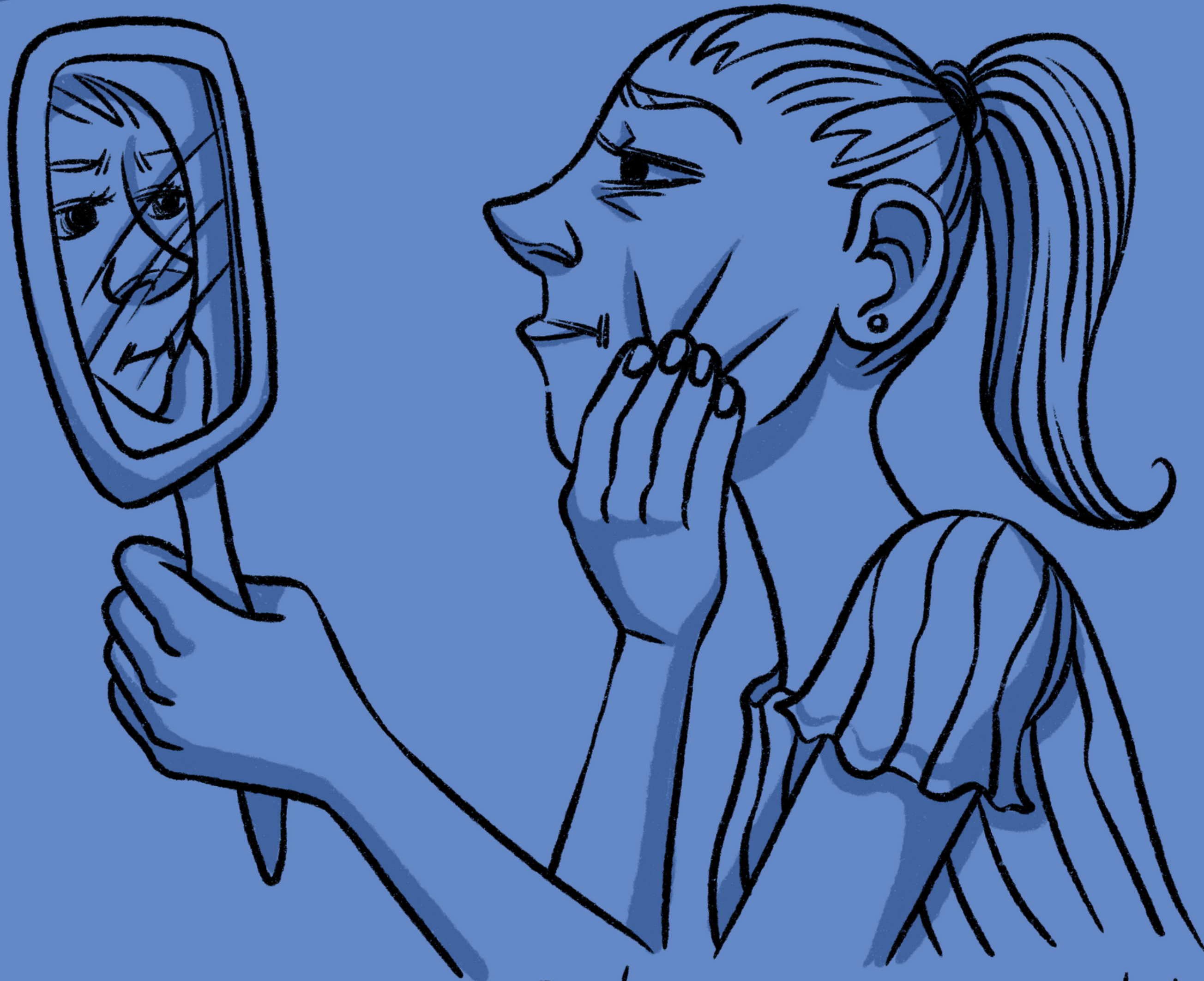


flow



Facing your own feelings seems like something that should be simple. (mean, it's already in your head!)

Yeah, no. It's actually one of the toughest parts of getting better.



Ignorance is bliss and all that.



Y'know, until it isn't.

See, it's easier
and more comfortable
to just keep lying
to yourself.

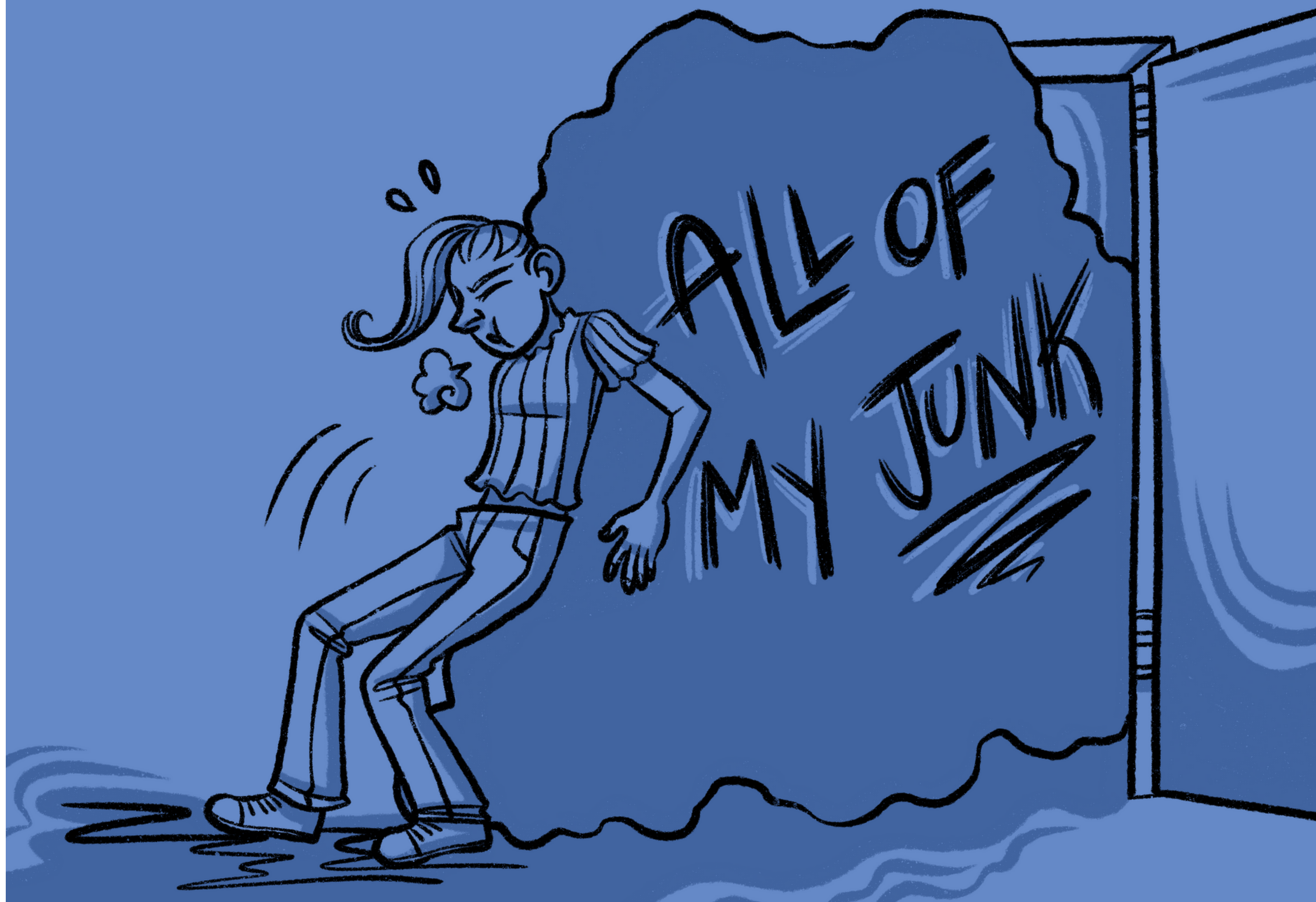
NAW, I DON'T
NEED THERAPY.
IT'S NOT FOR ME.

OH YEAH I HAVE
GREAT SELF-
ESTEEM.

NO, I DON'T THINK
I HAVE ANY TRAUMA
THAT REALLY AFFECTS
ME.



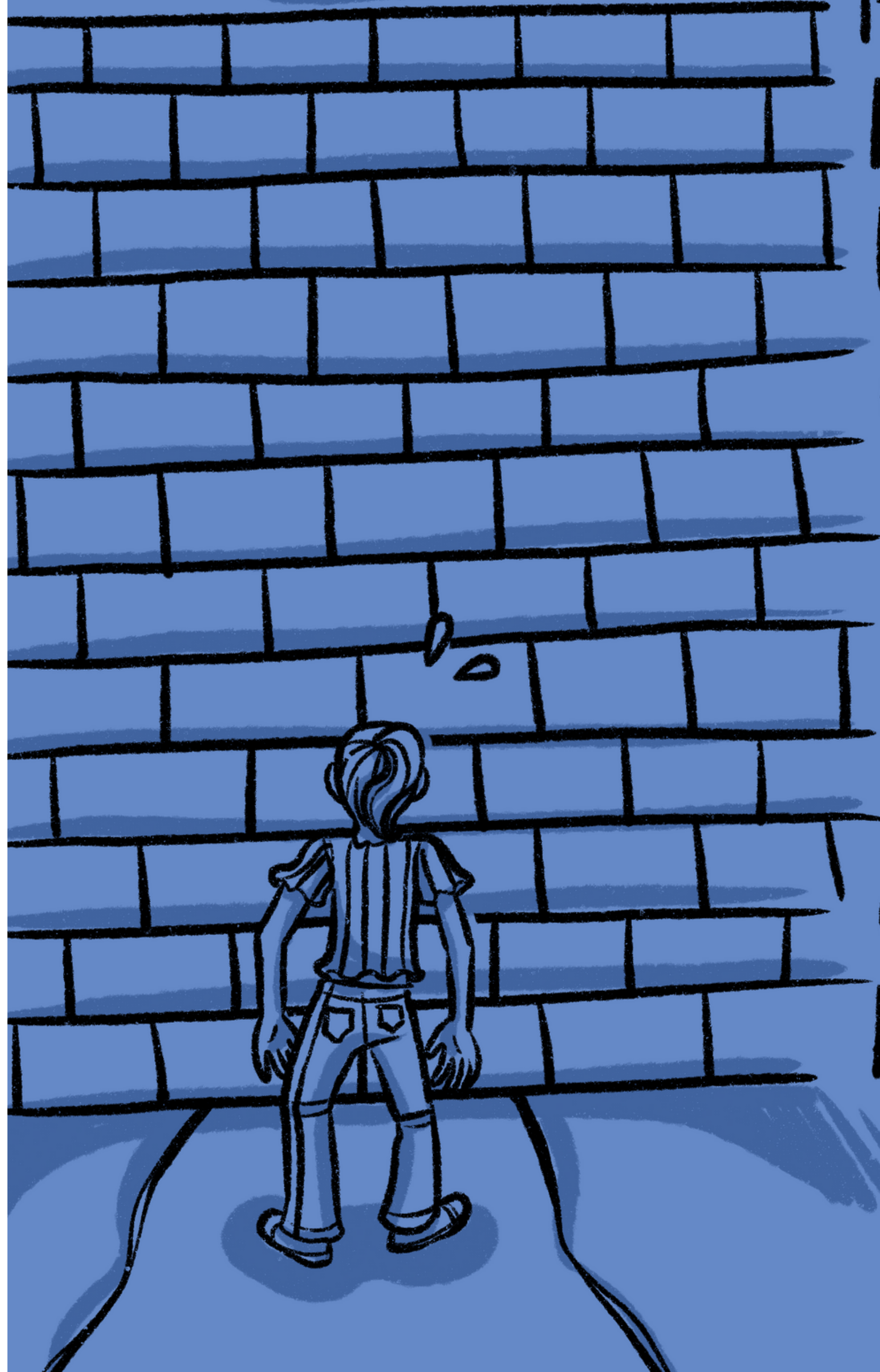
The more you avoid, pushing those feelings and struggles down, the less you will truly know yourself and the way those things have hurt you.





Ultimately, living an avoidant life is robbing you from the fullness of what your life could be.

BETTER LIVING
OVER HERE



That doesn't mean it won't be hard. It will, and the biggest hurdle is allowing yourself to face it all head on (even the stuff you've shoved so far down, you don't even know that it's there).

Once you brave your way through that initial hurdle, though, the work gets more manageable.



You've set yourself on the path to understand yourself better, and see the fruits of healing that comes from that.