



flow

When in the process of healing,
we all have to go through the
"Ugly Phase."

You know it. Like when you're working on an art piece and you're about halfway through.



It's always a little ugly.

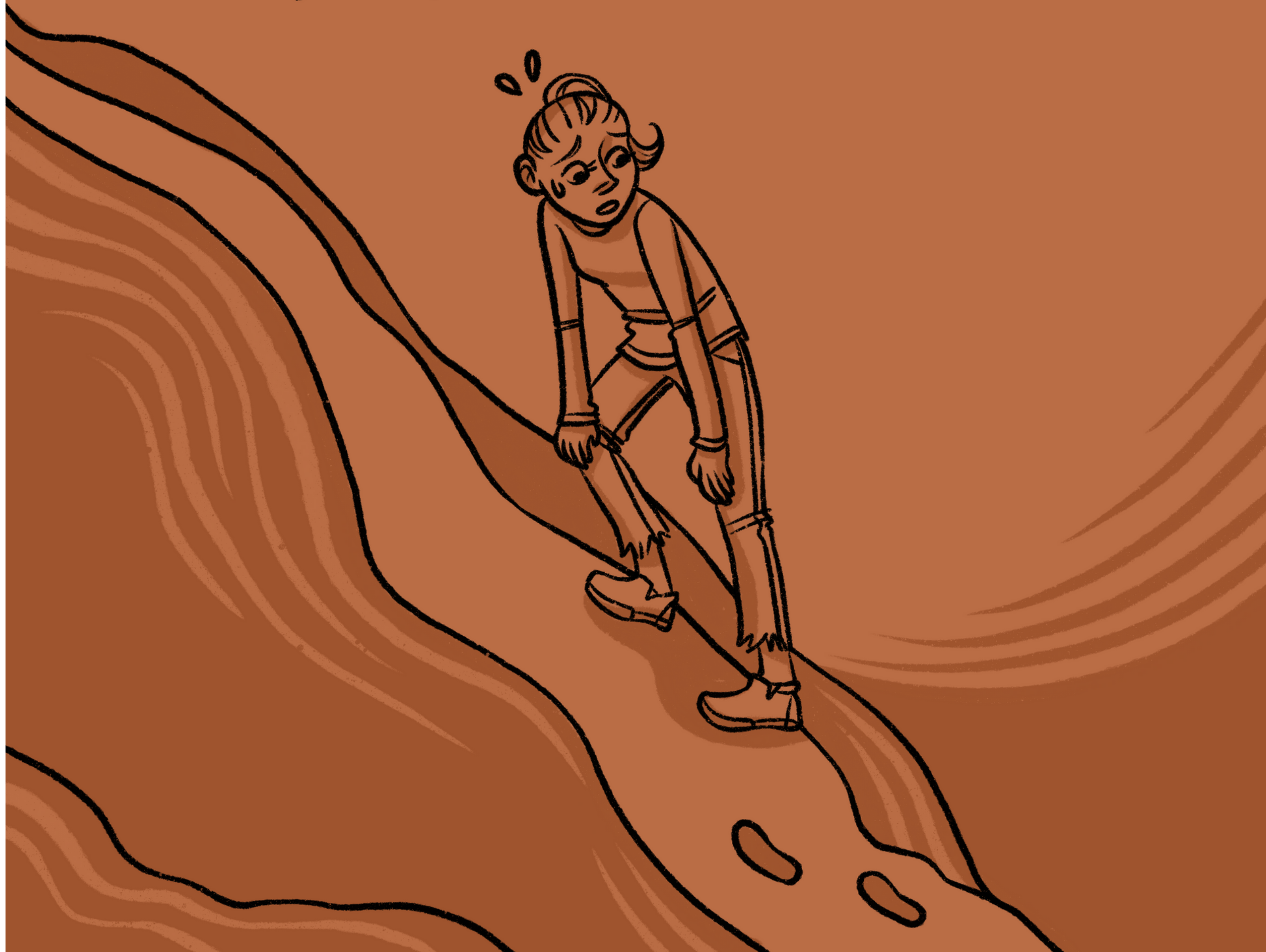
It's also like
when you're
growing out
a haircut.
We've all had
the awkward
phase before
(some of us
ahem many
times.).





The point is, the in-between is uncomfortable, but super important.

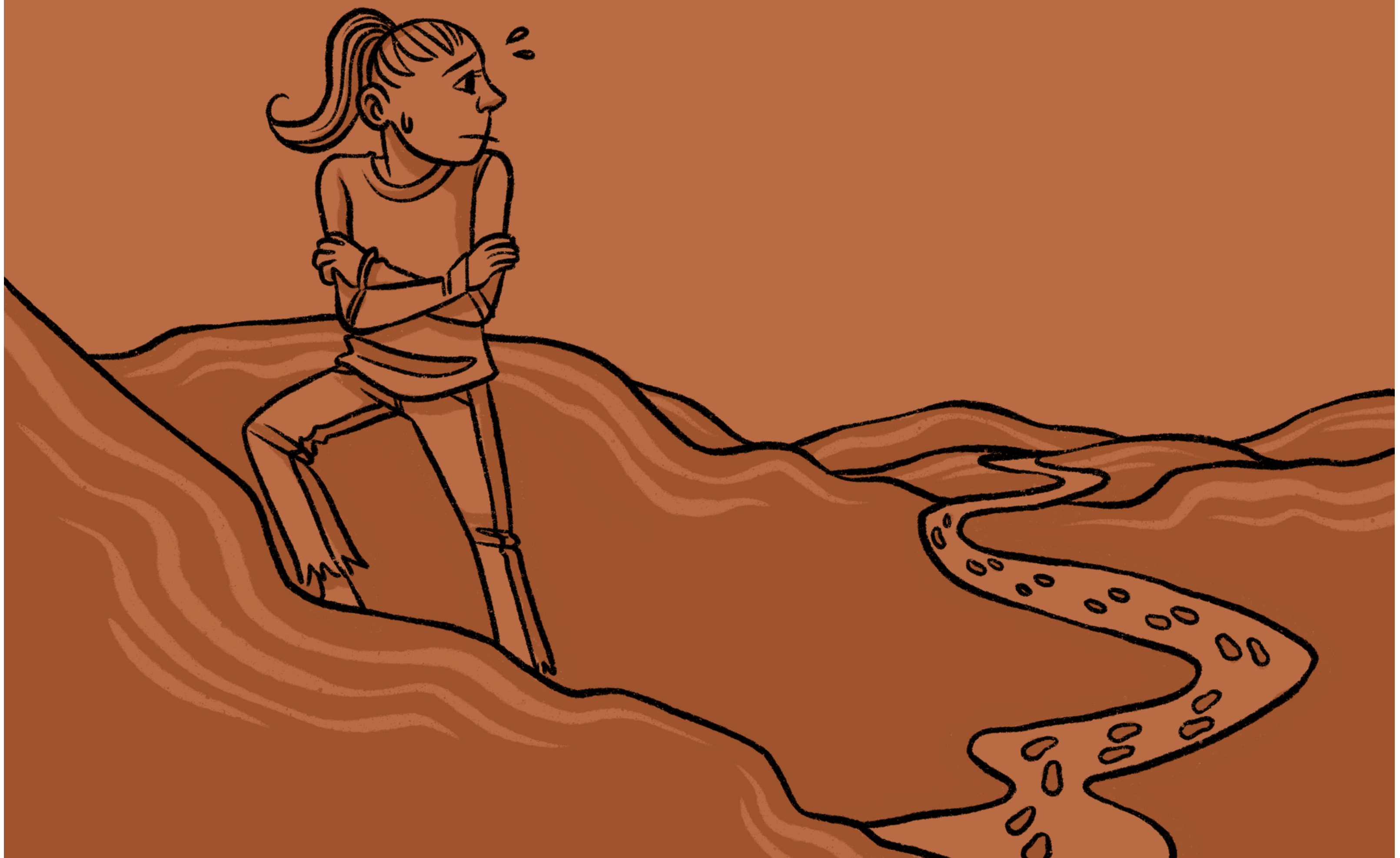
It's a step along the journey
where you really feel yourself
going through it.





What's important to remember
though....

...Is that the "ugly phase" is a sign of all the work you've already done. Sometimes it feels worse before it gets better.





The thing that matters is that
it DOES get better.