Undoing is when I start to lose myself within my bad habits. It starts with one thing and slowly continues until I feel myself trapped within this mess of bad decisions all coming together to form this horrible version of myself.

belonghere

There's times where just want to disappear, just hop into a and bubble made just for me fly away to a place where I can finally get all of the rest that I need and have time to think and reflect an everything that has been going on my life.

I can't help but feel all completely alone

During these times my body feels numb, I don't feel any emotions. I'm just going through the motion of life I also feel a heaviness that seems to weigh over my body. I don't have much energy during these times