

"Will it always be like this?"



flow



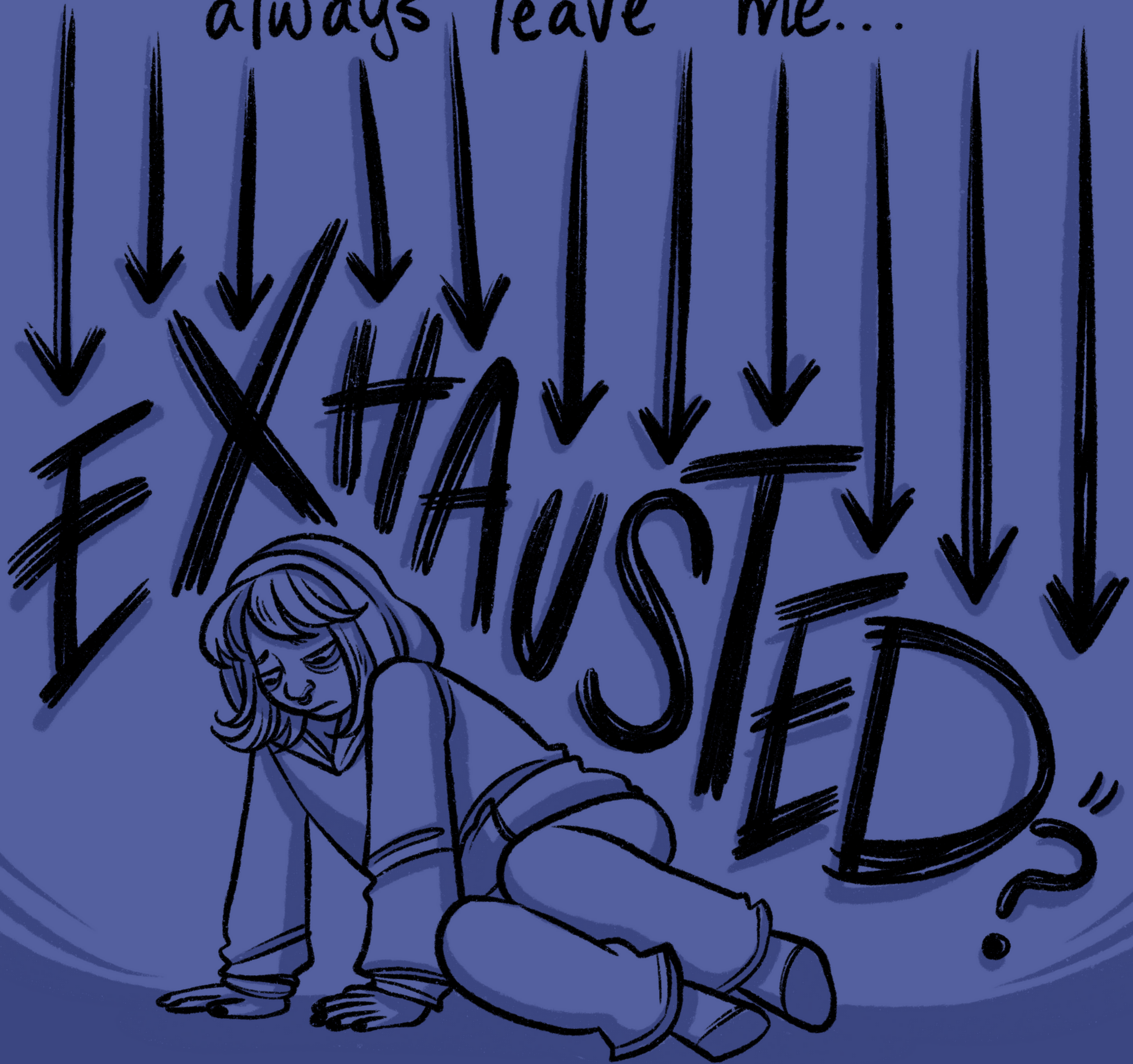
"Will getting out of bed always feel physically impossible?"

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

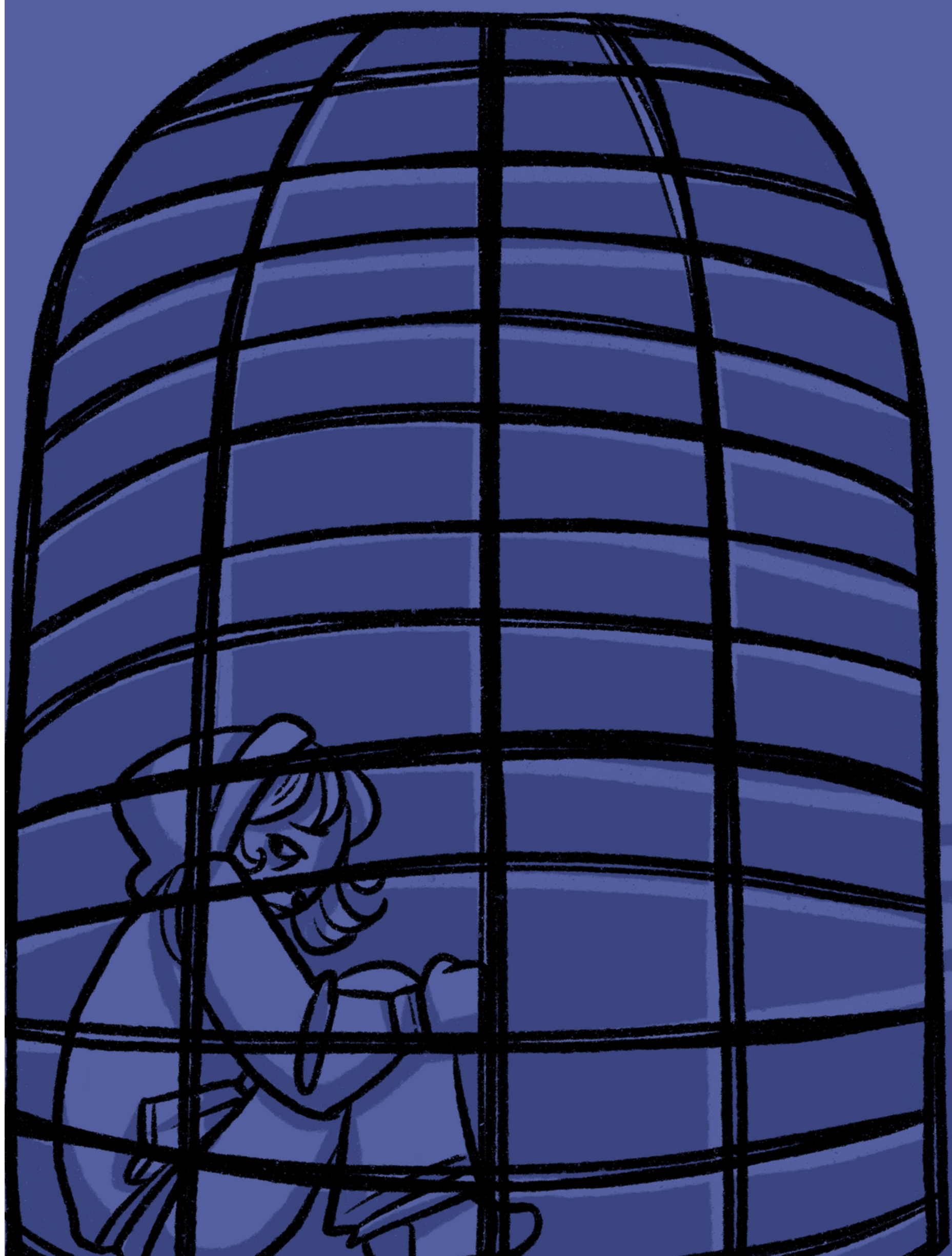


NOTHING?"

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



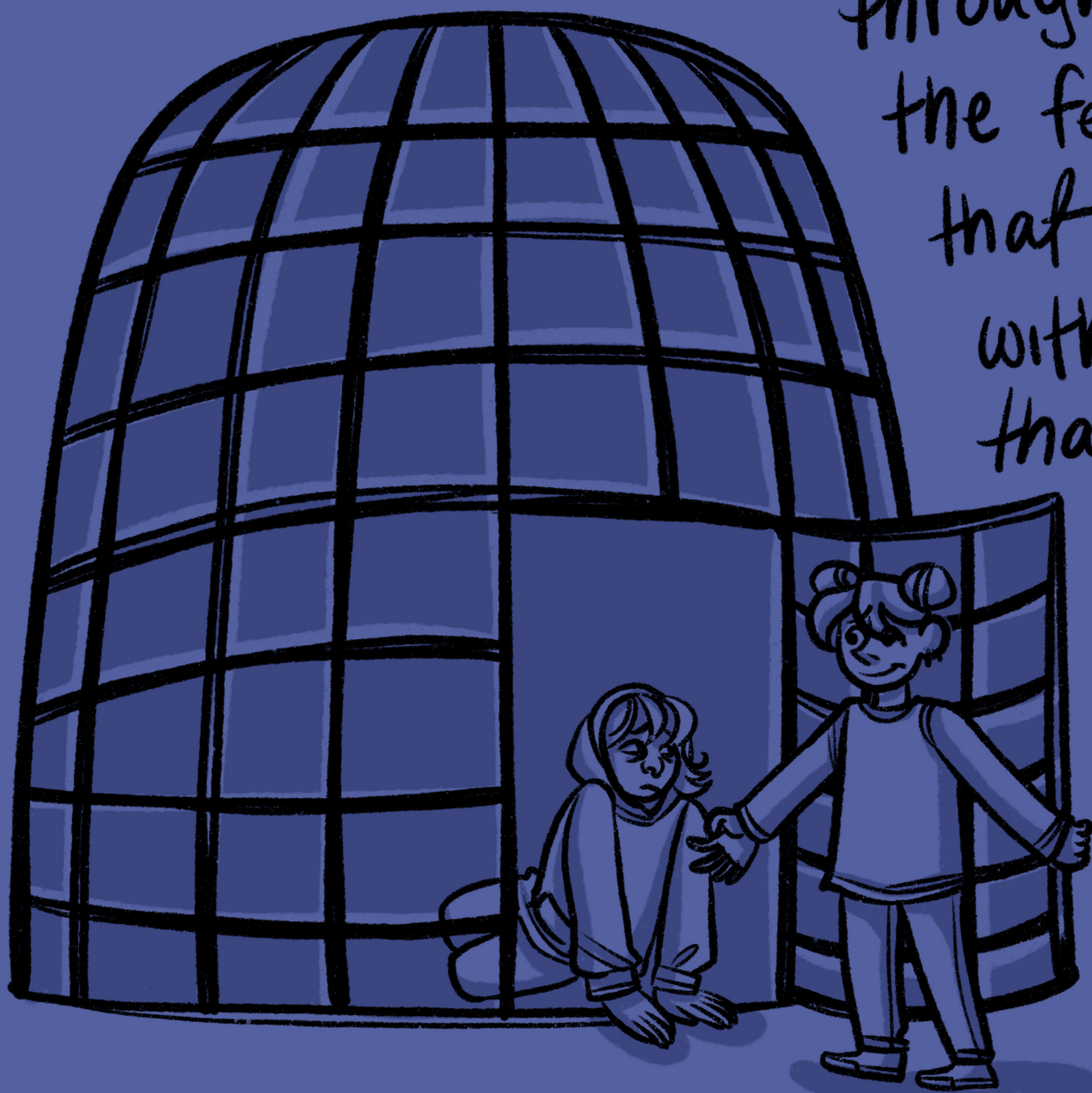
"Will I always feel trapped
in a cage of
my own
building?"



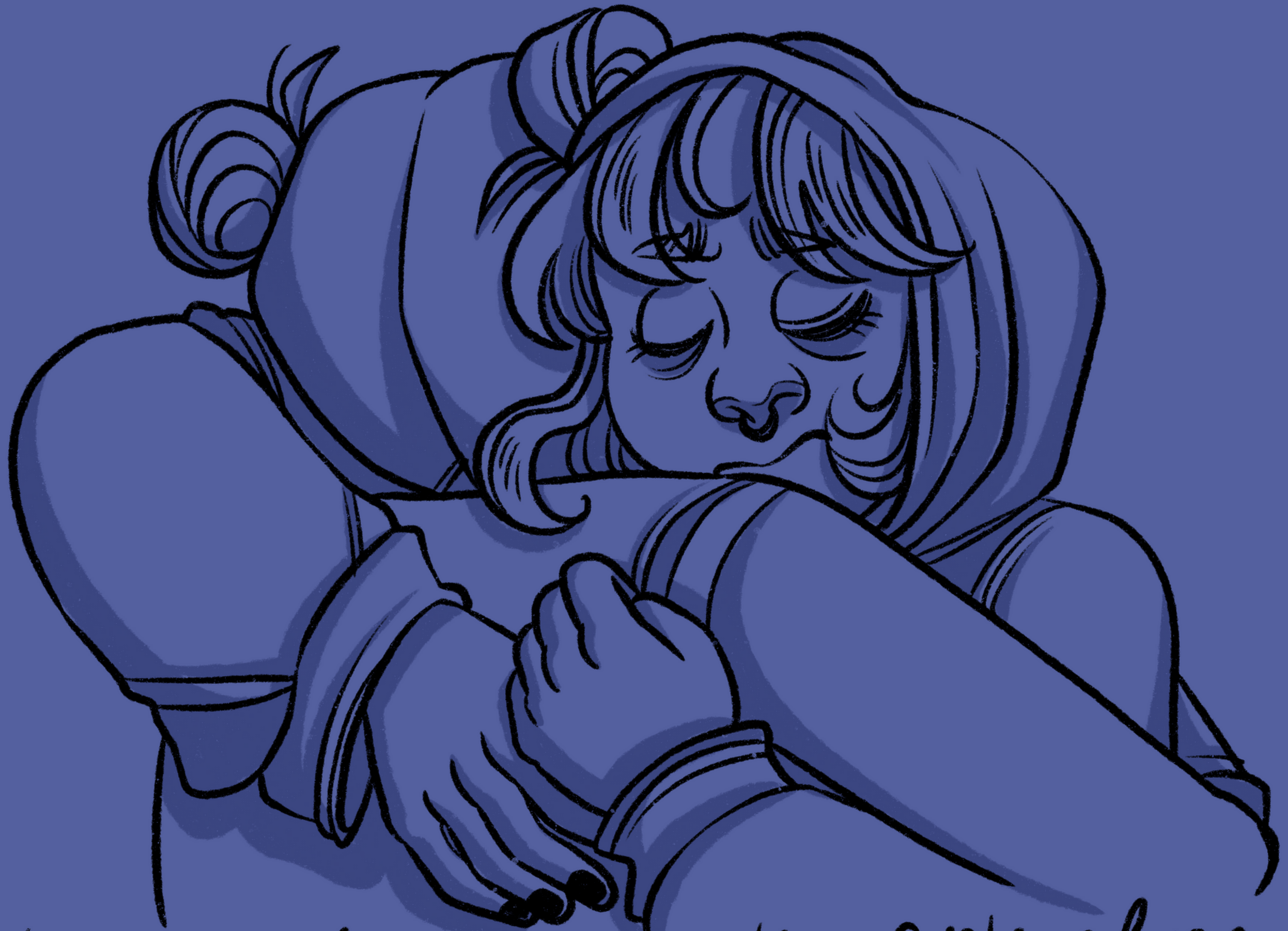
NO.



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.