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Reply Id: up4h

Hello Kyla, Thank you for writing back to me. About your depression and its cause, I can relate and it saddens me that people who say they love and care for us treat us like shit. Unfortunately broken people, break people. I believed everyone's opinion about who I was and never bothered to figure out who I am for myself.

I was told that I was ugly, stupid, should have been born a girl, incorrigible, and the list could go on. I stopped trying and believed that something was wrong with me and I was unlovable because why else would adults that were supposed to love and encourage me didn't.

Our Pain either controls us or it ~~can~~ be used to purify. I choose to be healed and that starts by not claiming what isn't mine. I am so much more than my childhood wounds, my addictions and abandonment of my family. I am not my crimes.

I love, laugh, cry, feel and everything else inbetween because I choose to do so.

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Kayla I am sorry to hear that your ex-boyfriend lost his life to his addictions. I almost died a few times and I'm thankful that I made it through my self-destructive path and regained my soul and sanity. Life gets so busy that people focus on the small stuff and don't pay attention to what really matters in this life, family and friends. Human beings and even some animals ingest things to make them feel good. Feeling good is great but when people use drugs and alcohol to stop feeling that should be a giant red flag that they are hurting and in pain mentally.

The sadness of losing someone, draws us closer to the people left in our lives.

OK here is some more random information about me.

I'm 43, but act like a somewhat mature 35 year old. Born and raised in Huntington Beach, California which is in Orange County. I've never been to Florida but I know it's beautiful there.

I love all types of music Ska, metal, Country, Rap. My musical tastes are eclectic. Some of my favorite bands are

Blind Melon * Songs *

Metallica * Harvester of Sorrow *

Guns N Roses * Don't Cry *

Sublime * Bad Fish *

Nine inch Nails * ~~Broken~~ Hurt *

Chris Stapleton * Tennessee whiskey *

Jaimie Johnson * cover your eyes *

Long Beach Dub all stars

Kendric Lamar

The weekend

of course there are more but I'll move on. My favorite t.v Shows are comedies

Life in Pieces

Modern Family

Big Bang theory

Mom

plus I love to watch Big Brother. I've been watching that show since it came on and I've watched the world I knew turn into something that blows my mind. When I get out 3 1/2 years with hardwork and I can't wait, I will go to college and earn my B.A in Psychology or Sociology so I can work in the recovery, drug and alcohol field. I know what its like to

be out of control.

I love to read fiction and non-fiction books, write bad poetry and short stories. I'm sending a new one that I wrote called "Bum Bob" let me know what you think. My days are filled with work Laundry 7:00 am to 2:30 pm School 3:15 - 5:00 pm and 6:30 pm to 8:00 pm plus tonight "Tuesday" I'm going to my toastmaster group that helps me with public speaking

I also like candy and my favorite soda is Dr. Pepper.

Kyla boomerang on the questions back at you. Please feel better and feel free to write me anytime you feel like it I'll respond and never judge you. Ask any question you would like.

peace in the breeze
Roland 8/28/18.