

From Suicide to

Suicideto live you're life can hurt so much , life is so severe that the only way out ... to save yourself of the pain is suicide

The pain is unbearable , you can not hold it any more your cries years in pain Nobody but nobody can really feel what you feel .

They say :I understand you ... but they're in my mind , in my head ... they're MINE ?

No, everyone experiences it differently , everyone feels different , sometimes after years of struggle : it's too much, you have no strength anymore.

Also respect the choice of the other, this is often difficult because you feel responsible ...I know I did feel responsible !

Know that you have done everything in your strength for the other person , but you were not able to take over.

Sometimes life is so heavy and the other can't fight any longerthe only thing what the other wants is rest in peace.

I also thought much of that choice I could not live anymore , but something inside of me still hoped that the sun shall shine again , that after the storm there will appear a beautiful rainbow and the sun will rise again. there was something somewhere , a place I shall belong

I'm curious , therefore I came in difficult situations .

I wanted to know : how can some people be so happy in this world and I was dying inside of me What didn't I understand, what didn't I see....why could I not be happy?

I came out by myself!

Huh ? Myself ? Yes , I forgot to love myself ...I never learned that.....after a while I made a few steps to love myself and accept myself.

If no one does, then I'm going to do , I'll learn to love myself and be my own. Best friend

Maybe it's easy for a DIS'er because we have kind of multiple alters in us.

I learned to have good conversations with my alters.

I have learned to love , every particle of myself and that everyone should have . Their own feelings

I have become friends of the alters in me .

I learned step by step to know the alters and now I see them as my heroes .

We learn to know each other and now I feel together as one.

I have alters , and I realize that my alters were my survival.

One alter hid herself but the other was curious so yeah

I am thankful for my mental disability , I am grateful that my " I "consists of many parts , and that this has become one . My survival And they are my best friends.

The voices that said, I do not want to live , I want to die , has learned in therapy , the other alters learn to know each other and step by step they learned to be friends and I became one person.

This has been my way out.

Get to know myself and all my alters belong to me, I'm going to love them and am going to see them as my survival my heroes = my Hero .

I am myself in my life , I've done it myself , but with the help of therapists , I need others to throw water on my seed and give sunlight. (Love)

Now I feel like a beautiful flower , beautiful rose .

And yes , she has thorns and sometimes you have to be careful , because the rose is very sensitive which is sometimes necessary to grow in silence, enjoying the sun in silence but if you give the rose the time, they will grow and you may also enjoy these beautiful rose garden and you make a more beautiful place especially if you like roses . they will stand beautiful
You may love just sunflowers , whether or lily's that is all his own taste or of no flower.

I like almost all the flowers, but I'll think the most beautiful is the Rose !

And you, what kind of flower do you love the most?

what do you find the most beautiful in a garden ?

What do you find the most beautiful thing in this life ?

Warm Regards Lana Xxx