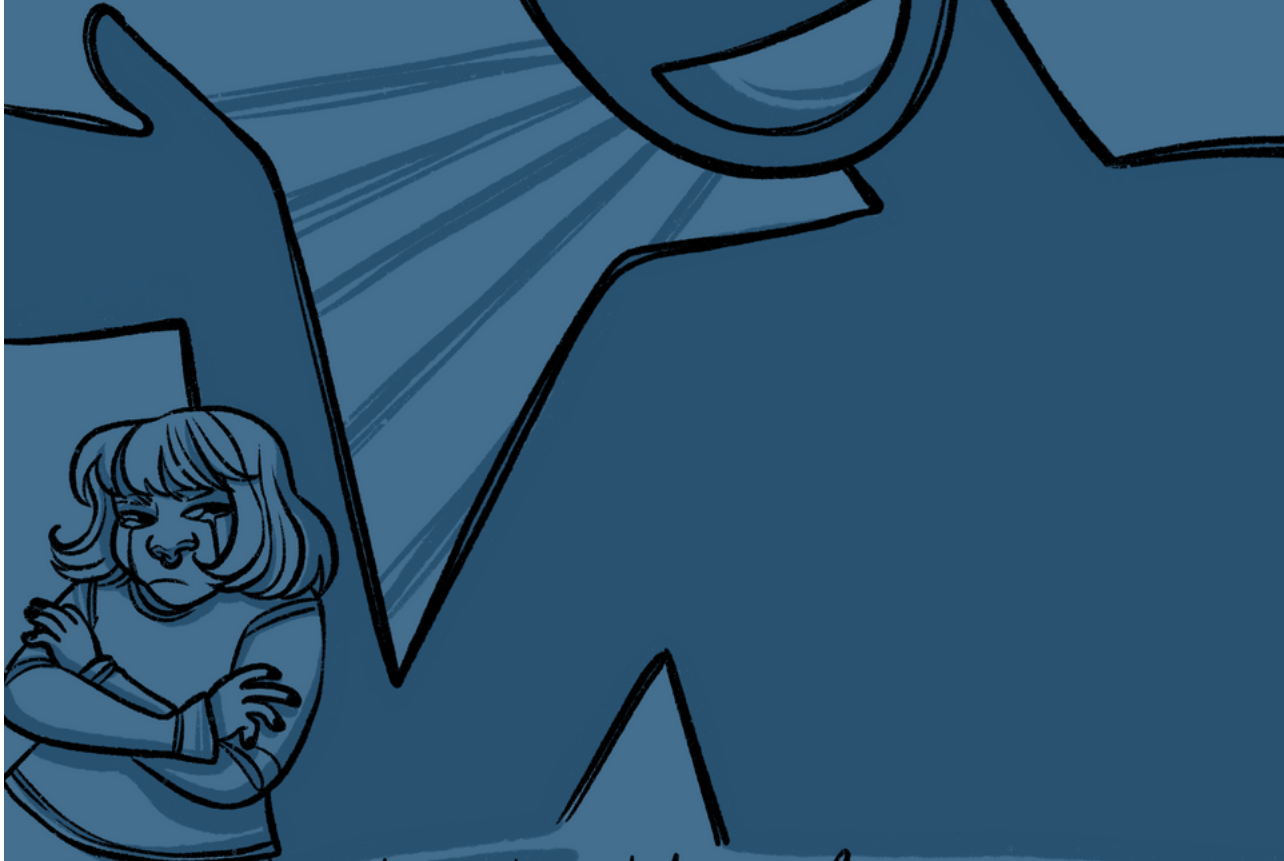


flow



"Look on the bright side, there are things to feel grateful about!"

Yeah, @#!★  
that.



In dark moments, it can be hard to  
even want to feel hopeful.



Even if there is  
a glimmer of light in  
whatever the  
situation is...

mostly you  
just feel

pissed.



Then the guilt sets in, because everyone around you keeps saying:



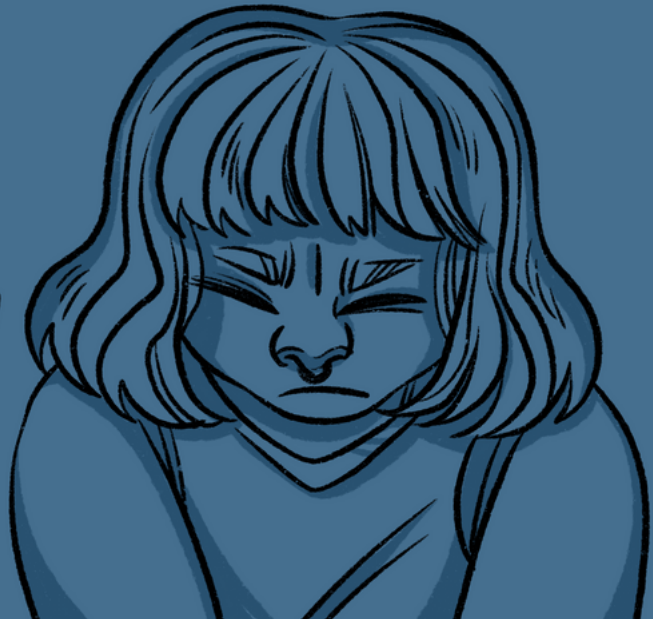


Here's the thing though:



You can see light  
at the end of  
the tunnel and  
acknowledge the  
hope in that...

... and still feel  
mostly angry and  
sad and out of  
control.



You are beautifully complex, and can  
feel more than one thing at a time.



Even if those feelings are contradictory.



Both things can be true, and both need to be acknowledged as you heal.