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Subject: Re: Don't bottle it up

Posted by [Blazer](#) on Tue, 18 Mar 2008 23:59:49 GMT

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Different people handle things different ways. Some people can have a bad day at work and go on a shooting spree, while others just chalk it up to a bad day at work, and know that tommorrow will be a better day.

Myself, I saw both of my parents die (seperate incidents), and although I will carry a lifelong emotional scar, I didn't flip out or try to kill myself or hurt people, even though I had nobody to talk to.

Would it have been easier if I had someone to talk to? I don't know. I do know that at the time, you don't want to talk to anyone, and people trying to "help" just make you want to be left alone. I guess bottling it up always happens, it's how you release it that matters.

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