College Essay

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**Introduction**

The reality of life can never be imagined without hardships and setbacks. Every human being has to suffer different forms of chaos in their lives that let them know the actual perspective of this world. The hardest part of being depressed is that the individual starts believing that this phase of life is constant and would never be changed for betterment. Talking about the tough time in life is immensely difficult for the victim but it is essential. It is critical to express an actual detrimental situation to get some form of relief and hope in the end. Here, my focus is to illustrate my story of grief and depression to find out possible ways of respite.

**Discussion**

Life is all delighted for me once I am with my brother, who is my best friend. I was enormously pleased that I have someone in my family with whom I can share every little detail of my happiness and sorrows. I lived with the freedom because I had the confidence of my brother who was always there when I needed him the most. Undoubtedly, those days were the best days of life and I enjoyed every bunch of happiness by involving in different lively activities such as playing with my brother and went out for trips, etc. Unfortunately, this happy phase of my life never remained the same once my family faced the calamity of crime allegations on my brother who was my best friend. It was tough for me to accept this tragedy that I had to live without my brother who was put in the youth detention center.

           Those days were all gloomy and blank for me as I never considered myself strong enough to live without my beloved brother. That situation was tough for me that eventually led me towards the phenomenon of depression. The chronic signs of depression were visible for me and this reality was itself extremely frightening for me. I tried my best to sustain my involvement in various life matters but eventually, I felt lonely and helpless to attained and sustained a better position in life. As studying in 6th grade, facing the reality that my brother was put in a youth detention center was one of the cruel tests of life. I felt helpless and abandoned as I was never able to fully expressed my feelings and condition to anyone else. My inability to share my thoughts ultimately became the reason for my isolation. I gradually lost my interest in every aspect of life and only wanted to consider that when will be my brother will completely release. This uncertain situation prevailed until I was in 10th grade. He was in and out during that time-period that undoubtedly that was the toughest situation of my life. I felt this setback in many ways that ruined my personality radically. It was the time when I was depressed and stopped talking to everyone.

The overall situation got worse when I almost lost all of my friends because my brother was in the youth detention center. This particular taboo restricted me to never leave my house and better lived in loneliness. The entire situation was immensely stressful for me and required me to find out a better solution to address my upheaval in life. In the end, I focused on exploring a way out to regulate my life in better condition. I grabbed motivation from my family, teachers, and inspirational journeys shared by great people in their autobiographies. I increased my focused to learn different aspects of life by enhancing my reading skills and explored the fact that an individual can get peace through consistent effort.

**Conclusion**

In concluding remarks, I want to share my understanding of this life that everything will change with time. Nothing is consistent not even our sorrows, so people needs to focus on their strengths to better strive in this life and perform best to make this life easier and contented. Setbacks are the mandatory part of a life journey that can be overcome by will-power and necessary courage.