

The Price We Pay To Survive: A Journey Into the Depths of Human Resilience

Life, as we know it, is a rollercoaster ride of triumphs and tribulations. From the moment we take our first breath to our last, we are constantly faced with challenges that test our strength, resilience, and determination. The price we pay to survive is much more than mere physical or monetary sacrifices; it encompasses the profound emotional, psychological, and societal tolls we endure on our journey to overcome adversity and thrive in a world that can be unforgiving.

At its core, survival is about the indomitable human spirit, the unwavering will to keep going even when the odds are stacked against us. It is a tale of resilience that transcends all boundaries and finds its place in every corner of the world, regardless of race, gender, or social status.

The Emotional Currency of Survival: Sacrifices, Heartbreaks, and Moments of Triumph

Survival often requires us to make sacrifices that can leave lasting emotional imprints on our psyche. From leaving loved ones behind in search of better opportunities to enduring heart-wrenching losses, the emotional toll of survival can be overwhelming. But it is precisely these sacrifices that give depth and meaning to our existence.

The Price We Pay to Survive: (But It Is Worth It)

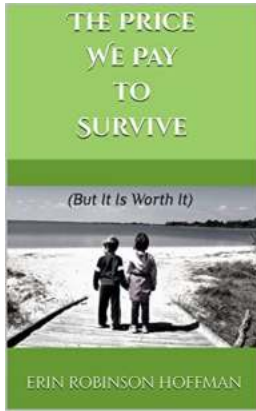
by Erin Robinson Hoffman (Kindle Edition)

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Take the story of Maria, a young immigrant who left her home country in search of a better life. She left behind her family, friends, and everything she knew, hoping to find solace and prosperity. The journey was arduous, and Maria faced numerous challenges along the way, including language barriers, discrimination, and a constant fear of the unknown. But her resilience and unwavering hope fueled her determination to overcome these obstacles.

Survival is not just about making sacrifices; it is also about embracing moments of triumph that make the sacrifices worthwhile. Maria eventually settled in a foreign land and built a life for herself. While the challenges she faced were immense, the moments of triumph she experienced, whether big or small, brought immeasurable joy and satisfaction.

It is in these moments that we realize the price we pay to survive is not just a burden, but also a catalyst for personal growth. The challenges we face shape our character, teach us valuable lessons, and make us stronger individuals.

The Psychological Toll: Battling Inner Demons and Overcoming Mental Barriers

Survival is not just a physical journey; it is a mental one as well. The psychological toll of survival can be profound, with individuals battling inner demons and overcoming mental barriers that threaten to derail their progress. From self-doubt and anxiety to depression and post-traumatic stress disorder, the mental hardships can often feel insurmountable.

Consider the experiences of John, a war veteran who faced unimaginable horrors on the battlefield. The physical wounds eventually healed, but the emotional scars remained deeply embedded within him. Surviving the battlefield was just the beginning of his journey; the real fight was against the demons that haunted him even in the safety of his own home.

John's story is a powerful reminder that the price we pay to survive extends far beyond physical discomfort. It demands an immense amount of mental strength, resilience, and the willingness to confront and conquer our deepest fears.

The Societal Impact: An Unequal Distribution of Privilege

Survival is not just an individual endeavor; it is deeply intertwined with the fabric of society. The price we pay to survive is often influenced by socio-economic factors, highlighting the stark disparity in opportunities and privileges available to different segments of society.

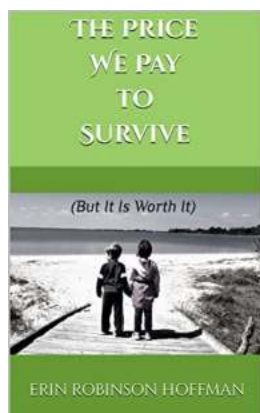
Imagine the story of Sarah, a young girl born into a poverty-stricken neighborhood with limited access to quality education and healthcare. The systemic barriers imposed upon her make survival a constant struggle. However, Sarah's story also exemplifies the incredible resilience that exists within these marginalized communities. Despite the odds stacked against her, Sarah defied societal expectations and carved a path of success through sheer determination and grit.

While Sarah's story is one of triumph, it also draws attention to the inherent injustices that exist within our societies. The price she paid to survive was much higher than those born in more privileged circumstances, shedding light on the need for systemic change to level the playing field for all individuals.

In : The Price We Pay to Survive is a Testament to Human Resilience

The price we pay to survive is not a singular concept; it is a multifaceted journey that encompasses emotional, psychological, and societal sacrifices. It is a testament to the incredible resilience that resides within each and every one of us. From the sacrifices we make to the battles we fight within ourselves and the inequalities we face, survival is a constant reminder of the tenacity of the human spirit.

As we navigate through the rollercoaster ride that is life, let us not forget the price we pay to survive and the profound impact it has on our growth, our perspective, and our appreciation for the triumphs that come our way. Let it be a reminder that, in the face of adversity, we have the power to overcome and thrive.



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In 2018, at the age of 42, I was diagnosed with Tick-Borne Illness, multiple Auto-immune Disorders, and a Chiari Malformation. I contracted Lyme Disease at approximately age 6. I have spent most of my life in and out of doctors' offices being told there is nothing wrong with me. Some were honest enough to say they "could not find anything wrong with me." I have been in and out of therapists' and psychiatrists' offices, trying to do whatever they told me to do. I read books, changed jobs, exercised, ate the right foods, slept, stood on my head, you get the point. I have also been sober since June 25, 2003. Unfortunately, nothing cured my symptoms. There were times I believed I was on the right path, but it didn't last long.

Surviving the hell that is our mental health system in this country is nearly impossible. I am sharing my story. Unfortunately, the story so many of us have and so many do not live to tell. You see overdoses and suicides as a failure. I see them as the result of terminal illnesses. No one treats as terminal. I hope you will take the time to walk with me in my shoes. To understand that I should not be alive to provide you with this information. No one I know understands how I am alive, so join the club if my story seems made up or unbelievable. Even I did not fully understand how difficult it has been for me to survive until I started writing.

I have developed some very unorthodox survival skills. Whenever I share these survival skills with therapists or doctors, I get shot down very quickly. I am treated crazier than they initially thought and dismissed out of hand, but I am alive, right? I mean, that should be the end goal here, right? Honestly, most of the time, while I was in "treatment" or "therapy," the end goal seemed to be to make me bearable for everyone else around me. My health and wellbeing never really seemed to matter. "Just make it so we can live with her." After that is done to you long enough. You do whatever you can to shut everyone up around you to make

yourself "capable of being loved," whether it is best for yourself or not. Honestly, no one believes you when you tell them what you really need because what you really need would typically make you "difficult to live with." What cracks me up? Nothing anyone told me to do changed a damn thing, but I was also not supposed to do the crazy shit I did to keep me alive and sober.

We learn not to be a burden and take care of ourselves without interfering with anyone else's lives. Because we aren't really "sick," right? I mean, we haven't been diagnosed with a physical disease. It is all "in our heads." So why would anyone make sacrifices for us to live the way we need to live to be healthy?

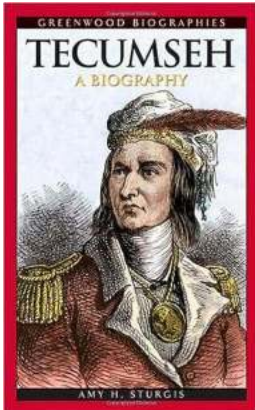
This is The Price We Pay to Survive. If we choose to survive, we sacrifice so much of ourselves to survive. No one notices what it takes to survive. Most patients do it under the radar. It begins with a misdiagnosis or ignorance. It continues with ridiculous expectations being placed on individuals who indeed are sick. The final touch, mental health patients' ultimate desire is to prove they are "normal" and "not crazy."

Individuals who did not survive did not fail. They were asked to do the impossible for too long. It has become impossible to survive. Even in this mess, it is worth it, my friends, to choose survival. You are not alone, you are not crazy, you are being asked to do too much, you are allowed to say NO, and you will figure it all out someday. I hope my story helps you figure it out now and not 40 years from now.



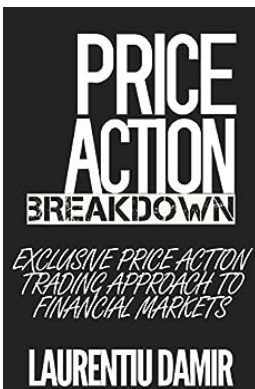
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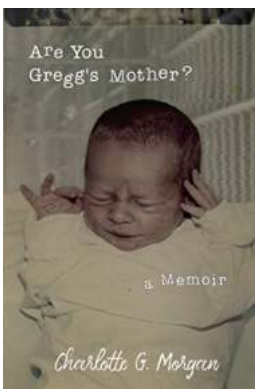
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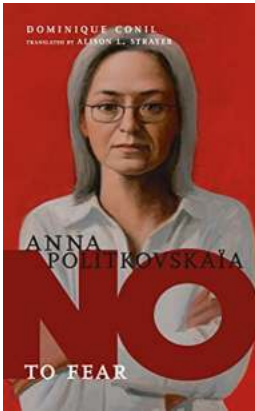
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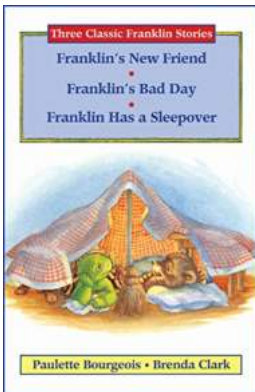
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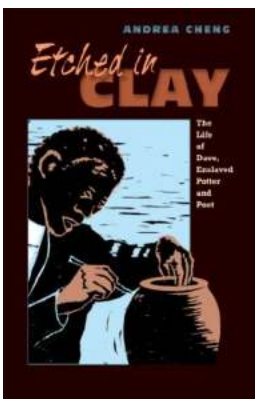
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