



sufferingextremely

Member



 Oct 9, 2021

 57

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Being torn and conflicted is a sign that there's something for you in this life. 20 years of trauma to process is a lot, but it can be done. You will feel better as you go along the process. You will have immediate rewards. You will not have to process the entirety of your life before you get any benefit. A whole new self to build is a daunting challenge, but when you consider that the new self you build can be anything that you want it to be, you have a different outlook. I have spent so much of my life wanting to die, and one thing that has kept me going is that I remind myself that I can always die tomorrow. That buys me one more day at a time. In recent years, I have been devastated and my outlook has changed. In this time I have lived the majority of my life in horrific suffering. I am not torn and conflicted now, but I've spent plenty of time where you are at and my life has taught me that there is often hope that you may not see.

  gogoprince, spixs_macaw, onlyanimalsaregood and 1 other person

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