The internal conflict you face when you feel stuck or trapped in the many circumstances life can bring, leaving you with unanswered questions and no one to ask to get the answers you want....

Life can be hard, but it can all so be amazing and wonderful at the same time.

As difficult as it is to see the positive when dark clouds of regret and self-disbelief occupy your mind.

You need to focus on the things that bring true happiness such as friends, family, love, and humility.

 These things keep you grounded, keep you whole.

 The first step is to truly take a hard, brutal, and honest look at who you are and what your actions have created or caused.

Regardless of it being good or bad.

The next step is to TRY and make a change do not force it or give yourself unrealistic ultimatums let it happen and evolve into a life of its own.

Keep trying to adapt for the better.

The final step is be kind but honest to yourself, there will be times were you faulter and that is ok after all, we are HUMANS with feelings!