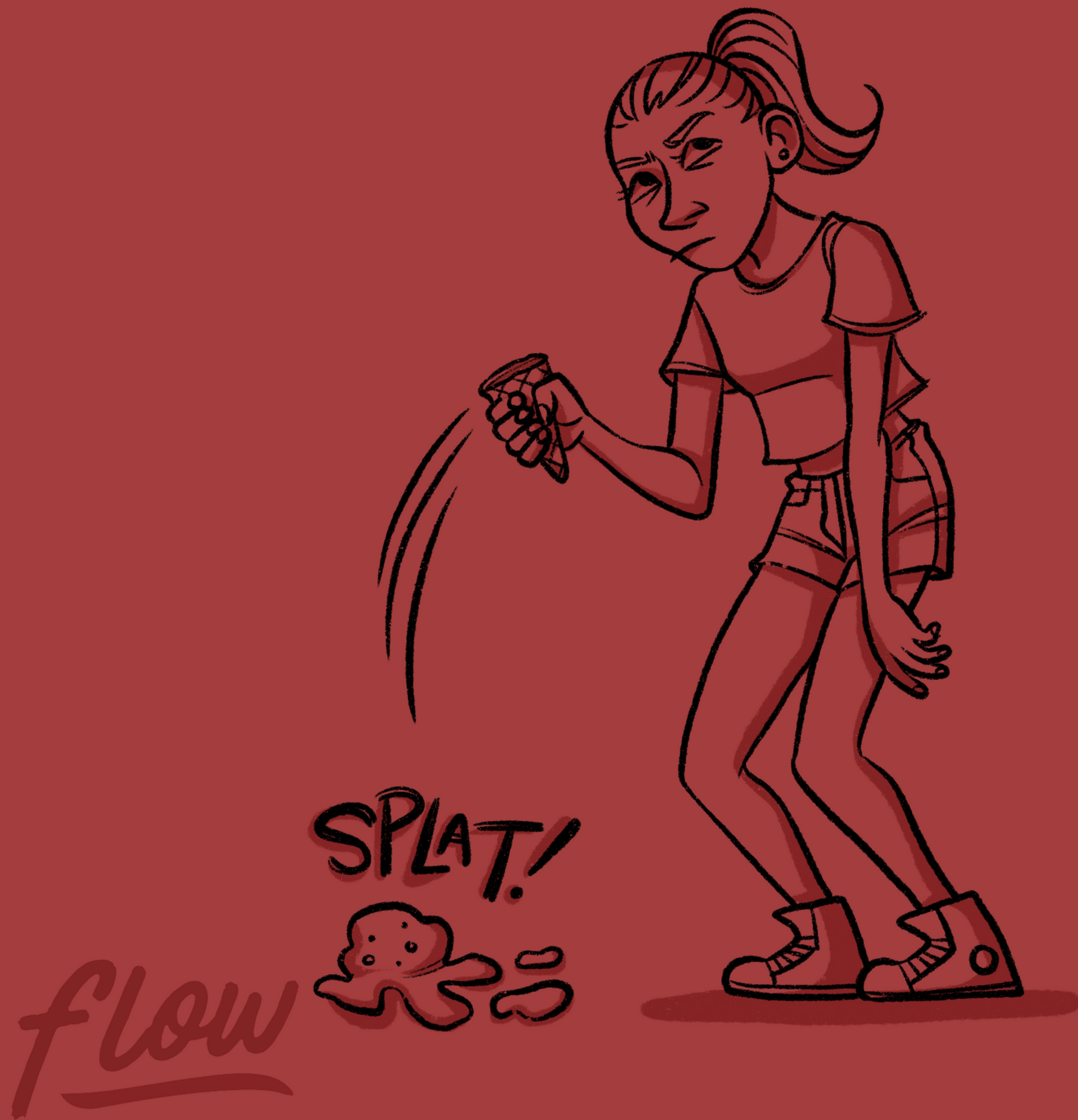


Dealing with big life disappointments  
is a super tough skill to acquire.





Maybe it's disappointment  
that something happened...

... Or disappointment that something didn't.



Either way, it can be easy to start reaching big conclusions from that disappointment.

DID I DO SOMETHING TO DESERVE THIS?

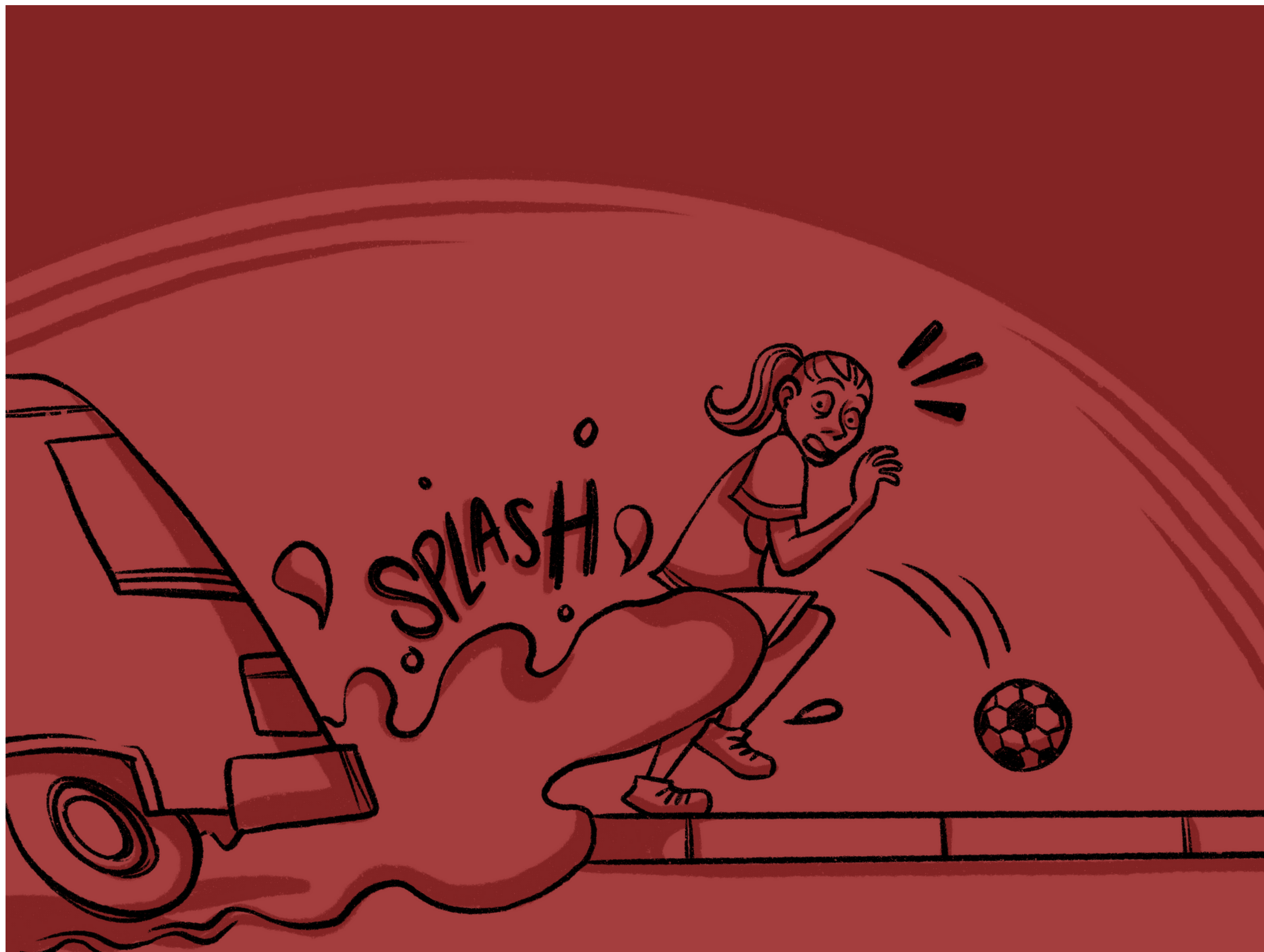
WHAT'S WRONG WITH ME?

NOTHING EVER GOES MY WAY.



This line  
of thinking is  
totally understandable,  
but the longer you  
stay in it, the more  
you let it pull  
down  
down  
down





Until your reality is that maybe  
you don't deserve anything good  
coming to you.

Not letting yourself get there is hard, but important.

THIS STUFF ALWAYS HAPPENS TO ME



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is a super tough skill to acquire.

