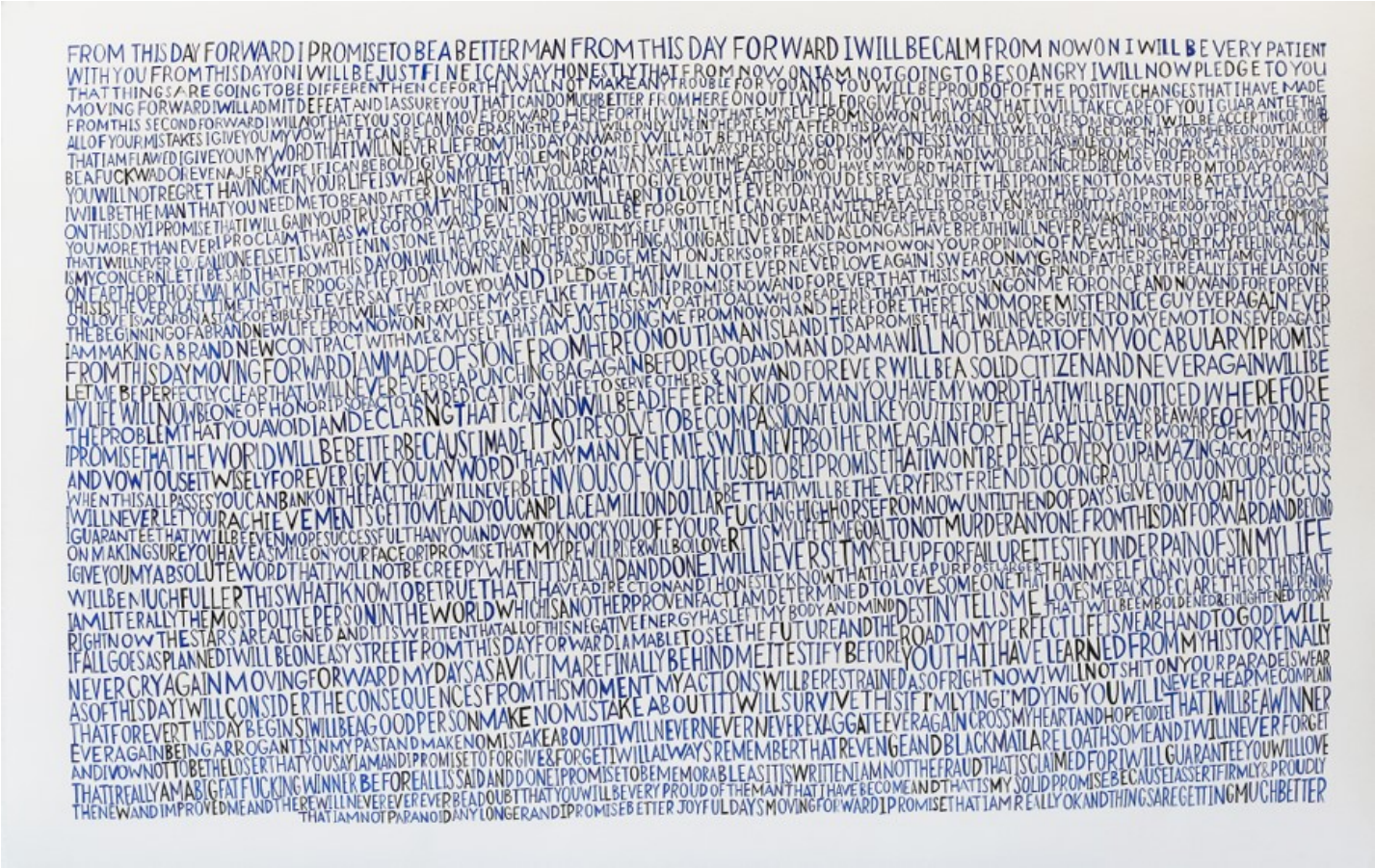
FROM THIS DAY FORWARD I PROMISE TO BE A BETTER MAN FROM THIS DAY FORWARD I WILL BE CALM FROM NOW ON I WILL BE VERY PATIENT
WITH YOU FROM THIS DAY ON I WILL BE JUST FINE I CAN SAY HONESTLY THAT FROM NOW ON I AM NOT GOING TO BE SO ANGRY I WILL NOW PLEDGE TO YOU
THAT THINGS ARE GOING TO BE DIFFERENT HENCEFORTH I WILL NOT MAKE ANY TROUBLE FOR YOU AND YOU WILL BE PROUD OF OF THE POSITIVE CHANGES THAT I HAVE MADE
MOVING FORWARD I WILL ADMIT DEFEAT AND I ASSURE YOU THAT I CAN DO MUCH BETTER FROM HERE ON OUT I WILL FORGIVE YOU I SWEAR THAT I WILL TAKE CARE OF YOU I GUARANTEE THAT
FROM THIS SECOND FORWARD I WILL NOT HATE YOU SO I CAN MOVE FORWARD HEREFORTH I WILL NOT HATE MYSELF FROM NOW ON I WILL ONLY LOVE YOU FROM NOW ON I WILL BE ACCEPTING OF YOUR
ALL OF YOUR MISTAKES I GIVE YOU MY VOW THAT I CAN BE LOVING ERASING THE PAST I WILL ONLY LIVE IN THE PRESENT AFTER THIS DAY ALL MY ANXIETIES WILL PASS DECLARE THAT FROM HERE ON OUT I ACCEPT
THAT I AM FLAWED I GIVE YOU MY WORD THAT I WILL NEVER LIE FROM THIS DAY ON WARD I WILL NOT BE THAT GUY AS GOD IS MY WITNESS I WILL NOT BE A NASSHOLE OU CAN NOW BE ASSURED I WILL NOT
BE A FUCKWAD OR EVEN A JERK WIPE IF I CAN BE BOLD I GIVE YOU MY SOLEMN PROMISE I WILL ALWAYS RESPECT WHAT YOU STAND FOR AND I WOULD LIKE TO PROMISE YOU FROM THIS DAY FORWARD
YOU WILL NOT REGRET HAVING ME IN YOUR LIFE I SWEAR ON MY LIFE THAT YOU ARE ALWAYS SAFE WITH ME AROUND YOU HAVE MY WORD THAT I WILL BE AN INCREDIBLE LOVER FROM TODAY FORWARD
I WILL BE THE MAN THAT YOU NEED ME TO BE AND AFTER I WRITE THIS I WILL COMMIT TO GIVE YOU THE ATTENTION YOU DESERVE AS I WRITE THIS I PROMISE NOT TO MASTURBATE EVER AGAIN
ON THIS DAY I PROMISE THAT I WILL GAIN YOUR TRUST FROM THIS POINT ON YOU WILL LEARN TO LOVE ME EVERY DAY IT WILL BE EASIER TO TRUST WHAT I HAVE TO SAY I PROMISE THAT I WILL LOVE
YOU MORE THAN EVER I PROCLAIM THAT AS WE GO FORWARD EVERYTHING WILL BE FORGOTTEN I CAN GUARANTEE THAT ALL IS FORGIVEN I WILL SHOUT IT FROM THE ROOFTOPS THAT I PROMISE
THAT I WILL NEVER LOVE ANYONE ELSE IT IS WRITTEN IN STONE THAT I WILL NEVER SAY ANOTHER STUPID THING AS LONG AS I LIVE & DIE AND AS LONG AS I HAVE BREATH I WILL NEVER EVER THINK BADLY OF PEOPLE WALKING
IS MY CONCERN LET IT BE SAID THAT FROM THIS DAY ON I WILL NEVER SAY ANOTHER STUPID THING AS LONG AS I LIVE & DIE AND AS LONG AS I HAVE BREATH I WILL NEVER EVER THINK BADLY OF PEOPLE WALKING
ON EARTH OF THOSE WALKING THE IR DOGS AFTER TODAY I VOW NEVER TO PASS JUDGEMENT ON JERKS OR FREAKS FROM NOW ON YOUR OPINION OF ME WILL NOT HURT MY FEELINGS AGAIN
THIS IS THE VERY LAST TIME THAT I WILL EVER SAY THAT I LOVE YOU AND I PLEDGE THAT I WILL NOT EVER NEVER LOVE AGAIN I SWEAR ON MY GRANDFATHERS GRAVE THAT I AM GIVING UP
ON LOVE I SWEAR ON A STACK OF BIBLES THAT I WILL NEVER EXPOSE MYSELF LIKE THAT AGAIN I PROMISE NOW AND FOREVER THAT THIS IS MY LAST AND FINAL PITY PARTY IT REALLY IS THE LAST ONE
THE BEGINNING OF A BRAND NEW LIFE FROM NOW ON MY LIFE STARTS ANEW THIS IS MY OATH TO ALL WHO READ THIS THAT I AM FOCUSING ON ME FOR ONCE AND NOW AND FOREVER
I AM MAKING A BRAND NEW CONTRACT WITH ME & MYSELF THAT I AM JUST DOING ME FROM NOW ON AND HEREFORE THERE IS NO MORE MISTER NICE GUY EVER AGAIN EVER
FROM THIS DAY MOVING FORWARD I AM MADE OF STONE FROM HEREON OUT I AM AN ISLAND IT IS A PROMISE THAT I WILL NEVER GIVE INTO MY EMOTIONS EVER AGAIN
LET ME BE PERFECTLY CLEAR THAT I WILL NEVER EVER BEAT PUNCHING BAG AGAIN BEFORE GOD AND MAN DRAMA WILL NOT BE A PART OF MY VOCABULARY I PROMISE
MY LIFE WILL NOW BE ONE OF HONOR I PROMISE TO LAY DEDICATING MY LIFE TO SERVE OTHERS & NOW AND FOREVER WILL BE A SOLID CITIZEN AND NEVER AGAIN WILL BE
THE PROBLEM THAT YOU AVOID I AM DECLARING THAT I CAN AND WILL BE A DIFFERENT KIND OF MAN YOU HAVE MY WORD THAT I WILL BE NOTICED WHEREFORE
I PROMISE THAT THE WORLD WILL BE BETTER BECAUSE I MADE IT SO I RESOLVE TO BECOME COMPASSIONATE UNLIKE YOU I TIST RUE THAT I WILL ALWAYS BE AWARE OF MY POWER
AND VOW TO USE IT WISELY FOREVER I GIVE YOU MY WORD THAT MY MANY ENEMIES WILL NEVER BOTHER ME AGAIN FOR THEY ARE NOT EVER WORTHY OF MY ATTENTION
WHEN THIS ALL PASSES YOU CAN BANK ON THE FACT THAT I WILL NEVER BE ENVIOUS OF YOU LIKE I USED TO BE I PROMISE THAT I WON'T BE PISSED OVER YOUR AMAZING ACCOMPLISHMENTS
I WILL NEVER LET YOUR ACHIEVEMENTS GET TO ME AND YOU CAN PLACE A MILLION DOLLAR BET THAT I WILL BE THE VERY FIRST FRIEND TO CONGRATULATE YOU ON YOUR SUCCESS
I GUARANTEE THAT I WILL BE EVEN MORE SUCCESSFUL THAN YOU AND VOW TO KNOCK YOU OFF YOUR FUCKING HIGH HORSE FROM NOW UNTIL THE END OF DAYS I GIVE YOU MY OATH TO FOCUS
ON MAKING SURE YOU HAVE A SMILE ON YOUR FACE OR I PROMISE THAT MY IPE WILL BLER WILL BOLLOVER IT IS MY LIFETIME GOAL TO NOT MURDER ANYONE FROM THIS DAY FORWARD AND BEYOND
I GIVE YOU MY ABSOLUTE WORD THAT I WILL NOT BE GREEPY WHEN IT IS ALL SAID AND DONE I WILL NEVER SET MYSELF UP FOR FAILURE I TESTIFY UNDER PAIN OF SIN MY LIFE
WILL BE MUCH FULLER THIS WHAT I KNOW TO BE TRUE THAT I HAVE A DIRECTION AND I HONESTLY KNOW THAT I HAVE A PURPOSE LARGER THAN MYSELF I CAN VOUCH FOR THIS FACT
I AM LITERALLY THE MOST POLITE PERSON IN THE WORLD WHICH IS ANOTHER PROVEN FACT I AM DETERMINED TO LOVE SOMEONE THAT LOVES ME BACK I DECLARE THIS IS HAPPENING
RIGHT NOW THE STARS ARE ALIGNED AND IT IS WRITTEN THAT ALL OF THIS NEGATIVE ENERGY HAS LEFT MY BODY AND MIND DESTINY TELLS ME THAT I WILL BE EMBOLDENED & ENLIGHTENED TODAY
IF ALL GOES AS PLANNED I WILL BE ON EASY STREET FROM THIS DAY FORWARD I AM ABLE TO SEE THE FUTURE AND THE ROAD TO MY PERFECT LIFE IS NEAR HAND TO GOD I WILL
NEVER CRY AGAIN MOVING FORWARD MY DAYS AS A VICTIM ARE FINALLY BEHIND ME I TESTIFY BEFORE YOU THAT I HAVE LEARNED FROM MY HISTORY FINALLY
AS OF THIS DAY I WILL CONSIDER THE CONSEQUENCES FROM THIS MOMENT MY ACTIONS WILL BE RESTRAINED AS OF RIGHT NOW I WILL NOT SHIT ON YOUR PARADE I SWEAR
THAT FOREVER THIS DAY BEGINS I WILL BE A GOOD PERSON MAKE NO MISTAKE ABOUT IT I WILL NEVER NEVER NEVER EXAGGATE EVER AGAIN CROSS MY HEART AND HOPE TO DIE I WILL NEVER FORGET
EVER AGAIN BEING ARROGANT IS IN MY PAST AND MAKE NO MISTAKE ABOUT IT I WILL NEVER NEVER NEVER EXAGGATE EVER AGAIN CROSS MY HEART AND HOPE TO DIE I WILL NEVER FORGET
AND I VOW NOT TO BE THE LOSER THAT YOU SAY I AM AND I PROMISE TO FORGIVE & FORGET I WILL ALWAYS REMEMBER THAT REVENGE AND BLACKMAIL ARE LOATHSOME AND I WILL NEVER FORGET
THAT I REALLY AM A BIG FAT FUCKING WINNER BEFORE ALL IS SAID AND DONE I PROMISE TO BE MEMORABLE AS IT IS WRITTEN I AM NOT THE FRAUD THAT IS CLAIMED FOR I WILL GUARANTEE YOU WILL LOVE
THE NEW AND IMPROVED ME AND THERE WILL NEVER EVER EVER BE A DOUBT THAT YOU WILL BE VERY PROUD OF THE MAN THAT I HAVE BECOME AND THAT IS MY SOLID PROMISE BECAUSE I ASSERT FIRMLY & PROUDLY
THAT I AM NOT PARANOID ANY LONGER AND I PROMISE BETTER JOYFUL DAYS MOVING FORWARD I PROMISE THAT I AM REALLY OK AND THINGS ARE GETTING MUCH BETTER