



NO ONE IS PERFECT...

Suffering is a natural and normal part of the shared human experience - this is part of our common humanity.

All humans have flaws. We all make mistakes and we all encounter difficult feelings. It is easy to get down on yourself when these feelings arise, but remember, **life entails suffering, for everyone, without exception.**

You are not alone.

Negative thoughts and experiences are not a result of something you lack. There is nothing wrong with you, life is just hard sometimes.

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