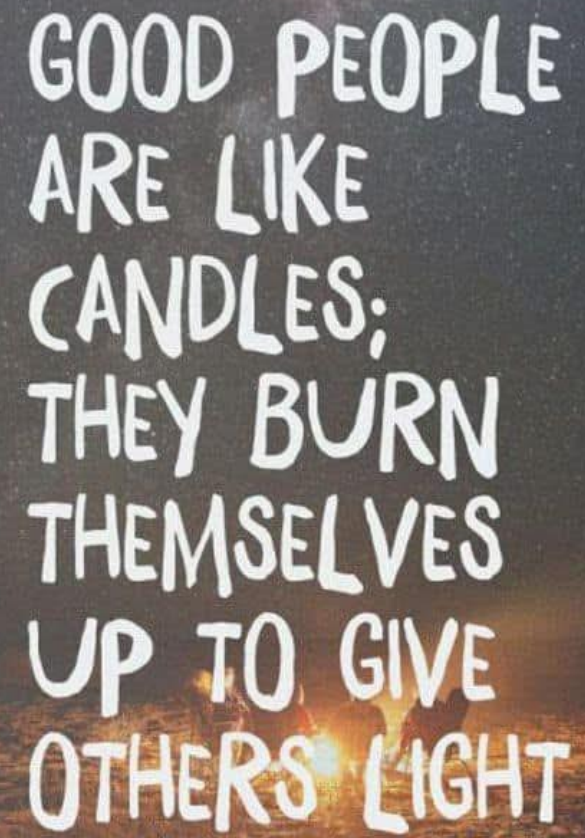

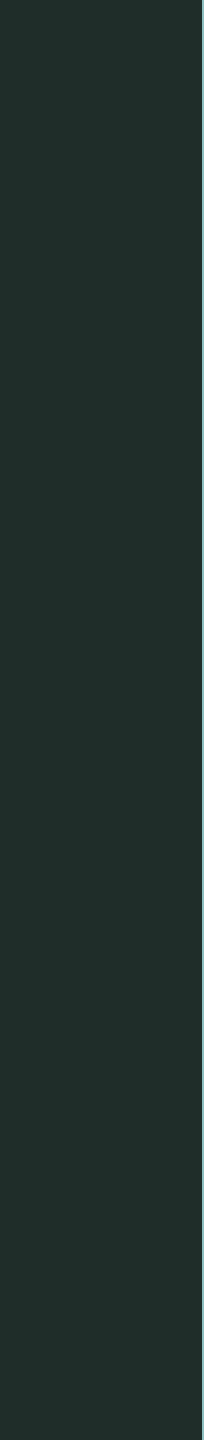


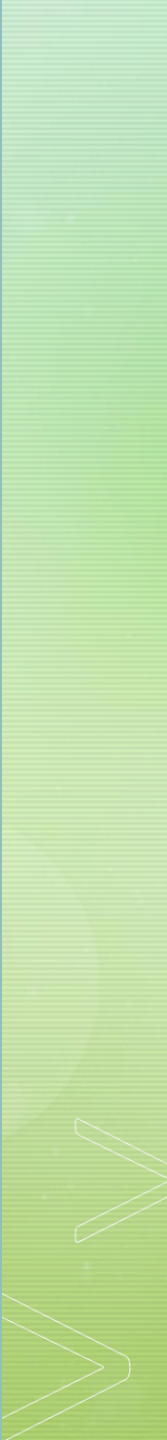
”

Feelings are like children.
You don't want them driving
the car, but you shouldn't stuff
them in the trunk either.


@HAILEYPAIGEMAGEE / @ARTOFOETS



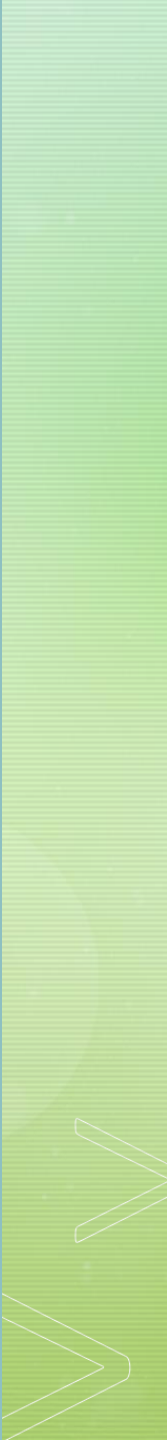

GOOD PEOPLE
ARE LIKE
CANDLES;
THEY BURN
THEMSELVES
UP TO GIVE
OTHERS LIGHT



**You've grown into
someone who would have
protected you as a child.
And that is the most
powerful move you've
made.**



**Once you lose access to
me, don't expect the same
me I once gave you. Expect
the version you deserve,
from the energy you
created.**





Youranxietyislying2yew · Follow

15h · 🌐



It's automated so you can call anytime!



👍❤️ 3.4K

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Like



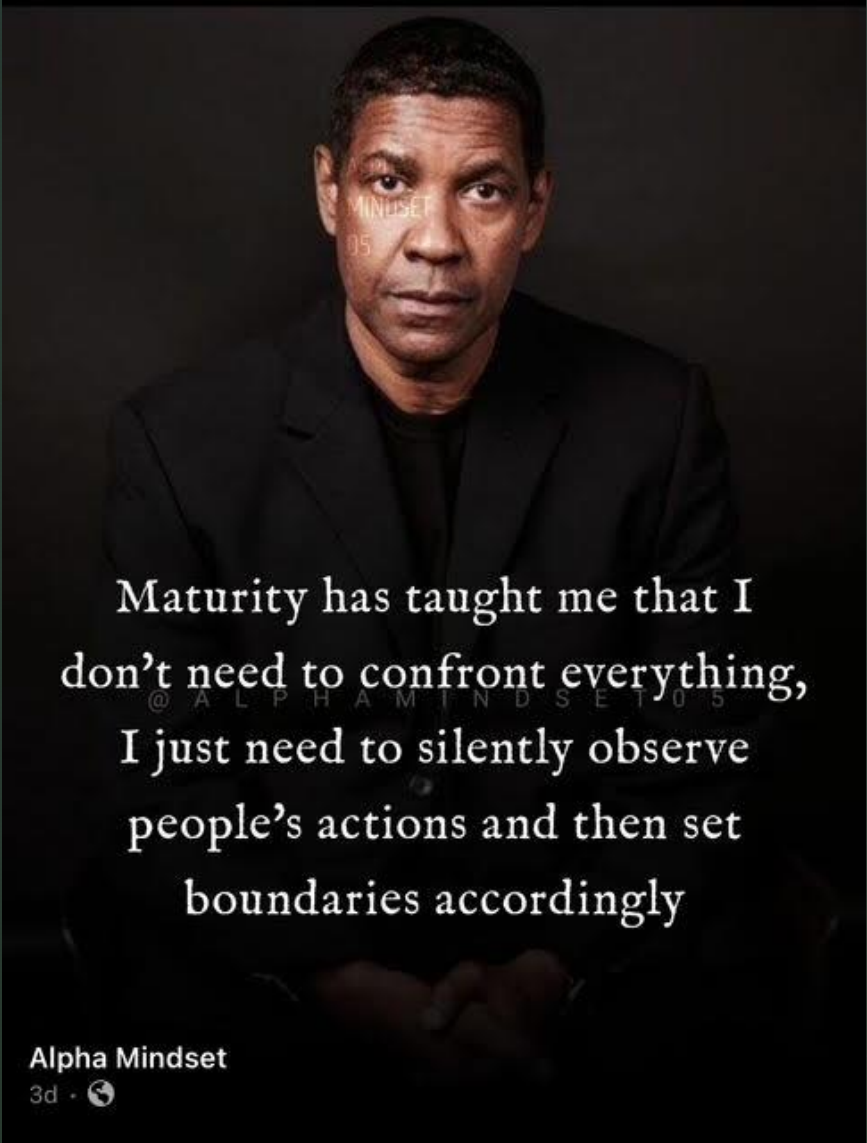
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Maturity has taught me that I
don't need to confront everything,
I just need to silently observe
people's actions and then set
boundaries accordingly

Alpha Mindset
3d • 





**EVERY WINNER HAS
SCARS.**

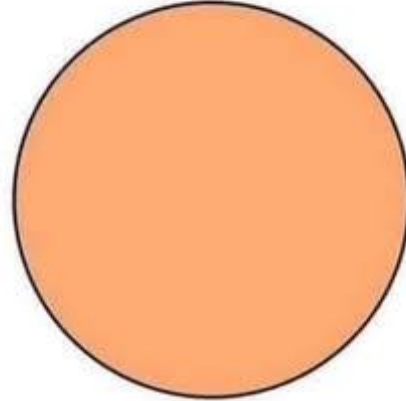
**People who can't
communicate think
everything is an
argument.
People who lack
accountability think
everything is an
attack.**

FACE THE REALITY



What people think PTSD is

@what.is.mental.illness



Not being able to move on after a traumatic event

What PTSD actually is



- Unwanted memories
- Negative self-image
- Hypervigilance
- Emotional distress
- Sense of threat
- Intrusive thoughts
- Avoidance/isolation
- Memory problems
- Anger, guilt & shame
- Anxiety/depression
- Excessive blame
- Dissociation
- Easily scared
- Flashbacks
- Nightmares
- Sleeping problems
- Self-destructive behaviors

”

A monk once said:

"Imagine being bitten by a snake,
and instead of focusing on healing
from the poison,

You chase the snake to
understand why it bit you and to
prove that you didn't deserve it."


UNKNOWN / ART OF POETS

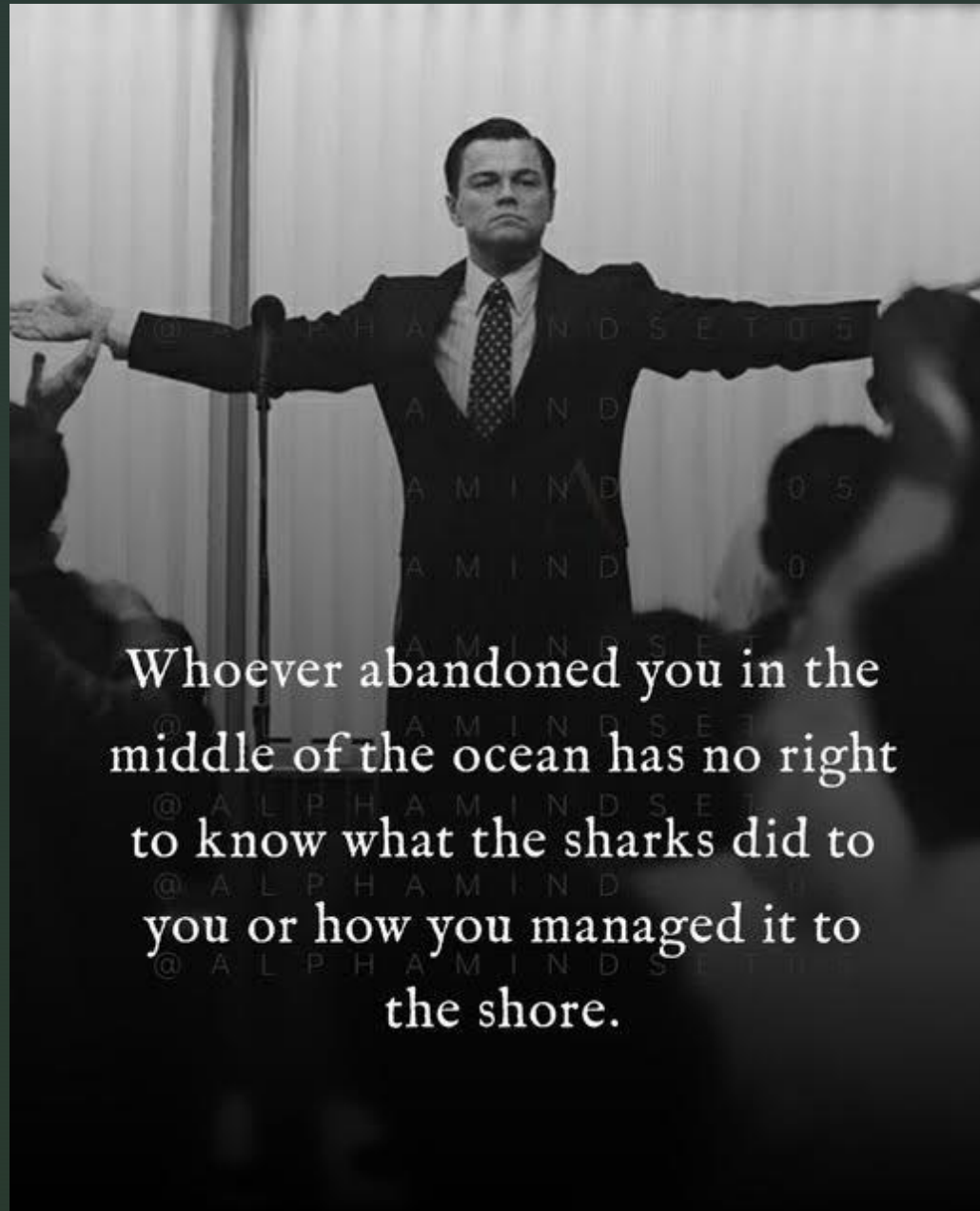


Someone Once Said,

"You like taking care of people
because it heals the part of you that
needed someone to take care of
you."

I really felt that.





Whoever abandoned you in the
middle of the ocean has no right
to know what the sharks did to
you or how you managed it to
the shore.



I heard the hardest
hitting quote ever
today, it said...

“People like me don’t
have people, we are the
people that people
have.”

And I Felt that.

@Hilarious Hiccups

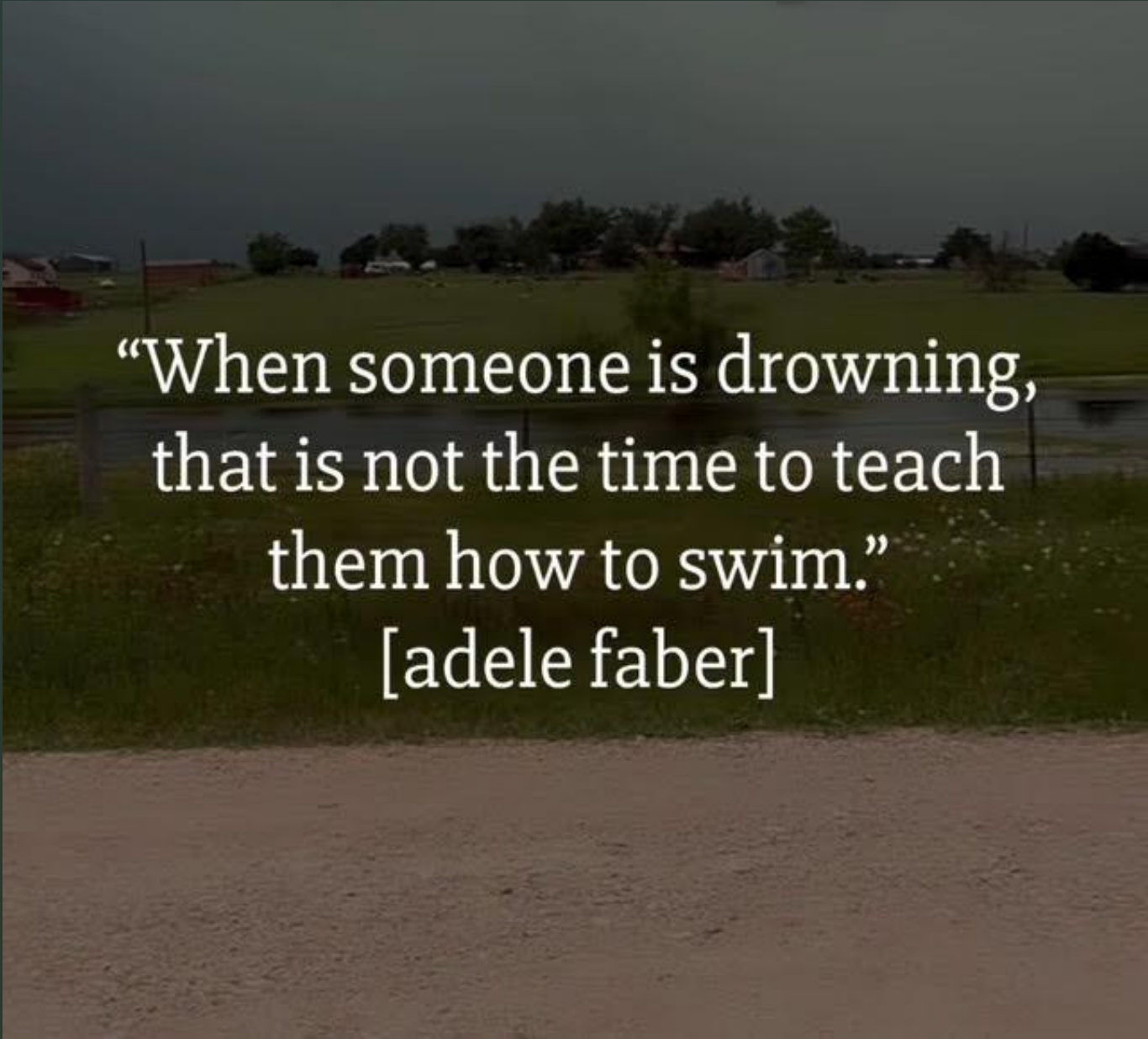
**When you get called into HR
for giving your coworker a
"Get Better Soon" card.. not
because they're sick, but
because they could do
better 😂**

You did the best you could
with what you knew at the time.

Don't let new wisdom
lead you to condemn yourself
over old struggles.

Forgive yourself and move forward.

—Morgan Richard Olivier



“When someone is drowning,
that is not the time to teach
them how to swim.”
[adele faber]



The Dodo Pet · [Follow](#)

3d · 🌐



**YOU CAN ADOPT PUPPIES
THAT WERE 'TOO FRIENDLY'
TO BECOME POLICE DOGS**