



I have a really hard time  
with "new-ness!"

When faced with something unfamiliar, my whole mind & body start to freak, like I'm wearing an itchy sweater that I can't escape.



It brings a lot of "un-truths"  
and value statements about  
myself that I often struggle with  
RIGHT up to the <sup>o</sup> surface.



That I am worthless if I  
can't be more  
confident & self  
sufficient. That I  
should just be  
able to fall  
into any new  
thing & be  
perfect at it.  
That I should thrive  
in, even love newness.

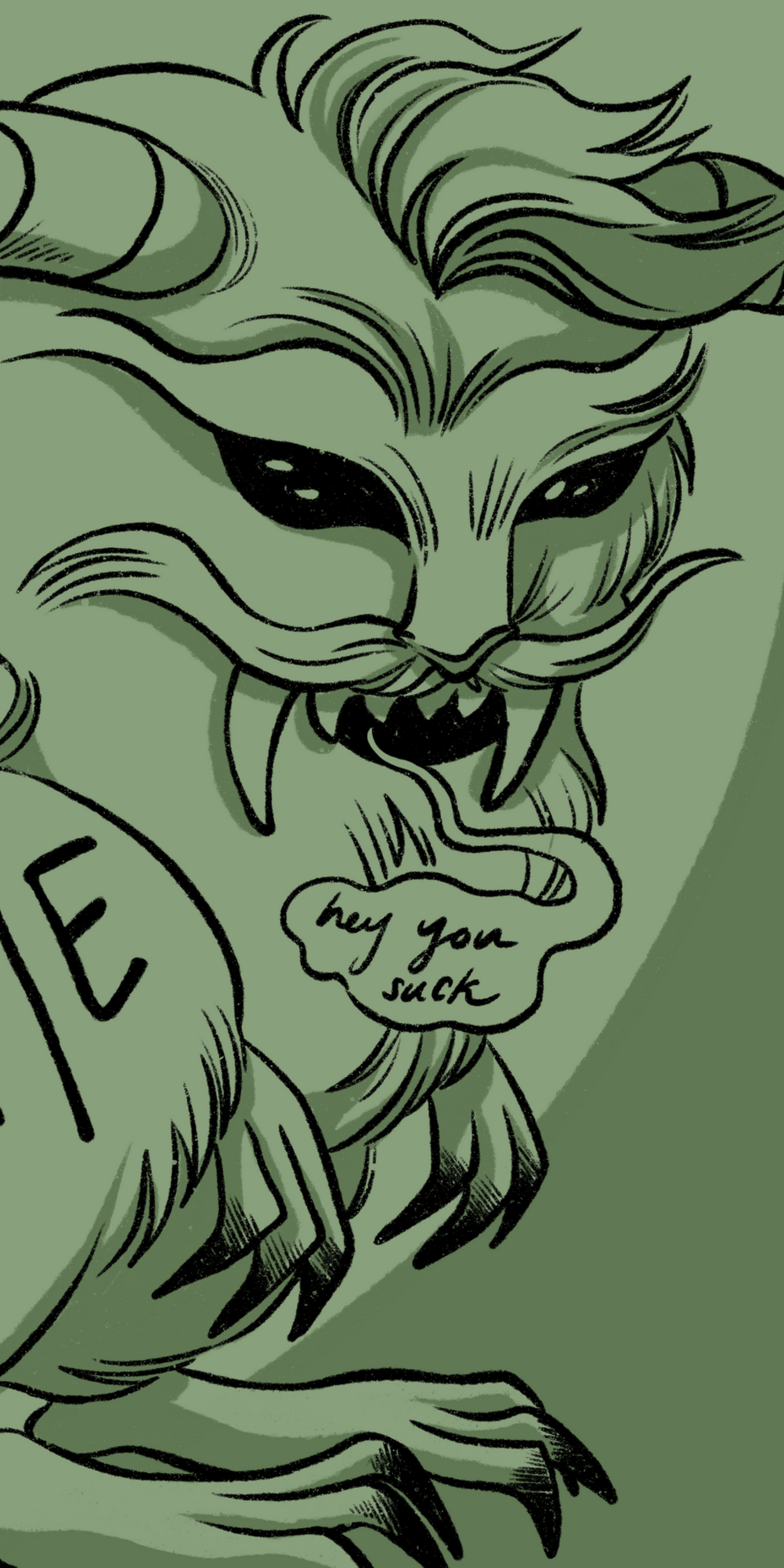


PIT OF  
IMPERFECTION

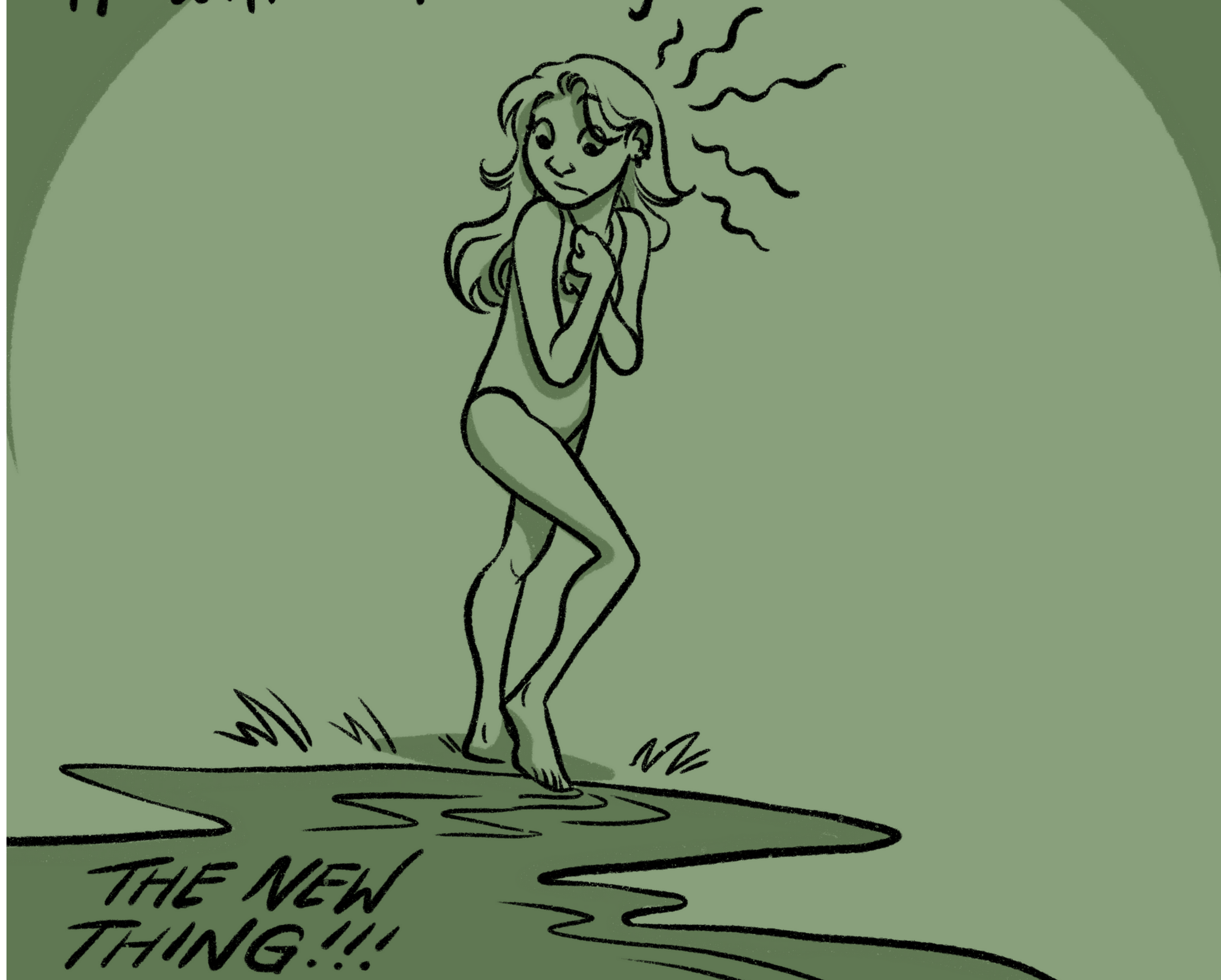
I really  
hate the  
shame  
monster.  
It doesn't  
give me  
any room  
to  
grow.



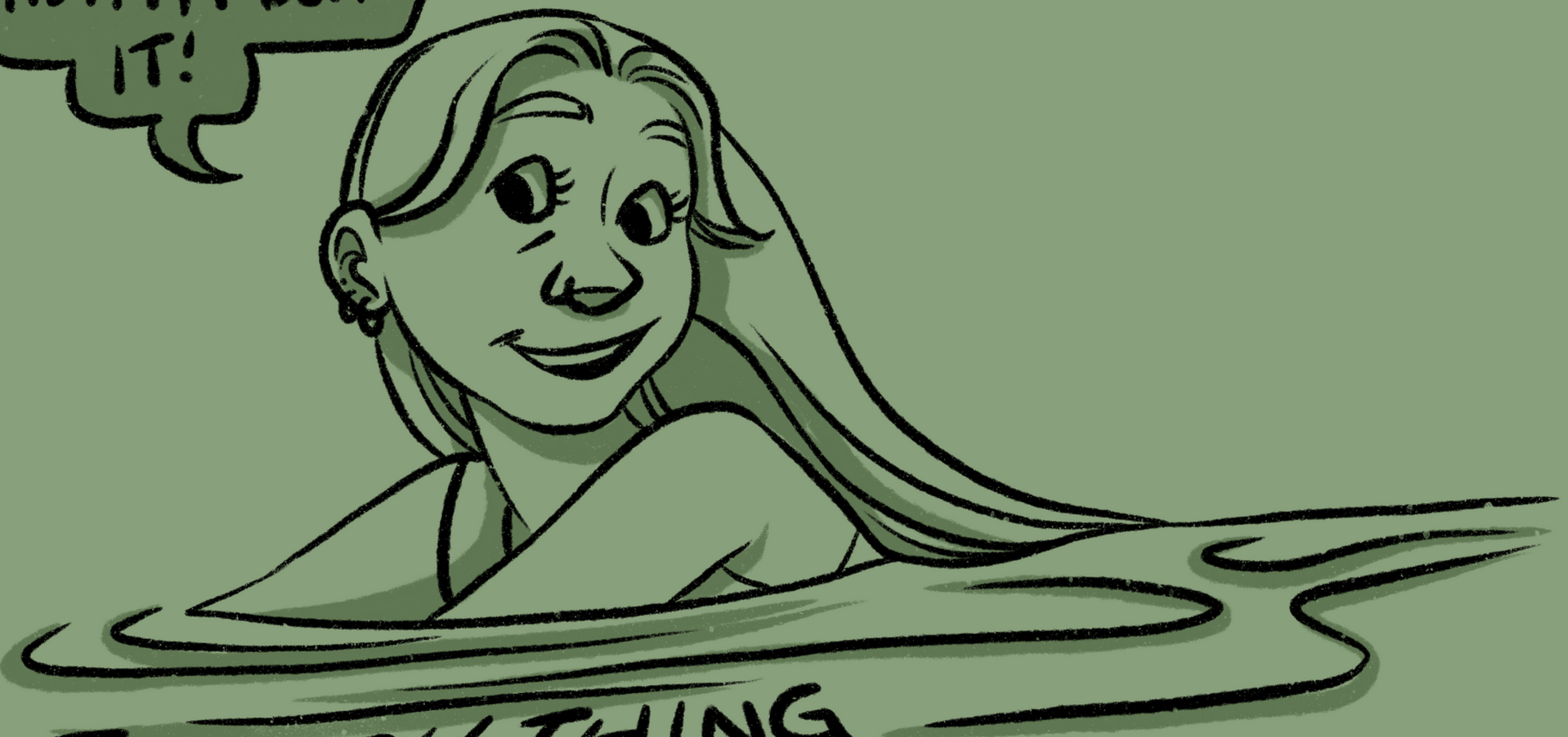
hey you  
suck



Newness is hard, and that's ok.  
It will not always be new.



HEY, I'M DOIN'  
IT!



## THE NEW THING

No one is asking you to be immediately perfect or comfortable. We are always shifting & changing & growing, and that's scary & normal & 100% totally ok. Be kind to yourself, and allow room.