I have been born with being born an American with a loving family. It makes me sad to think that I hurt the feelings of my loved ones but for reasons I cant explain I feel overwhelming feelings of sadness and self loathing for years and struggle daily in mundane tasks. I love my family and some close friennds and believe me this decision was extremely difficult to make. I firmly believ there is some sort of existence after death and I hope there is some way that I can watch over you all