

# My Inner Demons

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Published on Lush Stories on 10 Nov 2012

*Experience has broken me but allowed me to heal*

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My inner demons have become my greatest addiction, my darkest desires. My darkest desires have overtaken my dreams, and overturned my reality. My reality has been compromised by my greed and fuelled by my fantasies. My fantasies have affected my frame of mind, self respect and well being. My well being has left me too numb to believe in myself and my family. My family has been sheltered by my alter ego and my secrets. My secrets have left me alone, conflicted and ashamed. My shame has taken away my self-esteem, my strength and hope. My hope has been blinded by my selfishness and guilt. My guilt allows me to make excuses, making it easy to surrender to despair. My despair has taken away my strength and left me scarred. My scars show the battles I have fought and are reminders of my actions. My actions have me falling short of my potential and leave me wondering who I am? Who I am... I am a girl who battles her inner demons, who is drawn to her darkest desires and lives in reality but longs for fantasy. I am a girl whose well-being and family could be compromised by my secrets. Shame, guilt and despair, brought on by my own actions. Although my inner demons have broken me down, I am stronger now and I will carry on...