

## **Alone and Happy.**

The man sighed as he remembered that the happiest he'd ever been was when he had his family and loved ones. His sigh turned to a growl, however, when he remembered that the loneliest he had ever been was when he was with his family and loved ones.

He finally smiled when he remembered the first time he was introduced to himself. Meeting himself didn't suddenly happen one day, but he remembered that initial introduction, and, afterwards, he no longer felt lonely.

The man extrapolated not being lonely and the feeling of contentment to a new trait: unlearning. Unlearning meant changing his learned behavior, which made the progress toward his personal goal of genuineness easier. Quite simply, he wanted to unlearn his behavior of needing to react to every internal or external stimulus and replace reacting with calm acceptance or rejection. The man made a commitment not to involve himself in things he couldn't influence, and immediately his world, inside and out, edged towards calm, and his boundaries were closer and sharper, keeping him more focused on his goal.

He didn't bother explaining his lesson to people; instead, he left people alone because he had learned his lesson.

Written by Peter Skeels © 2-16-2026