

Keeping My Balance

I felt as if I were walking on a high wire as I tried to balance my life between other people and myself. On the one hand, I have obligations to them—especially to her, because she's my wife. They (and she) have a right to make choices, even when I don't agree.

At the same time, I'm responsible for my own needs. I've learned that taking care of myself is not as selfish as I once assumed; neither is caring for others as selfless as I once believed.

So I walk the high wire, struggling to balance the needs of others with my own. As I acquire greater skill at keeping my balance, I find life less threatening and more exciting.

God, help me keep that healthy balance so that I don't lean too far in either direction.