

5 Stages of Healing

1. i walk down the street.
there is a deep hole in the sidewalk
i fall in. i am losti am hopeless.
it isn't my fault.it takes forever to find a way out.
2. i walk down the same street.
there is a deep hole in the sidewalk.
i pretend i don't see it.
i fall in again.
i can't believe i'm in the same place.
but it isn't my fault.
it still takes a long time to get out.
3. i walk down the same street.
there is a deep hole in the sidewalk
i see it is there.
i still fall in...it's a habit
my eyes are open
i know where i am
it is MY fault.
i get out immediately.
4. i walk down the same street.
there is a deep hole in the sidewalk
i walk around it.
5. i walk down another street.