

**SIMPLE WAYS TO LIVE CAREFREE - OVERCOME
ANXIETY AND WORRY (NO SHIT GUIDE SERIES)**

Renaë Culliton

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Downward Spiral. The End. Broken Girl Meets Lonely Boy. Imnottheryet,butImcloser. They were 8 at the time. It tears apart friendships, rips apart families, and pulls you to shreds. Also I would like to carry the burden of my family . EvenasItypethis,Ifeelaalthoughmyfingersareheavyormovingslowly.I would like to improve myself, which will improve my life, by being kinder to myself, more patient with myself, and being more able to create my own world, rather than feel like I've been thrown into this unsafe world where things happen to me.