



OCTOBER

COLOR PROMPT: GREEN | LIFE QUAD FOCUS: RELATIONSHIPS

GUIDE WORD & PROMPT: STRUGGLE

"I hate not knowing what is wrong with me. I felt alone and worried and ashamed for feeling both of these things. ... As days morph into years, I grow more comfortable with the fact that emotional hardship does not have an end point. Triggers will present themselves, and sometimes I don't know what the hell I am doing. But I take comfort in knowing that I have the ability to learn new ways to self-soothe when grief strikes." -Alexander Elle