

A personal event that has happened to me was during my freshman year of high school. A very special and important person to me passed away. Unfortunately, it was a suicide. This day was the most difficult day of my life, but I gained lifelong friends and advice I will always keep with me. My depressive state overwhelmed me and I wanted to give up. Everyone at school could see right through me, friends, family, even the teachers. They knew that I was a disaster, not only to myself but others as well. As the days went by, I continuously began to take a decline in school and in life. I started to hang out with the wrong crowd, following unhealthy coping mechanisms, and I just wasn't the same nor was I ever going to be. Four friends of mine saw that I wasn't taking care of myself and that I needed help but I didn't know where to turn. Those friends would make sure to stop me in the hallways, or wherever they saw me, to give me a hug and make sure I was okay. They became almost like mentors towards me, talking to me, giving me advice and helping me escape from my bad decisions and habits. I didn't realize this then as I do now but they were only trying to help me because they cared for me. They were the ones who tried to understand only so they could help me get back on the right path of life and for that I will be forever grateful for them. They took it upon themselves to find ideas to guide me throughout my difficult time. Those four friends have helped me become the person I am today, if it wasn't for them I wouldn't have ever gotten back on track to be successful. After this event I became a bitter, self-centered person. I felt that nobody cared, and that I didn't have any help. But, of course, I was wrong. I had the most supportive friends that helped bring me back up. I began to change for the good with the help of my friends. I began to use this event to help me become a stronger person. I took the negatives and turned them to positives, with my friends help of course. Without my friend's help, I would never be where I am today. This event was an emotional rollercoaster, more downs than ups, but I learned to help myself. This event helped me become a stronger, more independent person throughout life. This taught me that even though life may get hard and seem unfair I have to keep going forward in life. Although this happened 4 years ago, I will never forget what the event has taught me. This event was very important to me, in order the change for the better.