

There are so many different ways nowadays for you to

numb the pain.

flow



Things that
you know maybe
aren't the best
idea, but they
help you feel
better in the moment
so you
don't care.



Sometimes it's a
rush,



other times it's
a come down.





Or it's just the thrill
of looking at things online that you
maybe shouldn't.

Even just not letting yourself
be alone with
your
thoughts

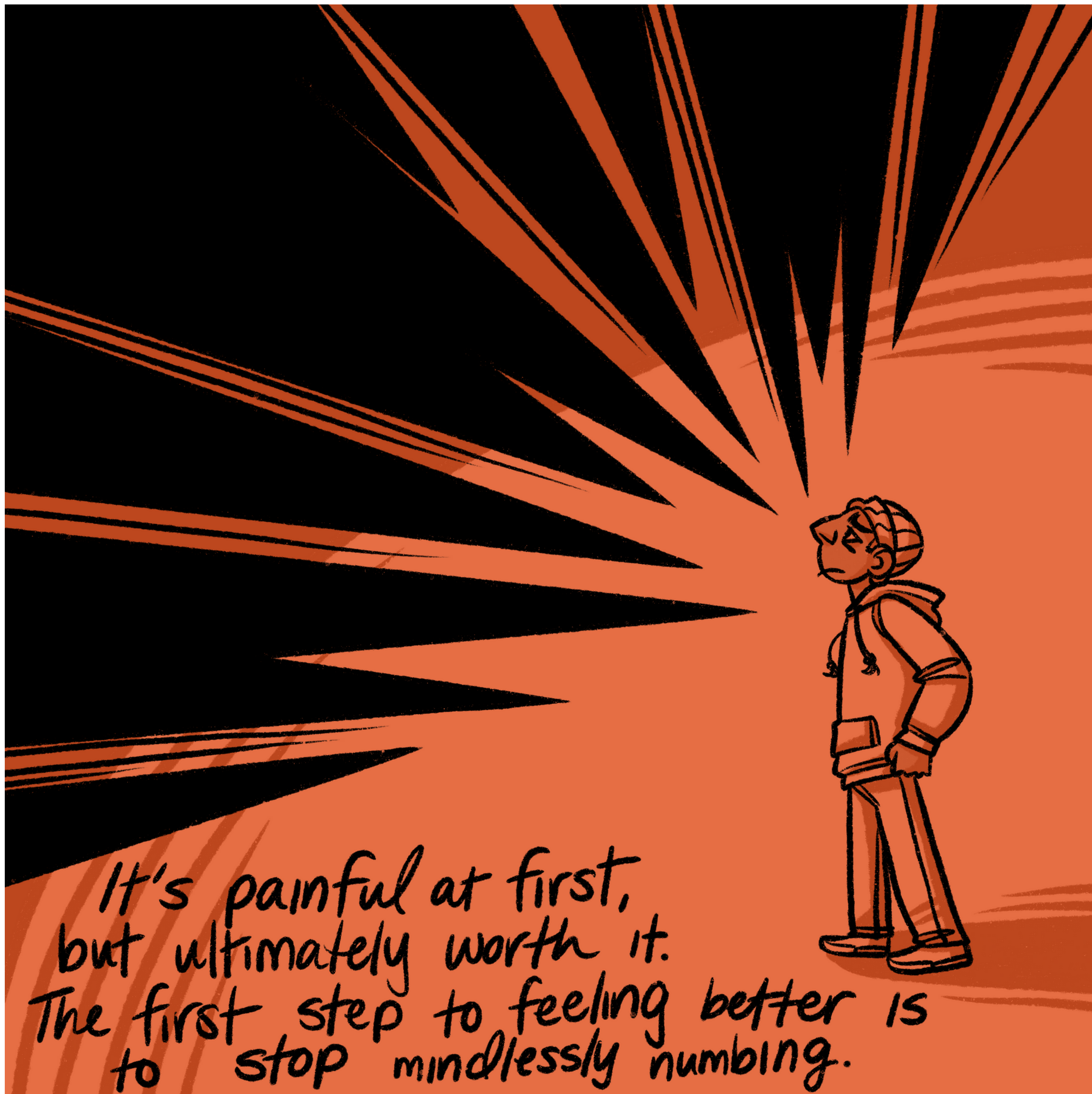
Ever



Numbing the
pain doesn't
take it away,
though.



It just postpones
it, making it harder
and harder to face.



It's painful at first,
but ultimately worth it.
The first step to feeling better is
to stop mindlessly numbing.