

**Are you sick of making a promise to yourself that you are going to:**

**- stop feeding your addictions. stop reaching for that glass of wine, that spliff, that bag of chips**

**- remember to truly love yourself, but in reality you feel heavy and bloated, unmotivated, foggy and lost in what you can do to move out of the hole that you have crawled into**

**- stop checking out when you engage sexually**

**- shut out the voices that are penetrating your soul;  
telling you that you're not good enough, that you don't matter, your opinion doesn't count,  
you don't believe yourself anymore that you have the power to change,  
to really stick to something to move forward**

**...but it's a promise you somehow struggle to keep.**