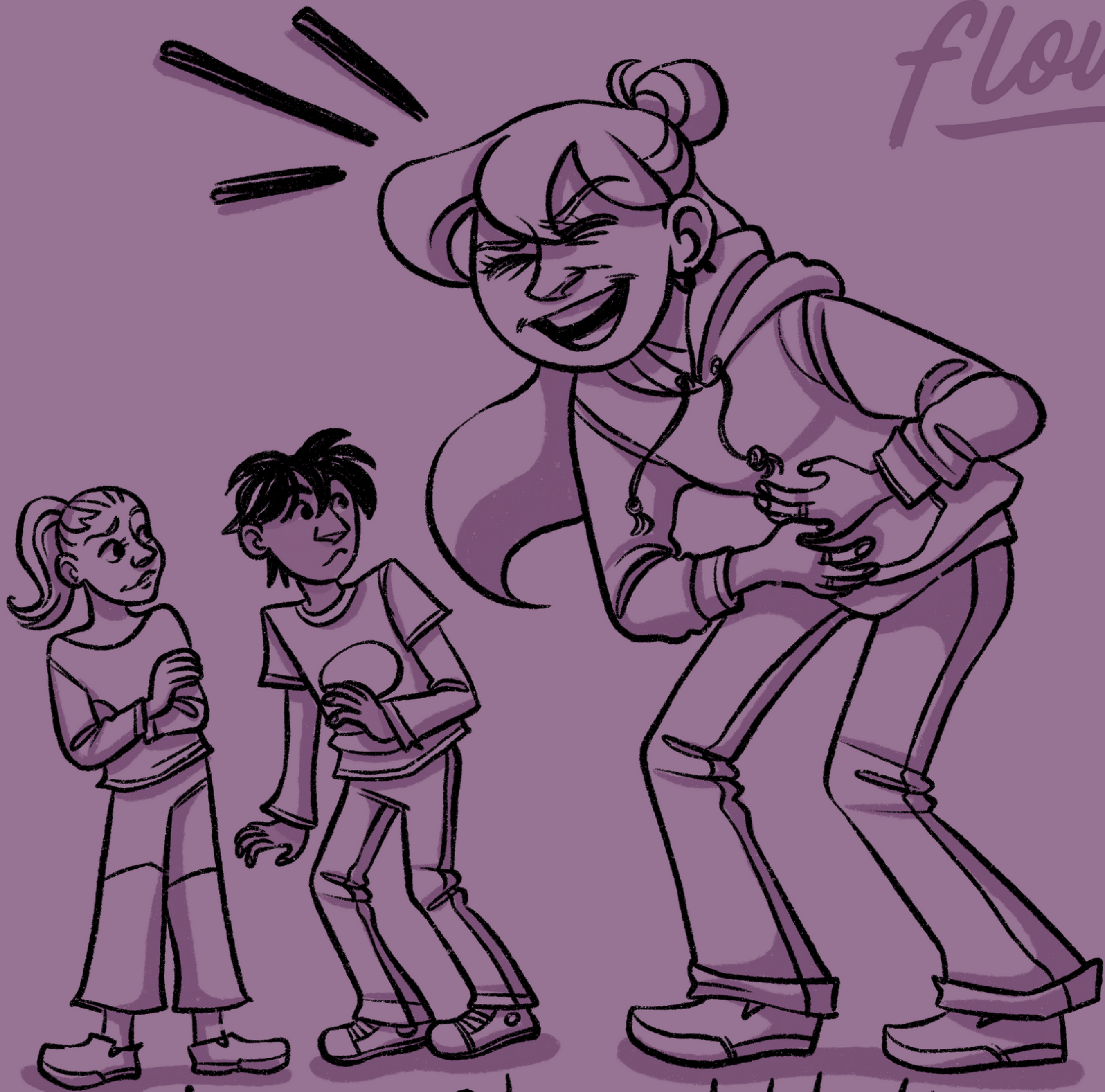
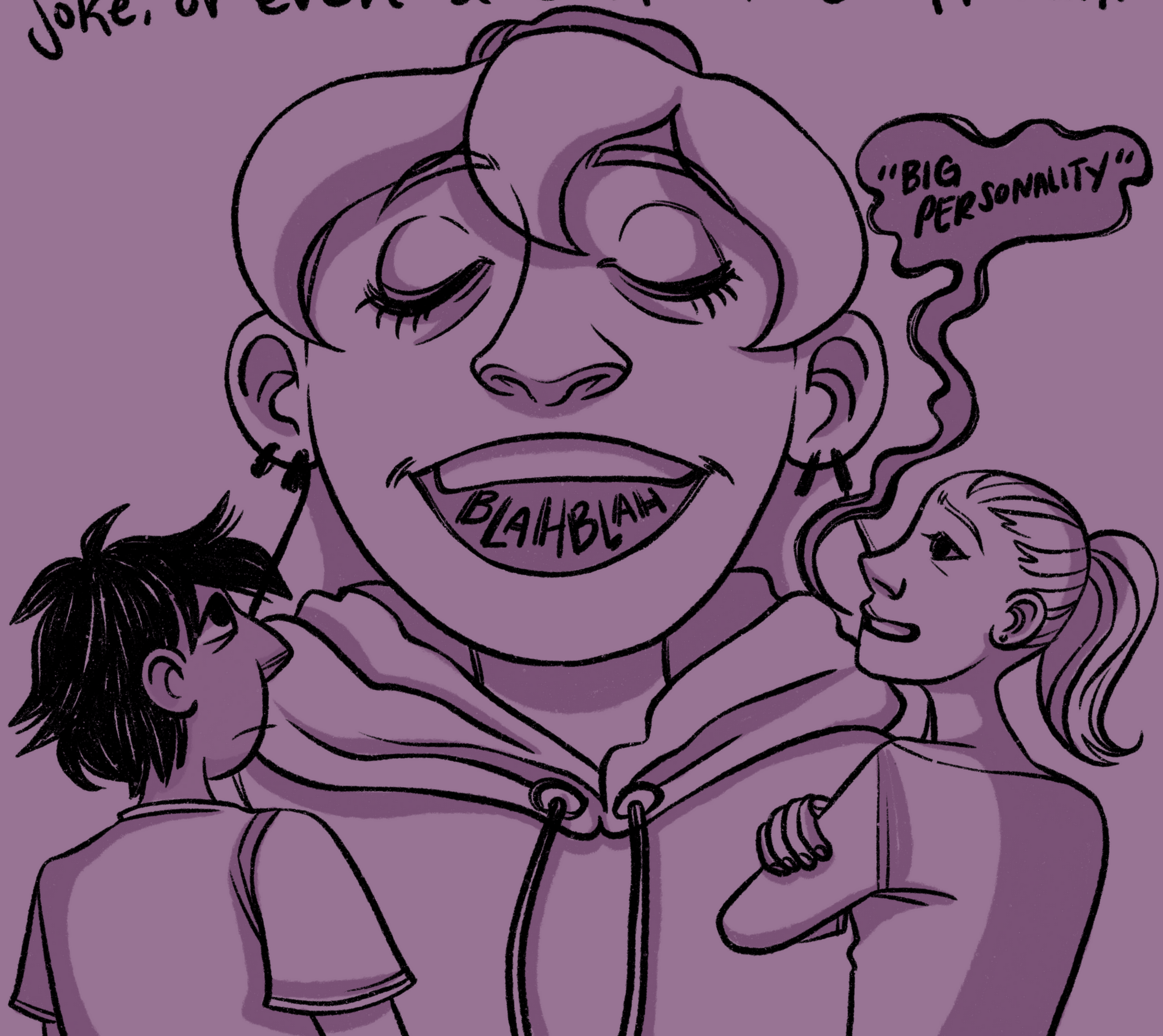


flow



Have you ever been told that
you're a "big personality?"

Maybe it's said as a well-meaning
joke, or even a sort of compliment.



The more you hear it though, the more it can affect you.



What do they mean by that?

Am I too much?

Do they want me to shut up?

Does everyone feel this way about me?

Am I annoying them?

What am I doing wrong?



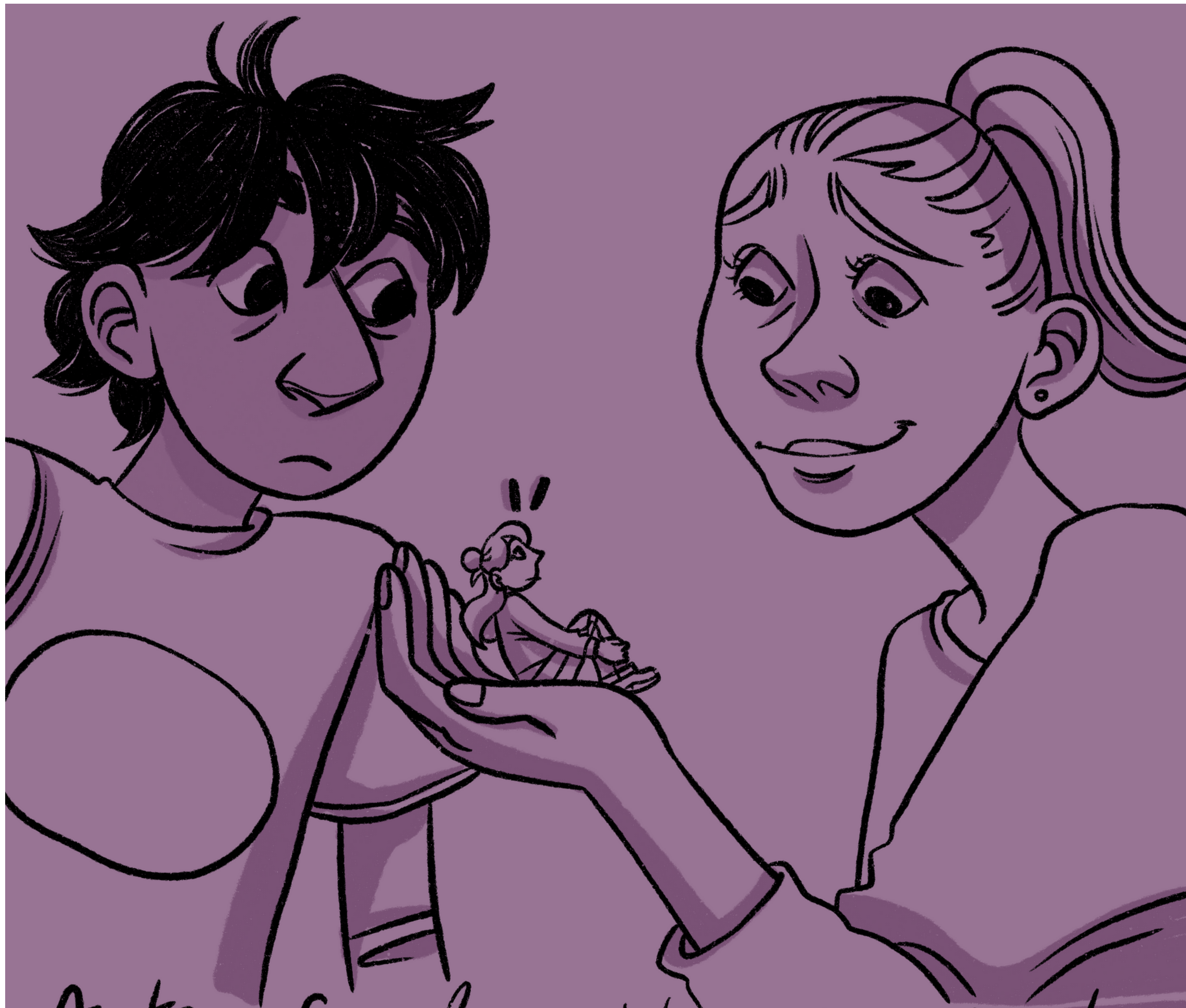


Without even realizing it, you can start to change yourself.

Shrinking yourself down, as if to say

"Is making myself less more
pleasing to you?"





A true friend would never want you to make yourself small.

If they really
care for you,
they'll continue
to love you
AND your
"big personality."
If they don't,
were they ever
really good
friends anyways?

