

IT'S OK

It's okay to be afraid of things we don't understand.

It's okay to feel anxious when things aren't working our way.

It's okay to feel lonely.....even when you're with other people

It's okay to feel unfulfilled because you know something is missing (even if you're not sure what it is)

It's okay to think and worry and cry.

It's okay to do whatever you have to do, but

Just remember too....

That eventually you're going to adjust to the changes life brings your way and you'll realize that,

It's okay to get to love again and laugh again,

It's okay to get to the point where the life you live is full and satisfying and good to you...

And it will be that way because you made it that way