



*Healing
Isn't Always
Pretty*

A woman with long brown hair is sitting on a bed in a dimly lit room. She is looking out a window at a rainy day. The rain is visible as streaks on the glass. The room is dark, with light coming from the window. The woman is wearing a dark top. The bed has white sheets. The window has a wooden frame. The overall mood is somber and reflective.

Healing isn't always pretty.

Sometimes, it looks like quiet days where
you can't get out of bed.

It's saying "no"... and sitting with the guilt.
It's crying in the shower — and then
starting over... again.

A woman with long brown hair, wearing a dark, sleeveless, backless dress, is running away from the camera on a wet city sidewalk. She is wearing white socks and dark high-heeled shoes. The street is wet and reflective, with blurred lights from cars and street lamps in the background. Other pedestrians with umbrellas are visible on the left side of the frame. The overall mood is somber and evocative.

Real healing is messy.

It's brave.

And it's yours.

There's no shortcut through the hard parts.

You have to feel it to free it.

A woman with long blonde hair, seen from behind, is walking down a city street. She is wearing a long, flowing, light-colored dress. The street is wet, reflecting the bright sunlight. The sun is low in the sky, creating a strong lens flare and casting long shadows. The buildings on either side of the street are multi-story and have a classic architectural style. There are other people and cars on the street, but they are blurred, suggesting motion. The overall mood is one of resilience and moving forward.

But keep going.

Time does heal.

And when it does, you'll rise — softer,
stronger, and more resilient than before.