

## What are your reasons to [#keepgoing](#) while living with [#grief](#)?

Share your reasons on The Mighty using the hashtag [#keepgoing](#), and give hope to people who are struggling right now.

POST NOW

Hello Mighties,

Today, I want to tell you a story about a person I only knew for a couple of months who influenced my life in ways I could have never imagined. In 2010, I became severely ill and lost large parts of my life. Friends left, my job was gone, and I was undiagnosed with not much hope to find someone to believe in my symptoms. But there was this one man, an extended family member, who I haven't seen since I was little. He had cancer and at some point knew he was going to die soon. This man spent his last weeks supporting me. He looked for treatment options, doctors who could help me and never let me see his own fears. Shortly before he died, he told me I now have to live for the both of us, and this one sentence was the main driving force for the hard years that came after. It's one reason I keep going, but if I think about it, I have many more.

Maybe you have reasons to [#keepgoing](#) too? And perhaps you want to share them with the community? You can share all of your experiences on the new [Mighty App](#). Or maybe you can offer some support for a member who's

struggling right now.

Stay [#MightyTogether](#),

Karina

Here are my reasons to [#keepgoing](#):

I wrote...

### My 10 reasons to [#keepgoing](#)

- I still haven't eaten food from every country in the world (and I certainly plan to)
- For all the people that never gave up on me and always had my back
- I haven't seen enough of the world
- I haven't reached all my goals in life
- There is always hope
- Despite the hard times, I love my life
- I think I might have something to offer to the people around me
- For as long as I am able to write, I can keep going
- The Ocean
- Heavy Metal Music (and Film Music)

Read the responses, and [reply](#) to me yourself:

SEE THE FULL POST

## Send Tracie some support:

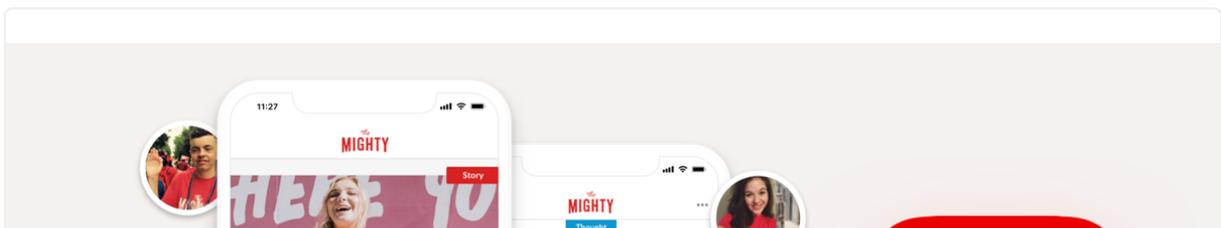
Tracie wrote...

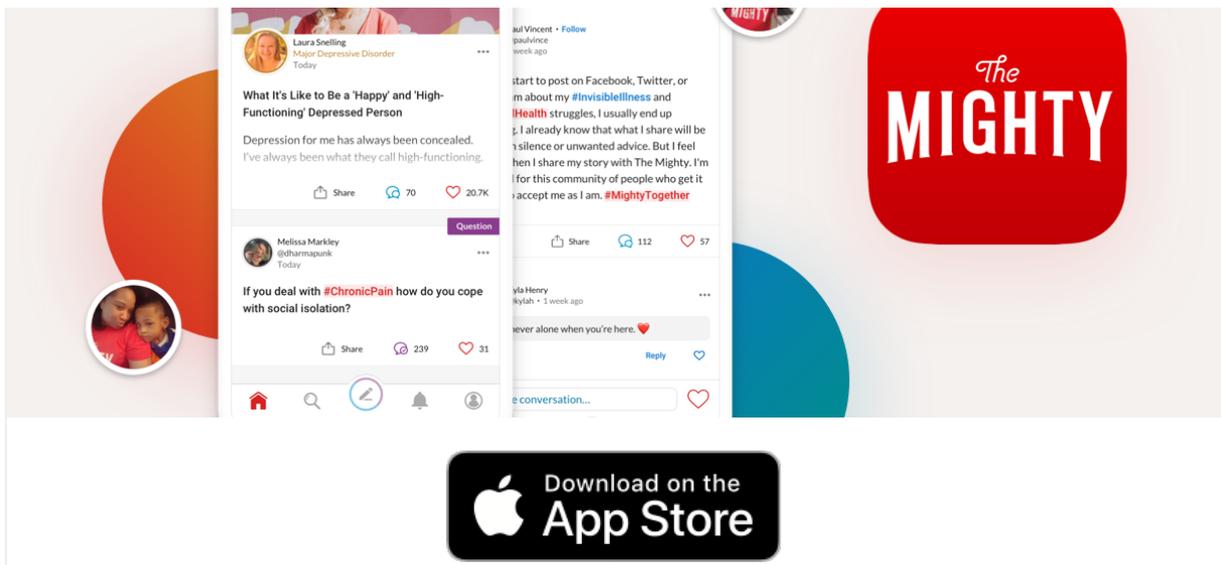
### October is a mess

Really down. This Saturday would have been my granddaughter's first birthday. She died at dawn on her fourth day. I don't think my husband realizes how much I'm grieving. She's my stepdaughter's child. He's going to get to visit his daughter this weekend. We couldn't afford for both of us to go, plus he wanted to stay through the anniversary of her death, and we have two sons in school, and they can't afford to miss that much school. I've even gotten to the point where I have a plan. An out. I feel unnecessary. I can't eat. I sleep too much. I just want to feel something besides emptiness. [#Depression](#) [#Grief](#) [#InfantLoss](#) [#Suicide](#)

Read the responses, and [reply](#) to me yourself:

COMMENT NOW





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**MIGHTY**



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