

Last night I was once again faced with that terrible nightmare, and, this time, it was worse than ever. I felt powerless yet again, and I feel that I have failed, but I have also finally realized that I can no longer fight against this by myself. I'll listen to my friends and seek professional assistance. It will be hard, but it's necessary for me to get rid of this guilt. After all, there's still hope that I can find peace and strength to keep going forward.