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Thread: [having a really emotional day](#)

aana - July 19, 2017, 12:46 pm

Hello,

I am having a really rough day coping with flash backs today and my girlfriend is at work and i don't hold my class for Suicide Prevention & Sexual Abuse Counseling except once a week.

for the sake of the children i mentor and always encourage them to discuss their feelings even when its difficult.... i just wanted to post and discuss a few things with the community but please try to be mature when posting thanks.

Now that the introductions are out of the way i have been having horriable flash backs today i decided just to go back to bed. i know this is a serious topic but how many people do you know that suffered from Mental Disorders onto of Physical and Sexual Abuse as children??

because my child hood flash backs and over all emotions today are diving me crazy i can't stop crying for more than an hour today.

i contacted my girlfriend because she suffered the same things i did as a kid that's why i contacted her first to keep an eye on me because thats our rule if either of us are in this shape its just a promise we made to each other.

does anyone else have flash backs from traumatic events relating to Mental, Physical or sexual abuse?

edit: i decided to just go to sleep until she gets home i am usually the strong person for everyone but i will just sleep till she gets here so we cant talk it out.

if people still want to comment ill message back in a few hours