

britneyspears  Edited · 15m

The time he picked me up ... It's weird cause there are always strange turns for relationships with friends family or your loved ones in the 🏡 of any journey you're on with someone !!! Looking back is hard sometimes but it's honestly crucial ... I'm honestly too sensitive in most situations 😞. I speak about my past sometimes because I want to protect myself from the same mistakes as before !!! What I usually do if I'm going through too much is shut down but I sometimes lose the ability to figure out what's going on or how I feel at all !!! Sometimes I'm scared to feel anything cause I know I'm too sensitive ... being numb is the worst I think but there's safety in that cause I feel like I'm subconsciously protecting myself from feeling any importance at all !!! It's tricky cause that's what people can take advantage of. We are such complicated sensitive people 😞. It felt so much easier when I was younger cause I feel like I trusted people more and I hadn't experienced the cruelty of the world yet. I miss being vulnerable and open with people. If you know me, you know how I love ... I love too much it's embarrassing and I will love you for life !!! That's a trait I want to try and keep but it's not all peaches 🍑 and cream as they say. I used to be told all the time by someone I truly loved that there is no looking at that face of yours. My hopes in sharing is that by remembering that I can try and understand why I never feel good enough and to know it's ok to get inside my brain try to figure it out 😞 ... honestly there is an all knowing spiritual eye 👁️ that knows the truth and triggers to why we do things as people. It's important to go in there and figure it out yourself !!!