

Everyone has a backstory
Has been through and seen things you don't know about
So tread certain waters cautiously

Words are powerful
They can lift people up and put people down
In just one breath

When you talk about your diet and weight loss
It might seem like you are making innocent conversation
But be careful
Because people with troubled relationships with food and exercise may be triggered

When you talk about how psychotic someone you know is
You may know you're exaggerating and don't really mean it
But someone with mental illness might take it a different way

When you talk about a small problem and say 'I want to kill myself'
That can affect the people who have dealt with those thoughts
Or may still be actively having them

When you talk about purposely getting wasted
And pressure others to do the same
That could bring uncomfortable feelings for people
Because alcoholism runs in families
Or they could be recovering themselves
But how would you know?

When you talk about doing drugs like marijuana
And how common it is
Then go and joke about hard drugs
And how you would never do them
Because they're so dangerous and addictive
Yet continue to normalize other types
Since they 'aren't the same' as one another
People and families of those who have done hard drugs are more common than you may think
And are closer than you realize
So continue to be careful

When you joke about slitting your wrists because of a minor inconvenience
You invalidate those who have thought hard about it
Those who have tried
And those who succeeded

When you joke about being tired of being around friends so much
What does that communicate to people with social anxiety
That would do anything to have a taste of that life
Instead of isolating themselves from the outside world

Everyone has said something like this in their life
Because we're human and can express ourselves using these words
But the older I get
The more toxic I realize they are
And how much of an effect can be had

Everyone is fighting a battle you know nothing about
Everyone has a backstory

e.g.