

Sophie — My relationship with happiness is the most important in my life and something I focus on and strive to achieve in every decision I make.

Since you've been gone.

I've forgot the feeling of washing my own hair. The feeling of running my hands along my scalp and having my hair fall between my fingers. Now aged 22, it's been two years since I lost all my body hair to alopecia Totalis. But hair is the only thing I have lost.

Throughout my childhood, I always had small inconspicuous patches of hair missing. Sometimes, I would just find clumps of hair that was significantly shorter than the rest. I always knew what it was. I always knew that recurring cases had 50% chance of developing total hair loss. And I always had a feeling this 50% would be me.

The year 2016 was this year. The worst year of my life. The year my Alopecia Totalis rapidly took over. I personally believe taking the pill was my trigger, as there is a 0.05% of developing hair loss. Within a month of taking the pill, my hair started falling out in mass. And within two short months, I was wearing a platinum blonde wig and drawing on eyebrows.

However, Alopecia was the tip of the iceberg that made me seek drastic change. I had a lot more problems to face. It forced me to find professional help to combat my clinical depression and anxiety without the use of medication. It made me move out of home from an abusive environment and end communication with my family.

It steamed the ending of my unhappy relationship to my serious boyfriend, one whom I still think of today. It pushed me to pause my university degree, taking time to think and change my degree from Pharmaceutical Science to Finance. It encouraged me to change my lousy job, from where I was bullied by the boss' girlfriend, to a job I now live for.



Sophie — Today, I am a stronger for this

Alopecia was the wake-up sign in my life - one I am grateful for. This pinnacle moment in my life could of gone two different ways. Continued down a path, where I am beaten down and strived for nothing more than what I already had. Or seek change within myself, for myself and by myself. Today, I am a stronger for this.

From my experience with Alopecia, I've grown up fast and understand the world in a much deeper complex than my peers. My relationship with happiness is the most important in my life and something I focus on and strive to achieve in every decision I make. Happiness isn't something you deserve because your alive, it's something you work towards and maintain daily.

Two years later, I'm backpacking around South East Asia, a year after traveling North and Central America and I plan on tackling Europe next year. Still wearing my Angel wig and sleeping in a Bonnie's wig at night in shared hostel; no one would ever pick it. No one would pair this story with me. They might notice when I turn to the side, I've got no eyelashes. But that's it.

