



"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."

