

flow



"Girls are just so emotional."

...And??



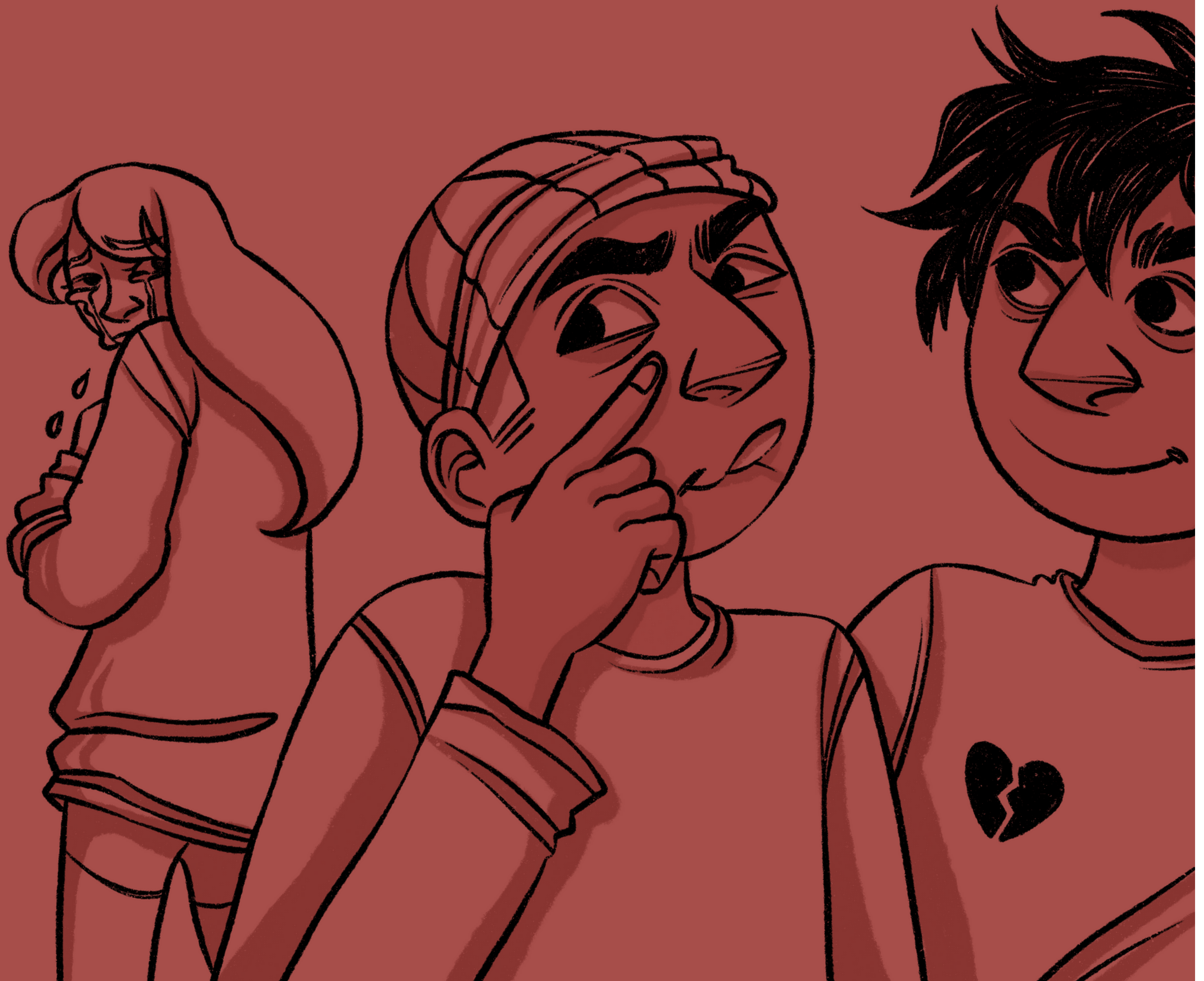


How can you vilify having feelings?
Feelings are part of what it is to
be human.

Giving yourself permission to feel your feelings in a pure, unfiltered way can feel so powerful.



Also, limiting an entire people group
+ saying they're all overly emotional
helps no one.



We are all beautifully different,



and we all feel our feelings in beautifully different ways.

That doesn't mean one type of person is stronger than another, or that another type is weak and melodramatic.



No one's way of feeling makes them "better" or "worse" than another person.