

My Life on Five Acres
BLOG
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#8

I have arrived, I am here

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9:26 PM

Today was a day that required a significant amount of emotional regulation, mindfulness, distress tolerance, meaning making, and strategic behavior, that's Dialectical Behavior Therapy (DBT) speak for, "One of **those** prison days."

I was reminded, in no uncertain terms, of my place, my role and the limits of my humanity, with regard to it being recognized by others. Again! :) This never feels good, but I am becoming capable of experiencing it in a constructive manner.

I spent years seeking an identity in dark places. Then I discovered the "I" within me. I have arrived, I am here.

I spent years searching for my place among various people. Then I discovered my niche was within me. I have arrived, I am here.

I spent years looking for meaning in empty spaces. Then I discovered the spiritual depths within me. I have arrived, I am here.

I spent years waiting for a better past. Then I realized the now, in today. I have arrived, I am here.

I breathe, I feel, I see, I hear, I speak, I doubt, I exalt, I cry, I rejoice, I grieve, I believe, I fear, I laugh. I have arrived, I am here.

When people, places and or things, press me, stretch me, stress me, and attempt to devalue and deconstruct me, I will be present because, I have arrived, I am here.

Although the specifics of my daily and future circumstances are uncertain, I will attend to what I know for certain. I will have arrived, I will be there.