



LIVING LIFE WITHOUT CRUTCHES

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About the Author



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Ekekere Samuel graduated with top honors from Cross River University of technology. Prior to starting Soar leadership center, he was once head of publications, assistant president and president of the Deeper-life campus fellowship. He was also the president of the Deeper-life corpers fellowship. Both fellowships are committed to raising champions. He has also served as production editor on the board of the Evangelist press for its Evangelist newspaper as well as on the editorial board of the bi-monthly Osun Copa.

Ekekere Samuel is an inspiring writer whose weekly write-ups are read in major blogs and are published on major publications. He is also the editor of “my college soars” a periodical that seeks to get the best out of college students. He is the author of over twenty books including titles such as “made unlimited for limitations. Shine your light, Ekekere’s motivation bible” amongst others.

Ekekere is a recipient of the NYSC merit award as well as the most inspiring student award at the Crossriver University. He is married to Grace and they live in Uyo, Nigeria where he oversees a growing network of people who are recognizing the power in their potentials.

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INTRODUCTION

I remember that time when I was little and had to depend on my parents for everything. I often hoped that one day; the tide would turn and I would not have to look in their direction. Everyone had that little days of dependency but a time comes when you think, you just have to go solo and do your thing. That time is called maturity. At maturity, having someone help us do a thing we can do by ourselves becomes hurting and painful.

We come into the world with a consciousness that after the period of training and weaning, we develop certain capability that makes us independent. Parents send their children to school so that they can be independent with the right skills. There is always the instinct that tells us that we should live our own lives. This instinct grows with us from when we started developing skills to help us with that future independence.

A child at his late teens begins to show that need for independence strongly against the guidance of the parents but the parents do allow him the freedom until he is around eighteen to twenty years when he is believed to be able to make independent decisions and defend his decisions.

life often supplies us with very difficult scenarios. The reason is this; life has superior powers that tend towards pressing us into submission and incapacitation. If you've seen a man with crutches, you would have observed how difficult those with crutches walk and work.

The crutches are meant to support them so that they could make better movements than they have been doing. I happened to have been in a crusade where wonderful miracles happened. The preacher prayed for those with different ailments including those who made use of crutches. He told the men with crutches to throw the crutches off and walk aright in the spirit of miracles. One man though, because of his fears refused to do away with the crutches that even when he had received his miracle, he never knew because the crutches were still hanging on to his legs.

Because life has placed crutches of limitations and dependency around us, we think that this is the way life should be. We accept the crutches even when they are unnecessary and not needed. There are situations that are crutches. It is important we know when things around us become crutches. We may be living our lives without knowing we could do more and get more than we are getting. We may accept the contentment that it supplies but that is not where we should be.

Life promises for everyone, unlimited independent possibilities. This is only available when you break away from that thing that is holding you down, those crutches. Then you can jump straight on into full strength and the fullness that life supplies.

In this book you will discover those crutches you are holding on to and then you will get the courage and strength to throw it off and walk straight on to your destiny in God.

CHAPTER ONE

OUR LIFE LONG DESIRE

As stated in the introduction of this book, we live with a desire to be as independent as we can be. This desire is a lifelong one. Why? This is because, from the day we discovered how to cry, we long to always have our way around every situation. Even at the point of death, we go towards it with that independence alone and gone. This propelling force in us was instigated by God the creator whose independence he instilled in man. Man thus taking the nature of God lives life having behind his mind the forever godly nature of independence.

Man always has that quest for independence because he has come to observe the dependent nature of society and the persistent strife for independency. He finds it difficult to adapt to what is called a dependent world. The world constantly pushes everyone to depend on each other. The driver depends on the mechanic, parents depend on teachers, and lawyers depend on doctors. No one seems independent enough to cater for all his needs. The human nature thus continues to be at variance with what the world supplies and thus continues to

fight very hard to reach independence. The fight begins at birth and ends at the time when our eyes close against this side of the world.

I remember as a little boy, I always had the desire to become a man. The reason was because I needed to be free from the claws of my parents' guidance. It was alright a good wish but I observe that when I grew I found myself increasingly dependent, first on my parents who supplied my every need and then I depended on my teachers at school for knowledge. I depended on my friends' warmth and the cycle continued. There was no way I was going to break free by myself.

But I observe that those I depended on changed as I grew. My teachers changed and my friends changed and I depended less on my parents but still I wasn't free. I was very dependent. Breaking free from my dependency has continued to plague me as I strive to make a way around them. Those things and people I depend upon are the crutches that have stopped my discovering who I really am. Freedom is a tenacious guest that is always there no matter how free we think we are.

No one is totally free. Those we often think have no problems have even bigger problems. I was in the church of a certain pastor and listened attentively to his teachings. He said, everyone needs everyone and no one is totally independent. As

much as little people depend on very powerful persons, even presidents also have very small people they must depend upon. It seems, our society is plagued with the dependency plague that the only time we discover true freedom is at death when we totally give up and even then, we depend on others to bury us just that we are unaware what happens to us. The nemesis that man is faced with is a critical one that has configured our minds towards thinking that we should remain dependent because that's how the world and our brains are wired.

If you are thinking of freedom, you are one of the billions who hope to achieve one form of freedom or the other. A good advise is, don't be afraid. While it is a natural law to be dependent, you can and have the ability to break that law. No law is beyond the capacity of the human mind to break. Yes there is a lifelong bond, and there is a lifelong desire to be free, there is also a lifelong capacity to break away and tell those crutches they are unnecessary.

CHAPTER TWO

WHAT ARE CRUTCHES?

I had a senior colleague at high school who resided around my community. She was a quiet beauty who attracted the admiration of her mates. While on her way to school one day, she was hit by a driver and lost one leg. She had to depend on crutches. This was actually my first experience of crutches. I was a little boy in our community and I watched her grow with those crutches and felt so bad that that she just could not do without the wooden and metal crutch. I'm grown now and she still makes use of the crutch.

Crutches are things we depend on to help us do what we should naturally have done without it. It could also mean depending on some person to help us do what we should do naturally by ourselves. Joel Osteen told this story of a young lady who had a boy friend who had told her that she was unable to drive round her city because he thought; the city was too busy for a pretty girl to drive round. He offered to help her with daily driving her to work and back until one day pastor Joel Osteen gave her a pretty good advice "try driving yourself". At

first the young lady thought it was impossible. But she headed to Joels advice and tried driving herself first slowly along the side of the road and then she tried the highway. After 6 months, she did not need any one to guide her. Her boy friend was actually the crutch which she depended upon to help her with her driving needs.

When we think, some person is too important and without them, we will be helpless, those persons are crutches. Nothing should be too important as to control your own capacity to do what you can and should do. When anything makes you live life depending on it, it becomes a crutch. While accident victims require crutches to help them walk, strong and hale person don't. It would be foolish thinking and detrimental to ones body to use crutches when one can walk straight with the legs.

As a young undergraduate at the university, I had lived with a relation who schooled at another university in my city. I had often looked up to him for advice and direction that he thought I could never do without him. Because I believed his every word, he assured himself and convinced me that I was without personal directions. Though, he had arrived the city long before I came and was quite older, he had assumed that he had rights to control my decisions. I knew he was just another crutch I needed to break away from and the opportunity came when he left the city and I moved away from his area of influence. When

he left, he kept calling me on the phone and giving orders. I knew I wouldn't have to live this way. I had to remove his crutches by changing my phone number. Once he lost contact with me, I regained my self confidence and reputation and got along with mine.

I had this experience with my dad. My dad was a stern man who I feared while growing up. He had this intimidating mane that I dared not look at his eyes. I hardly spoke to him and I hardly associated with him. Our relationship was a odd type. My dad's influence lowered my self-confidence. Even when I could help myself and do without him, when he was around I developed cold feet because of his fear. I knew though that somewhere along the road, I would have to push his crutch away and be me. The chance came when I was 16 and I seized it. I told him at his face that I was grown and I was capable of making judgments, which should always be considered too and sometimes ahead of his judgments. Guess what? It worked! From that day, my dad changed his demeanor towards me. He respected me and always asked for my input in issues that involved the family. I had succeeded in taking off his crutch.

That crutch may be a situation that has demeaned your importance like that of my dad and I; you have the capacity to do away with your crutch. Whether you believe it or yes, nobody or situation wants you to be bigger. Those you are

under want you to remain there. It is bad situation to accept where we are as the final busstop when we can rise up to greatness. We will have to learn to pull those crutches off our sides and tell them you can do without them

I remember the bible story of young David and Goliath. David had offered to fight Goliath but King Saul thought the crutches of helmet and vest which he wore that could not give him confidence against the giant was what David needed. David knew however that what he needed was to do away with the crutches. The war vests didn't just suite. He told himself, I just need to pull this off. He was confident about his ability and he had the vests pulled off. Guess what? He moved like a young lion and with what he had, a tenacity and a poise, he defeated the giant Goliath. He did not need the crutches

Don't let any one force some crutch on you that does not fit you. You need to discover who you really are. You have so much in you that should not be covered by what people think say or observe about you. When you begin to live like you need the advice, confidence and bolstering of others, they become the crutches upon which you think you cannot do without.

I was filled with high hopes after I concluded national service and decided to return home. My father had promised to help me get a job with his firm and I returned believing that I was

immediately going to get my life started. I returned home to see my sick father and we had to battle to save his life. He died along the way at the hospital and my hopes were dashed. He was sure a crutch that I depended on. His death affected me that I failed to discover what I had. His death was a crutch. I told myself, I am not going to allow my dad's death be a crutch. I shook myself off the feeling of this crutch and discovered I could do more than I was doing

Situations could be crutches in our lives that makes us think and act in a weird manner. Whatever the situation is weighing you down; you have much more in you than the situation knows. Don't push yourself down by accepting crutches when you can walk your way into destiny

CHAPTER THREE

GOOD CRUTCHES?

In the first chapter, you saw that we find ourselves in a world where we are wired to depend on everything and everybody. If we think of crutches in a good light, we could get some insight that will help guide our everyday.

I have observed that crutches are not necessary bad objects or people that hang around us. There may be good helping hands. We know that only accident victims with walking impediments tend to use crutches. They are thus very useful as walking tools only to the one with a broken leg. We could have situational and people crutches that are good and dependable. We need good friends that we can fall on when things become so bad. We need family that can be relied upon when every other has failed.

Situations in life are also crutches that are meant to build us into developing confidence in ourselves

Crutches are good especially when they offer the kind of help that we so desire at a particular time. But is the good crutch that very good? The answer is actually in knowing when that

crutches of goodwill from family, friends, situations etc. becomes too good to be necessary.

I had this friend of mine who had a wealthy brother. This brother provided all his needs that he never needed anything till one day; he thought he could not continue depending upon his brother for his needs. His brother wasn't bothered though about providing the needs of his younger brother. To him, it was his responsibility. But my friend felt that if he didn't break away from the very good crutch that his brother had stood as all the years, he would not appreciate what it meant to him and to discover he could outdo his brother.

Good crutches are good but however good they are, because they are crutches, they are crutches. It stands there beside you silently whispering that you are helpless without it.

When situational crutches exist, they come with their lessons but after you have learnt what has to be learnt, it has to go. You can't continue to learn from the same mistake every time.

Here is a situation I had that was too good I felt I should live in it forever. While I was at the university, I had some financial crisis so I could hardly afford books for personal study. I was however favored by a friend whose textbooks he offered me to read because he never read them. I was unaware of the conditions attached to the book. I collected the books and got

reading. It was a great experience but I felt that the free books would somehow become a crutch I needed to break off from.

I used his books and got all the knowledge enough to pass my examination while my friend expected that I'd transfer my knowledge from the book to him in the examinations. I was smart to know ahead though. I quickly returned his books just in time for the examinations to enable him prepare without excuses and then I made use of my personal notes which I made from using the textbooks. At the end of the examination, my friend accused me of not helping him after I had used his book. I told him it wasn't at fault. I just didn't need his crutch in the examination hall. It would have being a drag. I just had to break free from him.

However good a crutch is, it is not the best situation in the long run. It wasn't meant to be. A situation allowed for it. Conditions allow for crutches and we can't allow those crutches however helpful they are control how we lead our lives. When we feel good about that help being offered, it is only a matter of time before it turns sour and you discover that its time had long expired.

I had an elder female friend who stayed with an acquaintance since she was eighteen. This acquaintance provided her with all she needed and she felt comfortable about it. Each time she

thought she needed to break away to her independent life, her acquaintance often told her it was unnecessary as they weren't complaining. This was a good crutch at least for that time when she was young. She grew past forty years without ever taking an independent decision about her life and she needed to break off as her acquaintances had soon become a crutch. Her acquaintance still treated her like she was a teenager when indeed she had grown into a woman almost past her prime.

One should know when those crutches that have being too beneficial begins to hurt. Crutches aren't meant to hang forever. When they have long passed their use, do away with them

It could be very difficult breaking off what you still consider helpful even if they have long past the time when their usefulness was considered necessary. When that help becomes unnecessary, you can decide to break it off and stand firm on your feet.

No matter how good a crutch is, it remains a crutch. You can never discover you hanging on it. You just have to let it go and give your natural feet strength.

SECTION 1

BAD

CRUTCHES

CHAPTER FOUR

THE 'WHAT THEY SAY' CRUTCH

There's this popular crutch that people carry with them without knowing. It is the "what they say" crutch. Many times we care about what others say about us or about the decisions that we want to take. We ask questions like what will they say about my cloth, my shoes, my business location, my husband, my wife, or friend? Most persons tend to always look for the approval of others before they make even the smallest decision. That is a crutch.

I had this challenge when I was little. I'd think people were watching me intensely so I had to be very careful with the things I did. I listened to whisperers to feel their approval or I asked straight on if what I intended to do was worth the risk. Even if I had faith about what I was thinking of doing, the disapproval of another person was enough to stop me from making a life changing decision.

As I grew I began to develop my self-confidence, I did not have to ask others what they thought. What they thought didn't just

matter and I was considered cocky by even the cockiest of persons.

While it's good to ask about people's opinion about a thing, we should realize that the opinion of others shouldn't be the bedrock upon which we make our decisions. We have to develop confidence in ourselves to make right judgment about any action or situation no matter what happens. You won't have to blame others when things go sour.

When we lean on the 'what they say' crutch, we forget our originality and personality and absorb all the qualities of the crowd. This is suicidal. The crowd has a defamed credibility. They never think right about the individual attributes of its members or how they can help them individually. They rather think of how the individual can adapt to the general often selfish course. You won't find you if you allow the crowd choose what you wear because the crowd's choice is uniformity

My local secondary school had a student membership of about ten thousand. We wore identical uniforms to differentiate us from the other schools around. It was difficult recognizing a student amongst the crowd. A student who stood out would often have to be brought before the large crowd of students. If one needed to come out of that crowd, one had to perform so

well for a good example or act too bad and be used as a bad example.

What I mean is that somewhere, the crowd crutch would have to be broken and thrown away either for too good reasons or too bad reasons to find the unique you. What everyone says may be right but you can afford to challenge right by proving its wrong or finding an even better formulae.

Life is filled with relativity that the other man's right can be considered wrong if there is enough proof against it. Depending on what people say to do what's right or wrong is like a crutch that makes us never realize we can walk because we've being used to having it by our side. Our thinking pattern is skewed.

When you hope to hear from others before you live your life, others become the yardstick for which we find approval for our lives. It's actually saddening that many persons who would have gone ahead to do great things have being hindered by the advices of others who they assumed were better.

It is a costly mistake to be absorbed in finding how to satisfy others when you haven't satisfied yourself yet. That's what the crowd crutch does. It makes us strive to make everyone see you as valuable while right inside you, there is discontent. The crowd crutch will never help you find that content you. Take that crutch off.

It could be very difficult when you imagine the influence the crowd already has on you and how you will have to do without the influence because you had seemed to enjoy it long before realizing that it was actually a crutch. You can imagine how quiet it could be jumping from a bus of active people alone at the bus stop. You will immediately feel cold. Giving up this crutch could be very quieting at first and you'd feel lonely but you would soon begin to create your own crowd around you causing influence and others will make you a crutch too. You will become a voice and an influential one for that matter.

Now think. Wouldn't you rather be that crutch others will depend on than to have others you have to depend on? I feel the former is a more honorable position. Its time you begin to think of breaking out from what people think into what you think. Give strength and credence to your own thinking. Care about what you say than what others say. Listen though but have your own independent standpoint. If everyone is right, you can still find an idea that is more right.

CHAPTER FIVE

THE FEAR CRUTCHES

One crutch that I have battled with through my life is this crutch. There is a natural tendency towards fear. Fear always tends to pull us away from that action we should have boldly taken and acted upon towards a useful result. We tend to hang on to fear and this limits our perspective about life.

We are often afraid to make risky decisions because we think that it's not going to work anyway or it's too difficult to even try so why risk it. I used to have that fear factor every time I wanted to make major decisions in my life. It had this gripping effect that it seemed whatever I feared just happened as I feared it would. I actually lived my fears. I had fears that became true because I dwelled on them to make decisions.

I knew though that I needed to do something different. I needed to break away from the fear crutch. I just needed to be brave enough to challenge life and make serious decisions. It was tough though developing the bravery I required.

I had discovered that fear

- Forgets my capacity however huge and celebrates mediocrity and failure
- Edifies my failure and makes them seem like very large mountains I must succumb to
- Accentuates mediocrity and promotes it's lifestyle when indeed I can achieve and live an excellent life
- Rains down hypothetical rocks that stands as stumbling to my moving ahead

The fear crutch always seems so huge that we just can't seem to do without it. It's like when one tries to make an independent decision, fear tells you, well, I'm here, and you can't run. Sadly many persons accept the verdict of fear when in reality the verdict is only a smoke screen, a hypothetical crutch, a mirage. Fear only comes to existence when we agree to it and it pokes its head. If we pretend it's not there, it's not there. It's a mindset.

Fear actually makes you feel like you can't and you actually cant. You can break barriers, you can climb mountains, you can cross seas, yet you won't because fear comes along and says, hang around me and trust me you can't.

The moment we allow fear grip us, it is certain and very certain that faith (which spurs us to act) disappears. We will see one dependable crutch called faith in subsequent chapters but here

fear dangles peanuts and says Charlie don't go there. Ah! Don't climb that stairs with the fear that you are going to fall when it's only just a three step stairway. Fear crutches makes a hundred meters seem like a kilometer and makes a small gutter seem like a very wide river.

That thing that is hanging around you that makes you doubt the next major decision you should take is a fear crutch you just have to learn to do without.

What fear does is to make you

- Feel worried about every action even when you seem to be making the best decision
- Expect negative results when you've put in substantial positive inputs that should produce positive results.
- Align with failure every time even when you have the qualities to achieve much more than you are doing now
- Restrict your thinking faculty to only the things that makes you look small.

If you have no fears, you may be lying. However strong and self-confident one is, there is some degree of fear existing around. As we develop ourselves in faith though, we find fear giving way. We learn to manage fear by adopting faith.

We manage fear by

- Freeing our minds from depressing crutches by developing an open mind and creative ways through which we interrelate with our challenges.
- Expressing the fears. It's always best to express any fears or doubts about an action to people who we think know better who can also offer positive advice.
- Activating the well of possibilities inside you by standing up to who you are. There is a well of possibilities that only comes as a result of pushing fear off.
- Reaching towards positivity, always seeing light in every darkness, hope in every hopelessness and joy in every sadness.

So many great achievements have being destroyed because the bearers allowed the fear crutch hang around them every time. They depended on Mr. Fear to progress. Mr. Fear is retrogressive. You cannot afford to be another statistic of those who have failed to become who and what they could have being. Just throw the fear crutches off and live life to the fullest.

CHAPTER SIX

THE DEPRESSION CRUTCHES

I've suffered from depression for most parts of my mature life so I know it could be very well a bad crutch. What is depression? It is a lengthened state of feeling of sadness. Every one tends to have stints of depression but there are those who suffer from it as a sickness. These persons always feel sad however the atmosphere around them. These people are the ones who dwell on the depression crutches.

I started suffering from depression since I was little. It had stemmed from my poor interpersonal relationships that I had developed with my parents and between my parents. Our home had almost always being a war zone and everyone was always afraid to speak out so that you don't get on the bad side of daddy. This affected how I related with people outside my family sphere. I increasingly became timid and fearful and it soon became a habit. I was unable to express myself amongst even amongst my peers. I took more to myself. I felt just being neutral to life was best but I observed that there is actually no place for neutrality. I have to choose either to be on one side of

the wall or the other. This neutral stance found me pitched with myself. Everyone chose either way and I was unable to choose. I was really sad.

Depression is a heightened state of sadness and it could be suicidal. A good number of those who suffer from this sickness end up increasing the suicide statistics. What's sad about this sickness is that there has not being a tried and tested medicine to solve the problem so the sufferers suffer and end up in their death.

Well, if you hang on the depression crutches, you would be doing yourself so much harm. The first step to having a cure from this disease is finding you. I have observed that those who suffer from depression are those who were living on the strings of others and were either bottled or disappointed by their actions that they decided to be alone.

This personal discovery will involve you choosing to

- Climb up from the ground level. Every one you are trying to please or you are expected to please are on the ground. Move up higher.
- Reason with yourself. Find pleasure at discovering your own kind of thinking. Others will not matter when you have a strong conviction about matter

- Uplift others. Those who suffer from depression are those who expect others to lift them. True happiness arrives when you lift others up
- Teach. Teaching is one way not to get too engrossed with things that don't matter. It makes you live your life with the mindset that you have to be exemplary to enable you teach others who are looking up to you.
- Choose. You have a choice to let others rule your life or you rule that of others. You have to make that choice yourself. Others won't help you do it.
- Heal wounds. Your importance increases as you find value helping people heal or helping relationships heal or helping people who have lost value in themselves find that value
- Exercise. Gainful exercise every day is very helpful at keeping the brain working and taking your mind off all the worries and anxieties that curses depression.
- Share your troubles. A trouble shared is half resolved. Advices and perhaps experiences of others could come handy and helpful at solving your problem.

Depression sulks capacity. When I finished from the university and lost my dad, I had to go through a harrowing depressed experience. The more depressed I was, the less I was able to think. Yes, there was quite a lot I could do but I wouldn't

because I just couldn't think. I though managed to break it after I was advised by some persons that it wouldn't help for me to accept defeat because of the situation I had found myself. Finding a job was quite an harrowing experience. I had thought I would get one immediately I finished school but it didn't come.

I discovered one solution. I prayed. I sought for spiritual direction. I found delight in spiritual exercises developing my mind through engaging in gainful acts like reading and writing, an experience that has produced this book you are reading as well as others. I found my story. Today I have something to say when I see people who are going through some horrible moments in their lives

I can comfort them with calm words and reassure them that if I had managed to break away from those crutches, they too can.

This is the reality of depression. Depression

- Chains you to none existent bars. I felt something like chains. I could not just make the steps that I so wanted to make
- Ruins your ideas. However wonderful your ideas may seem, when depression hits you, those ideas become devalued.

- Creates upheavals. Depression makes life go up and down. You don't experience the smooth smiling lifestyle that should characterize the triumphant life.
- Tricks you. You can never and will never find the real you when depression sets in. It gives you a faulty impression of who you should not be
- Criticizes you. Depression makes you critical of yourself. You compare yourself with the joneses every time even when you are better than the joneses
- Hurts you. You hurt yourself when you fall into depression. It's like picking nails and punching yourself with them. It will really hurt.
- Entangles you. Depression creates a web. You might have being entangled one way or the other with spider webs. Was it a great feeling? Not at all. Depression has the same effect. It blurs your vision and slows you down.
- Stills you. When you become still, you are dead. Many have died and are dying because of this disease. It hurts that those who should have gone ahead to achieve great things have being lost to depression

When you are thinking that you are not worth it and considered valuable. It's always because you are looking at the ratings of some other person. The fact is, no one will rate you higher than himself.

Depression actually stems from a lack of self-worth. You don't need others to celebrate you. You don't need any body's ok. You don't need people saying you are looking beautiful to know you are truly beautiful. Give yourself value by believing in who you really are.

When next you are feeling sad and pressed, standup and get going. Be happy, break away from the depression crutches.

CHAPTER SEVEN

THE FAILURE CRUTCH

Every successful man had once being a failure. Success actually stems from failure. If you don't know what failure is, it is likely you will lack an idea what success is. Success and failure are actually two sides of a life coin and there can never be a middle point. It is either you fail or you succeed.

What is failure? It is not succeeding. It is not getting around the success rating. Is it a good crutch? Not at all. A good number of persons have come to depend on this crutch involuntarily. We often hang on this crutch not because we want to but it just sticks to us and we don't know how to break off them.

Nobody loves to fail. Everyone loves to succeed. But why does failure persist in spite of the love for success? Failure persist because

- One does not have to make a CHOICE to fail. Success requires a choice. You'd have to choose to succeed, you don't choose to fail. Failure is there by default. just do nothing and failure pokes

- One does not have to be REALISTIC to fail. Those who fail are either too ambiguous in their pursuit or think too little of themselves. Those who get success actually find their realistic self.
- One does not have to be UP to fail. Failure does not try and will never try taking one step higher than he should. Just staying down is enough to fail.
- One does not have to create a TALL ORDER to fail. Success actually pursues the ambitious, those who know how to create tall orders, work and walk towards accomplishing them.
- One does not have to be COMMITTED to fail. Success requires commitment which is hard work. Failure requires just doing nothing. If you are committed to a task, you can be guaranteed a chance of success but if you hang around doing nothing, you will hang around failure for the rest of your life
- One does not have to be HARDWORKING to fail. Hardwork is hard work. Only a person who wants to succeed goes ahead working hard. Those who don't just do not work.
- One does not have to be EXEMPLARY to fail. Successful people are always looked up to. They are role models who are copied by others. Failures just live careless lives. Being

exemplary requires good input, being carefree requires doing nothing at all.

- One does not have to be SERIOUS to fail. Being serious requires energy and time. A failure will not put in the energy and time required at it.

For the success minded, failure could be devastating. These persons are those who know what success is. They know that success is

- CREATIVITY. You have to be creative i.e. be able to make something out of nothing. Those who enjoy success are actually the creative people. When you create, you form the platform upon which success will act
- REACHING TOWARDS SET GOALS .You only attain success when you have a target that you have set to which you want to see happen. Success doesn't come by mistake; it comes to those who set goals.
- USURPING TALENT. There is a huge quantum of knowledge and talent inside you that has to be used. The success oriented man seeks for ways and more ways to use his talent to the fullest.
- TRADING WISELY. Life is about what we buy and sell. You have to know what to give up and what to take. You lose some, you win some. It is actually you knowing what to lose and keep that matters.

- **COURTING GREATNESS.** Successful people know their eyes have to be set on greatness. If it's not greatness, it's nothing else. They are very greatness conscious and do everything to reach for it.
- **HARDWORK.** It will take a hardworking person to run towards success. Because success doesn't come easy, one has to strive towards it. This strive will require that you put in enormous input and all the effort that you can to see it work.
- **EXCELLING.** A successful person aims towards excellence in everything he does. Success is about excelling. Mediocrity isn't part of the bargain. Becoming the best is all that is needed.
- **SENSATIONAL SATISFACTION.** Success attracts satisfaction. It is very fulfilling when one has achieved so much and attained success. That is all the reward obtained after all the hard work and labors.

You can't afford to dwell on the failure when you can do much more than you think and know. Success knocks on your door; open and get it.

CHAPTER EIGHT

FRIENDS CRUTCHES

Everyone needs friends. Wiseman Solomon reckons that there is a friend that comes closer to you than a brother. Friends play very important roles in our lives. We find them dependable.

Sometimes though, our so dependable friends could become crutches we don't need. There are times you have said "that my friend has being my soul, I just cannot do without him". There are people like friends that you have developed intimate relationship with and seem always to hang around when you need them.

Life happens to take away our friends from us sometimes and we quiver at why they should go. Truth is, no matter how helpful a friend is, he has to go someday. His being around is a crutch that has never helped you find you.

I had a close friend who was like a brother. He was there during my darkest times and stood right there amidst odds. I just don't know what I would have done without him during those times. I was broke and he stood there helping me financially. We were

both students at the university but I observed that while he helped me with financial aid, I was drawing back academically. He didn't prioritize school work and I needed people who would help me develop my academic side. I knew I had to break away from him and connect with new people. Even though he helped me financially, my craving for academic success was not achieved. My yearning was to be amongst the best students in class and I knew a couple of persons that could have helped me achieve this feat. But I held on to my friend because of his help. He was a crutch.

Fate however moved me from the vicinity of my friend. The less we saw ourselves, the more distant we became. Yes, I still had my financial challenges but I braved up to face them and connected to more serious academic minded students. This time I learnt. I made no one a crutch. I sought help from my classmates but I never depended on them. I only asked for their guidance and they helped me while I went ahead to create an original me.

Yes we need friends, but even our best of friends sometimes makes us blind to the possibilities that we carry inside. You must not allow friendship spoil what God has destined for you. Some friends may be good to us but have values that influence us negatively. These friends may seduce us to doing things that

you wouldn't have done in your right mind. These friends are bad crutches that you should give up.

There are friends who are bad and you know they are bad but you don't know how to break away from them. Well they are crutches and you just have to break from them.

There are good friends that we have to hang around with but we don't have to make them crutches. Your friends are not necessary for support to make you stand, they are supposed to be supporters to keep you moving and moving faster. If your friend makes you depend on him, he isn't a good friend but a crutch.

Crutch friends

- Chain you to them. They always want you to hang around and want to have overpowering influence on you
- Ruin you. You will never find the real you because they'd tune you by trying to make you conform to their ideas and policies
- Useless your capacity. They will never find the good things about you because they are also blind to good things. They conform you to their blindness
- Trick you. They are always full of tricks to ensure you tow their line every time and be dependent on them for even the smallest things

- Crucify you. Every time you get on their wrong side, they crucify you. They tell you they are too ingenious to be wrong and give you all the good reasons why you are always wrong.
- Hit you. They throw blows at you intentionally when you offend them. They never hear I'm sorry and only regret their actions after they have done the damage.
- Execute you. They will kill you at the slightest provocation and may or may not regret it.
- Silence you. They never want to hear your side of any event. They think they know all and whatever you have to say is irrelevant

You have to break off from the types of friends above and find friends who will help

- Create space for partnership. Friends should be partners and not moles. Each person should see beauty in the other person and they both walk together to achieve the common goal
- Reach for greatness. No one was made for mediocrity. You are meant for the much more life of greatness. The kinds of friends you should have are those who see that greatness in you.

- Use your time wisely. Time is precious and useful friends are aware of this. Good friends will advise you on how best to use your time independently of them.
- Task your mind. Crutchless friends want to discover you and what you can do by drawing from your own deep well of resources. They don't want you to depend on them. They think what you have is enough to make you into that goal oriented person that you should be.
- Climb mountains. Life is filled with mountains to climb. It's actually the lifestyle of achievers. Crutchless friends will choose to climb along with you and hold your hands so that you don't fall
- Hasten you towards the top. The top is where everyone wants to be. Unlike crutch friends who want you to depend on them, crutchless friend want you at the top soonest so they drag you if they are above and push you if they are beneath you
- Educate you. True friends will educate you and how best to live your life that will enable you achieve your goals. They won't bully you, rather they will guide you with words of wisdom.
- Scale the heights with you. True crutchless friends want to join you at facing your challenges. They will stand by

you, defend you and scale the heights to ensure you get to the other side.

Your friends should always be there not as crutches to always depend on but as partners to run life's race together.

CHAPTER NINE

FAMILY CRUTCHES

Our families are great assets. Primarily procreation stems from the family units. Every person has a family bow to shoot them as arrows into the world. A family is thus a base for the push of great minds. A failed family affects the offspring and there is a strong relationship between how a child does and the family from which he comes from.

No one comes into the world without a family. Everyone has an origin in a father or mother and is thus influenced by family genetic makeup.

I have a cousin who had never seen the father, my uncle since he was born until he was around twenty. When he was born, my uncle rejected him claiming he was not his child. It became too clear when he was grown after he took over all the qualities of my uncle. He wasn't with my uncle to learn my uncle's traits but they were transmitted through his genetic makeup because he had a father even though he never knew him. What I mean is that we are a composite of our genetic makeup.

Now, about the family crutches. Because we come from families, we tend to depend on them in some way for the push into life. It is saddening though that after the push has been made, most persons still are unable to find independence. They always run to their families for another push. Some persons who are mature to be independent from their families still hang on to their families and this can become an unnecessary crutch.

Sometimes families tend to make decisions for their offsprings. It isn't bad when it's a guiding decision but it is often wrong when it's the endpoint decision, decisions that do not match the purpose for which God had sent their offsprings into the world. Children from renowned families often find themselves easy prey to this crutch. Parents decide who their children should marry, what school to attend, what course to study at school etc. It has had boomeranging effects.

Families don't have to be crutches to those inside it. A family should be a place where one finds confidence about himself and not a place where fears and doubts are instigated.

I have observed that families that are crutches

- Call themselves weird negative names at the smallest provocation
- Retaliates when they are offended by family members

- Unsettles the relationships of their children, parents or relations for self-profit
- Trade tackles rather than resolve differences.
- Crucify even the faultless because they have a small benefit they are hoping to get
- Hate one another and refuse to come to terms.
- Eschew the good virtues that a member has which should have being celebrated.
- Seek for means to harm members of the family.

You don't want to hang around a family that does not instigate or propel your movement to somewhere higher than you are now. You know the best you want to be and you want to hang around a family that will stay with you and support you through the hassles to becoming that best.

You want a family that will

- Fill the empty voids of your life when all around you is empty
- Activate your potentials by propelling the will to excel in you
- Magnify your little strength and help you fulfill your dreams
- Instill in you the discipline to make you excel
- Leverage you, supporting you all the way till you excel

- Yearn to see you at the very top of life's ladder.

If you have a family that is a crutch, it could be very painful especially because of the difficulty of breaking out from the family. It's never going to be easy however you can take the following actions

- Create a platform for interaction amongst members of the family
- Rally the family to see the need for unity and support for each other
- Uplift the down casted and sad members of the family through support
- Think of ways through which the family can work together for the development of every member
- Concentrate on fulfilling positive roles in the family
- Heal wounds fast and get going
- Educate members of the family to see reasons why like you, they should be committed to the family project
- Stay silent even when provoked by the other member of the family.

Everyone needs a family but we don't need crutch families.

What you need is a family that can enable you run on two legs.

CHAPTER TEN

THE IDENTITY CRUTCH

Everyone cares about who and what people think about them. Our identity has thus become one of the strongest crutches that we hang on to. There is a tendency in everyone to want to be like the other person who is thought to be doing well. We want to be like the Jonesses who we think are more comfortable and are doing better than we are doing. We want to dress, have the body shape, dance, speak, walk and be accorded some attributes as the other guy is getting. Sadly though that is a crutch that hangs to slow our pace to becoming what we are supposed to be, independent of the other person.

Everyone is born into the world to accomplish a certain task. We don't all share the same goals or dreams. We carry independent dreams that if we decide to throw them away and look in the direction of the other person, we will be limiting ourselves.

You don't have to act or do it like the other person to be approved. And why do you have to be approved by the

standards set by some other person? You can be a standard for others.

You have an identity that you can also nurture so as to be looked up to by others. When you try to be like others, you lose your originality and much more.

Guess what? When you depend on people to create your identity, you

- Constrain your own capacity to find the real you however hard you try
- Release spasms of doubts around yourself that make you feel you are incapacitated to create the real you
- Unleash the face of the person you are trying to copy. People won't see you, they see the person you are copying.
- Throw away all the things that make you and accept the junks of others.
- Counter your hearts measure to find the real you and swim in the mediocrity of some other person.
- Highlight the weaknesses of others as being stronger than your strengths. In short, you become blind to your strength.

- Extinct those little virtues of yours that could have shone over time with constant development of your own true identity.
- Silence your strongest voice and accept even the babblings of others standard.

It is vain trying to mold yourself to be seen and appreciated by others while within you; you feel that hurt and know you are not the person you really want to be.

The high rate of suicide especially amongst musicians is because they try to create an identity that they want the public to see them as while losing touch with themselves.

One characteristic with the public is that they easily find a new port to port their high taste while they leave you to waste. To them, your style does not matter longer than they want it to. You thus end up in a cycle of trying to please them which finally ends in your discovering you are out of place

The best for you is to

- Identify your strengths. Find that talent and gift you are very good at
- Dare to discover your weakness. When you know where you aren't good at, it will help you develop ways to improve yourself.

- Exercise your faith at what you are great at. Always try to believe that you are best at your strengths even if others think otherwise
- Never look down at even your smallest weakness as they could turn out your strength tomorrow.
- Talk about what you can do and less about your weakness. You sell yourself by talking.
- Immediately overlook any talk that is directed towards making you look small before others.
- Think always about putting your problem behind and put those positives ahead
- Yearn towards being the real you. The real you is what the world wants to see.

You don't have to make other person's identity become your crutch. You need to drop off those crutches and be yourself.

CHAPTER ELEVEN

SOCIETY CRUTCH

Every society has a set of guiding principles. These principles control how people in the society lead their lives. These principles help to make order so that everyone is controlled by the same set of rules

It's great when we find ourselves in a chaotic situation and order has to be made. However society isn't always that chaotic. Laws are made just in case a chaotic situation arises.

Society is great at helping us create rules that it expects we fall into. You'd hear stuff like, no one comes in after 10am, no work after 6.00pm etcetera. These rules are limiting.

I remember once I was praying with my family and I heard a knock on the window with a voice telling me to slow down as I was disturbing the community with my prayers. That was a society crutch. The society didn't have to tell me how to pray to my God. I accepted their plea but soon I had to pay dearly. Guess what? I knew I had to pray anyway and whatever the opinions of others in the society, I just have to pray to God.

Many times, society places certain fringe rules that pose a threat to the personal development of constituent members.

Society is like the crowd that does not want an original thinking system away from that one it has organized for its members. It finds a way to push you to a point where you are powerless to even defend yourself against the imposing laws it causes. It thus becomes a necessary crutch that you must walk and work with.

Now you don't want to be imposed with certain stringent rules that society often offers. This is because society crutches are

- Suspicious. Society often suspects every of its members thus it strives to ensure you align to its rules or concludes you as a suspect if you don't align
- Outrageous. Society doesn't care so much about the individuals inside. It cares more of the whole so its rules and desires tend to be outrageously bigger than what members demand.
- Controlling. Society strives to control everything about you. They tell you when to come in and how to go out, where to go and where not to go. Sadly it kills the individual creativity and goal oriented mindset.
- Institutional. Society always doesn't allow for change. It creates institutions and desires everyone to align to such institutions. Society doesn't try to adapt. Everyone must adapt to it.

- Elusive. Society tries to ensure you cannot change her however hard you try. It places debacles on the way to ensuring you can never try to change. Rather you are forced to adopt her principles
- Tricky. You can't hang on to society for so long. It has these broken legs that you think it is still strong enough to hold you when it just can't.
- Yielding. They will easily give way. You don't and can't trust them.

Don't hang on society to help you make good of your life. It never does. No one has come well under societal influences and if you do benefit, it's only temporal. It's the real you that is of value that the world is hoping to see. Tell society bye and hang on to who you really are.

SECTION 1

GOOD

CRUTCHES

CHAPTER TWELVE

THE FAITH CRUTCH

Faith is the opposite of fear. It is having so much confidence about something becoming real that is actually not real. Real achievers can find faith to be a reliable crutch. While I say “reliable” is because faith knows how to look into the future and kick you into it. It knows how to maneuver its way through the obstacles that are certainly part of the journey to that great future.

Faith is dependable even in herculean situations when helplessness and hopelessness arrives to deter one from gunning for that intended great feat. If you truly want a journey farther than your eyes can see into the future, then the extra legs of the faith crutches could come helpful

The faith crutch has the capacity to jumpstart and helps you jump through series of mountains that is capable of standing against your achieving great things. If you truly need a crutch, then it is this one.

The faith crutches has the following effects

- It FIRES us to an unprecedented quest to achieving seemingly difficult task, with a propelling effect
- It ACTIVATES those seemingly dead dreams and aspirations, reenergizing them and giving them life
- It INSTILLS in us self-discipline required to break through seemingly difficult scenarios of life
- Faith TALKS you into seeing the positive sides of any challenge even when all is seemingly negative and hopeless
- It HARRASES every negativity and weakness, bringing the reality of tomorrow's achievement into today.

Faith is the language of great achievers. No great achievement arrives just like that. No great achievement was initially great. It was filled with blindness, puddles, broken bottles and a huge impossibility around it. It actually takes faith to see light, beauty and possibility when it is dark. It is faith that begins the walk towards perfection and it finally reveals the huge beauty and possibility.

Faith has the tendency to be weak or strong, big or small, minute or mega. However the name it is called, it is still faith.

You want to learn the language of faith? Just do this.

- Fill your mind increasingly with positive thoughts of reaching the endpoint even if you haven't begun yet.

- Aspire to be in the future that today seems impossible and work towards it.
- Inspire others to see reasons why your dreams and aspirations must work. When others catch your fire, there is huge possibility of you not failing.
- Talk about what you intend to achieve every time. The mouth has the capacity to propel you towards achieving great things. If you can say it, you can do it.
- Hit the start button then go ahead without looking back. When fear tries to steal in, look head on and tell it, I have started, I must reach the finish line.

If you truly need a crutch to walk along with you, then let it be faith.

CHAPTER THIRTEEN

THE PATIENCE CRUTCH

We find ourselves in an impatient seemingly rat raced world where everyone is trying to hit something fast often to the detriment of some other person. Patience seems a quality that is fast becoming extinct. That's bad news. The good news is, if you have to depend on a crutch, it is patience. The bible puts it like this; let everyone run with patience the race set before him.

Patience is an indispensable factor of faith. If you have faith to achieve a thing, you must be patient enough to work your faith to the realization of the thing you want. So many persons are often in a hurry that they lose that big deal that God has prepared for them and the big future plan.

It is sad that many would be achievers lost their opportunity to achieve on the platter of impatience and the world lost their voice.

You don't want to fall amongst the statistics of those who assumed they knew it all and chose to run when they should

have walked their way. Sadly, that's the attribute of way too many persons.

Our world celebrates those who grab all they can grab at once but this does not often last long. The real achievers grab one at a time and soon have lasting legacies to leave for generations. Those who grab all they can grab at once tend to lose almost all.

Impatience is a result of greed. You don't have to be greedy. Take life, one step, one piece, one goal, one meal at a time. More than one could have repulsive effects

You need the patience crutch to enable you

- Permeate through life's challenging walls without worries or fears
- Actualize seemingly odious time consuming tasks with ease.
- Test your resilience and capacity to push through life
- Instill in yourself quality virtues that keeps you winning through life
- Exercise your gifting in the area of your callings
- Negate any dark or seemingly negative acts that was being planned to stop you from reaching your high goals
- Constitute the right people around you with the capacity to elevate you into uncommon promising heights

- Get Elevated into promising towers of life

An impatient crutch may seem to push you faster but then, you'll end up

- Counting more loses than you have gained
- Reeling at your wounds and injuries that are as a result of trying to grab, grab, and grab at one time.
- Undoing past successes.
- Taking what shouldn't belong to you thus becoming a thief
- Criticizing those who are following the right path when indeed you are wrong
- Hating those who are doing the right thing
- Excusing yourself from those who do the right because you feel guilty
- Seeking for ways to crush those who stand to oppose your getting what you are aiming for.

CHAPTER FOURTEEN

GOD'S CRUTCH

If there is one crutch you don't want to do without, it is this one. God! God is too necessary in your life. There has to be a deliberate consciousness to carry his crutch with you. God's crutch embodies virtues that have the capacity to propel you into uncommon achievement.

God made you to fulfill his purpose. His purpose is the driving force for which he always desires us to align ourselves with. Without this particular crutch, you are helpless. God wants you to carry him with you. He wants you to know he loves to hang with you to help you become that fulfilled being. If you want a dependable crutch, find God.

Many times, there is the temptation for us to feel we can do it on our own. We think we don't need God anyway. If you think you can do without God, you'd fall down soon with a broken limp

Here is why you need God

- He CREATED you and he knows best how you are going to fit into the world

- He is RESPONSIBLE for you and to you. God has a responsibility towards you as a maker and father to make the best you should be.
- He UNLEASHES his power to empower you to where he has envisioned for you
- He TRAINS you. God has the ability to train you through life's challenges to make you strong for that high position
- He CULTURES you. God protects his own nurturing you with all that you need to be strong in life.
- He HELPS and HOLDS you through to enable you stand firm and be who you are meant to be.
- He ELEVATES you to great heights that you can never have envisaged even in your dreams
- He SHIFTS you when you seem out of direction for your life.

Choosing to do without God is quite a deadly decision. Don't want to

- Cross over God's purpose for your life
- Ruin God's effort at trying to make you what he talks about
- Upturn his high mission for your life
- Take a step without him

- Climb downwards from the heightened position he has placed
- Heat out your God given capacity.

You need God's dependable crutch. You need

- His CROSS. The cross is God's mandate to the world
- His REASONING. His thoughts are good thoughts to see you become what he talks about
- His UNITY. God is united in the Father, Son and Holy Spirit to make out of you a success.
- His TOTALITY. You need all of God through his son Jesus Christ.
- His CRITICISM. If god criticizes you, it's the best thing for you because after his chastising comes great things.
- His HIGHNESS. If God is the highest then nothing can reach his height.
- His EXEMPLARY nature. He is what makes you exemplary amongst your peers.
- His SAVING grace. God is interested in saving us from being hell bound to a joyful heavenly bound people.

God is that crutch you need to hang on to. That crutch is his cross. That cross is JESUS