

I'm actually kinda scared to tell my parents about my life (depression, SH) I know they wouldn't be mad or nothing I'm just scared. I get nervous to easily... I just want them to know but I kinda just..can't it's like when I want to everything gets 10x louder and it's like I'm stuck whispering and then my siblings just- they...talk over each other a lot and i can't handle it and when people talk over each other it gets loud and I forget things...I can't- it's me sitting there zoning out and making up stories in my head and then putting people there...and i hate talking about it with my friends because they'll just say stupid things like "same!" "For real tho" "welcome to the club!" It's....stupid....I hate it so much I just don't get why I'm like this.