

"Will it always be like this?"





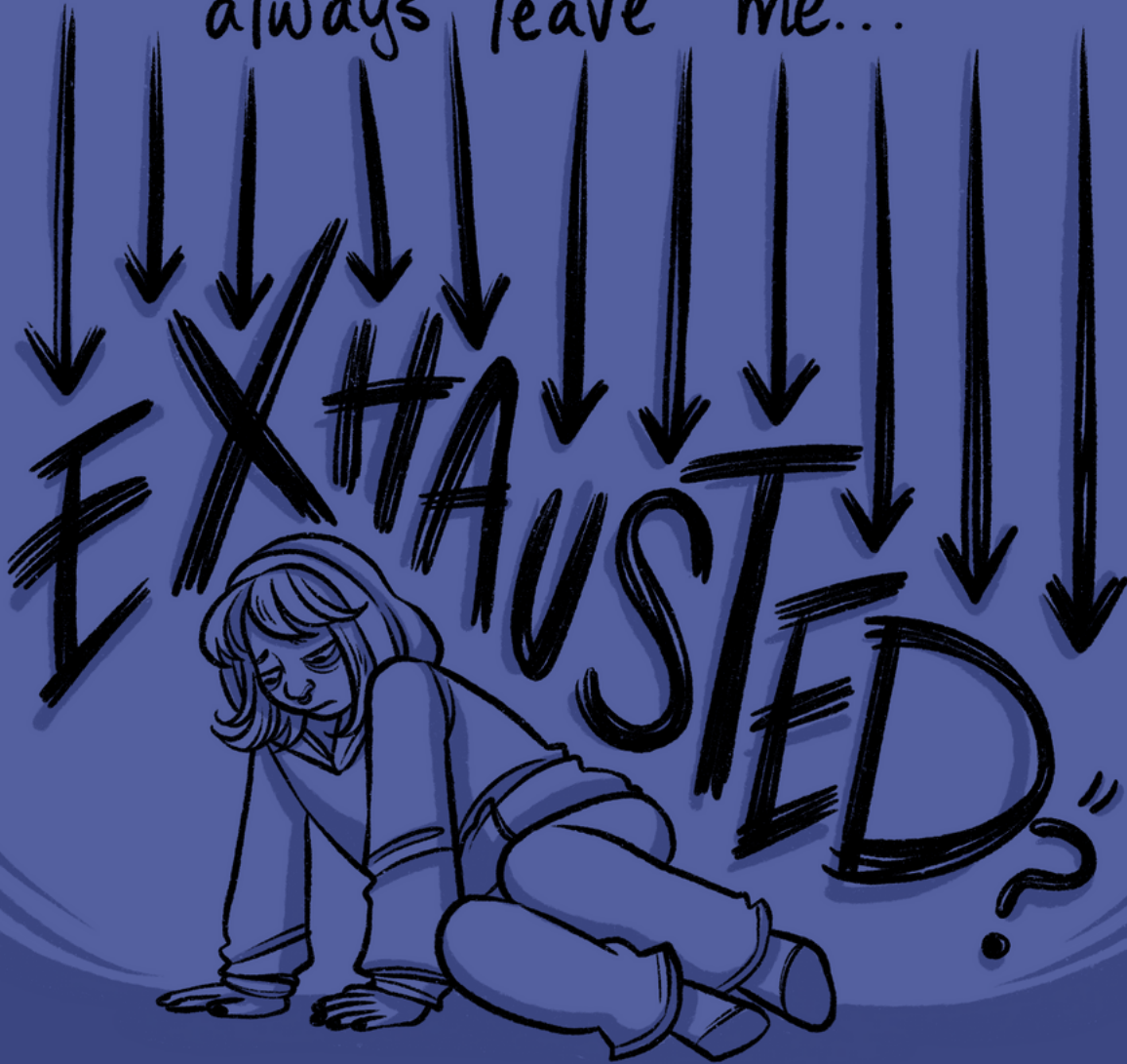
"Will getting out of bed always feel physically impossible?"

"Will I always  
feel sad,  
and when  
the sadness  
fades, it  
leaves

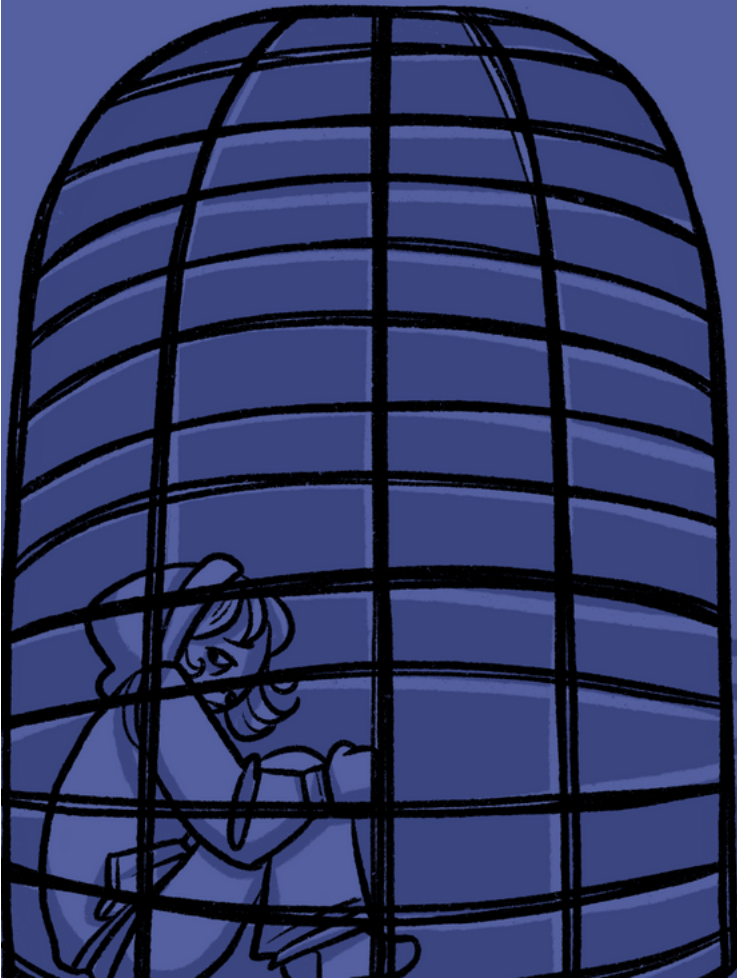


**NOTHING?"**

"Will doing the smallest things  
always leave me..."



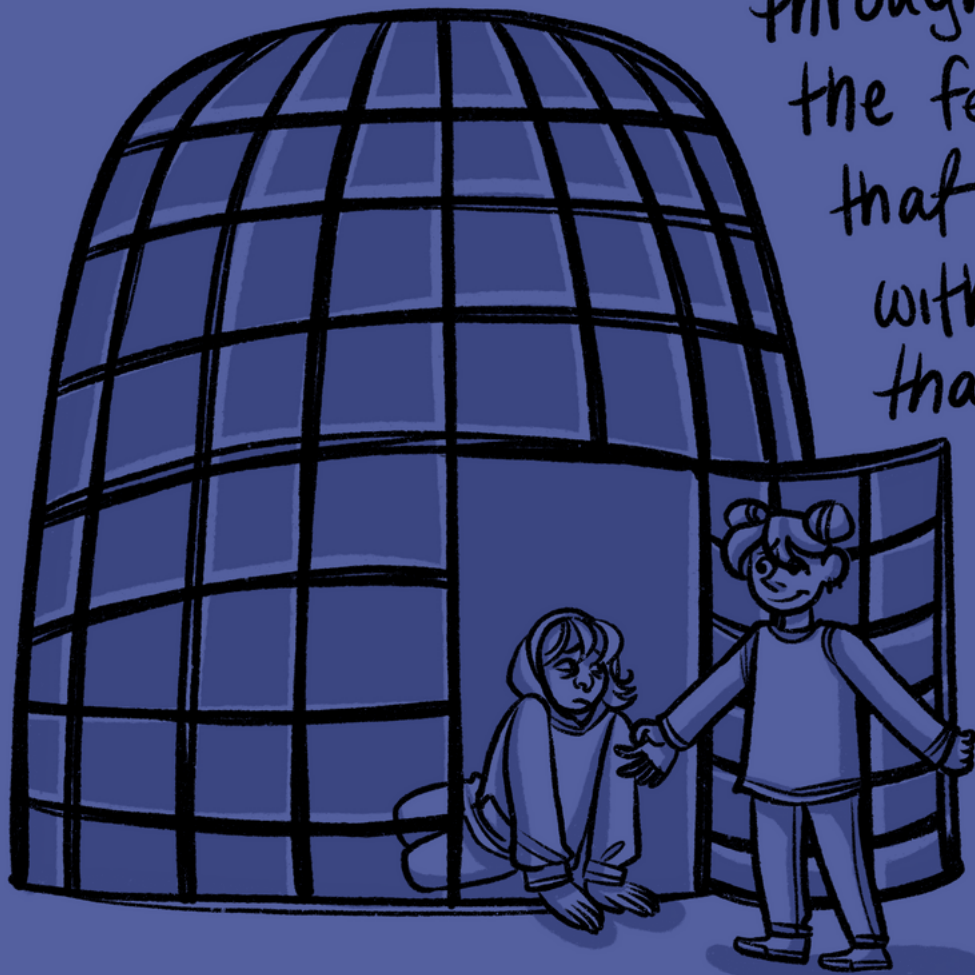
"Will I always feel trapped  
in a cage of  
my own  
building?"



NO.



You will probably need help to  
break out of it, and to work  
through all  
the feelings  
that come  
with  
that.



But that's okay. To need help is to be human.



You can't always break the cycle alone,  
and that's normal. You can promise  
yourself that  
it will not always be like this.