

End of Year Reflection July 2023

Before starting Cherry tree, I lost a lot of my younger years due to severe ongoing depression and crippling anxiety. I completely lost myself for 4-5 years moving from primary to secondary. The fear from certain traumas stuck with me throughout childhood and grew as I grew. In my later years it turned into self-destructive unmanageable anxiety that ruled my life. Until now.

I would never change my past though, even though many times I thought and once went through with trying to end my life at such a young age, I would never ever change it. A lot of people have asked me the same question: Would you ever change your past if you could? My answer was simply no. It has made me who I am. It has made me so unbelievably strong. It has made me feel like I could achieve whatever life throws at me. Most importantly it has made me the person I've always dreamed of wanting to be. Although I still have anxiety and difficult moments, I do not let them overtake me, I do not want to hurt myself anymore and I do not want to take my own life.

Soo and Emma have become like family. I care so much about them as they are so important to me. I trust them with everything. Feeling safe was a priority for me as my trust had been broken so many times. I think what led me to be able to trust them was that I felt safe when with them. I felt like they both understood me on levels no one ever had. They treated me like I was human and not just another child with problems. They felt what I had been through. Their empathy with me was something I'd never experienced with talking to an adult and I felt that. They saw something inside me which I didn't see and never thought I would. I knew they had got me and that made me feel like I could trust them.

I don't know where I would be now if it weren't for Cherry Tree. I definitely wouldn't be who I am today without this school. This year I have come even further than I ever thought I would come. I've discovered a lot about myself over the past year and a lot of things that I've had to deal with from my past have surfaced, but I've dealt with it I am stronger then ever and finally feel like I've accepted my anxiety and overthinking, it no longer overrules my life. I never thought I would be happy and have a sense of purpose in life but here I am despite it all. I am so unbelievably grateful for this school. Thank you for everything.