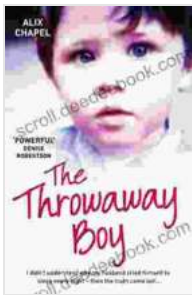


Didn't Understand Why My Husband Cried Himself To Sleep Every Night. Then The...

For months, I watched as my husband cried himself to sleep every night. I would lie awake beside him, listening to his muffled sobs and feeling helpless to do anything to ease his pain. I didn't understand what was wrong. He wouldn't talk to me about it, and I was too afraid to press him. I just assumed he was going through a rough patch at work or something.



The Throwaway Boy: I Didn't Understand Why My Husband Cried Himself to Sleep Every Night - Then the Truth Came Out by Bruce E. Stewart

★★★★☆ 4.2 out of 5

Language : English
File size : 532 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 305 pages



One night, I couldn't take it anymore. I reached over and shook him awake. "Honey, what's wrong?" I asked. "Why are you crying?"

He looked at me with tears in his eyes. "I can't tell you," he said. "It's too hard."

I was frustrated, but I didn't want to push him. "Okay," I said. "But I'm here for you if you ever need to talk."

The next morning, I woke up to find him gone. He had left me a note saying that he needed some time to figure things out. I was heartbroken, but I respected his decision.

Days turned into weeks, and still I didn't hear from him. I started to worry that something had happened to him. I called his friends and family, but no one had seen or heard from him either.

Finally, after two weeks, I got a call from the police. They told me that my husband had been found dead in a motel room. He had committed suicide.

I was devastated. I couldn't believe that he was gone. I kept thinking about all the times I had seen him crying himself to sleep. I wished I had done more to help him. I wished I had pressed him to talk about what was wrong.

But it was too late now. He was gone, and I would never know what had driven him to take his own life.

After his death, I found a letter he had written to me. In it, he explained that he had been struggling with depression for years. He had been afraid to tell me because he didn't want to burden me with his problems. He had hoped that he could get through it on his own, but he couldn't.

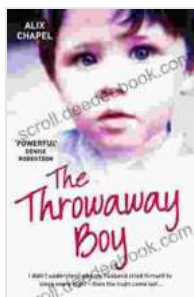
I was heartbroken all over again. I couldn't believe that he had been suffering in silence all those years. I wished I had known sooner. I wished I could have helped him.

But I also realized that I had been part of the problem. I had been so caught up in my own life that I hadn't noticed the signs that he was struggling. I had been too quick to assume that he was strong enough to handle everything on his own.

I learned a valuable lesson that day: never assume that someone is strong enough to handle everything on their own. If you see someone who is struggling, reach out to them and offer your help. You never know when it might make all the difference.

I also learned that it's important to talk about mental health. We need to break down the stigma surrounding mental illness and make it okay to ask for help. If you are struggling, please know that you are not alone. There are people who care about you and want to help you get better.

My husband's death was a tragedy, but it also opened my eyes to the importance of mental health awareness. I will never forget him, and I will always be grateful for the lesson he taught me.



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