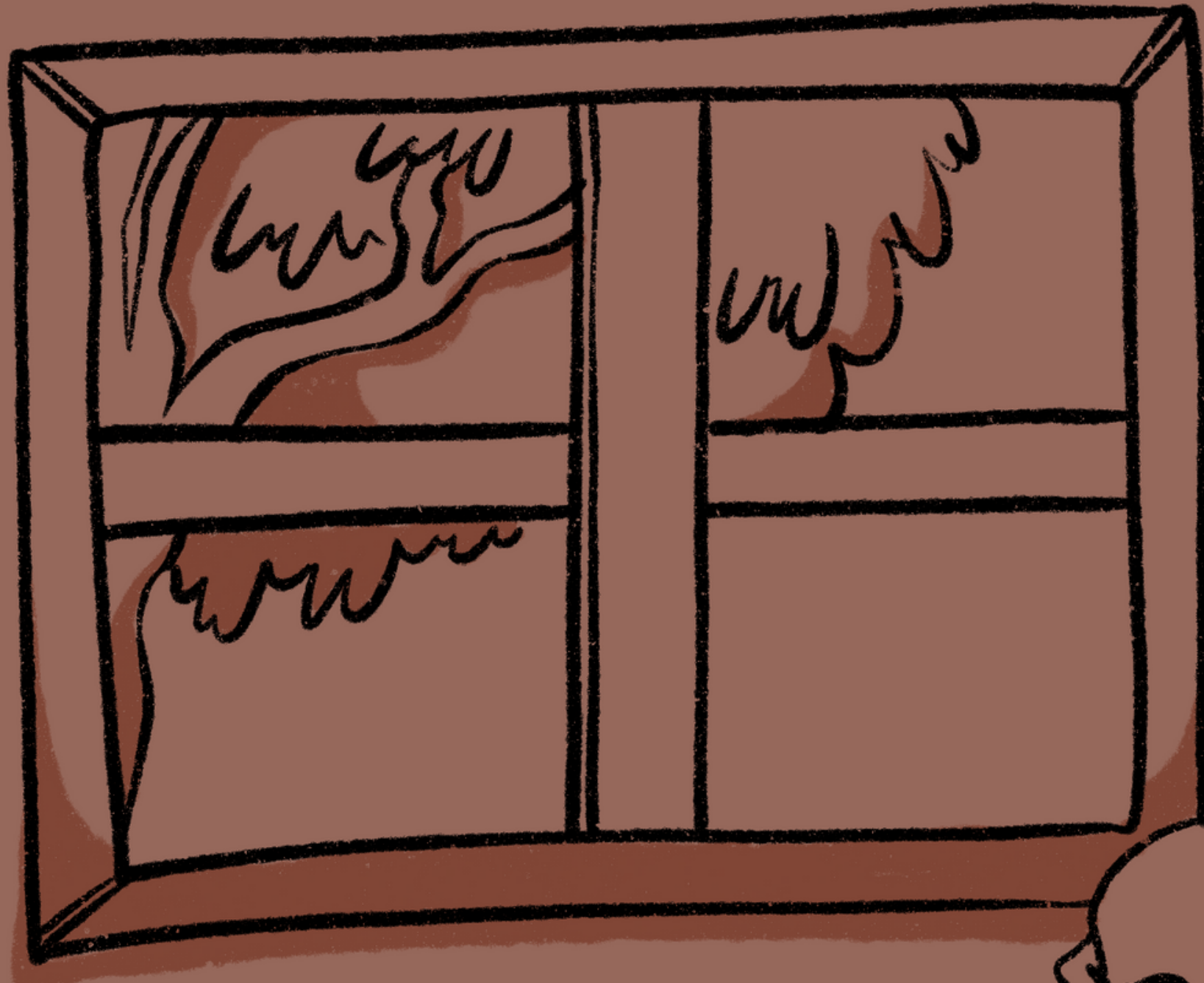


flow



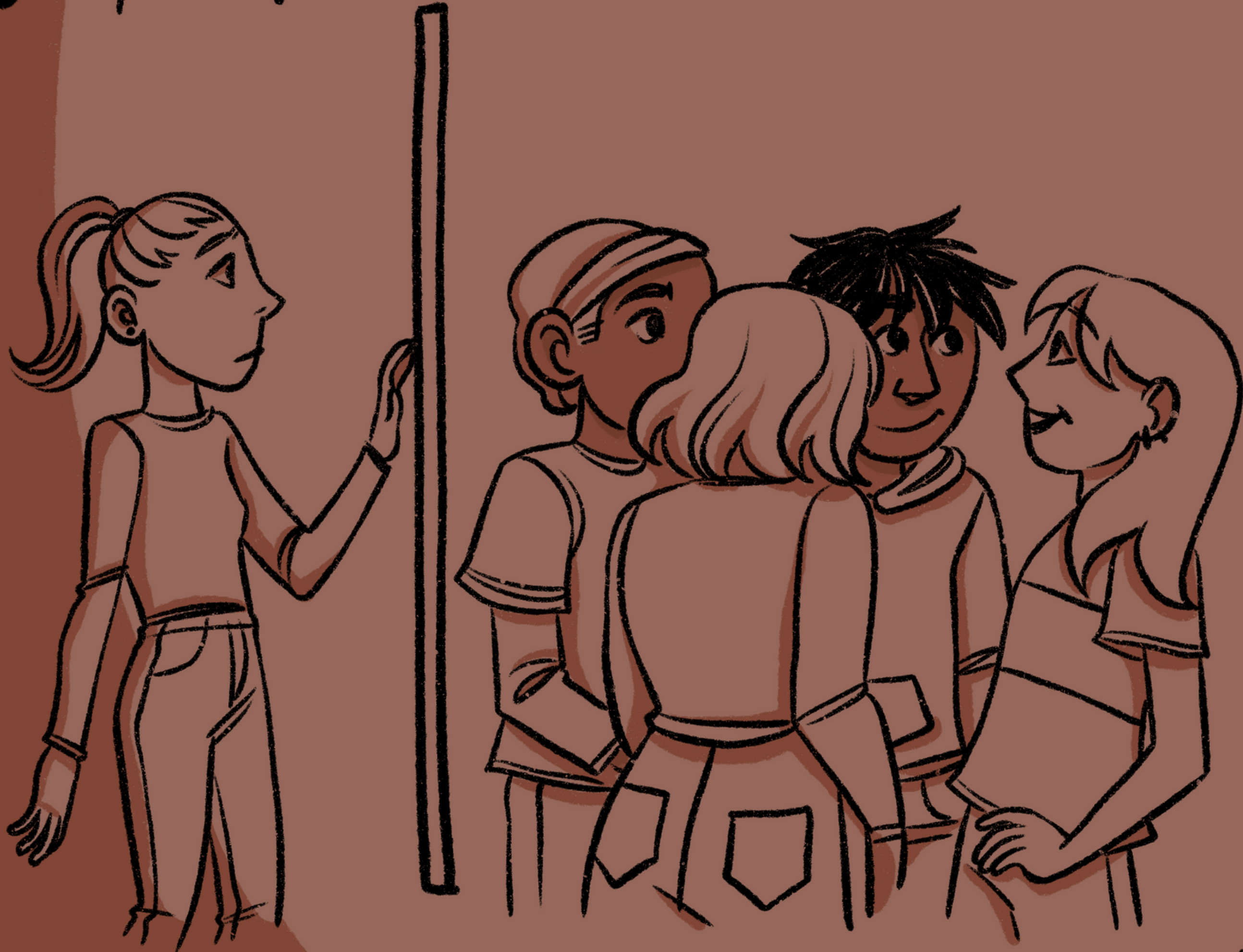
Loneliness is  
a tough  
animal to  
deal with.



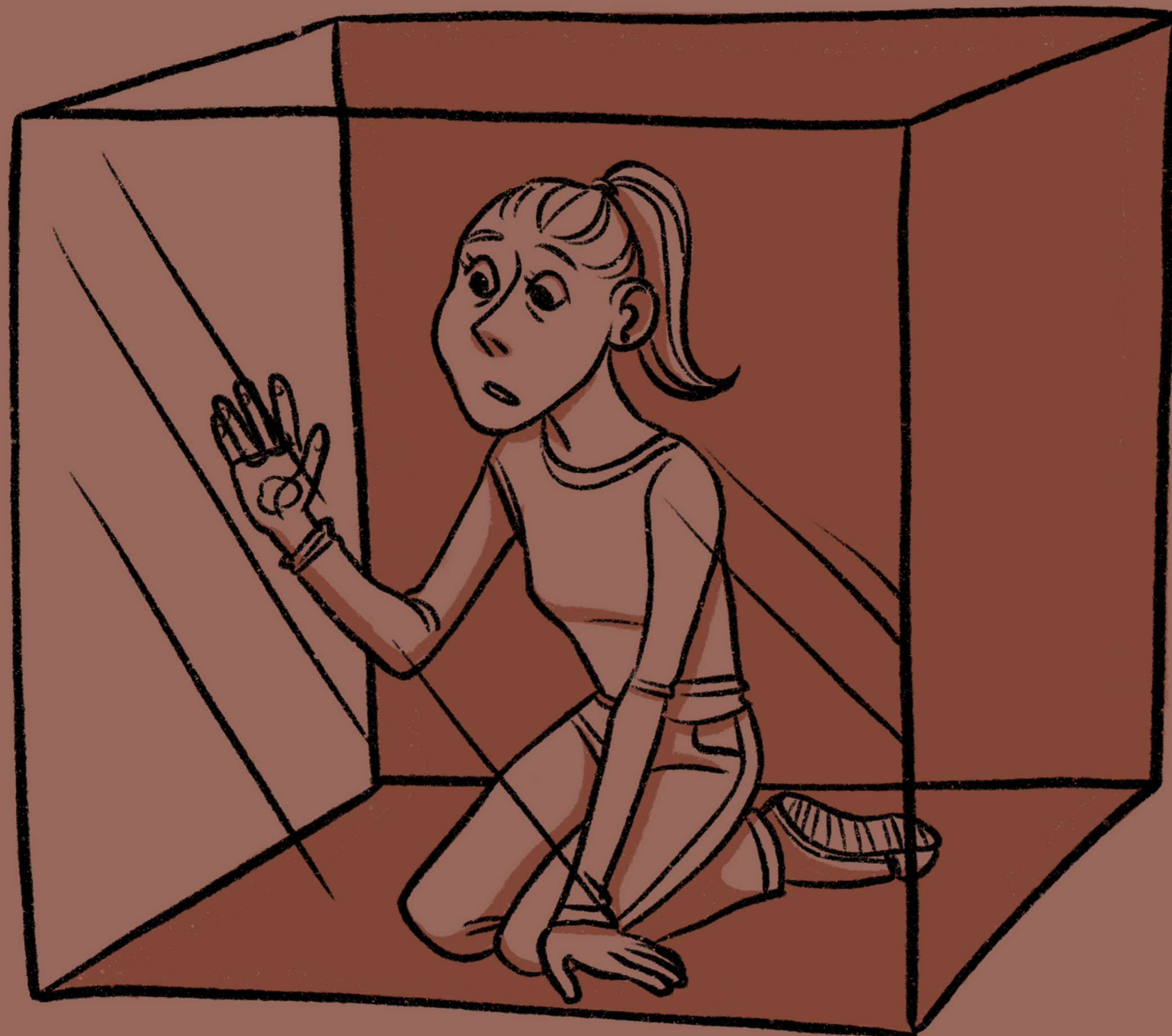


Obviously, sometimes  
it's a feeling  
that comes when  
you're by yourself,  
but it's easy to  
fall into the  
pit of loneliness  
when you're with  
people, too.

People were made to be in  
communion with each other, &  
to feel "separate" sucks



(yes, even if you're an introvert.)



There's something that feels  
so permanent about it, like  
you will feel "other" forever.

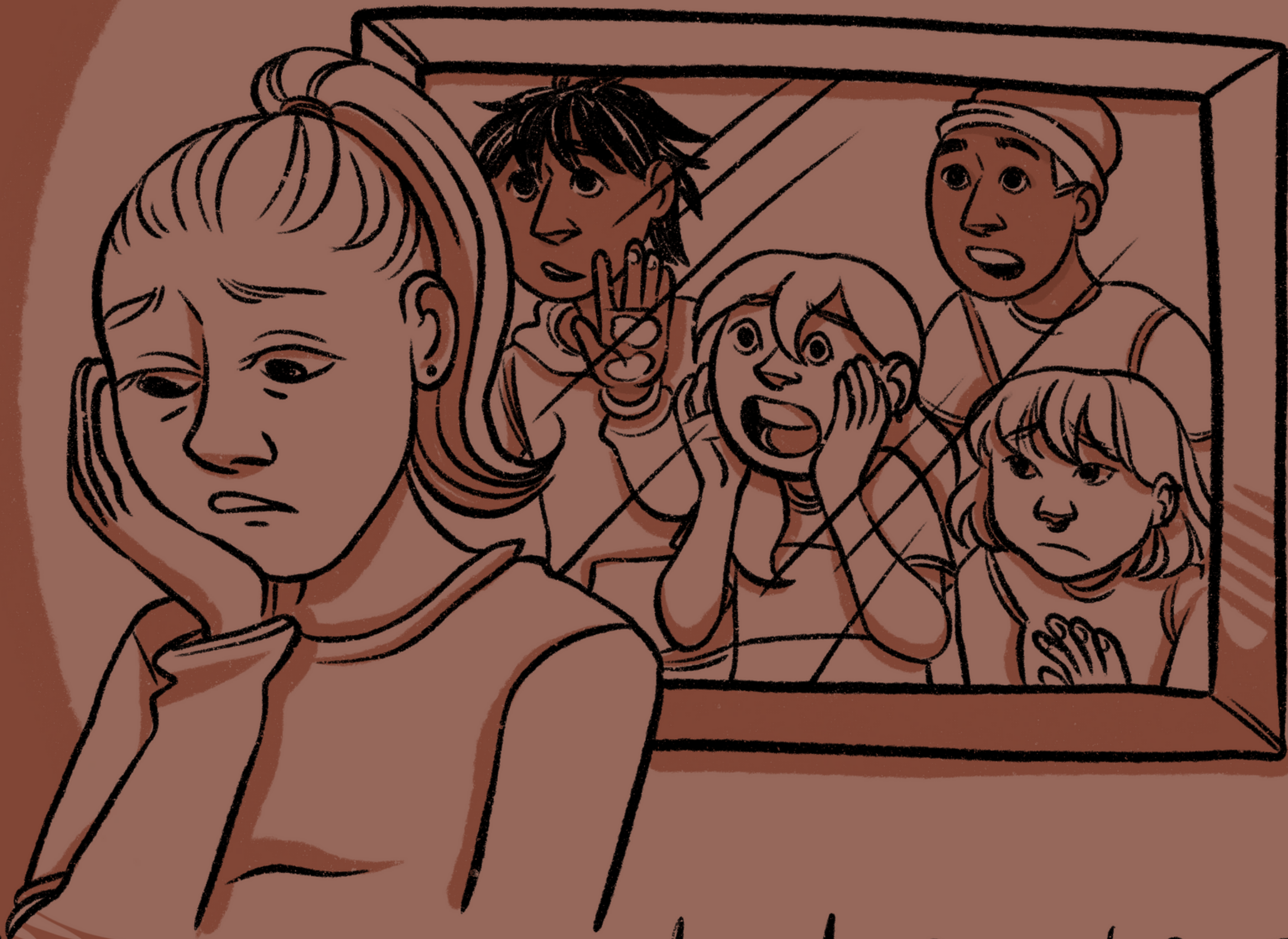
That's where  
you can start  
to draw conclusions  
that aren't true.  
"Maybe it's my  
fault that I feel  
this way. Maybe  
something's wrong  
with me."



And you start to let yourself  
drift away, because you've  
decided that

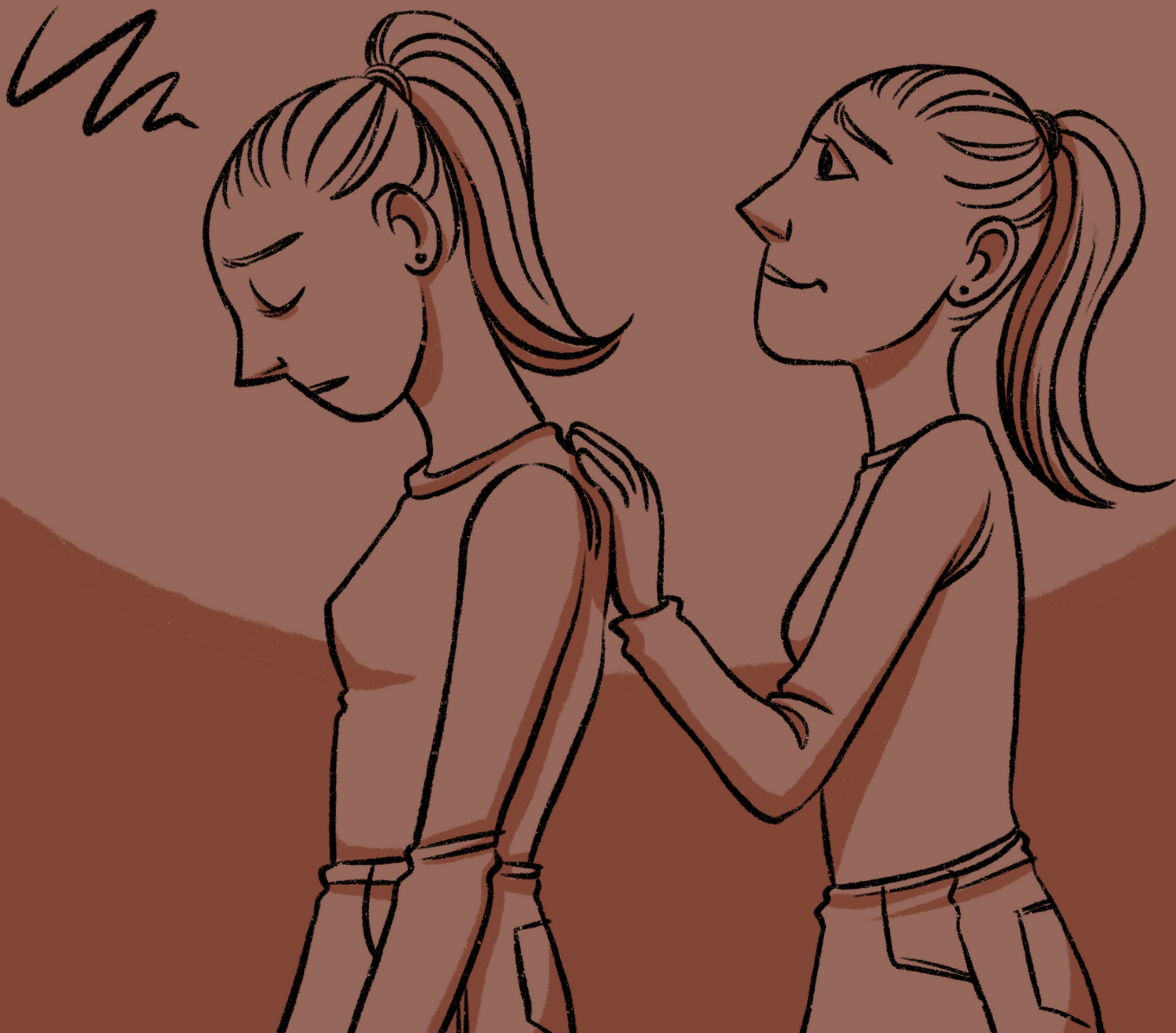


you deserve the loneliness.

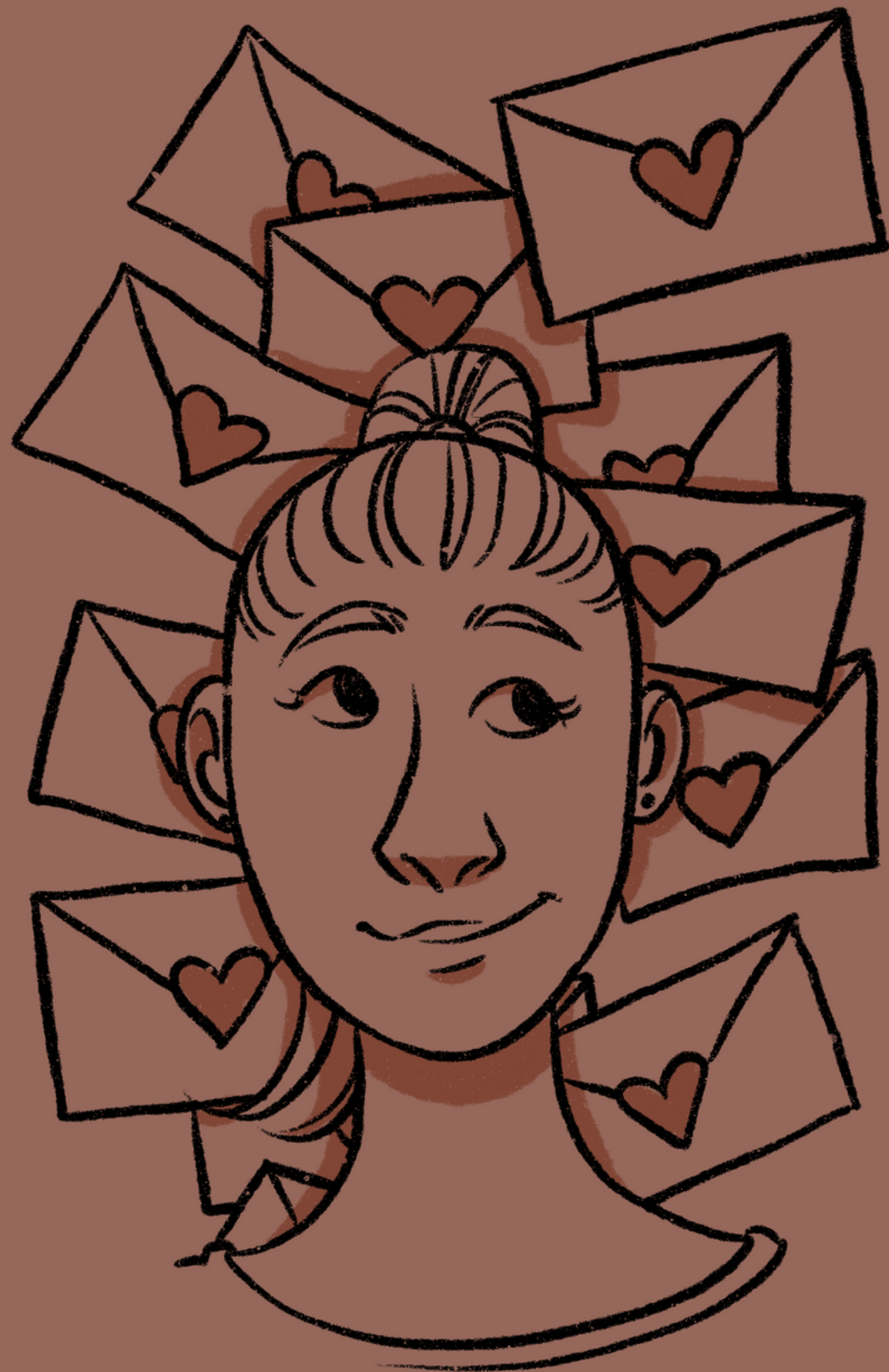


When you're in it, it can be so hard to remind yourself of what is true: that you are loved & never alone.

When you do make it out, though  
(because you always do, at least  
a little) take care of your self  
that was lonely, or maybe again







Rehearse the truth in your own mind, even leaving yourself notes & letters to remind yourself that even though loneliness feels so deep & real, that there are people who love you & want you to feel seen.