



# Welcome to "The Delacroix Way"

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## Who Am I?

Hi, I'm Thomas Delacroix—or just Thomas for short. My name is new to me; it's not my first, and there's a lot of history behind that change. Growing up, I never felt connected to my given name—a gift from a father who wasn't kind, present, or supportive. Over six years ago, in the midst of questioning my identity and undergoing a transformation, I began to reimagine who I wanted to be. Mental health has been a difficult topic in my family, often brushed aside, which left me battling depression and anxiety on my own. For three years, I barely left my room, unable to connect with the world outside. But now, after years of healing and reflection, I'm living authentically with my boyfriend of 15 years, Matthew, and our beloved pitbull mix, Buddy—who came into our lives after the devastating Camp Fire in Paradise, CA.

## Why This Blog?

After years of isolation and rebuilding my life, I wanted to create a space to share my journey—the highs, the lows, and everything in between. This blog is a reflection of my passions, my growth, and the lessons I've learned. From overcoming debilitating health challenges to building a fulfilling life, I'm here to inspire, teach, and connect with you through shared interests and honest storytelling.

## What Can You Expect?

This blog is an eclectic mix of my favorite topics and interests:

- **Tech Reviews & Unboxings**: From the latest gadgets to my love for Hobonichi planners, I'll share insights and reviews.
- **Fitness & Health**: My journey from pain to strength, including practical tips and pitfalls I've encountered.
- **Mental Health Advocacy**: Honest discussions about perseverance, healing, and finding balance.
- **Gaming & Creative Hobbies**: Whether it's livestreaming on Twitch or diving into journaling, I explore it all with passion.
- **Random Thoughts & Political Commentary**: Because sometimes, I just need to share what's on my mind.

## My Style

My personal aesthetic is a mix of classy and trashy, retro and futuristic. Think blood red and yellow tones with plaid and cyberpunk patterns. My content is designed to be bold and modern yet approachable, with clean layouts and interactive touches to keep things dynamic and engaging.

## Meet Buddy & Matthew

Matthew is my best friend, my rock, and my partner in everything. He's been by my side through the toughest moments, offering unwavering support and love. Buddy, our goofy and loyal pitbull mix, brings endless joy to our lives. Found in the aftermath of tragedy, he's a living reminder of resilience and love.

LET'S CONNECT

Through this blog, I aim to inspire with my story, teach with my knowledge, and connect over our shared passions. Thank you for joining me on this journey. Explore, comment, and let's experience life together—the Delacroix way.

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