

POEM OF THE WEEK

UN-BECOMING - A PROCESS

If one defines "becoming" as a process
you cannot define "un-becoming"
As an equal but opposite process;
An anti-process if you wish to term it so

An anti-process? In practice, it becomes a stage
Of growth. To become someone or something else
One must un-become the identity you once were
Growth becomes a process of "becoming" and "un-becoming"

As learning becomes a process of learning and un-learning
Acquiring behaviours does not necessarily require consent
It can happen by persuasion or force, interest or/and desire
Are all you need, before the rush of things, you can't resist or identify

Desires become behavioural, become internalised, become "needs"
Become part of who you think you are.
Once that stage of personhood has been reached
The challenge of being able to change has begun

Granted, becoming is a process that you can plan and act upon
It is also a process of temptation. Your first puff of a cigarette
Your first taste of alcohol, your introduction to a social group
All you might want to do is fit in; that's when the defences begin to fail

It becomes habitual behaviour. The most difficult thing
To break; it requires the process of unbecoming
Of trying and failing, trying again (and failing); it goes on ad nauseum
Until you give in or succeed is becoming who you want to be

Becoming is easy, as it requires little thought or self-examination
Un-becoming is a choice, a decision that the status quo is unacceptable
A decision that is very personal, not influenced by others
Welcome to the process of living, of change, of growth

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Un-becoming is a choice, a decision that the status quo is unacceptable
On the range of difficulty: doing and not doing rank moderately
Surpassed by being/non-being. Learning/un-learning is a basic skill

Acting/not acting requires careful thought

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