


**TO  
ALL  
YOUNG  
PEOPLE  
TRYING**

**TO  
FIND  
YOUR  
WAY**

**THROUGH  
YOUR  
PAIN** 

**I**

**USED**

**TO**

**GETTING**

**MYSELF**

**AWAY**

**IN  
DESPERATE  
LONELY  
SPELLS**

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**SAFE**

**IN  
LONELINESS  
AND  
SOLITUDE**

**THE OUTSIDE  
WORLD**

**TOLD ME HOW**

**STRONG  
STRONG  
STRONG**

**I WAS \_\_\_\_\_**

**HOW WELL**

**I WAS COPING**

**AFTER SO**

**MUCH LOSS**



**BECAUSE I  
COULDN'T  
SHOW MY**

**P  
P  
P** **A  
A  
A** **I  
I  
I** **I  
I  
I**

**TO**

**ANYONE**

**BEING**

**STRONG**

**STRONG**

**STRONG**

**WAS A BADGE OF**

**HONOUR**

**HONOUR**

**HONOUR**

**IN OUR**

**FAMILY**

**FAMILY**

**FAMILY**

**THE LINE WAS**



**YOU'RE**

**BULLETPROOF  
BULLETPROOF  
BULLETPROOF**

**OUR KID**

**YOU'RE ONE OF**

**MINDS**

**WITH ALL DUE**

**RESPECT  
RESPECT  
RESPECT**

**TO MY ANCESTORS**



**FUCK**

**BEING**

**BULLETPROOF  
BULLETPROOF  
BULLETPROOF**



**WHAT ABOUT**

**BEING**

**REAL**

**+**

**TRUE**

**+**

**HONEST**

**ABOUT YOUR**

**PATIENT?**

**GRIEEE**

**WILL**

**DROWN**

**YOU AND**

**SWALLOW**

**YOU**

**WHOLE**

**IF YOU**

**TRY TO**

**DODGE IT.**

**IT WILL GET YOU  
IN THE END IF  
YOU DON'T TURN  
AROUND AND  
FACE IT**

---

**MAKE A  
SPACE  
FOR THE  
PAIN.**

**ALLOW IT**

**IN +**

**THROUGH**

**+ OUT**

**+ BACK**

**IN**

**AGAIN.**

**MAKE YOUR**

**PATIENT**

**PATIENT**

**PATIENT**

**WELCOME**

**WHENEVER**

**IT FEELS**

**LIKE**

**STOPPING**

**BY!**

**YOU HAVE**

**TO MAKE**

**FRIENDS**

**WITH YOUR**

**PATIENT**

**TO STOP IT**

**FROM**

**OWNING**

**YOU**



**SAYING**

**FUCK IT**

**I DON'T FEEL**

**LIKE BEING**

**BULLETPROOF**

**BULLETPROOF**

**BULLETPROOF**

**TODAY**

**IS ONE OF THE**

**STRONGEST**

**DECISIONS**

**I HAVE MADE**



**I WOULD**

**HIGHLY**

**RECOMMEND**

**IT.**



**YOUR  
STRENGTH  
IS YOUR  
ABILITY  
TO BE  
BOLDLY  
VULNERABLE**

---

**P U S H E**

**Y O U R**

**S W E E T**

**S E T T L E**

**F O**

**S T A Y**

**O P E N .**

**YOU'RE**

**DOING**

**GREAT.**

**TRUST**  
**TRUST**  
**TRUST**

**ME.**

**TALES**

**OF**

**LOWIE**

**AND**

**LOSS**

**THE**

**FANDANGO**

**KID**