So today I am here to share one of my experience.

So, my biggest fear is losing loved ones.

My greatest fear is losing my family. They are the most important people in my life and I can't imagine what life would be like without them. Recently I lost my uncle and it was not at all expected as he was very fit and young. And when I heard this news, i was completely broken. Since I live in hostel and I was all alone...i used to get more anxious. Different thoughts used to cross my mind. Sometimes I used to have very bad dreams. It was really very difficult for me to become normal again maybe because of my overthinking problems. I was not able to accept the fact that he is no more with us. It's not that i used to think about it 24/7 but I don't know maybe somewhere in my mind I always had a thought about him. But now I have accepted this and I am quite normal about this.

I choose to be anonymous.