Snowraven - a venting hut

written by

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Introduction

To the stranger sitting in front of your screen:

Welcome to this venting page. This is a place for you to talk your emotions out and specially for people that are struggling with mental health or physical health. Please do not judge others as they will not judge you. Swearing is allowed but don't overly swear and censor them out.

If you are going through a tough time or people are always being sarcastic/mean to you or avoid you, I completely understand as I am going through a type of depression called "Smiling Depression" which means "I'm fine on the outside, but I'm dying on the inside."

Here are two of my stories:

1-
So, this story starts with a person basically telling me to be "kinder" while he is being quite rude to all of the people that are hiding depression. He spelled my name wrong on purpose (winter's raven) and after I told him before he judges me ignorantly, understand what I'm going through. I told him I did tons of quizzes and tests, and they all came out to one result: You are depressed. He started telling me I don't have depression because I tested everything except for a therapist. He also was talking bad stuff about me when I was telling the truth of people hating on China. He said and spread to people that I am stubborn and will not admit that people are not being rude.

Later, he said to me something that truly infuriated me: If you are having depression then according to YOU, the whole world has depression. He does not understand that Smiling Depression is very harming to mental and can lead to suicide/self-harm because you never cry out loud.

2-
When I was going on vacation with my friend, I was giving her all the choices because she was such spoiled by my parents and hers, too. She understood me and told me I was doing more than enough for her - Maybe that was the person that really understood me. On every roadtrip I had to give her the space, but her parents do not understand. They think that I am
being rude by letting her sit in the middle (actually, the middle is very comfy and spacious, even more spacious for that I am constantly giving her my space) and is bossing her around. I held my emotions in for the whole vacation.

You are a gift from god to Earth. God made you beautiful, unique, special and most of all - nobody can replace you. You are too special to be replaced by others. No matter what you are going through, every night journal your feelings down or cry out your grief. I am always here for you and am willing to listen to you. Tell us all your stories here and we will help you. Chin up, you might be one person in the world, but to somebody you are the whole word. You are perfect the way you are.

Thrive well,
Winter S. Raven
Chapter 1

An additional note to you:

This may not cure your depression/mental illness right away, but it will make you feel better, that I guarantee.

You are going through a hard time. Be optimistic! Remember that Jesus sent himself on the cross for you. Messing up doesn't mean you are terrible or nasty. Being perfect is impossible but as long as you believe you have a reason to be made and is a meaningful gift from God to Earth, then you are what you think you are-glamorous, drop-dead gorgeous, beautiful, meaningful, amazing.

Think of your life as a white paper. There are a few small black dots. You make them larger by thinking too much about them - ignore or put little attention on them. Pay attention to the rest that are white as snow and pure as angel. You are an angel yourself. Stick to what you like - truly like. You never make progress on what you don't like. You will succeed in what you adore and are willing to pay attention too.

Be happy and cheerful every day. There always is somebody that cherishes you and your thoughts. You might not know how much they care about you, but know every day that there are people who care about you and is willing to listen to your story. No matter long or short, plain or tough, I am willing to listen.

Have a great day,
Winter S. Raven