

Just You.

Imagine something is happening, and you're the only person who knows about it.

You could tell others you know but decide not to. Why?

The reason you don't share started decades ago. It should have been a non-consequential moment, yet it stands out in your mind as consequential. It was after a concert, and your date started expressing their opinions of the concert and how they liked these songs but disliked others. As you listened, the smile of having just been to a pleasing concert disappeared. You had never heard someone be negatively opinionated about a concert before, and listening to their negativity took you from peaceful serenity to feeling that the entire evening was spoiled for you.

Bringing this back to something is happening, and you're the only person who knows about it, and your reason for not sharing is because you're happiest not knowing negative opinions.

You are a happy and optimistic person, yet negativity pops your bubble of happiness like a sharp pin. Years ago, after repeatedly being metaphorically stuck by a sharp pin, you started keeping quiet about your most personal moments. You liked it so much that you made it your thing.

Happily, you learned that the definition of loneliness is to be left alone with your happiness intact.

Education teaches us that you can shut the door on negativity. Heck, you can slam that door shut!

Written by Peter Skeels © 8-7-2024