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 Focusing on the Present instead of the Past.

Written by Nick Horny and set roughly in the 1990s, “*High Fidelity*” [is an autobiography of] Rob Fleming - a music disc jockey, retired DJ and manager of a record shop – “Championship Vinyl” in London, [which details how his past decisions influences the person he is and how could that be changed]. The major issue Rob has is his recent partner, Laura, dumped him after he cheated on her and left for a guy named Ian, Rob passively accept this result as he made mistakes and been in worst break-ups in the past. It affected him so that Rob believed whatever he would do, it will end in failure and on top of it, he already sees himself as unimportant or as not interesting. However, still wishing to make things right with Laura, he sets out to understand what failed in every relationship and [meets] his old partners. Eventually, it led to him facing himself, working to make a change for the better of his friends and inclining to see a new impression of himself.

An example of Rob’s character is him listing his “Top 5 Worst Break-ups”, [his top failures of being in a relationship, which shows off how he sees himself as a failure in being a ‘grown up’, since being in his 30s, he should have a family already]. In addition, he was deeply affected by his past relationships so he would continuously state everything that went wrong for him, doubting himself enough that Laura didn’t want to stay with him, as he is constantly pulling her down emotionally. He also is insecure with himself and [could not] let go of what happened in the past, since he doesn’t know how to fix his problems. Too seek help, he comes across Liz – Laura’s coworker and close friend who was there to voice her opinions about Rob and Ian’s relationships with Laura. Overall, she doesn’t want Rob being around Laura after he initially cheated her; however she doesn’t agree about Ian either as he doesn’t make Laura truly happy either. She tells Rob about what Laura thought of him and understood that compared to Ian, he made Laura laugh before, be able to relax and be herself after she works, however he started get worse.

Liz – “She said that your little Ian outbursts showed her how…*sour* was the word she used how…*sour* you’ve become. She said that she loved you for your enthusiasm and your warmth, and it was all draining away. You stopped making her laugh and you started depressing the hell out of her. And now your scaring her as well. She could have called the police, you know, if she wanted to,” (Pg. 162).

At one point, Rob was a good boyfriend to Laura as he was able to make her laugh, however, of course after going through the worst break-ups it made him fear rejection more than focusing on living his live, and as he doesn’t focus on that, he gets more reasons of why he doesn’t enjoy his live entirely.

Rob’s “Top 5 Most Memorable Break-ups” represent as the guideline for the story as Rob reaches out to old ex-girlfriends, learn what went wrong so he can learn what he can do better, and it [starts] out in chronological order of that list. The commonalities between each of his worst break-ups was how much they changed him a certain way, some meetings were maybe uncomfortable to be in and another way was like opening an old wound. Eventually it leads to Ken’s funeral (Laura’s father), where Rob discovers his fear of death. That not only does Rob fear rejection but instead, is afraid of seeing his love one die and the affect that would have on him is more than rejection would. That he would rather leave a relationship than experience the ensured end when his spouse is gone and is left alone. It was the entire reason why had another girlfriend while he was still with Laura, as Rob didn’t wish to [have one pillar in his life for it to eventually fall and suffer because of it.]

Rob - “So to play it safe, you stop then: a relationship every couple of years for the next fourteen years. Will I explain this to whomever I’m seeing? Maybe. Its fairer, probably. And less emotional, somehow, than the usual mess that ends relationships. “You are going to die, so there’s not much point in carrying on is there?” (249). The journey Rob continues unmistakably pressures him, however it resulted in finding the truth about his personality and attributes, like his real fear of death being the cause of his stress and insecurities in all his relationships. It will still add on to him how he would face this problem.

[Eventually, it comes to Rob, that his top worst break ups don’t have to be as bad as he believed.] It added to his identity as, overall, someone who has done mistakes and did bad things in a relationship; however, this became only one aspect of him as he strived to be better. For example, after the funeral of Laura’s father, Rob was able to sympathize with Laura of her dad’s death since when he was 18 years old, his father died. When Rob tells the reason why he cheated on Laura, she understood and concludes that they are both in a complicated mess and Rob is the only person she knows would let her be. Therefore, now he finally sees better reasons to let go of those bad moments of his past and get over his initial fears he could stay focused on being with Laura and try to live his life by taking the risk of making mistakes and getting chances of making good memories.

There were many examples of what Rob had to face since he decided he would rather go face the truth of himself instead of staying locked in fear. The conflicts he faced shaped him into sour, scared, inclusive and hesitant self, however, its only enough to layer on what type of person he is and change his identity in perspective to other people. That any mistakes made are one part of one’s personality. It never changed who Rob is but mainly changes what he is known for. It can depend on circumstance.

Work Cited

Hornby, Nick. *High Fidelity*. Riverhead Books, 2000.