

## *The Unknown Type of Life*

In life we all regret something. It could be anything, from not spending a lot of time with mum to not eating that one pizza you were offered. Regret always hits you at some point. No matter how perfect you may think you are, it still hurts you in some way.

Yet how much time of our lives do we spend regretting rather than changing and doing? You would be surprised! Trust me I would know...

Believe it or not, I used to be a quiet, insecure and uninspiring young boy, with a past that revolved around me going into care and being 'underdeveloped'. So regretting was something I would do a lot but never much acting upon it. Until the entire idea of me being anxious and miserable came into play at about the ages of 11 to 12. At this time, I was seeing a counsellor and really didn't feel like it was working. However, what most people don't realize is that your brain needs something to keep focused on and feel like its achieving and learning something to stay happy and positive. Without this there is no surprise that you are miserable. A lesson I learnt quickly!

It's easy to sit there on our beds and dream about things, not moving for what seems like minutes but was actually hours. The time just seems to go and you ask yourself, 'Why am I just sitting here?'

Even so, you still just don't move. You're like, 'What's the point?' Something later on you will regret!

Come on admit it! Right or wrong, 'it's easily done' as mum might say. Not saying you can't relax but...

Later that day you feel down and have a breakdown, for most anyway this is a typical Monday evening: you're meant to be relaxing after revising for hours and stressing yourself to death and your stupid unwanted friend nonstop texting you, but instead you're sitting there crying.

If you can't relate then maybe the crying was a bit of an exaggeration. The term miserable might be better suited to you in that case. Even so that time you spent being miserable or crying, you could have been doing something that might of...

Wait. Stop!

Why was I crying in the first place? Well clearly, I wasn't happy so what was I feeling? Wait that homework from that teacher I don't like is not... OHHH GOD!

No, I can't be crying about homework, that's just silly. Wait what did I do in school today?  
Wait I forgot... Wait, what am I doing with my life?

Do I have friends that make me happy?

Do I have a hobby that makes me happy?

This trap of life is something most people fall into and sometimes it doesn't stop until the person who is in it is so lost and depressed that they don't know how to go on anymore. In life always do at least one thing for you and something that is going to give you some form of purpose.

Most importantly, make it yours and be happy doing it...