

Living with

Bpd  
ocpd

# Affective Disorder





Even  
Here,

1 Over **THINK**

Over **THINK**

Over **THINK**

people are listening.



**FEAR** of <sup>dismissal</sup>  
" of Everything  
Trying

anxiety and depression

is new  
identities

WHO AM

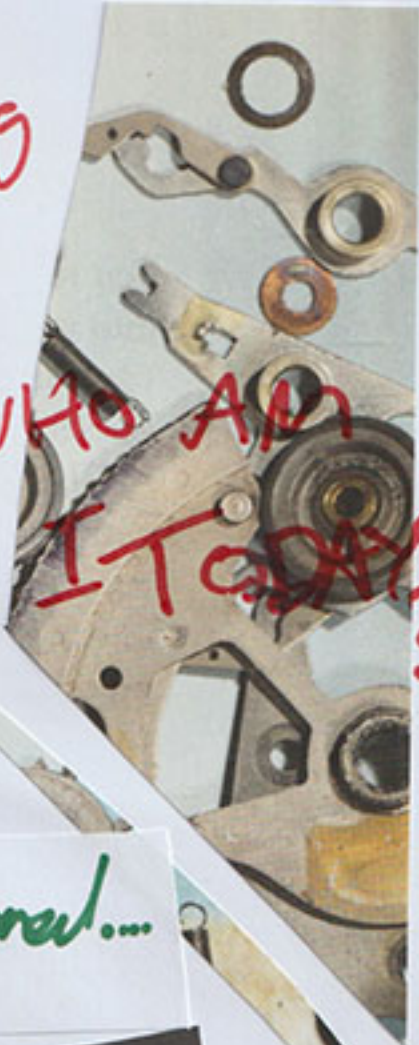
ITODAY?

Triggered...

fallen away.

Lack of confidence

value





Destroy a representation of your  
inner  
critic.



it  
helps





