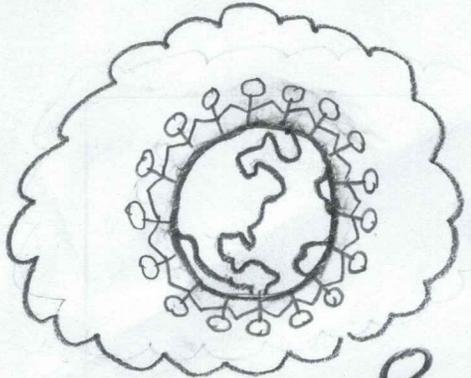


Hi!  
I'm Lisa.

I believe  
that all  
human beings  
have value and  
worth, and that all  
we really want is  
to love and be  
loved.



I feel that I have to  
live by that principle  
as a high school teacher,  
or I couldn't do my job.

(We've all seen teachers  
who don't think students  
are worth their time.  
Not very effective.)

Good morning!  
I've got something  
awesome to show  
you. Let's  
get started!

HEY! SHUTUP!  
worthless  
kids...



CHATTER  
CHATTER  
CHATTER  
CHATTER  
CHATTER  
CHATTER  
CHATTER  
CHATTER  
CHATTER

CHATTER  
CHATTER  
CHATTER  
CHATTER

It's just hard to remember sometimes that humans are worth my respect when I'm actually, you know, interacting with other humans and observing their behavior.



Every day, I have to reconcile my core belief that people are worthy with the fact that people can be really, really awful.



And it's really difficult, because I don't feel like I consistently lean one way or the other on the cynical-optimistic spectrum. My thoughts vacillate wildly between "humanity does not deserve to continue" and "humanity is amazing and wonderful."

Humanity is inherently wonderful and we will work together until we all live in peace



Hopeful, ↑  
Optimistic ↑  
Lisa ↑

Reasonable  
(Middle Ground)

Optimism

CYNICISM

OUR SPECIES IS DOOMED BECAUSE WE ARE INSUFFERABLE IDIOTS WHO CAN'T STOP KILLING EACH OTHER



ANGRY, ↑  
CYNICAL ↑  
Lisa ↑

(Hard to accept)

Sometimes humans are ok, and sometimes they're not. ::shrug::



Rational, ↑  
reasonable ↑  
Lisa ↑

Because one minute,  
I'm watching this:

"A Kickstarter has raised over \$100,000 for Memphis teen Chauncey Blake, who asked shoppers if he could carry their groceries in exchange for food..."



"49 people are dead and 53 injured after a gunman opened fire at Pulse, a gay nightclub in Orlando..."



and the next minute,  
I'm watching this.

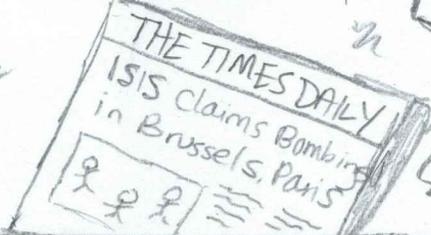
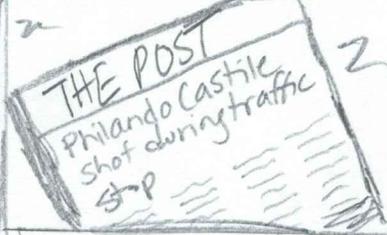
How can I be cynical when there is so much good in the world?

How can I be hopeful when there is so much hate and ignorance?





And it's not even just the big issues that get to me, like people in the U.K. voting to leave the European Union before they knew what that meant, or Bashar al-Assad terrorizing the Syrian people, or the horror that is ISIS, or gun-happy American police officers shooting people in their cars.

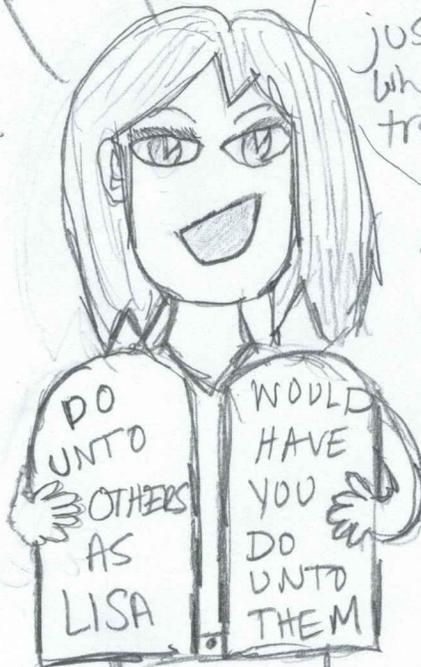


It's also the small things, like people cutting in line, or driving too close behind other cars, or making fun of people.



GOLDEN

I guess I just can't stand when people don't treat others the way I think they deserve to be treated.



RULES



I feel like I have to fight these thoughts, or I am no better than the people I vilify.

POW!



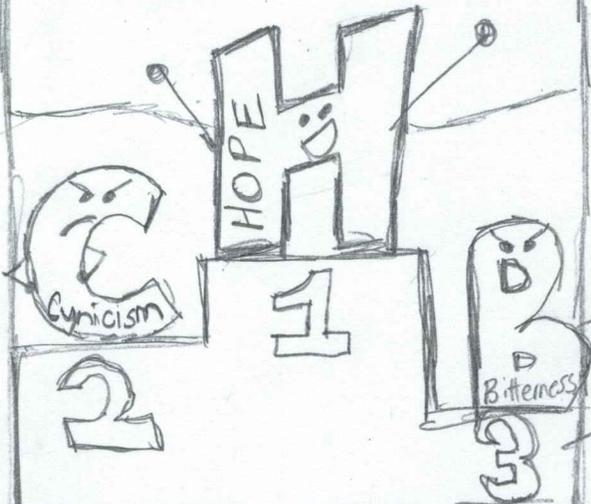
BLAM!

ANGER

WHAM!

REVENGE

I don't want cynicism to win. I don't want bitterness to win.



So I'll try to focus on the good things instead of constantly surrounding myself with negativity.

Sometimes good things happen too!



I'm going to smile more at people in public to let them know I see them and they matter.

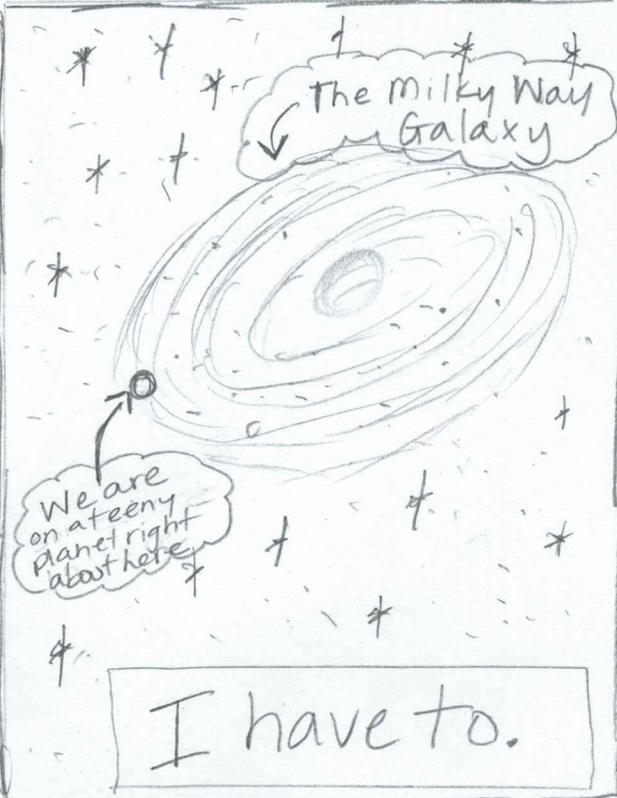


I'll do my best to teach my students to respect each other.

My classroom is a welcoming place. Make everyone feel important and accepted every day.



And even though I can't stop people from doing hateful things, I can hope for a better future.



I have to.