life. By personifying inner "characters" to represent conditions and problems such as addiction, eating disorder, anxiety, excessive self-criticism, the therapist is able to bring to light cognitive patterns that inhibit growth and change. By teaching clients how to identify and separate from "toxic" characters (negative beliefs about self, and/or environment) and how to create --- or enhance --- "positive," supportive characters, intrapersonal therapists are able to help the client discover, define and develop (called "3-D" process) an authentic identity that includes both strength and appropriate vulnerability.

Intrapersonal therapy is an eclectic blend of many therapeutic philosophies and methodologies. In this way, it is not unique. What distinguishes intrapersonal therapy from other approaches is an emphasis on empowering clients by teaching practical techniques for integrating the intrapersonal paradigm into their daily lives and ongoing recoveries.

---

EMAIL THOM if you are interested in learning more about INTRApersonal Change Process. Happy to answer any questions and/or to schedule a Zoom consultation to experience this yourself. If you prefer writing, ask for more information about Thom's Interactional Journaling.

[thomrutledgeauthor@gmail.com](mailto:thomrutledgeauthor@gmail.com)

# Declaration of Independence from Fear

Thom Rutledge

AUTHOR OF *EMBRACING FEAR*

*You gain strength, courage and confidence by every experience in which you really stop to look fear in the face ... You must do the thing you think you cannot do.* – Eleanor Roosevelt

*Courage is not the absence of fear, but rather the assessment that something else is more important than fear.* – Franklin Delano Roosevelt

The belief that we can think and act in such a way that fear will be banished from our lives is a dangerous fairy tale, a fiction that contaminates personal responsibility and leads to reckless reactivity or paralysis. As long as we cling to the need to send our fears into exile, as long as we insist that the goal is to be fear-free, as long we believe that there is such a thing as complete reassurance, we are in trouble.

Life cannot be lived --- at least not lived fully --- without experiencing fear. Fear is not an obstacle standing between you and the life you want to live; it is an integral part of that life. Fear is to be faced, not avoided. Attempting to side step fear is like skipping class: you can do it if that's what you choose, but you will not be making it to the next grade level. (unless, of course, you are a star athlete)

Stop ducking your fears. Make a list of them instead. Start the list today and keep it handy. Add to the list as you become aware of more fears. There is no shame in having fear. It is as much a human characteristic as having skin or breathing air. Don't waste your time debating whether or not your fear "should" exist, or whether or not "it makes sense." These are just stall tactics and will only contribute to the paralysis.

Fear is a teacher, not the enemy. Go back to your list of fears from time to time, select a fear on the list and ask yourself, "What can I learn from this fear?" And let yourself --- encourage yourself --- to become curious about how you might be different after you have learned that lesson.

Expect the next fear --- aka: challenge --- to follow with another lesson. Don't fool yourself into thinking you can bar the door. Fear is already on this side of the door with you. Put an end to your internal bigotry against fear. Accept your fears as a natural part of the community of thoughts you call "I."

Let fear bring you into closer alignment with what you value most. Don't let fear strip you of, or make you violate what you believe in.

Greet your fears rather than hide from them. Interview them rather than ignoring them. Converse with your fears, listen to your fears, and challenge your fears. Don't automatically accept what they say. Disagree with your fears, and don't always let them have the last word.

Declare your independence from fear. Understand that independence does not mean the absence of fear. It means that you become capable of living in peace with your fears. When you no longer have the need to hide from, get rid of, or ignore your fears, you will be living a life that is instructed, but not controlled, by fear.

Have fear, acknowledge fear, listen to fear, learn from fear, and never let fear do your thinking for you.

And always remember that it is *how* we live, not *that* we live that matters most.

# Stand Up to Worry

Thom Rutledge,  
*Author of Embracing Fear*

Tacked and taped in various places around my therapy office are little cards, each with a sentence or two intended to provoke some thinking. My clients call them "nutshells." One of the cards reads, "Worry is a choice." This one has probably brought more objections than any of the other nutshells. Some people tell me that they are "just not sure about that one;" others simply tell me that they disagree; a few seem to be genuinely offended at the suggestion that they have the choice not to worry; and on occasion someone will argue that worry is productive.

Worry is a choice. I believe this.

Does that mean that I don't worry? Ask anyone who knows me will tell you, the answer is definitely no. I do worry. In fact, I am very good at it. I come from a family of championship worriers, or I would if there were such championships. I have spent --- and continue to spend --- energy, time and money on learning how to make the choice to not worry. It is a tough habit to break. It makes smoking cessation seem like a breeze.

I have certainly made significant progress through the years, but I imagine that I might be working on this one for the rest of my time on this earth. I have come to accept this and therefore don't worry about it.

People disagree with the statement "worry is a choice," because they don't know how to stop worrying. There is absolutely no doubt that the experience of worry is that it has a life all its own and is outside our sphere of control. When is the last time you had some spare time and said to yourself, "I think I'll take a few minutes and think of some things to worry about.?" Of course, we don't have to do that because the worry-guy on our committee is a real go-getter, a self-starter with lots of energy and even more imagination.

Now that I think about it, maybe worry isn't a choice. Maybe it is in theory, but in the real world, with our real minds, we are going to worry whether we like it or not. Now, of course, I am worrying about the possibility of this whole article being a sham.

"There you go again, Thom," my worry-guy says to me, "preaching to the masses about sh— you know nothing about. You couldn't stop worrying if you tried."

Right there is where my worry-guy makes his mistake --- telling me that it is impossible to stop worrying. I know from personal experience that that is not true. I may still have a long way to go, maybe even a lifetime of work ahead of me, but that does not negate the fact that I have been able to stop worrying.

Here are some of the ways I have been able to successfully interrupt my worrying:

1. I have thought enough about worry to come to the conclusion that it is useless. Worry serves no positive function. Legitimate healthy fear is entirely different. Healthy fear energizes us to take action to avoid danger or correct mistakes. Worry does the opposite of energizing us; worry wears on us, draining us of valuable energy. Reminding myself that worry is useless helps me to release my attachment to it. So I say to myself, "Worry is useless."
2. I specifically focus my attention on the energy that is being drained from me when I worry. Worry causes serious energy leaks, gaping holes in the walls of our consciousness. Worry is thought that is stuck in either the past or the future. I remind myself that energy can only be productive in the present. So I say to myself, "Worry is a fuel leak."

3. I enlist a specific and very simple technique to plug the energy leak. I imagine myself standing at the head of the long conference table that furnishes the room where my inner committee meets. I imagine the worry-guy approaching me. He tends to walk fast and he talks incessantly. Just as he gets within about three feet from me, chattering away, listing my worries, describing frightening scenarios, I hold my hand up and say, "Not now!" I may say this in the privacy of my own chaotic mind if I am standing in line at the grocery store, but if I am alone I tend to speak aloud. "Not now!" I say it, and I say it with authority. That sometimes takes some practice, but it is essential that we speak this with authority. Directly beneath those two words – - not now --- must be the clear message that says, "I'm in charge here; not you." Again, this takes some practice, but what doesn't?

4. And finally I remind myself to be realistic. Even if worry is not a choice, I know that I do have the choice to claim my authority and say "not now." I remind myself that there is no limit to how many times I repeat "not now." Since the worry-guy is not respectful of boundaries, he does not admit defeat easily. Being in charge of my life is easier on some days than others. Sometimes the worry-guy will not shut up no matter what. On those days I remind myself that even if I spend an entire day chanting "not now, not now, not now," that day will be better spent than it would have been if I had just been consumed by worry. Progress, not perfection, right?

It is all just one more lesson in how we might do this radical thing, this thing called "being in charge of our own lives."

# No Fear

(An excerpt from *Embracing Fear*)

Thom Rutledge

Who we are, individually & collectively, is ultimately determined by one thing: how we relate to fear.

**If I could travel back in time.** . . . let's say you are given the opportunity to relive your adult life, beginning at age 18 - --- and you can only make one change . . . what would it be?

I was recently given this opportunity . . . well, not the starting over at 18 part . . . and I am happy to return from my time travel mission reporting that I have discovered my answer to that very important question. If I could go back, I know what I would change. And I plan to change it, starting . . . now !

**Fear will not allow honesty, fear despises spontaneity & fear refuses to believe in you.**

An invitation to speak at my undergraduate alma mater catapulted me 25 years back in time. Arriving the night before I was scheduled to give a lecture, I decided to take an evening walk across the college campus where I had spent four of the most important years of my life. With the exception of two or three new buildings, everything seemed basically the same as when I left. What alarmed me was the inescapable feeling that I was still basically the same as when I left. I realized that I was still the same in one very specific . . . and not very flattering ... way: I was scared.

I'm not talking about being a little nervous about the speech I was there to deliver. I'm talking about fear being a central . . . possibly even organizing . . . element of my very identity. As I walked from one end of that campus and back again, I was in class once again. Forget about the lecture I was there to give; here is the lecture I was apparently there to get:

Pay close attention. Listen carefully:

*"You are afraid. You were afraid when you walked this campus 25 years ago, and even with the progress you have made in the last many years - and I am not discounting that progress - you are still living essentially from a place of fear. Let's look at what happens when fear is in charge.*

*"With fear in charge, you can never fully relax, let your guard down, be your true self. You can't open up because you are afraid of how people will respond if they were to meet the real you. When fear is in charge, you simply cannot take that chance. Fear will not allow honesty, fear despises spontaneity, and fear refuses to believe in you. Fear may mean well, but ruins everything by over-protecting you, insisting that you stay hidden, promising that your time is coming ... sometime later. Fear is bold, but insists that you be timid. Take a chance and there will be hell to pay: fear will call on its dear friend, guilt, to meet you on the other side of your risk taking. Fear will trip you, tackle you, smother you, do whatever it takes to cause you to hesitate, to stop you. In this way, fear is fearless. Fear will remain in charge for as long as you let it. It will never volunteer to step down, to relinquish its authority.*

*"Your assignment is to live a life that is not ruled by fear. To do this, you must be able to identify at any given time exactly what fear is telling you - aka: threatening you with -- and to disobey its instructions. Every morning when you awake, make a*

conscious decision to remain in charge of your own life. Fear cannot occupy the space in which you stand. Let your personal motto be "NO FEAR". Say those powerful words as you put your feet on the floor, as you look into the mirror, as you walk out of the door. Ask you self each morning, and all through the day, what will "NO FEAR" mean for me today? Ask yourself the question, and be sure to listen for the answer."

### **Fear is bold but insists that you be timid.**

The next morning, I put on my brand new "NO FEAR" motto even before I put on my eyeglasses, before I brushed my teeth, before I went to the bathroom. I delivered my speech to a mixed crowd of students and faculty. I saw some old friends from my college days, who remarked at how much I had changed since then -- these comments referring to my lecture on self-compassion and personal responsibility, not to my waist line and hair color. What they didn't know was how much I was only just now beginning to change, thanks to the lecture I received the night before, thanks to my new personal motto: NO FEAR.

### **Don't wait for fear to subside before you act with courage.**

Later that day I was joking with one of my psychology professors about a recurring dream I have had ever since leaving college. In the dream I am distressed because I have forgotten to check my campus post office box. There is something there I need to get, but I cannot because I am no longer enrolled in school.

It occurs to me only now, as I write this, that my recurring dream has likely found its resolution. There was in fact something -- an important message -- I had left behind when I graduated from college. For one evening, 25 years later, I returned, to listen to one final lecture, and to pick up a message that I believe was intended for me all along: NO FEAR.

### **Fear cannot occupy the space in which you stand.**

---

# Introduction to *Embracing Fear*

*To conquer fear is the beginning of wisdom.* - Bertrand Russell

**We** all know fear. I'm not talking just about the big fears --- terror and panic --- but fear in all its variations. Fear is our constant companion, our day to day nemesis, and our ultimate challenge.

Fear fuels our negative and judgmental thoughts and our need to control things. Fear underlies guilt and shame and anger. Every difficult emotion we experience represents some kind of threat --- a threat to our self-esteem, or to the stability of a relationship (personal or professional), even to our right to be alive. And threat translates to fear. Start with any difficult emotion you choose, get on the elevator, press B for basement, and there, below the guilt and shame and anger, below the negativity and the judgments, you will find it: fear.

Fear hides inside seemingly less severe words such as anxiety, worry, and nervousness. It ranges from anxiety about giving a presentation at work to anxiety about the presence of terrorism in our world. It ranges from worry that our shoes don't match an outfit to worry about world hunger. It ranges from being nervous to perform at a recital to being nervous about the results of an AID's test.

Fear is a major influence in every one of our lives, but not always to the negative. As we will discuss at length, fear is essentially a positive mechanism, an ingenious natural design to keep us safe. And there are plenty of opportunities for that healthy fear to work its magic, guiding us this way and that, alerting us to danger and aligning us with what is good and right with the world.

But our big human brains have created a spin off design. The new design is a fear we can self-impose without need of external intervention. "No thank you," we say. "I don't need any real danger to activate my fear. I can do it perfectly well myself." Or we can take any legitimate fear and work with it until we are paralyzed, barely able to get a decent breath. What an excellent job we do wasting our valuable mental energy like this.

In this book, I will share with you from both my clinical and my personal experience what I have come to understand about how fear controls too much of all of our lives, and more importantly, what I have learned --- and continue to learn --- about interrupting that control so that we can become and remain in charge of our own lives, and help others to do the same.

I ask that you begin *Embracing Fear* with a collaborative spirit. In the same way that the physician/healer/clown Patch Adams says that we are all patients and we are all doctors, I believe we stand to learn much more from one another when we remain aware of how indistinguishable the line between student and teacher really is. I invite you to participate by identifying with what I share with you, by trying on these ideas, philosophies and techniques, and by sharing your own experiences.

As a frame of reference, I will utilize the following acronym as a map to guide us through this seminar:

Four steps to transforming your relationship with fear:

**F**ace fear. **E**xplore fear. **A**ccept fear. **R**espond to fear.

*Facing* the fear means that we end the running, cringing, and hiding from the scary voice within us, the voice that will always find us no matter where we run or where we hide. *Exploring* it means that we turn and walk toward the big scary Bully. If you think that doesn't take some courage, just wait. *Accepting* it, contrary to popular misconception, does not mean we agree with the fear, or that we like it. To accept is simply to realize there are some things we cannot change. The sooner we accept that the scary messages (neurotic fear) running through our minds will not just be erased, the sooner we can move on to investing our valuable energy in the last of these four steps. *Responding* to our neurotic fears is what it is all about, but the ability to change our responses can only be built on the foundation of the first three steps.

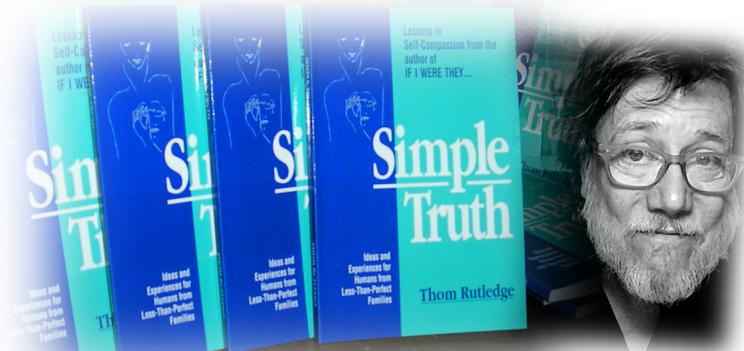
-Excerpt from *Embracing Fear* by Thom Rutledge



#### WHAT OTHER AUTHORS SAY ABOUT EMBRACING FEAR:

- An insightful, moving & gracious book. Personally, very helpful. –John Shelby Spong, Retired Episcopal Bishop, Author of *Rescuing the Bible from Fundamentalism*.
- A powerful and clear guide that show us how to turn fear into a powerful resource in our lives. –Gavin de Becker, Author of *The Gift of Fear*
- Take a wonderful journey through and beyond your fear with Thom Rutledge. –Melody Beattie, Author of *Co-Dependent No More*

Thank you for joining us. Let us know what you think and please help us by telling others about this workshop.



Thom Rutledge is a therapist, teacher, and workshop facilitator with more than 45 years experience. He is the author of many books, including *Embracing Fear*, *The Self-Forgiveness Handbook*, *Simple Truth*, and *If I Were They*. He is also the co-host of The Emotional Sobriety Podcast (with Allen Berger). Subscribe to Thom's weekly-ish email, *Emotional Sobriety in a Nutshell* by visiting [thomrutledge.com](http://thomrutledge.com).

***If you, or someone you care about, has an interest in INTRApersonal Process, visit Thom's website – [thomrutledge.com](http://thomrutledge.com) – or contact Thom directly at [thomrutledgeauthor@gmail.com](mailto:thomrutledgeauthor@gmail.com). Sometimes clients work remotely with Thom for just a session or two to gain a new perspective, and sometimes over an extended period of time. The work is very individualized. Feel free to email any questions.***

TO RECEIVE THOM'S WEEKLY-ISH EMAILING, ***EMOTIONAL SOBRIETY IN A NUTSHELL*** VISIT, ENTER YOUR NAME AND EMAIL ADDRESS IN THE POP-UP WINDOW HERE: [THOMRUTLEDGE.COM](http://THOMRUTLEDGE.COM)

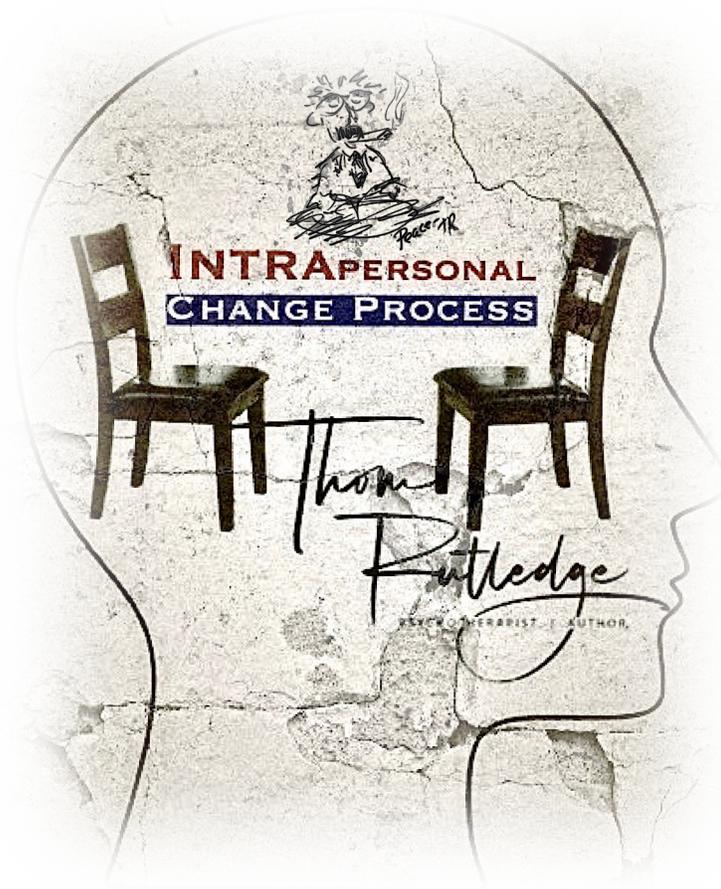
[THOM'S BOOKS](#)

[INTERACTIVE JOURNALING](#)

[EMOTIONAL SOBRIETY PODCAST](#)

[THERAPY4POLITICS](#)

[PURCHASE \*SIMPLE TRUTH\*](#)



Peace (Against the odds)  
Thom