

Away from the giddy character, bestows towards me.

By Stephanie

I wanted to escape the rigours; and to seek the company of a creative life; no confinement, defiance, or betrayal. Extending my energy out, to have my own voice, heard, and my own emotions and fears to be expressed to the right people, and not have lots of resentments on my own. It made me feel hyper vigilant. I wanted to be away from bigots of society and fit with the socially intelligent.

It was only when he left me and my family to be with his mistress; I was able to concentrate fully on what I would like to improve in the areas of my life. After all the betrayal and fears in my life, and my self-determination was weakened. My pride, dignity, and self-esteem were unsteady. Respect and conscientiousness was discouraged. I was trying to be confident.

I found my early years very difficult to establish, and not finding my own sense of belonging; what you call the not early bloomer.

I lived with my mother after bad relationships until my 30s. I did not want to live life with an excessive fear of death. Fear until my beloved father's death.

One glorious melodic strain follows another in a sequence that becomes giddier and giddier to the end.

Still hazy and confused; after my ex-partner was in a hasty relationship with me. Felt abandoned and not truly loved. I was trying to shy away from any harsh environment.

Full of disapproving interferences and influences was all new to me, this sort of trying to realise to be happy, safe, secure; free from what is unknown of manipulation, felt lack of privacy, and low morals from others, near where I live. This brought on stresses from stigmatization, and I felt targeted, intimidated, threatened by being alone. Stigma or unnecessary suffering and unauthorized and disclosure has damaged my lifestyle, social relationships, reputation, and even impacted on my career.

I always thought in life, for many years, you go in a steady path in life; you try hard and to be in your own home with your own family, comfortable, secure, and safe.

Not wanting to be confined by society too. Not wanting to feel forced to change, more sufferings, and lonely. To become more independent in my community, where good virtues count as well as generosity, contentment, and gratitude. Not take life for granted, give and take. Hoping for myself to regain positivity and nourishing relationships. Flourish in wellbeing.

On a personal level, neuroses, which stemmed up from not genuine relationships led me to be anxious, depressed, and insecure, in the presence of people. Led to a vicious cycle and nervous breakdown.

Life seems to have been a mixture of success and failures, the failures mostly due to being morbid, subjection to moods and tendency to leap before looking. The successes due to sincerity, modesty, and candour.

Confused upon two-sidedness: on one hand intense emotionality in all personal matters; on the other hand, candour and modesty.

Hopefully, I will keep trying towards my own happy life's heart contentment, with more encouragement and success stories. To share my ups and downs, and many more experiences in a personal and professional way. From being warm hearted and considerate and human and sympathetic. With my politeness, honour and care shown to someone or something that is considered important.

I would like to find the right help and guidance to introduce me to a wider support network and social inclusion opportunities.