The aftermath
The consequences from the actions of another
The thing that's holding me back from moving forward
Because I'm so fearful of that thing happening again
So fearful I start to panic
My heart starts to beat harder than drums
I start to sweat, and the overwhelming terror grows over me
All of me starts sweating and shaking
This is a representation of younger me, who wasn't ready for those things to happen to her
The things no one is ready for
This is how she felt in those moments
She also doesn't know when it might happen again, so she must be careful
Careful of her surroundings, her peers, her whereabouts, etc....
Sometimes I imagine my brain is a tank of water, getting filled with the words, actions, and movements of the people around me
One problem though
Every day when I wake up my tank is already starting to fill
I haven't taken my meds in 4 days, causing everything around me to fill me with despair
So, this week I start my days with a partially full tank
Mornings are the most stressful
Filled with waking up with anxiety, scattered laundry, rushing parents,
These things flow into my brain, occupying more thinking and feeling space than I have
Though I can leave my stressful home, I can only expect to be faced by a day of unknown behavior from teenage kids and middle-aged adults
This unexpectedness that I encounter every day is also filling my tank
Filling my body with emotions
As evening arrives, I feel my tank starting to overflow
But what does this mean? What happens when the tank overflows?
All the water comes out
Not nice nor neatly
That water is getting everywhere
What this looks like on the outside, is the girl who I want no one to see
All she thinks about is emptying that tank
She doesn't care when, where, or how
All she knows is its too much
Luckily, she cares about who.
This overwhelming sense of responsibility for those around me, to care for them and myself
This flowing tank will not stop my kindness
My presence
My abilities
My progress.
Progress.
Progress looks different for everyone
That's the first thing to know
For me, it's hard to keep track of how far I've come
Since I'm always so focused on getting better, and moving forward
There have been times I've given something my all, and got reimbursed for that hard work and still felt like I made no progress
I don't think we give ourselves enough credit sometimes
We've all experienced so much hurt and have been able to turn that into the strongest thing about us
and even if we're still hurting, we can still take that hurt and turn it into something better.
Thank You.