

4 years ago and As I made my way to turkey. I got to meet a guy that I didn't like At first in school. He was really bold and straightforward, I mean that's a good thing but people nowadays just don't like straightforward people and I was one of them. We hung out one time not because we wanted to but his friends were my friends too, during the hangout two of my other fiends left and they left both of us by ourselves. It would've been obvious that I left on purpose if I said I had to leave too so I just decided to stay. However, as we sat and had an honest and long conversation, I realized that I wasn't he wasn't the problem I was, and that peopel nowadays don't like to hear the truth, for example he would mention the fact that at my age i am overweight or that some of the jokes I say weren't funny. To be honest I found it rude at first but something inside of me decided to give him a chance. And as we carried a long discussion about everything in life I realized that I agreed with most of what he said. As months passed and as we started talking more, I started hanging out with him without my other friends. He matched my vibe so much. We had so much in common. Our friendship was so powerful I started hanging out with him on a daily basis. He introduced me to the gym, he kept motivating me and improvising me in life. He was like my therapist but my friend. It was a wholesome time. I've never had such a powerful link before. Since he was considered a "muscular healthy guy" he would always have my back, at the time no one would mess with me because they knew he was my friend. The years pass and I still workout with him daily and meet him everyday until one day he said he was busy which was kinda odd since that rarely happened but I assumed he had something to do and thought nothing of it and as I was heading to the gym he called me and told me what have changed my life forever. He informed me that his dad had a job opportunity in another country. Dubai to be specific. I stood there in shock, I didn't even head to the gym I just went back home with tears in my eyes, and as I walked into my home my parents were concerned and wanted to know why I was crying. I told them to leave me alone and stayed in my room for days. My parents were constantly looking for answers but I was asking them to leave. I just needed some time alone. My friend continued to explain how he'll be moving there within a month. I did not want to waste any time so I'd hangout with him and go to our favorite places everyday during that month but as thoughts take over me sometimes during the hangout I just remember that he's leaving soon and get so sad and ruins my mood for the entire day. Finally he moved out, that day was a Wednesday, he went morning, and as he went I was just crying. I was severely depressed. Someone that you spent the last 5 years together everyday just moved out within a day. It messed with my stress levels and it was so high that I had to give the hospital a few visits. I had a few breathing problems because of the stress that I faced. I just didn't stand training alone, or going shopping alone or with someone else. Few months later I decided to change. I decided to occupy my mind and make it busy so that I can bypass that period of time. I started doing breathing exercise, hang out with other friends and give life what it deserves. I felt better, and after one year have passed, I overcame it almost entirely. And it taught me a lot. It taught me that you don't get to choose what u want in life. It taught me that nothing lasts forever so enjoy every moment. And that if I had the choice to choose whether to let that happen or not I would because it made me way stronger and prepared me for life. It made me depend on myself, and be happy within.