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Subject: Re: Don't bottle it up

Posted by [Cee100](#) on Wed, 19 Mar 2008 23:03:43 GMT

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Renalpha,

My point is if events in your life mean you are thinking of taking your own talk to someone, I realise bad things happen as you go along and sometimes it doesn't mean what events are and what happened can be deemed less eventful to others.

I can see where you are coming from and I too would find myself deeply changed by such an event.

A point happened in my life that changed me from the kids I was at school with, it was the death of my nephew when he was just 13, a freak natural accident, he choked to death on his own vomit. I was just 16 myself and we had grown up together and were more a brother and sister relationship. It changed me, It didn't make me want to kill myself but its something that affected the whole family and nothing was the same after that.

His Mother changed and his sister went of the rails, this isn't that surprising I guess but I doubt the kind of counselling was available then like it is today.

When I had my son, I became scared the same thing would happen I would be very protective over him and still am, but would get the most vivid dreams of things bad happening to him, even daydreams that would be quite a shock. I still want him to outlive me and want to be a good Mum to him and hope i'm there for him if he needs me and doesn't feel that he has to hide stuff.

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