Two feelings that are equal in the grand scheme of this short life we all have, are love and loss. I'm not sure about any of my other GenZers, but in my short time on this Earth, I have been blessed to know what love feels like. And blessed (in a sense) to understand loss too. Loving someone can be traumatic, amazing, depressing, exciting, etc… it can be all those things and still be considered love.

We all have this concept that you have to be perfect to be loved, but it's not true. Our mind gets stuck into [Thinking Traps](#) that cause you to catastrophize things or have an all or nothing mindset, when really things are okay and your brain is just playing tricks. Being able to quickly identify these thinking traps and realize that you may be stuck in one, will definitely help you feel better, especially now that you are more aware.

We are taught by our teachers or parents, even movies about love, but until you really are in that, we see only one side of things, one side of people. We tend to speak only about the good when it comes to being in a relationship, so we get into relationships without even realizing how to communicate with that person, or how to be there for that person, causing a lot of relationships to fail.

 A majority (myself included) don't go into relationships thinking about the end, but all things come to end when you think about it.

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