



“I just feel like I should be doing better. I’m nowhere near .....  
 I’m.....: I’m a licensed tour guide, and I make videos  
 for businesses. But I’m ..... it. Because I’m sixty-five years old, I’m  
 ....., and I’m ..... done by now. I’m  
 supposed to be ..... But I’m not even close. I feel like I still don’t even  
 .....: how to make a living, how to keep  
 my house in order, how to take care of myself. And it feels ..... I  
 feel not grown up. Like I should have learned all of this so long ago. And I’m  
 afraid people will think it’s ..... Worse than that. They’ll think I’m  
 ..... So I’ve been ..... I’m luckier  
 than 99 percent of people. I’ve been ..... for 39 years. I have the  
 greatest wife of 32 years. I don’t have any ..... I’m doing OK.  
 I shouldn’t have to hide my situation. And being more open has helped. Because  
 once I start telling people, and I see they’re not judging me, and that they’re still  
 loving me—the shame ..... disappear.”

