

IMPACT FACTOR: 7.86

ISSN 0976 - 8165



# THE CRITERION

AN INTERNATIONAL JOURNAL IN ENGLISH

— 12<sup>th</sup> Year of Open Access —

Bi-Monthly Refereed and Peer-Reviewed  
Open Access e-Journal

Vol. XII, Issue-1 (February 2021)

Editor-In-Chief : Dr. Vishwanath Bite

Managing Editor : Dr. Madhuri Bite



www.the-criterion.com



AboutUs: <http://www.the-criterion.com/about/>

Archive: <http://www.the-criterion.com/archive/>

ContactUs: <http://www.the-criterion.com/contact/>

EditorialBoard: <http://www.the-criterion.com/editorial-board/>

Submission: <http://www.the-criterion.com/submission/>

FAQ: <http://www.the-criterion.com/fa/>



ISSN 2278-9529

Galaxy: International Multidisciplinary Research Journal

[www.galaxyimrj.com](http://www.galaxyimrj.com)

## The Culprit

**Frank Zahn**

As he approaches the moment his life ends,  
he confesses his life was not as joyous and  
productive as it otherwise could have been.  
And the culprit can no longer be denied.

That culprit is by name low self-esteem,  
and like a cancer that violates and corrupts,  
it often took control of him and occasioned  
defensive rage that could not be excused,  
not even with sincere expressions of remorse.

The defensive rage impeded his efforts to grow  
his talents; pursue knowledge; attain prosperity;  
and most of all, maintain loving relationships.  
He thrashed about in a quicksand of anguish.

Why he was so plagued is a mystery to him  
that even if unraveled could not change the past.  
So in his short time remaining, he prays that fate  
accepts his remorse and provides a way for him  
to make amends in lives he may have yet to live.

He also prays this telling helps others so plagued  
to understand and seek counseling early on so that  
the culprit cannot make their lives less joyous and  
productive than they otherwise could have been.