

Title: to own yourself again

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when it starts, it cripples through your skin
it becomes a safe haven within your soul

it's an escape from the pain

for many, it is a relief

for you, it is a space

a space to choose

a space to have control

something that started as a distraction, ended in a spiral

a way to escape reality

a reality you cannot change

but in this reality, you are in control, right?

but then it happens,

the first bet.

then there's more, and more, and more, and more, and more, and MORE

each bet chipping away your emotional self,

less regulated, less authentic

harder to recognize, harder to control

who you are and who you were

all you know is the hope for the next bet to be the ONE.

nobody understands when hope turns into a quiet addiction

unable to speak, seeking for help, quietly

but that internal storm is louder than words

the signs might not be visible to others, but your struggle is visible to you

now the crippling goes beyond your skin, it is consuming you, your soul

and it starts

the self-sabotage,

the doubt,

the shame,

the guilt,

the fear

all accumulating inside

a battle against yourself
 against your thoughts
 against your decisions
 against your emotions
until one day, after talks,
 and learning
 and failing, again, and again, and again
you start to feel the need to become more
 to be more
 ready
 to change
 to hope for change
 to be changed

you can see it for what it is
 you are more than the bets

 and to break the cycle
 you start to claim yourself

to own yourself again
 to choose yourself over momentary highs

 to ask
 to scream
 to seek

for help

to heal
 and to prevent

to support

and to finally choose yourself again

 willing to trust in yourself,

and the bets once made with money turn to bets on yourself

you begin to see and finally understand

that the inner peace and control
was more than a choice

it was a decision

to own yourself again.