

*Ends and Beginnings*

When something ends, you expect to feel sad, or even relieved. You don't expect to feel almost nothing—to be lost in a sea of strange almost apathy. You know in your heart, you're sad. You know it feels weird and different. You know that you're happier now. But somehow, it doesn't feel like that on the surface. You just... feel. Nothing in particular. You just feel.

An ending is supposed to be a new beginning; a closed door that opens to something new. Instead, you're just in limbo. Back to before, but a year later with new trauma and some new experiences. Nothing seems to be moving forward. In fact, they feel like they're sliding backwards into your darker days.

But you still don't feel that cloying depression. You almost wish you did. Instead there's just nothing.

Endings are supposed to feel beautiful. Endings are supposed to make you feel.

But what happens when that ending never seems to end?

You're still attached to your old job. It's most of what you think of because it consumed you for almost a year. It was what you cried about, laughed about, yelled about, dreamed about. It was everything.

And now it's gone, but its remnants cling to you like grasping claws deep in your psyche. Gone, but still all you are.

How do you move on? How do you find a new beginning without saying why the old one ended? That you felt like you were drowning and burning and growing all at the same time? You would come home crying from work—not just from the news you had to share, but from the way in which you were spoken to and treated.

Like you're dumb.

Like you don't know what you're talking about.

It does something to your confidence. It does something to your ability to take rejection. It makes you feel like you're not worth much. And it feels like every rejection going forward is just a reflection of what they said—even if you *know*, in your head, that it isn't true.

You think that one more beginning would turn it around. But it remains out of reach—hanging by a fraying thread.

One day, you'll reach it. One day, there'll be a new door to open. A new sunrise.

One day this ending will end and you'll reach a new beginning.