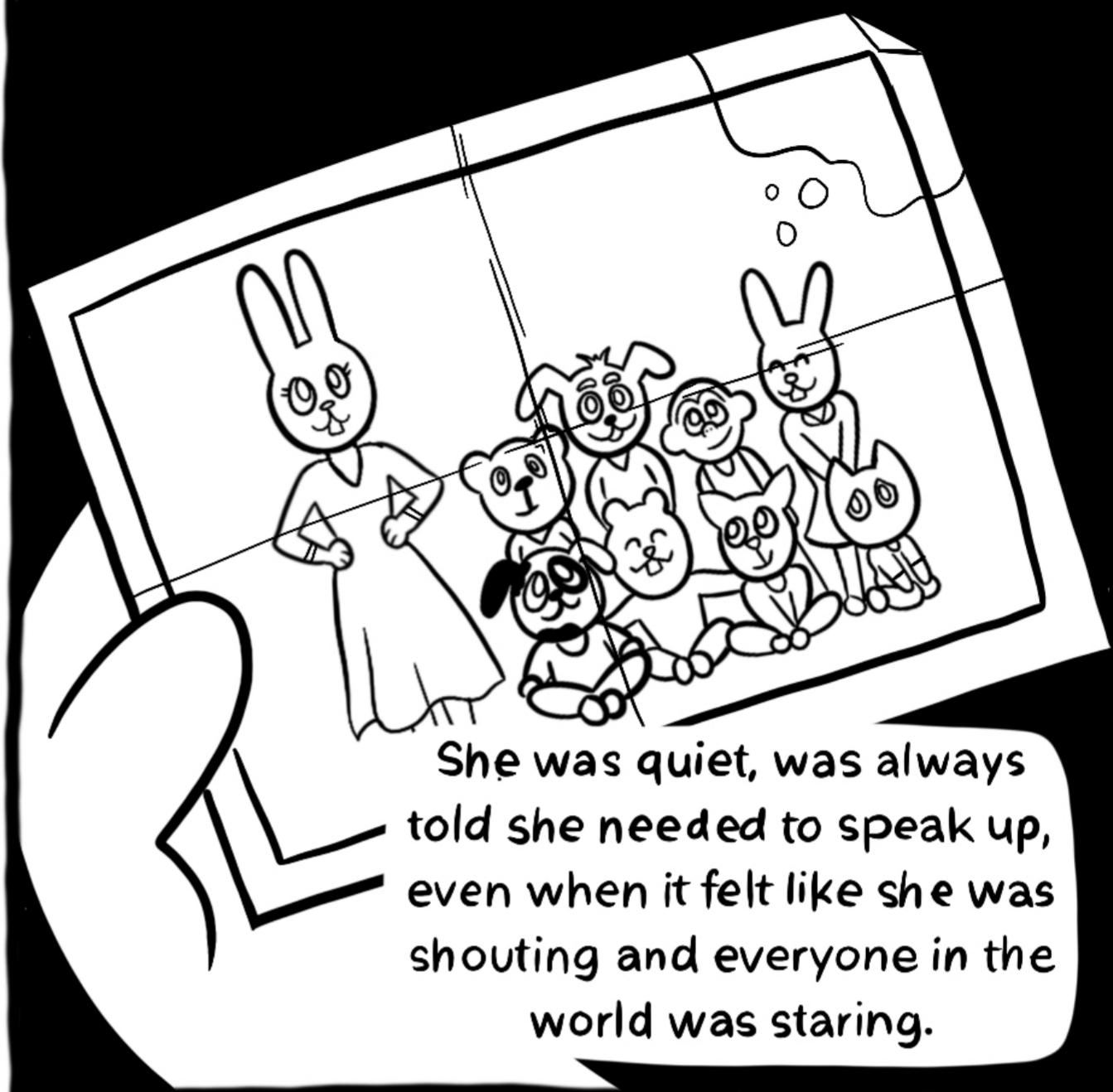


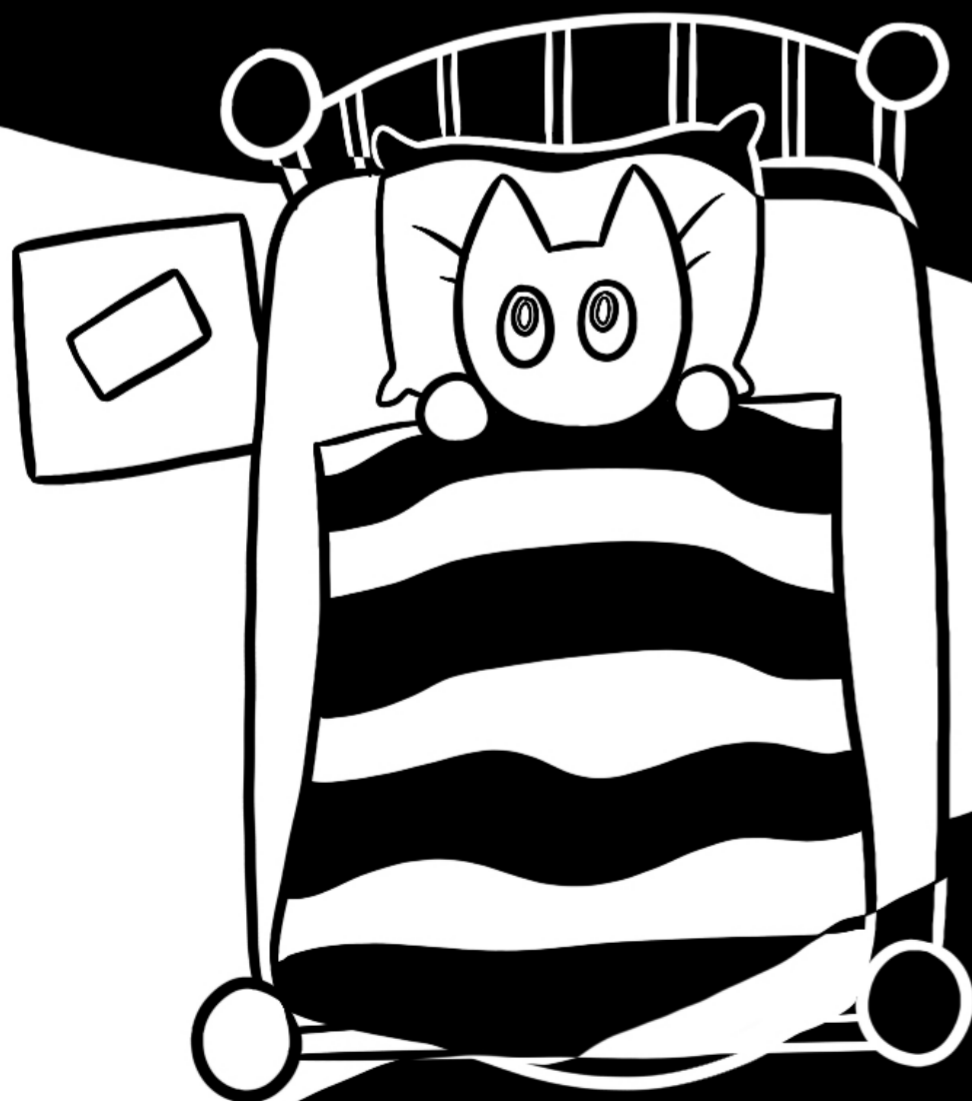


There was once a child who lived exclusively in her mind. she still existed, but no one ever noticed her. She felt like she didn't.



She was quiet, was always told she needed to speak up, even when it felt like she was shouting and everyone in the world was staring.

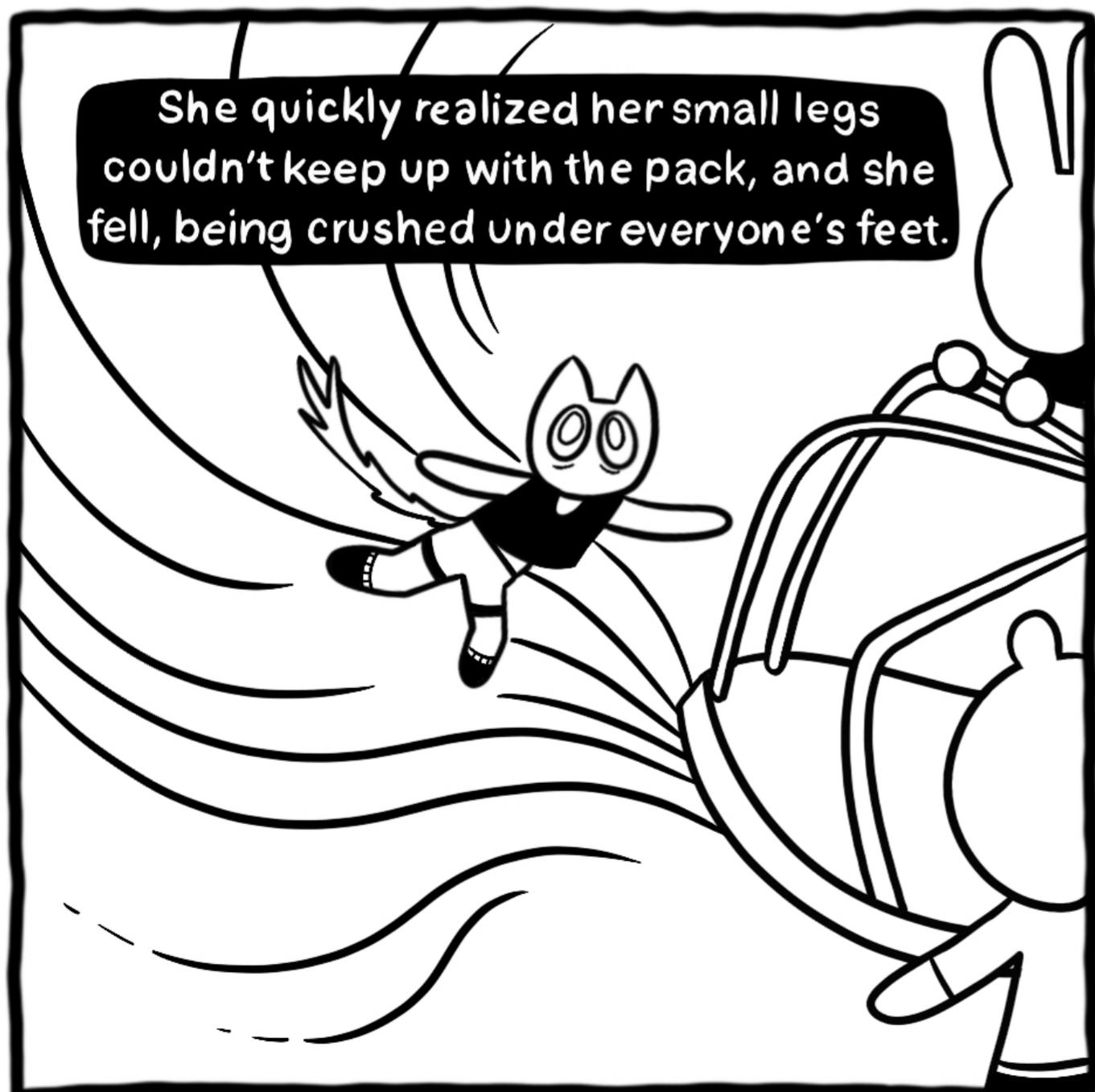
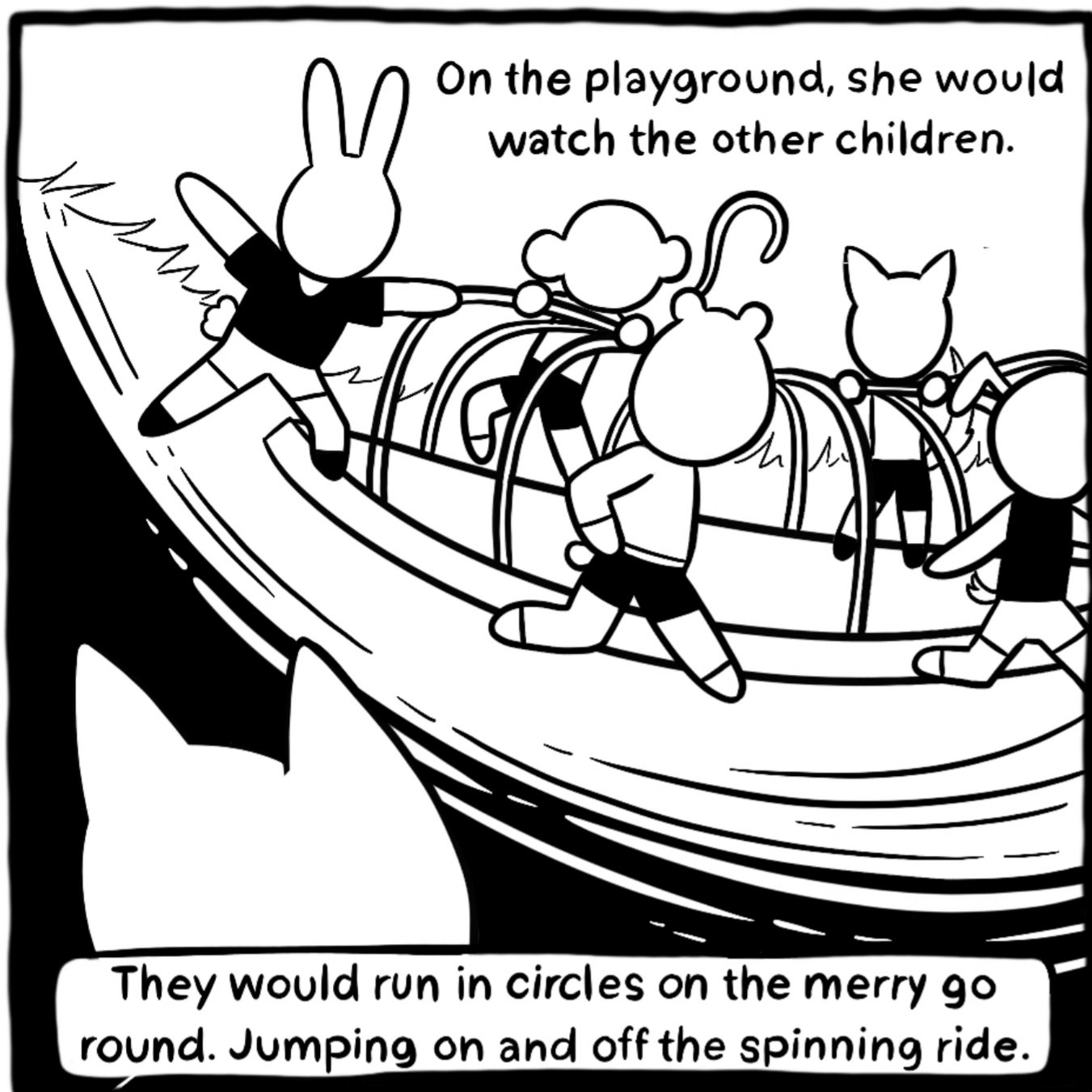
For as long as she could remember, she had one huge fear



She didn't want to be forgotten



But was too afraid to be remembered

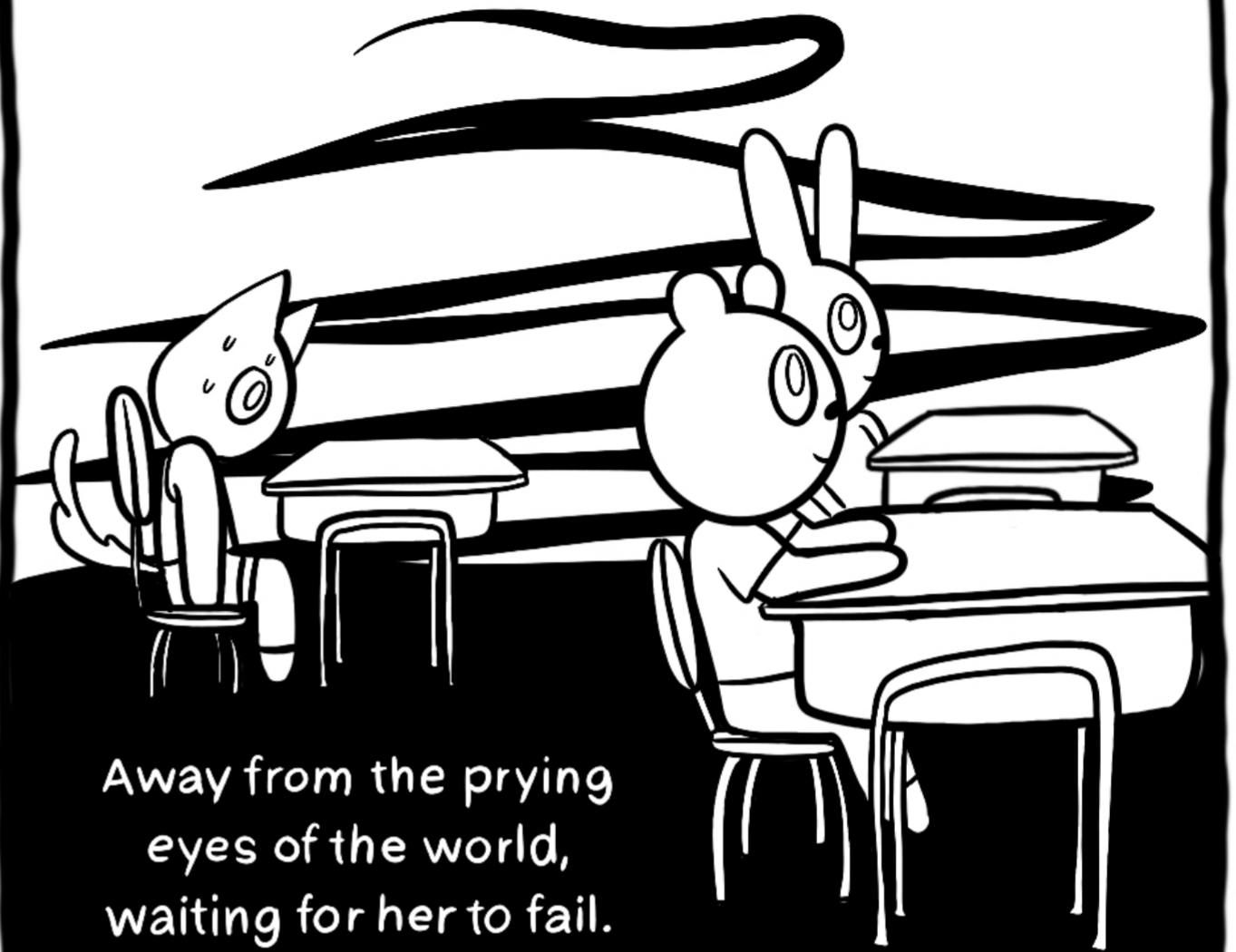


The anxiety was so much bigger than being shy.



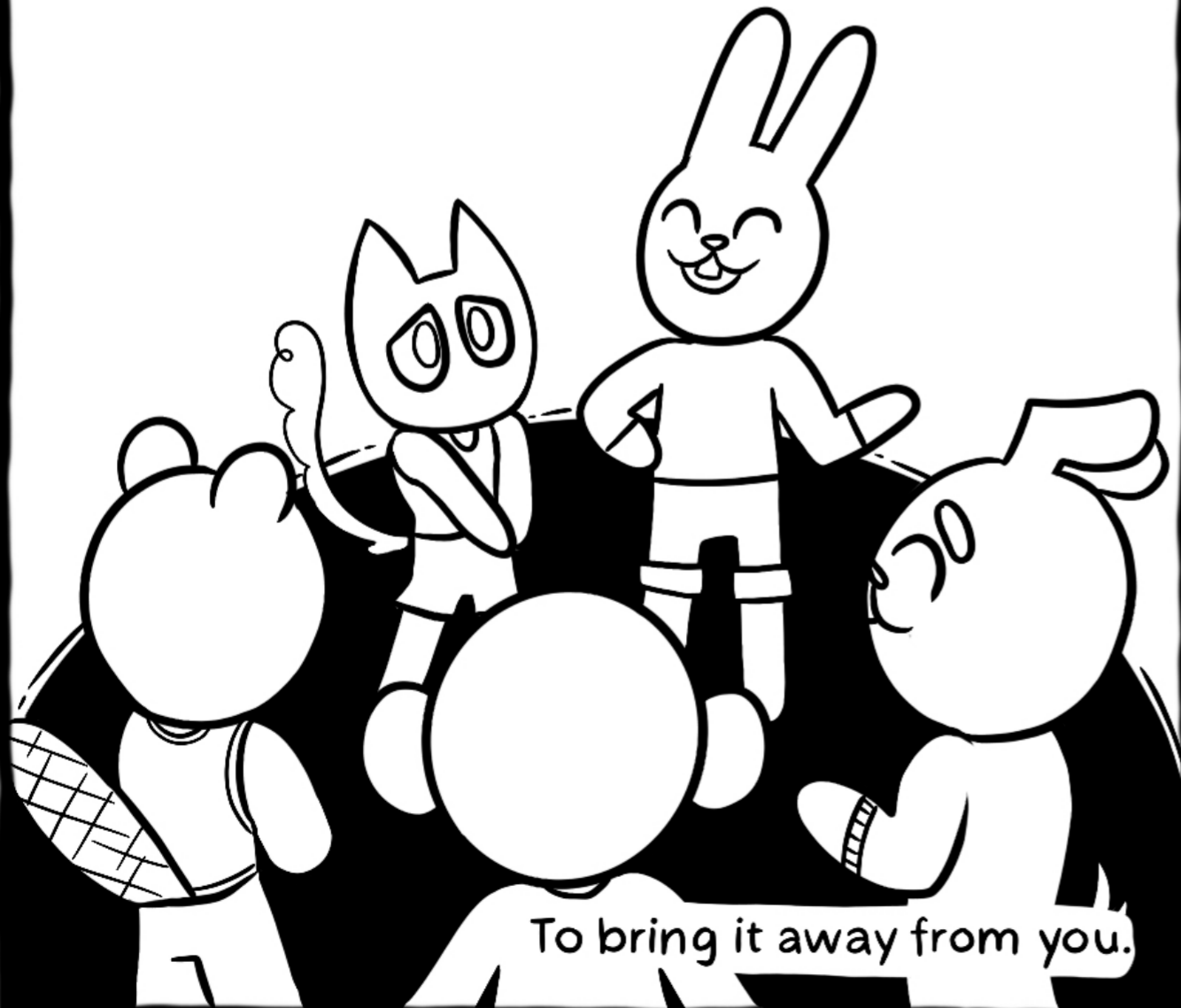
It pulled every one of her thoughts away from the present and into every possible future that could embarrass or hurt her.

People didn't care, or they just didn't notice. But that's where she felt safest.



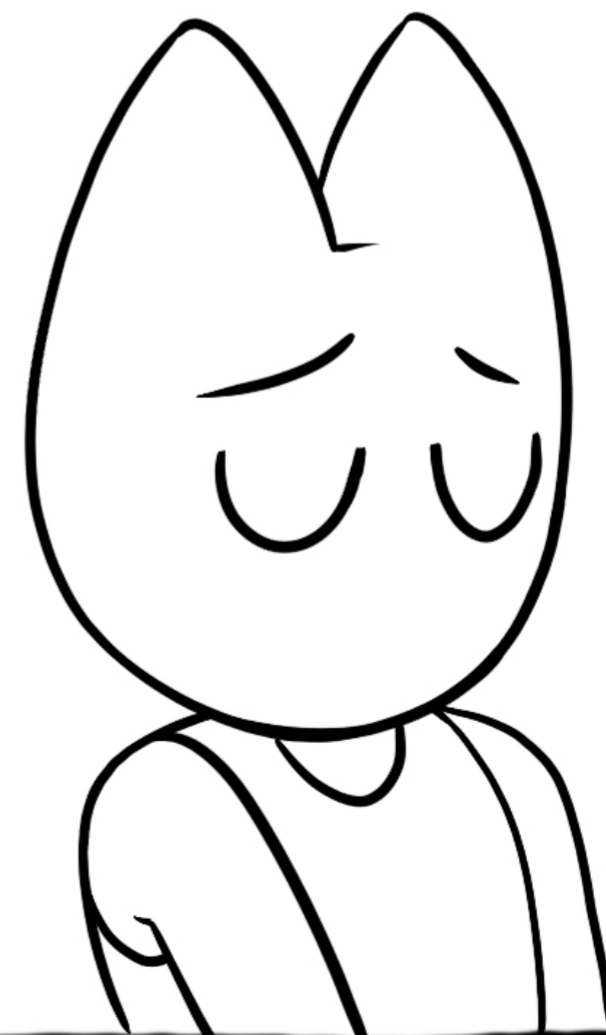
Away from the prying eyes of the world, waiting for her to fail.

So simple to hide behind another. Instinct.
Someone who brings more attention than you.



To bring it away from you.

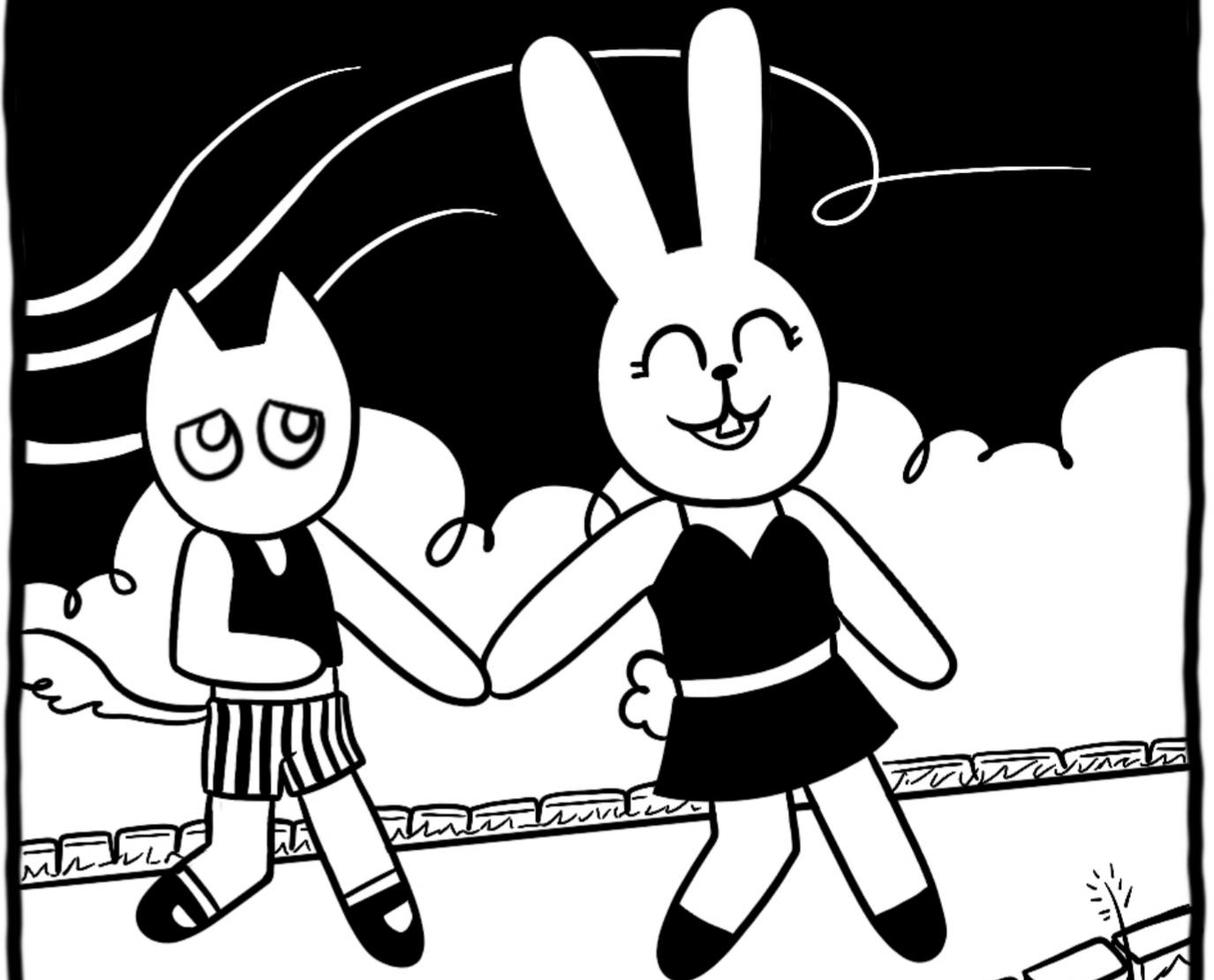
No bullying,
no teasing,
no talking,
no words,



no praise.

"You'll get hurt, little one, you won't make it."
The voices would say,

before every conversation she thought about
entering, or every event she wanted to try.

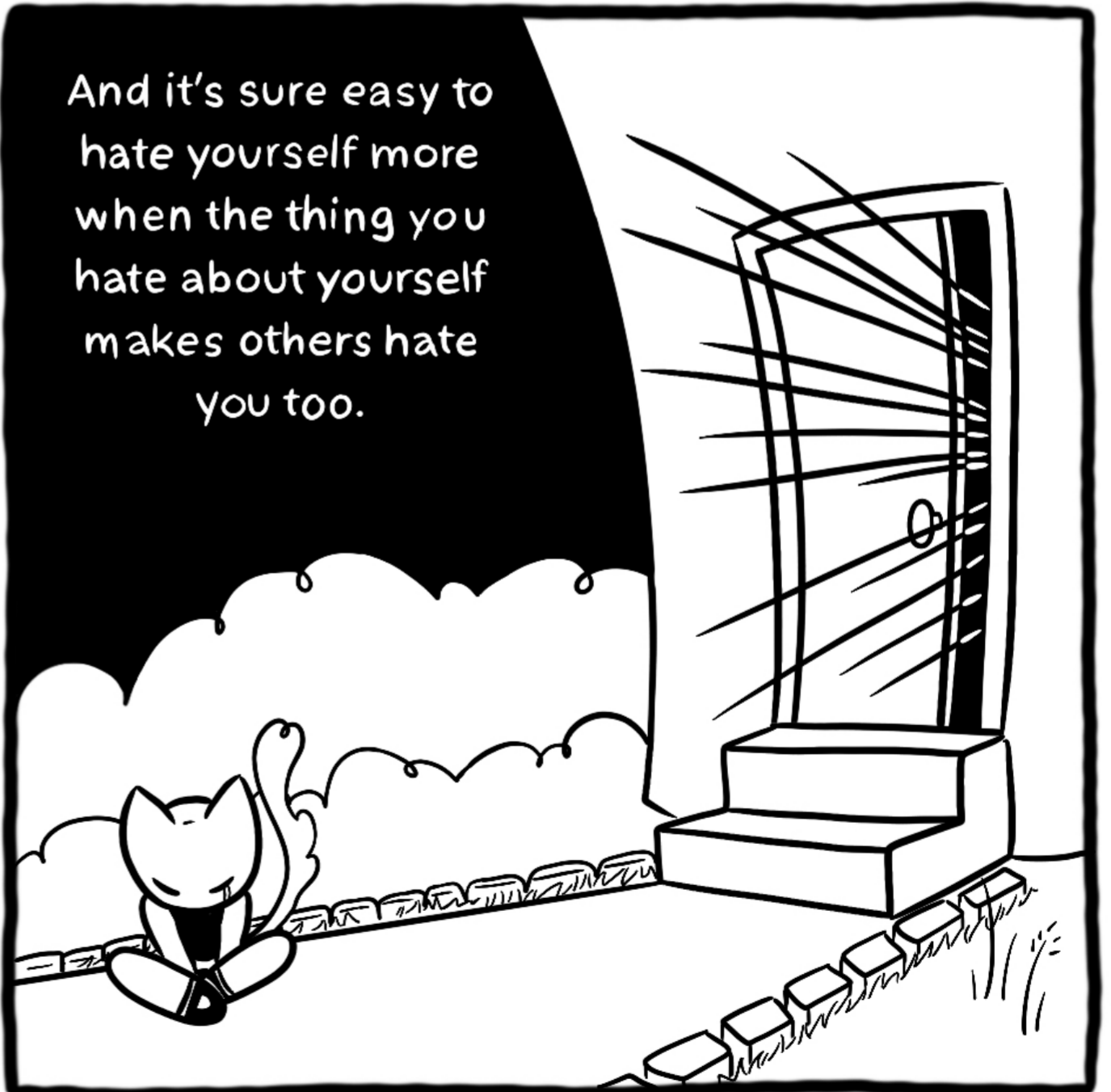


As she grew up, she lost people too.

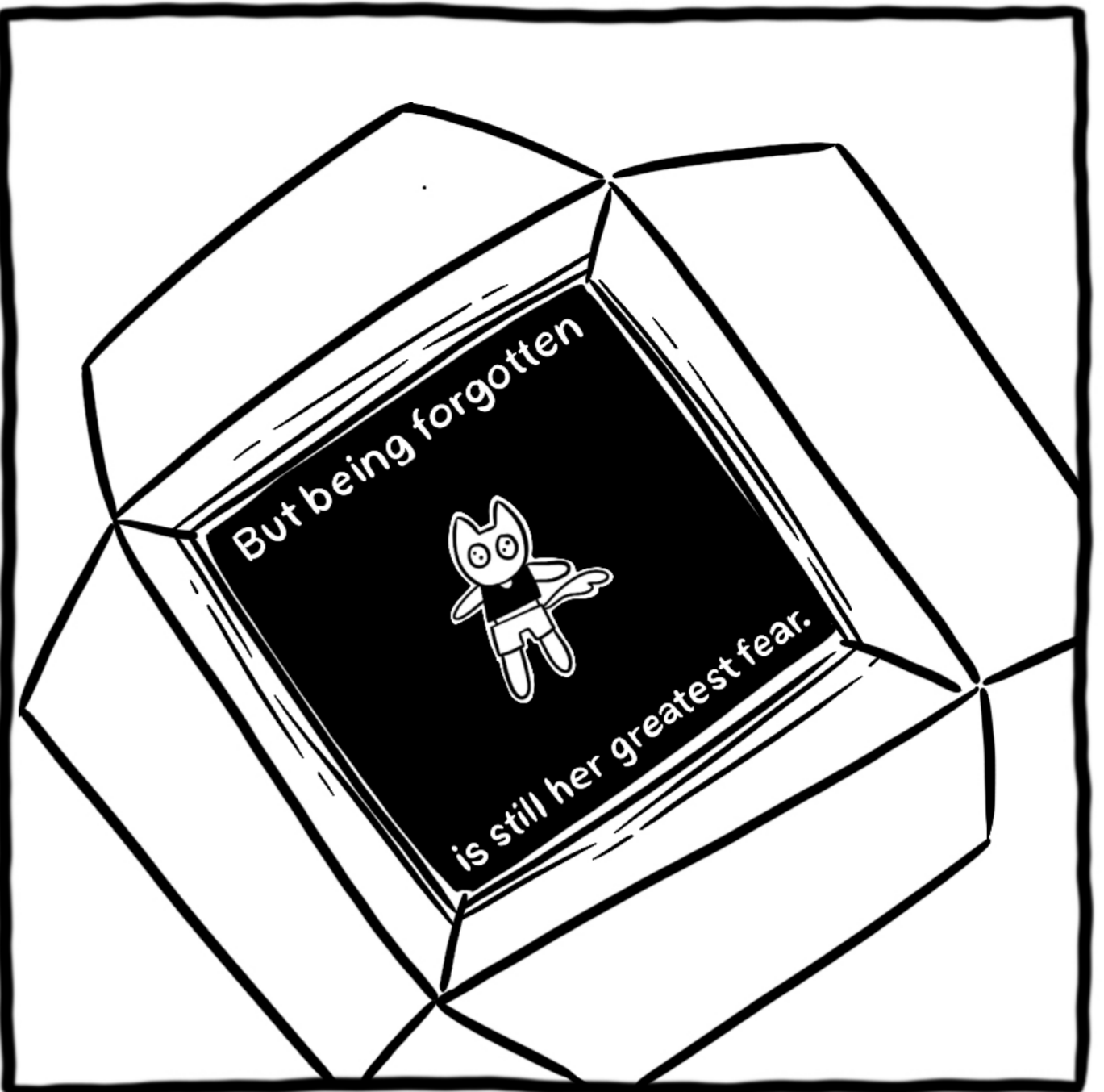
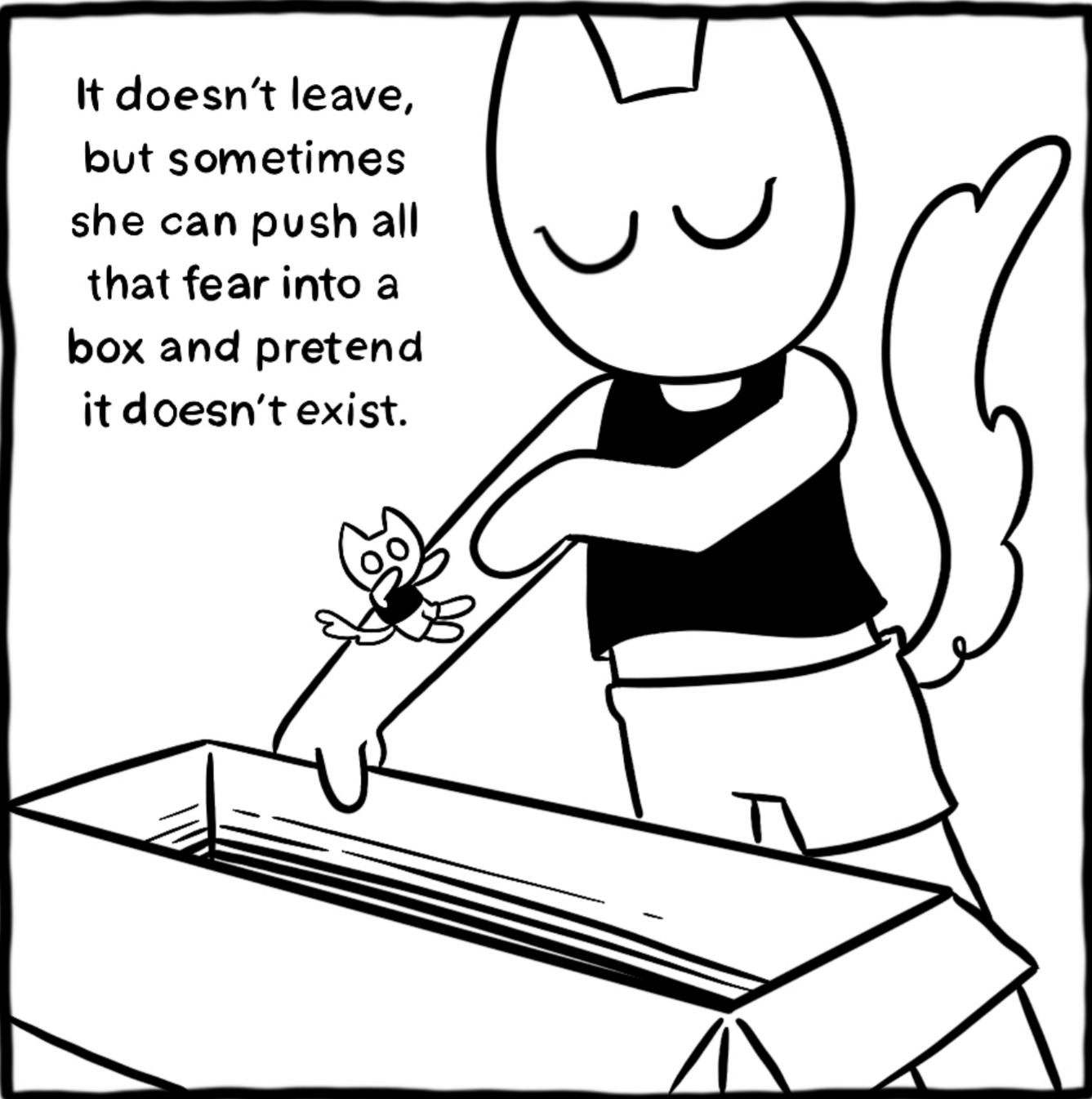


People who mistook her fear for something else.

And it's sure easy to
hate yourself more
when the thing you
hate about yourself
makes others hate
you too.



It doesn't leave,
but sometimes
she can push all
that fear into a
box and pretend
it doesn't exist.

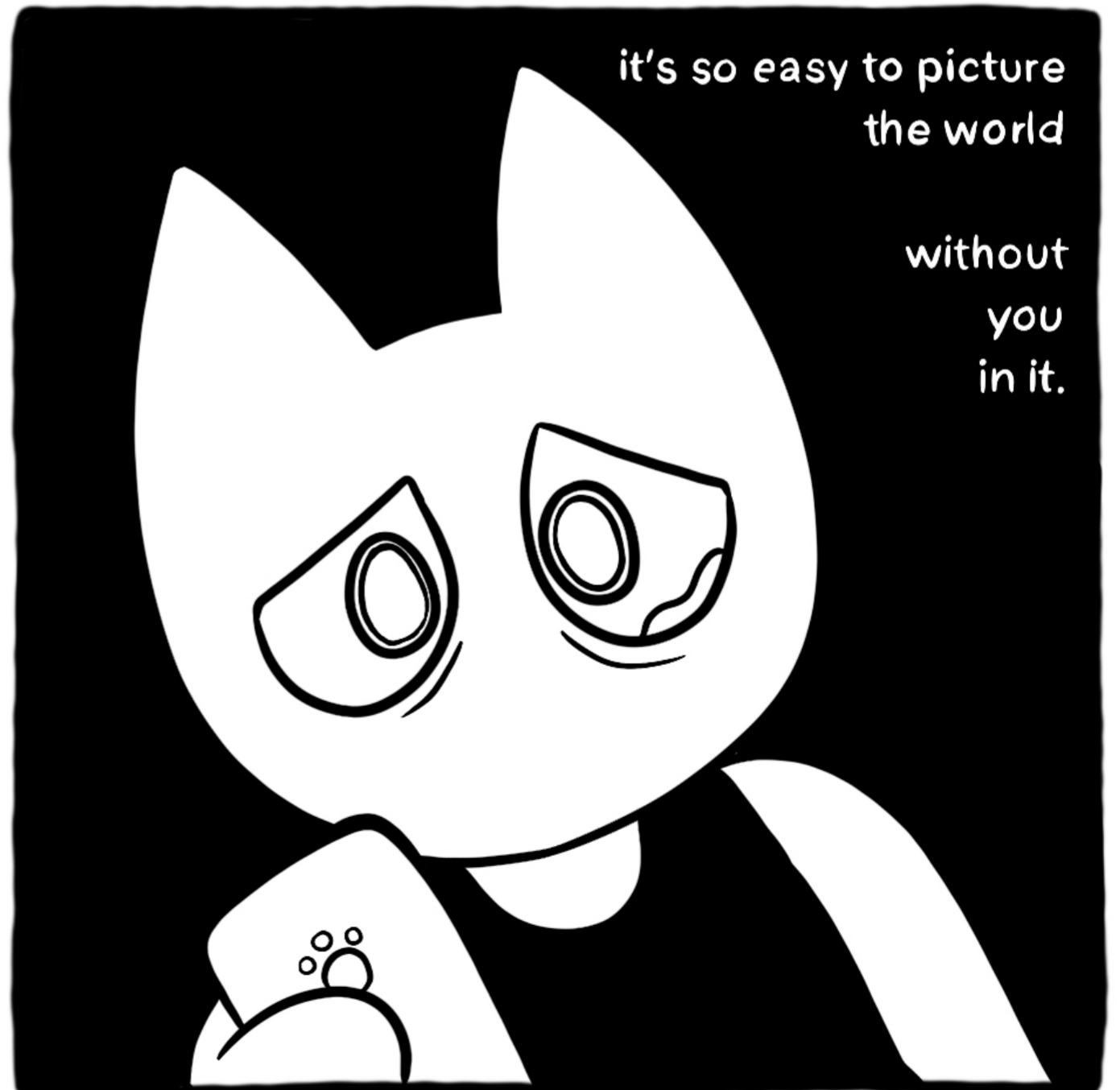


When your so afraid to
stand up and be known,

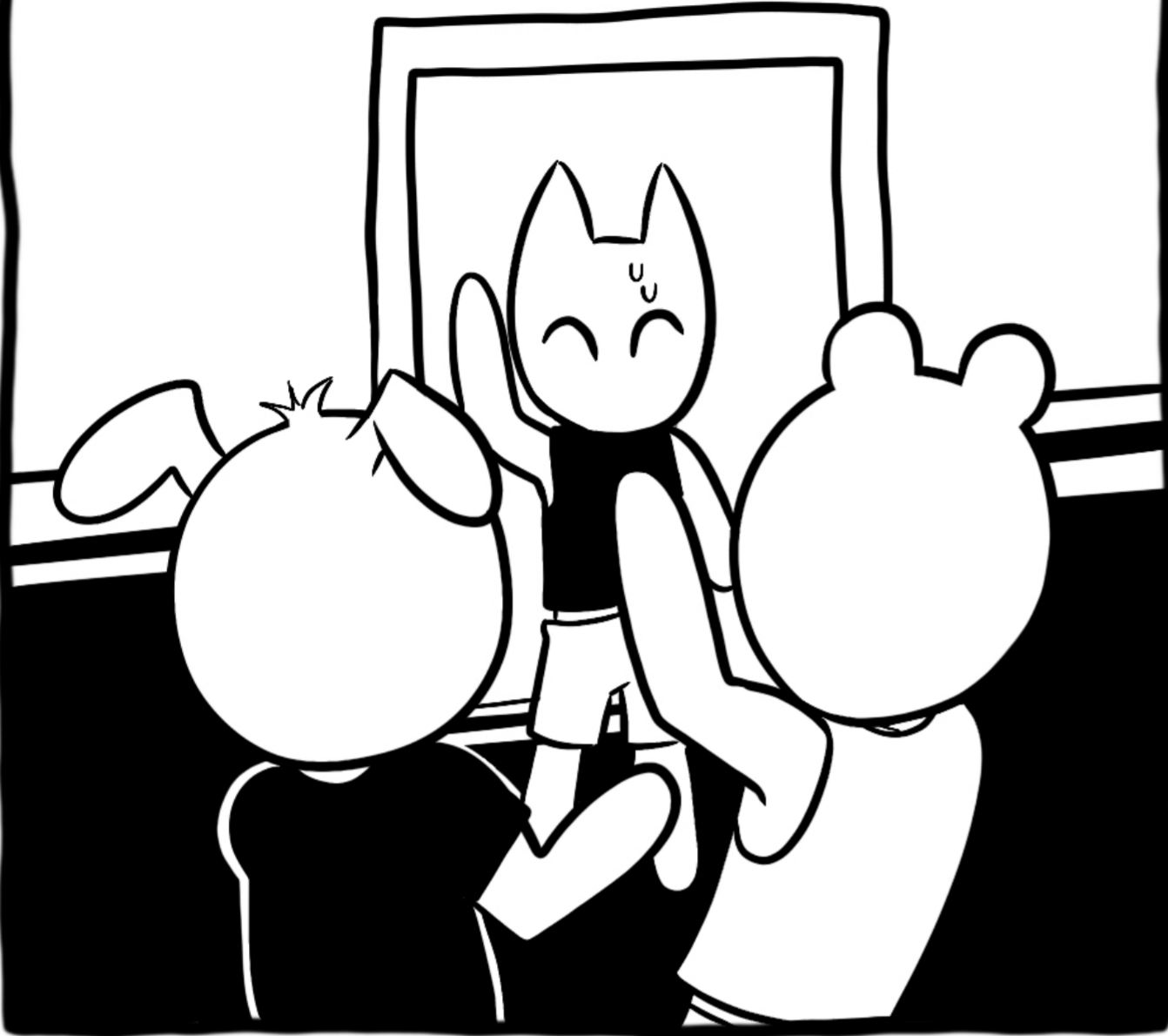


it's so easy to picture
the world

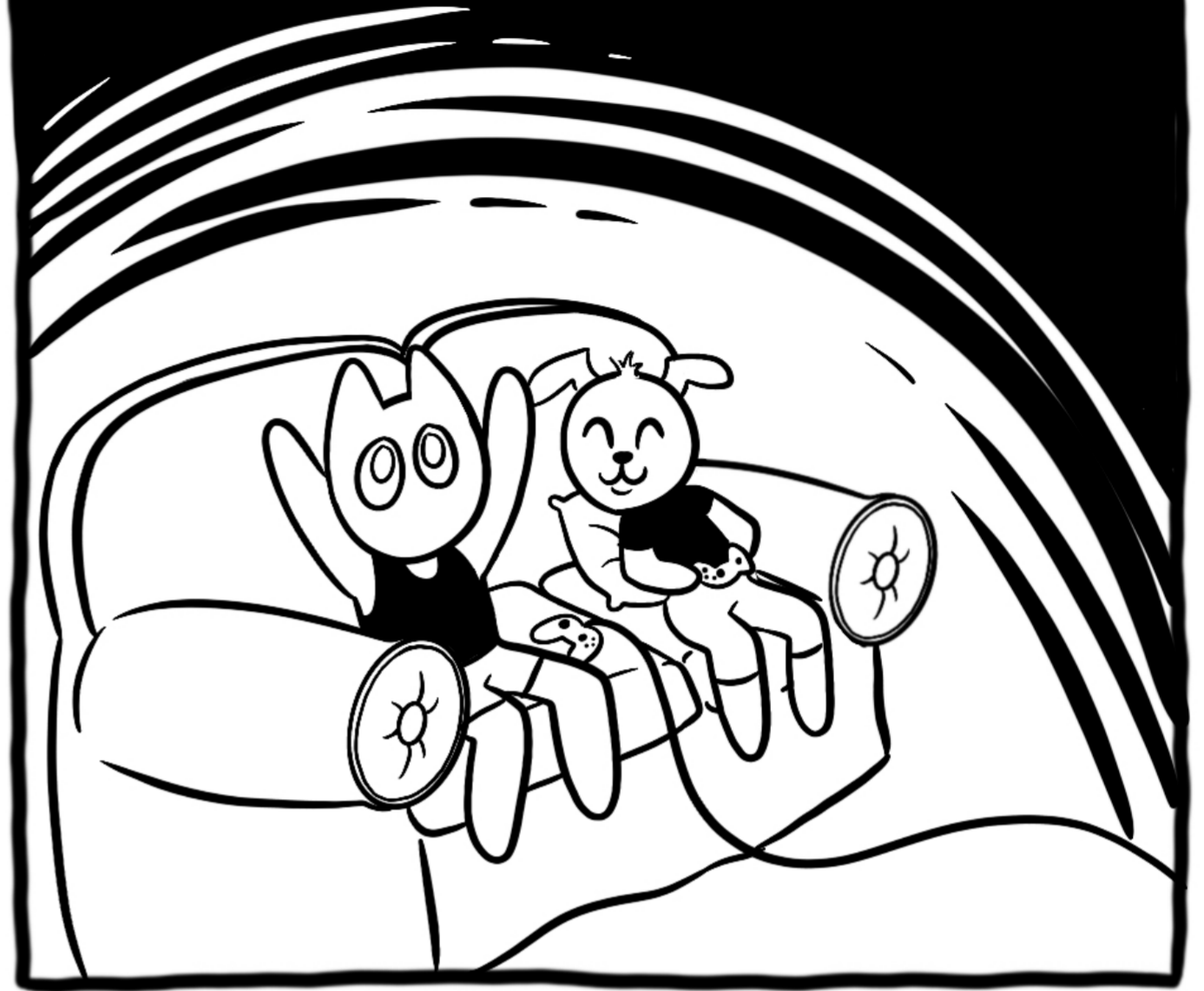
without
you
in it.



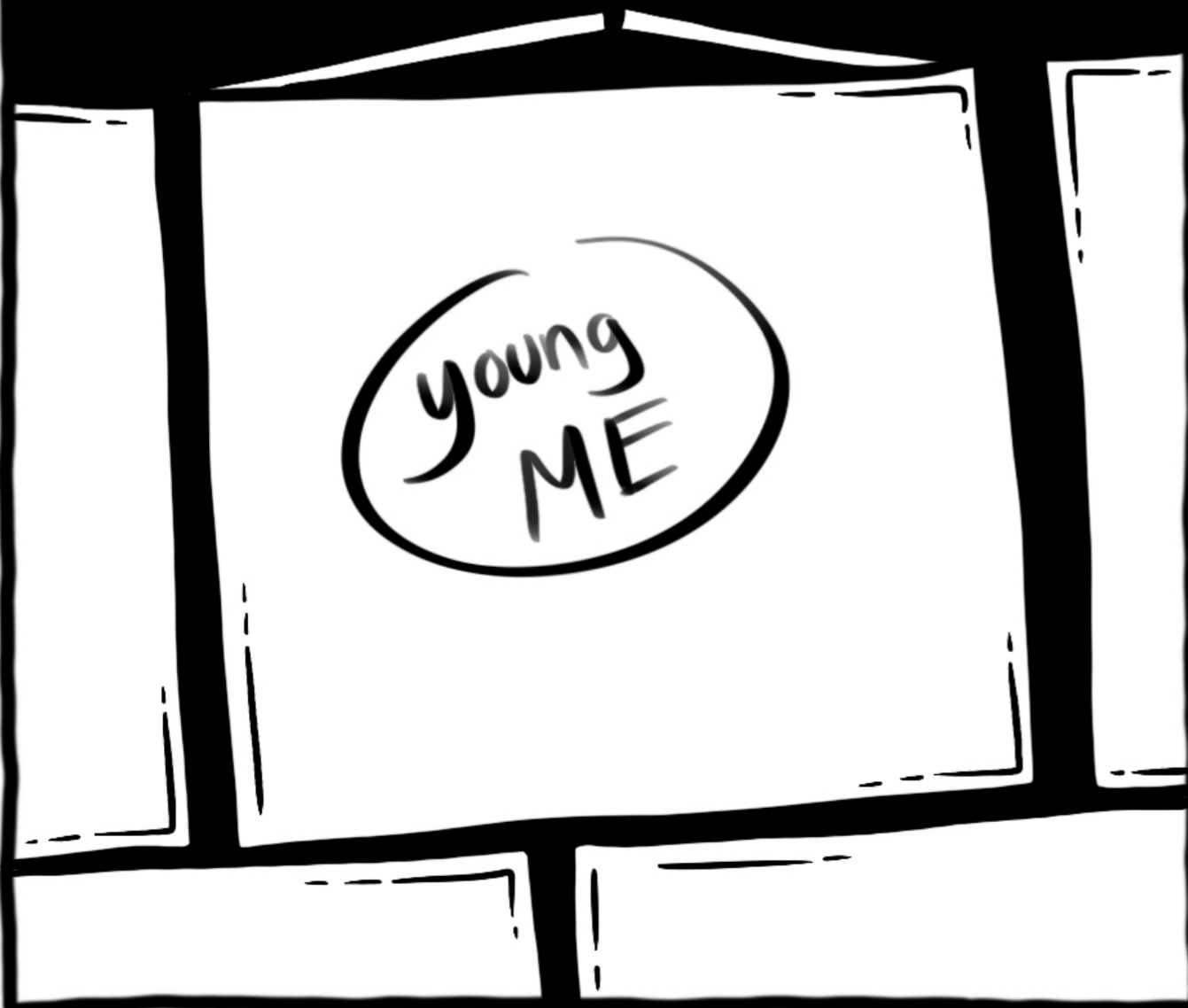
But it's not over. She's growing, learning.



Not forgetting who she was but discovering who she can be, despite what she feels inside.



So yeah, you can put old thoughts about yourself in a box, but not to throw away.



Instead put it in the garage, with the other boxes of you that helped you learn.

