

Volume 1 – Day 13: Wannabe: Self-Inflicted Loneliness

I Wannabe Rich

External things, such as the accumulation of resources (*prosperity*) may provide ways and means to express our feelings toward one another. For example, giving a lover flowers expresses affection for them. At the same time, an obsession with the increase of *prosperity* can be the very thing that destroys relationship. This obsession can distract us from meeting the emotional needs of the ones we love.

I Wannabe Famous

Another pursuit of all people is *popularity*. This can be a hurdle over which two people must leap in order to be in relationship with each other. Since we all want to be applauded or recognized for the good things we do, our pursuit of such shifts our attention from the one we love to ourselves. The extreme of this is narcissism.

I Wannabe Boss

Another significant pursuit of all people is power. We all want to be in control of things and people. We want to be large-and-in-charge. We want to have the last word or the final answer. At the same time we do not want others to control us.

Self Inflicted Loneliness

So, the very things that are the greatest impetus for our every expression (word or deed), can also be the demise of any particular relationship. Those who are the loneliest are those whose focus is most introverted and selfish (wannabe). Obsession with self and a desperate need to be prosperous, popular or powerful leads to depression, despair and possibly even personal termination (suicide) when they are not attained. Therefore, healthy relationships which satisfy our desire to be loved and secure are the solution to addictive behaviors of all kinds. The world would be a much better place if all of us were more other-caring and less self-indulgent.

My Confirming Scriptures:

My Aligning Experiences:

DEEPER Every Day -- John Henry Alan