**Promise me a fight!**

I woke up the morning after a day of celebrating the life of a long-time girlfriend who passed away six weeks earlier. I know that in my dreams, she spoke to me that night, I even told my mom when I woke up that I have my topic for the week. In fact, I have the entire article; and it’s coming from my girlfriend through my dreams, onto this paper this week. It’s simply called; Demons.

While attending her celebration of life service, I listened to a few of our friends and her family talk about ‘her demons.’ The demons she struggled with all her life, the demons we (her friends) helped her deal with back in high school, college and even in her 25-plus year career. The demons she eventually died from. Demons are always present.

It took until after the celebration and after visiting with friends/family to realize how badly I felt about my friends’ demons taking her from us. I am not only sad that she’s gone, I’m actually very upset about it. We all have our own demons.

As I listened to all the wonderful stories; so many stories, events, milestones, successes, losses and parties that we all shared. I took a special mental note to recognize that no one brought up the truth of what really happened to our friend. The lesson that our friend has given us, through her death. Letting the demons win.

The elephant under the tent that morning (it was a poolside service, held under a tent), was that no one brought up the fact that the demon that took her life from us was a demon that could have been fought. Preparing to fight our demons.

Her demon caused her to shut everyone out of her life. Her demon pushed everyone away. Her demon took the job she loved away from her. Her demon forced her into her apartment where she wouldn’t come out for months and years. Her demon used alcohol to quiet its rage. Her demon attacked her health and weight and mental status. Demons will win if you let them.

Some of us don’t have so many demons and we are able to keep them in check. Others suffer far greater demons and live their lives dictated by coping methods that are self-subscribed, abused or ineffective. No matter how our lives have been woven, inter-woven or thrown together. There are sources, education, organizations, friendships and help that give strength to our lives. It starts with acceptance. It starts with allowing those who love you to help you. Demons can be conquered!

I’ve only had little demons attempt to throw off my journey in this life, so I will admit that I struggle with not understanding why these demons are so strong with certain people and not others. I’m mad at myself for not trying harder at helping my friend fight her demon harder. Fight demons with all your strength.

I will also admit, that the last few times I was in our hometown, I was informed of her status and talked to family members and encouraged others to help. I was aware. I also work in EMS, so I am aware. Even amongst mutual friends we talked about interventions and trying to help. We were aware. Yet, we let the demon beat us too.

I was told by a family member, that when she eventually made it to the hospital, ‘she was noticeably relieved to be there receiving help.’ We need help fighting our demons.

I asked, ‘why wasn’t there an intervention’ and was told that they were afraid she’d be mad at them for forcing help upon her. Isn’t the choice at this point; mad or dead? This is when the demon beat all of us.

I’m a true believer that we are on this earth for a reason. Throughout our life we learn lessons, teach lessons and hopefully leave this earth a little better to those friends and family we are fortunate to love along the way. Building angels. Angels and demons. I promise here and now that I will not let a living angel of mine be taken down from demons that can be fought ever again.