

**Running Head****Running Head**

## Narrative Essay

It is said that the only way to learn is through experience, and I can certainly attest to that. I have faced my share of challenges in life, and I have learned a lot from them. I must say that those experiences have been some of the most valuable lessons that I have ever learned. One particular challenge that is stuck in my mind is the time when I was assaulted by a stranger. It was a normal day, and I was simply walking home from the hospital after visiting my sister when suddenly a man attacked me. It was a difficult ordeal to go through, but eventually, I was able to move on by getting help from others and opening up about my experiences.

**Introduction**

My life completely changed with the side effects of what happened to me. I was walking home one night when I noticed a man in a red shirt started following me. I did not think anything of it until I saw him again later in a coffee shop. Suddenly, I felt afraid and tried to rush home. As I was walking, someone roughly grabbed my hand from behind; it was the same man, but he was now wearing a yellow jacket. He pulled me between two cars and told me he wanted me. I pleaded with him to let me go, but he did not listen. He raped me and then thanked me before leaving. After that incident, I was unable to cry for months and developed a severe case of PTSD.

**Background Information**

Along with PTSD, the aftereffects of what happened to me include partial memory loss, fear, and a lot of silence. PTSD is a condition where a person feels very scared or worried after going through a traumatic event. Partial memory loss means that someone might forget some details about what happened during the traumatic event. Fear means feeling very scared all the time, even when there is no danger. These words are not enough to explain what I went through. As someone with PTSD, I had trouble sleeping, felt jumpy and anxious, and experienced flashbacks or intrusive thoughts about the traumatic event. I also had difficulty concentrating or

remembering things. Partial memory loss made it hard for me to process information leading to confusion. Similarly, fear made me feel like I was constantly in danger, even when I was not.

However, after some weeks passed, I started communicating with others who had been through similar experiences. I found people online who had also been through a tough experience. We talked to each other and helped each other feel better. We created a support group so that we could help each other heal. I also started healing by following a technique called "528hz healing." This is a frequency that is believed to help with healing emotional trauma. I also adopted a cat to help me through the process. Adopting a cat helped me through the healing process because cats are known for their calming presence. They can help us feel safe and grounded when we are going through a tough time. Having a furry friend to help me through my healing process was really beneficial.

I believe that my experience was tough, but the fact that I was able to move on from it is my greatest strength. I learned that such obstacles are a part of life and distressful experiences do not mean that my life is over. This experience, however violent and cruel it may be, helped me become a more resilient person. So, even though this experience was painful to face at the time, I am proud to realize that I have the strength to face even the greatest adversities of life. This can help me become a stronger and more successful person. Furthermore, now that I know that I can overcome any challenge that comes my way, it is something that I shall carry with me throughout my life.