

## **empowerment for social exiles?**

by lynne m

being a social exile in the USA, and having read much fiction and listened to a lot of music and watched many movies and much tv humor (i.e.: sit coms), i have picked up the idea that my family has decided they do not accept me as O.K. that really hurts, and keeping my temper is difficult especially since keeping one's temper is not a family tradition - nor is thinking well of one another en masse.

escaping all influence and contact with my family is the best thing i could do for my "mental health." escaping all contact and influence with the shrinks and their judges would be necessary for an escape. i have no idea how one would do such a thing. i guess i am disturbing part of the universe as experienced by me. that puts me into complications way over my head when i want to be "seen" as sane.