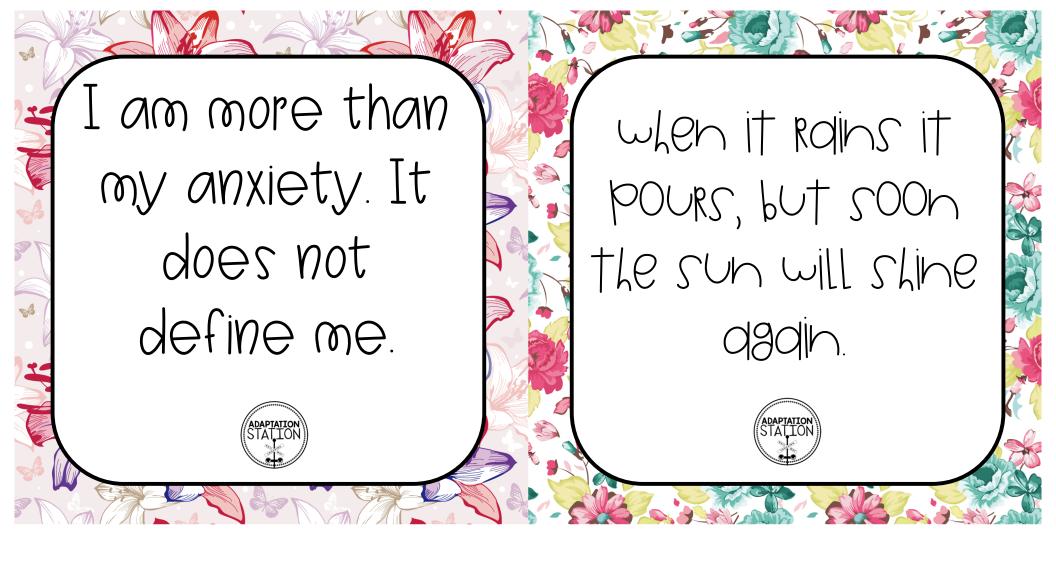
I am safe right now. This will fade away. I feel calmer. I am going to be okay.

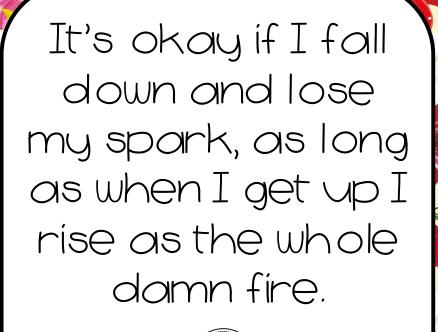


This is only temporary. I am in control. I have made it through before and I will make it through again.









After darkness always come light, you just have to wait to see it.



