I am about to give you a glimpse into the world of someone that was devastated by something so simple could have been avoided, distracted driving. In the beginning I was so happy to announce that, at two different times, I was going to have sons. I never knew what life was going to be like being a single mother at those times, but I knew I had the strength to give them the best life possible. They became my world and I didn’t know anything different from being a mother and taking care of my children. They were now my family and my whole heart. Everything changed the day of November 28, 2010 at 5:15 pm right South of Red Oak, Iowa.

You see on November 28, 2010, I was injured severely by a distracted driver that chose to be on their phone texting and trying to pass a couple vehicles on a hill. Not only was I injured but the worst thing happened to me that no amount injuries would ever damage me. I lost my world and my heart that day, I also lost me. That day I lost my two boys Maliki and Alex. Maliki had just turned 5 in September; he was a lady’s man and very into sports. Alex had just turned 4 in September; he was very rambunctious and looked up to his brother a lot in life. You see that day I lost everything about me. I lost my world, I lost being a mother, and my thought of being. You would think that those feelings would go away after almost 9 years, but they don’t in my world and many others I met along this journey of fighting distracted driving. My every day life is something no one should live with in this world.

My everyday life starts with a struggle to even get out of bed because I always think that I have no purpose in life anymore. May I add that I am lucky to get maybe 3 hours of sleep a night because of nightmares of my children being covered up with sheets right in front of me that night of the crash. Depending on the day, when I finally pull myself out of bed, I try to find something to focus on for that day. I mainly spend days in my chair and watching television or playing certain games on my phone to keep my anxiety down or my mind occupied that way. If I don’t do this, I have very bad days where all I think about is death and how easy it would be for me to end everything right then and there. I spend my life in fear of being rejected because all my family and friends have children. My life is in a depression watching so many people have the families I wanted for so long and then it was ripped from me in one minute. It doesn’t help that I can’t have any more children because of having my tubes tied so that makes things not any easier while watching so many people around me having children. It makes things harder to want to even breathe anymore but I think about my sons and remember that I must warn people about what this can do to people. So many emotions run through me in my day that sometimes I can’t keep up. I try to live a normal life, but I just can’t, and people don’t realize it because I try my best to hide my emotions. If people saw what was inside my head, they would be scared and so upset. There are days that I do get my self up and around to be productive, but those days are still a struggle because I still second guess myself and I get anxious. I try to go and do things with friends and family but again I get anxious and depressed about things. I talk myself into believing that I don’t belong because I don’t have children. My friends try their best to include me but many times I end up just feeling like a burden. These are what have become of my life after a crash that could have easily been prevented.

This is just a glimpse of my every day life due to a distracted driver. No one should have to deal with the pain and anguish that I must live with for the rest of my life. I have lived every day trying to live with heartache that I couldn’t protect the two boys that were given to me on this Earth to protect. My biggest question in this is, “Would you want your parents or anyone else to live this life?”. Don’t drive distracted in any way and focus on the road!!