



FRANKLY SPEAKING

Self-Worth

I want to start off by saying this year has been what a rollercoaster ride for me. Yet, I can actually say I grew up quite a bit. I developed as a person and came to appreciate I have value. I am worth something. A wise friend told me once, “Love hopes all things until the basis for hope is gone.” I sure needed a lot of hope this year.

I hoped everything would just be okay. Let me explain: I made a couple of big mistakes this year that not only affected me, but the people around me. I’m an imperfect human. Yes, I knew there were consequences for my actions, even though it was assumed by some, not all, that I was not aware of them. Because of my mistakes, it strained my relationships with some of these people, but in turn it made me realize how much I needed to value myself.

Yes, it does matter what your friends think but when you put too much value in what they say and do you are left always needing their approval. You are left feeling judged constantly when they don’t talk or smile the same way at you. You sense the distancing and start to feel that you are not worth anything to ANYONE.

That’s not true though. I learned that I didn’t need other’s approval and that I should appreciate those who accepted me for who I was: a young retarded kid trying to do his best to do. Yes, this kid, trying to grow into a responsible man struggles to do right. But would accomplish it as long as he, he being me, would stay honest not only with myself and with others. I, in turn, learned that in order to have self-worth you must put value into yourself and what you feel is right.

You can’t let other people’s opinions on what they in reality may have no clue about overly affect you. It’s funny how other people can really, really hurt and sometimes they don’t know it. But learning to disregard wrong assumptions is important. There are facts, there are assumptions.

Then, there are whatever a person chooses to feeling about the assumptions, right or wrong, made about them. Especially if the person is the only one who knows the facts.

Yet, wrong assumptions can leave a person feeling like SCOOBY DOO. If you have ever watched the cartoon SCOOBY DOO, you know when Scooby would have that confused face and would humf, “hmmmmmm?!?!?!?”.

Then, you saw that something would happen and SCOOBY DOO would just brush it off. In the end, he would do what was right for him and would in turn end up saving the day!!!!

It’s the same with people I’m learning, we must do what is right for us, benefitting ourselves and in turn hopefully save the day, so to speak. So I guess you can say it’s okay to be a little bit selfish to care for yourself, knowing other people may not care for you in the way you’d like. But self-worth starts with the word self and building it is important.

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