

How to Forget the Unforgettable

I've once read a quote, "Forgetting is a blessing, and memories are a gift. We choose how to cherish or let go of them."

There are lots we would all like to forget. It can be little things or big things, silly things or sad things. But for me, it is the loss of my grandpa. My grandpa passed away two years ago due to sickness. It was a difficult time for my family and I. I remember crying my eyes out, that was my first time losing a loved one. I was still a little girl and didn't know how to handle my emotions. I would go to bed and hope that it was just a nightmare, thinking that I would wake up and be able to see my grandpa again. But soon, I realized that this was not possible. Knowing that my grandpa could never come back, I was frustrated and depressed at the same time. I wished that I could just wipe this memory away, like deleting a file from my computer.

Of course, we all know our minds do not work this way. The more I tried to delete it, the more I thought about it. I was silly and actually asked my mum how I could forget someone who is deceased. I told her I had been thinking about Grandpa and missed him dearly. My mum laughed and asked me why I would want to forget him in the first place. Some people, like Grandpa, have showered us with so much love and care, we should always keep their memories alive and honour them. At that moment, I finally realized, some memories or people are unforgettable, remaining ever vivid and heartwarming.

Instead of letting sadness engulf me, why don't I shift the focus to nostalgia. Treasuring only the happy bits. There's always a good reason for something to become unforgettable in the first place. Like my grandpa, he was unforgettable because of all the love and sacrifice he had done for our family. Why should we erase his memory?

Forgetting the unforgettable isn't about removing unwanted memories, it's about embracing them. Every moment in our lives shapes who we are. They are like different pieces of puzzle put together to make our story whole. So instead of forgetting, I decided to cherish what I had experienced and learnt from my moments of grief.

Thank you for following my journey. I hope it has inspired you. Some things and people can't be deleted or forgotten. They will remain etched in our hearts forever.