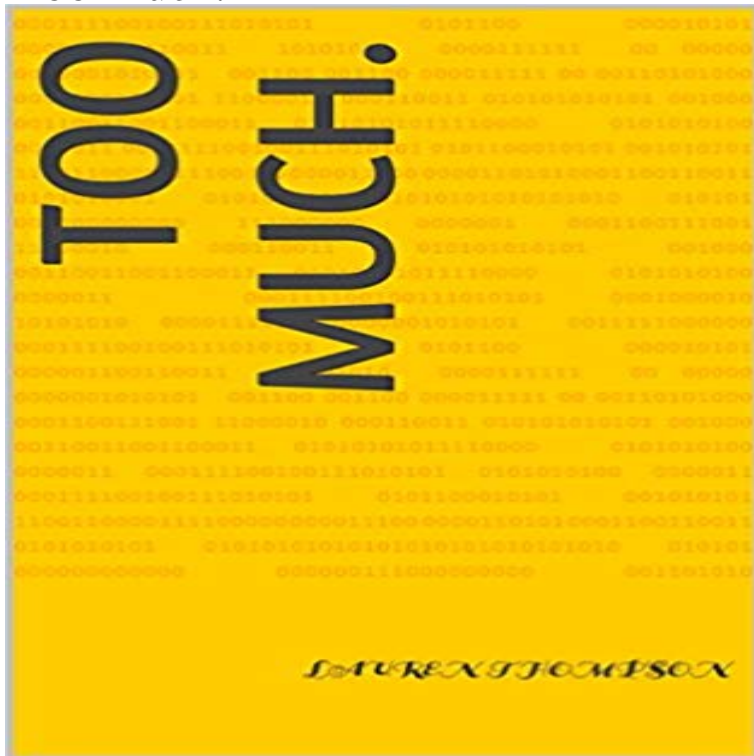


Too Much.



When you hold everything inside because no one understands then you are ultimately short-changing yourself. Wearing a perfect mask day in and day out can be the ultimate demise, as other friends or family will always think you are complete and, therefore, not know to offer you the help or support you so desperately need. Feelings of suicide seem to become an easy solution when you are so overwhelmed and feel alone in this world. But what do you do when you know that is not the answer but are desperately trying to figure what is. Specifically, how do you erase all the writings that family has marked you with since a small child? When will the broken soundtrack in your head that you are worthless stop playing? What will help make years of pain easier to manage or validate that you ARE important? Embarrassment to tell others of your problems can be the catapult that sends you over the edge; but courage to tell your story can be the beginning of today being the first day of your happy life. This is my story and, it really is, too much.

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