



Isolated

When I feel alone, I get sad, not going to lie. To avoid being sad or feeling isolated I'll probably cry and talk to God about what I'm feeling or the situations I'm going through.

I usually feel lonely when you have been told stuff that hurts. I like to go for a walk, sleep in the car or talk to my mom. I don't like being alone because I tend to overthink and make things worse.

When I do let out a good cry I don't like my siblings to see, because when I see my siblings cry, it hurts me.

I try so many things to get my mind off things, like watching a funny movie.

When I get ready to do my hair or makeup, I feel like it's self-love. I feel different and good knowing that I look good.

-Connie

From The Beat: Isolation has a negative connotation, but at times it's useful for being able to get your emotions out without worrying about affecting those around you