

Public vs. Private.

The more the man looked inward for answers and solutions, the easier his life got.

Acquiescence and loneliness had often led him to believe he was a victim of his surroundings, yet he continued to put himself in situations he disliked. Going to bars and social events meant listening to people talk or complain about things, like television or politics, that he didn't care about, and he felt he had to stay and listen. But did he have to stay? Was he the victim or the instigator of his being there? Or could he just stop coming to these places?

At too early an age, he decided to love and nurture himself. He learned to be mean and to rage at himself because doing so made it easier to understand and accept the abuse that filled his life. He accepted the abuse because he believed he was bad.

His self-worth, finally destroyed, became his self-worthlessness. But that measurement, taken from outside in, was skewed. When he measured from himself outwards, he learned the true measure of his worth, and that made him smile with pride.

He found God and religion as a child, but since hope resided within him, he didn't need religion. And once science was a resident in his brain, the Bible became a book of fiction, written for people who needed hope and rules.

Finally, he understood the lesson that kept repeating throughout his life: He would never be a permanent part of anyone or anything other than himself.

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