



MOOD DIARY
 9/7

10:00
 STABLE.

12:00
 STABLE.

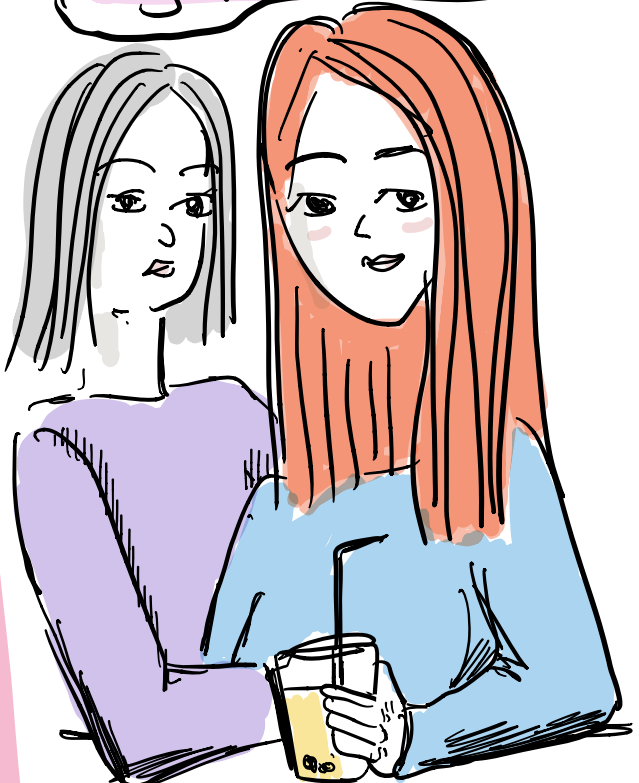
14:00
 ...

16:00

18:00



Haven't seen you for so long! Were you busy?



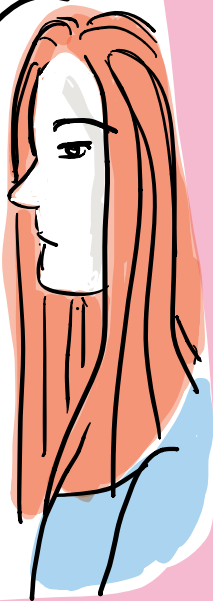
Yeah... I guess...

But now I'm FREE!

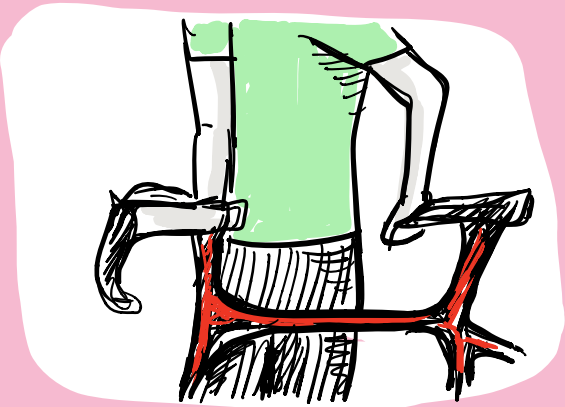
?
ANY IMPROVEMENT

DRP

Yeah. I've been keeping an eye on my mood. It's good. I'm good.

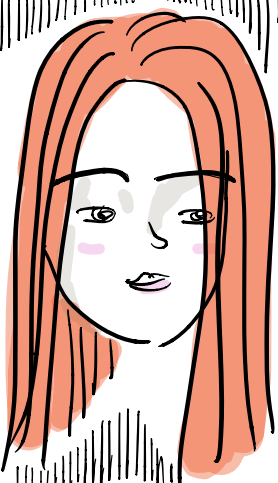
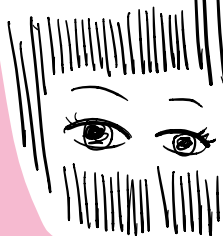


But I don't feel like it's real...



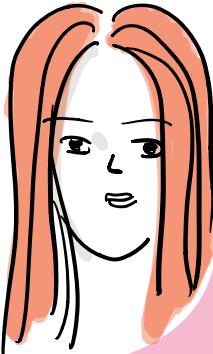
I JUST
NEED TO BE
EXTRA
CAREFUL

EXTRA
CAREFUL



TO DO LIST

- PR.P ✓
- MOOD DIARY ✓
- BIKING ✓
- PILLS
PILLS
??



You'll go back to maniac...

You are
SICK

Bipolar

You can't
fight it

Depression



SHUT UP

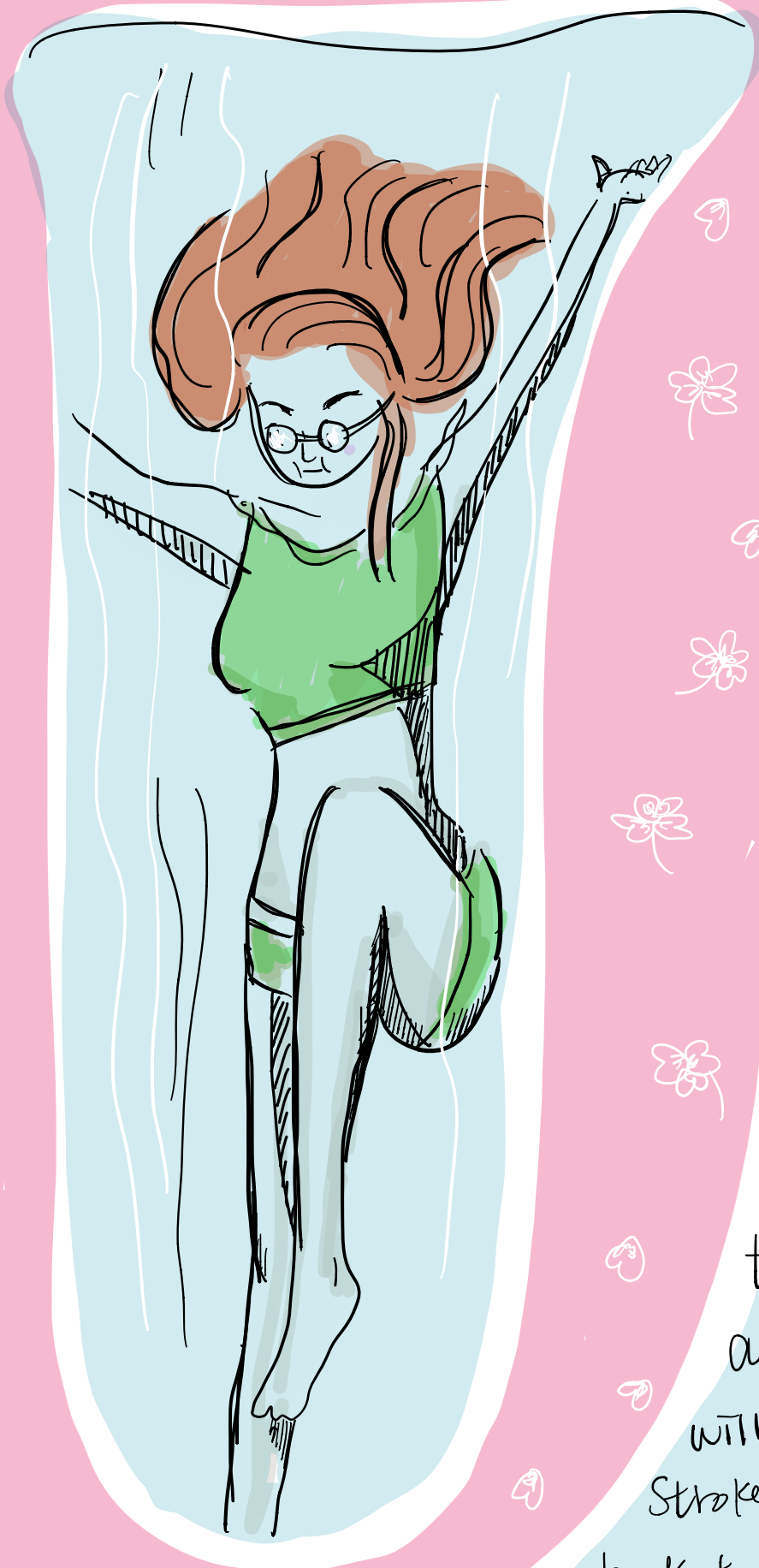
SHI

SHUT UP

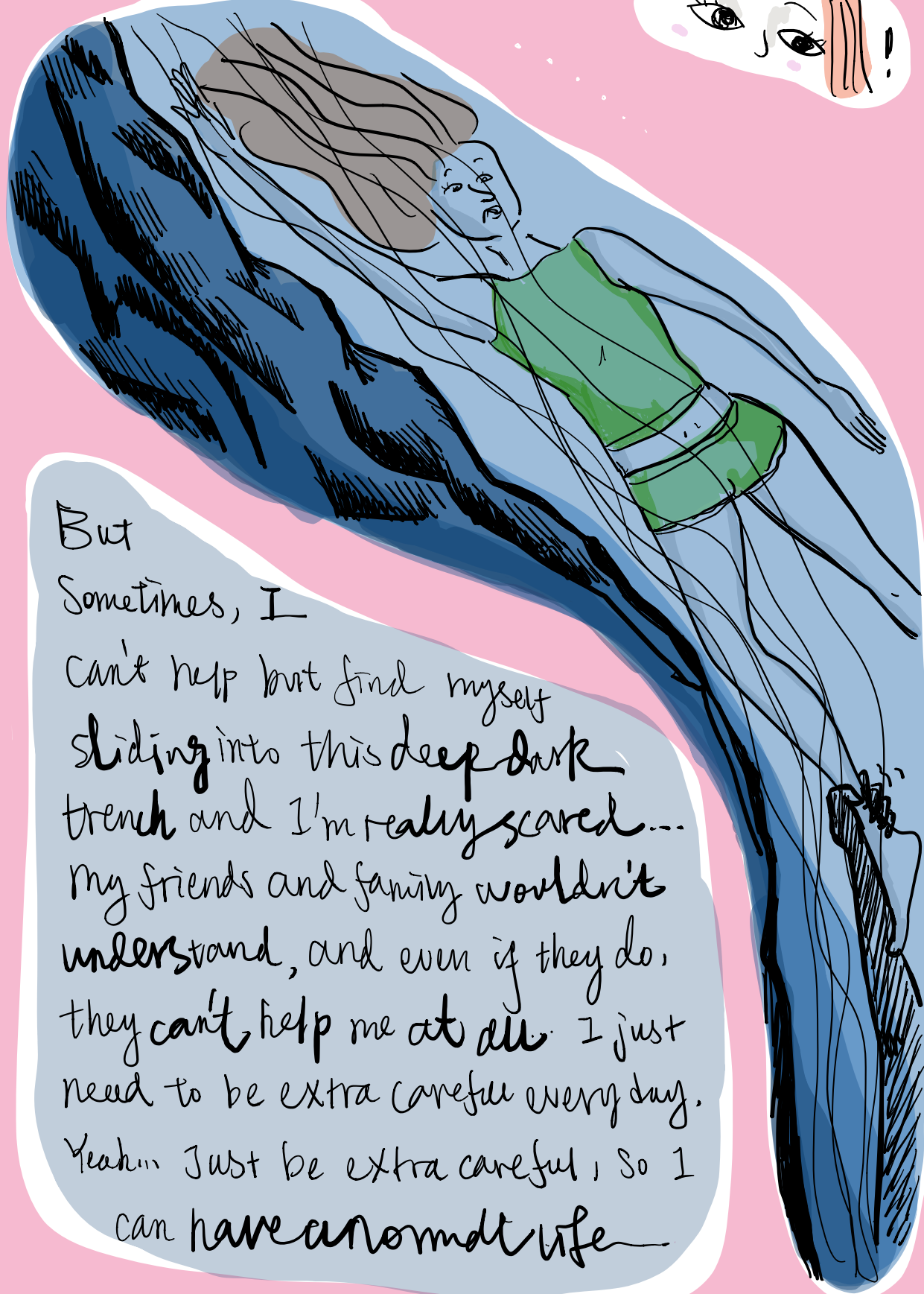
SHUT

UT UP





I almost
forget
how nice
it feels
to be
underwater.
The water
slides
through my
skin; my
hair is
floating;
I'm slowly
reaching to
the bottom,
and then I
will make fast
strokes to get
back to the surface...



But
Sometimes, I
can't help but find myself
sliding into this deep dark
trench and I'm really scared...
My friends and family wouldn't
understand, and even if they do,
they can't help me at all. I just
need to be extra careful every day.
Yeah... Just be extra careful, so I
can have a normal life

PILLS...

They aren't natural

Should I really take pills?

NO

It'll take years to
get off those pills

I hate to rely on them

But I'll get crazy

THEY MAKE ME DROOPY

I DON'T TRUST MYSELF

How did I get here?!

Take responsibility

Is it gonna be with
me forever?

EXIT

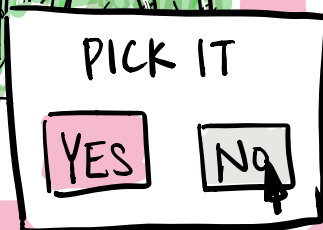
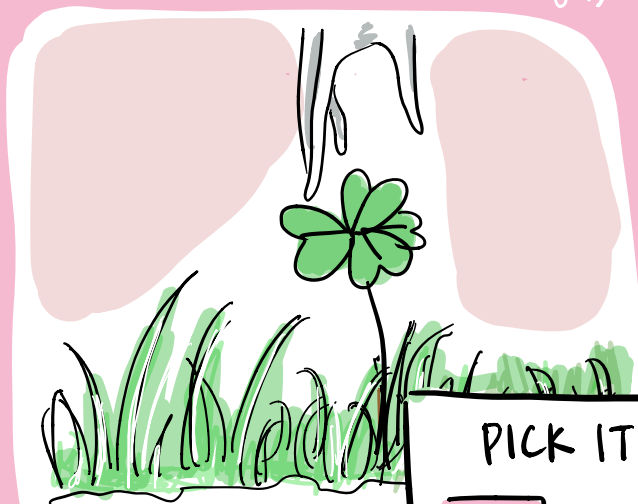
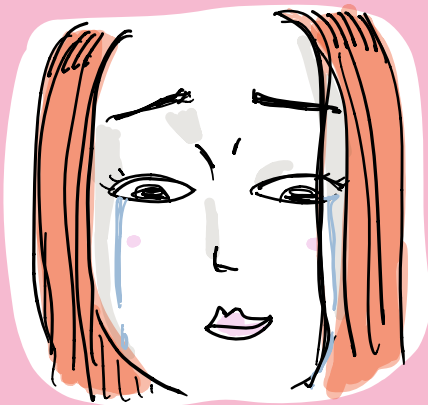
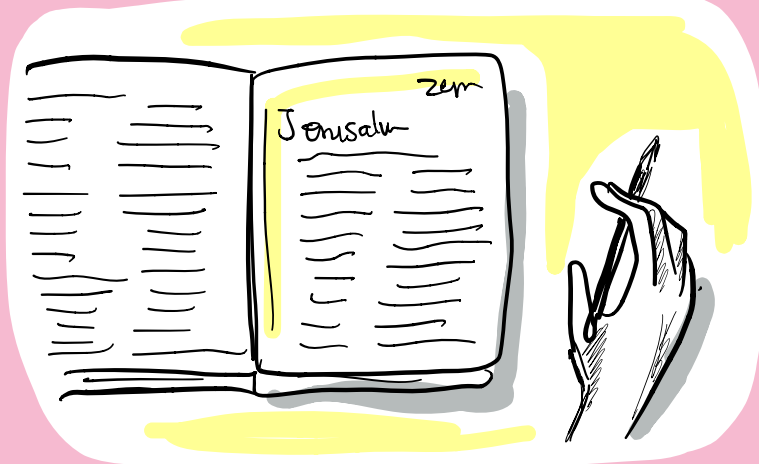
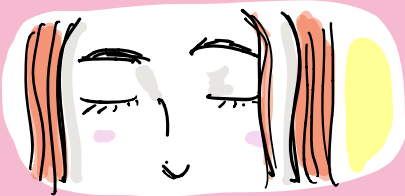
A?

How can I function

like a normal person?

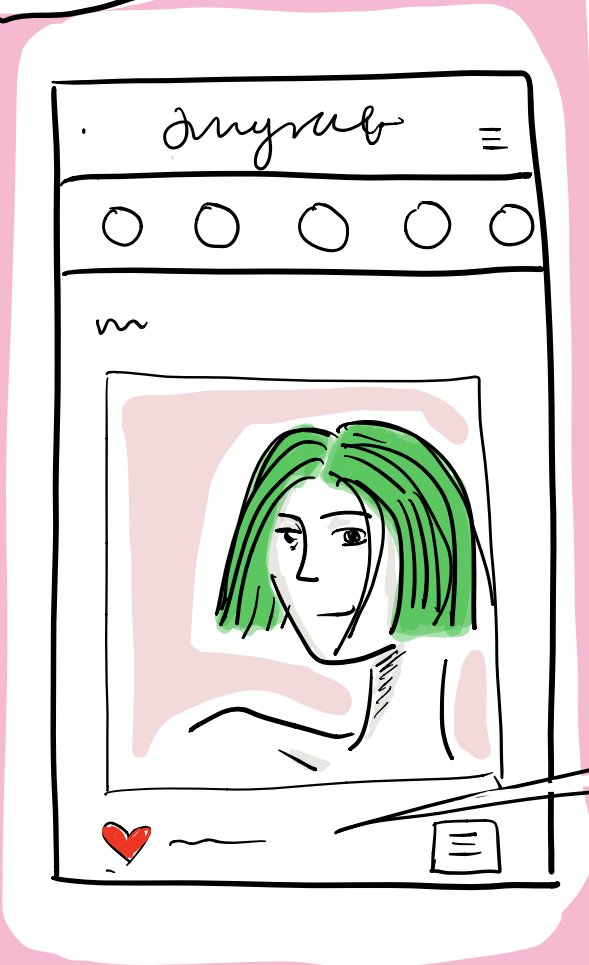
The LORD your God is with you,
the mighty Warrior who saves. He will
take great delight in you; in His
love he will no longer rebuke you,
but will rejoice over you with singing.

Zephaniah 3:17





That's it. I did it. Even if it looks bad I'm not regretting it. It's not getting me. It's going away! I can set my boundaries and control my emotions. I know what I'm doing. Yes. I've been having a really good time **LIES** that I'm going to be fine... Hopefully... at least I know what to do when it comes back again... or do I? ...



You are safe.

SHUT UP

FOR NOW

SHUT UP



New hair, starting fresh  

BREATHE
 ?