







If you had the chance to relive your teenage years, what would you do differently?

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Author	Message
scwizard Joined: 04 Sep 2006 Posts: 9 Location: New York City	<p>Posted: Sat Nov 18, 2006 11:08 pm Post subject: What would you do differently?   </p> <hr/> <p>If you had the chance to relive your teenage years, what would you do differently?</p>
Daniel Mackler Site Admin Joined: 03 Aug 2006 Posts: 525 Location: New York City	<p>Posted: Sun Nov 19, 2006 3:12 pm Post subject:   </p> <hr/> <p>Hi scwizard, and welcome to the forum. Glad you posted – and you posted a good question. I suppose you’re asking everyone, but I’ll reply. Sorry about keeping my reply general, but I don’t reveal much personal or historical information in public.</p> <p>What would I do differently if I could relive my teen years?</p> <p>I would do a lot differently. With hindsight, that is. I’d probably have gotten away from my family, somehow. And I can think of a lot of specific incidents I would have done differently. Many of my biggest life’s regrets center around things I did as a teenager. I was in a lot of pain and had little or no healthy outlets. And the basic people who were supposed to be witnessing my truth and guiding my journey forward were the very ones who were blocking my path – and at times even poisoning it. When I was a teenager there was no internet either, so I didn't know much about the wider world. I did a lot of reading then, but I also got lost in fantasy in those books, for better and for worse.</p> <p>Anyway, I live with many regrets about those years, but my experience has been the more I unearth my traumas and heal them, the more I gain empathy for the person I once was and don’t hate myself as much for the things I did... Real self-love does come more into the picture...</p> <p>Again, welcome here, and feel free to keep on posting!</p> <p>-Daniel</p> <hr/> <p>Daniel Mackler</p>