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## Life’s greatest lessons

I was able to take away many different lessons from *Tuesdays with Morrie*. As brought up during the movie, Morrie teaches Mitch life lessons over love, forgiveness, and then death. As someone who is busy from the moment I get up at 6:45am going to class, working, being a private pilot, studying, and trying to have some sort of a social life until I go to bed in the early AMs it is easy for me to get distracted and neglect those who I deep down care about the most. This was evident when I first got to college. Honestly, to no surprise to me, I did not try to keep in touch with those I cared most about that I left behind be it family or friends. I recently have been trying to get back in touch with those whom I care about that do not attend SMU, some of it has worked and some has not but I have no one to blame but myself. Going somewhat off of love, Morrie brings up that we must always forgive everyone before it’s too late when he brings up the W.H. Auden quote, "We must love one another, or die." The idea of forgiveness nor death is not anything new to me, it was instilled in my brain due to a personal experience I had. It was right after Christmas of 2004, my aunt, my mom’s sister, and mother were at each others throat much as always. I cannot remember what the fight was exactly over but I know that it was not worth it in the end. January rolled around and my mom and aunt were still not talking. I went to a friend’s birthday party in early January and for some reason my mom, dad, and brother went and saw my aunt at her apartment. I know that they left, just as before, very upset with each other. Just a few days later my aunts then boyfriend, Tony discovered her lifeless in bed. My mom, dad, and brothers last living memory of my aunt is being upset with her and leaving her apartment. Not only was my whole family upset with my aunt before she died but Tony had, the afternoon of her death gotten in a fight over the phone with my aunt. My aunt’s cause of death was an overdose of fentanyl combined with an antigen-induced asthmatic attack. She had accidentally put on a second fentanyl patch without taking her previous patch off and the second patch was enough to relax her whole body so much that when she had the antigen-induced asthma attack she was paralyzed and unable to move and ended up suffocating. I found out from a young age that life can end abruptly and that you must never leave upset with someone. My mom, even all these years later still is unable to forgive herself that her last moment with her sister was fighting with her. How does this have to do with wellness exactly? In order to be in good mental health you have to know love, forgiveness, and death. I don’t think a rational human being would consider someone who doesn’t trust anyone because they haven’t learned to love anyone, lack the ability to forgive, and are in constant fear of death as someone who as someone who has spiritual wellness.