

T's work is very important to him and he strives to make a difference in other people's lives. When he interacts with them he finds eye contact important which creates an unspoken connection with the other person. He has moved a lot over his lifetime and therefore doesn't have a lot of 'grounded memories', so connecting with people is a way of using his energy in a positive way which helps him find meaning. However, that can also lead to 'more energy going out than coming in' at times.

That energy imbalance can lead to a feeling of missing out. A few personal frustrations are that he can't do sports any more for several reasons to refill his energy needs, and people often think he is younger than he really is, so the medical community sometimes dismisses his needs by telling him 'he has time to.....'. However, he often feels like he is older than he really is.

T. is trying to redefine who he is and is learning to 'just be himself'. He might have given different answers to these questions/reflections 5 years ago.