

If you don't feel heard, if you don't feel you have the benefit of the doubt, and if you feel unappreciated then write down what you feel and what you want to say. If you read back what you have written, then you have been heard.

*Sometimes someone just doesn't like you.  
In order to get along  
you have to constantly please and appease.  
But no matter how much you do,  
they will never like you,  
never give you the benefit of the doubt.  
They see the virtue in everyone else's side except yours.  
Never see you for who you truly are!  
You have to make the calls, the apologies,  
make the moves, turn a blind eye, ignore your place,  
let them define the question, let them answer it,  
control the mood, the pace, the rhythm...*

*You never at peace,  
cause you are under constant scrutiny!  
It's like Guantanamo of sorts!  
Sometimes you can hear them waiting, watching  
and anticipating your next flaw!  
Tried, sentenced and found guilty in absentia,  
with no need to produce evidence.  
Finally as you realise you can take the torture no more,  
that there ain't a darn thing you can do  
to make them see you different...*

*Stop, let go, become the observer and watch things unfold.  
It's a revelation what happens when you just stop  
trying to appease, create and make things happen!*

*Achebe penned it well!*

He did pen it well, and things did fall apart, the centre did not hold because I had stopped trying to hold the centre together. After this incident I was alone, many people left my life completely and others for a long time. And I promised myself on that day that I would not reach out to anyone. I would not apologise, beg, phone and ask anybody, what was wrong or how they were doing. I would stop asking my close friends to come over. If they wanted to see me they could invite me to their place. And they could cook me dinners and invite me over to watch movies with them. I kept my phone on but I never made any calls or initiated any contact with anyone. I decided that I had been working too hard to make people happy and appease them, and I had had enough. I was running on empty and could not find a source to refuel me. I would not tell myself to "play bigger" and reach out to people who treated me like I was faeces. I had been doing this all along, and I was tired.