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## On Appreciation

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No one can appreciate me to the degree that I deserve.

As much as someone may enjoy, honor, or find what I offer as useful or even inspirational... even life changing, no one can appreciate me to the degree I deserve.

For as much as someone may value what I offer,  
no one knows what it took for me to become the person I am,  
to be able to offer what I have.

No one knows... no one else was there to know what journey I traveled,  
what obstacles and barriers I surmounted... what monsters or demons I fought and may still fight,  
what pain and trauma I suffered to become who and what I am to be able to offer what I can.

Only I was there... only I know... and therefore, only I can give  
myself the appreciation I deserve.

If I do not give myself that appreciation, no one else ever will.