

No Man Is an Island

Efren Macias Ojeda

BEFORE YOU READ: The metaphor in the title comes from a poem by the same name. What does it mean? (Note: “Man” refers to all people. What other words could be used instead of “man”?)

Our Troubles Started

It all started when I got married. The first year was difficult. My ex-partner had a job as an anesthesiologist. At that time, I was working at Telcel. My ex-partner’s work schedule was short. My work schedule was very long. For that reason, we started having troubles in our relationship.

Our first step was to look for professional help. We had therapy with a psychologist for almost six months; however, that did not help us. Our second step was to separate so we could think, but that didn’t help us either. Finally, we decided to get a divorce.

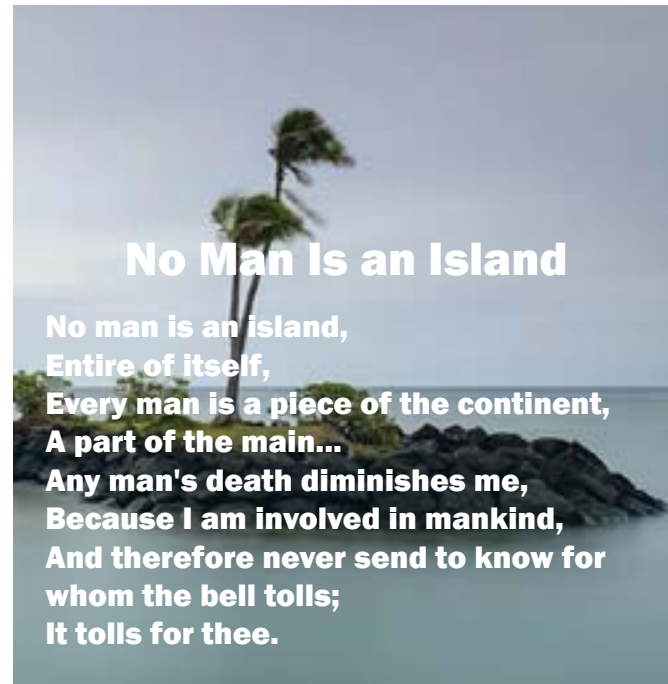
I was so upset. I started to have problems at work. I was not concentrating or making good decisions. I was isolated from my family and friends. I felt depressed. Then I had a car accident. I was badly injured, and I needed to stop working for almost four months. I asked myself, “What else could go wrong?” Soon, I found out.

When I went back to work, my boss made my life difficult. He changed my schedule from the day shift to the night shift. He scheduled me to work on the weekends. I accepted it, but it bothered me. Finally, he fired me.

My World Collapsed, But I Got Support

My world collapsed. I didn’t know what to do. I called my mother and friends because I felt alone. They started to visit me. They helped me prepare meals and clean the house. They took me to my physical therapy and doctors’ appointments. Most importantly, they gave me support.

We need good people with us; we can’t do it alone. I know it is difficult to make new friends



Read and discuss this excerpt of a poem by John Donne.

now as adults because we all have problems and have been hurt at least once in our lifetime. But we must reflect on our childhood and try to carry forward that feeling of family. What I mean by that is we need to be more social, help others without expecting anything in return, not be judgmental, and love unconditionally.

My life’s purpose is to stay close to my family, make more friends, participate in activities with my neighbors and community, and grow.

AFTER YOU READ: How does the author show that he is not “an island”?

Efren Macias Ojeda is a student at Ysleta Community Learning Center in El Paso, Texas. He is from Mexico, and he has a degree in electronic engineering. He likes to play basketball, go out with friends, and travel. This is his second article published in The Change Agent.

