

Progress is a weird thing to track.



WOOSH

flow

Maybe you've
been trying
to work
through your
feelings in
writing,



maybe you've
been seeing
a therapist,



maybe you've been
better at regularly
taking your meds...





...and in some moments, you do really
feel a lot better!

And other times, you wonder why
you even bother since you just feel



Like maybe you've
taken one step forward,



but immediately
three steps back.

When you get discouraged in your journey (don't worry - this is NORMAL.),



just remember:

It's okay that your healing
is not linear, because the
general trend is upward.

