

## **Lifeless**

*To be lifeless is to have no extra margin of energy, through which to express yourself. When you ask me a question, and I am lifeless, I will answer you without any elaboration or spark. I will tell you what you want to know, if it is simple, otherwise will not bother.*

### *Examples*

1 When I am sick with upper respiratory disease I feel lifeless. I get up in the morning without energy, go to the gym with my wife, but barely make two miles of walking around the track, and come home to fiddle around with the computer and take antibiotics. The day seems to be stretching ahead of me without any emphasis or plan, and yet I am stuck with my daytime work ethos, and so can't just curl in a blanket and look at TV. These are lifeless times, when I bring nothing to others, and can't reciprocate what they bring to me.

2 I have a family member who has suffered from depression. Sometimes when I call him up he is lively and reminisces about childhood, and things we did together. At other times his voice is affectless, and dull. He won't pick up on my leads, he won't volunteer to tell me what he did last week end. When I am lively, I find this encounter with my loved one extremely painful. I dance around in the conversation, trying to be engaging and to dig up the zest to tell him what I've been doing. I don't do this well. I overdo it. The harder I try the more hollow my effort.