

A4 ck exist

As I start to develop feelings surrounding certain situations that I share with you...like I think verbalizing some of the things that I have going on inside my head sort of acknowledges those feelings exist, as opposed to something sort of crazy...like maybe if I don't share them, like no one knows...and I don't know how much they exist. And honestly, I think the less that I share with people, the less I feel I exist, and there's many days where I feel sort of invisible.