Hi, I'm Shatodru, the mind behind this blog. While it may be categorized as a mental health blog, I envision it as a collection of stories - yours and mine. I believe that acknowledging pain is the first step towards healing it. In creating this space, I don't position myself as an expert or guru; rather, I see myself as a fellow human seeking more of “good” and less of “unwanted” in life. This blog aims not only to foster conversations between us but also in the process of it, a conversation between you and yourself, with all of us serving as translators of it. While I, like many, experience moments of pain, I recognize that avoiding it only perpetuates its hold over us. Emotions, both positive and negative, deserve to be acknowledged and felt. True liberation comes from embracing them fully. Sounds cliché but if you try to actually do it sometime, it might make your skin crawl but if you stay with that long enough, the freedom comes quicker than expected. This ethos underpins the essence of this blog, and I hope it resonates with you as much as it does with me. Together, let's embrace our emotions and journey towards self-discovery.