

My Journey

Is your life a roller coaster-like mine? My journey became very difficult for me but life happens and it will get better.

I never realized what the meaning of the word “no” was. When I was younger, I didn't listen much. I would do or say things to get the attention I wanted, I guess you could say I was a troublemaker. When I was 5, I noticed a certain change in my family. My parents fought all the time, they couldn't even be in a room with one another without arguing. My parents got divorced on May 23, 2013. I cried for days, I didn't understand why it had happened. When I would go to school, I got bullied for my parents not being together, I blamed my Mom for it.

Soon the years went by, I turned 10, my life got way harder and I didn't know why. After they split, I didn't see my dad for a while. I felt lonely because my siblings would always play games that I couldn't play. I was only allowed to see my dad during the weekend but he wouldn't do his part of coming to pick me up. I waited for my dad outside even if it was raining. He never showed up, I would get angry and cry because I just wanted to be enough for him. Now, I'm 14 and life is starting to reach the goal I want. My mom met a wonderful man named Nic, he's a pretty awesome guy. He turned out to be my stepdad. At first, I didn't like him at all because he had the same name as my dad.

Then, things got hard, I went through things I hope no one could ever go through. I started to get sad because I felt alone, I put myself into an isolation bubble and barely talked to anyone unless they spoke to me first. I slept so much to the point where my Mom had to check on me, I would normally cry in my bed, silently because I didn't want

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anyone to know I was hurting. I started self-harming for about two months without my Mom or anyone else knowing. I would relapse quite often when I got mad, I felt like I could've done better. I talked to my Mom and stepdad and the look on their faces. I couldn't even explain how disappointed they looked, I got the help I needed and I started to talk about how I was feeling and I wasn't really happy, but I'm getting there. It takes a lot of time to be and feel like you're okay.

Now I realize, life happens and things could get better or worse for you.