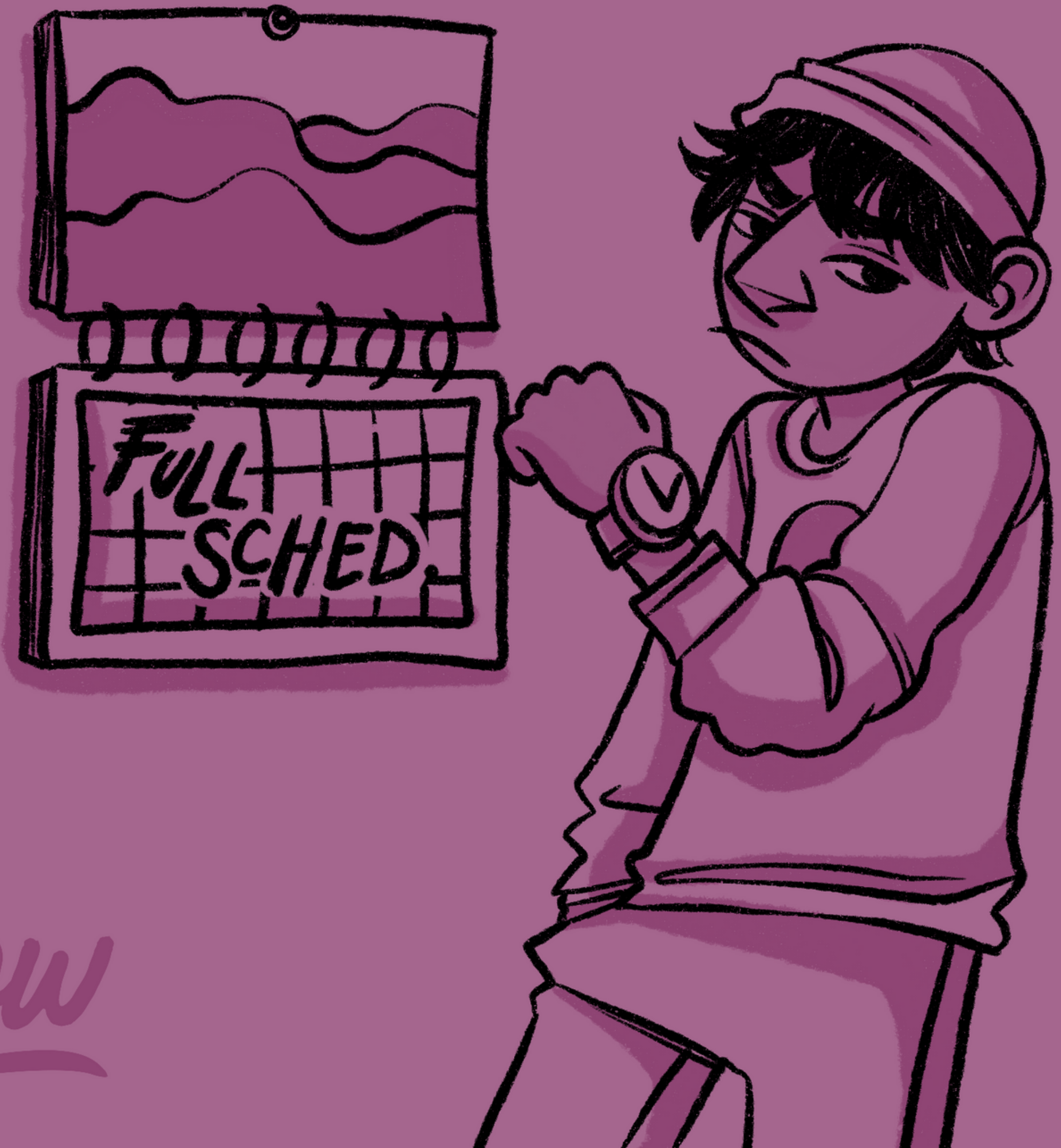


When you have undealt with trauma in your past, it can feel like there's no "good" time to face it.



flow

I mean, it's not like it's affecting
you that much, right?



Because, y'know, you don't feel
sad or upset all the time.

You don't have
room for that
in your life
or in your
brain. In fact,
letting yourself
feel any kind
of emotion
can slow you
down, so you
decide to lock
that stuff
away.

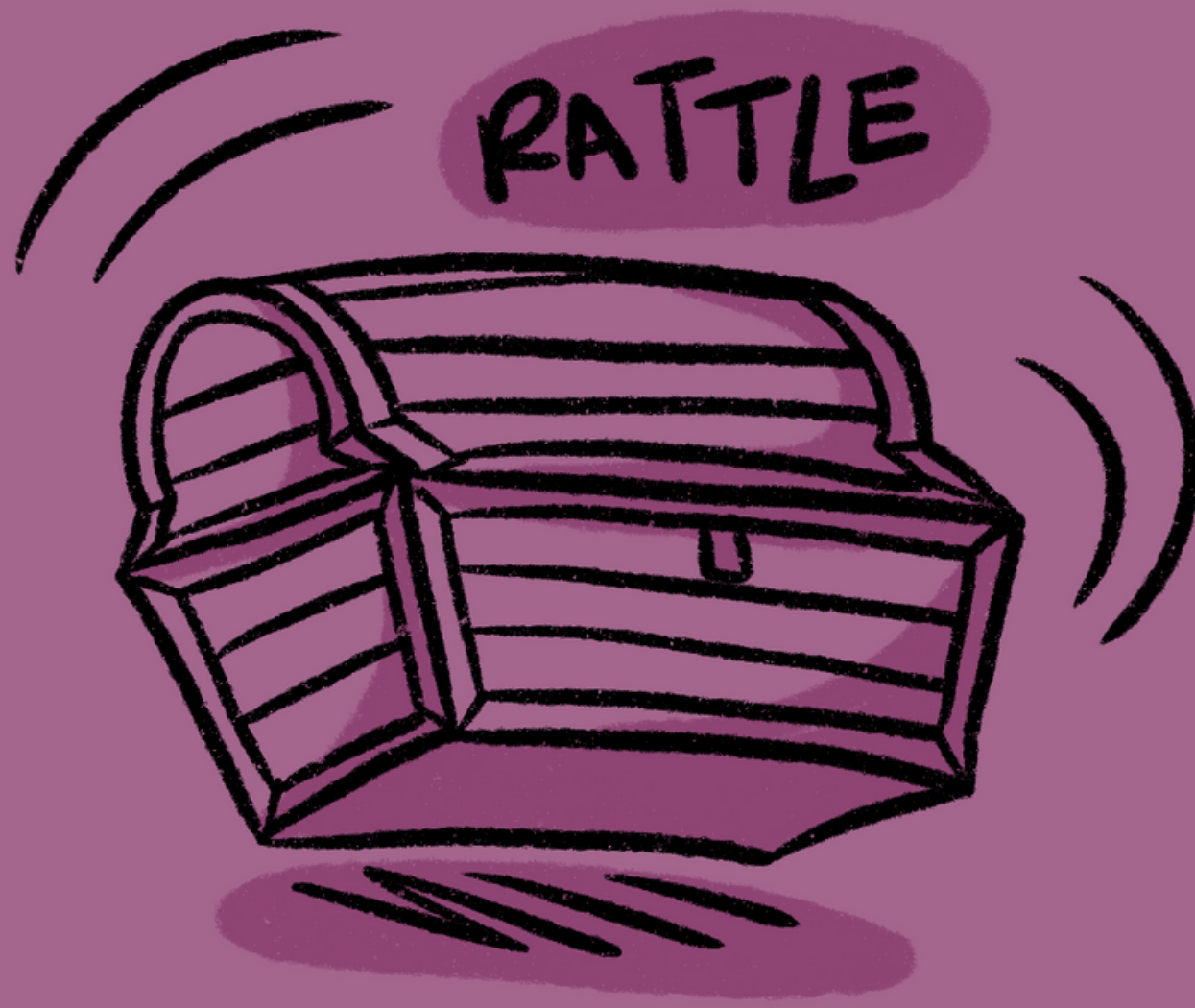


If you just keep it there,
you won't have to deal
with it. It won't
Catch up with
you,



right?

... Right?





At the end of the day, compartmentalizing
can feel better in the moment, but will
ultimately set you back.

The avoidance is a temporary coping mechanism, a flimsy band-aid.



The only thing that will heal the wound is if you turn around...

... And bravely face it head on.

