

The Grand Irony Of Life

The grand irony of life is being afraid to be who I truly am for fear that life would not be worth living and that I will die because of the rejection I will face and the lack of love that I will experience. In reality, the exact opposite is true. Not being who I really am is what causes me to live a life of complete unfulfillment, dissatisfaction, pain, fear, sadness, weakness, helplessness, anxiety, stress, aggravation, boredom and victimization. That is no more than a living death, survival at the cost of my life.

The reason I am afraid to be who I really am is that it will mean my whole way of living, all my beliefs, thoughts, feelings, etc. will be instantly invalidated and as a result, my life would be over because there would be nothing left of me. All my excuses, my worries, my fears, my doubts, my anxieties will be gone. Then what? What would I do? Who would I be? The thought of that is terrifying. It is so terrifying that I never even entertain the concept, let alone consider that it's true for me. And since I don't know any different way to live and I have no concept of what my life would be if I wasn't making my excuses anymore, I am paralyzed. I stay exactly where I am.

The ultimate irony is that not being the real me is what is actually killing me. Slowly but surely, it sucks the very life out of me. It consumes me. It keeps me down and prevents me from ever believing or being anything else. It becomes my life. I become its victim. And I am powerless to ever change it because I don't even know it is there.

If I am the real me, I run the risk of not being loved, appreciated and valued. I run the risk of failing. I run the risk of losing what little I have. I also run the risk of having my core, negative beliefs about myself validated and that's way too painful. That's why I believe that if I am the real me, life will not be worth living. Somewhere down deep within my soul, I know that I can't live without that. The problem is that it's just external validation. I believe I need that validation to survive because I don't have it within me. That's the never ending game I play. So I spend my whole life pretending to be someone I'm not in order to stay alive and that's why I avoid being the real me at all costs.

That only leaves me with one decision, (that if I don't do) my life will really be over.

BE THE REAL ME!