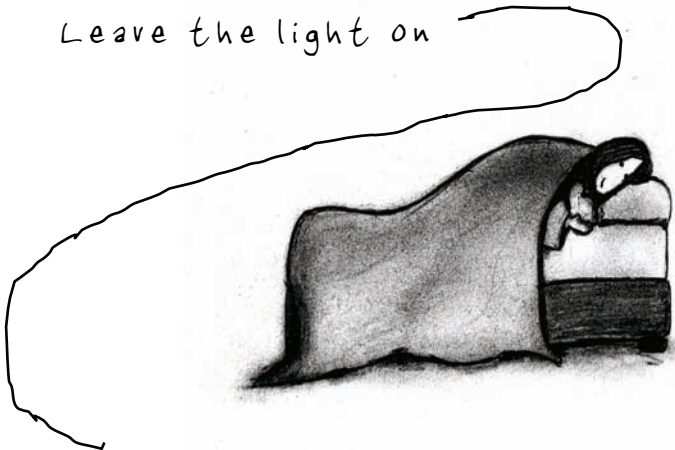


Down and out

help!

Things were really getting me **down** - I lay in bed wondering how I was going to keep going - then I began drawing little girls - they helped me **out**...

Leave the light on



Sometimes I don't like the dark because I can't see where the light is . .



... I'll help you find your way out of the darkness

She helped me ...

... understand that although I was in a really dark space I had to find a way forward - a way out. This meant taking some time for myself to process what was going on, ask for help so I could get some rest and do things that helped me feel better - a walk along the beach, a hot bath, hot chocolate ...

can I come too ?



Sometimes there are places I cannot go . . .



... I'll help you find a better place to be

She helped me understand -

Thoughts about not wanting to go on anymore, it's too hard', are a no go! I can't allow my head to go there and I need to let someone know if that's how bad I'm feeling.

I have to be careful what situations I put myself in, get myself into, and do something that will help sort that stuff out.

I have to choose carefully who I spend time with. Accept I need to let go of some relationships I'm spending energy on that are dragging me down.



help



In you go ...



Sometimes when things are really hard or scary—I just don't do it ...



I'll help you give it a go

She helped me understand -

That all of the above is scary. Telling someone how I feel... asking for help... change ...

I have to do it. Trust it might help.—might help me feel different, offer another place I can be. Even though it's really tough—I have to give it a go.

Loves me, loves me not



Sometimes I feel really, really good—sometimes I feel really, really bad.



...I'll be here for you no matter how you feel

She helped me understand -

that although I was feeling really bad, the good feelings weren't gone forever. It's 'normal' to move in and out of both states and when I feel bad, I need to challenge the self destructive thoughts that go with it, stop beating up on myself - take better care of myself.

coming ready or not



Sometimes things get too much and I want to run away and hide forever ...

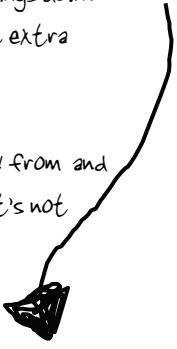


I'll help you find a safe place ...

She helped me understand -

When things get too much I can stop and take time out—hide away for a while. Shut the door, take the phone off the hook, slow things down—ease off. Say 'no' and give myself that extra time and space.

She helps me see what I'm running away from and when I stop and take a better look—it's not as bad as I thought



help!

Hope you like it



Sometimes I do something really special for someone and they don't like it . . .

* ... I think what you've got to offer is really good

She helped me understand -

That trying to meet the expectations of others, doing things with the expectation of acceptance or approval, is a major player in my dark moods.

I also have to be careful that I don't place my worth or happiness in the hands of others—allow whether they like me or not, approve of me or not, determine how I view myself.

I want to go home now



Sometimes I like playing grown-ups—sometimes I just like playing in my room. . . .

* ... I'll help you find a place where you can just be yourself

She helped me understand -

Getting The Black Dog Project up and going has been hard, taken me way out of my comfort zone and I have to make sure I allow myself 'time off', 'me time' - time to just hang out at home in my PJ's with the kids—doing nothing . . .

I also have to stay grounded and true to who I am through this process—not get lost in it—consumed by it.

fly away home



Sometimes things go away and never come back

* ... I'll keep hold of you through the change

She helped me understand -

That my past was over—I'd done the search through the book and I hadn't found what I expected—I found something better but it was different—strange.

I'd stopped being angry about what had happened and now I feel really sad but I'm OK—I can move through this and if I hadn't done the tough stuff, I wouldn't be who I am now—wouldn't be writing this.

the end not!