

*Healing
Isn't Always
Pretty*





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 in a dark, flowing dress walks away from the camera down a city street at night. It's raining, and the street is wet. In the background, other people are walking with umbrellas, and the city lights create a blurred, bokeh effect. The overall mood is somber and contemplative.

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.



But keep going.
Time does heal.
And when it does, you'll rise — softer,
stronger, and more resilient than before.