

But maybe it doesn't have to be like this

Maybe you won't have to feel this way
Day in and day out
The good days that come few and far between?
Those will begin to be your normal
The thoughts that yell and scream?
Those will become whispers
Not gone
But no longer as intense

Maybe you won't be stuck in these thought patterns forever
With your mind consumed at all hours of the day
By things that don't deserve your attention
Maybe instead, you can use the space for other thoughts
Happy thoughts
Creative thoughts
Instead of self deprecation

Maybe you won't always be scared
Scared to ask for help
Scared of failure and disappointment
Falling short of the unrealistic expectations
That you are constantly setting for yourself
Maybe instead, you can grant yourself grace
And be proud for once
Lift yourself up rather than bring yourself down
Accept where you are at
And understand you are apart of a process
Nothing worth having comes overnight
Nothing worth having comes easy

So stop and think
How far you have come
How much you have overcome
Obstacles that you faced
There were times you didn't think you'd make it
But here you are
Be proud
It's not selfish
It's necessary

e.g.

