Shadows from below

# The Story

Thomas was normal boy who went to school and did his homework and played with his friends. Life came easy to him, and he never putted any thought to life. But something changed about the time he turned 18. Like a cold hand from behind the depression crawled over him and dragged him down. Thomas did not know he was suffering from depression, and no matter how many people reached out with a helping hand, he did not get any better. On the outside he has mastered looking happy, while burning on the inside. Everyday his depression grew worse, and his insides turned toxic. Medicine and talking to a therapist, is something Thomas tried, but nothing worked.

One day he received a text from a guy calming to know what was wrong with him, and he could help. With no other hope, he showed up on the address that was detailed on text. He has almost given up on the search for happiness but remembering back to the old life he once had, gave him courage to push forward and give this a chance. Once he arrived on the address he noticed it was a small lab, that was crammed between a bakery and a bookstore. The inside of the building was completely white, the bright light blinding for a while right when he walked in. It was not long before getting introduced to Dr. Martin. Martin had researched depression and have found a curious conclusion to the problem. A lot of people like Thomas have experienced this otherworldly level of depression around the same time. The reason for this was an unexplained phenomenon, as Dr. Martin explained there have been a crack in dimensions. The dimension that have been open is the shadow world, the shadow world is the mirror version of ours. Its dark, grim, and horrible. The shadows cast from humans live in this world. The problem that Thomas have been suffering under is caused by their own personal shadows, they are taking over their owners’ feelings and they are only able to feel depression. Dr. Martin found a solution to the problem, but it’s not a pleasant one. It requires going in to a dream and nightmare state, finding your shadow at the end of the road and reemerging, which would end his depression.

Thomas did what dr. Martin told him to do, he sat in the chair appointed to him, took the headset on and got transferred to the dream state where he started his journey.