

## Choices

John Ling 2013

I am who I am for many reasons.

At times I have been a son/daughter

brother/sister, father/mother (*\* choose appropriate words*)

I did not choose to be a son or a brother.

I did choose to be a husband/partner and a father/mother.

I chose my friends, or maybe they chose me.

I have known what it is to love and to be loved.

I have known what it is to be happy,

and to be deeply unhappy,

to be kind, to be selfish, and to be unloved.

(I have made some bad choices,

and walked lonely roads.

I have allowed others to make choices for me.

I have sometimes lost control of my life.).....*optional*

I know there is always a choice to be made

between one path and another.

The easy choice often leads me in the wrong direction.

The other choice is a hard path to take.

In taking that path I will have to make some changes.

I know what choice I want to make,

and what changes have to happen.

It will be hard.

But then I can respect myself again.

And I can gain the respect of others.

I know I have it in me.

I am gonna try,

because I know who I want to be.