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Passing By

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Novotny: Passing By

bad depression to the point where I couldn't see a purpose in life, and I didn't care if I was dead or alive. I had to start going to therapy. About a year later was when I finally accepted that this is how I had to live life now. After my therapy sessions, I realized that I have to grow up to be successful for Teta: smile for her, cry for her, go through every emotion possible for her, and, most importantly, live my best life for her.

Ten years later, I'm the happiest I've ever been, not because I got "over her," but because I became brave enough to be able to learn how to live without her. I learned how to not base my happiness on anyone but myself. I know saying that might sound selfish considering all the pain I went through as a kid, but as cliché as it sounds, losing my grandma is what made me who I am today. It took me years to get to where I am mentally and emotionally, but I wouldn't be as strong and independent as I am today if I hadn't lost my best friend.



Passing By,
Katie Novotny