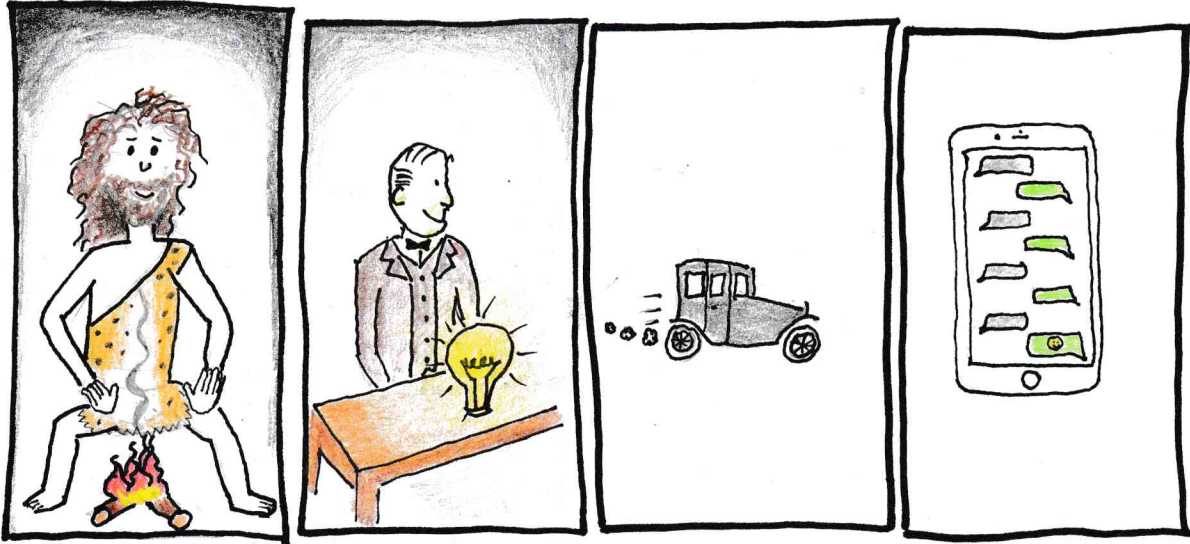


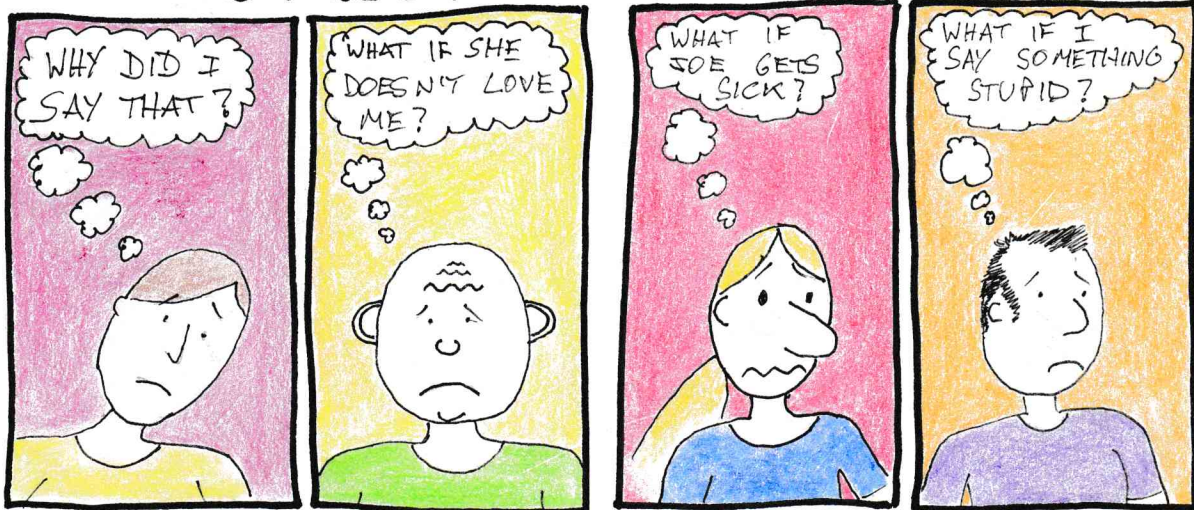
# THE STORIES WE TELL OURSELVES

BY @TherapyComics

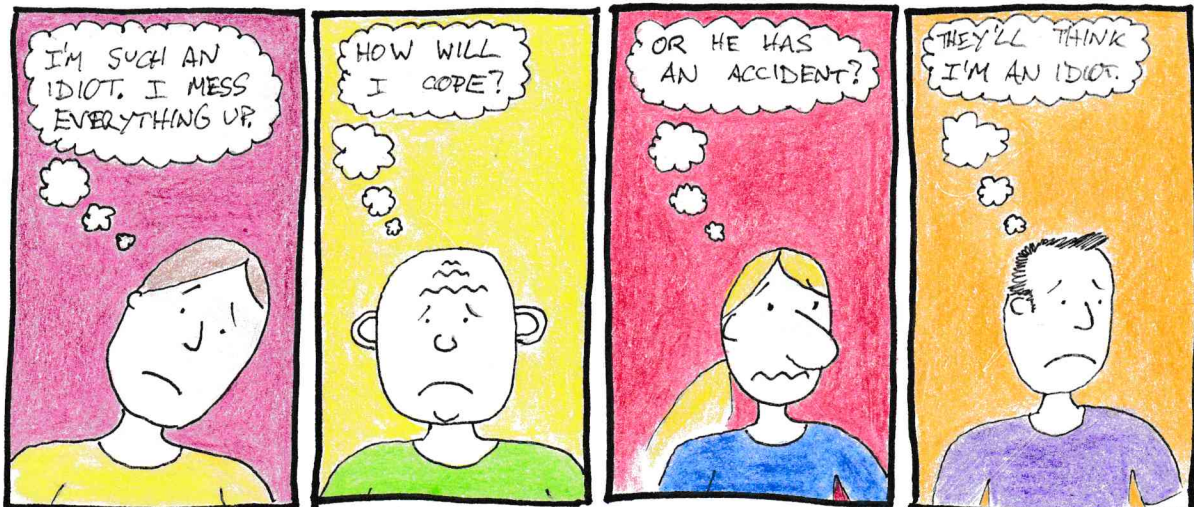
THE HUMAN BRAIN IS VERY GOOD AT SOLVING PROBLEMS



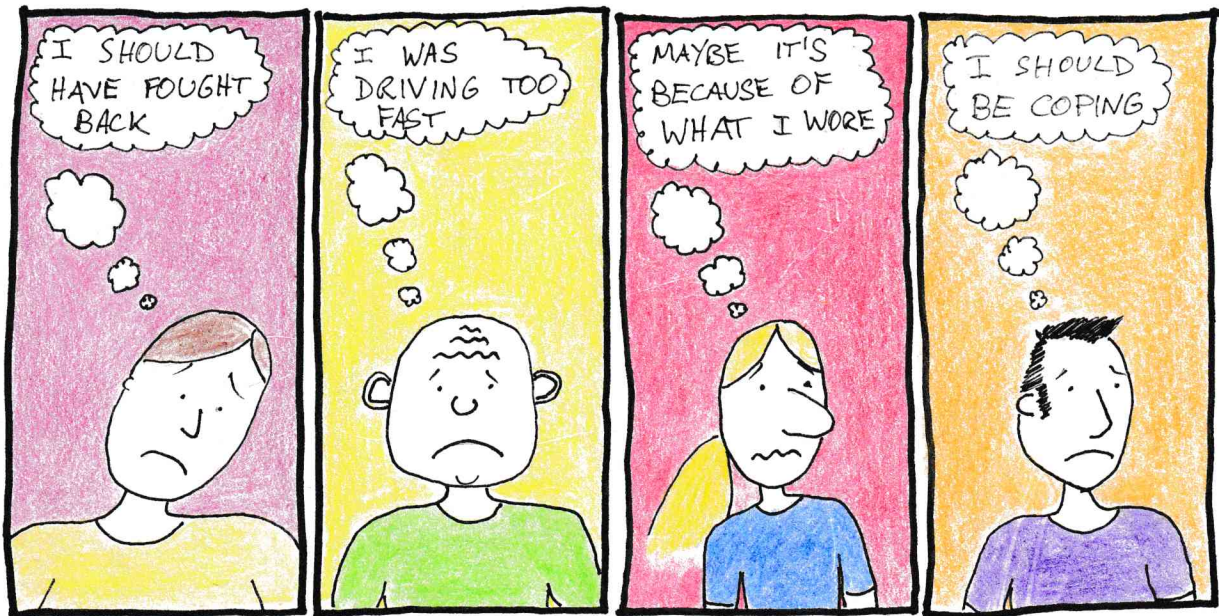
BUT SOMETIMES IT GETS STUCK TRYING TO SOLVE AN UNSOLVABLE PROBLEM



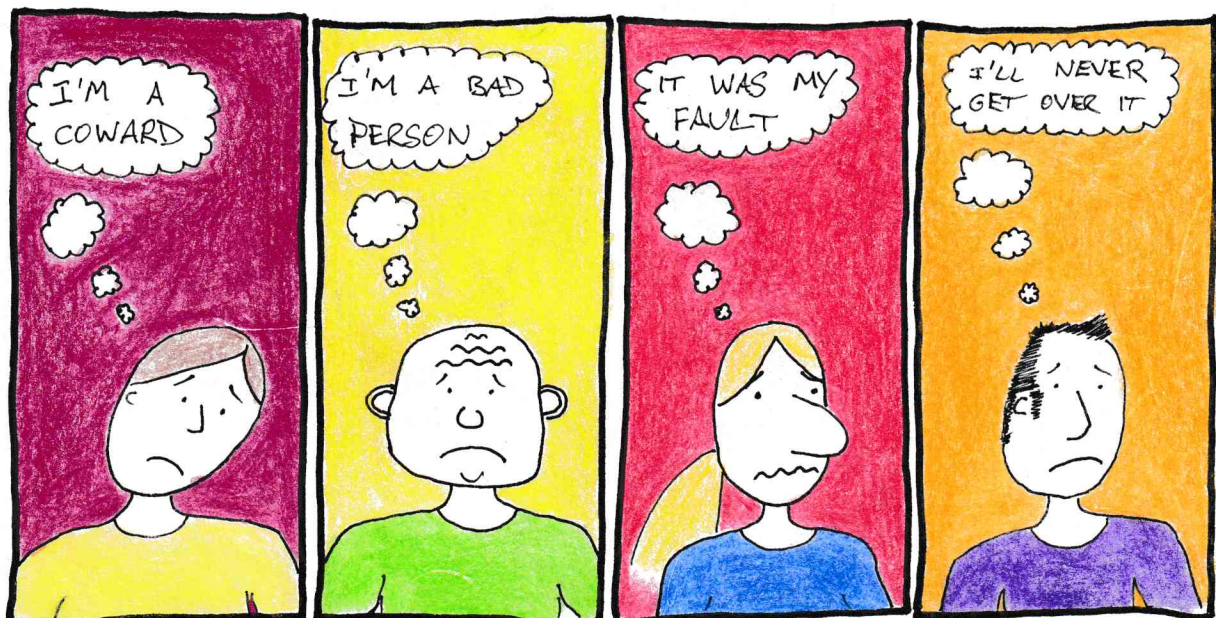
INSTEAD OF SOLVING THE PROBLEM, OVERTHINKING CAN JUST RAISE MORE UNANSWERABLE QUESTIONS, OR MAKE US FEEL WORSE



WITH TRAUMA WE CAN TRY TO UNDERSTAND WHAT HAPPENED MAYBE SO WE CAN STOP SOMETHING SIMILAR HAPPENING AGAIN, OR JUST SO WE CAN MAKE SENSE OF OURSELVES OR THE WORLD

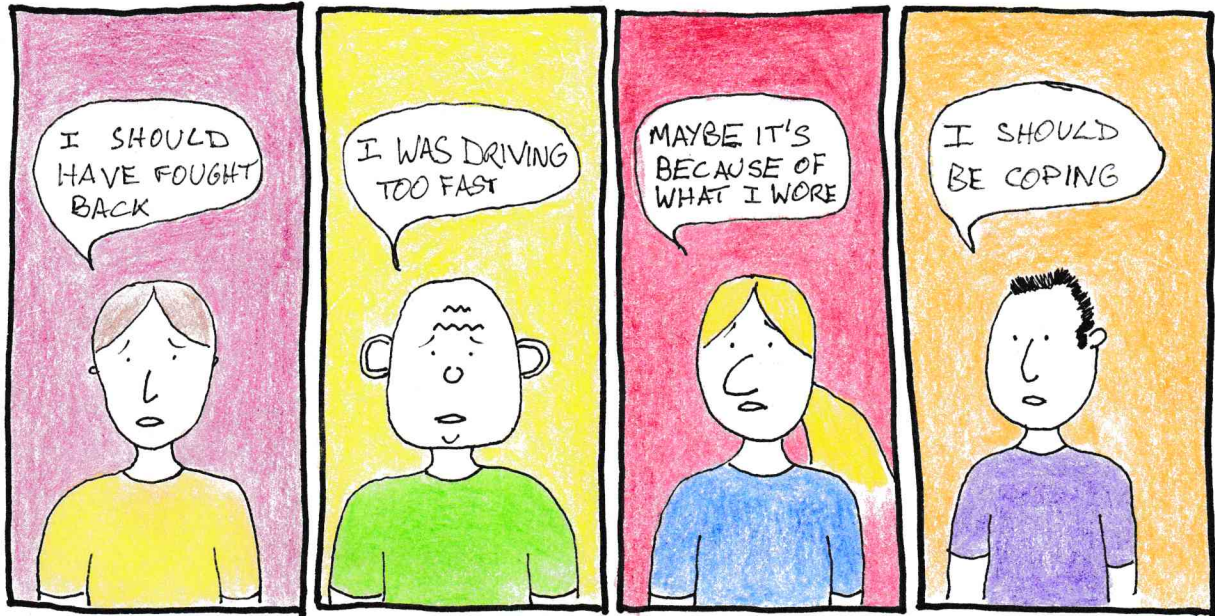


IF LEFT UNCHECKED THESE THOUGHTS CAN LEAD TO BELIEFS OR ASSUMPTIONS THAT CAN KEEP US STUCK IN THE TRAUMA

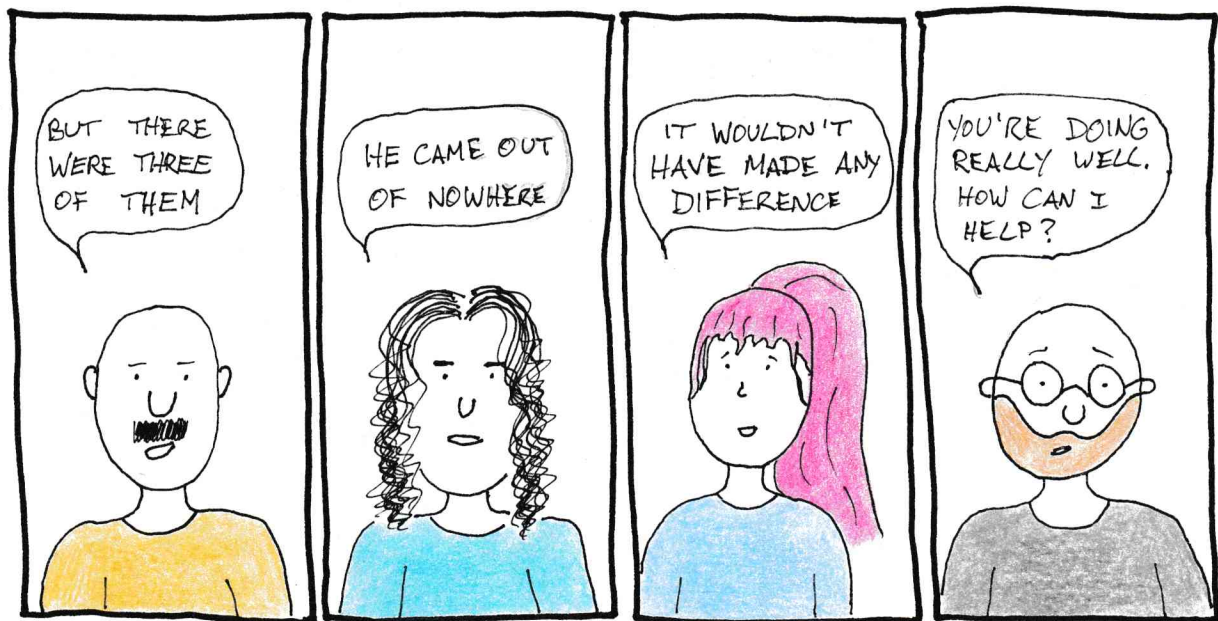


BUT THERE IS A SIMPLE THING YOU CAN DO AFTER GOING THROUGH SOMETHING TRAUMATIC THAT CAN STOP THIS PROCESS...

# TALK TO PEOPLE YOU TRUST



# THEY CAN CHANGE THE STORY YOU'RE TELLING YOURSELF



# AND HELP YOU MOVE ON