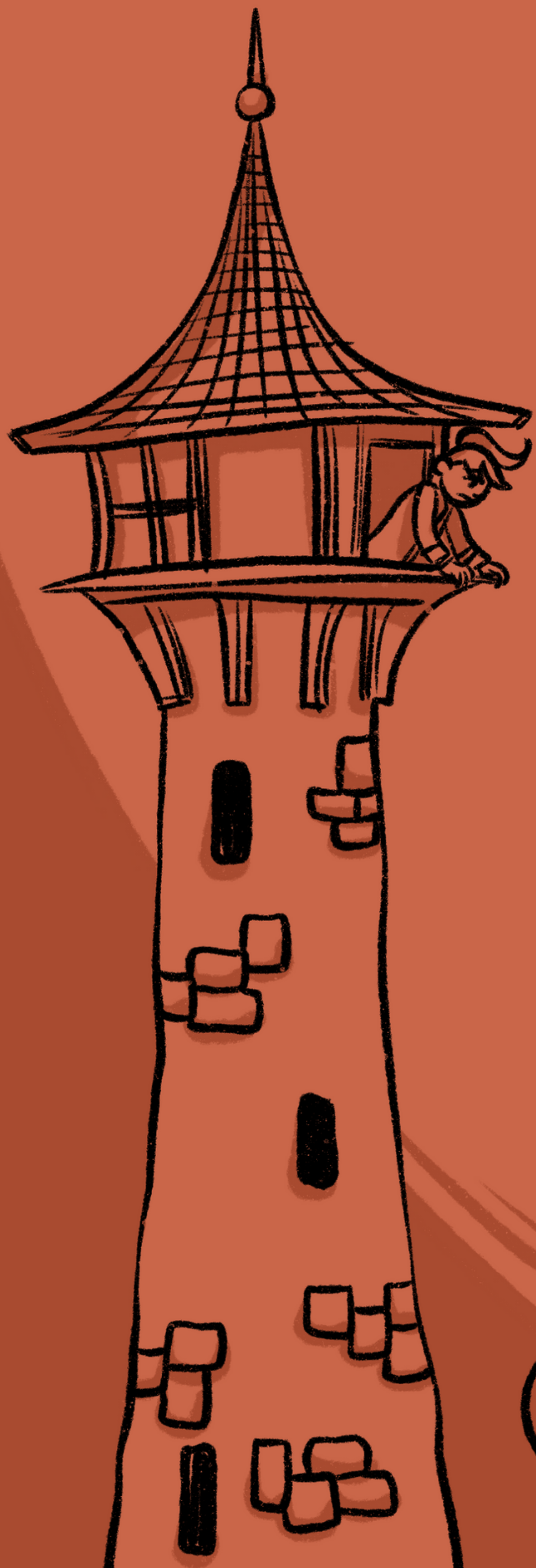


There's a big difference between feeling better and actually getting better.





When you're having
a hard time, it can
feel really good to
shut yourself away
into isolation.

(In a weird backwards way.)

Or it can feel really good to just stay in your Comfort Zone, not fully acknowledging that you're not in a good place.

PIT OF DESPAIR





Harming yourself
can even start
to feel good.

Anything to avoid the hurt
you're experiencing on the inside.





The thing is, getting better takes more work than slapping on a band-aid.

It's hard
work + time,
and sometimes
choosing to be
uncomfortable and
not feeling "good" in
order to get there.



The discomfort is temporary, though. It's like lifting weights: really hard in the moment, but ultimately it makes you

STRONGER.





It's more than a band-aid. Working
to get better is actual healing.