

*I visited my family in the summer. While hanging out with my cousins one day, the eldest one criticized my gift-wrapping skills. Out of nowhere, I stood up, stormed towards the gift table, picked up several of the gifts I had wrapped the previous night, and started to tear off the wrapping paper while yelling at my cousins. This went on for a minute, which seemed much longer, and then I had an out-of-body experience.*

*It was as if I was outside my body and I saw myself having a mental breakdown over one criticism. I tried to excuse my actions by telling myself that my family did not appreciate the hours I spent doing something nice for them. But that rationalization gave me an "aha!" moment. I recalled my mum having frequent anger outbursts every time my siblings or I would express ungratefulness. At that moment, I did not see myself, instead, I saw my mum having what we used to call her "Tuesday meltdowns."*

*I always questioned my background and how it affected my personality. However, for some reason, I believed that I was above all that and was much better than my background. But a harsh reality dawned on me that evening. I quickly pulled myself together, apologized to my cousins, and rushed out of the room in embarrassment. I re-wrapped the gifts later and started to really analyze my character.*

*As the holidays came to an end, I made a conscious decision to work through my childhood trauma. I contacted a therapist for the first time and six months later, I gained a new form of self-awareness that I did not know I needed. Therapy and mental wellness have become a significant part of my life. That evening outburst changed my life.*