



Jeffrey Dale Wilson

January 14, 1986 - October 5, 2020

Jeffrey Dale Wilson, age 34, passed away on Monday, October 5, 2020 in Lexington. He is survived by 1 son, Jaden Wilson; 1 daughter, Angel Jones; his parents, Kenneth Wilson of Oklahoma and Cheryl Wooley Wilson of Lexington; 2 sisters, Jessilyn Alexander and Brittany Ballinger; and grandparents, Valerie Wooley, and Bobby and Nyra Wilson. Funeral services will be on Friday, October 9 at 11AM at Reed's Chapel in Lexington with burial to follow in Hare Cemetery. Visitation will be on Thursday from 12PM-9PM and Friday from 9AM until service.

Tribute Wall

AN

“ I still dream about you... I miss you like hell. Your death hurt me so bad. I hurt so bad for your children. I'll always think about the good times we had. You were such a huge part of my life on and off depending on where you were in life. I love you Jeffrey. Reading Angel's post has me crying. I always hoped she would be okay. I'll be praying for you and your children.

Anonymous - May 03, 2024 at 10:11 AM

UN

“ It's been almost 3 and 1/2 years.

Unknown - September 11, 2023 at 11:03 PM

AN

“ Anonymous sent a virtual gift in memory of Jeffrey Dale Wilson



Anonymous - March 10, 2021 at 07:50 AM



“ Hey dad today is the 4th of January I feel kinda bad but here it goes **HAPPY NEW YEAR!!**. I can't believe that I'm walking into a new year without you.. it gets hard at times but this is the hardest considering the fact ur bottle today isn't in wow jus like 9 days.. Dad I can't wxplain all my feelings there are too many it's like one min I loved yiu and the next it's jus crazy like I'm mad then I get confused and overthink or do something stupid like I can be so happy one day and then 5 mins later I'm a mess and I hate myself! I myself in so many ways I should have done a better job.. but sometimes I tell myself u should have been a better parent.. I should've told u to put that bottle down A LONG time ago.. I jus wish you would've changed ur ways.... but I also wish I could not hate myself I know I'm being selfish making this abt me and I'm sorry it's human nature which makes me hate myself even more! U know I've had very few ppl call or text me since u have been gone down of them texted me the night u died and but the person I was happy abt texting me the most to check in on me was uncle Zane.. I know now wht it's like to loose a parent and I never thought tht maybe 10 yrs down the road I wouldn't havn my music partner, the person I wasn't supposed to slow dance w the most, the one who would make sure if I had the right bf or something.. but now ppl are gonna be like where are your parents and I'm gonna have to say oh my mom left when I was 8/12 maybe 9 and they'll be like what happened to ur dad. He died when I was 15 but raised me ya know for a little bitty least.. ya know I got to thinking and I couldn't believe you!! **DAMN IT!** U died 3 week **AFTER** my birthday and that's wht hurts me the most in a way! **UGHHH WHY DAMN IT WHY!** Why the hell did u do this!! Why did u have to kinda do wht Jenny did but I won't get to see u agin 🥹🥹 I **F/—cking HATE IT!!** I jus wanted parents to love me! I jus wanted to be like every almost kid out there that had both of their parents that didn't bicker like u n Jenny then u and Ashley but u know what's sad I can barley call Jenny mom anymore bc I feel like she don't deserve it jus like how In a way u don't deserve to be called my dad but I still do it bc I forgave you guys But the reason is because a lot of the times the person we love the lost are the ppl we hurt the most even we don't mean to.. but u wanna know why's sad it's the fact

that nobody in the family hardly can forgive them selves or others I can't forgive myself, Jaden literally kinda has a hatred for you but also can't forget or forgive, Aunt jessi keeps shitting herself off from everyone kinda and here I am acting fine jus like grandma and aunt britty idk anymore I've jus kinda lost all hope I've kinda given up but I'm trying man if I could jus stop getting so caught in my selfishness then I might Be OkY this is probably the longest one I've typed out but oh well I wanna talk abt it to other ppl but I cant I cant put my problems in other ppl and jus.. I don't know I miss u in so many ways but in others i dot. It's like since u have died there's been apart of that had died I hope u are looking down on us all and jus know tht I forgive you!! I love u DAD❤️ I miss you 🥺 fly high plz and say hi to Caleb and Brandon for me since I don't rly know Brandon but its okay I hope u are happy 😊❤️💔😭😞 we miss you Padre💕💕

Angel Jones - January 04, 2021 at 05:14 PM

JJ

I wish that there was something I could say to take away all the pain you have endured in such a sweet little life. I wish I had been a better mother. I wish I had been smarter and more mature. I wish I had known that I didn't need attention from everyone else that I just needed to pay attention to myself and be the best me that I could be. I wish I had gone to college young and made good decisions and set a better example for you. I didn't. Here's what I can do though Angel: I can help you learn from my mistakes in a way that allows us both to grow from them. Anyone who cares to look here will see, which is painful for me...and I will use that humiliation and pain to grow myself into a better person. Please know, any pain you experience from this is meant to help you grow into a confident, centered, determined, respectable young woman. I know I don't have the right to offer my hand to you now, but I can offer you the lessons I have learned. As a woman who became her mother, to her daughter in the hopes that the chain can be broken. The generational hurt that has haunted and destroyed the women of our bloodline can stop with you. If I had been the woman I am now when you needed me to be the most, you would be an exceptional young woman who is focused, determined, strong and kind. As it stands, I will tell you what I was, who I am now, and how I got there and hope you take these words into your heart and learn and grow from them. I might not get it all down today or even in a few days, but until I feel I have said all the things that can help grow you as a person into the very best version of yourself, I will continue.

Let's start with granny Janice. She was 12 when she met DJ. He was, I believe, 17. She developed early. Her own dad died when she was 4 and she never really had a father figure after that. You know how people joke about strippers having daddy issues? All true lol. See, a father provides a very specific role in a daughters life. He shapes the way she sees men in her future. He sets a precedent for the kind of man she will tolerate. This is why that role is so important. A daughter needs a father who is strict, but a friend. Who is a good role model, not only in his own personal behaviors, but in the way he treats his women so she knows to look for a man who will treat his women well and take care of his family with integrity and honor. She needs to know that men can be trusted and that there are some who will treat her with respect and like she is a treasure, though they are few. Granny Janice didn't have that. DJ was handsome and funny and older and cool and she was snowed. See, DJ, being the baby of his family was overpetted as a child. Allowed to misbehave as he wanted and be mean, he just grew up feeling like he was entitled to treat people that way. Growing up in a house of estrogen, he learned by not getting into much trouble for bullying his sisters, that there weren't consequences for these types of aggression. He "learned" that his personal instincts and impulses and immediate desires were worth more in value than another person's pain. He showed this to your granny Janice in many ways. She gave

birth to me at 14, younger than you are now. A little girl, without a father figure who got swept away in the attention of a boy and got trapped with a baby she didn't want or need. She had a friend named Megan, DJ would make her invite Megan over and do mean little things like make her let Meghan ride between them in the car. Can you imagine being basically a child with a child, living with a husband who aggressively went after your friends in front of your face and isolated you from everyone you knew and loved by moving you in with his family...who treated him like some kind of king who could do no wrong. A little girl with no one on her side except this baby who screamed and cried. How alone she must have felt. When he wasn't emotionally abusing her and humiliating her, he was hitting her. Granny Nancy has always been a little bit cold and distanced. She is kind and has firm family values, but she isn't the most affectionate. When Granny Janice finally left DJ, she left me with Granny Nancy until I was 5, after a brief stint in Carolina living with our (yours and mine) Aunt Judy, while she went to grow up. She made a bit of progress. She got an education and a work ethic...but the vital growing she needed to do didn't happen. Mostly because of drinking and drugs. When you fix the inside...the outside comes a lot more easily. But she had "learned" by this point that her pretty face was worth more than her mind or anything else about her. So, she learned to be good at sex and being pretty and her self-esteem became about how OTHER people viewed her. If THEY didn't love her, SHE couldn't love her. You saw this in your own mother when you were just an impressionable baby. You saw me not be able to stand my own company, completely incapable of committing to anything, totally unmotivated to be anything but pretty, and always wanting what I couldn't have because the conquest of obtaining it gave my life validation because I DIDN'T LOVE MYSELF. This is a form of narcissism and it's dangerous and deadly. The harm I did to others was secondary to the high I got from getting what I wanted when I wanted it. It's an addiction. When I learned this about myself, I realized I was an addict LONG before I ever did my first drug.

My first drug was attention. I needed it because, as a child, I didn't get enough. I had a mostly absent and addicted mother and an all but completely absent father whom I only saw when he was drinking. He was one of the first to get me drunk. Definitely one of the first to get me high (both at 11 or 12). When I look back at my life and the things that screwed me up so badly and I look back at yours...what I see is terrifying for any mother. It's like watching a train wreck that takes years to happen. I need to say this right now..

YOU DON'T NEED TO IMPRESS ANYONE BUT YOURSELF. YOU DON'T NEED TO COMPETE WITH ANYONE EXCEPT WHO YOU WERE THE LAST TIME YOU LET YOURSELF DOWN. THE YOU THAT YOU ARE AFRAID TO IMAGINE IS THE YOU THAT YOU MUST ASPIRE TO!!! What are you passionate about? Racial

inequality? Saving the rainforests? Stopping child abuse? Stopping bigotry? Nursing abused animals back to health? Stopping bullying? Helping people overcome addiction? Corruption in government? The key to making your mark on the world isn't in the temporary compliments some punk boy will give you or the fake flattery from some flakey girl at school who wants to be your friend today and then spreads rumors about you tomorrow...NO. You can find the best version of yourself INSIDE YOURSELF and INSIDE YOUR SCHOOL BOOKS. Education baby. It's everything. You said above that you "hate yourself". The key to stopping that is in comprehension. You have to understand your pain to learn from it. You have to lay it on a table and cut it open and find the cancer. Then when you know where the cancer is...you can cut it out. Many people who survive cancer look back at it as a blessing (as long as it stays gone) because they learn things about themselves and learn to cherish more and learn to really LIVE because they come so close to death. That's what pain does. Every pain is a gift wrapped in a horror. Every pain has the potential to make you more amazing than you were yesterday. Pain builds character and character builds GREAT people. Nelson Mandela, Ghandi, MLK all had horrible pain in their lives but they used it to shake the GOOD to the surface in the world where they walked. Being cool isn't nearly as gratifying as being good and determined. I wish I had had me to go back in time and fix me before I was able to break my babies. I'm so sorry I was so broken. I'm sorry you have had to go through all of this alone.

When you feel alone in the world...focus on being great. Look around you, around the world, and find a problem that needs to be fixed...and EDUCATE yourself on it so you can formulate a plan to MAKE THE WORLD A BETTER PLACE. Use your existence to add substance to others lives in a meaningful way. But before you can do that...you have to commit to the project. You have to FIND what it is that makes you WANT to make the world better.

Jesus said "physician heal thyself" and "remove the beam from your own eye then you can see clearly to remove the speck out of your brother's eye". This means that before you can fix anyone else, you have to fix you. The person I used to be was a lot of bad things. A junkie, a whore, a liar, a narcissist, a bully, selfish, insecure, violent, almost evil...if not quite literally, even if unintentionally. The person I am today is compassionate, wants to grow and learn, wants to fix myself AND the world from the evil place it's fallen into. I try to accept my fair share of blame without abusing myself. I want to heal others because I have found self-love in healing myself and in forgiving others after evaluating what made them the types of people who would hurt me. This is how I divined what is meant by Physician (doctor) heal thyself. I've worked hard the last few years to remove the "beam" from my own eye so I can see clearly...now it's time to go speck hunting. I'm back in

school because this is what gives me passion. If singing is what you're passionate about, then it's time to stop singing to the people around you and send recordings out to record companies and labels...but don't JUST sing. Sing with a higher purpose than money. Sing AND contribute to the world in ways that will have a positive impact and make the lives of those who are suffering better. Sing with passion AND compassion. Sing with higher purpose. There's so much more to life than money...which is quite possibly the very root the evil of the universe has in this world to control us all.

Back to the story. Me and granny Nancy used to slide up and down the halls in our socks and she would let me go outside and play in my swimsuit in the rain. Mom would come to visit and I would think "man, she is the prettiest lady in the world"...but she didn't really see or talk to me when she came. She would just pop in and take off with whatever guy she was draining the attention from at the time (sound familiar?) Then when I was 5, she wanted me back and I wanted to go. I moved to Jackson with her. She had a good boyfriend and he had 2 daughters, his name was Blake Murchison. He was always so good to us. And of course, she dumped him for one of his friends. Broke my heart.

Now is a good time to tell you that if you're not happy here, you likely won't be happy there. Not for long. Because happy is an INTERIOR emotion. It's not something that you get from someone else. Another person can elevate your happiness if they are vibing on the same frequency. Another person can dampen your happiness with their misery (I call those folks psychic vampires.). But another person can not provide long term happiness because you're experiencing temporary discontent. If you're in a relationship NEVER cheat. If you're discontent enough that you want to cheat or you want attention from someone else, either double down and tell your partner what you're feeling and work on finding ways to increase the emotional bonding or break it off. Sooner rather than later. Don't cheat. Don't lie, Don't make another person feel that worthless. Don't put your own need for more above someone else's emotional stability. You will regret it.

*The guy she left him for was named Jeff Woods. He stayed with her, drunk and crazy, both of them, while he went through college to be a physical therapist...then he dumped her right after he graduated. She worked, took care of him, his kids, and her kid, then he just dumped her and we had to move. That was the last real relationship she was in until Jeff Bailey...who was awesome and funny and talented and worked....and of course...not good enough. She dumped him to go back to DJ...who she cheated on and left for the lead character in the a**hat parade, Harold. After him, she has been alone pretty much ever since. See, she cheated on DJ with Harold, who cheated on her with Anita. Because that's how that works. If they will cheat WITH you, they*

will cheat on you. Because cheating isn't a big deal to them. Cheating is a selfish, hurtful, cruel thing to do. I would know...I've been on both sides of it. Do everyone a favor...don't cheat or lie. Even when the truth hurts, it's better than a lie. And really the best policy is to not DO anything you may NEED to lie about later.

Mom had trouble forming lasting bonds because she was so obsessed with the aesthetic appearance and her ability to maintain a relationship with sex that she never figured out who SHE WAS so she could find a way to love herself and find someone who loved HER FOR HER. I also had this problem. And I see it in you when I read what you write. You have to find what you enjoy baby. Something I did when I first started trying to figure out who I was was read stories about the things people do to each other and I would meditate on them. Try to put myself in everyone's shoes. Then after I did that, without someone else telling me how I SHOULD feel, I would figure out how I FELT. This helped me figure out who I AM. Unapologetically. Without the need for the approval of others. I approved of myself. I approve of myself more and more everyday. I do not approve of who I WAS...but I forgive myself for being that.

Take care of your body, also. Get up and go for a walk for no reason. Get a gym membership and ignore everyone else there. Don't do it for other people....do it so you feel good. When you're physically healthy, it's easier to get the mental and emotional health right. To be secure in who you are...it means investing in who you are...not for others...FOR YOU! DELAYED GRATIFICATION HAS SO MUCH MORE LONG TERM BENEFITS THAN INSTANT GRATIFICATION!! THIS IS SCIENTIFICALLY PROVEN. ICD is impulse control disorder. Most addicts have it. Most victims of abuse and neglect have it. If you struggle to control yourself, to arrange your thoughts and to exercise restraint....please know nothing is wrong with you. This is treatable and it is common. Self control and will power are like muscles, you can exercise them. The more you do, the stronger you become. The more you do, the more you enjoy the experience and more confident you become.

When I was your age, I let boys use me for sex because I needed the attention...this went on until I was 30. It never occurred to me to look closer at why and how to fix the empty space without the assistance of someone else. It didn't have to be that way. I didn't have to feel so rejected and alone. If someone had given me the toolbox I needed...I could have fixed myself. I eventually had to become a sexual deviant doing things I found disgusting and painful to get attention from guys because I felt worthless except for when I was naked being used. Being used led to more worthlessness...more being used...more worthlessness...around and around. Protect yourself from this pattern...it doesn't lead to love...it leads to pain.

I was also awkward. I had trouble making friends. People just seemed to be repelled by me without even knowing me. I laughed too loud and too hard and at the wrong time. I wanted people to like me so much that I pushed them away. If you struggle with this, you're not alone. You just have to find the right people. You have to practice self control. You have to get to know yourself and what you enjoy and what makes you ACTUALLY happy...not what makes you least miserable. Not what makes you pretend to be happy the best. You gotta figure yourself out. Life is hard and long but short. Stop living for everyone else and live for you. Block out everything except your own raw emotions. AND NEVER LET THE PAIN WEIGH TOO HEAVILY ON YOU. Anytime you feel like giving up, like life will never get better, just double down and say " I am going to fight for my life. I'm going to fight to live a happy, content life that doesn't have to be perfect or exceptional but it will be GOOD!" And then you go do something that makes you feel better. There's always another smile not far away. You WILL laugh again. You will feel joy again. The pain will pass and you will be glad you chose to live.

Happiness is made more notable by our hardships. Without the darkness to baffle us, the light can not guide us from the depths.

Don't have babies until you get out of college. And go to college as soon as you get out of high school. Don't wait because it'll ruin your life..because it won't. Love doesn't ruin lives. Wait so your children don't have to suffer a young parent who isn't ready. Do it out of love for the children you will have when you will be good at being a parent.

Self awareness is so important. Buddhists call it mindfulness. You can start practicing it small like closing your eyes in a quiet room and listening for EVERY noise and feeling. The way your breath feels, the arm of the chair on your fingers, the bug in the corner twitching. Then grow it to pay attention to your thoughts and feelings. Always be aware of how you feel and of how your feelings might effect OTHERS. When you feel inadequate, you can do one of two things: rise to the challenge or quit. I hope you will always be the type to WORK HARD with YOUR OWN EFFORTS to become better from within. YOU DON'T NEED ANYONE ELSE TO FAIL IN ORDER FOR YOU TO SUCCEED. Set Micro goals. If you are struggling in a class make a list of the things you're struggling with...then one at a time focus hard on overcoming those obstacles...AND BE PROUD WHEN YOU ACCOMPLISH YOUR GOALS!!!

Upward social comparisons are what we aspire to be like.

Downward social comparisons are when we put someone else down to feel better. ALWAYS COMPARE UPWARDS AND PUT IN EFFORT TO ACHIEVE.

Intrinsic vs Extrinsic motivations: Intrinsic motivations are things like joy, fun, fulfillment. Extrinsic motivations are when you are motivated by exterior things like money, approval, friends, acceptance. Always be motivated by Intrinsic motivations. DO WHAT MAKES YOU HAPPY FROM WITHIN. Feeling accomplished, proud, exhilarated, are good reasons to do a thing. Not because you want status, money, or something else that someone else has to provide to you. It's like doing something nice for someone because you want to do something nice verses doing something nice so the people watching will think you are nice.

This was a lot to take in today. I didn't know about your dad until today. My heart hurts for you and your brother. Never doubt that your mother loves you more than you can imagine or that I have only ever wanted what's best for you. For a time, that wasn't me. Maybe one day you can forgive me and let me try to make it up to us all.

Jennifer A Jones - January 18, 2021 at 06:24 PM

JJ

Hey Sissy,

So today I thought I'd talk about how I started recognizing the things in my past that caused me pain that I didn't realize was there and how I handled analyzing my past. I also wanna talk about how I started identifying the things that I was addicted to and dependent upon other than substances.

It all started with questions:

What am I addicted to?

Why am I addicted to it?

What hole inside is it filling?

I started with the things I was addicted to. When I was alone I would go stir crazy needing human contact. I wanted to do things that would make other people like me and want to be around me. I was desperately lonely and didn't know who I was. I couldn't be myself because I had gotten so used to pretending to be who people wanted me to be that I didn't even know what I liked. I felt unloved and worthless because of the neglect I suffered as a child. You probably have a lot of that going on inside too. It's good to know what has happened to you and why it hurt and how it effects your own behaviors. Being self aware of what you're feeling and why gives you power over your emotions and lets us guide them instead of being guided by them. Sometimes "feeling" can feel like you're tied to the bumper of a car that's driving through the forest. It doesn't have to be that way. When you know why you feel what you feel, you become the driver and the forest becomes your heart and mind.

When I was a teenager, I was so selfish, but I didn't know it. I thought I was kind and considerate. The fact is that, for example, when I was in a relationship, I was very possessive. This was a symptom of the constant need for validation and admiration from others (because I couldn't love ME if THEY didn't love me.) If someone was talking to or showing attention to someone else, that meant they could abandon me in favor of this other person. That fear of rejection made me a strange mixture of angry and hurt. I have long said that pain looks like anger on me. So, the result of not having complete control and loyalty from those who "loved" me showed outwardly as rage. Then I had to spend all my time policing them because I was so insecure and that made me resent them because I felt like I should be trusted (though I typically didn't deserve to be) to do anything I wanted but they should fall in line and obey and show absolute loyalty. Pretty nutty when you think about it. All the while, I was usually cheating myself. This was because I needed so much outside attention because I felt so inadequate within that expecting one person to be able to fill the hole was insane. The fact is a million people couldn't have filled that hole...I had to learn to love

myself and be proud of my accomplishments and who I am to build up my SELF esteem...because in the end, our security and our self-image is our own responsibility. We can either go through life broken or we can learn to heal ourselves.

When I was alone I always felt anxious and uncomfortable, bored and lonely. (This is called Monophobia or Autophobia-fear of being alone.) I remedied this by dedicating my time to people I didn't even enjoy being around...most of the people we passed the time with when you were little. The only friends I truly loved really were those like Cayla and Caleb, both gone now. The ones that were deeply hurting and needed me and I needed them. Most Other people you were exposed to as a kid you should never even have met. Many of them. And I'm so sorry you did. If I could go back...you would have had a much better childhood. I had my times when I was a good mother, I know that, but when I was manic (a maniac) or depressive (lonely and sad) I exposed you to things you should never have seen. I should have set a better example.

Eventually, I learned to not just recall memories but to RELIVE them so I could feel what I felt while I was going through them. Not just see the memory but feel the memory: the emotions of the memory. Remembering what I was thinking when bad things happened. When painful things happened. This helped me understand how these things affected me in the long term. How they helped shape my behaviors and thought patterns later in life.

The next step for me was to learn to see the situation from the shoes of the person who hurt me. If I could imagine myself being them, feeling what they felt when they did what they did I could then turn around and view their pasts and see how bad things had affected them and broken them and why they went on to break me in their futures. This made it easier to feel empathy for what they were experiencing and made it easier for me to forgive them. When you forgive those who hurt you, you don't do it for them...you do it for YOU. Your peace. Your healing. It can heal them too, but the primary reason to forgive is YOU.

When I first started trying to heal, I had so many roadblocks. I was focusing on the obligation...not the OPPORTUNITY. All it took was one big breakthrough to begin to understand that I had the opportunity to discover my REAL TRUE self. That got me excited. I could finally see that with SOBRIETY and SELF CONTROL and WILL POWER, I could be someone who could be loved, for real. I could be kind and honorable and have integrity. I could be PROUD of who I was. It got me started on another path as well...

I needed to understand what my thoughts were really like and where they came from. So, I started "ACTIVELY LISTENING" to my thoughts.

Now, active listening is when you listen to what someone is saying closely and you repeat it back to them in a different way so that they know you are paying attention, understanding the message, and find their thoughts interesting which gives them the confidence to continue, feeling secure that what they are saying truly matters and is heard. So, when I would drift off into a daydream or get lost in thought, I would write down what I was thinking about while I was thinking. Then later, I would study what I had written and try to understand where the thoughts were coming from and why I felt the things I felt. I learned to examine the pattern of my thoughts when I was alone versus when I was with company. This helped me to understand that the things I thought about when I was around others were focused on how those people were perceiving me...so anytime I was around people I was silently begging them for APPROVAL and LOVE. When I was alone, my thoughts were typically wishing that when I was around others...they would love me and like me more. That scared me. It showed me that I wasn't even living for me...I was living desperately hoping to be loved. I didn't even have my own thoughts, hopes, dreams...I just wanted to be cared about at all costs. That's when I really realized that I had to fix myself or I would continue to break everyone I cared about.

My first addiction was attention. The following is a list of behaviors I exhibited while I was trying to feed that addiction.

Attention seeking behaviors: Laughing at every joke, always being available to help someone so they would like me, Spent time with people I didn't need to be around, allied myself with outcasts who also felt alone, always on my phone-disconnected from reality and actual bonding, replaced real relationships with social media where I could be better liked and evaluate the amount of love I was given based on the number of likes and compliments I got, I talked and laughed too loudly, was obsessed with my appearance, and pretended to be someone else so people would like me.

Like I said before, I tell you these things so you can get to understand why I was who I was and keep yourself from ever becoming that. Every parent wants their children to not repeat their mistakes and to overcome the obstacles they themselves fell upon. This is my attempt to guide you to make your journey through life easier. I hope you find meaning in these words and learn lessons the easy way...through my mistakes.

I love you always

Jenny (your Momma even when you hate the thought)

Jennifer Jones - January 19, 2021 at 04:12 PM

JJ

Hey sissy,

I just finished typing out a 30 minute post but it didn't post. That's ok I can type it all out again lol.

Well, today we got a new President. I don't know where you stood with the way things have been, but me personally, I am hoping this will allow our nation to get back in step with each other and head towards a future of unity, peace, and prosperity. The behaviors, views and actions of a President have a huge impact on the way that the citizenry of a nation behaves and thinks. Selecting a President is like choosing a husband or a parent. When you choose a partner to spend your life with, you look for qualities that will enhance your happiness and add substance to your life. When a parent has a baby, if they are selfish, immature, hateful, abusive, or set bad examples, they raise their children to be reckless as well. When a child has unstable parents, it's far more likely they will grow with stunting in crucial areas of their personalities. The reason I want to teach you these things is in the hope that, while I struggled for 30 years with feelings of self-hate and loneliness and pain because I didn't have access to the knowledge that could have allowed me to heal myself before I was able to break other people, like you and your brother, that you will use the tools I am giving you to repair yourself and go on to live a life that is happy and full with much less pain. It takes real work though. The things we gain in life are only worth the time that we put into them. Life is not vanity. Life is meant to grow us to our full potential. We can't reach that potential if we are handed everything and refuse to put forth the effort to make ourselves better...the best versions of ourselves that we can be.

In the hopes that you can grow from what I have to offer, today, I am going to explain the physical neural connections between behaviors and long-term effects. When we feel love, give or get a hug, kiss, or any other emotional fulfillment our brains release chemicals to increase the body's desire to feel it more often. Dopamine, serotonin, endorphins are all important in this but the biggest "love" chemicals are Oxytocin and Vasopressin. These natural chemicals can become every bit as addictive as any street drug or alcohol. They even have many of the same physical effects like dilated pupils, increased heart rate and body temperature, hyperactive sweat glands, euphoria, etc. The sudden loss of the source of these chemicals, aka heartache, also has similar physical reactions as withdrawal from drugs. Depression, physical lethargy or pain, mood swings, and hopelessness. We have to be very careful about the sources of our natural drug, love because there are times when it can have a much worse impact on our physical and mental health than its benefits.

Loneliness is a primary facilitator of high-risk behaviors. Often these are things like addiction, promiscuity, or criminal behaviors. Anything

potentially self-destructive or reckless. High-risk behaviors are often associated with instant gratification- which is the dismissal of a long-term goal in favor of temporary or immediate satisfaction. Forbes wrote a great article on the way instant gratification encourages and creates addictive tendencies. When we take short cuts, we skip out on building our potential. This stunts our ability to grow as intended...in meaningful ways. "When everything is handed to you, it's only worth as much as the time put in." The effort we put forth to accomplish something by our own merit and not some misguided belief that we are entitled to the things we want to be handed to us, we grow into people who deserve the accomplishments we are able to achieve. I hope that the tools I am offering you to fix yourself are used and used well. If I had had access to them and someone to guide me in using them correctly, I would have been such a better mother, friend, wife, person. I hope you will use them to be the best version of you that you can become, just as I am trying to do every day.

One way to think about instant gratification is to consider a senior in high school who is trying to get into a good college. She makes good grades but the night before her SAT exam, she gets asked out on a date by a boy she has liked all year. The SAT will be the test that tells colleges what her learning level really is. If she bombs the test, she might not get to go to the best college that will allow her to enter a career that she will dedicate her life to with exceptional credentials. On the other hand, if she doesn't go with the boy tonight, he may never ask again. The immediately satisfying choice is clear...but it puts her future goals in jeopardy. She might be sacrificing a career where she might meet Mr. Forever Right just to reap the temporary benefits of Mr. Right Now. It's not worth the trade. Priorities. When a person grows up enough mentally and emotionally to prioritize with maturity and consideration of the consequences, they are ready to really start living a life of growth and prosperity.

Instant gratification also stems from impulse control issues. This has its roots in impatience and a strange form of greed. Greed can also be a symptom of loneliness. When we are lonely, feeling worthless, and also suffer from impulse control, we might feel like we have something to prove like we need to replace emotional connections with things and possessions, or like we need status and approval from others to feel validated. These are a few of the ways that greed can manifest but the root, as with so many other negative things, is typically some form of pain. Pain can make people behave in so many bizarre or extreme ways.

One good practice for learning to control impulses is to be mindful while eating. Closing your eyes and really paying attention while you have a meal. Your Momma, yes I am your Momma, eats like a vacuum cleaner. I just inhale food. Sometimes I don't even taste it. So, for me

this is a good way: eyes closed, What flavors do I taste? What textures do I feel? How do I chew? What other things am I thinking of while I'm eating? Am I experiencing racing thoughts while I eat? Racing thoughts have always been a problem for me. It's like someone has the channel clicker to my brain and are racing through the channels as fast as they can and I'm just thinking of things so fast I can't even catch the thought. The question "what are you thinking about" can honestly be answered I don't know.

This post is probably less eloquent than the last one but I think I got almost everything in in some form. Wish it had posted the first time. I hope you look back at these posts often over time and know that it is always posted with love and hope.

I love you always even when you can't see or feel it

Momma

Jennifer Jones - January 20, 2021 at 07:24 PM



“ *Dad man I wish u were here u were kinda my best friend man I wish u could cum back 🥺🥺🥺💔 our hearts r breaking slowly now tht u r gone man*

Angel Jones - December 26, 2020 at 10:07 PM



“ *Dad I jus can't seem to understand why the hell did u do this man 🥺 u wouldn't want us to it to u why man why 🥺*

Angel Jones - December 25, 2020 at 02:48 PM



“ Dad it's chri and it's so hard without u here cuz I jus wanna be able to laugh and play n mess around with you if I had know that Monday you picked me up I would have hugged you real tight and said I love you and I'm sorry 😞 I'm sorry for not being the daughter you wanted me to be.. things are jus so different now that ur gone it's hard it's so hard man 😞

Angel Jones - December 25, 2020 at 02:42 PM



“ Hey Dad it's Christmas Eve and it's been two months since you left I miss a lot of things although I'm kinda mad at you I miss your voice from time to time and I miss your smart a— comets/remarks Dad I lay in my bed staring at the ceiling sometimes jus crying wondering what I'm then world this happened for .. some nights I get mad at you and jus cry others is where I think abt the good times we've had and jus wish I could go back to that.... Dad I love you so much and I miss you 😞❤️ And I hope you have a merry Christmas in heaven 😊 as much as it breaks my 💔💔

Angel Jones - December 24, 2020 at 07:53 PM



“ For some dad reason u jus had to pop up in my mind idk why but u did n I jus wish I could hear ur voice rn idk y but I jus do💔 it don't really get easier either I jus want o e last moment n wish there were more moments between u and Jaden there are so many things that I actually miss abt u rn Dad 😞 but for sum reason I just abt to hear ur voice 😞😞😞🌹

Angel Jones - December 16, 2020 at 01:40 PM



“ Hey Dad how are you? 😬 well ig u could say I’m okay it’s 3:45 rn but I’m okay it’s been two months since we have talked, listened to music, talk abt people or politics, Went to the store together, Slow danced in the living room, Ect. I’ve got a lot more songs on my phone and my that I meant our songs and mainly yours 😭 there just the ones that you taught me I’m gonna try to teach my kids some of them but idrk bc ldk if I can get they them 💔😞 There are so so so many things that I wish and miss idek if I can talk abt them here

Angel Jones - December 14, 2020 at 04:50 AM



“ To my dad I knew this was always ur favorite color💔 dad u have no idea how much u were loved and I’m so sorry for the things I wished upon u b 4 u passed this is all my fault and I’m sorry😭 I’m sorr y dad I wish that we could have all been happy b 4 u left and I wish that me n Jaden could have been there to n that we was in the trailer where there was no agruimg for like a whole week n that we would have just have had a good time n stuff I miss u dad n there r so many things I wish I would have done and I jus don’t know how to feel now😞😞😭😬 I miss u so much dad💔😭😭



Angel Jones - December 05, 2020 at 11:18 PM



“ Dad it’s been two months man and it’s hard I quash we could’ve had a good moment b 4 u passed💔😭😭 I miss you dad u r always in my heart❤️ I love u❤️😬😞😞😞😞💔💔 I wish u could come back sometimes💔💔😬😬😭😭😭😭😭😭😭😭😭😭

Angel Jones - December 05, 2020 at 10:51 PM



“ Dad I’m sorry 😭😭 please I am so sorry 💔💔💔💔😭😭

Angel Jones - December 02, 2020 at 07:51 PM



“ Dad it's getting harder man it gets harder almost every day I miss u 😭. I wish we could be in the living room talking abt artists or politics or whatever u wanted to talk abt whatever we could rly find to talk abt lol 😭 I wish that we could be play fighting in the living room as well. I wish I would have took more pictures with you bc.. idk rly but ya know sometimes I get so mad, frustrated and confused bc I don't know my emotions like for some reason I jus can't be mad at u n then Jaden is happy and everything and idk it's jus confusing ya know u did a lot of things that hurt us and I rly don't know what to say other than sorry not jus for u but to u as well bc I know I'm a disappointment or whatever 😞 . I listen to In this river a lot and I cry every time I listen to a few other songs as well. It's been abt 2 months or it will be this Saturday and I don't know how I'll feel that day. It jus gets so hard there's a lot of things that I wish u would have done with Jaden as well so he wasn't so mad or anything. The other day I woke t to find socks for someone and it reminded me jus of u when u would tell me to find u socks bc u thought I was good at it or what not 😭 Another thing they remind me of u is when u would talk abt inbound and outbound and I didn't understand n then that day we sat down at the table in the kitchen and we talked abt wht the words meant it whatever nonsense u was talking abt 😭 I have this feeling if u was still alive u would be talking abt Biden or Trump and would prolly tell me to make a trump 2020 shirt or something 🤔🤔 Oml u were so crazy one thing that sticks w me the most is that night we was outside a few yes ago n we was talking abt the stars n jus sitting in the dark and that's the memory that has been w me recently that I remembered and it will always stick w me now buddy I miss u it's like one of my best friends got taken away and now.. 😞 there's nothing I can do abt it 😭😭😭💔 I'm getting ur death certificate today and idk how I feel abt it I'm nervous 😞 ya know but I don't know if I can accept it jus because I mean it's gonna be proof that u r dead n it 😞 hurts I love u dad and I hope u r okay!! 😭😭

Angel Jones - December 02, 2020 at 01:26 PM



“ Hey dad it's me AGAIN 😞 I'm so sorry man I wish I could have done stuff right. I wish I would have called u tht day or tht ur job wouldn't have let u off bc of tht fever! Dad I miss u so much from time to time and it hurts so much sometimes ion even know how to bare the pain💔 u gone hurts me in so many ways and I worry so much abt the family n how they r doing I wonder if u can see me n I wonder if u would be proud or disappointed 😞 I wish I could go back to the good days we had whether we were listening to music or watching tv or stand lp Or playing w Charlie 😂 thanksgiving is almost here n idk how I'll survive without u here dad it gets so hard but I try so hard not to show it I wish u knew how much I missed u n how I wish I could have been a better daughter 😞😞😞 I love n miss u so much dad💔😞😞😞😞

Angel Jones - November 16, 2020 at 09:46 PM

AE

“ Dad I miss you💔😞😞😞😞😞

Angel Elizabeth - November 06, 2020 at 05:26 AM



“ It’s been about a month without my best friend, my slow dancer person, my listen to music person, my person to talk politics with jus to listen to ur smart mouth lol 😂 😏 but now ur gone and it hits me in so many ways. It gets me confused all the time almost I thought it would get easier but then I get to listening to our songs we listened to and they hit different not having u and listening to ur crappy voice and u telling me that it was crappy then talking abt the artist or the election or whatever the crazy stuff we talked abt. I miss u so much at times 😭 dad I’m so sorry and jus know I love u ❤️ I listen to in this river a lot more now tbh and wish we could have sang it together ya know anyways I hope ur good wherever ur at 😭 😏 and we all miss you dad
Love ur A1 since day 1-daddy girl 💔 😭 😭 ❤️
-Angel Elizabeth 💕

Angel Jones - November 04, 2020 at 10:11 PM



“ Dad it’s been abt two weeks now, I do miss u I got straight A’s and B’s in school ya know. Idk I think ur death really kicked in the other day and I finally grieved 😭 I thought abt all the stuff we did together I listened to free bird and tiny dancer and couldn’t get thru half of both of those songs without thinking abt u singing w ur crappy voice and is slow dancing and singing the songs together 😭 😏 😏 I guess some ppl will never realize the pain I’m in but it’s okay I forgive those certain ppl ❤️ I jus don’t know how like I wish I could have that one last time where we talked abt music listened and singed together and everything 😭 but I hope u r proud of me n bubba is gonna be coming up there with u soon 😏 but jus know I love u ❤️
😏

Angel Jones - October 23, 2020 at 06:36 PM

AW

“ *My deepest sympathy to Jeffery's family*❤️



Anna Marie Wright - October 18, 2020 at 04:38 PM

TO

“ *Tonya lit a candle in memory of Jeffrey Dale Wilson*



Tonya - October 17, 2020 at 06:59 PM

AM

“ *Ametra McCollum lit a candle in memory of Jeffrey Dale Wilson*



Ametra McCollum - October 11, 2020 at 01:10 AM

MM

“ *The smartest man I've ever known. I'll never forget the 10 million deep, crazy conversations we've had. You being gone seems so unreal. Who will I preach to, who will be my therapist and teacher of life's conspiracies lol. You meant so much to me and so many others. I'm so sorry to the family, his mom and sisters and most of all angel and Jaden, you two were his heart and he never stopped trying to be the best dad he could be. He was was so rare and unique and the realest guy around, always staying true to his roots and being proud of who he was and where he came from. A heavy, hurtful loss for sure. Ill miss you so much my friend .*



Mandi Maness - October 09, 2020 at 12:29 PM

MM

“ *Mandi Maness lit a candle in memory of Jeffrey Dale Wilson*



Mandi Maness - October 09, 2020 at 12:20 PM

KT

“ *Our prayers are with your family.*

Karen and Blessing Thompson - October 08, 2020 at 06:50 PM

JK

“ i can remember we were always happy to see each other whenever it would be a long period of time of not hanging out or just working all the time, but when we would bump into each other we both had the biggest smiles on our faces. We were attached at the hip from the moment we met. you'll forever be my road dog and i'm gonna miss you.



Jeremiah Keen - October 08, 2020 at 10:13 AM



“ Guiding Light Bouquet was purchased for the family of Jeffrey Dale Wilson.



October 08, 2020 at 09:44 AM

LA

“ Fly high u were truly loved Jeffery



Laura - October 08, 2020 at 05:18 AM

AJ

“ Angel Jones lit a candle in memory of Jeffrey Dale Wilson



angel jones - October 08, 2020 at 12:01 AM

AJ

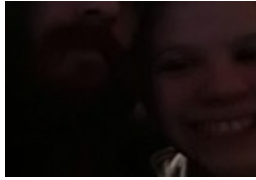
“ 1 file added to the album Memories Album



angel jones - October 07, 2020 at 11:16 PM

AJ

“ 1 file added to the album Memories Album



angel jones - October 07, 2020 at 11:14 PM



ur A1 since day1

Angel Jones - October 08, 2020 at 07:37 AM

RG

“ Sending special prayers to all,espically Cheryl,his mother,he loved you so very much as i know how you loved him,hadn,t saw in a while but he was always so nice and well manner,shows you raised him right,May GOD wrap his arm around you and all the family tight and give you comfort in this hour of need,Just think he is now singing for JESUS,cause he did love to sing,,Our prayers are with you always and know we love you dearly,,

Ronnie Dyer (n.)Ricky Gooch - October 07, 2020 at 10:20 PM

AJ

Thank you for praying for my grandma!!

angel jones - October 07, 2020 at 11:13 PM

RG

“ *Ronnie Dyer (n.)Ricky Gooch lit a candle in memory of Jeffrey Dale Wilson*



Ronnie Dyer (n.)Ricky Gooch - October 07, 2020 at 10:14 PM

AC

“ *My sympathy goes out to the family during this tragic time. Do the best to hold it together for each other as y'all need one another. Jaden & Angel I love you both as if you were my own and I'm praying for both of you, I won't be able to attend the service but I'll do whatever I need be to be able to see you both Saturday or Sunday. I love you all. I'm one call away if any of you need me.*



Amber Cornett - October 07, 2020 at 09:31 PM

AJ

thank you AMC!! WE LOVE U SO MUCH!!

angel jones - October 07, 2020 at 11:00 PM

PR

“ *I am so sorry. Prayers*



Pamela Roberts - October 07, 2020 at 09:14 PM

BJ

“ Love u Jeffery we all miss u



Brandon johnson - October 07, 2020 at 07:59 PM

JB

“ Jessica Bates lit a candle in memory of Jeffrey Dale Wilson



Jessica bates - October 07, 2020 at 07:55 PM

AJ

“ i'll never forget the things we did and the times we had, Yes we did struggle but me, You and jaden always found ways to be happy. I'll never forget the music we listened to and how you would always talk abt how what happened to them or if they were songs you britt or grandma or matt or jess listened to or just you back in high school. I remember you talking about how when yall was kids yall would do crazy things like seek out or bust the music in the house really loud or play with quarters till yalls fists bled in school all kinds of things, the history we talked about and how u thought i shouldn't listen to my social studies teacher bc u thought we wernt being taught right in school, I remember on the way to grannies house u let me hold the steering wheel to learn how to drive cuz thats how u were taught, when we talked about politics or when we had tiny little fights bc u said uwere bat man and we argued bc i said you wern't for like an 1hr. How we cooked and cleaned from time to time and played around. How you and Jaden would play video games and you would get mad bc he would beat you at them. How me n u played foot ball and u would talk abt how strong and bulked up. How we would talk abt wht the gov does to us and how they lie and how we talked about how our neighbor and how they creeped us out . I loved everything we did together and word can't be put in here but the one that sticks with me the most is how u said u were gonna get me weed when i was 25 and we would do it together and now u won't be able to do that for me lol. even if at times we hated each other we always managed to be best friends at the end of the day and now that ur gone i wont have anybody to do the things we did or have the talks about the things we talked about. Dad i wanted to say thank u 4 everything u did do 4 us, I also wanted to say that ur smile is something that was so special in my eyes bc u rarely ever did but i know when we would talk or sing or sing or whatever if u smiled it was always a good thing but dad u were loved by people but u were loved most with me and jaden and we can't ever forget u!!! we love you Dad
Love, Jaden Ray and Angel Elizabeth ur boy ad ur baby girl;)

angel jones - October 07, 2020 at 05:48 PM

NP

I'm so sorry,Angel. He will always be with you. Dont stop singing babygirl Your Daddy loved you and ur bubbu so very much he was a good father and had awesome taste in music,. God bless you.You are in my prayers

Nikki Pendleton - October 07, 2020 at 08:52 PM

AJ

THANK YOU SO MUCH!!!

angel jones - October 07, 2020 at 11:01 PM

CJ

“ *Christy Johnson lit a candle in memory of Jeffrey Dale Wilson*



Christy Johnson - October 07, 2020 at 05:32 PM

CJ

“ *Christy Johnson sent a virtual gift in memory of Jeffrey Dale Wilson*



Christy Johnson - October 07, 2020 at 05:31 PM

AJ

“ 1 file added to the tribute wall



angel jones - October 07, 2020 at 04:13 PM

RT

“ Robert & Amy & Tyler Thurston sent a virtual gift in memory of Jeffrey Dale Wilson



Robert & Amy & Tyler Thurston - October 07, 2020 at 03:56 PM



“ Peggy Johns lit a candle in memory of Jeffrey Dale Wilson



Peggy Johns - October 07, 2020 at 03:08 PM