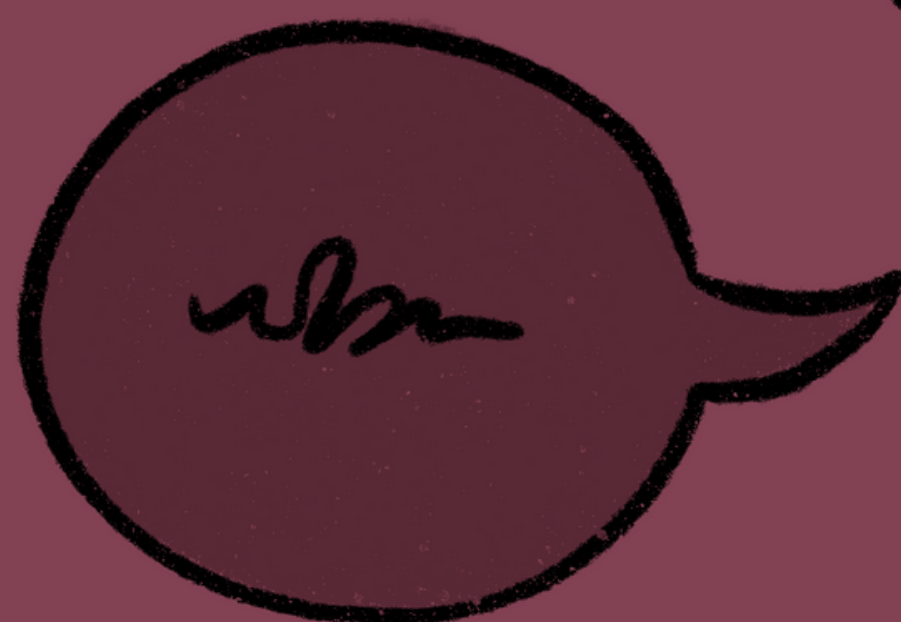


Sometimes, I really
have a hard time
fully expressing
what's going on
in my head.



When it gets worse
enough, though, & I
finally decide to share,
I never feel like I quite
get it right.





It's not the same unless you're
living it, y'know?

I start to worry that the people around me that I've opened up to are going to think I'm crazy.

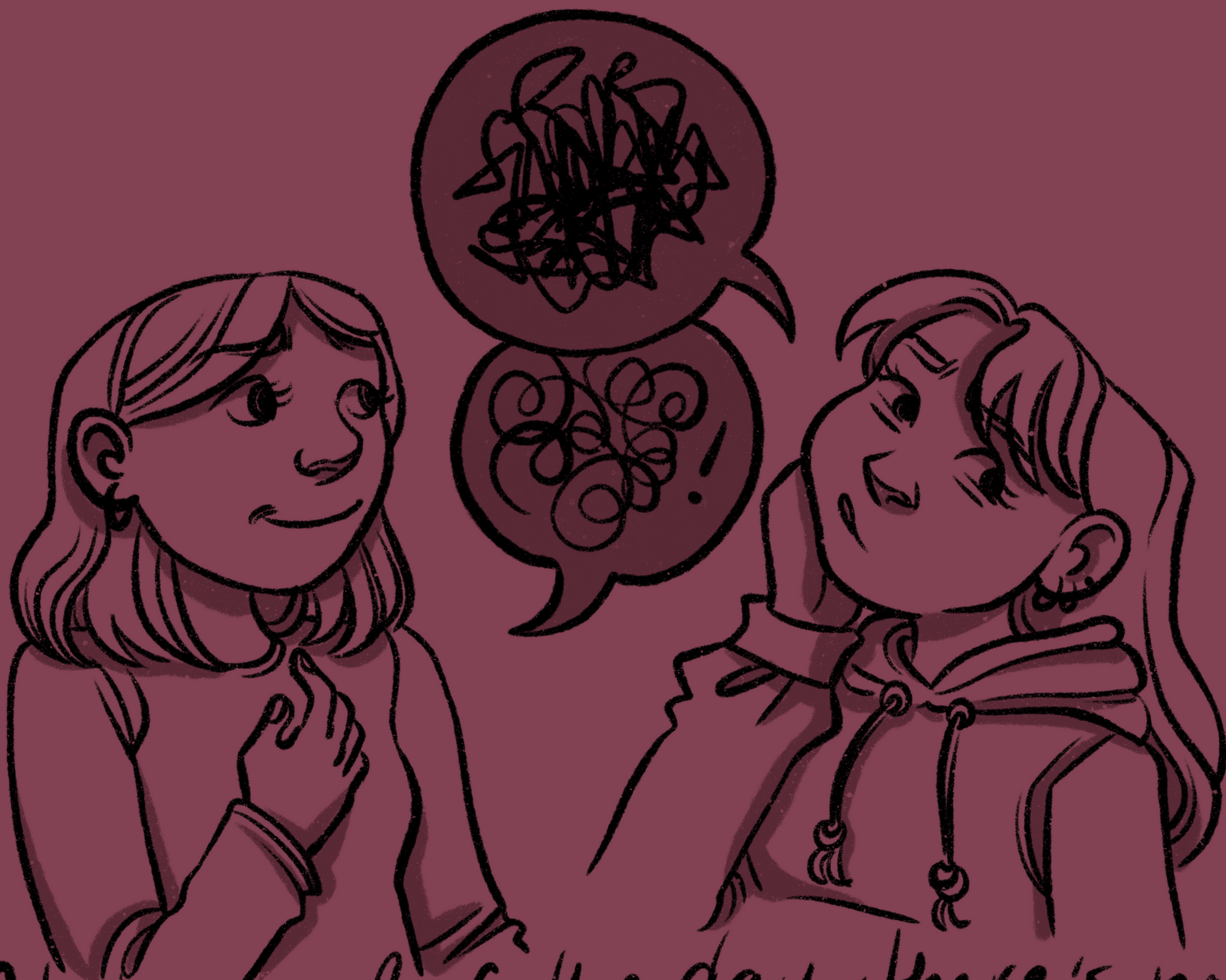


That the things I worry about aren't "normal!"

It makes me want to keep all
of that stuff on the inside.

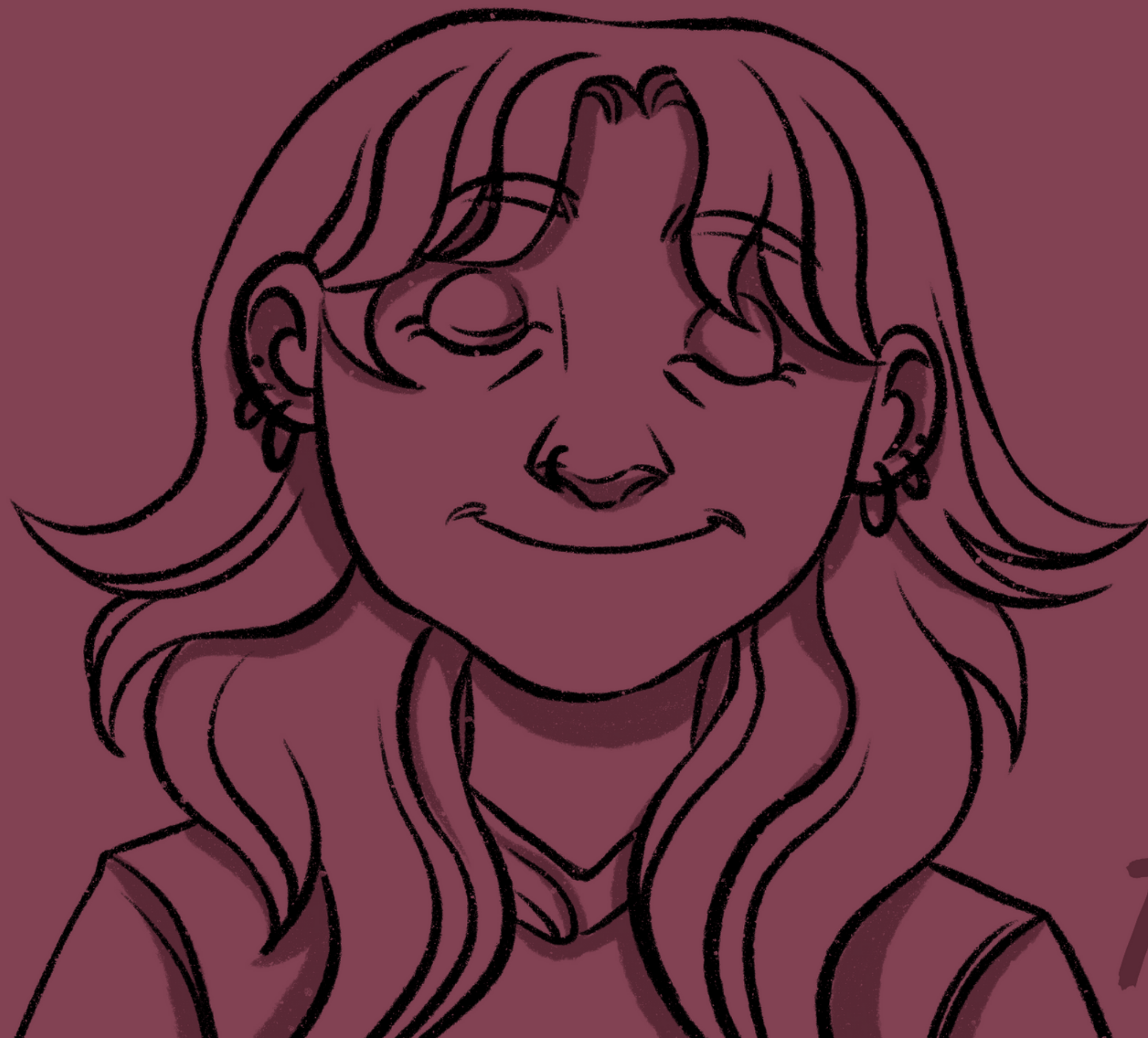


(which won't
help
anything.)



At the end of the day, there's no such thing as "normal." Everyone's brain works a little different, & everyone struggles with different stuff.

The people that love you want to
be there for you, whether you
perfectly articulate what's
happening in your head or not.



flow