

**SATIRE**

# Downsizing My Life

VERONICA GOMES

*Over the last couple decades, the people I kept around had caused me to experience tremendous downturn. After exploring countless alternatives, including giving these people numerous second chances, trying to understand them and empathise or even making adjustments to my way of life to make space for theirs, I was left with no other option. My efforts fruited no substantial return on all the energy and time I had invested in this project and thus forced me to decide on a massive downsizing.*

As for the reasons behind my decision, there have been many. My return on investment had been at an all-time low compared to all the time and energy I had invested in these people. The profits were non-existent. I wasn't breaking even, only breaking down. All these were symptoms of a bigger problem which had a lot to do with my life choices. I had hired the wrong kinds of people to give me company. Moreover, I marketed myself in a way which did not represent who I truly was, thereby misguiding people into believing me as someone I was not. Hence after careful review of all the subjects in question, I came to the decision of eliminating a few positions, categorising them as follows:

**THE COMPETITIVE ONE**

Don't get me wrong, I'm all for competing for the betterment of myself. Things got

problematic however, when toxic competition started radiating from these very people who I initially kept around as support. The problem aggravated further when they constantly started making everything about themselves.

**THE ENERGY VACUUM**

They don't rest until every last ounce of energy has been successfully drained from your body, leaving you irrevocably damaged. Even though I have fallen victim to their ways time and time again, I realised I kept inviting their presence regardless of the damages that ensued.

**THE CLINGY ONE**

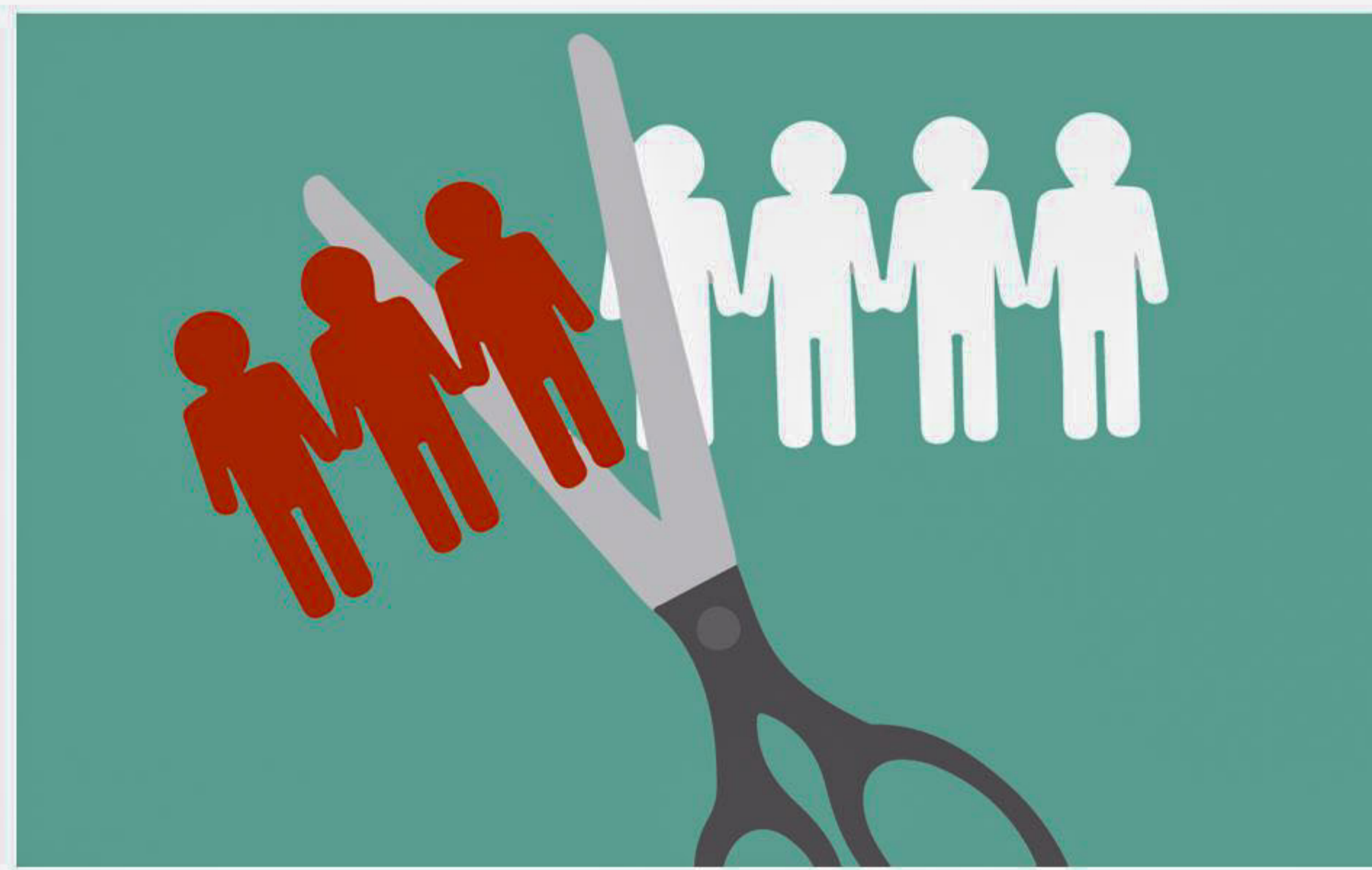
When you have someone who sticks to you stronger than the cling film wrapped around the sandwich you had for breakfast, you know something's not right. While being clingy is okay up to a point, overdoing it results in the birth of toxicity which needs instant decluttering from your life. There comes a time when you just need to tear that cling film off.

**THE KNOW-ALL**

Everybody has them, hates them but somehow can't cut them out of their lives. These 'intellectuals' have an ardent need to have the last say in every argument and hold record-high scores on the pettiness scale.

**HIS/HER HONOUR**

They are the judges you never asked for, who voice their judgements on all your



likes, dislikes and decisions. The negative stance that they held in my life for so long only meant I had to let go of their company and branch out to more sound advisors who have my best interest at heart.

To summarise, the aforementioned human resources proved to pose as nothing but deadweight to a point that I was left with no other option than to get rid of these liabilities. Consequently, effective immediately, I terminated every individual who fit the description mentioned above

from the company of my life. While I appreciated their contributions during their stay, their services are no longer required.

\*All terminated personnel will get a non-existent severance package designed to reflect on their non-existent positive impact in my life.

*Veronica Gomes is a socially awkward sophomore. Feel free to trigger awkward encounters by reaching out to her at gomesveronica1997@gmail.com*



## Coping with the loss of a pet

HIYA ISLAM

Often times, it takes one to experience a loss to fully realise that death indeed is a true thing that comes to all. In a world where many deem grieving over a pet's death to be overly sentimental or emotionally weak, research has shown that a pet's death can be as traumatic as losing a beloved human. At times, even more than that.

**FEELINGS OF GUILT**

No matter what was the cause of death, most pet owners feel liable. This is only because they are solely responsible for their well-being and would have done anything for the sake of their happiness. Nonetheless, death is a lone ranger. And there was nothing more you could have done to bring back your child. And of course, he or she has lived a great life with you. Rest easy.

**TEARS AND TRIGGERS**

Grief is a process. A long process. To deal with it, pain must be felt. Never hold back from crying. Your loss is truly tragic and may your pet rest in peace, however, bottling up your feelings is not a healthy choice for the long run. It must be overwhelming to think how everything else goes on. One day you're fine, but the next day someone's new pet or a pet's birthday could trigger a massive flow of tears. But it is normal and everyone who's had a loss goes through it.

**REMINISCING COMPANIONSHIP**

Their sudden absence can feel like a giant hole in the

heart. Live out the moments time to time through storytelling, writing or conversing. This will allow you to shift to a mode of gratitude and tranquillity. Memorialise your pet. Store away something. It could be Baxter's collar tag, Lucy's laser toy or Loki's sea shell from the tank. There is no right way to do this. You could spend some time in your pet's favourite spot or visit the grave. Some, as strange as it may sound, even immortalise their companions through the art of taxidermy.

**KEEPING UP THE USUAL**

It is easy to fall prey to the disruption of routine. Maybe you worked out when you walked your dog. Maybe you woke up early to feed your ravenous cats and get a good head start for the day. Try keeping up the dailies and check off chores from the list. Other pets/playmates in the house will certainly feel the absence and will exhibit behavioural changes as their own way to cope. Thus, it is vital to maintain their feeding times and such during this time of stress.

**SEEKING SOLACE**

Many non-pet owners may find your reaction to be exaggerating. Do not be surprised when they say "We'll get you another dog" or "It's just a fish". Understand that they fail to comprehend the special bond you two shared. In any case, these people should not be ones you lean on for comfort. You can always politely address them saying they are not helping. Feel free to walk away from any negativity. Call a friend, talk to them, share the most beautiful memories of your pet and ask them about theirs.