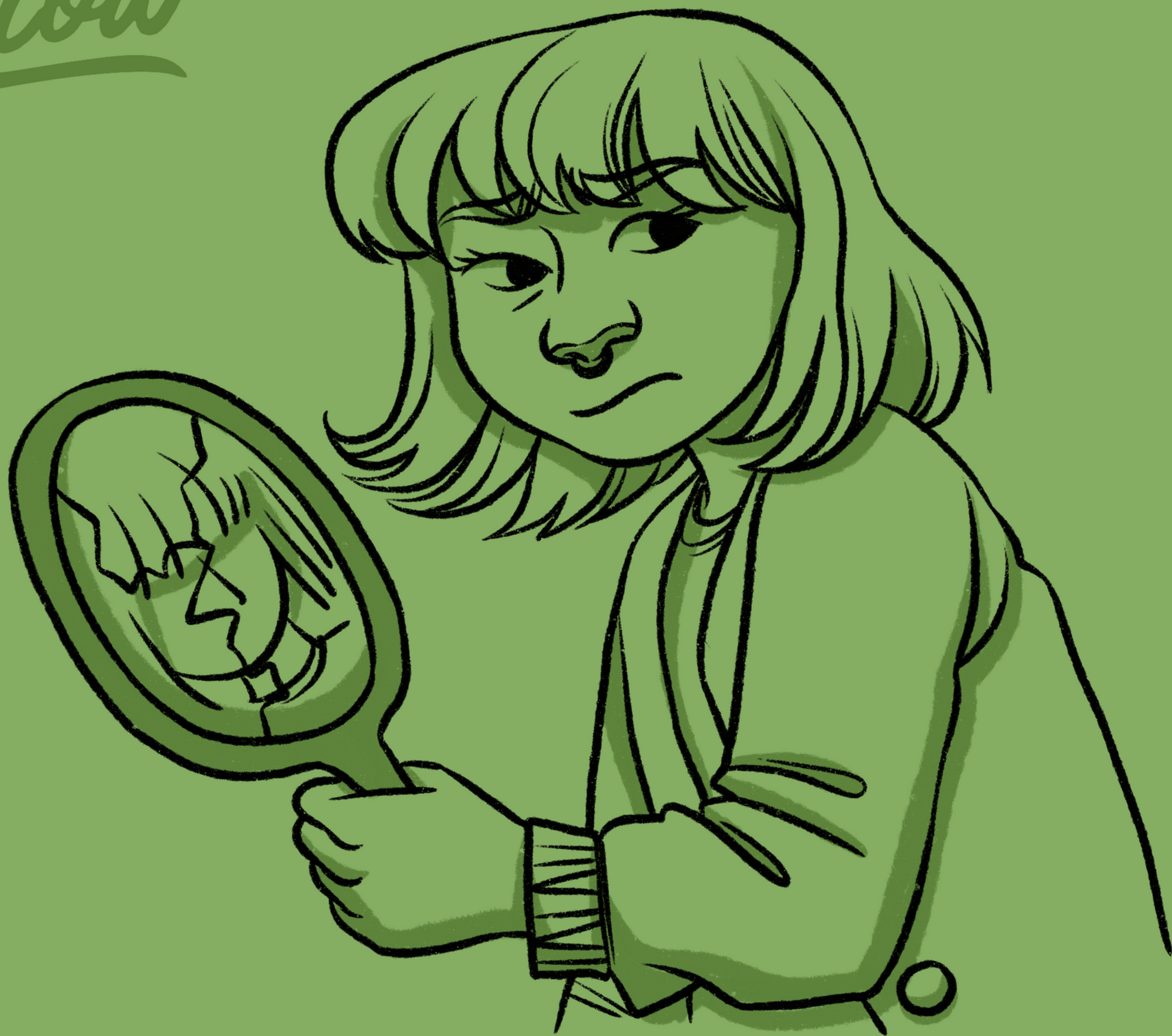


flow



When we're struggling, it's so hard to not slip into bad habits of punishing ourselves.

(Whether intentional or otherwise.)



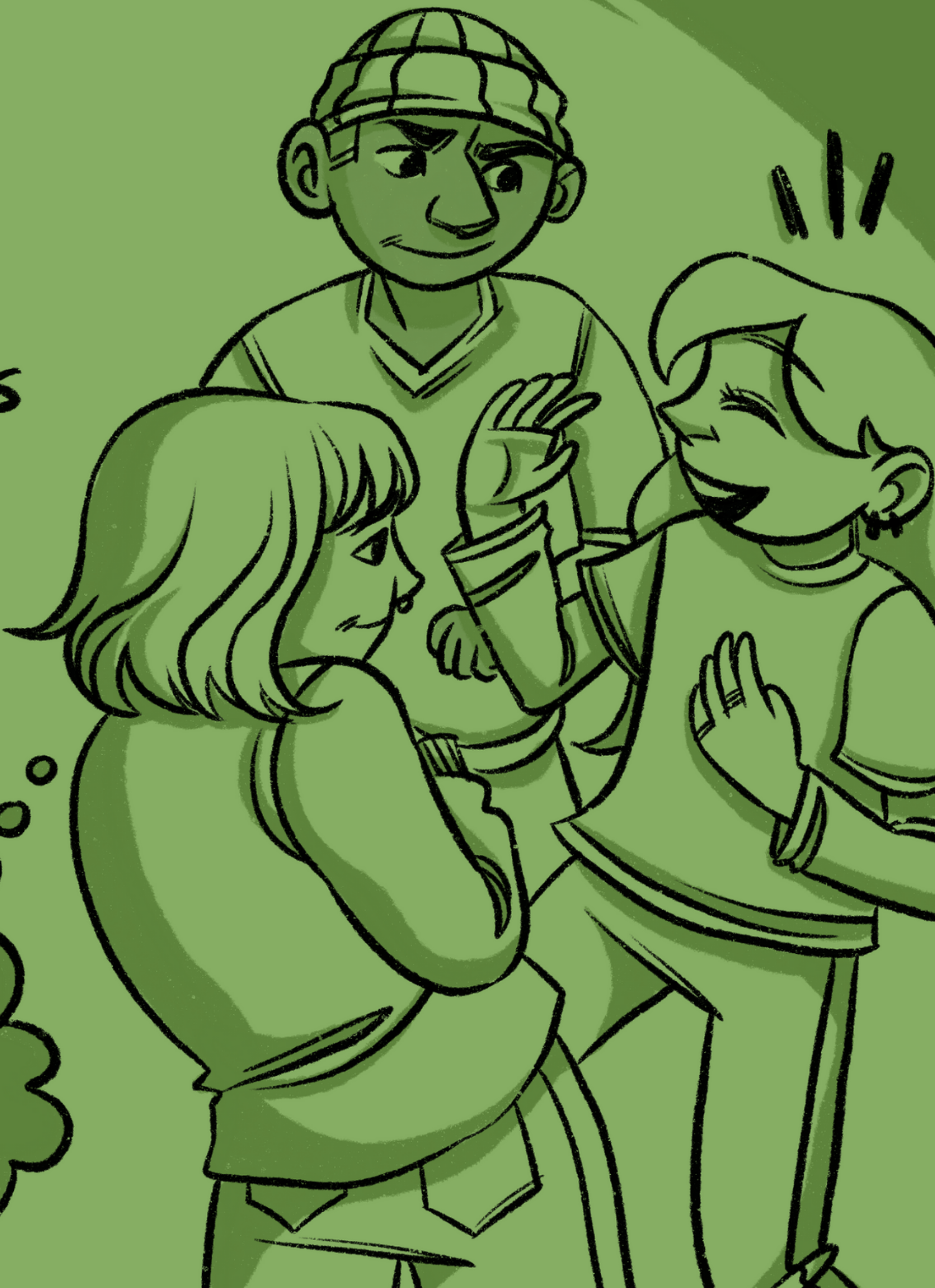


grumpy

Not letting yourself eat enough.

Not letting yourself
ask for the
help you know
deep down
you need,
whether it's
from friends
and family
or from a
professional.

THEY HAVE NO
IDEA I FEEL
CRAZY RIGHT
NOW.



Harming yourself to externalize
the pain you feel on the inside.



Harming yourself
internally.
beating yourself
up for your
self-perceived
"mess up"



★
★ STUPID

★ NOT
★ WORTHY

★ WEAK

★ UGLY
★ UNLOVABLE

★ USELESS

★ WORTHLESS

★ BROKEN

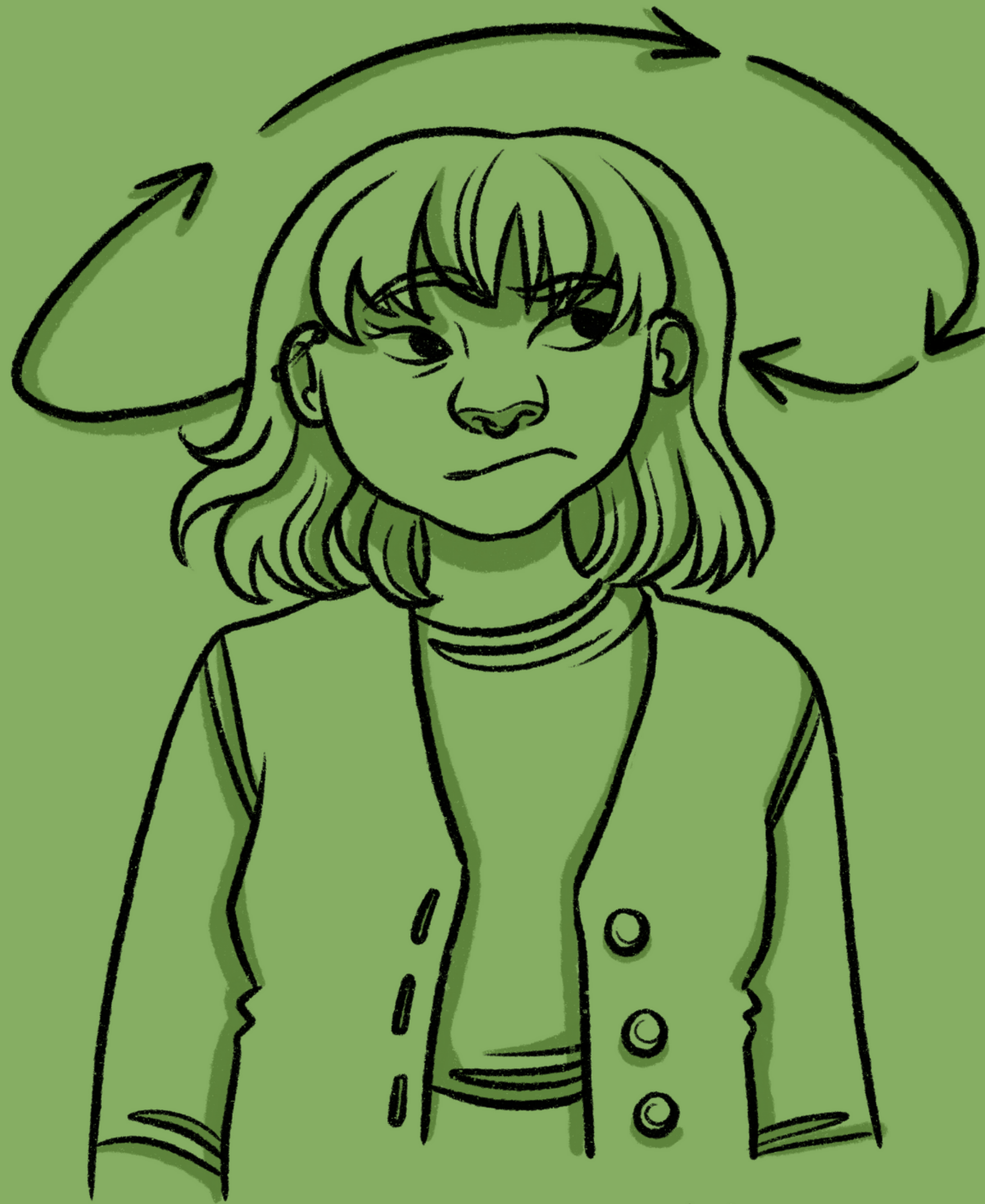
Not letting yourself sleep.



Maybe it's too hard to
stop doing these things
right away.



Maybe that's too much of a leap.



But recognizing patterns gives us power. Power to know how to stop the cycle.