

## Unstoppable Force

By Nicole C.

I hope when you read my story, the whole world stops. I hope when you read this story, you have positive epiphanies about yourself and your place in the universe. I hope you see and know your worth. Because too many of us live a long time not knowing our value.

I'm a girl from a small town. I wasn't raised there, though. I was raised in a city. I was always very hard working, ambitious and a go getter. I was 18 years old with a plan to get a Ph.D. in psychology. I started at a local college, and I always felt I was an unstoppable force. Nothing could phase me, or touch me. I was speed, and running on fumes. I was ready to conquer the world. I ended up meeting the love of my life in college. We were friends for six weeks, before we both decided this was more than friendship. I was with this lovely individual for two years, and I have to be honest it was the most beautiful two years of my life. I was three months away from graduating with my associate's degree in psychology. On February 6th, 2017, the love of my life decided that he was no longer interested in our relationship.

You don't understand.

I was the queen.

I was the girl with the perfect life.

And again, I'm invincible. Right?

The best way to know you're in love with someone is if they tell you they don't want to be with you anymore, and you're absolutely absorbed by the loss of them. Well, in my experience, this was how I knew he was the love of my life.

I cried for hours on the day he broke up with me. And I dropped out of college just months away from achieving an associate's degree. I couldn't handle life anymore. The day I cried for hours, became days. The days became weeks. The weeks became months. Until finally, I cried about this man for two years. The length of our relationship, was the length I grieved him. I don't so much grieve him anymore, but more so I understand that he will always have a place in my heart no matter what. And, I will always think fondly of him, even if he doesn't think so of me. But, I have moved mountains in my mental health since the event. But, it only took three months after our break up, that I had an identity crisis. A full blown identity crisis at 20 years old. I thought I was invincible, but then I realized that me being this upset over him must mean that I'm not invincible. This began the downward spiral of my mental state even more. I got to a point

where I was completely broken, and didn't even know who I was anymore. I would look in the mirror and not recognize myself. I was a stranger to myself. I contemplated suicide from the age of 12, and finally attempted at 20 after this event of the love of my life leaving me. The identity crisis was too heavy for me to handle. I was just going down a dark tunnel that wasn't leading anywhere good.

I want to be the one to tell you that you can rebuild. You can start from rock bottom and work your way back up. You can erase years of self-inflicted trauma, and you can get tactful and start truly living your life. Just step by step, go slow and be patient. Give yourself time. Give yourself the space you need. I never went back to school. Because the NEW person I rebuilt myself to be, didn't want to go back to school. I wanted to become an entrepreneur. And, so I did. It wasn't easy, but the main thing was gaining enough control over my emotions and managing my stress. Self-care helped me to do this.

You can grieve, you can scream about how nothing in life is going right. But, at the end of the day you need to be your best friend. Be kind to yourself, and lift yourself up. But, it all starts with taking that first baby step. Today, I have learned that I am still an unstoppable force. And the thing I learned from being able to rebuild myself from a place where it seemed like nothing could ever be reclaimed- I did it anyway. And that proves that I am **EVEN MORE SO THAN BEFORE** an unstoppable force. **NOTHING** will ever stop me. And I hope you view yourself in the same light.