

H A R L A N   R I C H A R D S

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Taking a Break From TV

I put my TV under my bed a few days ago and plan on leaving it there for at least a month. Over the decades I've been a prisoner, I have frequently gone for years without a TV. In 2012, I bought my current TV so my cellmate at that time could watch TV. Since then, I've developed the habit of watching TV daily. I watch the evening news, PBS and movies.

Another reason I had for buying a TV was that I realized I was going without a TV just so I could be a purist snob. I would flaunt my TV-less status in front of others as if that made me special or better than everyone else. I realized that acting superior to others because I didn't watch TV was immature and shallow. People have a right to spend their time any way they want and I should not judge others. Buying a TV and watching it was intended to make me more accepting and tolerant of others.

On the other hand, I was much more productive and disciplined without a TV. So I put it away to help me break out of a rut (real or imagined? I don't know). Besides that, summer time has mostly reruns so I'm really not missing much. And I'm totally sick to death of Donald Trump on the news. I have never observed a more dishonest, lying amoral person in my life. If I encountered a person with his character flaws in my personal life, I would shun that person. I would not want a person of such low moral fiber in my sphere - no matter how rich he is or how many deluded supporters he has (even Jim Jones had followers willing to drink the kool-aid).

Anyway, I'm developing a new set of habits without a TV. It's new, exciting, fun and challenging. Just what I needed to get out of my rut.