

Pain, Comfort, and Healing: An Ongezellig Story

## Chapter 1: Present for Maya

It was a normal weekend in February. School was out for the weekend, and the sisters were spending their weekend off resting. Mymy on the other hand had a delightfully devilish plan to snoop on her sister Maya. Entering Maya's room, Mymy intruded on her sister's privacy destined to find what she was doing recently when she heard a creak from the door. Panicked, Mymy ran hide behind the now opened door, desperate to stay out of sight to the person about to enter. It was Maya in her usual depressed mood; although something seemed off. No matter though as she ignored Mymy and sat in her chair. *Phew, the coast is clear*, thought Mymy. As she began to leave, she was shocked by the sound of sobbing coming from Maya. Checking to see what was wrong, Mymy saw her crying in front of her monitor which showed pictures of her pet cat Noga. Feeling bad, Mymy soon left Maya's room when she bumped into Coco in the hallway. "Hoi Mymy, what were you doing in Maya's room?", asked Coco. "Well, I saw Maya in her room crying over pictures of Noga. I'm surprised she missed the cat that much, but I kind of feel bad for her", replied Mymy. Coco frowned. "That's horrible. I'm really sorry that my allergies forced her to give up her precious Noga. That's probably why she tries avoiding me a lot; she doesn't want to forgive me just yet", said Coco, concerned with Maya's well-being. "Is there any way we can help her?", asked Mymy. Immediately, Coco thought of an idea to help Maya. "Why don't we make a present for Maya?", asked Coco. "That sounds cool. What should it be?", replied Mymy. "Since she misses Noga a lot, why don't we make her present Noga?", replied Coco. "Sounds good", said Mymy. "Great! I'll go get my supplies", exclaimed Coco in joy. And so, the two spent a couple of hours designing the best present they ever could to help cheer up her sister. Later, the stuffed Noga was finished and ready to give to Maya. They later went into Maya's room and put the animal on her desk.

## Chapter 2: The Argument

Maya walked into her room and saw the homemade version of what looked like Noga along with a note that read: “Hoi Maya, this is a small gift just for you. I’m sorry that I’m the reason why Noga is not here anymore. I hope you forgive me. Mymy and I made this with love from the bottom of our hearts.” Upon sight at this, Maya started tearing up. However, rather than feeling sad or happy, she started feeling enraged. Coco and Mymy soon started entering her room only to find her trembling. “Hoi Maya! Are you ok? Sorry, I didn’t mean to make you cry. If you don’t want it, I can take it ba- NO! I LIKE IT!”, screamed Maya, enraged with tears in her eyes, interrupting Coco’s speech in progress. “Y-you guys are only doing this to make fun of me aren’t you?”, asked Maya, believing this to be yet more humiliation for her. Coco tried to explain, “Of course not! We would never do that to you! I-it’s just a small gift...” “She’s right. We were only trying to help a fellow Belgian in need”, explained Mymy, not even realizing that her Belgian jokes were only hurting Maya more. “Stop it Mymy! You’re not helping!”, yelled Coco in response. “Look Maya, we just wanted to help cheer you up especially since you missed Noga really much.” “That’s none of your damn business!”, yelled Maya in response. “Just get out of my room you two! Leave me alone!” The two sisters agreed, however Coco feeling even more terrible was trying to make things up with Maya. “Let me try to talk with her alone”, said Coco as she went into Maya’s room. “WHAT? ARE YOU NUTS? She clearly seems pissed off at us right now! How is going to her room alone helping her?”, exclaimed Mymy trying to persuade Coco not to do what she might regret. Instead, Coco ignored Mymy’s please and went in anyways, trying to support and comfort Maya. “What the hell are you doing here? I told you to get out!”, yelled Maya following Coco’s appearance. “Maya, I-I just want to apologize for everything. I just wanted to make you happy”, said Coco. Maya, tears falling like waterfalls and her blood boiling red hot yelled, “WELL, YOU’RE NOT FUCKING HELPING! NOBODY IS! NOT YOU NOR THAT BITCH MYMY!” Coco trembled. Maya continued, “Don’t you get it? You are the reason my life is a living nightmare. I don’t have friends, feel lonely, and hate school so much, but Noga was more than a

pet. She was my best friend. And then you showed up and they had to take her away from me! That was bad enough, but they you kept trying to force yourself into my life. You took my family from me, my one true friend, and on top of that made me do shit that I didn't want to do just so you can feel proud of yourself for "helping" someone. Well, I don't feel helped at all from you or Mymy. All I feel is humiliated and tortured." Coco pleaded, "Maya, please. It's not like that between us I swear. I genuinely care about you." "WELL, I DON'T! I HATE YOU!", screamed Maya at Coco. The blonde girl started to tear up, "Y-you don't mean that, d-do you?" "I do, I fucking do!", affirmed Maya. "You ruined my life and I don't want anything to do with you! NOW GET THE FUCK OUT OF MY ROOM!" Coco went to her room emotionless. Upon seeing Mymy, she broke down in tears. Guilty, Mymy said softly, "Coco, I heard everything that went over there. I'm sorry that happened to you." Speaking in between sobs, Coco replied, "It's \*hic\* ok Mymy. \*sniff\* Maya hates me \*sniff\*, and deservedly so. \*hic\* I'm the worst sister there ever was. \*sniff\*" Mymy consoled Coco, "Don't say that. You're the sweetest, most kindhearted sister there ever was. I wish I could've been born with a sister like you." "Thank you \*hic\* Mymy", said Coco. The two soon shared a hug with each other.

### Chapter 3: Regret and Suicide

Following the argument, Maya immediately broke down sobbing. In her mind, she thought, *What have I done? Why did I say that? Why would I hurt her like that? Coco took Noga away from me, but it wasn't her fault. It's nobody's fault that I'm alone and have no friends. It's all my fault. My own adopted sister treated me as a good friend and tried to help me, yet I acted like that. FUCK! I wish I was never born. Coco deserves someone better than me. I deserve nothing but eternal suffering in hell.*

Following her sobs, Maya soon started talking to herself: “\*hic\* I should just kill myself. \*hic\* I don't deserve to live. \*hic\*” Maya soon went to her closet and grabbed one of her belts. She soon grabbed a chair and tied the belt to the closet rod. Maya later said, “Goodbye cruel life. Father God, \*sniff\* please forgive me.” After this, she kicked the chair and suffocating from the belt, slipped into unconsciousness. Fortunately for Maya, the rod collapsed from the weight, sending her down to the floor. The noise caused both Coco and Mymy to investigate when they saw Maya on the floor unconscious and with a belt tied around her neck. “MAYA!”, shouted Coco. Mymy started to sob, “No. No. Why Maya why?” “Please wake up, please.”, pleaded Coco. “HELP! MA! PA! MAYA IS UNCONSCIOUS!” Soon, Soei and Ravi rushed to Maya's room. Upon seeing Maya, Ravi attempted CPR while Soei shouted, “My baby!” and rushed to the phone to call emergency services. Mymy and Coco cried, comforting each other and praying for Maya's well-being. Once the paramedics came, Ravi went to Soei, Mymy, and Coco as they all started crying with each other. Maya would soon be revived and immediately rushed to hospital in critical condition with Ravi and Soei following alongside and the sisters staying at home, trying to comfort each other and process the situation.

## Chapter 4: A Second Chance at Life

Once Soei and Ravi entered the hospital, they were anxious to hear about Maya's condition and whether she would survive her attempt. The doctor approached them and stated, "Your daughter was unconscious for quite some time, but thanks to quick action, no permanent damage to her brain had been caused and we were able to wake her up. Would you like to see her?" Meanwhile, Maya woke up in a hospital bed, surrounded by machines connected to her as a nurse approaches her. "Hi Maya, I'm your assigned nurse and I just want to see if you're able to function considering the event that you suffered." The nurse then proceeded to ask many simple questions from asking the day of the week it was to how many fingers she was holding up. Maya answered all the questions correctly. Soon after, Maya discussed with the nurse about the events leading up to her attempted suicide. Following that, Maya got to see her parents who cried and hugged her. "Maya, why did you do such a thing?", Soei said sobbing. "Ma, Pa, I'm \*sniff\* sorry. \*hic\* I just hated myself for so long. Please forgive me.", Maya cried. "It's ok \*sniff\* Maya. We're sorry too for not caring for you enough. \*hic", said Soei. "We promise that will never happen again.", said Ravi. "We will be a functional and happy family again." Soon, the family ask the nurse, "Is Maya able to return home?" The nurse replied, "Unfortunately, Maya will have to go to a mental hospital to receive treatment before she can be released home." She soon handed a flyer for the mental hospital. "This is the address where the hospital is. Depending on the severity of Maya's condition, she may be there for around 2-3 weeks." This news disappointed her parents as they won't be able to see Maya for such a long time. Meanwhile Maya was devastated and scared as not only was she isolated from her own family, but she was thrown into an unknown place potentially with unknown people for a long period of time. "It's hard, but we will move forward with it.", Ravi said to the nurse. Maya was soon discharged from the hospital taken to the mental hospital on the flyer. After talking with the receptionist and waiting in the waiting room, a nurse later came and made an announcement, "Maya Schoppenboer". Maya soon stood up with her parents and would be taken to her unit. The nurse stated, "We will make sure to give you the best treatment and show you the

best support as much as we can. Unfortunately, you will have to say goodbye to your parents here, but we promise to take good care of you.” Soon, Maya in a tearful goodbye hugged her parents and walked with the admitting nurse. Going home, Soei and Ravi let Mymy and Coco know about what happened with Maya and all four comforted and prayed with each other.

## Chapter 5: Hard Times

Maya's first few days at the mental hospital was a mixed bag at best and hell at worst. She felt extremely lonely around the many kids there and some treated her like garbage. Worst was the doctors who constantly treated them like hardened criminals rather than patients in need of treatment. Maya could barely fit in at all, but worse was the fact that she was isolated from not only family but also the internet. In one of the requirements to treatment, Maya was not allowed to have her phone or any electronic device at all. Only the basic essentials (toothpaste, mouthwash, clothes, toothbrushes, etc.) were allowed. This means that Maya was forced to try and communicate with her fellow peers at the hospital; and for a girl who has problems already trying to communicate with real life people, it was nothing short of a daunting task. However, there were some positives in her experience. The food was pretty good, they played DVDs from time to time to keep the patients entertained, and some of the therapists along with her doctor were really nice and wonderful to be around. If it wasn't for those positives, her first days would be the absolute worst.

## Chapter 6: Hold Me Now

Mymy was not the same as she was normally. The guilt of her making Belgian jokes and tormenting Maya got to her as all she could think about was how she hurt Maya. Walking to Maya's room, instead of invading her sister's personal space she instead cuddled Maya's blobfish plushie and cried. "M-Maya \*hic\*, I'm sorry \*hic\*.", said Mymy in between sobs. During her crying, Mymy played the song "Hard to Say I'm Sorry" by the band Chicago. Hearing the song along with crying, Coco went to check on the situation. Once Mymy heard a knock at the door, she tried her best to wipe all of her tears and paused the music playing before answering the door. "Hey Coco \*sniff\*", said Mymy. "Hoi Mymy. What are you doing in Maya's room?", asked Coco. "Oh nothing. \*sniff\* Just seeing if the Belgian took her presents with her which she didn't. \*sniff\*", Mymy responded. "Well, I heard crying and music being played; and with your sniffing, I can tell something isn't right.", Coco said, sounding concerned for her sister. Mymy however was full of excuses: "Oh that must be \*sniff\* mom. And I guess I just have the case of the sniffles. \*hic\*" "I also see tears in your eyes, Mymy. Is something wrong?", responded Coco at the sight of her eyes. Mymy yet again threw around an excuse for this one, "My eyes are just sweaty ok, what's with the questions?" Coco, not believing the lies Mymy was telling then comforted her. "It's ok Mymy. I know you miss her. We all do. You don't have to keep it secret from me.", said Coco. This was the moment that Mymy finally broke down. Tearing up Mymy said, "\*sniff\* I just can't believe that I would hurt her like that. \*sniff\* I thought everything we did was all fun and games, but I never saw that she was hurting from that. Ugh, it's all my fault that she did something like this. \*hic\* I ran away from my own problems in \*sniff\* Nagasaki just to make someone I love unwelcome in her own fucking family. \*hic\* Urggh, I hate myself for what I've done; I just want to take it all back." Mymy soon sobbed after. In response, Coco stated, "There there Mymy. It's not your fault. It never was your fault. Yes, your joking may have gone too far, but like you said, it's still just horseplay between sisters. I know you loved her and really cared for her. If you didn't,

would you have gotten her the blobfish present and helped me make the stuffed Noga for her?” Mymy eventually looked at Coco and said, “Thanks Coco. You’re one of the best sisters someone could ever ask for. \*sniff\*” Following this, both exchanged a hug. Beginning to cry, Coco later asked, “Is it ok if I can join you as well in your crying?” “Of course.”, responded Mymy. Following this, both sisters cried while hugging each other, with Mymy later continuing the song that was playing before Coco came.

## Chapter 6: A New Friend

Thankfully, Maya's troubles at the facility were nearly over. A new person had joined the unit: Yfke. Her reasoning for being there: drug addiction and depression. Being a member of the Running in the 60's band, she had well connected with many friends there, especially Maya's sister Coco. However, her own troubles with family matters and other issues led to her becoming depressed and turning to marijuana to cope with her struggles. Her reliance however became damaging to her, and in an intervention, her family decided to take her to the mental hospital to seek treatment for her issues. Once there, she saw Maya and was immediately surprised. *I wonder what she is here for...*, Yfke thought. She later sat next to Maya and then proceeded to talk with her. "Hey there. You must be Maya.", said Yfke. Maya confused that Yfke was there soon shriveled in nervousness. "H-hi.", Maya anxiously said. "So, w-what'd you come here for?", Yfke nervously asked hoping that she didn't annoy Maya. "Attempted suicide and depression", Maya responded. Yfke was shocked. Feeling terrible, she said, "Oh dear, I am so sorry Maya." "It's ok, what are you here for?", asked Maya. "Addiction and depression", Yfke responded. "How long have you been for?", she asked Maya. "About 4 days now.", Maya responded. "How was it?", Yfke asked. "Not great, but not too terrible either", Maya said in response. "They treating you right at least?", Yfke asked. "Not always, but there's some nice people around", Maya responded. Yfke then noticed Maya starting to break down. In response she asked, "Anything wrong Maya?" "S-sorry Yfke. I just miss my home and family so much. I had just hated myself so much due to what I did with my sisters. They made me something so beautiful and nice, yet I flipped out at them like a fucking retard. Ugh, I'll do anything just to hang out with them again." Yfke soon started comforting Maya. "I'm so sorry Maya. It's ok though. I'm here to help you at any time." For the first time in a while, Maya actually smiled. "T-thank you, Yfke.", said Maya. "You're welcome, friend.", responded Yfke. The two later shared a hug and began a great friendship that would last throughout Maya's time at the hospital.

## Chapter 7: A Final Goodbye

Maya soon started feeling happier throughout her treatment. With Yfke at her side and some new friends she made, Maya began to smile more often and forget much of her troublesome pain. Soon, Mymy and Coco visited Maya at the mental hospital in a tearful reunion. All three of them cried and hugged each other with all 3 apologizing and promising to do better for each other. While Maya was still homesick and missed her family, Yfke and many of her friends soon helped her through and willed her to eventually finish her treatment. Even with the troubles that she faces, Maya no longer felt awful about her mental hospital experience, especially since her friends are there to comfort her in case. Soon, Maya was officially finished from her treatment and ready to be discharged. Despite Maya missing her family and not wanting to wait to see them any longer, she also was worried about missing the friends she made along the way, including Yfke. As she said her goodbyes, she made sure to get many of her friends' phone numbers as much as possible. Following that, she was soon reunited by her parents who then took her home.