

Everything is Wonderful. Everything is Terrible.

Kate Arends

I like to compare my life with anxiety to living with a huge grizzly bear. She's a beast, really. Powerful, particular, and irrational. Sensitive, territorial, destructive. When provoked, she fills the whole room with fear. She's a bully. She's all-encompassing. She is my oldest friend and my biggest foe.

Every night I sleep with this grizzly bear. Sometimes she keeps me up until the wee hours of the morning, discussing past conversations and confrontations, throwing what-ifs into the air like they'll somehow fix what we'd irrevocably

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