[Flawed Mangoes•The Beginning](https://www.instagram.com/reels/audio/1243489136316973/)

[kidsa1nt](https://www.instagram.com/kidsa1nt/)

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My subconscious sees joy as a setup for disappointment. It associates guilt and pain with hard-work, success, and safety. It believes that i need to be in pa!n in order to achieve smth. It says: “your ability to handle suffering is the main thing about you.” My m€ntal i!!ness makes me feel safe in self-sabotage, sadness, frustration, and discontent. Even though it ruins my l!fe, at least it’s familiar, guilt is familiar, despair is familiar. It’s how i always coped with my tr@uma. At times it even made me feel like i’m better than everyone else.  
  
I had and still have to go through a lot. When i try to heal, i always drag myself back into the void by self-sabotaging. Stability is scary. Healing is painful. It makes me sit with feelings that i avoid. It makes me learn new things like trust, consistency & unconditional love. And because it feels so dangerous and foreign, it’s very easy to give up on healing.  
  
We should be proud of ourselves staying alive despite all the challenges, we absolutely should give ourselves credit, but in time we might make our lives challenging on purpose in order to feel that safety. Three years ago i even thought that i’m not able to be a good artist if i recover from d€pre$$ion. Spoiler: i created this brand only when i recovered. I gave so much credit to my d!sorders, i thought they make me unique. But in reality there is so much more to me than my ability to handle suffering. There’s so much more to me and to life than pain. No one wants “it was painful…” on their gr@ve.

<https://www.instagram.com/kidsa1nt/>