

Emotions and Thought

Raja W.

January 2023

Chapter 1

Motivations

I realized, as I was getting out of a relationship, that I was depressed. The thought of my romanticism and the thought of entering another relationship generated deep feelings of depression. I found that many of the thoughts that I encountered about myself would generate anxiety, depression, and often fear.

Initially, I did not understand the connection between the thoughts and the emotions that came thereof. I would catch myself laying in my bed, swimming around in my thoughts, reveling in my self-loathing. I would only get out of bed to finish work or to eat. It was an effort to go on. In this depression I caught myself acting irrationally, expressing my pain with a newfound harshness, lashing out at my friends.

There was one time in my classes that particularly affected me. I was talking to a girl when the conversation shifted to myself. Many of the things said have left my mind, however one rested firmly for the rest of the winter: she asked, "do you talk to girls?" This moment, from her look of pity mixed with embarrassment of asking the question, to the heads turning in front of her interested in my answer, felt like years.

In that moment, I answered: "I feel mildly threatened by that question."

I spent the holiday break thereafter rather slowly. I would be in my home for days at a time, often falling into sleep after thinking for hours. Time and time again, my mind would be brought back to that moment, and I would search for things to answer instead with. I created a therapist in my mind from the girl who's words hurt me.

I continued to invent new answers upon new answers, trying to reason with her and find something that I was happy with. Something that appealed with logic instead of any emotional self-deprecation. Eventually, I realized that my pensiveness towards my own love life was due to me believing that I was simply not fit to be a good boyfriend. I believed that if that were to be the case, I would end the relationship by me hurting my partner emotionally, and as an effect, I feel hurt too.

I started to dissect more of these thoughts that generated depression, however I would end finding myself where I began. I still felt bad about all of these

thoughts, I only fleshed out each thought into something more logical. This is when I decided to consult other resources. I found a walk-through for something called "self-realization" by a person named Jamie ¹. This, I would soon find, would be integral to understanding why I felt so bad.

Through the walk-through, I realized what I was missing when I analyzed my thoughts more deeply. When I imagined myself to be hurting my partner and, as an effect, hurting myself, I was imagining myself.

I only felt depressed, because I imagined myself

¹Can be found on YouTube at https://youtu.be/F_8hbv3G1Q8