

## Quicksand

*Hooray! At the biggest pay-per-view ever until this time next, Rise to Greatness XX, my partner, who is definitely more than just my in-ring partner, Chance Owens and I, we won! That's right we beat not one but two teams in The Playgirls and Farmstead Friends. We had been a team for the shortest amount of time, and had never been in a conversation for the SCW World Tag Team Championships, and yes we kind of forced our way into the match to begin with, and yet we won. So, you would think that since that time I have been over the moon happy, and I should have been, but I wasn't and I am not.*

*Admittedly, to do something like this was not what I expected and even though putting my thoughts down on paper fills me with fear I must continue. I can't keep hiding from myself however, because the longer I do that, the greater I run the risk of never becoming who I want to be, never becoming who I need to be. Granted, by being so forward about where I am at with all of this, the fact that I need help more than I would care to ask for, there is risk that is being run there as well. But I can no longer remain a cautious passerby of my own life, because I feel like everyday I lose just a little bit more of myself. It starts with just one thing, and then another, and another, until it becomes everything, all consuming, sucking you in completely, and no matter how hard I try I can not get away because the more vigorous I try to pull away, the more voracious it just sucks me right in. That why I say that depression is like quicksand, and when it really hits hard, there is no end to it in sight.*

*So, I made the decision to be honest about it, and it terrifies me in ways I cannot begin to explain. Everyone knows of my past of course, and what I have been through before because of depression, that is a matter of public record for anyone who might want to read about it. My depression in the past has caused me to make life altering career decisions, decisions that still affect me to this day, both professionally and personally too. My depression led to the break up of my marriage, and ultimately my divorce as well. Many who know me would say that is not entirely a bad thing and further my life now gets away from my life in the past, I can't say that I disagree with them. Fact of the matter is though, when I took those vows, for better and for worse, I meant every word, and then when we decided that "we" was no longer working for us, that was a definite failure, and one more thing to become depressed about. Such a vicious cycle, and one that I can't outrun even if I wanted to try, and at this point I really don't have the energy to do so because I am tired, or maybe exhausted is more like it. Physically, mentally, emotionally, and spiritually drained.*

*That's why I have to tell him how I am feeling, because if I don't, it is only going to get worse, not better, that much I'm certain of. How do I tell him though, because I am not under any false pretenses here. Just like I knew with my ex-husband previously and why that meant keeping my real feelings and emotions bottled up inside for so long, I know what kind of a man I am dating now too, and I know that means that he will not try to run from this, or even try to side step it. He is just not that type of man about anything. As soon as he knows, he is going to face this just like he faces everything else in life, head on, because he is a person that doesn't run from anything, it's just not in his DNA. What I need to be careful of however, is that he understands the situation fully first, realizing that what is going on inside of me is not his fault. It's not even my fault. Since moving here though to be with him, I have been the happiest I have been in a very long time. Depression doesn't discriminate however, and while I was so happy one minute, I was feeling so incredibly sad the next and it was nobody's fault! As long as he understands that, then I really do believe that we can face this together and as long as we do that, even depression doesn't stand a chance against us together.*

*Where to start though? While I don't know exactly how I want to start I know that I need to do it sooner rather than later because he is anything but stupid and I know that he can already tell that there is something going on with me. I know that automatically when I tell him that he will want to protect me, that again is just the type of man that he is, very chivalrous. What I need to*

*get across to him is that with depression he is not trying to protect me against another human being. Rather this is a feeling, a feeling that I am going to deal with at times for the rest of my life, a life I want him to be a big part of. This is a man that I know would stand against any and every human being who even thought about trying to cause any bodily harm to me, despite the fact that he knows I can take care of myself. When I am with him though, I don't feel like I have to, and yes I love him for that, for making me feel safe. I love him? Yeah that is another topic for discussion between the two of us at another time, and it doesn't need to happen right away either mind you. Seriously, anybody who knows me knows that when I was willing to pick up and move everything five states away from where I was, then the only thing that it could be was love.*

*Now, I just need to tell him how I feel and not let my depression tear us apart. The only trouble with that is, when on the surface everything seems fine, how am I supposed to tell him that I'm not, and that is not his fault.*

**Sunday, August 27, 2023**  
**Kelsai's Adamson's Condo**  
**Denver, Colorado**  
**11:30am**

If the normal person were asked how they would like to choose something to do during their time away from work, you would probably not many people would like to take that time and study other people that do the same thing for work as they do. But SCW stars Chance Owens and Kelsai Adamson are anything but what people would call normal, so it should come as no surprise that when they have a chance to take some extended time away from the ring, that they would watch other people wrestling. On this particular day they were snuggled up together on the couch watching a huge pay-per-view from another company.

*"Just look at all of those people that packed the venue to see the show tonight. I know that Wembley is one of the largest stadiums in all of Europe, but when you have that many people packed in there at once its...."*

*"Pretty awesome to be in there in front of 81,000 people right? You are the one here that has been the world champion, twice. Have you ever wrestled in front of 81,000 people because I know that I never have."*

*"No babe, I have never wrestled in front of that many people and I can imagine that is pretty awesome to be there like you said, but what I was going to say is that it must be pretty intimidating to wrestle in front of that many people."*

Hearing Kelsai express how intimidating it was to wrestle in front of that many people, Chance knew immediately that something must be going on with her, because there was nobody that Chance knew that loved being in the ring more than Kelsai. However, Chance decided rather than just to ask her what was going on, he would take a different tactic, and see if he couldn't get out of her that way.

*"Intimidating? There are a lot of things about you, more that I am starting to understand all of the time, but one thing that I can say about you is that I don't think in the time that we have known each other that you have been intimidated by anyone or anything. I know that you certainly have never been intimidated by me."*

What happened next would surprise even Kelsai herself, if she were actually listening to what she would say. To say that Chance was a little stunned by the words that were coming out of her mouth would be a real understatement.

*"You? You darling are one of the most intimidating people that I have ever meant in my life. Without a doubt, the thought of pissing you off scared the hell out of me for the longest time."*

Narrowing his eyes, Chance looks at Kelsai suspiciously, not quite sure what to say at that moment.

“You are intimidated by me, hon? I know that I have never meant to try and make you feel intimidated by you.”

Kelsai has been sitting down with head in Chance’s lap, looks up at him, giving him a sly grin. Immediately Chance knows what this is probably going to lead to and he tries to stop what she is about to say next. It is too late though, because Chance had taken the bait and gotten himself hooked, and now like any good fisherwoman, Kelsai was all too happy to reel him in.

“I know what you are about to do, and really am here to tell you, you don’t need to say it.”

Kelsai tries really hard and almost manages not to laugh while asking, “Say what?”

“You know what I mean, miss, and it is bad enough that you have given me that nickname, and even worse that you are almost assuredly thinking it right now, you don’t need to say it.”

“Whatever do you mean sir? See, you need to understand that you used to intimidate me before we really started getting to each other, back before I knew what a big...”

Kelsai has a huge grin while Chance shudders in pain knowing that he can’t stop what is coming, no matter how much he might want to.

“...teddy bear that you are.”

“Kelsai, look I have already told you, I am not a teddy bear.”

Looking up at him with her pouting brown eyes, Chance knows that he stands absolutely no possibility of winning at this point.

“I am so sorry that I have made you mad babe, but you are MY teddy bear, right?”

“You know that you are really insufferable sometimes, right?”

“Does that mean that I have won?”

“You already knew that you won before we even started talking about this. You just wanted to hear me say it again. It gives you some kind of perverse pleasure, I think.

Looking up at him with a big smile, Kelsai gives Chance a kiss on the lips.

“Of course. I am going to get up and get something to drink. Can I get you anything while I am in the kitchen?”

Chance just looks at him and shakes his head.

“I will go out to the kitchen and get us both something to drink. You can just keep marveling at the crowd and think about how intimidating it would be for you to be in front of them performing. I think that the next match is probably going to be something that you will enjoy more than me, anyway.”

With that Kelsai takes her head off of his lap so that Chance can go out to the kitchen and get the two of them something to drink, while Kelsai was watching a 6-person tag team match. It wasn’t long that Chance was out in the kitchen alone before he heard what he was positive was Kelsai crying and he immediately dropped what he was doing and came running back out into the living room. Seeing that he was right and Kelsai had burst into tears uncontrollably, Chance knelt down beside her and cradled her head, while patting her head.

“I knew that something was going on with you earlier as soon as you mentioned being intimidated by the size of the crowd, especially when I realized that you actually meant that. It just isn’t you and who you are to be intimidated by anything, particularly crowds. You love people, what is going on, sweetheart?”

In between her tears, Kelsai manages to say. “You wouldn’t understand, and I am not sure that you would believe me if I told you about this. It’s probably better if I just say nothing at all.”

Chance reaches up tenderly and dries Kelsai tears while trying to reassure her just as tenderly with his words. “Nonsense. I know that you would never lie to me, and you know when

you start crying like that I am not going to give up until you tell me what is going on. So, you might as well just tell me.”

“Ok. It all goes back to me being intimidated actually. What you need to know is while I put up a very good front, I am intimidated in so many facets of my life. It’s not a joke in the least bit.”

“Alright then, I apologize. But I am confused, because I never thought that you being intimidated could cause you to just start crying.”

Looking at Chance and not wanting to disappoint him, Kelsai takes a deep breath and opens up her mouth but instead of telling Chance what is going on, she starts crying again.

“Kelsai, this is really starting to concern me a lot. What is going on?”

“I am very intimidated by a lot of different things, many things that I don’t even realize that I will be until I am faced with the situation. I cry for no reason whatsoever, and I need you to understand that what I am about to say is not your fault at all, but the fact of the matter is although you are the most wonderful boyfriend that I could ever imagine, I am just not happy. Not because of you, but because there is something wrong with me in my brain.”

While Kelsai takes a moment and tries to compose herself for what she is about to say, Chance just looks at her and wonders genuinely what is going on, and what Kelsai is about to say next.

“There is still so much about me that you don’t know, but the one thing that I am telling you now is that I have severe clinical depression. I don’t want you to think that I don’t want to be with you right now. In fact, I am pretty terrified that you will find out about this and will not want to be with me. But I need to be truthful about this with you. I know that it doesn’t make any sense, no fucking sense at all. I have this amazing man in my life who I just moved not too long ago almost 1300 miles away from all of my family and friends to be with, and WE WON at Rise to Greatness. I should be on top of the world,.... ”

Kelsai starts to snifle again.

“...but I am just not there. What the hell is wrong with me, and why would you want me. Why would anyone want me?!”

Chance reaches up and dries Kelsai again eyes before looking right in them. “Kelsai, you had me long before you moved away from all of your friends and family to be with me, and I am not going ANYWHERE. I know how serious clinical depression is, I already lost one of my best friends to depression before and I will be damned if I am going to lose to depression now. We are going to get you the help that you need and we will face this just like we are going to face everything else from now on, together.”

As Chance cradles her head and she starts to cry again all that Kelsai can manage to say weakly is, “Together.”

## **Honesty**

*To the SCW fans: Good evening. Tonight should be a great night for me. I should be coming out here to talk to all of you about the biggest opportunity I have had in this company since I have been. The opportunity to win a title doesn’t come along very often but that is exactly what I have Thursday night on SCW Breakdown when I am going to challenge for the SCW Television Championship. It is a title that I won on two separate occasions when I was with the company the first time around. You know when I was considered one of the brightest young stars in professional wrestling?*

*I can say without reservation that a lot has changed since that time. About myself, about this company as a whole, and I would say even what it means to be a champion in this sport of ours, at least in my eyes. I guess that was bound to happen after I became a world champion*

*myself, even if it was in another company. One thing that hasn't changed whether that be now, or will ever change is that I truly love professional wrestling. I have loved since the time that I could talk and that is a love that is never going to change no matter what happens, I can guarantee you that.*

*My opponent this week, the current SCW Television Champion, "The One" Kirsten Scott, she is incredible. If you are watching this Kirsten, and I really believe that you are because I know if our roles were reversed that I would be watching if you had something to say, I want you to know that I mean when I say that you are incredible. If I am somehow able to take this title off of you, it is going to take every ounce of competitive fire that I have inside of my body, it is the only way. I expect nothing from the best that you have either because I know if I had that belt there is nothing that I wouldn't do to keep it.*

*But, I have to be honest with all of you and say that is not why I am here tonight, talking to all of you right now. Don't get me wrong Kirsten, you and I are going to have an unbelievable match, really bring the house for a great championship, and one of us will leave a great champion. But what I need to talk about right now is so personal to me, and it's the hardest thing I have ever had to say on TV in my career. The fact is though every year 850,000 people die from depression and anxiety around the world. Again, this is very personal to me because I was diagnosed with clinical depression three years ago, and I still battle it to this day. If you or someone you know is battling depression, please seek help. There's nothing wrong with that. Don't be a statistic. Thank you and goodnight*