

What I Would Have Missed

The night it almost ended, depression and her friends had me truly believing there was no other choice.

The night it almost ended, I didn't think I would still be here the next day, let alone in 4 years' time.

The night it almost ended, the pain I felt was indescribable.

The night it almost ended, I felt like a lost cause.

The night it almost ended, the guilt and shame from my past traumas were taking over me.

The night it almost ended, there was awakening within the crisis.

The pain would have stopped, but so would have everything else.

Looking back, I cannot bare to think of the amount of pain I would have put my loved ones through. I truly believed everyone would be better off without me. I was so mistaken.

The morning after, everything seemed so surreal. Scared of what's next, however, thankful I survived.

What would come next? I knew I had to fight through my struggles.

I'm grateful for my survival, these are amongst all the things I would have missed, had everything ended.

I would have missed enjoying thunderstorms.

I would have missed graduating from college.

I would have missed going on family trips.

I would have missed something I thought would never happen in my lifetime - meeting my wonderful boyfriend of nearly 4 years.

I would have missed celebrating a year without hurting myself.

I would have missed dying my hair fun colours.

I would have missed baking for my loved ones and watching them enjoy the treats I made them.

I would have missed meeting new friends.

I would have missed watching my loved ones continue to flourish.

I would have missed the comforting signs from my loved ones who have passed on.

I would have missed getting new tattoos.

I would have missed discovering new hobbies.

I would have missed spending time with my beloved pets.

I would have missed going on hikes to waterfalls I've never seen before.

I would have missed travelling alone for the first time and working through my fear of trains by riding one by myself.

I would have missed enjoying the different seasons as the came along, the first warm day after a long and cold winter.

I would have missed reaching my personal goals.

I would have missed healing.

The feeling of a warm hug from my Mom when I need it the most,

the sound of a crackling fire, watching it illuminate my loved ones' faces as we sit around it making s'mores,

walking on a warm sandy beach as I watch the sunset,

seeing the moon shine bright with the stars on a cloudless night, looking out for different constellations.

There are scary, sad and frustrating times that I would have missed,

but there are so many more beautiful times that I also would have missed, had everything ended.

And that, I would not change for the world.