

DAY IN THE LIFE

Everyone has pain in their lives. I've heard stories of girls and boys hurting themselves, drinking away the pain that at one time or another we all feel. It feels never ending and I think that no matter what the cause, it always feels pretty much the same; empty and helpless. Truly, horrifically, helpless. As I've grown older the one truth that resonates with me more than any other is the fact that people who honestly believe that they're the only ones who hurt have no idea what they're talking about. No idea!

It wasn't so long ago that I was going through a time myself, for my own reasons, when I was at my lowest. I had very few friends, but the ones I had were some of the most amazing people, although at the time I didn't appreciate that. I never went out and hardly ever had people over to my place. The only thing I was gaining was weight through comfort eating, I started wearing black all the time and cutting my hair shorter and shorter. I felt low, really low. Looking back at that time, I suppose I was, as a famous playwright once said, 'In mourning for my life'. I was experiencing the moment when you realize that life really is that cruel and no one can protect you. I'd look in the mirror and question my reasons for living. 'What was the point?' 'Why was I here?' 'Why was I so ugly?' And so it was.

The months, or maybe it was years, passed and I did not change. I did not make new friends, I remained nervous about speaking to new people and no fears were conquered. It seemed imprinted on my brain that I was boring and ugly and no one would ever enjoy my company and it was by some magical coincidence that I even had friends. By this time my mother had noticed my dark demeanor, the increasing radio silence. I knew I was worrying her. I'd have given anything to make her feel better, but I couldn't very well make myself feel better. I was, as I said, helpless. After countless lunches out, books on happiness, talks and talks and talks it seemed like nothing she could do could bring me out of this bottomless

