

Kaleena Deshawn

It's something big, something unlike anything else. Everyone goes through it at some point and we all have a certain understanding and empathy for how it works, but no one is ever ready for it. It is too awful for most to think about despite how often it happens, so people simply push the idea away because that's easy, they make it out to be something simple when it is everything but. The legend is that it happens you are sad for awhile and then you move on, get over it, forget. People don't want to remind you, to bring it up and make you sad again. But the thing is that sadness has now become a constant in your life. Nothing anyone will ever say can change that. You think of it every day whether you are conscious of it or not. You are happy with your memories and sad because now that's all they are and all they can ever be and that frustrates you. There is something so vivid, so full of life and love, but you can never have it again. This is one of the only times when never really means never... You end up just as confused as you were when it first happened and somehow you find that time has passed, that you have kept going, but there is a part of you that is still in the same dark place where even the brightest bulb in the world could never shine bright enough to make it like it was before. None of this is a choice though people think it is. They will want you to be happy again to leave it all behind you, they will wonder why you can't. It is not your choice. Happy or sad or anything else, none of these are singular or permanent. You will feel them all at the same time, feel everything you felt the moment you knew you'd lost it all, all the time. This is permanent. It will always be there no matter how you think you've learned to cope, which hopeless emotion surfaces first or whether you remain calm or start shaking like a leaf, it is now a part of you that never goes away. You have lost something, a lot of somethings not just a person, but the ability to ever look at anything the same way, even if you don't know it. It is both immediate and final... there isn't one thing you have lost that you can ever get back. It can never be like it was before, It will never be, never.