

g u t t e r

CAGED AND LOCKED

*My Personal Experience with
Circumstantial Depression*



LEWA UBUNIFU

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g u t t e r

All my life,
I have wanted to belong.
All my life,
I have wanted to be loved,
Without judgement,
Without being bullied.
My heart is full,
Of the LOVE I have to give,
Of the love my Daddy gives me.
Every day, every hour, every minute,
Jesus has blessed me with a love,
So profound, so nourishing.
I love him, I love my Daddy,
More than life itself,
But he commands me to love people,
Despite of what my physical eyes see.
The greatest gift I can give,
My friends, my family, my associates,
my fans, you...
The greatest gift that I continually,
Chose to give you,
Is my time, my love, my heart!

I give this heart to you,
As a token of my appreciation.
My love, my friendship, and
For being a part of my life.
I hope that someday,
When I am long gone,
The time, love, creativity, and
Spirit of Lɛwa Ubunifu,
Is what you remember,
Most About Me.
As we head into each new year,
I pray that this heart blesses you,
As much as it has blessed me,
Giving it to such a wonderful and
blessed person,
Like the one reading this book.
May you always feel the love,
That I have for you,
Through this amazing and
Blessed heart that I have made,
Especially for you!



I Am A Creative...

Don't try to put me in a box because I won't fit. Don't try and assign me a specific color because tomorrow I might be a different color. Don't try and put me in a specific group, for I am many groups. Don't try to label me with just one word, for there is not just one word for me. Don't try and look at me with one eye closed, for you might miss something important. Don't try and speculate what I feel, for my feelings are as vast as the sea. Don't try and psychoanalyze me, for I am always changing. Don't try and tell me what to wear, for I will always redesign the style. Don't try and assign me one job, for you will soon find me doing multiple jobs. Don't try and assume you know me because I guarantee you that tomorrow, you won't even recognize me.

I am a creative. I am every color in a Crayola Ultimate Crayon Bucket times infinity. I am every fish in the sea. I am every flower and tree in the world. I am every type of candy at Halloween. I am every time of ice cream you will ever eat. I am different from everyone you will ever meet. I am unique. I am a nerd, a loner, a prep, a thespian, a drifter, and an emo. I can be empathetic as well as callous. I can be happy and sad.

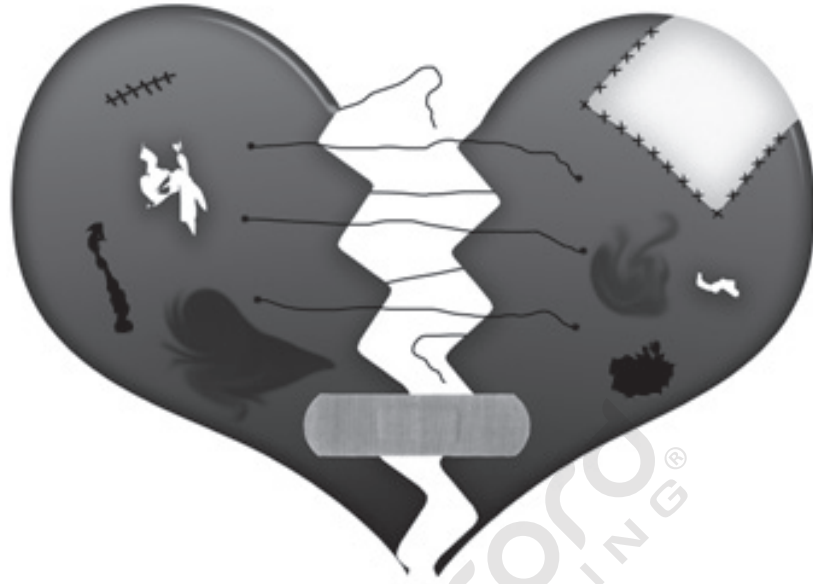
I am a creative who just wants to be accepted the way I am. Don't put restrictions on me or tell me what I can and can't do. I will just strive even harder to reach for the stars because...

I Am A Creative!!!

WARNING

Reflections in this book
may be distorted
by socially and
politically constructed
ideas of 'beauty',
'love', 'relationships',
'family', and 'self'





What Is Circumstantial Depression

Circumstantial or Situational depression, or Adjustment Disorder With Depressed Mood is a short-term, stress-related type of depression. It can develop after a person experiences a traumatic event, series of events, or a change in a person's life. Situational depression stems from a person's struggle to come to terms with the changes that have occurred. It can be very difficult for a person to cope or adjust to their everyday life following such an event or change. It's also known as reactive depression. Situational depression often goes away in time, and talking about the problem can ease the recovery process. Once the person is able to cope with the new situation, recovery is possible. In 2013, the mental health diagnostic system technically changed the name of "adjustment disorder" to "stress response syndrome."