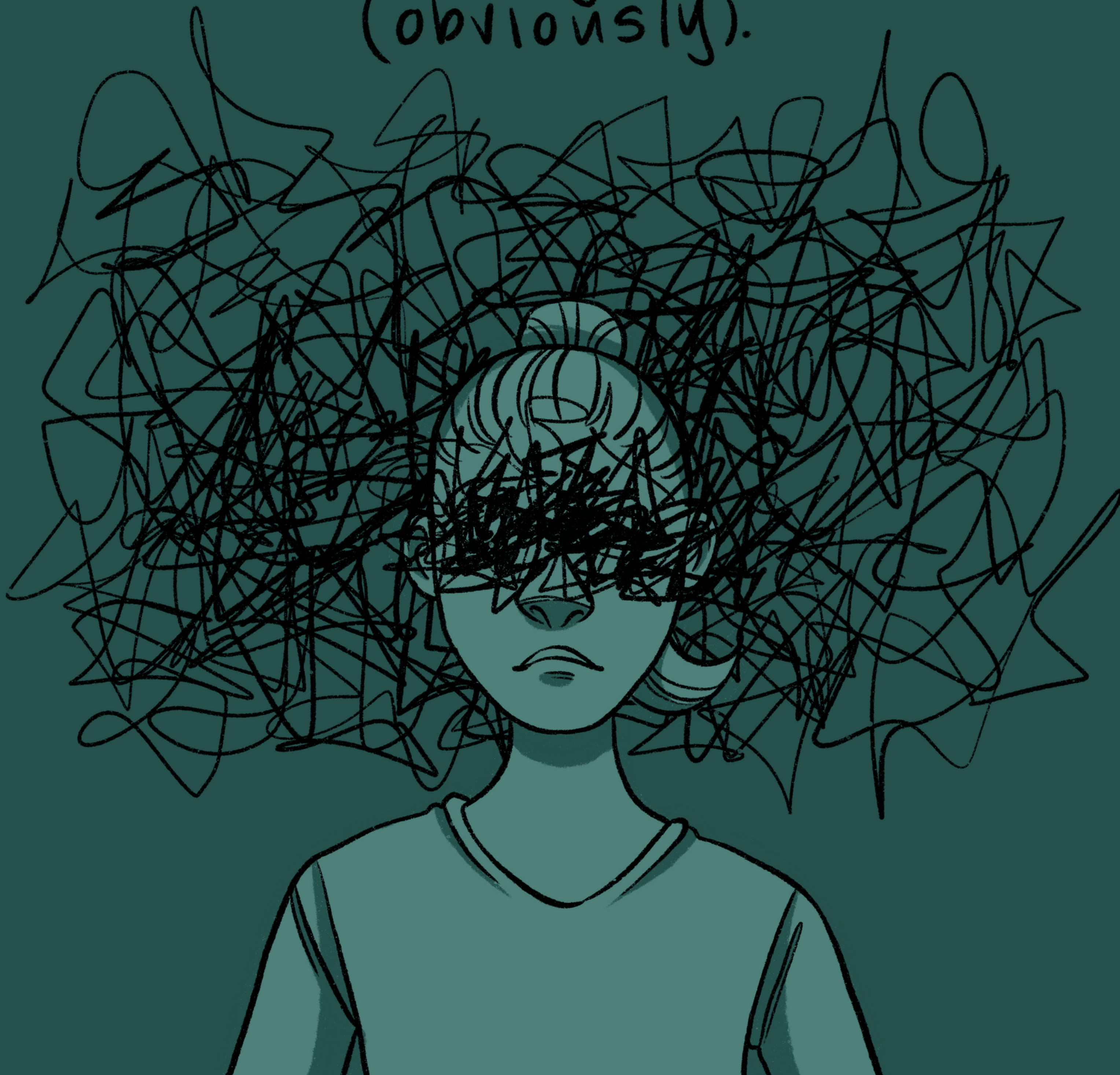


flow



Sometimes it can feel good to
stay feeling "bad."

I mean, feeling bad sucks.
(obviously).

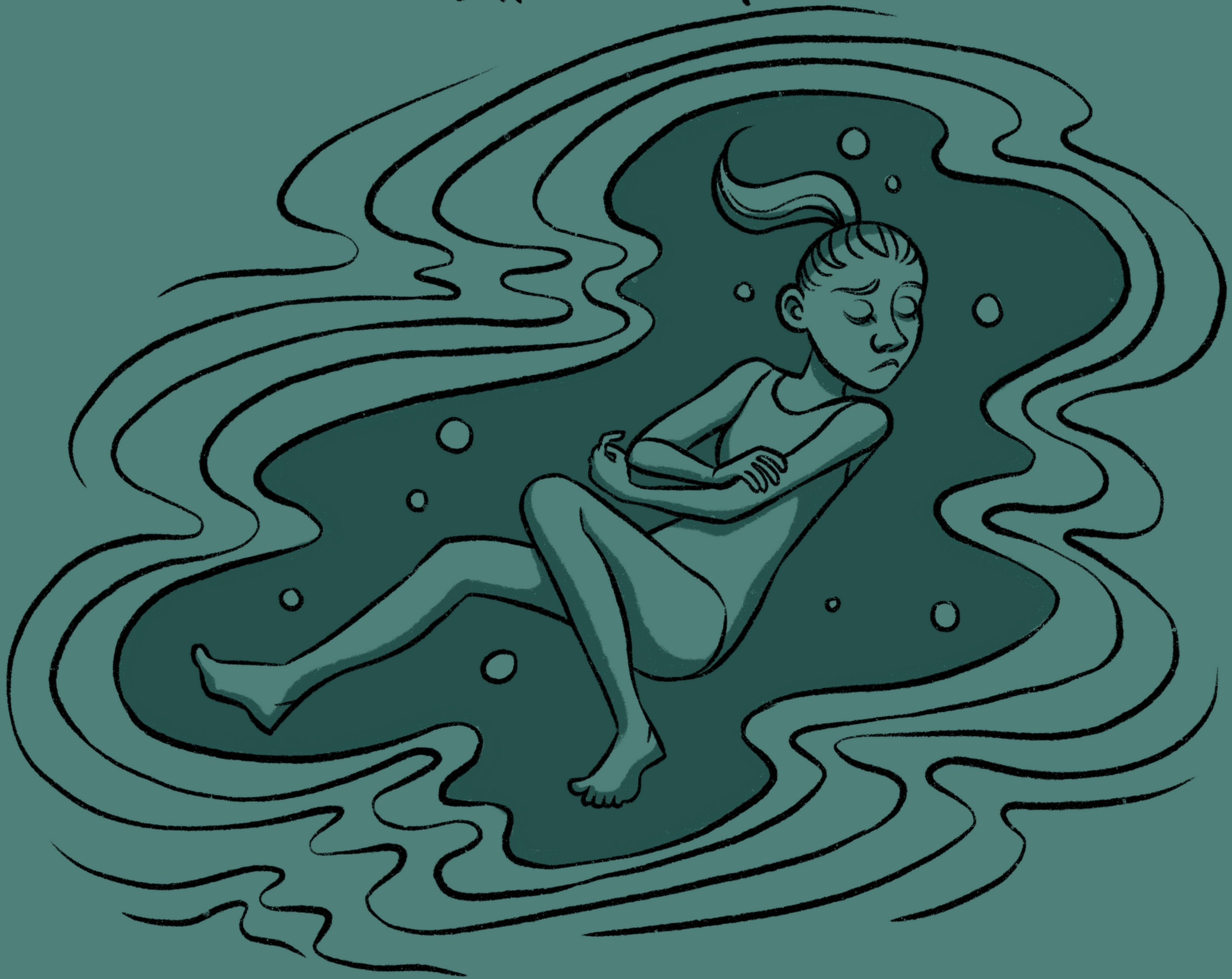


But sometimes, when you're
really deeply in it...

... It's easier to
stay there than
to make the effort to
get out of it.



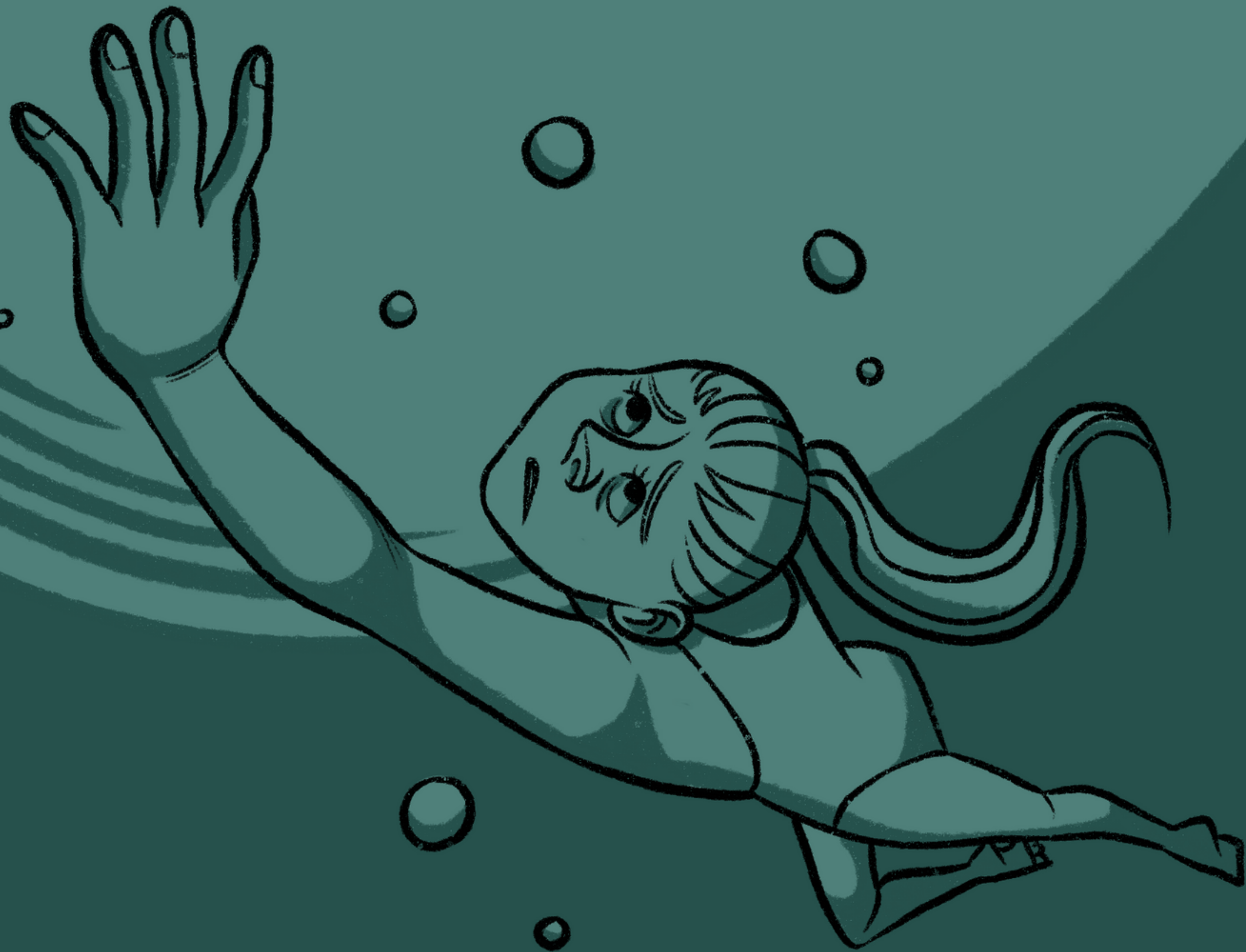
You can start to romanticize the struggle. "Beauty in the pain", and all that.



But, ultimately, if you're struggling...



... It's not worth
it to stay in it.

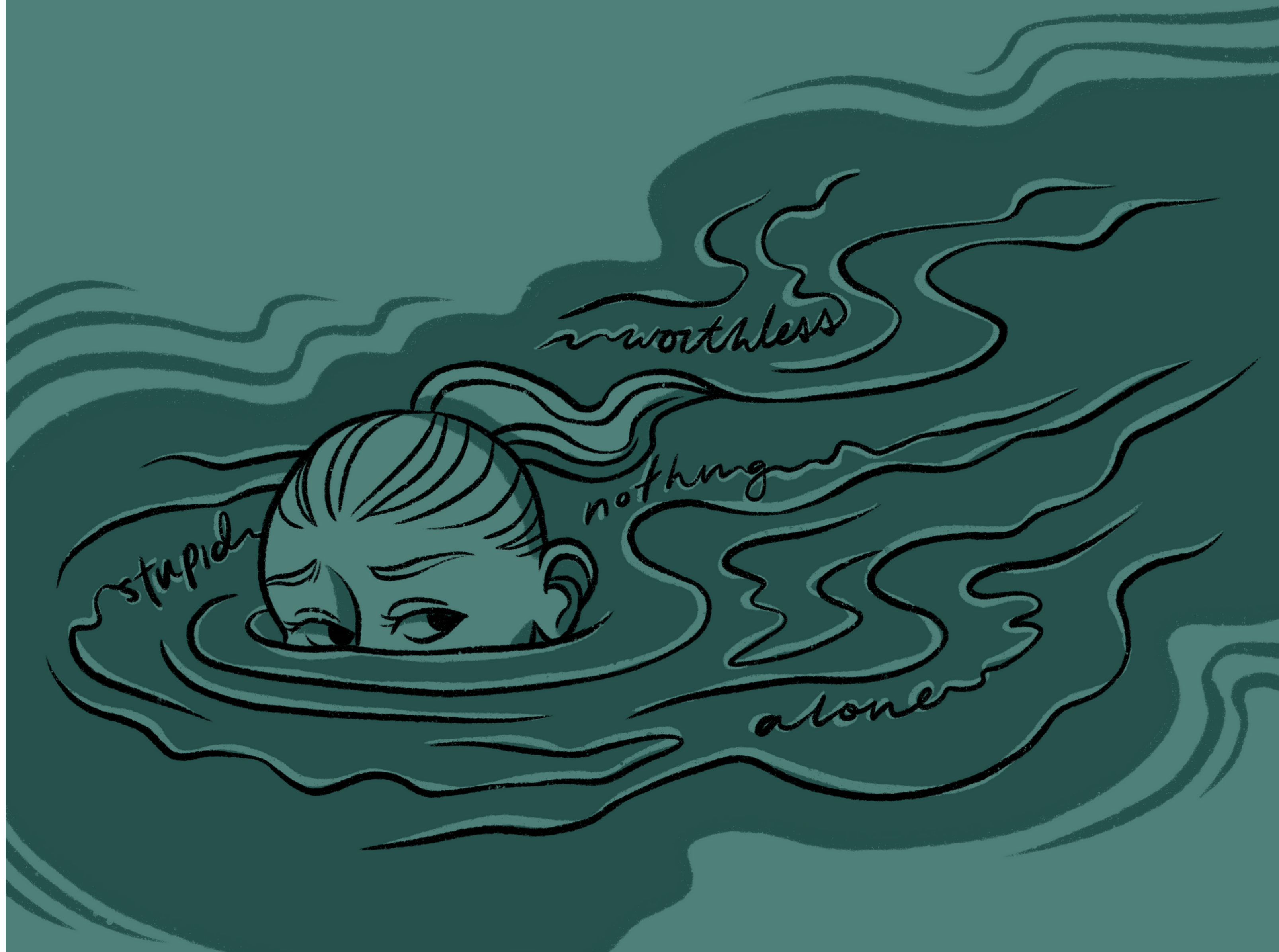


Romanticizing pain can temporarily
alleviate some of that pain, but
when it starts to make you want to



glorify it....

...It can start to snowball +
make your suffering worse.





Making the hard choice to do the work, facing the pain head on is brave and is what will bring true relief.