

BLOG Post: August 26<sup>th</sup>, 2014


Topic: Bullying and low self esteem

Like many people in America I've been bullied before. Growing up in Chicago as a big guy I was the laugh of every kid in Grammar School. The pain only made me eat more. But what most people didn't know was being bullied at school was the least of my problems. At home I had to endure a lot of abuse mentally, emotionally as well as a lot physically. But the situation that messed with my head the most was my father's murder and my mother being in prison.

As children we don't understand things that's being done to us, and we don't understand why. Growing up I thought about ending my own life, but I kept on struggling. I ran away from therapy and put up a brick wall against anyone who tried to help me because I trusted no one. Even tho I didn't have to endure this alone, because I had family who'll take care of anyone trying to bully me. But even if that happened my pain would still be there. I would still be hurt inside.



What I've come to realize is that those feelings I pushed away using drugs, sex and gang activity never went anywhere. They were really pushed down deep inside. Now that the things I used to hide those feelings are gone, EVERYTHING seems to be coming back to surface, forcing me to deal with them allowing help now.

See most victims of  bullying and abuse don't know how to deal with these situations so they use drugs, gangs, crime, and prostitution along with self-harm to deal with these locked away thoughts.

### CONCLUSION:

Please use the help offered to you, and talk about your feelings. Because tho they don't go away they at least will be out in the open so that you can deal with them. Love yourself because seeking love from others won't help you deal with your issues. It'll only hide them longer and add new ones until you can't handle it any longer. You have to believe that your worth more than you let your self believe.

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