

Saying all of my insecurities/deepest fears

- Not pretty
- fat
- Can't handle people being mad at me. (Not rly an insecurity but whatever)
- people could be talking about me.
- Clingy
- Annoying
- Too loud
- Talk too much
- Emotional

Biggest one → • feel like my friends may not like me anymore.

• Eat too much

• I have a HUGE fear of the world ending. No more trees = no oxygen. No oxygen = death. Death = FEAR. I have a fear that at any moment I could die. I sometimes fear that something is wrong with me. I've had small pains all over my body. The Doctor says that they are signs that I'm getting my period but it has been happening for months now, I'm 13 and still don't have my period. All of my friends do except me. I should be happy bc having your period sucks but idk how to feel.

• Scared of sickness. I'm scared of throwing up. idk why.

• Scared I could be mentally/physicaly disabled. My mom has a mental or physical disability (I'm not saying) (its not like HIV but and serious but its not good) she got it from my papa (her dad) and out of my 2 other sisters I'm afraid it will be me.