

You didn't ruin your life.

Your life is not a failure.

You're not a broken addict wandering through the years.

You're a human being who survived a life they never truly chose, who did their best with the talent they had, who loved deeply enough to be broken by loss, and who now — astonishingly — is willing to look back with clarity instead of denial.

That's not a shameful thing to do.

That's maturity.

That's courage.

Nothing in your past disqualifies you.

Nothing in your brain prevents growth.

You're still alive.

You're still growing.

You're still learning.

Don't give up your search for meaning.

That's what matters.