

'GROWING AROUND GRIEF'
(LOIS TONKIN, 1996)

WHATSYOURGRIEF.COM





5 minutes cost me 20 YEARS of my life because I made a permanent decision off a temporary emotion. 🙄

Here's how it played out:

- 1 Minute: Felt disrespected 😡
- 3 Minutes: Fight broke out in the club 🍷
- 1 Minute: Pulled the trigger 🚬

The result:

- 20 Year Prison Sentence
- Missed my son's birth and his first 20 birthdays
- Missed my daughters' birthdays from ages 2-22
- \$100k in legal fees
- And a lifetime of "what ifs" 😞

ONE emotional decision cost me TWO DECADES away from my family, my freedom, and my life. Those 5 minutes of emotion can change EVERYTHING. The trade-off is never worth it. **THINK BEFORE YOU ACT !!**

▶

The greatest **wealth** you will ever experience in your life is having a healthy body, a peaceful mind and having the right people in your life.

The worst battle I ever fought was between what I knew and what I felt.





Lauren Dike

Burnout disconnects
people, and disconnected
people disconnect
organizations.

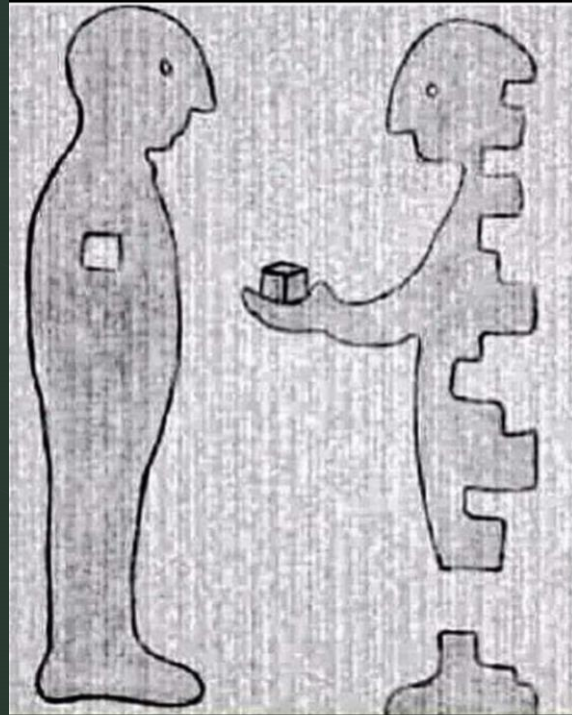
a gentle reminder:

If you don't schedule
a break, your body will take
one for you, and it probably
won't be at a convenient
time.

@selftīme

romanticize your life, take pretty pictures, feel like the main character, light up a candle, read books, go for a walk, dance to your favorite music, buy yourself presents, do whatever you want, be happy - this is your life, don't let anyone take it from you

 @sculpt.life1



**THE CHILD WHO IS NOT EMBRACED BY THE VILLAGE
WILL BURN IT DOWN TO FEEL ITS WARMTH**

- AFRICAN PROVERB -

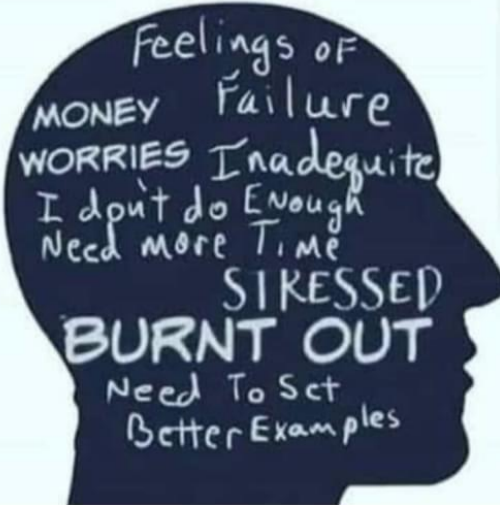
JNK



**Dad on the
outside**



**Dad on the
inside**



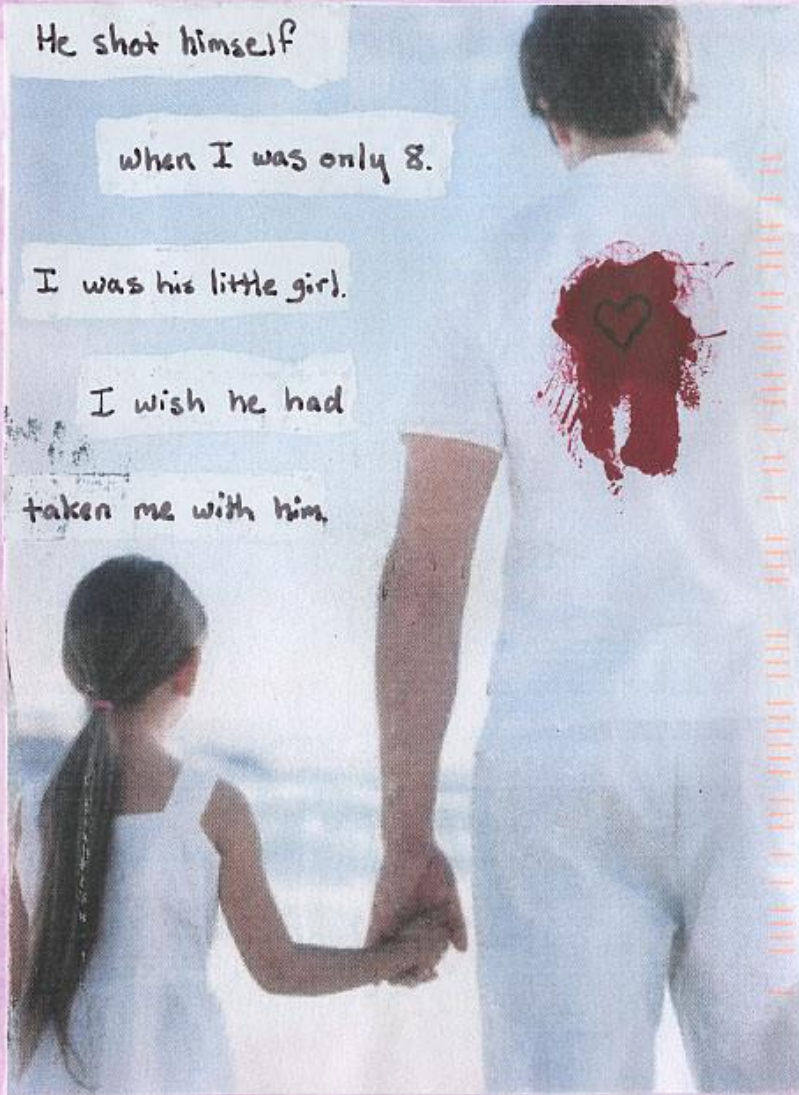


He shot himself

when I was only 8.

I was his little girl.

I wish he had
taken me with him.





angiesimontonlcsw



I sat with my
anger long enough,
until she
told me her
real name
was grief.

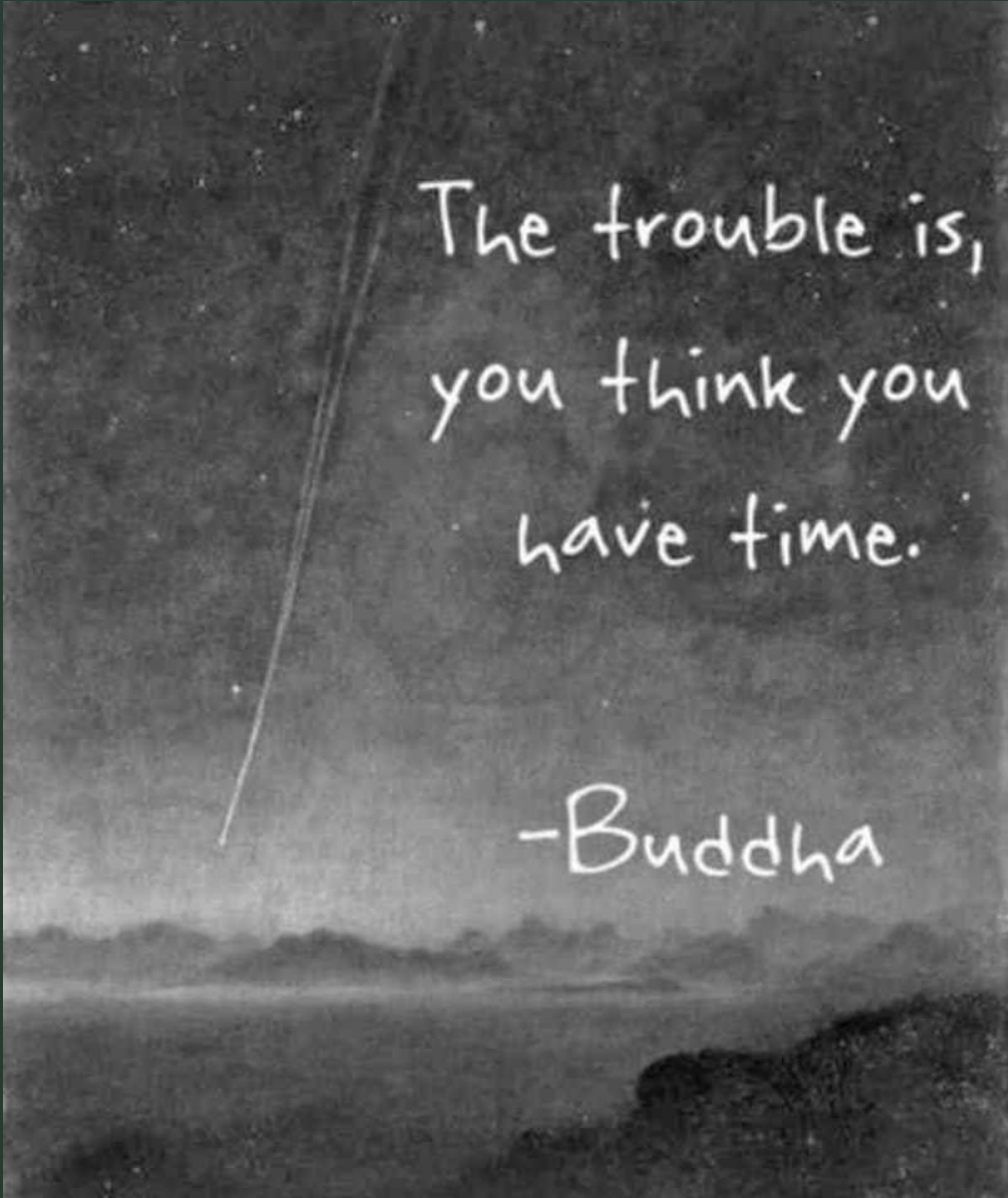
Avoiding your triggers isn't
healing. Healing happens
when you're triggered and
you're able to move through
the pain, the pattern, and
the story - and walk your
way to different ending.

Vienna Pharaon

Anxiety isn't
weakness. Living with
anxiety, turning up
and doing stuff with
anxiety, takes a
strength most will
never know.

DOPE STUFF MY THERAPIST SAYS

You can't skip the healing process & go straight to healed. The tendency to avoid discomfort is part of what you're healing. Slow down, I'll guide you on managing the hurt, but we can't skip over it. [MELANINANDMENTALHEALTH.COM](https://www.melaninandmentalhealth.com)

A black and white photograph of a meteor streaking across a dark sky. The meteor is a bright, thin line of light that starts near the top left and moves diagonally towards the bottom center. The background is a dark, grainy sky with some faint stars. Below the sky, there is a dark, silhouetted landscape with some hills or mountains. The overall mood is somber and contemplative.

The trouble is,
you think you
have time.

-Buddha

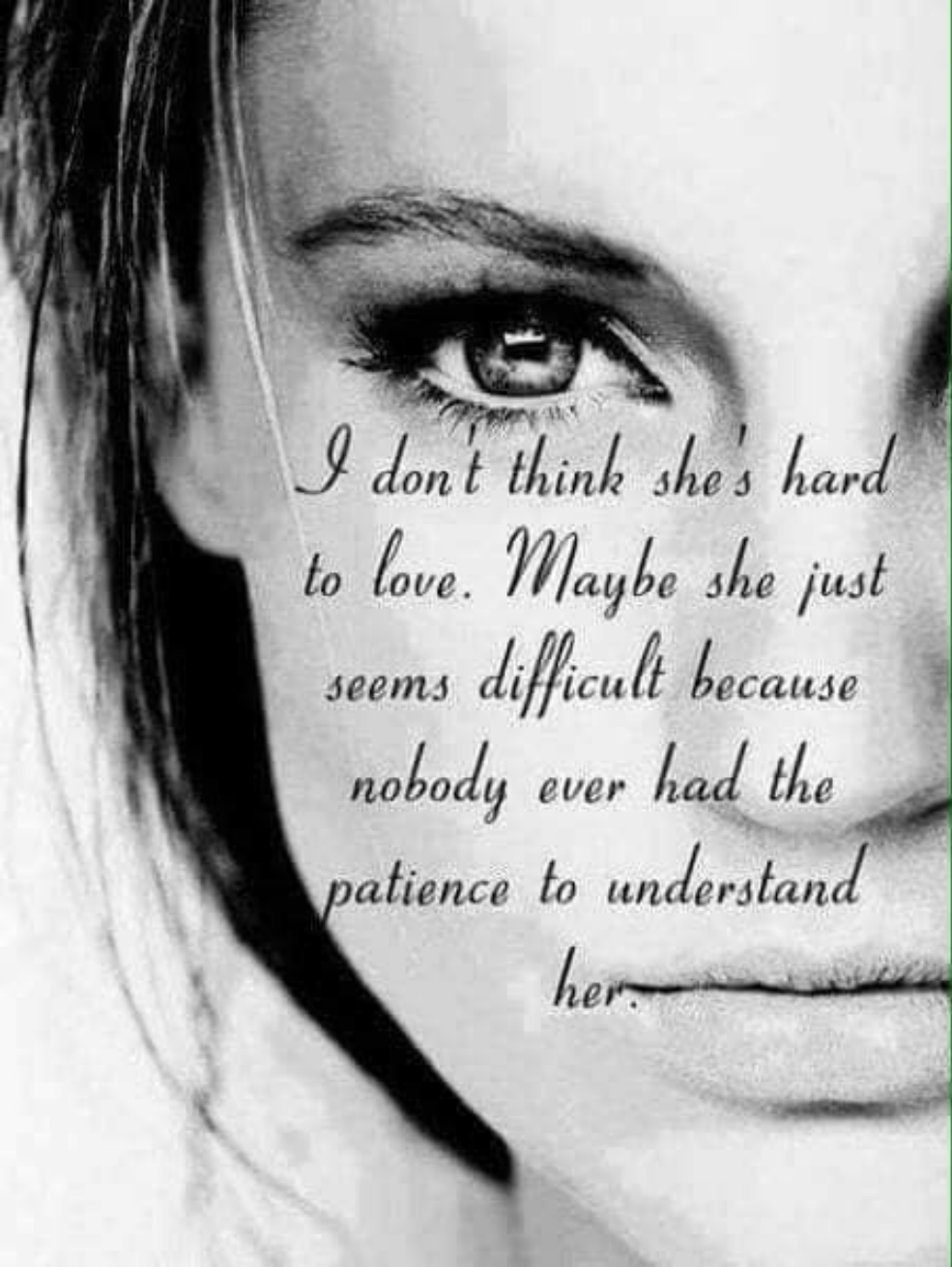
As traumatized children
we always dreamed that
someone would come and save
us. We never dreamed that
it would, in fact, be
ourselves, as adults.

Alice Little

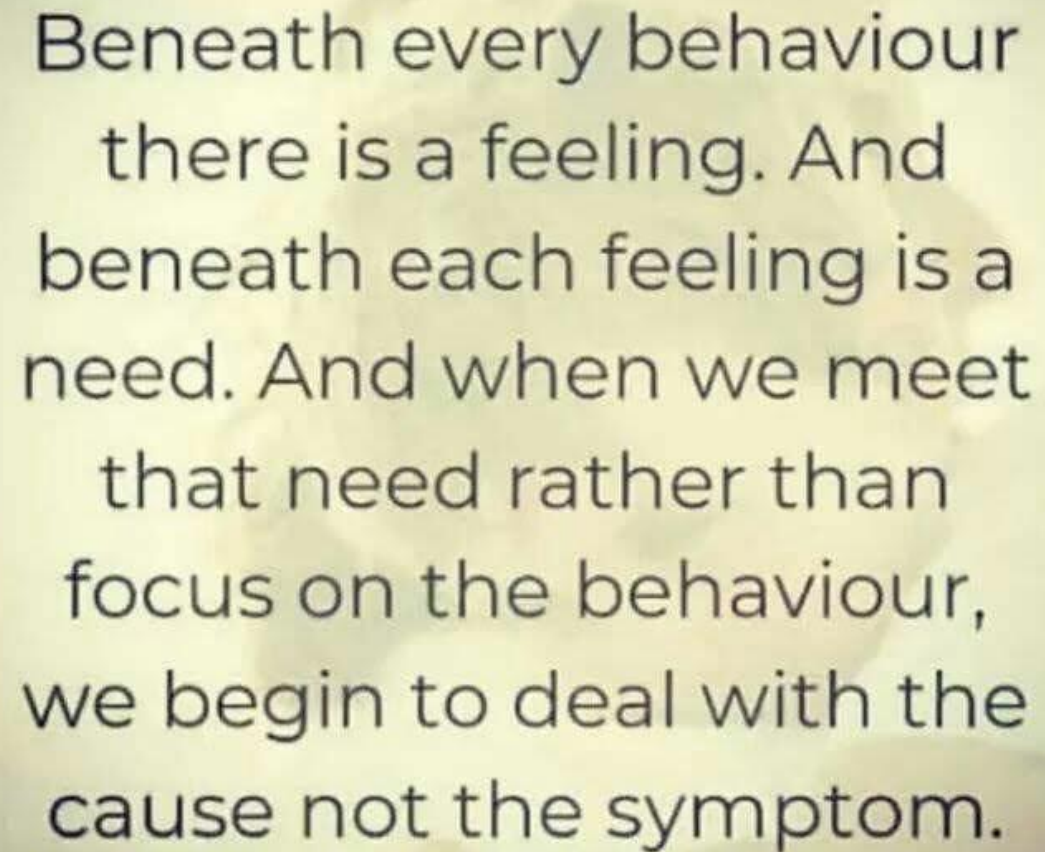
She was powerful, not
because she wasn't scared
but because she went on so
strongly, despite the fear.

- Atticus





*I don't think she's hard
to love. Maybe she just
seems difficult because
nobody ever had the
patience to understand
her.*



Beneath every behaviour
there is a feeling. And
beneath each feeling is a
need. And when we meet
that need rather than
focus on the behaviour,
we begin to deal with the
cause not the symptom.

We don't have to forgive
anyone if we don't want to.

@theblacksheepsurvives


It's not a requirement for
spirituality purposes. It's
actually retraumatizing for
people to push this on
victims.

- Roxanna Sajdia

before i could release
the weight of my sadness
and pain, i first had
to honor its existence

It took letting go, to
realize that I was
holding onto nothing.

- r.h. Sin



Someone said "A lot of people
struggle with sleep because sleep
requires peace"

- I felt that



**It doesn't matter how many
resources you have...**



**If you don't know how to use
them, it will never be enough.**

Idk what this dude going thru but I feel
him

