

# Life and experience

Now that I've lived over 1/2 of a century, I guess you could say I've got a little bit of experience living. In my life, I've been a child, student, husband, father. I've experienced the death of people close to me. I was married to the same woman for almost 20 years. I know about love, commitment and trust. I know about making promises and keeping them. I know grief, depression and anxiety. I know happiness, pride and hope.

But in those 50+ years there are many things I know nothing about. Things that I've never experienced. Things I never want to experience.

I know that with two ears, you should listen twice as much as you talk. I know that disagreements can only be solved by communication. I know lack of communication causes a lot of disagreements.

I hope to gain more experience in better things. I hope not to experience more 'bad' things. Realistically, I realize that I will experience both in the years to come. I don't need to like it, but to survive, i need to live with it.