Violence in my life

Violence in my life was when my great grandmother passed away. She died before I was born. I do not actually know the full story of her death but I do know that she was shot by her husband and then after he killed her he killed himself. Because of the fact that she did die before I was born, I do not have any real affect after her death but I see how it affects my grandmother and my aunt because that was their mother.

The causes of violence are jealousy, bad company, bullying, Abuse, and much more. The reason why I picked jealousy is because when people are jealous of other people they do not know how to handle it. The reason why I picked bad company is because you may think that hanging out in gangs and having guns is cool but you could be in the wrong place in the wrong time.

How we can prevent it is by telling someone before it gets too serious, call the police, or just easily walk away. I decided these because to me it only takes one step until you are mixed up in violence and drama. So, you can easily prevent it by walking away or telling someone. That is how we can prevent violence.

That was the time I had violence in my life.
I'm not sure what to do or say as I can't express myself well in writing. I'm feeling overwhelmed and confused. I need some time to think about all that I am going through. I'm not sure if I want to continue or if I'm ready to move on. I feel like I'm losing control of my emotions. I need help and guidance to find a way out of this dark place.

I'm not sure if I can handle this on my own. I need support and understanding. I'm not sure if I can keep going. I feel like I'm losing my way and I don't know what to do next. I need someone to listen and to help me through this. I'm not sure if I can do this alone.

I'm not sure if I can trust anyone. I don't know if I can depend on anyone. I feel like I'm alone and I don't know what to do. I need someone to help me through this. I'm not sure if I can do this on my own.