

Topic: My very own perceptions of being an only child.

Abstract: An only child has benefits and disadvantages. For the lighter side of being a single child, one does not have to share possessions and other important things with another; one does not have to deal with the troubles of fighting; one does not have to share the spotlight of attention; and one is able to do plenty more things in life with a greater amount of money available. For the darker side of being a non-sibling, one risks developing lonesomeness and depression from not having any brothers or sisters around. Still, there are ways to eliminate the possibility of developing such troublesome issues in life, and those are to make friends and to engage in all sorts of activities that distract the mind from moping about being lonely.

Keywords: Non-Siblings, Benefits of being an Only Child, Disadvantages of Being an Only Child, Ways to Overcome Loneliness and Depression in Non-Siblings

My Thoughts, Facts, and Feelings as an Only Child

In this world there are two varieties of people: those who have siblings, and those who do not. I, speaking for myself, happen to be one of those individuals who does not have a brother nor sister of any kind. For all my life I have observed the very aspects of being alone--while at the same time comparing and contrasting the very opposite to it. In regards to this brief matter, I shall gladly expound--with eloquence and great detail-- on my perceptions of being an only child. First, I will address my opinions in regards to the upsides of having no siblings. Then I will move on to speak about its downfalls. And finally, I will offer my own ideas on how to rid oneself of the possible negative vibes of being a party of one.

There are many aspects and conditions to explore about being an only child in life. From what I have seen and experienced over the years, there are plenty of benefits for an individual like myself--who happens to be lonesome, in a sense--to take into deep

consideration. For starters, if one happens to have no kin, then he or she benefits from not having to share things. All the issues that people with siblings have to put up with in regards to sharing toys, trinkets, and other important possessions and opportunities, are virtually nonexistent in the life of an only child. Surely, how could anyone pass up the opportunity of being able to maintain everything that one holds dear as privately owned? I find it quite a blessing for myself, for I have no need to worry about brothers or sisters wanting things out of me all the time. Yes indeed.

Another pleasant outcome of not being born with siblings is the fact that one does not have to put up with frequent fighting or conflict. Unlike other households that have consanguinity relationships (a fancy term for the reference to siblings), single dwellers are often far more stable and peaceful. People who are never subjected to fighting are also--in certain areas--better off in various physical, mental, and emotional health aspects. This is indeed another benefit in life that surely most non-only children would like to get a grasp of.

From what I know by personal experience, an only child has the unique benefit of receiving a great amount of attention in families. Because there are no other siblings to compete with, singles have free reign of the spotlight amongst their father and mother, grandparents and other close relatives. It's just what nearly every individual wishes to have, and personally I believe that it is also a very important component for the life of any solitary individual. Believe me when I say this: attention is nice--everyone wants it. It feels good to be recognized and respected by others. But by golly, you really strike it rich when no one else is around to interfere! Boy, sometimes I wonder how much attention people really get from each other in sibling-based families.

Not only do singles have the advantage of not having to share things, not having to get into fights, nor not having to be deprived of attention by a brother or sister, but they also have more money to spend on themselves for all sorts of things in life. In general, people without a single sibling can frequent all sorts of places more often; buy more things for themselves; pay bills with greater ease and less tension; and apply for colleges without worry of the strain on the parents that high tuition will cause. Basically, with less people hanging around, one has greater access to money and other life opportunities. If it were the other way around, however, then most of the time an individual would not only be strapped for cash, but also strapped from living life to the fullest. Just by thinking of it now, I have no idea where I would be if I had not been an only child in the first place. Who knows? Perhaps I would not have ever had the opportunity to throw off larger birthday parties in the past, or, to a greater extent, travel to the U.K one year. Just looking back at the tidbit that I described about makes me feel very blessed about being single.

With the benefits of having no siblings thoroughly discussed, there is nowhere else to turn to except to speak my mind about the downsides of being all by oneself. Sure, there may not be as many downsides when compared to the benefits of being solitary, but I can still say that the downsides are pretty awful, sadly. One of the main realities that most single children have to deal with throughout their lives is the fact that it can actually get really lonely. By being an only child, one forfeits the ability of being able to converse, have friendly relationships, enjoy life, and interact in many other ways with brothers or sisters. Anyone, in my terms, that is rather “lonesome” in a given one-child family is really going to be missing out on all the good that can come out of people

that have siblings. Sometimes I feel that being a solitary actually sucks during a given matter. The cold reality that hits me on and off is that I am restrained from being able to love other kinds of people in my family-- for they do not exist.

If an individual in life happens to be brought up into the world by oneself, then not only does he or she risk developing loneliness, but also the chance of undergoing depression. Depression, by common knowledge, has the potential to become a frequent nuisance in life for some; it can develop in individuals who do not have a brother or sister in a family (and feel alone because of it). I once had an ounce of depression in life myself, but, quite frankly speaking, it is something that no one should ever go through no matter how long or how short the duration is. Not only is such a state of despair harmful to the mind and the emotions, but it can also inflict harm on the body through actions that are caused by it. Like all other types of depression, I would have to believe that depression derived from being lonely can be just as dangerous as the rest. Although I have only experienced a mild case of lonesomeness and depression in life, even I could not imagine how much worse other people have it.

Since I have begun to speak about what I believe is damaging for any non-sibling individual to go through, I am compelled to dedicate the next series of insights about what can be done to ward off the negative effects of solitary confinement. I wish to speak of such content in tribute to other non-sibling individuals that are plagued by loneliness and or depression on a daily basis.

Because the effects of depression and other similar emotional strains can occur in an only child's life, it is important to consider ways to free oneself from the bondages of hurt. From my own experience, to avoid feeling down in the dumps, try to make a whole

bunch of friends and get to know them. I know already that a majority of single individuals have friends to begin with-- I only state this *for those who do not have any at all*.

Not only should making friends be a priority for anyone that is absent of brother or sister interaction, but the act of occupying oneself with past times and/or hobbies that are of interest is also important. If an individual get him or herself busy with an active schedule that is filled with work, exercise, and running errands, then one would not have the time to mope inside about matters pertaining to loneliness. There would simply be far too many distractions, which is exactly the point.

When comparing the lighter and darker sides of being an only child, one can make a well-accurate assumption that some living aspects in life are good while others are just plain awful. Regardless of the unpleasant happenstances that are to come out of being a non-sibling, I am graciously thankful for what I get out of being single. Even though I sometimes feel that I am missing out on having a brother or sister, I still make an attempt to enjoy life for what it is, and to not complain about the things that I wish actually happened to me. As a recap, I have already taken the time to speak my mind about the benefits and the downfalls of having no siblings. After I elaborated on the basic components of a solitary individual, I reached out to others by sharing my personal opinions on how to combat the emotional and mental struggles that one may face as an only child. All that I have mentioned about is in reflection to the past eighteen years of my understanding, interpreting, and defining of the lifestyle qualities of being alone in the world. Not everyone gets the chance to be in my shoes, so I believe it is only appropriate that I state the ideas of how life shakes, rattles, and rolls in brother-less and

sister-less individuals like myself. Now it time for me to say “adieu, and farewell” my listeners.