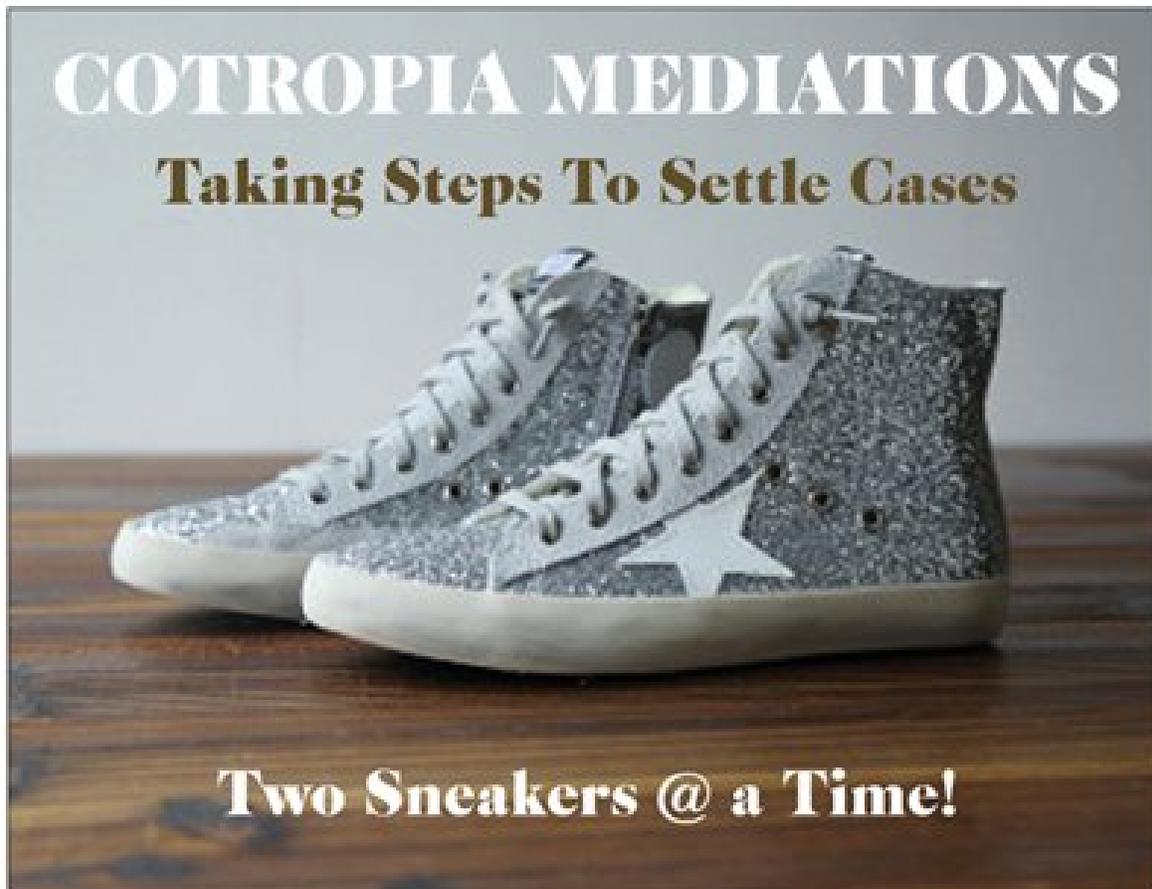


# NEWS YOU DIDN'T KNOW YOU NEED

2018, Issue 2

Carla Cotropia



## *What's in This Newsletter?*

Carla's Thoughts of the month

Funny Video of the Month - Be sure to watch until the end!

Alcohol of the Month

Selected Articles

*Advice That I Needed About Being Too Busy and Email*

*Knee Jerking - Blog Post*



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## Carla's Thoughts of the Month

### Funny Video of the Month

Be sure to watch until the end!

[Click here to watch the video!](#)



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### Alcohol of the Month

Gem & Bolt Mezcal with Damiana added.

(If you are thinking—what the hell is Damiana—it is an herb that has been long revered by the Mayans and Aztecs for its mood-elevating properties.)



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## *ADVICE THAT I NEEDED ABOUT BEING TOO BUSY AND EMAIL KNEE JERKING*

Carla Cotropia

Debbie Millman is a graphic designer that has a podcast on design, but what I found interesting are her comments on life. One of her mantras is "Busy is a Decision". When I heard that mantra, I immediately thought BS!!! She says that the comment "I am too busy" is a copout and a lazy response. WHAT, I thought, "You don't know my life." But on further reflection, she is right. She says people think the words "I am too busy" are a badge of a successful life, but it isn't true. What it does mean is you



Debbie Millman

really don't want to do it or put in another way, something else is more important. What it means is that you really don't want to do it because if you did, you would find time to do it. For example, the reason I am late in producing this blog and newsletter, is not because I have been "too busy", but because I preferred playing Churchill double solitaire and checking my favorite shopping websites. (To my bank account– I promise looking does not always mean buying.)

### Feeling like a Loser

Another point Debbie Millman makes is there is nothing wrong with feeling shame. I will put it differently and say there is nothing wrong with feeling like an idiot and total failure.

She says everyone feels this at some time or another unless they are a sociopath.



### Courage over Confidence



Debbie Millman says that confidence is overrated, and, in her opinion, most overly confident people are annoying and arrogant. Super confident people, she thinks, are covering for some internal deficiency. She believes courage is more important than confidence. It takes a lot of courage to take the first step for something new. As you do it more and more, this is

what creates confidence.

Courage vs. confidence makes me remember my first trial. I was scared shitless and couldn't get off the couch. I was so bad at the trial. The partner that accompanied me to trial, came back to the office and relayed how I performed to the rest of the partners. I can still see the partners clutching their sides because they were laughing so hard. So, courage overcame confidence when I went back the next day.

### Email Knee-Jerking

I really appreciate her advice on reacting to negative situations. She said she takes a breath and makes herself wait at least an hour and sometimes a day. She has a mantra for this, "Don't make the situation compulsory worse".



I need to follow this advice. I should have learned my lesson back in the 90s. I thought I was responding to one person in the firm when I criticized the behavior of one of my partners. Unfortunately, I hit the "reply all" button and this critical email went to everyone in the firm, including the employees in the mailroom.

Seconds after I hit the send button, I got a call from the receptionist. She said in a very small voice, "Carla, did you mean to send that email?" Holy shit. For one of the few times in my life, I was speechless. For a nanosecond, I considered asking her to run to

every office and delete the email from everyone's computer. But I knew that was not going to work. I should have learned my lesson from this but didn't. However the offending partner stopped the behavior but there could have been a better way to go about it.

My email knee-jerking behavior, also known as overreacting, is with my law partners. We have worked together for 30 years so we do respect and like each other but just like siblings, they sometimes cause me to spin out. The last time it happened, I knew better but Bad Carla had to send some zinger emails to the offending partner.

### **Tom to the Rescue**

I forwarded the email to my boyfriend Tom and within seconds the phone rang. His only words were: Carla. Step away from the computer now. Repeat, step away from the computer now. Somehow the analogy that comes to my mind is a bomb-email style.

April resolution-no more email bombs. I will just unplug the computer and hopefully Email Knee-Jerking Carla won't plug it back in.

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## *ADVICE FOR GRADUATING SENIORS GIVING THEM BAD LUCK*

Carla Cotropia

These words are from John Roberts, Chief Justice of the United States when he presented the commencement address at his son's ninth-grade graduation.



"Most commencement speakers typically wish you good luck and extend good wishes to you. I will not do that, and I'll tell you why."

"From time to time in the years to come, I hope you will be treated unfairly, so that you will come to know the value of justice."

"I hope that you will suffer betrayal, because that will teach you the importance of loyalty."

"Sorry to say, but I hope you will be lonely from time to time so that you don't take friends for granted."

"I wish you bad luck, again, from time to time so that you will be conscious of the role of chance in life, and understand that your success is not completely deserved and that the failure of others is not completely deserved either."

"And when you lose, as you will from time to time, I hope every now and then your opponent will gloat over your failure. It is a way for you to understand the importance of sportsmanship."

"I hope you'll be ignored so that you know the importance of listening to others, and I hope you will have just enough pain to learn compassion."



"Whether I wish these things or not, they're going to happen. And whether you benefit from them or not will depend upon your ability to use the message in your misfortunes."

"Once a week, you should write a note to someone. Not an email. A note on a piece of paper. It will take you exactly 10 minutes. Then put the note in an envelope and send mail it off the old-fashioned way."

Good advice for all!!

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## *THE LAST CONVERSATION YOU'LL NEED TO HAVE ABOUT EATING RIGHT*

By Mark Bittman and David L. Katz

It's beyond strange that so many humans are clueless about how they should feed themselves. Every wild species on the planet knows how to do it; presumably ours did, too, before our oversized brains found new ways to complicate things. Now, we're the only species that can be baffled about the "right" way to eat.

[Click here to read the full article.](#)





## Taking Steps To Settle Cases 2 Sneakers @ A Time

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